

## LOSING INTEREST IN STUDYING BY MID-SCHOOL STUDENTS IN UZBEKISTAN

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**Abstract:** *This paper explores the common reasons middle school students lose interest in their studies and proposes strategies to enhance engagement in the classroom. Key factors contributing to disengagement include repetitive or boring content, difficulty understanding material, limited real-world applications, and a lack of interactive learning experiences. To address these issues, the paper suggests incorporating hands-on activities, real-world connections, and collaborative projects to make lessons more engaging. Additionally, the integration of technology, allowing students to have a say in their learning, fostering a supportive and inclusive environment, and implementing gamification are recommended as effective ways to boost student motivation. By adopting these strategies, educators can create a more dynamic, relevant, and enjoyable learning experience, encouraging students to become active participants in their education.*

**Key words:** *engagement activities, students' collaboration, digital tools, passionate topics, game-like elements*

### INTRODUCTION

The middle school years are a period of substantial academic and personal development and transformation. But many students also start to lose interest in their studies during this time. Numerous variables, such as the increased strain of increasingly difficult coursework, the demand for increased independence, and the social obstacles that come with puberty, might be blamed for this drop in motivation. To identify solutions to rekindle students' curiosity and cultivate a love of learning during these important years, educators, parents, and students themselves must understand why middle school adolescents lose interest in school.

A famous American psychologist and a professor of psychology at Stanford University Carol Dweck (2006) researched how students' beliefs about their abilities can impact their motivation. She suggests that students with a fixed mindset may be more likely to lose interest when they encounter challenges, as they may believe their abilities are limited.

Another researchers Edward Deci and Richard Ryan (2017) created the Self-Determination Theory (SDT), which holds that relatedness, competence, and autonomy are

necessary for motivation. Students may get disinterested in their studies if their needs for these elements are not satisfied. In order to understand why pupils disengage, their study has been frequently used in educational settings.

One more researcher Angela Duckworth (2016), known for her studies on grit, has investigated the relationship between students' motivation and perseverance and passion for long-term objectives. Students without a strong sense of tenacity may lose interest in schoolwork when obstacles get more difficult in middle school.

#### Research methods

In our research we have used a descriptive approach and practical observation to outline common factors that lead to disengagement in middle school students and then suggested some solutions.

#### Analysis and results

The most widespread factor that middle school students often lose interest in studying at schools in Uzbekistan because they find the lessons unengaging. This lack of engagement can happen for several reasons:

1) Repetitive or boring content: When lessons follow the same routine or focus on repetitive topics without variation, students can easily lose focus. If the material is presented in the same way each time, students might feel like they're not being challenged or entertained.

2) Difficulty understanding the material: Sometimes students find the material too hard or challenging to understand, but it isn't presented in an approachable manner. Because they are too ashamed or frustrated to ask for assistance, kids may stop participating when they don't comprehend something.

3) Limited real-world application: Students may struggle to see how the concepts they are learning apply to their everyday lives. For example, learning about abstract math formulas without seeing how they connect to real-world problems can cause students to lose interest. Without understanding the relevance of their studies, students may not feel motivated to engage.

4) Lack of interactive activities: Traditional lectures and textbook-based lessons are often less engaging than interactive activities. Students are more likely to engage when they're given opportunities to actively participate through discussions, hands-on learning, or group projects.

So, according to the reasons of losing the interest we suggest several solutions to increase engagement in lessons. In our opinion the followings can be urgent in that way:

- One of the most effective ways to engage students is through activities that get them involved. For example: instead of just reading about the laws of physics, students could conduct simple experiments like building a rocket or testing water temperatures. This hands-on approach helps them understand concepts in a tangible way. Also, instead of individual assignments, encourage collaboration where students can share ideas and learn from each other. In subjects like history or literature, students could work together to create

presentations or skits based on what they've learned. In subjects like social studies or literature, students could act out scenes from historical events or novels. This not only makes the content more engaging but also helps students retain information.

- When students see how their studies relate to the world around them, they are more likely to be interested. For example: instead of teaching abstract formulas without context, a teacher can frame lessons around real-life scenarios, such as calculating the cost of groceries or determining discounts during sales. This makes the subject feel useful and practical. Discussing global issues like climate change or renewable energy can make science lessons feel more meaningful. Students might even engage in research or projects focused on finding solutions to real-world problems. Assigning books that explore themes relevant to students' own lives (e.g., friendship, family, identity) can encourage deeper engagement. Discussing contemporary novels or articles can also make literature feel more connected to their daily experiences.

- Integrating technology into lessons can make them more exciting. Students today are often very familiar with digital tools and media, so incorporating these into learning can help capture their attention. Examples include: apps like Kahoot! or Quizlet can turn studying into a fun, competitive game. This keeps students engaged while reinforcing what they've learned. Or instead of just reading about historical events, teachers can show relevant documentaries or videos that bring those events to life. For example, showing footage from the civil rights movement can be far more engaging than just reading about it in a textbook. Also, using virtual reality (VR) or online tours, teachers can take students to historical sites or natural wonders around the world, offering them an experience they wouldn't get in a traditional classroom.

- Allowing students to have a say in what they learn or how they learn can greatly boost engagement. This can be done if the teacher gives students the freedom to explore topics they are passionate about. For instance, if the class is studying environmental science, some students could research ocean pollution, while others look into renewable energy sources. Let students choose how they want to demonstrate their learning. Some might prefer writing a paper, others may want to create a video, or even design a poster. When students have control over how they express their understanding, they are more likely to put in effort.

- Students are more likely to engage when they feel safe and valued in the classroom. To foster this environment, create a space where students feel comfortable asking questions or contributing ideas without fear of judgment. For example, start lessons with open-ended questions that allow students to explore their thoughts before diving into the lesson. Or, recognize and celebrate the effort students put into their work. Praise creativity, perseverance, and improvement rather than only focusing on the grades. This encourages a growth mindset, which makes students more willing to engage.

- Gamification is the use of game-like elements in the learning process. This can be a fun way to keep students interested in their studies. Teachers can implement point systems

where students earn points for completing tasks or contributing to discussions. These points could then be exchanged for small rewards like homework passes or extra break time. Also, organize friendly competitions, such as trivia quizzes or math challenges, where students compete in teams. This adds an element of excitement to the learning process.

### **CONCLUSION**

In conclusion we may say that the key to re-engaging middle school students lies in making learning more interactive, relevant, and personalized. By incorporating hands-on activities, real-world connections, and technology, students can better grasp the material and see its value in their lives. Encouraging collaboration, offering choices in learning methods, and fostering a supportive classroom environment also play significant roles in maintaining student engagement. Additionally, incorporating gamification and celebrating effort over grades can further enhance their motivation to participate. By addressing the factors that cause disengagement and implementing these solutions, educators can create a more dynamic and motivating learning experience for students.

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