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This collection of abstracts of the International Educational and Methodological Conference entitled "Modern Trends and Innovative Approaches to Organizing the Educational Process in the Context of Digital Transformation of Education" brings together the results of scientific research, methodological developments, and practical experiences of scholars, educators, researchers, doctoral students, and specialists from different countries.

The proceedings cover current issues related to the digital transformation of education, innovative pedagogical technologies, modernization of educational processes, development of e-learning and distance education, implementation of artificial intelligence, digital platforms, and modern information and communication technologies in educational activities. Particular attention is paid to the development of digital competencies among students and educators, modernization of educational content, application of interactive teaching methods, improvement of educational quality, and promotion of sustainable development in educational systems under conditions of global digitalization.

The volume includes theoretical and applied research in the fields of digital pedagogy, educational management, inclusive education, educational analytics, academic mobility, international cooperation, and emerging educational technologies. The contributions examine contemporary approaches to educational governance, digital learning environments, and innovation-driven educational infrastructure.

The materials presented in this collection reflect current trends in educational development and facilitate the exchange of advanced knowledge and best practices among the international academic and pedagogical community. The proceedings are intended for researchers, university faculty members, doctoral candidates, graduate students, education professionals, and all those interested in the digital transformation and innovative development of education.

Настоящий сборник тезисов Международной научно-методической конференции «Modern Trends and Innovative Approaches to Organizing the Educational Process in the Context of Digital Transformation of Education» объединяет результаты научных исследований, методических разработок и практического опыта ученых, преподавателей, исследователей, докторантов и специалистов в области образования из различных стран мира.

Материалы сборника посвящены актуальным вопросам цифровой трансформации образования, внедрения инновационных педагогических технологий, совершенствования организации образовательного процесса, развития электронного и дистанционного обучения, применения искусственного интеллекта, цифровых платформ и современных информационно-коммуникационных технологий в образовательной деятельности. Особое внимание уделено проблемам формирования цифровых компетенций обучающихся и педагогов, модернизации содержания образования, внедрению интерактивных методов обучения, повышению

качества образовательных услуг и обеспечению устойчивого развития образовательных систем в условиях глобальной цифровизации.

В сборнике представлены результаты фундаментальных и прикладных исследований по вопросам цифровой педагогики, образовательного менеджмента, инклюзивного образования, образовательной аналитики, академической мобильности, международного сотрудничества, а также перспективных направлений развития образовательных технологий. Рассматриваются современные подходы к управлению образовательными организациями, формированию цифровой образовательной среды и развитию инновационной инфраструктуры образовательных учреждений.

Представленные материалы отражают современные тенденции развития образования и способствуют обмену передовым опытом между научным и педагогическим сообществом. Сборник предназначен для ученых, преподавателей высших учебных заведений, докторантов, аспирантов, магистрантов, специалистов системы образования, а также всех исследователей, интересующихся вопросами цифровой трансформации и инновационного развития образования.

“Ta’limning raqamli transformatsiyasi sharoitida ta’lim jarayonini tashkil etishning zamonaviy tendensiyalari va innovatsion yondashuvlari” mavzusidagi Xalqaro ilmiy-uslubiy konferensiya tezislar to‘plami dunyoning turli mamlakatlaridan olimlar, professor-o‘qituvchilar, tadqiqotchilar, doktorantlar hamda ta’lim sohasi mutaxassislarining ilmiy tadqiqotlari, uslubiy ishlanmalari va amaliy tajribalarini o‘zida mujassamlashtirgan.

To‘plamda ta’limning raqamli transformatsiyasi, innovatsion pedagogik texnologiyalarni joriy etish, ta’lim jarayonini takomillashtirish, elektron va masofaviy ta’limni rivojlantirish, sun’iy intellekt, raqamli platformalar hamda zamonaviy axborot-kommunikatsiya texnologiyalaridan foydalanish masalalariga bag‘ishlangan ilmiy ishlar jamlangan. Shuningdek, ta’lim oluvchilar va pedagoglarning raqamli kompetensiyalarini rivojlantirish, ta’lim mazmunini modernizatsiya qilish, interaktiv o‘qitish usullarini keng qo‘llash, ta’lim sifati va samaradorligini oshirish hamda ta’lim tizimining barqaror rivojlanishini ta’minlash masalalari keng yoritilgan.

Mazkur tezislar to‘plamida raqamli pedagogika, ta’lim menejmenti, inklyuziv ta’lim, ta’lim analitikasi, akademik mobillik, xalqaro hamkorlik va zamonaviy ta’lim texnologiyalariga oid fundamental hamda amaliy tadqiqotlar natijalari keltirilgan. Materiallar ta’lim muassasalarini boshqarishning zamonaviy yondashuvlari, raqamli ta’lim muhitini shakllantirish va innovatsion infratuzilmani rivojlantirish masalalarini qamrab oladi.

To‘plam materiallari xalqaro ilmiy-pedagogik hamjamiyat o‘rtasida ilg‘or tajribalarni ommalashtirish va ilmiy hamkorlikni rivojlantirishga xizmat qiladi. Nashr olimlar, professor-o‘qituvchilar, doktorantlar, magistrantlar, ta’lim sohasi mutaxassislari hamda ta’limning raqamli transformatsiyasi va innovatsion rivojlanishi masalalari bilan qiziquvchi keng kitobxonlar ommasi uchun mo‘ljallangan.

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TA'LIM JARAYONIDA O'QUVCHI STRESSINI BOSHQARISHNING PSIXOLOGIK-PEDAGOGIK USULLARI

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Annotatsiya. Mazkur tezisda ta'lim jarayonida o'quvchi stressining kelib chiqish sabablari, ko'rinishlari va uni boshqarishning psixologik-pedagogik usullari tahlil qilingan. Stress omillari, ularning ta'lim samaradorligiga ta'siri va profilaktika choralari o'rganilgan. Tadqiqot natijasida o'quvchi stressini boshqarishning amaliy modeli taklif etilgan.

Kalit so'zlar: o'quvchi stressi, psixologik salomatlik, stressni boshqarish, ta'lim muhiti, formativ baholash, ruhiy zo'riqish, pedagogik qo'llab-quvvatlash.

Аннотация. В данной статье анализируются причины, проявления и психолого-педагогические методы управления стрессом учащихся в образовательном процессе. Исследованы стрессовые факторы, их влияние на эффективность обучения и профилактические меры. По результатам исследования предложена практическая модель управления стрессом учащихся.

Ключевые слова: стресс учащихся, психологическое здоровье, управление стрессом, образовательная среда, формативное оценивание, психическое напряжение, педагогическая поддержка.

Annotation. This thesis analyzes the causes, manifestations, and psychological-pedagogical methods of managing student stress in the educational process. Stress factors, their impact on learning effectiveness, and preventive measures are examined. Based on the research findings, a practical model for managing student stress is proposed.

Keywords: student stress, psychological health, stress management, learning environment, formative assessment, mental tension, pedagogical support.

Kirish. Zamonaviy ta’lim tizimida o‘quvchi psixologik salomatligi masalasi tobora ko‘proq e’tibor tortmoqda. Raqobat, yuqori akademik talablar, tengdoshlar bilan munosabat muammolari va oilaviy kutishlar o‘quvchilarda kuchli stressga sabab bo‘lishi mumkin. Tadqiqotlar shuni ko‘rsatadiki, maktab yoshidagi bolalarning sezilarli qismi tizimli stress va tashvish holatlarini boshdan kechiradi.

O‘quvchi stressi nafaqat uning psixologik holatiga, balki bevosita ta’lim natijalariga ham salbiy ta’sir ko‘rsatadi. Surunkali stress o‘quvchining e’tiborini, xotirasini va muammolarni hal qilish qobiliyatini pasaytiradi, motivatsiyasini yo‘q qiladi. Shu sababli ta’lim jarayonida stress omillarini o‘rganish va ularni boshqarishning pedagogik usullarini ishlab chiqish o‘ta muhim ahamiyat kasb etadi.

Asosiy qism. O‘quvchi stressining kelib chiqish sabablari ko‘p qirrali. Akademik omillar (imtihonlar, baholash, uy vazifalari), ijtimoiy omillar (tengdoshlar bilan munosabat, bullying), oilaviy omillar (ota-onalar kutishi, iqtisodiy ahvol) va shaxsiy omillar (o‘ziga nisbatan past baho) stressni keltirib chiqaruvchi asosiy manbalar hisoblanadi. Stressni boshqarishning zamonaviy pedagogik yondashuvlari quyidagi asosiy yo‘nalishlarni qamrab oladi:

- formativ va taraqqiyotga yo‘naltirilgan baholash tizimi;
- psixologik xavfsiz sinf muhitini yaratish;
- mindfulness va relaksatsiya texnikalarini o‘qitish;
- o‘quvchiga individual psixologik yordam ko‘rsatish;
- uy vazifasi yuklamasini muvozanatli tashkil etish;
- oila bilan hamkorlikda ruhiy muhitni yaxshilash.

Psixologik xavfsiz sinf muhiti-o‘quvchi stressini kamaytiruvchi eng muhim omillardan biri. Bunday muhitda o‘quvchi xato qilishdan qo‘rqmaydi, savollar bera oladi va o‘z fikrini erkin bildiradi. O‘qituvchining empatik, qo‘llab-quvvatlovchi munosabati sinfda xavfsizlik hissini shakllantiradi.

1-jadval

O‘quvchi stressining asosiy omillari va pedagogik choralar

№	Stress omili	Namoyon bo‘lishi	Pedagogik chora
1	Imtihon va baholash	Tashvish, uyqu buzilishi	Formativ baholash, tayyorgarlik ko‘rsatish
2	Tengdoshlar bilan munosabat	Ijtimoiy izolyatsiya	Kooperativ o‘qitish usullari
3	Uy vazifasi yuklamasi	Charchoq va tushkunlik	Vazifalarni muvozanatli taqsimlash
4	Kelajak noaniqliği	Motivatsiya pasayishi	Karyera yo‘naltirish va maqsad qo‘yish

5	Oila va ijtimoiy bosim	Ruhiy zo‘riqish	Psixolog va o‘qituvchi hamkorligi

Jadval ma’lumotlari shuni ko‘rsatadiki, har bir stress omili uchun aniq pedagogik chora mavjud. O‘qituvchi ushbu choralarni tizimli qo‘llash orqali o‘quvchilardagi stressni sezilarli darajada kamaytirishi mumkin.

Xalqaro tajribalar shuni ko‘rsatadiki, maktablarda psixolog xizmati, SEL (ijtimoiy-hissiy ta’lim) dasturlari va formativ baholash tizimini joriy etish o‘quvchi stressini kamaytirishda samarali natija beradi. Finlandiya maktablarida imtihonsiz baholash tizimi, erkin o‘yin vaqti va past uy vazifasi yuklamasi o‘quvchilarning psixologik farovonligiga ijobiy ta’sir ko‘rsatayotganligi ilmiy jihatdan isbotlangan. Stressni boshqarishda quyidagi tamoyillarga rioya qilish tavsiya etiladi:

– o‘quvchi ruhiy holatini doimiy kuzatib borish;
– xavfsiz va qo‘llab-quvvatlovchi sinf muhitini yaratish;
– baholash jarayonini stress keltirib chiqarmaydigan tarzda tashkil etish;
– o‘quvchilarga stress bilan kurashish ko‘nikmalarini o‘rgatish;
– maktab psixologi bilan tizimli hamkorlik.

Xulosa va takliflar..Xulosa qilib aytganda, o‘quvchi stressini boshqarish zamonaviy pedagogik faoliyatning muhim tarkibiy qismiga aylandi. Tadqiqot natijalariga asoslanib quyidagi takliflarni ilgari surish mumkin:

– barcha maktablarda malakali psixolog xizmatini yo‘lga qo‘yish;
– o‘qituvchilarni SEL va stressni boshqarish usullari bo‘yicha tayyorlash;
– maktab hayotiga mindfulness va relaksatsiya mashqlarini kiritish;
– baholash tizimini taraqqiyotga yo‘naltirilgan formatga o‘tkazish;
– ota-onalarni o‘quvchi psixologik salomatligi bo‘yicha ma’lumotlash.

Natijada o‘quvchilarning ruhiy salomatligi mustahkamlanadi, ta’lim samaradorligi oshadi va maktabga bo‘lgan munosabat ijobiy tomonga o‘zgaradi.

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TABLE OF CONTENTS

Section 1		
Modern pedagogical technologies in teaching economic subjects		
M.E.Po‘latov, Z.S.Artikov	Sun’iy intellekt texnologiyalarining milliy iqtisodiyot rivojlanishidagi o‘rni …….....	5
M.E.Po‘latov, Sh.N.Mirzayeva	Raqamli ta’lim muhitida o‘qituvchi kompetensiyalarini rivojlantirish …….	10
T.S.Sharipov, Z.S.Artikov	Ekologik muammolarning iqtisodiy rivojlanishga ta’siri ……	14
T.S.Sharipov, Sh.N.Mirzayeva	Sun’iy intellekt texnologiyalarining ta’lim tizimidagi transformatsion ahamiyati: nazariya, amaliyot va istiqbol …….....…..	17
Ilyashova G.K., Temirkhankyzy A., Tursyntai M.	Artificial intelligence in transforming the educational process…….....…...	22
Г.М.Шадиева	Цифровая трансформация образования: современные тенденции и инновационные подходы к организации образовательного процесса …….....	26
G.R.Dauliyeva, D.E.Abdirova	The role of artificial intelligence in the educational process …….....	29
Г.М.Шадиева	Повышение эффективности образовательного процесса на основе data-driven управления в условиях цифровой трансформации ……	33
Б.З. Нурманова, Г.К. Андабаева	Проектирование оценочных материалов: разработка тестовых заданий на основе Learning outcomes ……...	37
Yessengaziyeva Saule	Academic Mobility of International Students in Kazakhstan as a Tool for Mutual Learning Between Civilizations and the Development of the “Green Silk Road” …….....……	41
Sapiyeva Assylay	The use of artificial intelligence in the education system: opportunities and prospects ……	60
S.K.Abilda, A.A.Abdruzak	The role of artificial intelligence in the educational process ……..….....	65
Саттарова З.И.	Проблемы подготовки кадров для сферы туризма в Самаркандской области ……...	69
Э.М.Баймырсаева	Международный опыт в создания развивающей образовательной среды и его применение в преподавании учётных дистиплин.....	74

Р.Ж.Курбанова	Modulli o‘qitish texnologiyasi – замон талабларидан бири…….....	78
Саттарова З.И.	Совершенствование образования специалистов в области туризма …….....	85
Р.Ж.Курбанова	“Savdo iqtisodiyoti” fanini o‘qitishda zamonaviy metodlardan foydalanish …….....	88
Ж.М.Курбонов	Zamonaviy ta’limda modul tizimining o‘rni …..	93
Р.Ж.Курбанова	Олий таълим муассасаларида махсус фанларни ўқитиш методикаси (Бизнесни тадқиқ этиш усуллари фанини мисолида) …….....	97
V.A.Fozilov	Modern pedagogical technologies as a factor in forming competencies in the service sector …….....	100
Ж.М.Курбонов	Физика фанини ўқитишда замонавий методлар ва технологиялар …….....…	104
Sh.N.Mirzayeva	The role of interactive teaching methods in teaching economics in developing students' economic thinking	107
Р.Ж.Курбанова	Иқтисодиёт фанларини ўқитиш методларини такомиллаштириш ……...…….	109
Sh.N.Mirzayeva	The role of the case study method in developing decision-making skills in economic education……..……...	112
Sh.N.Mirzayeva	Introducing a credit-module system in teaching economic subjects in higher education:problems and solutions…….....….	114
A.A.Latipov	Key organizational steps to drive green innovation adoption ……...	117
Н.Б.Рузиева	«Современные методы преподавания в системе высшего образования: От лекций к интерактивному обучению»……..……..	120
Sh.Sh.Mirzaxadjayeva	Gamification-based learning in economics education: methodological opportunities and assessment	123
Sh.Sh.Mirzaxadjayeva	Iqtisodiy fanlarni o’qitishda sun’iy intellekt asosidagi pedagogik texnologiyalardan foydalanish	126
Sh.Sh.Mirzaxadjayeva	Interactive methods for developing students’ economic thinking in a digital learning environment	128
Sh.Sh.Mirzaxadjayeva	Iqtisodiyot fanlarini o’qitishda adaptiv raqamli platformalardan foydalanish metodikasi ……..	130

Section 2		
Modern pedagogical technologies in teaching economic subjects		
V.A.Fozilov	Development of soft skills and hard skills in students of economics specialties …….	133
Z.S.Artikov	Pedagogik ta'limda raqamli transformatsiyani baholashning metodologik yondashuvlari ….....…	137
Н.Б.Рузиева	"Важные аспекты методики обучения дисциплин в вузах Узбекистана"….....	140
З.И.Абдуллаева	Развитие педагогики в Республике Узбекистан: современные тенденции, проблемы и перспективы …….……..	144
Z.S.Artikov	Ta'lim sifatini boshqarishda innovatsion metodologik yondashuvlar …….....	147
V.A.Fozilov	Advanced pedagogical technologies in the instruction of economic disciplines …….....	151
С.А.Махмудов	Использование новых методов управления в педагогике: сущность, направления и практическое значение ……..	155
Z.S.Artikov	Inklyuziv ta'limni amalga oshirishning metodologik asoslari va amaliy yondashuvlari ……..	158
З.И.Абдуллаева	Цифровизация и педагогика: трансформация образовательного процесса в условиях цифрового общества …….……..	161
V.A.Fozilov	Transformation of economic instruction through advanced teaching technologies ……...	164
С.А.Махмудов	Роль женщин в педагогике Узбекистана: исторический опыт, современное состояние и перспективы развития ……	167
Z.S.Artikov	Stem ta'limini rivojlantirishning metodologik yondashuvlari va pedagogik imkoniyatlari ……..	170
З.И.Абдуллаева	Термин "педагогика": сущность, содержание и научная интерпретация …….……..	173
V.A.Fozilov	Innovative approaches to organizing economic courses in a credit-module system ……	176
Z.S.Artikov	Pedagog kadrlarni uzluksiz kasbiy rivojlantirishning metodologik yondashuvlari …….……..	181
Sh.N.Mirzayeva	Innovative interactive technologies in the modernization of economic education	184
М.Э.Эрдонов	Методическая модель интеграции междисциплинарного обучения, деловых игр и	187

	компетентностной оценки в подготовке кадров для сервисной экономики ……	
Sh.N.Mirzayeva	Effectiveness of case study methods in forming students' practical economic competences ……...	190
Sh.N.Mirzayeva	Credit-module system as a mechanism for improving the quality of economic education……..	193
A.A.Latipov	Strategic opportunities for modernizing the enterprise management system based on the principles of the green economy ……..	196
Sh.Sh. Mirzaxadjayeva	Learning analytics as a tool for personalizing economic education in higher education …….	199
Sh.Sh. Mirzaxadjayeva	Iqtisodiy ta'limda virtual seminarlar orqali mustaqil ta'limni faollashtirish ……...……	201
Sh.Sh. Mirzaxadjayeva	Raqamli transformatsiya sharoitida pedagog kadrlarning kasbiy kompetensiyalarini rivojlantirish	203
Sh.Sh. Mirzaxadjayeva	Innovative approaches to quality management in higher education under digital transformation …...	205
Section 3		
Formation of practical skills in teaching economic subjects		
Z.S.Artikov	Pedagogik ta'limda o'qituvchi kompetentligini rivojlantirishning zamonaviy usullari ……..	207
З.И.Абдуллаева	Инновации в педагогике Узбекистана: современные тенденции и направления развития.....	210
A.A.Shermatov	Raqamli iqtisodiyot va yashil transformatsiya integratsiyasi: barqaror rivojlanishning zamonaviy modeli……...	212
М.Э.Эрдонов	Критерии формирования профессиональных компетенций обучающихся по направлениям туризма, логистики и торговли ……	216
Z.S.Artikov	Ta'lim jarayonida innovatsion texnologiyalarni qo'llashning pedagogik samaradorligi …….	220
С.А.Махмудов	Педагогика в разных отраслях и сферах: многообразие направлений и их значение …….	222
З.И.Абдуллаева	Нормативно-правовая база педагогики (образования) в Республике Узбекистан …….....	225
Z.S.Artikov	Inkluziv ta'lim muhitini yaratishda pedagogik yondashuvlar va metodlar ……	228
С.А.Махмудов	Новшества в педагогике: современные подходы и тенденции развития образования	231

Sh.N.Mirzayeva	Students in collaboration with universities and enterprises developing practical skills …….	234
Sh.N.Mirzayeva	Towards preparation of startup projects in economic education methodological approaches…….....	237
Sh.N.Mirzayeva	Students' analytical and Building critical thinking skills …….	240
Sh.Sh.Mirzaxadjayeva	Universitet va korxona hamkorligi asosida iqtisodchi talabalar amaliy ko'nikmalarini shakllantirish ……..	242
Sh.Sh.Mirzaxadjayeva	Case-study and startup project methods in developing practical economic competencies …….	244
Sh.Sh.Mirzaxadjayeva	Iqtisodiyot fanlarida loyiha asosida o'qitish orqali amaliy ko'nikmalarni shakllantirish ……	246
Sh.Sh.Mirzaxadjayeva	Developing financial decision-making skills through practice-oriented economic tasks …….....	248
Section 4		
Methodological foundations of teaching the service sector and service management		
A.A. Shermatov, A.A.Hamitov	Integration of the digital economy and green transformation: a modern model of sustainable development……..	250
M.A.Dusmatova, J.I. Musinjonova	The role of internet of things (iot) technologies in teaching modern logistics and supply chain management ……...……	253
Z.S.Artikov	Masofaviy ta'lim sifatini baholashning kompleks tizimi: nazariya va amaliyot …….	256
М.Э.Эрдонов	Интегрированный подход в преподавании дисциплин туризма, логистики и торговли как фактор подготовки специалистов сервисной экономики ……...	258
A.A. Shermatov, A.A.Hamitov	Hududlarni ijtimoiy-iqtisodiy rivojlantirishda ekologik barqarorlik va yashil iqtisodiyotning o'rni.	262
М.Э.Эрдонов	Использование имитационного моделирования и деловых игр в профессиональной подготовке будущих специалистов туризма, логистики и торговли ……..	266
B.O.Dusmatov	Improving the methodology of managing trade and service sectors in the context of the digital economy.	270
M.A.Dusmatova	Using artificial intelligence (ai) and chatbots as communication simulators in teaching the service sector ……	273

M.E.Erdonov	Turizm, logistika va savdo fanlarini integratsiyalashgan asosda o‘qitishda kompetensiyaviy yondashuvning metodik ahamiyati	277
B.O.Dusmatov	Cooperation with manufacturing enterprises: experience in organizing practical classes directly on-site …….....…..	280
M.A.Dusmatova	Effective methods for organizing independent education of students in the credit-module system (on the example of economics) …….....…	283
M.E.Erdonov	Servis menejmenti ta’limida turizm, logistika va savdo integratsiyasi asosida amaliy ko‘nikmalarni shakllantirish metodikasi ……..…….	286
M.A.Dusmatova	Cloud-based educational environments: organizing virtual labs for economic and service management students ……	289
A.A. Shermatov, A.A. Hamitov	Yashil iqtisodiyotning innovatsion, investitsion va institutsional mexanizmlarini rivojlantirish……..	291
M.E.Erdonov	Iqtisodiy fanlarni o‘qitishda interaktiv metodlar va keys-stadi usulining pedagogik imkoniyatlari……...	296
Sh.N.Mirzayeva	Integrated approach to teaching tourism, logistics and trade in the service sector…….....…..	299
Sh.N.Mirzayeva	The role of simulation and business games in developing management competences in service education……...	302
Sh.N.Mirzayeva	Criteria and indicators for assessing professional competencies in service sector education ...…….	304
Sh.N.Mirzayeva, Fayziyev Izzatillo	Asean davlatlarining iqtisodiy integratsiya tajribasi	306
Sh.N.Mirzayeva, Fayziyev Izzatillo	Mdh mamlakatlarida iqtisodiy integratsiya jarayonlari	310
Sh.N.Mirzayeva, M.M.Mamatqulov	Integratsiyada transmilliy korporatsiyalar va global iqtisodiyotdagi roli ……..	314
Sh.N.Mirzayeva, M.Sh.Marxaboyeva	Globalizatsiya sharoitida milliy iqtisodiyot raqobatbardoshligi ……...……...	317
Sh.N.Mirzayeva, D.M.Rahmonova	Rivojlanayotgan mamlakatlarning global iqtisodiyotga integratsiyasi ……...…….	321
Mengnarov Temur	Raqamli iqtisodiyot va globalizatsiyaning o‘zaro bog‘liqligi ……...……	325
Sh.N.Mirzayeva, I.I.Abdullayev	Iqtisodiy integratsiyaning shakllari va ularning o‘ziga xos xususiyatlari ……	328

Sh.Sh.Mirzaxadjayeva	Servis menejmenti ta'limida simulyatsiya va biznes-o'yinlardan foydalanishning metodik ahamiyati ….	335
Sh.Sh.Mirzaxadjayeva	Integrated teaching of tourism, logistics and trade disciplines in service management education ……..	337
Sh.Sh.Mirzaxadjayeva	Servis menejmenti fanlarini o'qitishda mijoz tajribasini modellashtirish usuli ……...	339
Sh.Sh.Mirzaxadjayeva	Teaching service quality management through digital customer journey mapping …….....……	341
Section 5		
Methodological foundations of teaching the service sector and service management		
O.M.Pardayev	O'zbekistonda yashil investitsiyalarni rivojlantirish mexanizmlari……...	343
A.A.Shermatov	The role of environmental sustainability and the green economy in the socio-economic development of regions…….....……..	347
M.E.Erdonov	Dual ta'lim va amaliyotga yo'naltirilgan yondashuv asosida iqtisodiy fanlarni o'qitishni takomillashtirish	351
Z.S.Artikov, J.R.Allanazarov	Raqamli iqtisodiyotning iqtisodiy o'sishga ta'siri: jahon tajribasi va o'zbekiston konteksti ……	354
Z.S.Artikov, Sh.B.Ergasheva	Yashil iqtisodiyotga o'tishning ahamiyati va O'zbekistonda yashil iqtisodiyotga o'tish strategiyasi	358
Z.S.Artikov, J.R.Allanazarov	Yashil iqtisodiyot va barqaror iqtisodiy rivojlanish: jahon tajribasi va o'zbekiston uchun istiqbollar ….....	361
Z.S.Artikov, Sh.B.Ergasheva	O'zbekiston respublikasining eksport salohiyatini oshirishning asosiy yo'nalishlar …..……	364
M.E.Erdonov	Kredit-modul tizimida iqtisodiy fanlarni tashkil etishning didaktik va pedagogik asoslari ……..	366
Z.S.Artikov, J.R.Allanazarov	Interaktiv metodlardan foydalanishning pedagogik ahamiyati ……..……..	369
Z.S.Artikov, Sh.B.Ergasheva	Sun'iy intellektning iqtisodiyot rivojlanishiga ta'siri	371
J.R.Allanazarov	O'quvchilarda o'quv motivatsiyasini shakllantirish: nazariy va amaliy yondashuvlar ……...	374
Z.S.Artikov, Sh.B.Ergasheva	Yashil iqtisodiyotga o'tishning ahamiyati va o'zbekistonda yashil iqtisodiyotga o'tish strategiyasi	377
J.R.Allanazarov	Ta'lim jarayonida o'quvchi stressini boshqarishning psixologik-pedagogik usullari ……..	381

Z.S.Artikov, Sh.B.Ergasheva	Iqtisodiy bilimlar asoslarini o‘qitish metodikasida zamonaviy yondashuvlar ……..	384
J.R.Allanazarov	Erta yoshdan hissiy intellektni rivojlantirishning pedagogik ahamiyati va usullari ……...	390
Z.S.Artikov, Sh.B.Ergasheva	Maktab o‘quvchilarining iqtisodiy bilimlarni qabul qilish jarayonining psixologik-pedagogik xususiyatlari …….	393
J.R.Allanazarov	O‘quvchilarda o‘z-o‘zini boshqarish ko‘nikmasini rivojlantirishning pedagogik usullari ……...	399
Sh.N.Mirzayeva	Modern integrated approaches to teaching sciences in the service sector…….....……..	402
J.R.Allanazarov	Ijobiy psixologiya tamoyillarini ta’lim jarayoniga tatbiq etishning metodologik asoslari ……...	404
Sh.N.Mirzayeva	Use of business simulation technologies in personnel training in service management ….....	407
Sh.N.Mirzayeva	Formation of professional competences in service education: methodological aspects and assessment criteria…….	410
N.A.Usmanova	Menejmentda raqamli transformatsiya: zamonaviy yondashuvlar va samaradorlik	412
Z.I.Sattarova	Turizmda raqamli transformatsiya: o'zbekiston xizmat ko'rsatish bozorida innovatsiyalarni tatbiq etish …….....	415
N.A.Usmanova	Inson resurslarini boshqarishda innovatsion yondashuvlar va xodimlar motivatsiyasi.....	417
R.J.Qurbonova	Startap loyihalarni moliyalashtirish mexanizmlari va venchur kapitalini boshqarish ……..	419
Z.I.Sattarova	O'zbekistonda ekologik turizm: hududiy rivojlanish imkoniyatlari va xizmat ko'rsatish infratuzilmasi ….	421
N.A.Usmanova	Strategik menejment va tashkiliy o'zgarishlarni boshqarish: zamonaviy muammolar va yechimlar	424
R.J.Qurbonova	Startap loyihalarda jamoa shakllantirish va korporativ madaniyatni boshqarish ….....	426
Z.I.Sattarova	Turizm xizmatlari sifatini boshqarish: o'zbekistonda servis menejmentini takomillashtirish metodologiyasi	428
A.P.Xazratov	O'zbekistonda mobil aloqa bozori: raqobat muhiti va raqamli rivojlanish tendentsiyalari	431
J.N.Abiyev	Raqamli menejment sharoitida tashkiliy boshqaruvning samaradorligini oshirish ……	433

A.P.Xazratov	O'zbekistonda keng polosali internet xizmatlari: qamrov dinamikasi va raqamli tengsizlikni bartaraf etish ……..	436
J.N.Abiyev	Korxonalarda moliyaviy menejmentni takomillashtirish: raqamli vositalar va boshqaruv yondashuvlari ……...……	439
Sh.Sh.Mirzaxadjayeva	Yashil servis konsepsiyasi asosida xizmat ko'rsatish fanlarini o'qitishni takomillashtirish ……	441
Sh.Sh.Mirzaxadjayeva	Competency-based training for sustainable service management in the digital economy ……..……	443
Sh.Sh.Mirzaxadjayeva	Yashil iqtisodiyot tamoyillarini iqtisodiy fanlarni o'qitish jarayoniga integratsiyalash ……..	445
Sh.Sh.Mirzaxadjayeva	Integrating green economy and digital transformation into economic education ….....	447
Махмудов С.А.	Совершенствование педагогики в Республике Узбекистан: направления, механизмы и перспективы развития	449
Sh.N.Mirzayeva	Xizmat menejmenti mutaxassislarini kompetensiyaviy yondashuv asosida tayyorlashning metodologik va amaliy jihatlari.....	451
D.S.Musinov	Xizmat menejmenti ta'limida kasbiy ko'nikmalarni shakllantirishning zamonaviy metodlari.....	454
Sh.N.Mirzayeva	Xizmat menejmentini o'qitishda ta'lim va biznes hamkorligining metodologik asoslari……..	456

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