



## The Importance of Play Therapy in the Formation of a Child's Personality at the Junior School Age

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**Abstract:** This article provides detailed information about the importance of play therapy in the social adaptation of children of primary school age.

**Keywords:** social adaptation, play therapy, psychological, personality, macrofactor, microfactor, communication, attitude, development.

Children's first reactions to other people occur at the age of 1.5-2 months. This confirms that every person is a social being who cannot fully exist without the people around him, without communication and development in society. But the process of adapting to established norms and rules does not happen immediately after birth. It requires going through a certain period of our life and it is different for everyone. It determines the complex transformation of a person, his adaptation in society, the development of his internal structures, external interactions, etc., because the demands placed on the structures of society and the person are constantly changing. Therefore, passing through the stages and types of socialization, a person sometimes needs help.

Social adaptation is the process of continuous active adaptation of an individual to the social environment and is the result of this process. Despite the fact that social adaptation has a continuous nature, it is usually associated with periods of radical change of the individual's own activity and the social circle surrounding him. The process of adaptation takes the form of active influence on the social environment and passive acceptance of goals and values in the environment. Social adjustment is one of the main socio-psychological factors of socialization of a person.

Various factors affect the successful adaptation of young students to the social environment: the child's age and individual psychological characteristics, physical and mental health, level of school readiness (intelligence, learning motivation, desire to learn, communication skills, self- the ability to correctly assess the situation, organize behavior and activities, the development of psychophysiological functions, the level of mental and cognitive activity), the age at which systematic education begins, the characteristics of the school situation, relationships with teachers and classmates, such as the microclimate in the family, as well as its personal qualities and the main parameters of mental development.

Creating a positive microclimate in the school community is an important factor in the social adjustment of children of primary school age. The reason is that the task of the teacher is to maintain the friendship of children with the same interests, to form these interests. It is important for the child to understand that the school is a benevolent, sensitive community of peers, younger and older friends. It should be noted that the child should feel happy among his classmates. After all, he needs their assessment and attitude. The positive emotions he experiences in communication with his peers mainly shape his behavior and facilitate adaptation to school. The attitude of the teacher to the child is an indicator of the attitude towards him and his classmates. The child suffers doubly from the negative

attitude of the teacher: if the teacher treats him "badly", then the children will treat him in the same way, so the teacher tries not to negatively evaluate the student's behavior and success in school.

For young students, it is necessary to use teaching methods based on advanced concepts of child psychology. Here, one of the oldest and yet relevant teaching methods, games help teachers effectively. No type of human activity allows him to show self-forgetfulness, sincerity, lightness and reveal his psychophysiological and intellectual resources like play. In the game, a person fully immerses himself in the role assigned to him and reveals all his possibilities.

A game is a specific activity of a child or an adult in the conditions of artificial simulation of real situations, in which a person repeats the norms of activity that help to get acquainted with the culture and perceive reality. In the "Psychological Dictionary" the game (children's game) is described as a type of activity that arose historically, consists in repeating the actions of adults and the relationships between them by children, and is aimed at understanding the surrounding reality.

Today, play therapy refers to many treatment methods that use all the therapeutic benefits of play.

Play therapy helps children of junior school age:

- Be more responsible for their actions and develop more successful strategies.
- Develop new and creative solutions to problems.
- Develop respect and acceptance of self and others.
- Learning to experience and express emotions.
- Develop empathy and respect for the thoughts and feelings of others.
- Learning new social adjustment and family skills.
- Developing self-efficacy and thereby increasing confidence in one's abilities.

In conclusion, we can say that in order for social adaptation to be successful, teachers and parents should consider the importance of play therapy in developing children's ability to live in a society of peers and adults, to respond to other people's experiences, that is, to be socially and emotionally mature. is incomparable. This is determined by the level of intellectual, motivational, communicative and physical development of the child.

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