

THE IMPORTANCE OF ROUTINE AND DISCIPLINE IN STUDYING

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Abstract: *it will inform us about how core does the routine and discipline in our lifeThe and studying sphere, as well as the impact of it.*

Key words: *concentration, encompasses, self-regulation, self-control, impose, perpetul, prominent, consistency, establish.*

Discipline and routine play crucial roles in studying and academic success. Self-discipline is very essential in our area of life. Discipline is a process that helps people to be healthy and create a happy mood, while also making life more meaningful. It allows you to benefit from consistent, daily action towards the achievement of your goals and dreams. Studies have also shown that people with self discipline make positive decisions more easily and tend to feel more satisfied with their lives. Whereas a lack of discipline and routine leads to failure and other problems, without discipline, it is impossible to reach the aim and purpose that you set. For this reason, Jim Kwick is one of the most influential person on social media who teaches mostly about the brain's function and memory. He said that reason ripe results, meaning that without the help of discipline and routine, it would be difficult to achieve the goals and success that we put ahead of us, whether in our personal lives or professional lives. Discipline is nothing more than having inner strength and control over yourself, your actions, and your reactions. It gives you the ability and direction to follow to accomplish something without changing your mind. This is what Charles Einsenstein said about it: "True discipline is really just self-remembrance; no forcing or fighting is necessary." Discipline may evolve through how you behave. When it emerges in you, it stimulates power and gives you what you want in terms of personal and professional life. There are many more prominent individuals worldwide who have been famous and reached pinnacle through made up discipline in themselves, such as Mike Tyson or Cristiano Ronaldo. Tyson once said that discipline is doing what you hate to do, not what you love to do. This would make sense because if people do something they do not like to do, let's say, read a book every day, with the help of discipline and also by imposing a daily routine, they can evolve it in them, which will result in sticking to their habits. " Discipline is just choosing between what you want now and what you want most, " said Augusta F. Kantra. Consistency and structure lead to establishing a routine that helps create a structured environment for studying. When you

have a set schedule, your brain becomes accustomed to studying at specific times, making it easier to focus and retain information.

Consistency also reduces procrastination and ensures that studying becomes a regular habit. Another key factor in boosting and improving your daily routine is paying attention to time management. Both routine and discipline are really crucial for effective time management. By devoting specific time to studying, you can prioritize your academic tasks and avoid last-minute cramming. Discipline helps you stick to your set study schedule, resist distractions, and make the most of your study time. What is more, following a routine allows you to improve your focus and concentration while studying. The reason for this is that practicing discipline a lot allows you to enhance your ability to concentrate. When you dedicate focused time to studying perpetually, your mind becomes accustomed to the task at hand, making it easier to maintain attention and absorb information effectively. Besides, setting goals and motivation are essential parts of discipline; when people set their own goals and aspirations, they stay more motivated throughout the studying process. By defining clear objectives and breaking them down into smaller, achievable milestones, you can track your progress and feel a sense of accomplishment. Discipline helps you stay committed to your goals and overcome challenges or setbacks along the way. "Discipline is not about the rules, it is about respect. It means respect for those around you, the things you own, and for yourself. Discipline is part of being a steward"- Janna Cachola.

Having a routine and practicing discipline helps a person reduce stress levels in the studying atmosphere. When you have an exact plan and follow it consistently, you are less likely to feel overwhelmed or rushed. Procrastination and cramming tend to lead to increased stress and decreased performance, whereas routine and discipline promote a more balanced and manageable approach to studying. A routine refers to a sequence of activities or behaviors that are regularly followed or repeated. It involves establishing a set pattern or schedule for accomplishing tasks or engaging in specific activities. Routines provide structure and consistency in daily life. They can be related to various aspects, such as work, exercise, sleep, or personal habits. Routines are often developed to streamline productivity, manage time effectively, or establish healthy habits. However, discipline refers to a set of rules, principles, or practices that one adheres to in order to achieve a desired outcome or maintain control over oneself. It involves self-control, self-regulation, and the ability to follow through with commitments or goals. Discipline is typically associated with a focused and determined approach towards achieving success, personal growth, or maintaining order. It requires consistency, perseverance, and sometimes sacrifices to adhere to the established guidelines or standards. Routine is about imposing regular

activities and behaviors, while discipline is the ability to maintain self-control and adhere to rules or principles, often in pursuit of specific goals or desired outcomes. Routine can be a part of disciplined behavior, as it helps in maintaining consistency and structure, but discipline encompasses a broader aspect of self-control and dedication.