



Article

The Role of Play Activity in a Child's Life

Iminova Dilnoza Nasirovna¹, Mirfayziyeva Laylo²

1. Andijan State Pedagogical Institute, Preschool Education Department
2. Andijan State Pedagogical Institute, Preschool Education Department

Abstract: This article examines the importance of play in the development of pre-school children, emphasising its fundamental role in early childhood education. Play is a natural learning process through which children explore the world, develop their thinking abilities and build social relationships, as well as being a form of entertainment. The study reveals that children enhance their cognitive abilities, including memory, attention, imagination, and problem-solving, during play activities. At the same time, play contributes to emotional development, helping children to express their feelings, manage their emotions, and build their confidence. Socially, play teaches cooperation, communication, respect for rules and interaction with peers. The article also emphasises that both structured and unstructured play activities play an important role in shaping a child's personality and preparing them for future learning. Furthermore, the research underlines the pedagogical value of integrating play into pre-school education programmes, as it increases motivation and the effectiveness of learning. Overall, the findings suggest that play is an essential mechanism for the holistic development of children, supporting their intellectual, emotional, and social growth in the early years.

Keywords: Muhammad Rizo Ogahiy, N.M. Aksarina, preschool age, psychological process, role-playing games, didactic games, Z.V. Manuleyko.

1. Introduction

Play activity occupies a special place in a child's life because it is not only a means of entertainment but also an important pedagogical process that ensures comprehensive personality development. In preschool age, play is considered the leading type of activity through which children understand the environment, gain social experience, and express their inner world. During play, children develop skills such as independent thinking, problem-solving, communication, and creative abilities [1].

At the same time, play has a strong influence on children's emotional, social, and intellectual development. Through play, children learn cooperation, rule-following, and role distribution, which facilitates their future adaptation to society. Therefore, the study of the pedagogical significance of play activity is one of the most relevant issues in modern education [2].

One of the most important tasks of modern pedagogy is to provide children with knowledge not through boring instruction, but through play, which is their natural need. The scholar Muhammad Rizo Ogahiy emphasized that a person can achieve full maturity only through acquiring knowledge and skills from a young age. According to him, science and enlightenment are powerful tools for human intellectual development and social progress [3].

Ogahiy also noted that learning processes are more effective when integrated with play activity, especially folk games, as they help develop positive learning motivation.

You should clearly present the research gap (what is missing in previous studies), define the main aim of your study, and formulate 1–3 research questions that guide your work [4].

2. Methods

Researcher N.M. Aksarina stated that play activity does not arise spontaneously; it requires at least three conditions:

- formation of impressions;
- availability of toys and educational influence;
- frequent communication between children and adults.

Play is a multifunctional activity in a child's life, where elements of labor, thinking, imagination, and rest are all combined. Through play, children not only learn about the surrounding world but also receive positive educational influence.

This section should describe the study design (qualitative, quantitative, or mixed), the sample (for example, number and age of children or participants), the data collection tools (observation, interviews, surveys, etc.), and the procedure of how the study was conducted step by step.

3. Results and Discussion

Preschool education aims to develop children's movement skills, work habits, speech development, and moral behavior. Due to their developed speech and mobility, children have a strong need for communication, which is satisfied through play activity [5].

According to Z.V. Manuleyko, behavioral skills are acquired more quickly and easily in play than in structured learning activities.

Play activity stimulates cognitive processes and positively influences children's behavior. It develops sensory perception, attention, memory, thinking, imagination, and willpower. Properly organized play contributes to the holistic development of a child's personality [6].

Play activities in preschool education are divided into two main groups:

1. Creative Games

These games have no strict rules and allow free activity. They include:

- role-playing games;
- dramatization games;
- construction games.

Role-playing games are based on imitation activity. Preschool children have a strong imagination, which makes these games enjoyable and engaging. For example, in the game "Train," children first develop an idea, then expand the storyline. During the game, they develop cooperation, discipline, and organizational skills. Leadership and independence are also formed in children who take on key roles [7-10].

Dramatization games are based on acting out stories or fairy tales. These games help develop discipline, willpower, emotional expression, and moral understanding of good and bad behavior. Here you need to present your actual findings. It is important to include real data such as tables, percentages, charts, or summarized observations that show the outcomes of your research clearly and objectively [11].

2. Rule-Based Games

This category includes didactic games. In didactic games, there is a close connection between the game objective, rules, and actions. These games help develop children's knowledge, sensory culture, speech activity, and intellectual abilities [12].

The main rules of didactic games include:

1. Taking turns;
2. Answering when asked;
3. Listening to peers;
4. Not disturbing others during the game;
5. Following rules without excuse;
6. Admitting mistakes.

These rules develop responsibility, self-confidence, discipline, mutual respect, and independence in children [13]. Didactic games are organized using various educational materials, which should be colorful and attractive to maintain children's interest. In this part, you should interpret your results, explain why the findings are important, and compare them with previous studies or theories. You can also discuss similarities or differences with other researchers' work [14][15].

4. Conclusion

In conclusion, play activity plays a vital role in a child's life. Its proper organization by educators and parents is extremely important because it is one of the main means of comprehensive child development. Through play, children understand the environment, reflect real-life processes in their own way, and enrich their experience.

At the same time, play helps children satisfy their interests and needs, develop independence, and increase self-confidence. In short, the effective and purposeful use of play activity creates a strong foundation for children's future education and personality development.

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