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**THE IMPORTANCE OF BIOLOGICAL AND PSYCHOPHYSIOLOGICAL
FACTORS IN THE DEVELOPMENT OF EDUCATIONAL AND
COGNITIVE ACTIVITIES**

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ABSTRACT

In the article, the further development of the educational system, the coordination of educational processes on the basis of an innovative approach, the importance of the activity of student learning and cognition, reading, the specific stage of preparation for labor activity, the calculation of the main activity of students, the development of educational and cognitive activity in students is manifested as a complex psychological phenomenon, to be socially and psychologically prepared for them the emergence of a wide range of opportunities for effective educational and cognitive activity, the activation of educational and cognitive activities of students in the organization of the educational process is carried out under the influence of a number of biological and psychophysiological factors, while parents and teachers should pay attention to the fact that there are, the essence of biological and psychophysiological factors affecting the activity of educational-cognitive activity, as well as the need to acquire modern professional knowledge, the content and important aspects of the organization of independent education, the activation of educational-cognitive activity of students in the educational system today are interpreted.

KEYWORDS: Education, Student, Process, Activity, Teacher, Influence, Necessity, Interest, Activity, Motivation, Quality, Demand, Result, Content, Approach, Essence, Formation.

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