

METHODS FOR INCREASING WOMEN'S INTELLIGENCE

Bozorova Rozigul Sharofovna

Asian International University

Associate Professor of the Department of History and Philology, Ph.D. (PhD)

<https://doi.org/10.5281/zenodo.14902079>

Abstract. *The article discusses the general usefulness of several methods for increasing women's intelligence. Recommendations are given to help increase women's intellectual potential. In particular, reading and learning, online education, social networks and blogs, books and electronic resources, personal development and motivation, literature and art, ensuring the effective participation of women in events and conferences help them gain knowledge and develop their thinking, master new knowledge, and increase their intellectual potential.*

Keywords: *Gender, stereotype, intelligence, science, platform, electronic resource.*

МЕТОДЫ ПОВЫШЕНИЯ ИНТЕЛЛЕКТА ЖЕНЩИН

Аннотация. *В статье обсуждается общая полезность нескольких методов повышения интеллекта женщин. Даны рекомендации, способствующие повышению интеллектуального потенциала женщин. В частности, чтение и обучение, онлайн-образование, социальные сети и блоги, книги и электронные ресурсы, личностное развитие и мотивация, литература и искусство, обеспечение эффективного участия женщин в мероприятиях и конференциях помогают им получать знания и развивать свое мышление, осваивать новые знания и повышать свой интеллектуальный потенциал.*

Ключевые слова: *Гендер, стереотип, интеллект, наука, платформа, электронный ресурс.*

There are several methods for increasing women's intelligence, these methods are generally useful for everyone. Some recommendations to help women increase their intellectual potential:

1. **Reading and learning:** Gain knowledge and develop your mind by reading books, articles, and scientific papers. Acquiring new knowledge helps increase your intellectual potential.

Today, women have many opportunities in the process of reading and learning. Through the development of technology and social changes, women have gained great freedom in obtaining education, acquiring new knowledge, and developing themselves. Women are using various opportunities to study and learn in the following areas:

Online education: Women are using online courses and educational platforms (e.g. Coursera, Udemy) based on their interests. These platforms give them the opportunity to gain knowledge in any field, learn a new profession, or develop themselves professionally.

Online education for women is very important and widespread today, as online platforms provide women with the opportunity to receive education regardless of geographical restrictions, time, and financial constraints. Online education has created many new opportunities for women, giving them the opportunity to advance their knowledge in new fields, upgrade their skills, or continue their personal development. Below, we look at some of the key factors that influence women's online education:

1. Women's educational opportunities on the following platforms:

Coursera, edX, Udemy: These platforms allow women to take classes from the world's best universities and institutes. Women are learning online in technology, business, psychology, healthcare, and other fields through these platforms.

LinkedIn Learning: LinkedIn Learning (formerly Lynda.com) offers courses to develop business, technology, and creative skills. Women have the opportunity to improve their professional skills, earn new certifications, and build a network.

Khan Academy: Provides free educational resources for women, which is very useful for women who want to expand their knowledge or enter new fields.

YouTube: There are various educational channels on YouTube, by watching which women can gain a lot of knowledge in their field or for personal development.

2. Benefits of online education for women:

Wide opportunities: Women have access to online courses and resources from around the world. For example, there are many courses in technology, engineering, business, and the arts.

Flexibility: Online education allows you to manage your time independently, which is especially beneficial for women. There is the opportunity to study while taking care of children or other responsibilities at home.

Free and affordable courses: Some platforms offer free courses, providing women with low-cost or free options for studying. This is especially a great opportunity for women with financial constraints.

Personal development: Women can continue their personal development through online education by choosing courses that match their interests and goals. This education is not only useful for professional growth, but also for discovering their potential.

Social and professional networking: Online learning platforms such as LinkedIn provide opportunities for women to build professional networks and gain new opportunities. There are also opportunities to connect with professionals and share experiences through online courses.

3. Opportunities for women in online learning:

Access to new careers: Through online learning, women can learn and start working in new careers in modern technology, programming, design, finance and other fields. This, in turn, provides them with economic independence and professional growth.

Gender equality and opportunities: Online learning allows women to learn in fields that are relevant to their interests, free from gender-based barriers. This empowers women socially and economically and helps ensure equality in society.

Mentoring and support: Many online learning platforms offer mentoring programs and networking opportunities to support women. This, in turn, helps them succeed.

The conclusion is that online education for women today is not only creating opportunities to improve their knowledge, but also to learn new professions and ensure economic independence. The benefits of online education help women overcome the limitations of education, but it is also necessary to take into account some technological and social barriers. Through well-organized online education platforms, women can fully unlock their potential and achieve success.

Social media and blogs: Women are sharing knowledge and experiences on social media (e.g., YouTube, Instagram, LinkedIn). The opportunities to share their knowledge with others, communicate with other women, and keep up with news in their field have also expanded.

The impact of social media on women's intelligence can be complex and two-fold. On the one hand, it provides opportunities for communication, knowledge sharing, and self-development, but on the other hand, it also has negative effects, such as misinformation and wasting time. Below are some of the positive and negative aspects of the impact of social media on women's intelligence:

Positive effects:

Learning and information: Social media allows women to access a variety of educational materials, articles, video lessons, and knowledge resources. For example, platforms such as YouTube and LinkedIn provide educational content, allowing women to learn new areas and knowledge.

Broader communication: Women can communicate on social media about topics that interest them. Expressing their opinions, exchanging ideas with others, and participating in diverse groups helps them to absorb new ideas and perspectives.

Networking and professional growth: Through professional networks like LinkedIn, women have the opportunity to expand their professional network, create new opportunities, and communicate with experts in their field. This, in turn, helps them to develop intellectually.

Awareness of social and cultural issues: Through social media, women become aware of issues such as social justice, gender equality, health, and education. They can learn about these topics and form opinions that help them strengthen their position in society.

Learning new skills: Through social media, new skills can be learned in areas such as video editing, design, or programming. Women can increase their knowledge and become experts in new fields through online courses and training.

Negative effects:

Time wasting: Spending too much time on social media, especially watching only entertaining content or comparing yourself to other people's lives, can negatively impact women's intellectual development. This, in turn, leads to less time being spent creating or learning new knowledge.

Misinformation and rumors: The spread of misinformation (fake news) and rumors on social media can confuse women and lead them to make poor decisions. This can damage their intellectual potential.

Stress and low self-esteem: Comparing yourself to others on social media, especially the perfect lives portrayed on social media platforms, can make women feel low about themselves. This can take away important attention and time that is needed to improve their mental and emotional well-being.

Stereotypes and social pressures: Social media can sometimes contain various stereotypes and social pressures against women. For example, unrealistic expectations about appearance or balancing family and career. This, in turn, can reduce women's self-confidence and negatively affect their mental health.

Information overload: The constant flow of information on social media can confuse women and make it difficult for them to sort through the information they need. This can impair their decision-making abilities and stunt their intellectual development.

Books and e-resources: Women are increasing their knowledge through books, articles, and academic papers. Today, e-books, podcasts, and audiobooks make reading more convenient and effective.

Today, e-books are one of the most important and effective tools for Uzbek women to increase their intelligence. Uzbek women are widely using online books and electronic resources to gain knowledge in various fields, continue their personal development, and professional growth. E-books and materials in the Uzbek language can also be a good tool for them to expand their knowledge, study in new fields, and create new opportunities for themselves.

Below is a list of some e-books and resources that can be useful for the intellectual development of Uzbek women:

1. Personal Development and Motivation:

"The Art of Change" - D. K. Korbatoev

This book talks about making changes, creating new habits and continuing personal development. It helps women to make motivation and acceptance of change easier.

"The Formula for Personal Success" - Zahiruddin Muhammad Babur

Thinking about Babur's life and path to success, it teaches women the necessary spiritual and practical steps to achieve personal success.

"Goals and Directions" - Brian Tracy In this book, women can learn to clearly define their goals, develop and plan the necessary strategies for their implementation.

2. Health and Wellness:

"Women's Health and Wellbeing" - Zarina Nematova Recommendations necessary for improving women's health, physical and mental well-being. The book contains useful tips for women to adopt a healthy lifestyle and maintain health.

"Healthy Eating" - Gulsara Torakulova This book provides women with knowledge on healthy eating and choosing the right diet. It helps to maintain health and increase energy levels through good nutrition.

3. Literature and Art:

"Uzbek Literature and Women" - Murodjon Torakulov

Provides books about literature and art for Uzbek women, their role in literature and the role of women in modern literature.

"Art and Creativity" - Gulchehra Torakulova

An e-book that helps women discover their potential in the field of art, creativity and culture.

4. Social Issues and Gender Equality:

"Women and Social Equality" - Nigora Ismoilova This book talks about gender equality, the role of women in society and their changes in economic and social life.

"Women's Rights and Justice" - Oysara Begimova A book covering social issues related to women's rights, ensuring their equal place in society, and seeking justice.

In conclusion, e-books for Uzbek women create opportunities to increase their intellectual potential and learn new knowledge. E-books in the fields of personal development, professional growth, psychology, health and technology help women fully unlock their potential. The easy availability of e-books on online platforms creates great opportunities for them and ensures the convenience of reading.

Events and conferences: Women are actively participating in scientific, cultural and business events. For example, the 5th International Forum "Sustainable Development: Inclusive Education and Women's Initiatives" was organized in Uzbekistan, where Deputy Prime Minister - Chairperson of the Committee on Family and Women Zulaykho Mahkamova participated with a report on "Opportunities, privileges and initiatives for women in Uzbekistan". As is known, the goal of inclusive education is to create a barrier-free, adapted learning environment for students with special educational needs at school, using special tools and methods, involving special educators, and providing quality general secondary education that serves their effective adaptation and full integration into society. These activities help them acquire new knowledge, expand their networks, and create new opportunities.

On December 20, 2013, the UN General Assembly adopted a resolution on "Science, Technology and Innovation for Development." The document recognized the equal and full access of women and girls of all ages to the achievements of science, technology and innovation as a guarantee of ensuring gender equality in this area.

Two years later, at the plenary session of the UN General Assembly on December 22, 2015, February 11 was declared the "International Day of Women and Girls in Science".

This date is also widely celebrated in our country every year. This year, in accordance with the relevant statement of the Cabinet of Ministers dated February 3, 2025, a week was organized on February 10-15 on the theme "Scientific Women - a Mirror of Society".

During the week, scientific and practical conferences were held in educational institutions and neighborhoods with the participation of female scientists and researchers conducting scientific research, students and schoolgirls, and various events aimed at increasing women's interest in science.

In particular, on February 10, the week was launched at the Tashkent State University of Economics at the forum on the topic "Women, Business and Innovation". The following forums and conferences were also held during the week:

A forum on the topic "The role of women scientists of Uzbekistan in the international arena" at the University of World Economy and Diplomacy;

An international forum on "Attracting women to STEAM: achievements and challenges" at the Tashkent Institute of Chemical Technologies;

An international forum on the topic "Sustainable development: inclusive education and women's initiatives" at the Tashkent State University of Oriental Studies;

An event on the topic "The role of women in science and leadership" by the Academy of Sciences of Uzbekistan;

An international conference on the topic "Specific stages of scientific and technological development and entrepreneurship in a multinational new Uzbekistan" at the Committee on Interethnic Relations and Friendship with Foreign Countries;

A forum and exhibition "Women Engineers - 2025" at the Tashkent State Technical University;

A forum and exhibition on the topic "The role of women in IT" at the Tashkent University of Information Technologies;

A conference on the topic "Young female scientists of Uzbekistan - creators of the Third Renaissance" at the University of World Economy and Diplomacy;

A "Global Women's Lunch" event was organized at the Tashkent branch of the Mendeleyev Russian University of Chemical Technologies.

A forum on the topic "Women and Society: "Problem and Solution" was held at Bukhara State Technical University as part of the "Scientist Woman - Mirror of Society" week. It was attended by university professors and teachers, deputy of the Bukhara City Council of People's Deputies Dilorom Mukhamadiyeva.

In conclusion, it can be said that ensuring the effective participation of women in events and conferences that serve to increase their intellectual potential helps women acquire knowledge and develop their thinking, master new knowledge, and increase their intellectual potential.

REFERENCES

1. Sharofovna, B. R. (2024). Education and Role of Women in Science. EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION, 4(3), 120-124.
2. Sharofovna, B. R. Z. (2024). Islomda ayollar o'rnini va munosabat. JOURNAL OF THEORY, MATHEMATICS AND PHYSICS, 3(1), 136-143.
3. Bozorova, R. Z. (2024). INCREASING THE INTELLECTUAL POTENTIAL OF WOMEN IS THE DEMAND OF THE TIMES. Modern Science and Research, 3(2), 724-731.
4. Sharofovna, B. R. Z. (2024). XOTIN-QIZLARNING INTELLEKTUAL SALOHİYATINI OSHIRISH DAVR TALABI.
5. Ro'zigul, B. (2023). KITOB-QADRIYAT YUKINI AJDODDAN AVLODGA KO'TARUVCHI KEMADIR. In Uz-Conferences (Vol. 1, No. 1, pp. 883-890).
6. Sharafovna, B. R. (2023). THE BOOK-THE HISTORY OF HUMANITY, THE IMMORTAL SPIRIT. FAN, TA'LIM, MADANIYAT VA INNOVATSIYA JURNALI | JOURNAL OF SCIENCE, EDUCATION, CULTURE AND INNOVATION, 2(11), 6-13.
7. Sharofovna, B. R. (2023). SPECIFIC ASPECTS OF IMPROVING THE INTELLECTUAL COMPETENCE OF WOMEN IN DEVELOPED COUNTRIES. JOURNAL OF SCIENCE, RESEARCH AND TEACHING, 2(12), 113-117.
8. Sharofovna, B. R. (2023). SPECIFIC ASPECTS OF IMPROVING THE INTELLECTUAL COMPETENCE OF WOMEN IN DEVELOPED COUNTRIES. JOURNAL OF SCIENCE, RESEARCH AND TEACHING, 2(12), 113-117.
9. Komilovna I. N. Ziyo Distributed From Tezguzar. JournalNX, 30-33.
10. Komilovna I. N. (2022). Ibrahim Muminov's Scientific and Philosophical Heritage and Subjective Approaches to His Scientific Activity Under the Rule of the Former Ideology. International Journal on Integrated Education, 5(6), 556-559.
11. Ibodova N. K. (2023). ALI QUSHCHI FAOLIYATINI TADQIQ ETISHDA IBROHIM MO'MINOVNING ROLI. Oriental renaissance: Innovative, educational, natural and social sciences, 3(2), 824-829.

12. Komilovna I. N. (2024). Philosophical Lines to Academician Ibrahim Muminov's Activity. *Journal of Sustainability in Integrated Policy and Practice*, 2(1), 15-18.
13. Ibodova N. K. (2024). THE ROLE OF IBRAHIM MOMINOV IN STUDYING THE PERSONALITY OF AMIR TEMUR. *INTERNATIONAL SCIENCES, EDUCATION AND NEW LEARNING TECHNOLOGIES*, 1(4), 154-157.
14. Ibodova N. (2024). ACADEMIC IBRAHIM MOMINOV: MY FIRST TEACHER IS MY MOTHER. *Educational Research in Universal Sciences*, 3(4 SPECIAL), 436-438.
15. Ibodova N., & Raupova, R. (2023). ÖZBEK EDEBİYATI DİLİNİN MODERNİTE DÖNEMİNDE GELİŞİMİNDE ÇOLPON'UN ROLÜ. *Philological issues are in the eyes of young researchers*, 1(1). 2023
16. Ibodova Nasiba Komilovna. (2024). ANALYSIS OF IBRAHIM MOMINOV'S CREATION OF ABU RAYHAN BERUNI. МЕДИЦИНА, ПЕДАГОГИКА И ТЕХНОЛОГИЯ: ТЕОРИЯ И ПРАКТИКА, 2(4), 359–365. извлечено от <https://universalpublishings.com/index.php/mpttp/article/view/5153>
17. Ibodov G. K. (2023). KLASSIK VA MAXSUS - YORDAMCHI MASHQLARNING YUKLAMA ME'YORI. *Educational Research in Universal Sciences*, 2(15), 13–16. Retrieved from <http://erus.uz/index.php/er/article/view/4660>
18. Ibodov Ghalibjon Komilovich. Classic And Special -The Loading Standards of Assistant Exercises. *Journal of Sustainability Integrated Policy and Practice*. 2024. 19-21-p. <https://journals.proindex.uz/index.php/SIPP/article/view/485/419>
19. N. K. Ibodova. Classification of Lexical Units in the Language of Modern Poetry According to Form and Meaning Relationships. *European Journal of Innovation in Nonformal Education*. 2024. 163-166-p. <https://inovatus.es/index.php/ejine/article/view/4226/4140>
20. N.K.Ibodova. RELATIONSHIPS OF FORM AND MEANING IN JADID POETRY. *NEW RENAISSANCE international scientific journal*. 2024. 924-978-p. <https://doi.org/10.5281/zenodo.14217148>
21. N.K.Ibodova. THE PERIOD OF GREEDISM: LANGUAGE AND POETRY. *International scientific journal. «MODERN SCIENCE AND RESEARCH»* 2024. 651-655-p. <https://doi.org/10.5281/zenodo.14543293>

22. N.K.Ibodova. LINGUISTIC AND CULTURAL FEATURES OF NEW POETRY. NEW RENAISSANCE international Scientific Journal. 2025. 905-908-p.
<https://doi.org/10.5281/zenodo.14738912>