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ENHANCING ATTENTION SPAN AMONG SECONDARY SCHOOL STUDENTS THROUGH INTERACTIVE AND STUDENT-CENTERED LEARNING APPROACHES

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Abstract: Improving students' attention span is one of the most important issues in modern classrooms, especially among young learners. During my teaching practicum, I observed that many students in Grade 5 quickly lost focus and were easily distracted during lessons. In this article, I share the findings of my exploratory action research based on data collection tools such as my own written reflections, questionnaire responses, and lesson recordings. During the action stage, I implemented effective strategies including games, visual materials, reducing teacher talking time, and random questioning techniques. These strategies proved to be effective in increasing students' attention and engagement during lessons.

Key words: attention span, young learners, student engagement, visual materials, interactive activities

Annotatsiya: O'quvchilarning diqqat davomiyligini oshirish zamonaviy sinflarda, ayniqsa yosh o'quvchilar orasida eng muhim muammolardan biridir. Amaliyot darslarim davomida men 5-sinf o'quvchilarining sezilarli qismi dars vaqtida tezda diqqatini yo'qotishi va oson chalg'ishini kuzatdim. Ushbu maqolada men o'z yozma kuzatuvlarim, so'rovnoma natijalari va dars yozuvlariga asoslangan tadqiqot natijalarini taqdim etaman. Amaliy bosqichda men o'yinlar, vizual materiallar, o'qituvchi nutq vaqtini qisqartirish va tasodifiy savol berish kabi samarali usullarni qo'lladim. Ushbu usullar o'quvchilarning diqqatini va darsdagi faolligini oshirishda samarali ekanligi aniqlandi.

Kalit so'zlar: diqqat davomiyligi, yosh o'quvchilar, o'quvchilar faolligi, vizual materiallar, interaktiv faoliyatlar.

Аннотация: Улучшение концентрации внимания учащихся является одной из важнейших проблем в современных классах, особенно среди младших школьников. Во время моей педагогической практики я заметила, что значительная часть учеников 5 класса быстро теряла концентрацию и легко отвлекалась на уроках. В данной статье представлены результаты моего исследовательского проекта, основанного на анализе собственных наблюдений, ответов анкетирования и записей уроков. На практическом этапе я применяла эффективные методы, такие как игры, визуальные материалы, сокращение времени речи учителя и случайный опрос учащихся. Эти методы показали свою эффективность в повышении внимания и вовлечённости учащихся на уроках.

Ключевые слова: концентрация внимания, младшие школьники, вовлечённость учащихся, визуальные материалы, интерактивные задания

Introduction

During my practicum, I had the opportunity to work with Grade 5 students aged 10–12 at a public school. The students were active and energetic; however, it was often difficult for them to stay focused during lessons.

While teaching, I noticed that many students lost their attention quickly. Some of them talked to their classmates, played with their pens, or looked around the classroom while the teacher was explaining. As a result, they did not fully understand the lesson content.

Because of this issue, I decided to choose this topic for my research. This paper aims to answer the following questions:

1). What do I think are the main reasons students lose attention during lessons?

2). What do my students think helps them stay focused?

3). When do students lose their attention during lessons?

Methods

This exploratory action research was conducted using both qualitative and quantitative methods (Burns, 2010).

During my practicum, I collected data using the following tools:

Own perception: my written reflections and notes

Students' perception: responses to a questionnaire

Students' behavior: lesson recordings

The questionnaire consisted of several questions to understand students' attention and preferences during lessons. Lesson recordings were used to observe students' real behavior more accurately.

Results

During my observation, I noticed that many students lost their attention very quickly. Some of them were doing other things, such as talking to friends, playing with objects, or looking around the classroom. Because of this, they were not able to follow the lesson properly.

However, students who stayed focused and participated actively were able to understand the lesson better. This shows that attention plays a key role in learning.

The questionnaire results revealed that many students only sometimes pay attention during lessons. The main reason for losing attention was boredom. Some students also mentioned that they lose focus when the teacher talks for too long or does not ask them questions.

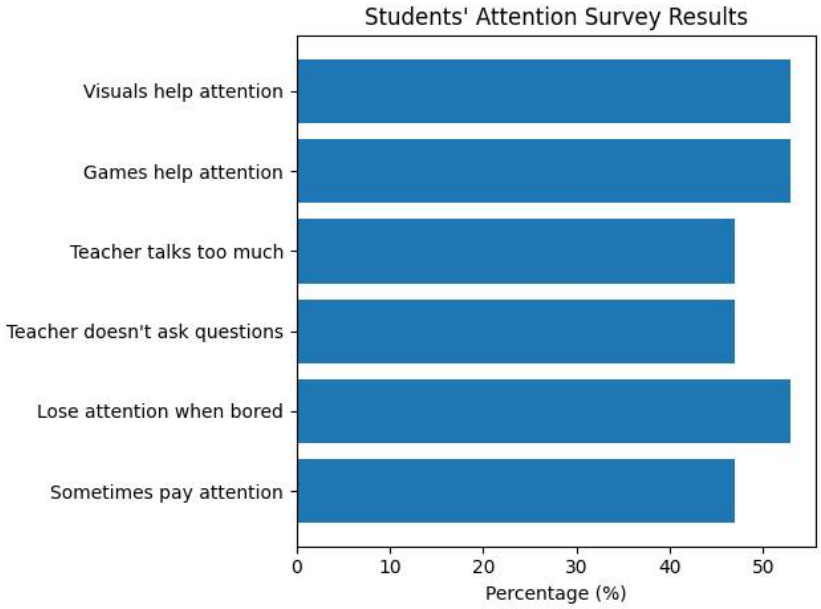
On the other hand, students reported that they stay focused when:

lessons include games

teachers use pictures and videos

they are actively involved

Lesson recordings confirmed these findings. Students' attention decreased during long explanations but increased during interactive activities.



Discussion

After analyzing the data, I created an action plan to improve students' attention. The plan included:

using games and fun activities
using visual materials
reducing teacher talking time
asking questions frequently
using random student selection
giving rewards and positive feedback

During the action stage, I applied these strategies in my lessons. For example, I used the game "Hot Potato," where students had to say words related to the topic while passing a ball. This created a fun and competitive environment, which helped students stay focused.

I also used a random name selection tool to ask questions. This method helped all students stay attentive because they knew they could be chosen at any time.

Conclusion

In conclusion, this action research showed that improving students' attention span is possible through the use of interactive and student-centered teaching strategies. The findings revealed that students often lose focus due to boredom, long teacher explanations, and lack of involvement in the lesson. However, when lessons include games, visual materials, and active participation, students become more engaged and attentive.

The implementation of strategies such as reducing teacher talking time, using random questioning, and providing positive feedback had a significant positive impact on students' behavior and learning. These methods helped create a more dynamic and motivating classroom environment.

Overall, attention plays a crucial role in students' learning success. Therefore, teachers should carefully plan their lessons by including engaging and interactive activities to maintain students' focus. Future research could explore the long-term effects of these strategies or apply them in different age groups and learning contexts.

APPENDIX B:

Exploratory Action Research Poster Presentation

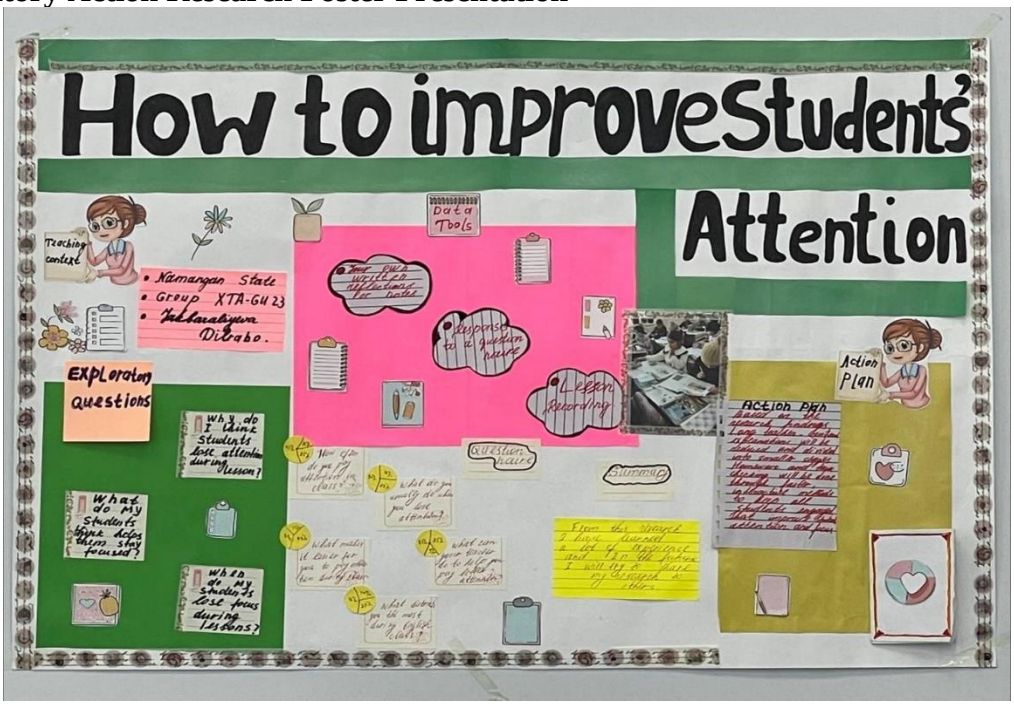


Figure 2. The poster presentation of the exploratory action research conducted at Namangan State Institute.

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