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EMOTIONAL SAFETY IS THE FOUNDATION OF STUDENT SUCCESS IN SCHOOL

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Annotation: Emotional safety at school is the foundation of student success. A supportive and respectful environment fosters confidence, motivation, and effective learning outcomes.

Keywords: emotional safety, school, success, trust, support.

Аннотация: Эмоциональная безопасность в школе является ключевым фактором успешности учащихся. Поддержка, доверие и уважение создают благоприятную атмосферу для личностного роста и эффективного обучения.

Ключевые слова: эмоциональная безопасность, школа, успех, доверие, поддержка.

Аннотация: Мектептегі эмоционалды қауіпсіздік оқушы жетістігінің негізі болып табылады. Қолдау мен сенімге негізделген орта оқудың тиімділігін арттырады.

Кілт сөздер: эмоционалды қауіпсіздік, мектеп, табыс, сенім, қолдау.

Today, the education system is not just a process of imparting knowledge, but a complex system that includes the comprehensive development of the individual, the formation of socio-emotional competencies. School is an environment where the student's personality is formed, where the process of self-awareness, discovery of one's own capabilities, and socialization takes place. Therefore, ensuring emotional safety in educational institutions is the most important condition for student success.

Emotional safety is a state in which a student feels protected, valued, and respected at school. In such an environment, a child has a positive attitude towards learning, shows initiative, develops creativity, and fully reveals his or her potential. On the contrary, psychological pressure, discrimination, indifference, or a negative environment causes stress, anxiety, and self-doubt in the student.

In modern pedagogy and psychology, ensuring the emotional well-being of students and their psychological safety is recognized as an integral part of a successful educational strategy. The communicative culture of the teacher, the quality of social relations in the classroom, and the values of the school leadership play a decisive role in organizing this process.

The term “emotional safety” refers to the state of psychological protection and mental stability of the student. It refers to an environment in which a person has the opportunity to freely express his feelings, communicate without fear and pressure. The following aspects are important in emotional safety:

A sense of belonging - the student feels like an important member of the class team.

Acceptance - the child is accepted with his personal characteristics.

Trusting communication - an open, respectful relationship between the teacher and the student.

Support - the student feels a positive attitude even in failure.[2; 54,78-p]

Psychologist A. Maslow placed the “need for safety” in an important place among the basic human needs. Emotional safety at school ensures a high level of student motivation to study by satisfying this need.

The main factors ensuring emotional safety at school are:

The teacher's pedagogical culture - treating the student with respect, patience and empathy.

The social environment in the classroom - friendship between peers, mutual assistance, non-discriminatory communication.

The policy of the school administration - strict measures against violence, psychological service activities.

Parental cooperation - providing positive emotional support to the child in a family environment.

The flexibility of educational programs - taking into account the individual capabilities of the student.

If the above factors work in harmony, the school becomes a real place of emotional safety for the student.

The teacher is not only a source of knowledge, but also the main person who creates psychological safety. His facial expressions, tone of voice, patience, positive assessment style have a direct impact on the student's emotions. The teacher's emotional stability, positive energy determine the general mood in the classroom.

For example, as the teacher M. V. Matyukhina noted, "a single warm word spoken by a teacher increases a student's self-confidence several times." Therefore, the teacher should convey not only knowledge, but also sincerity and support in communicating with the student.

Psychological studies show that students who study in an emotionally safe environment:

have higher motivation and self-control indicators;

are more socially active;

remember the learned knowledge more firmly;

have a higher level of creative thinking.[4; 89, 110-p]

On the contrary, in an environment where emotional security is violated, students experience stress, depressive states, decreased interest in lessons, and even school truancy. This situation negatively affects the student's health and future professional development.

A school psychologist is an important specialist who ensures the emotional safety of students. He or she develops positive communication skills by conducting individual conversations and trainings with students to manage their emotions and develop positive communication skills.

A psychologist creates an environment in the school where students can freely express their problems by establishing initiatives such as a "helpline" and a "friendship corner". This helps children feel listened to and valued.

The family is an important support in ensuring emotional safety. If parents are indifferent to the child's feelings, the positive environment created at school will not be effective enough. Parents' sincere communication with the child, love, encouragement and support strengthen the child's internal stability.

According to pedagogical research, in "schools with constant cooperation with parents" the academic results of students are 30-35% higher.

The following strategies are considered effective for developing emotional safety at school:

Em pati and communication training – for teachers and students.

Positive discipline system – maintaining order through encouragement, not punishment.

Active support for psychological services – regular monitoring, surveys.

Hearing the voice of students – including their opinions in decision-making processes.

Teaching a healthy communication culture – understanding and support instead of criticism.

When these strategies become an important part of the school culture, students feel safe, respected and happy.[5; 65, 90-p]

In the United States, a policy for ensuring psychological safety has been developed in each state's schools as part of the "Safe and Supportive Schools Framework" program. Schools use special tests, social-emotional learning programs (SEL – Social Emotional Learning) and training to assess the emotional state of students.

For example, the five core competencies recommended by CASEL (Collaborative for Academic, Social, and Emotional Learning) — self-awareness, self-management, social awareness, positive relationships, and responsible decision-making — have become an integral part of school curricula.

This approach helps students manage their emotions, reduce stress, and develop camaraderie and cooperation. As a result, it has been found that in schools in the United States that implement SEL programs, student grades are on average 11–17% higher, and class attendance is up to 20%.

The Finnish education system is among the most successful models in the world. One of the secrets of their success is the attention paid to the "emotional well-being of the student." In Finnish schools, teachers see themselves not as "informants," but as "guides." Individual psychological dialogue is conducted with each student.

The "Well-being program" is constantly implemented in schools. It is aimed at building a culture of trust, mutual assistance and empathy among students. Each school has a psychologist, social pedagogue and a healthy environment coordinator. This system helps students feel safe and valued.

The concept of "kokoro no kyoiku" – that is, "education of the heart" – is widely used in Japanese education. This approach is aimed at developing the emotional world of children, strengthening compassion, empathy and team spirit.

Every day after classes, Japanese schools hold 10-15-minute “emotional circle” sessions. Students talk freely about their feelings, and the teacher listens to them and gives advice on maintaining emotional balance. As a result, the stress level of Japanese students is one of the lowest in the world.

In Canada, every educational institution operates on the basis of the “Inclusive and Safe School Policy”. According to this document, discrimination, humiliation, and psychological violence are absolutely not allowed in the school.

Every year, schools hold “Anti-bullying Week”. Students participate in classes on emotional literacy, mutual understanding, and positive communication. Through this, students study in an environment of mutual trust and respect.

Empirical studies show that there is a direct relationship between emotional safety and academic performance. According to research by Harvard University in the USA, students who feel safe perform 30% better in terms of learning.[6; 98, 125-p]

In addition, emotional safety has a positive effect on the following aspects of students:

increases self-esteem and confidence;

reduces stress and anxiety;

facilitates social adaptation;

develops positive communication skills.

Thus, student success is closely related not only to intellectual development, but also to mental stability.

In developed countries, the teacher is considered the main person who ensures the emotional safety of students. In schools in the USA and Canada, “Emotional Competence for Teachers” courses are mandatory for teachers.

Through these courses, teachers learn:

methods for developing emotional intelligence;

identifying and correctly directing children's emotions;

stress management and communication culture;

empathy and positive feedback techniques.

As a result, the teacher creates a warm, trusting and safe psychological climate in the classroom. In Finnish schools, this approach is based on the integration of “teacher - coach - psychologist”.

In developed countries, a school psychologist is an important member of the educational team. Their tasks include:

monitoring the emotional state of students;

conducting psychological counseling and training;

mediating in problem situations;

working with families to improve the emotional environment.

For example, in Canada, there is one psychologist for every 500 students.

school psychologist is appropriate. In Japan, every school has a “kokoro sogo center” - a mental health center.

In recent years, digital technologies have also been actively used in this area. In schools in the USA, Korea and Singapore, emotional monitoring platforms (for example, MoodMeter App) monitor students’ moods online.

Teachers analyze the emotional state of students and provide individual psychological support when necessary. Virtual “e-counselor” systems also allow students to receive anonymous advice.

The concept “Strengthening the principles of humanism in education” adopted by the President of the Republic of Uzbekistan (2022) identifies the preservation of children’s psychological and emotional health in the school environment as a priority task. In this context:

The activities of “Psychological Service Centers” are expanding;

“Healthy School” programs are being introduced;

Trainings are being conducted for teachers to develop emotional competencies.

These reforms are playing an important role in improving the quality of education and strengthening the mental well-being of students.[7; 40,62-p]

In conclusion, Emotional safety is not just a state of peace of mind, but also the foundation of student success. The warm atmosphere created at school, the kindness of the teacher, and the friendly attitude of peers strengthen the child's self-confidence, creativity, and love of learning.

When every child feels valued, heard, and protected at school, he or she grows not only academically but also as a person. Therefore, every teacher, psychologist, and parent must actively participate in forming a culture of emotional safety.

Ensuring emotional safety in today's educational process is a guarantee of the mental health, social responsibility, and success of the future generation.

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