
Correction of Fears in Schoolchildren

Saparbaev Tajibay

Acting assistant professor, Nukus State Pedagogical Institute named after Ajinyaz (Nukus, Republic of Karakalpakstan)

Article information:

Manuscript received: 02 Jun 2025; **Accepted:** 03 Jul 2025; **Published:** 19 Aug 2025

Abstract: This article is about psychological correction of fears in younger schoolchildren.

Keys words: Fear, types of fear, children, phobia, fear correction.

Fear is one of the most common human emotions and an important self-defence mechanism. There are many types of fear, and among children quite often there are fears associated directly with the period of development: for example, for children of older preschool age are more characterised by fears of mystical creatures and fear of death - their own and parental, and for the younger school age, due to the new stage of socialisation and passing the adaptation period in school, more typical of social fears. The frequency of night fears in children aged 7-9 and 10-12 reaches 84.7 per cent and 79.6 per cent respectively. After 13 years of age, the frequency of children's night fears decreases, but still remains at a fairly high level.

Fears can lead to children's inability to concentrate during the day, increased anxiety levels and loss of confidence, and can even affect their daily lives. If children are in fear for a long period of time, their brain development will be adversely affected. Moreover, if children do not overcome fear in time, it will be much more difficult to overcome it in adulthood, also because the entrenched fear can reach the form of phobia.

According to O.E. Vetrova, many fears can be seen as an adaptive reaction, as they motivate to protect oneself from real or imagined threats. K.V. Duka pointed out that fear formation is related to the peculiarities of cognitive development during the period of children's growth. He writes that among the most common fears in primary school children are: separation from others, fears related to personal safety, imaginary creatures, scary dreams, darkness and loneliness.

F. Riemann identifies several other fears that are characteristic of primary school age: fear of bodily harm, physical danger, and strangers.

In the field of psychology, cognitive behavioural therapy is widely used to alleviate children's anxiety and fear. This method exposes children to systematic, gradual and strictly controlled frightening situations, and stimuli, so that children become accustomed to what they were afraid of, thus eliminating fear.

E.V. Minaeva and N.V. Ivanova have developed more effective methods of psychological and pedagogical correction of fears in younger schoolchildren.

1. bibliotherapy. The use of special reading materials and soft dolls depicting the main characters of books can help children immerse themselves in the story and identify with the characters bravely fighting their fears.

2. Picture books. Children are drawn to the stories and pictures of stories about their fears, and this is effective in alleviating their fears.

3. Story games. Games can be used to help children reduce certain fears. These games work on the principle of 'flooding': the child, immersed in the game, with the support of the teacher enters the role of a fearless and brave hero who overcomes the difficulties facing him. The realisation that in the game the child has managed to confront his or her fear significantly reduces anxiety in the face of fear in real life.

Conclusion: In the methods listed above, the emphasis is on gaining skills that allow you to face your fear and overcome it. There are various options: playing out the situation in one's mind - how and why the hero of the book does exactly that, fighting his fear; the opportunity to try different ways of coping in an imaginary situation during the playback. These methods teach children to adapt to new and frightening things, to look for different options of behaviour in unpleasant situations, when confronted with their fears.

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