

# Methods of Overcoming and Overcoming Fear in Children

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## ABSTRACT

The article describes methods of children and how to overcome fear. And also there has a school period of Thomas Edison. It also says that parents can help their children overcome their fears by giving them to different clubs. the article states that the teacher should beautifully immerse the child without scolding him for solving the example problem incorrectly The are has different methods to solve the fear of children, such as motivation methods.

**KEYWORDS:** *motivation, methods, feel, children, parents, fear, teachers, school, self- confidence, home, play games, primary education, encouragement, Thomas Edison, letter, class, free time, dance, sports, achieve goals, attention, lesson, music, punishment*

## INTRODUCTION

According to German psychologist Kurt Levin, "If a child overcomes his fears, he will look at the world differently." It is known that in the world we meet children who are afraid of different things. For example, at school, some children are afraid of the teacher's anger and shouting, and some children are afraid to go to the blackboard and talk, memorize a lion, and get two grades. One such method of overcoming and overcoming fears in children is the method of praise and encouragement. The method of praise and encouragement is one of the main methods that motivate the child and help him to overcome and overcome his fears.<sup>[2]</sup>

First of all, motivation means motivation, empowerment to think, feel, and act. In school, a teacher can use several methods of motivating students: approving, praising, encouraging, expressing confidence, rewarding. We can observe school-age children who are afraid to solve sample problems incorrectly, because the teacher fights in front of the whole class because the student solved a problem incorrectly, this situation is left in the eyes of all the children in the class, and they even when they solve it correctly, they are afraid to go to the teacher and check whether the example is correct or incorrect, because they will be left with the same situation in their minds. It is clear that the teacher's method of the punishment increases the fear of children instead of overcoming them. The student has solved the problem and the problem a little bit If so, encourage the child to correct and correct the teacher by encouraging him with words such as "bless you", "well done", "very kind", which will increase the child's self-confidence. and helps the child overcome and overcome their fears and strives to solve more examples and problems by striving to increase their knowledge of reading.

Vladimir Levi says: "Praise is very useful, it increases self-esteem, helps to overcome fear, increases confidence in one's strength, and allows one to express one's opinion freely."

Children are especially in need of encouragement if they are not strong enough. The use of the stimulus method is more effective in the upbringing of young children and adolescents because children of this age are very sensitive and agile in assessing their behavior and activities. The teacher should pay special attention to students who are overly pampered or overlooked. The educational value of incentives depends on the objective support of the majority. An example of this is the life of Thomas Edison. Probably few people have not heard of that famous story about Thomas Edison, which is half-myth and half-truth. According to him, Edison's schoolteacher was angry at his backwardness and sent a letter from Edison to his mother. Of course, Edison, who is a backward student, does not know what is written in it. She brings her teacher's letter to her mother. When the mother reads the letter, she says, "Your child is very backward, he can't do well in science, take him to another school!" There will be such things as The mother did not want her son to be discouraged, so she read the letter aloud to him, altering the content. "Your son is a wonderful boy, he excels in all the subjects in the class. Thank you!"<sup>[3]</sup> In fact, Edison found out that the letter was completely different years later when he was already known as a great inventor and wealthy businessman. Then his mother died, and he took his old clothes out of his pocket, finds the letter he brought from school. When you read it, it had the same ugly description.

Thomas Edison is reflected in the school records of a truly backward student during his school days. He was later expelled from school and taught at home only by his mother and began to recognize letters, and when he learned to read, he began to read various books on his own. From this, we can see that the mother punished her child, beat him, extinguished his desire to read, and used the method of praise without increasing his fear. Through the method of praise, the mother taught her child a beautiful science. brought up as a great person inventor in the future.

Another way to help children overcome their fears is through music and play. Sometimes we hear from parents who don't know how to overcome their children's fears. So many psychologists advise parents to give their children a variety of sports. If a child goes in for sports, he will overcome his fears. When a child goes to a sport, he meets and talks with other children wherever he goes and exercises together, and then repeats the exercises at home,

<sup>2</sup> J. Lashley "Working with young children, encouraging their development and solving problems", Book. for educators children. garden: [Per. from English] - M., 1991.

<sup>3</sup> Cheron, D. M., Ehrenreich, J. T., & Pincus, D. B. (2009). Assessment of parental experiential avoidance in a clinical sample of children with anxiety disorders. *Child Psychiatry and Human Development*, **40**(3), 383– 403.

trying to achieve more, forgetting his fears. only strives for the goal and overcomes fear. Alfred Adler is quoted as saying, "When it rains, many birds seek refuge, and the Eagle is the only bird that flies high to escape the rain, like the Eagle. When problems arise in life, do not try to be afraid of them. Overcome your fears by raising your head." Some parents do not even allow their children to listen to music, play games, or even watch children's TV shows. In this way, the child's fears increase. So kids need more free time. Some children express their fears by watching they are favorite show a lot, while others dance by listening to their favorite music, while others go to sports activities that they enjoy. overcomes and loses fear. Another way to help a child overcome fear is to listen to the child and explain to them slowly and correctly that they have done something wrong, without hitting them or scaring them. <sup>[4]</sup>

There is no one in the world without fear. Of course, some people are afraid of something. There is a little bit of fear in a person who says that he is strong and not afraid of anything. So, a little bit of fear in cats is a bit more in kids. According to research conducted by experts, the fact that a person lives in excessive panic, although this panic has no basis, gradually leads to mental and even physical weakness of the person. Constant fear will never allow him to reach his full perfection. For example, the difference between the physical and spiritual development of a child who grew up with a relatively free husband and a child who grew up with constant fear and control. One is a little more courageous, and perhaps a little more courageous, while the other is a little less courageous and more easily overcome by any disease.

For children growing up in fear and control, A. S. Makarenko warned about it in time. According to him, "Children with strong and weak-willed fears later grow up to be careless and useless people or oppressors who seek revenge for the atrocities they have committed throughout their lives." The child should be taught to live freely and without fear, without being oppressed or oppressed in the future. Only then will the child not think about the pressure from others, and will not be afraid to be the center of attention, only then will he be able to achieve his goals.

### Conclusion

In conclusion, we quote the advice of psychologists: "Psychologists advise parents not to forget that the purpose of punishment is to return the child from a harmful and dangerous situation, and not to hit, not to panic, not to punish." So without punishing the child for a trivial reason to motivate, to boost his self-confidence, to motivate him to conquer more and more. After all, Motivation is a great force.

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