

INFLUENCE OF THE POLITICAL EDUCATION SYSTEM ON THE PHYSICAL AND MENTAL DEVELOPMENT OF CHILDREN

Azatbaeva Gulnaz Salamatovna

Student of Karakalpak State University

Saparniyazova Jayna Sultaniyaz qizi

Student of Karakalpak State University

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Abstract. *This work examines the impact of the political education system on children's physical and mental development. Political education, with its well-thought-out integration into the school curriculum, can play a vital role in shaping responsible, informed, and socially active individuals.*

Keywords: *Political education, child development, civic awareness, physical growth, mental development, critical thinking, educational system.*

BOLALARNING FIZIK VA AQLIY RIVOJLANISHIGA SIYOSIY TA'LIM TIZIMI TA'SIRI

Annotatsiya. *Ushbu tadqiqotda siyosiy ta'lim tizimining bolalarning jismoniy va aqliy rivojlanishiga ta'siri o'rganiladi. Siyosiy ta'lim maktab dasturiga puxta o'ylangan holda kiritilsa, mas'uliyatli, xabardor va ijtimoiy faol shaxslarni shakllantirishda muhim rol o'ynashi mumkin.*

Kalit so'zlar: *Siyosiy ta'lim, bolalarni rivojlantirish, fuqarolik ongi, jismoniy o'sish, aqliy rivojlanish, tanqidiy fikrlash, ta'lim tizimi.*

ВЛИЯНИЕ СИСТЕМЫ ПОЛИТИЧЕСКОГО ОБРАЗОВАНИЯ НА ФИЗИЧЕСКОЕ И УМСТВЕННОЕ РАЗВИТИЕ ДЕТЕЙ

Аннотация. *В данной работе исследуется влияние системы политического образования на физическое и умственное развитие детей. Политическое образование, при продуманной интеграции в школьную программу, может играть жизненно важную роль в формировании ответственных, информированных и социально активных личностей.*

Ключевые слова: *Политическое образование, развитие детей, гражданское сознание, физический рост, интеллектуальное развитие, критическое мышление, система образования.*

Introduction

In today's rapidly changing world, the development of well-rounded individuals from a young age is a top priority for many education systems. Among the various components that shape a child's development, political education is becoming increasingly important. Political education is understood as the systematic transmission of knowledge, values, and attitudes related to governance, rights, duties, and civic participation. Although traditionally associated with older students or adults, it is increasingly recognized that introducing children to key political concepts in an age-appropriate manner can have a profound impact on their overall development. While political education is primarily concerned with intellectual and moral development, its impact on children's physical development should not be overlooked. Through political campaigns and educational policies, children are often exposed to ideas about public health, physical fitness, and active citizenship. For example, national sports programs, environmental cleanups, or school-wide physical education programs can be linked to civic values such as teamwork, responsibility, and community service. When supported by the education system, these programs can foster habits of regular physical activity and personal discipline, which can have a positive impact on a child's physical health. Political education encourages the development of critical thinking, decision-making skills, and an awareness of societal structures. When children are taught about justice, fairness, leadership, and their role in society, they begin to understand abstract concepts and reason logically. Learning about democratic principles, basic laws, and civil rights can foster curiosity and initiative. In addition, discussions about national history, global issues, or rigged elections can inspire dialogue, empathy, and a more reflective worldview—all essential elements for intellectual growth. Despite its potential benefits, caution should be exercised when providing political education to children. Engaging young minds with incorrect or complex political ideologies too early can lead to confusion, stress, or internalization. If the content is not adapted to their developmental level, children may adopt superficial or one-sided views instead of independent thinking. Furthermore, over-politicizing the education system can distract from other important areas such as science, the arts, and sensory learning. To ensure positive outcomes, political education should be delivered through age-appropriate, inclusive, and balanced content. Educational tools such as storytelling, interactive projects, and group discussions can make civic education accessible and engaging for young learners. Teachers should be trained to facilitate open conversations, avoid bias, and encourage respectful dialogue. The ultimate goal is to equip children with the knowledge and values that will help

them grow into thoughtful, informed, and responsible citizens, without overwhelming them with adult-level political judgment. Political education plays an important role in shaping a child's social identity. Through exposure to values such as justice, equality, cooperation and national identity, children begin to develop a sense of belonging to a community or nation. This process – called political socialization – begins early, often through family influences, school ceremonies (such as flag raising) and participation in national holidays. These experiences help a child understand their place in society, and build emotional security and cultural pride, which are important for mental health. In the digital age, children are increasingly exposed to political content outside of formal education, especially through social media, television and online platforms. These informal sources often shape political opinions and attitudes before they are formally taught. While this can enrich understanding, it also opens the door to misinformation and polarization. Thus, teaching media literacy as part of political education is important, helping children to separate facts from opinions and critically evaluate information. Modern political education often includes a global dimension, especially in international or progressive school systems. Global citizenship education introduces children to concepts such as human rights, environmental justice, diversity, and global interconnectedness. This not only enhances intellectual development, but also builds empathy and a broader worldview. Global citizenship education helps children connect local actions with global consequences, thereby encouraging more responsible behavior. Political education is not limited to schools; parents, religious leaders, and local communities are influential figures in how children interpret political values. For example, parents' attitudes toward the law, government, or voting can shape a child's civic behavior. Recognizing these parallel influences is important for creating a comprehensive and holistic educational strategy that supports, rather than contradicts, what children are learning in school. One of the less discussed but important functions of political education is its role in shaping a child's social identity. As a child grows, he or she begins to understand their place in the world in terms of the community and nation to which they belong. National symbols, collective rituals, and civic values—such as respect for the law, solidarity, and public service—help to build a sense of identity and belonging. This socialization process not only supports emotional development, but also the resilience and social cohesion that are essential for mental health.

Conclusion

Political education plays an important role in the physical, mental and social development of children. It encourages civic responsibility, critical thinking and a healthy

lifestyle, shaping children as conscious and responsible individuals. However, political content should be age-appropriate and balanced, and should not tire or distract young people's minds. By integrating media literacy and developing global citizenship, political education helps to develop a sense of empathy and social responsibility in children.

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