

## PSYCHOLOGICAL ASPECTS OF METACOGNITIVE ACTIVITIES IN PHYSICS EDUCATION: WAYS TO IMPROVE ACADEMIC EFFECTIVENESS

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### ABSTRACT

This article discusses the psychological aspects of metacognitive activities in physics education. Metacognitive activities involve the processes of awareness, control, and management of students' learning activities, contributing to the improvement of the educational process's effectiveness. The article examines various psychological factors of metacognitive activities and their impact on the learning process. It also provides a detailed description of the application of metacognitive activities in physics education and their positive influence on students.

**Keywords:** Metacognitive activities, Psychological aspects, Physics education, Learning process, Self-assessment, Learning strategies, Problem-solving, Motivation, Academic effectiveness, Learning outcomes.