**UDC 373**

**TO REDUCE THE ANXIETY LEVEL OF PRESCHOOL CHILDREN AT AN EARLY AGE AND THE ADAPTATION PERIOD IN PRESCHOOL INSTITUTIONS**

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**Abstract.**

The article describes the features of the relationship between the level of adaptation of preschool children at an early age and the level of anxiety when attending preschool institutions. Practical recommendations are also presented to reduce the anxiety level of preschool children during the adaptation period.

**Keywords.**

The level of anxiety, early age, preschool children, the period of adaptation.

The visit of a young child to a preschool educational institution is an important event in his life. On his first visit, he finds himself in new conditions in which the usual regime changes, food conditions, temperature regime, parenting techniques and communication situations. These conditions can lead to changes in the child's behavior, as well as sleep disorders, appetite and emotional state. The main factor that can provoke anxiety in a child during the initial visit to a preschool educational organization is separation from his mother when he is left alone with strangers. The features of the adaptation period of young children and the growth of anxiety levels are widely covered in the literature.

 The studies of N.M. Aksarina, N.P. Zhukova, and N.D. Vatutin indicate that the nature of adaptation depends on the age of children and on the individual characteristics of their nervous system, as well as on the difficulties of the adaptation process and the importance of its organization for the successful entry of a child into a new environment [1].

 When every child enters a preschool educational organization, a new stage in his life begins, and they often have a hard time getting used to the peculiarities of this stage. Therefore, the adjustment period can often be accompanied by nervous and emotional disorders, including increased anxiety levels.

 Anxiety during the period of adaptation is an emotional state that occurs in situations of uncertain danger and manifests itself in anticipation of an unfavorable development of events.

 The reasons for the increase in anxiety levels during the period of adaptation of preschool children may be:

* change of the usual environment;
* Separation from mother;
* high sensitivity and impressionability of the child;
* self-doubt, as well as expectations of negative events and consequences.

 The above-mentioned reasons for the increase in anxiety levels during the adaptation period indicate the difficulty of young children getting used to preschool educational organizations, which occurs when a child sees or feels something incomprehensible, the communication process is not interesting to him, so he must first be prepared for the environment that awaits him in kindergarten.

 Figure 1 presents recommendations that will help reduce children's anxiety levels during the adjustment period.

Fig. 1. Recommendations for reducing anxiety

 Thus, for the successful adaptation of young children to a preschool educational organization, training is necessary, which will provide opportunities for the child to actively settle into new conditions, and the process of habituation will be less painful. Therefore, the lower the anxiety level of young children, the higher the level of adaptation of preschoolers to kindergarten.

 List of used literature:

1. Buravtsova L.A., Basina I.M. THE RELATIONSHIP BETWEEN THE LEVEL OF ADAPTATION TO KINDERGARTEN OF PRESCHOOL CHILDREN AND THE LEVEL OF ANXIETY OF PARENTS // Proceedings of the VI International Student Scientific Conference "Student Scientific Forum" URL: <a href="https://scienceforum.ru/2014/article/2014003479">https://scienceforum.ru/2014/article/2014003479

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