

DIAGNOSING CHILDREN'S PSYCHOLOGICAL AND COGNITIVE DEVELOPMENT: THEORY AND PRACTICE

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Abstract : *This article and essay are devoted to the issues of diagnosing the psychological and cognitive development of children. The text theoretically analyzes the cognitive abilities of children - thinking, memory, attention, logical analysis and problem-solving abilities. Also, the methods and techniques for assessing the psychological state of children of preschool, primary and adolescent ages are considered, including standardized tests, observation, interviewing and diagnostic tools based on game activities. The results of the diagnostics are used to develop individual development plans for children, develop their weaknesses and provide psychological support.*

Keywords : *Psychological state of children , cognitive development , diagnostics , thinking ability , memory and attention , logical analysis , pedagogical support*

The preschool period is one of the most sensitive and important psychological stages in a child's life. During this period, the child's emotional, cognitive, social, and motivational characteristics are formed. Psychological status, on the other hand, represents the child's mental, emotional , and behavioral state during this developmental process.

The psychological state of a child depends on many factors. First of all, **biological factors** , namely the development of the brain and nervous system, genetics and temperament determine the child's emotional stability and resistance to stress. At the same time, **the social environment** - communication with family, classmates and teachers, as well as the values of society - also play a large role in

the psychological development of a child. For example, a warm and supportive family environment enhances the child's sense of trust and security, which develops his ability to express himself and learn.

Children's **emotional experience** is also an important component of their psychological state. Preschool children do not yet have experience in managing emotions, so they often show joy, anger, fear and other emotions. Therefore, parents and educators should teach children to understand their emotions and express them constructively.

The cognitive component is also important in understanding the psychological state. It includes the child's ability to think, pay attention, remember, and understand cause-and-effect relationships. At the same time, **the social component includes the child's understanding of their place in the group, their ability to communicate with others, and their ability to empathize. Preschool children learn social** skills and adapt to their environment through play.

The psychological state of children varies with age. For example, at the age of 0-2, children learn the world mainly through sensory-motor experience, at the age of 3-6 through imagination and play, and at the age of 7-11, logical thinking and understanding of social roles develop. Therefore, the pedagogical approach and psychological diagnostics should be appropriate for each age.

Adolescence is one of the most complex and important psychological stages in human life. This period covers approximately **11–18 years of age** and is a time of rapid change in a child's cognitive, emotional, social, and motivational development. Adolescents undergo rapid changes not only physically but also mentally, which directly affects their psychological state.

The psychological state of adolescents depends on a number of factors. First of all, **biological factors** - brain development, hormonal changes and the functioning of the nervous system - determine their emotional stability and impulsive behavior.

For example, during puberty, a surge in hormones increases curiosity and emotional reactions, which can sometimes lead to problems in social relationships.

Social and environmental factors also play a major role. Adolescents form their identity through relationships with friends, teachers, and parents. Social acceptance, self-esteem, and group status are very important to them. Therefore, the processes of communicating with friends, understanding group roles, and comparing oneself to others can have a profound impact on the mental state of adolescents.

Adolescents also have unique **emotional states**. **At this age, they may be inexperienced** in managing their emotions, so they may feel emotions such as stress, anxiety, anger, or joy more intensely. In this regard, it is important for parents and educators to teach children to understand their emotions and express them in a healthy way.

cognitive development, adolescents are learning abstract thinking, cause-and-effect relationships, and logical analysis. At this age, their decision-making skills are developing, but the strength of emotions and impulsivity can sometimes lead to mistakes. Therefore, psychological support and social counseling are especially important.

Motivational factors also increase during adolescence. The need to demonstrate one's abilities, feel independent, and set future goals determine their psychological state. Children's success or failure in achieving their goals has a significant impact on their mental state.

Cognitive abilities - such as thinking, memory, attention, problem-solving and logical analysis - play a central role in the psychological development of children. Therefore, **cognitive development diagnostics are very important for their identification** and assessment. Diagnostics is not only an important tool for determining the level of development of children, but also for providing pedagogical and psychological support.

Cognitive development diagnostics aims to measure children's thinking processes, memory and attention levels, problem-solving skills, and cause-and-effect relationships. Through this process, educators and psychologists can **identify children's strengths and weaknesses in development**, support them, and develop an individual pedagogical approach.

There are several main areas of the diagnostic process. **Attention and concentration assessments** can determine how well children can focus on tasks. For example, the Bourdon test or visual and audiovisual attention tests are used to measure children's attention. Standard tests such as the Digit Span test or the Wechsler Memory Scale are used to assess **memory ability**. **These tests** help determine the level of children's short-term and long-term memory.

Logical reasoning and understanding cause-and-effect relationships are important components of cognitive development. Tests such as Raven's Progressive Matrices assess children's ability to think abstractly and solve problems. Language and comprehension skills also play an important role, as vocabulary and comprehension are key tools in shaping thinking. The Peabody Picture Vocabulary Test (PPVT) is used to measure these skills.

Cognitive diagnostics also include **creative thinking and problem-solving skills**. **For example, the Torrance Tests of Creative Thinking (TTCT)** help determine children's ability to find creative and problem-solving solutions. Educators and psychologists also assess children's real-life abilities using **activity-based diagnostic methods through observation, interviewing, and play**.

The results of cognitive development diagnostics are used not only to develop individual development plans for children, but also to **develop weaknesses and regularly monitor them**. At the same time, this diagnostics serves to increase the social and academic success of children. Children's development is a complex and multifaceted process, encompassing their **cognitive, emotional, and social skills**. **Therefore, diagnostics** are an important tool for determining their psychological

state and assessing their level of development . Diagnostics allows you to identify children's strengths and weaknesses, determine an individual pedagogical approach, and provide them with psychological support.

Psychological diagnostics is the process of measuring and assessing the emotional, social and mental state of children. Through this process, educators and psychologists determine children's stress resistance, ability to manage emotions, social adaptation and self-expression skills. Diagnostic methods can be of various types : **standardized tests, observations, interviews and questionnaires** . For example, play-based observations are the most effective method for preschool children, since they express their emotions and thinking skills through play.

Cognitive diagnostics are aimed at assessing children's thinking, memory, attention, problem-solving and logical analysis skills. Through this diagnostics, the child develops **abstract thinking, cause-and-effect relationships and the ability to find creative solutions** . **Cognitive diagnostic methods include standard methods such as IQ tests, Raven's Progressive Matrices, Digit Span Test, Peabody Picture Vocabulary Test, Torrance Tests of Creative Thinking** . At the same time, observational and activity-based tests help determine children's real-life abilities.

The results of the diagnostic tests play an important role not only in determining the level of development, but also in providing pedagogical and psychological support. For example, by identifying weaknesses in attention or memory, special exercises can be developed. Also, with the help of cognitive diagnostics, an individual development plan is drawn up to increase the academic success and social adaptation of children.

In conclusion, **diagnostics are a key tool in understanding and supporting children's psychological and cognitive development**. They allow educators and psychologists to identify children's strengths and weaknesses in development, develop an individual approach, and ensure their future success. In this way,

diagnostics serve to shape children as healthy, socially adaptive, and mentally stable individuals. The psychological state of children in adolescence is a complex, dynamic and multifaceted system. To understand it, it is necessary to analyze biological, social, emotional and cognitive factors together. Healthy psychological development of adolescents is ensured through a positive environment, emotional support and an appropriate pedagogical approach. In this way, we can contribute to the formation of the future generation as independent, socially adaptive and mentally stable individuals. Diagnostics of children's cognitive development is the process of scientifically determining their thinking, memory, attention and creative abilities. Diagnostics allows educators and psychologists to **develop an individual approach, support development and ensure the future success of children**. Thus, cognitive diagnostics stands out as an important tool in the psychological development of children.

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