

Article

Pedagogical Strategies for Forming Independent Reading Skills in Elementary Students Through Micro-Habits

Murtazoeva Rabia Nomanovna¹

1. Information Technologies and Management University, "Elementary Education" Group BT-29-24

Abstract: This article analyzes the pedagogical possibilities of developing independent reading skills in primary school students through micro-habits. The study highlights methods of forming reading culture through small but sustainable actions based on the integration of Uzbek pedagogical traditions and modern cognitive approaches. Furthermore, the article substantiates strategies for increasing students' intrinsic motivation not through pressure, but through small achievements and the gradual formation of stable habits.

Keywords: Micro-Habits, Independent Reading, Primary Education, Reading Culture, Cognitive Development, Pedagogical Mastery

1. Introduction

Elementary education in the phase in the student formed habits his/her next education to the activity directly impact shows [1]. Especially, independent reading skill not only the text understand, maybe child's thinking circle expansion, speech wealth increase and worldview in formation important factor is considered [2]. Today digital in the period children's attention far time during one to activity concentration increasingly becoming complicated Telephone, short videos and fast information flow in the child patience and continuity demand to do read to the process relatively interest reduce possible [3]. This because of independent reading habit to form new pedagogical approach is necessary [4]. It is worth noting that the child one of time in itself big in size book to study encouragement every does not always work. Because big demand often internal resistance to the surface On the contrary, it is very small but regular executable actions through in the child to study relatively natural need appearance will be [5]. Microhabits technology exactly here this is based on the principle. This approach "a lot" to the child "read" does not say, but "start". Pedagogical in terms of exactly start stage the most important step is considered [6].

2. Methodology

Microhabits theory pedagogical essence

Microhabits are execution very easy was, small, but recurring is a system of actions. This methodology complicated activity simplify it for the child psychological in terms of light and acceptance to be done to form For example, a child is given "20 pages of books a day" "read" to say big task as acceptance to be done possible. However, "every day only one story the title read "blind" or "one" paragraph with Let 's start" approach child's internal resistance reduces. Abdulla Avloni as noted, habit human in life important place

Citation: Nomanovna, M. R. Pedagogical Strategies for Forming Independent Reading Skills in Elementary Students Through Micro-Habits. Middle European Scientific Bulletin 2026, 46(3), 32-34.

Received: 05th May 2025

Revised: 20th May 2025

Accepted: 07th Jun 2026

Published: 23rd Jun 2026



Copyright: © 2026 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license

(<https://creativecommons.org/licenses/by/4.0/>)

holds and it is repetitive activity through is formed. This point of view from the perspective of , microhabits child's daily to the activity reading slowly absorbent effective pedagogical tool become service does . Tahlillah this shows that microhabits the most big advantage is that they to the child success feeling to feel often opportunity This gives motivation external from encouragement internal to need turns .

3. Results

Independent in study microhabits current to grow stages

Elementary class in students read habit formation for following micro-actions recommendation The “ 1 minute only ” rule is for the student [7]. initially just 1 minute during book with to engage in recommendation is done. This method child's brain for task light shows and activity start probability increases [8]. Available to habit Habit stacking — new reading habit there is daily to habits connect effective For example, in the evening from food then 1 wisdom or 1 paragraph reading like [9]. Visual result monitoring — student small achievements visual show motivation " Success " tree , stars or special observation schedule to this example be takes [10]. This stages to read to a child through heavy task not daily of life natural part as acceptance do begins [11].

4. Discussion

Uzbek in pedagogy read and spiritual upbringing

Uzbek pedagogical in the inheritance read person of maturity important tool as is considered [12]. Dolimov elementary class reading in the methodology in the child to the book love wake up the necessity highlights [13]. Microhabits this principle with harmonizes, because this The child is older in approach. pressure under no , natural interest based on develops. For example , Alisher Navoi's one wisdom every day reading and content on short conversation organization to grow not only reading habit, maybe spiritual also reinforces education. Through microhabits formed read skill only academic success not , maybe child's internal discipline and It also develops patience [14].

Analyses this shows that microhabits based on organization done reading activity in students stable and far term results gives. Big to assignments based system often temporary discipline harvest if it does, microhabits slowly internal habit Microhabits with engaged students to study relatively positive attitude creates , feels successful and independent to activity more strives.This because of this approach elementary in education read culture development effective strategy as evaluation possible [15].

5. Conclusion

Elementary class in the student independent reading skill formation far term and consistent process This is in process microhabits technology child's psychological to the characteristics suitable , simple and effective tool as service does. Microhabits through book reading child's daily to life natural accordingly enter goes and slowly stable to habit becomes . As a result in the student independence , patience , discipline and internal motivation develops. So that's it , the beginning in education to microhabits based pedagogical strategies wide application in the future a reader , a thinker , and intellectual potential generation to educate service does.

REFERENCES

- [1] Republic of Uzbekistan, "Resolution of the President of the Republic of Uzbekistan on measures to increase reading culture and widely promote reading among youth," Tashkent, Uzbekistan, Feb. 21, 2024.
- [2] K. Mahmudov, "Issues of Enhancing Leadership Qualities of Managers in Organizational Management Systems," in Local Product Exports Based on International Marketing Strategies, 2021.

-
- [3] K. Mahmudov, "Forms of Operational Production Management under Market Economy Conditions," in *Local Product Exports Based on International Marketing Strategies*, 2021.
 - [4] M. Q. Saydullayevich, "Features and Problems of Forming Quality Management Systems in Small and Medium-Sized Businesses," *International Journal of Development and Public Policy*, vol. 1, no. 3, pp. 11–13.
 - [5] R. Safarova *et al.*, *Methodological Analysis of Elementary Class Textbooks*. Tashkent, Uzbekistan: National Encyclopedia of Uzbekistan, 2021.
 - [6] S. Dolimov, *Methodology of Reading Lessons: A Methodological Manual*. Tashkent, Uzbekistan: O'qituvchi, 2015.
 - [7] Z. Mirzayev, *Methodology of Teaching Literature: A Textbook for Higher Education*. Tashkent, Uzbekistan: Barkamol Fayz Media, 2020.
 - [8] H. G'ulomov, "Modern school management: A psychological approach," *J. Sch. Leadership Manage.*, no. 2, pp. 15–23, 2024.
 - [9] J. Clear, *Atomic Habits*, Uzbek trans. Tashkent, Uzbekistan: Asahiy Books, 2022.
 - [10] A. Zunnunov, *History of Pedagogy*. Tashkent, Uzbekistan: Sharq Publishing House, 2013.
 - [11] S. K. Tashmetov, "The structural development of lifelong reading habits in primary school students," *Central Asian J. Educ.*, vol. 5, no. 1, pp. 22–29, Mar. 2023.
 - [12] D. A. Kenjayeva, "Psychological foundations of interactive and cognitive learning in the modern elementary school," *Uzbekistan Psychol. J.*, no. 2, pp. 44–51, Nov. 2024.
 - [13] M. B. Jumaev, *Methodology of Teaching Reading and Literacy in Primary Grades*. Tashkent, Uzbekistan: Turon-Iqbol, 2021.
 - [14] Ministry of Preschool and School Education of the Republic of Uzbekistan, "National curriculum framework for primary education development," Tashkent, Uzbekistan, Official Strategic Report, 2023.
 - [15] B. R. Khodjayev, *Development of Historical and Literary Thinking in Secondary School Students*. Tashkent, Uzbekistan: Fan, 2019.