

INTELLIGENCE DISCIPLINE AT THE AGE OF PRE-SCHOOL KIDS

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Annotation: This article explores the concept of intelligence discipline among preschool children and how it shapes their cognitive, emotional, and social development. It focuses on the significance of nurturing self-regulation, attention control, and problem-solving skills during early childhood. Through a methodological analysis of psychological and pedagogical approaches, the paper emphasizes the role of parents and educators in guiding children's discipline without suppressing creativity or curiosity.

Keywords: intelligence discipline, preschool children, cognitive development, self-regulation, early education, behavior control, pedagogical approach

Introduction

The preschool period is a critical stage in a child's intellectual and emotional development. At this age, children begin to form their personality traits, learning habits, and behavioral patterns. The concept of intelligence discipline refers to a child's ability to control impulses, manage emotions, and act thoughtfully, which is essential for school readiness and lifelong learning.¹

Theoretical Background

According to Vygotsky's sociocultural theory, cognitive development is influenced by social interaction. Therefore, the role of adults in shaping intelligence discipline is vital.² Piaget also emphasized the importance of active learning through play and exploration, suggesting that discipline should be developmentally appropriate and cognitively engaging.³

Modern researchers assert that early experiences in emotional regulation and self-discipline contribute to academic success and positive behavior.⁴ These foundational skills can be instilled through consistent routines, gentle guidance, and emotional support. In the preschool years, children begin to develop emotional intelligence (EI) — the ability to understand, express, and manage emotions. Intelligence discipline is closely linked to EI because children who are emotionally aware tend to regulate their behavior better. Teaching children to name emotions ("I am angry" vs. throwing a toy) is a foundational step in fostering discipline.

Research by Daniel Goleman highlights that emotional intelligence is a better predictor of long-term success than IQ in many cases. Thus, intelligence discipline is not only about rules and obedience but about equipping children with emotional tools to navigate life.

Neurodevelopmental Foundations of Discipline

During early childhood, the prefrontal cortex — responsible for decision-making, self-control, and planning — is still developing. This is why preschoolers often act impulsively. Intelligence discipline, then, must be developmentally sensitive. It should not expect adult-like self-control but rather scaffold growth by gradually increasing expectations in a supportive way.

According to neuroscience, consistent routines and gentle correction help build neural pathways associated with self-regulation. Punitive or inconsistent discipline, by contrast, can elevate stress and hinder development.

Cultural and Environmental Influences

Cultural norms significantly shape how discipline is taught. In some cultures, obedience and respect are emphasized; in others, autonomy and negotiation are encouraged. Intelligence discipline works best when it is culturally responsive, respecting the child's background while promoting universal skills like empathy, patience, and cooperation.

Additionally, children growing up in chaotic or stressful environments may struggle with discipline due to constant cortisol activation. Thus, intelligence discipline is not just an individual skill, but also a social and environmental outcome.

Integrating Play-Based Learning

Play is the natural language of preschoolers. Through role-play, board games, and storytelling, children learn to wait their turn, follow rules, and cope with losing — all components of discipline. Teachers and parents can use play as a gentle, effective method to build intelligence discipline without rigid rules or punishments.

Methodological Approaches

There are several methods for fostering intelligence discipline in preschoolers:

1. Modeling behavior – Children often imitate adults. When caregivers exhibit patience and emotional control, children are more likely to adopt these behaviors.¹
2. Positive reinforcement – Encouraging good behavior with praise helps children associate discipline with positive outcomes.⁴
3. Structured environments – Predictable routines and clear expectations help children understand boundaries and develop internal discipline.³
4. Interactive activities – Games that involve turn-taking, memory, and problem-solving promote cognitive control.²

Challenges and Solutions

One of the main challenges is finding the balance between discipline and autonomy. Overly strict rules may suppress a child's creativity, while lack of guidance may lead to behavioral problems. Effective intelligence discipline requires adaptability, understanding of child psychology, and collaboration between parents and teachers.⁴

Another challenge is individual differences. Not all children respond to the same techniques. Therefore, a flexible and personalized approach is essential.¹

Conclusion

In conclusion, fostering intelligence discipline in preschool children is a vital part of early childhood education. It lays the foundation for future academic achievement, emotional health, and social competence. Educators and parents must work together to create supportive environments where children can develop discipline naturally and positively.

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