

FORMATION OF MOTOR CULTURE OF STUDENTS IN THE LESSONS OF RHYTHMIC
GYMNASTICS

Khaitbayeva Barnokhon Bakhodirovna

Lecturer at the Department of Sports Games, Fergana State University

Ruzieva Makhliyo Kayumovna

Lecturer at the Department of Sports Games, Fergana State University

Annotation. The article shows the theoretical substantiation and practical development of the pedagogical system for the formation of students' motor culture by means of rhythmic gymnastics.

Keywords: Physical abilities , physical exercises , physical development , *motor culture* , emphasis .

The theory of physical culture is a relatively young, not yet fully formed area of knowledge. In this regard, an interdisciplinary study of the interrelated concepts of "culture", "physical culture", "movement", "motor activity", "motor culture" in the context of the professional and personal development of students was carried out in the work.

In modern society, culture becomes a central, fundamental concept, since culture is a social phenomenon unique in its complexity, forming a single whole with the most important social events and processes most important for a person.

The original concept of "culture" was associated with the purposeful impact of man on nature, primarily with agriculture. Later, they began to designate the results of the upbringing and education of the person himself. In the modern sense, the concept of "culture" began to be used in the XVIII - XIX centuries.

Although physical culture has as long a history as society, the term appeared only at the end of the 19th century. and, like the more general concept of "culture", is far from unambiguous. In various sources, the phrases "physical abilities", "gymnastics", "physical education", "physical training", "physical education", "physical exercises" were used. Based on the characteristic of the XIX century. understanding of culture as a whole as a process associated with the cultivation of something or the education of someone, the expression "physical culture" appeared in the USA and England [1,2,3,4,5,6,7,8,9,10].

In Uzbekistan, the emergence of the term and the formation of the concept has gone from the concepts of "physical development", "body culture, beauty and strength" to the concept of "physical culture". Now physical culture is understood as a kind of culture, which is a specific process and result of human activity, a means and a way of physical improvement of a person to fulfill social duties.

Physical culture performs a number of important functions in the life of society: developing, educational, educational, health - hygienic and general cultural.

Depending on the development of general culture, physical culture, as one of the areas of culture of society and a person, takes certain forms and is filled with appropriate content. At the same time, the cultural and historical reality is such that, despite the differences in physical cultures, peoples and generations are constant , they cultivate (develop and improve), store (in oral, written and other forms), transmit (sometimes directly by inheritance) a variety of knowledge and skills accumulated by them, "patterns" of movements and motor actions created by them, which include the technique of performing movements , posture, expressiveness, dynamism, tempo, rhythm of movements, plasticity , elegance, lightness [11,12,13,14,15,16,17,18,19,20,21,22,23,24,25].

Physical exercises are a universal means of restoring lost motor skills and strengthening the physical condition of a person. In this regard, the role of physical education as a process of improving motor skills, as well as the formation of a healthy lifestyle of the younger generation in Uzbekistan is of particular importance. Sufficient physical activity is a necessary condition for the harmonious development of personality.

Physical culture and the process of forming a healthy lifestyle among students is currently going through a very important period. Optimal physical development and preparedness, good health and working capacity form the basis of a creative attitude to mastering the professional skills of future specialists.

Systematic rhythmic gymnastics included in the mandatory educational process of physical education at the university, increase the level of physical fitness, emotional state, development of skills to move easily and beautifully [26,27,28,29,30,31,32,33,34,35,36,37,38,39,40].

The purpose of physical education in the university is to promote the training of harmoniously developed, highly qualified specialists. Physical education in higher educational institutions is carried out throughout the entire period of students' education and is carried out in various forms that are interconnected, complement each other and represent a single process of students' physical education.

Now we will consider the vocabulary - semantic aspects of training sessions, which perform various functions at different stages of training. The speech impact of a teacher on his students is a subtle and complex system of contact. With the help of the word, the teacher performs many functions that make up his constructive, organizational and other aspects of activity, and also establishes relationships with students, communicates with them [41,42,43,44,45,46,47,48,49,50,51,52,53,54,55]. The word activates the entire learning process, as it contributes to the formation of more complete and distinct ideas, helps to comprehend more deeply, more actively perceive the educational task. Through the word, the student receives new knowledge in the field of physical culture, concepts and their terminological definition, which largely determines his attitude to physical education in general and to the studied movements in particular. First of all, we see the following schematic series of pedagogical statements [56,57,58,59,60]:

1. General organizational management appeals.
2. Messages about the content and tasks of the lesson.
3. Commands to perform certain exercises.
4. Emphasizing a specific requirement for the performance of physical exercises (technical, expressive, and others).
5. Indications for mistakes made by those involved .
6. Discussion of the aesthetic side of the performance of motor actions.
7. Encouragement of students' attention to the details of movements, to their expressive potential.
8. Commenting on the integrity of the complex of exercises, the unity of execution and an indication of the costs involved in this regard.
9. Recommendations for the preparation for the competitions.
10. Councils for behavioral appearance, appearance.
11. Discussion of new movements, elements, creative development of the complex.

12. Warnings about avoiding injuries, offering practical advice and recommendations for healing injuries.
13. Recommendations for the regime of the day, nutrition.
14. Selection of musical accompaniment, discussion of its compliance.
15. Encouragement of an analytical approach to the implementation of exercises, activation of independence.
16. Recommendations of the "homework" type.

An analysis of modern pedagogical literature and research in the field of education and training allows us to speak about the urgent need for an innovative update of the educational process in physical education [61,62,63,64,65,67,68,69,70,71]. One of the ways to improve the educational process at the university in order to form the motor culture of students is to include rhythmic gymnastics complexes in the system of their physical training, which are related to aesthetically rich exercises, to technical - aesthetic sports, where the beauty of movements (elegance, grace, harmony) serves to determine the levels of the formed culture of movement.

Used on I literature:

1. Исломов, И. А. (2022). ЎҚУВЧИЛАРНИНГ ТЕХНИК ҲАРАКАТЛАРИНИ НАЗОРАТ ҚИЛИШ АСОСИДА ЧАҚҚОНЛИК СИФАТЛАРИНИ ТАКОМИЛЛАШТИРИШ (КУРАШ МИСОЛИДА). *INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODOLOGICAL JOURNAL*, 3(4), 7-11.
2. Islamov, I. A. (2021). Fundamentals of promotion of sports and competitions and physical training among school students. *Current research journal of pedagogics*, 2(06), 85-89.
3. Islomkhoja, I. (2020). Socio-pedagogical purposes of modern physical education. *Electronic journal of actual problems of modern science, education and training*.
4. Azimkhojaevich, I. I. (2022). PEDAGOGICAL FEATURES OF INCREASING STUDENT MOVEMENT ACTIVITY (ON THE EXAMPLE OF WRESTLING AND MOVING GAMES). *Science and innovation*, 1(B2), 295-299.
5. Islomkhoja, I. (2021). STUDY OF STUDENT LEVELS OF MOVEMENT ACTIVITY AND INTEREST IN PHYSICAL TRAINING AND SPORTS TEACHER OF FACULTY OF PHYSICAL CULTURE. *Berlin Studies Transnational Journal of Science and Humanities*, 1(1.5 Pedagogical sciences).
6. Махсудов Р. Мониторинг физического развития юношей старших классов общеобразовательных школ //Наука сегодня: опыт, традиции, инновации. – 2019. – С. 47.
7. Makh sudov R. A. IMPROVEMENT OF THEORETICAL KNOWLEDGE OF HIGH SCHOOL STUDENTS IN THE SUBJECT OF" PHYSICAL CULTURE //European Journal of Research and Reflection in Educational Sciences Vol. – 2019. – Т. 7. – №. 12.
8. Махсудов Р. Оценка двигательной подготовленности старшеклассников по выполнения учебных нормативов по физическому воспитанию в общеобразовательных школах //Наука сегодня: проблемы и перспективы развития. – 2019. – С. 94.
9. Махсудов Р. А. СОПОСТАВИТЕЛЬНЫЙ АНАЛИЗ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ СТАРШЕКЛАССНИКОВ С НОРМАТИВНЫМИ ТРЕБОВАНИЯМИ //Fan-Sportga. – 2020. – №. 3. – С. 59-60.
10. Махсудов Р. А. УМУМТАЪЛИМ МАКТАБЛАРИ БИТИРУВЧИЛАРИНИ ЖИСМОНИЙ ТАРБИЯ ФАНИДАН НАЗАРИЙ БИЛИМЛАРИНИ МОНИТОРИНГ ҚИЛИШ //ИННОВАЦИИ В ПЕДАГОГИКЕ И ПСИХОЛОГИИ. – 2020. – №. SI-2№ 2.

11. Makhsudov R. A. Comparative analysis of the physical performance of senior persons with regulatory requirements //Fan-Sports. – 2020. – №. 3. – С. 59.
12. Хасанов А. Т. Экспериментальное обоснование акцентированных занятий по физическому воспитанию студентов факультета " Допризывное военное образование" //Педагогика сегодня: проблемы и решения. – 2018. – С. 59-61.
13. Ханкельдиев Ш. Х., Хасанов А. Т. ОЦЕНКА ФИЗИЧЕСКОГО СТАТУСА УЧАЩЕЙСЯ МОЛОДЕЖИ МЕТОДОМ КАНОНИЧЕСКОГО АНАЛИЗА //Андрущишин ИФ-доктор педагогических наук, профессор (Казахстан). – С. 35.
14. Хасанов А. Т. СОЦИОЛОГИЧЕСКИЕ ИССЛЕДОВАНИЯ В СИСТЕМЕ ПОДГОТОВКИ СТУДЕНТОВ ДОПРИЗЫВНОГО ВОЕННОГО ОБРАЗОВАНИЯ //Велес. – 2017. – №. 7-2. – С. 73-75.
15. Xasanov A. T., Xankeldiyev S. X. Research professional-applied physical training of students in the faculties of military education //Europaische Fachhochschule. – 2014. – №. 11. – С. 57-59.
16. Хасанов А. METHODS ACCENTED CLASSES WITH STUDENTS OF THE SPECIALIZED FACULTY IN THE PERIOD OF MILITARY TRAINING //American Scientific Journal. – 2016. – №. 5. – С. 62-64.
17. Хасанов А. Т., Юсупов Т. Т., Алломов Э. И. ПОДГОТОВКА СПЕЦИАЛИСТОВ ФАКУЛЬТЕТА ВОЕННОГО ОБРАЗОВАНИЯ К ПРОФЕССИОНАЛЬНО-ИННОВАЦИОННОЙ ДЕЯТЕЛЬНОСТИ //European Journal of Humanities and Social Sciences. – 2020. – №. 1. – С. 108-113.
18. Ханкельдиев Ш. Х., Хасанов А. Т. Методология построения должных норм физической подготовленности учащейся молодежи //Международ. научно-практ. конф. Ташкент. – 2015. – С. 332-333.
19. Хасанов А. Т. Физическая культура и спорт как важный аспект в формировании личности //Молодой ученый. – 2017. – №. 11. – С. 527-529.
20. Хасанов А. Т., Икромов И. И. ҲАРБИЙ ТАЪЛИМ ФАКУЛЬТЕТЛАРИ 1-4 БОСҚИЧ ТАЛАБАЛАР ЖИСМОНИЙ СТАТУС КЎРСАТКИЧЛАРИНИНГ ЎЗАРО БОҒЛИҚЛИК ХУСУСИЯТЛАРИ //Fan-Sportga. – 2022. – №. 2. – С. 53-56.
21. Хасанов А. Т., Субботина Е. С., Толмачёв Д. А. ИССЛЕДОВАНИЕ СИНДРОМА ЭМОЦИОНАЛЬНОГО ВЫГОРАНИЯ У СТУДЕНТОВ 4-6 КУРСОВ МЕДИЦИНСКОГО ПРОФИЛЯ ОБУЧЕНИЯ //Форум молодых ученых. – 2019. – №. 1-3. – С. 788-794.
22. Хасанов А. Т., Субботина Е. С., Толмачёв Д. А. ИНФЕКЦИИ, СВЯЗАННЫЕ С ОКАЗАНИЕМ МЕДИЦИНСКОЙ ПОМОЩИ В УДМУРТСКОЙ РЕСПУБЛИКЕ ЗА 2017 ГОД //Форум молодых ученых. – 2019. – №. 1-3. – С. 794-799.
23. Хасанов А. Т., Субботина Е. С., Толмачёв Д. А. ИНФЕКЦИИ, СВЯЗАННЫЕ С ОКАЗАНИЕМ МЕДИЦИНСКОЙ ПОМОЩИ В УДМУРТСКОЙ РЕСПУБЛИКЕ ЗА 2017 ГОД //Форум молодых ученых. – 2019. – №. 1-3. – С. 794-799.
24. Хасанов А. Т. СОЦІАЛЬНІ КОМУНІКАЦІЇ СОЦІОЛОГІЧЕСКИЕ ИССЛЕДОВАНИЯ В СИСТЕМЕ ПОДГОТОВКИ СТУДЕНТОВ ДОПРИЗЫВНОГО ВОЕННОГО ОБРАЗОВАНИЯ //Контактна інформація організаційного комітету конференції. – Т. 74. – С. 73.
25. Tulanovich Y. T., Madaminovich D. E., Vaxodirovna X. B. RHYTHMIC GYMNASTICS IN THE SYSTEM OF PHYSICAL EDUCATION //Innovative Technologica: Methodical Research Journal. – 2021. – Т. 2. – №. 12. – С. 25-29.

26. Bahodirovna X. B. et al. THE USE OF RHYTHMIC GYMNASTICS IN THE PRACTICE OF SCHOOL PHYSICAL EDUCATION TEACHERS ON THE EXAMPLE OF THE CITY OF FERGANA //International Journal of Pedagogics. – 2022. – Т. 2. – №. 05. – С. 1-4.
27. Bahodirovna X. B., Ilxomjonovich I. I. THE USE OF RHYTHMIC GYMNASTICS IN THE PHYSICAL EDUCATION OF SCHOOLCHILDREN ON THE EXAMPLE OF THE CITY OF FERGANA //International Journal of Pedagogics. – 2022. – Т. 2. – №. 05. – С. 9-12.
28. Ilxomjonovich I. I., Tolanovich Y. T., Vaxodirovna H. B. Physical Education In The Structure Of Professional Education //The American Journal of Social Science and Education Innovations. – 2021. – Т. 3. – №. 03. – С. 226-229.
29. Tursinovich K. A., Zoirovich S. F., Tavakkalovich A. D. Innovations in improving the professional and practical physical training of students of the military faculty //Zien Journal of Social Sciences and Humanities. – 2021. – Т. 2. – С. 31-34.
30. Сиддиков Ф. З. ЭФФЕКТИВНОСТЬ АКЦЕНТИРОВАННОЙ МЕТОДИКИ НА ПОВЫШЕНИЕ УРОВНЯ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ЮНЫХ БАСКЕТБОЛИСТОВ //Актуальные проблемы совершенствования системы непрерывного физкультурного образования. – 2021. – С. 272-277.
31. Ханкельдиев Ш. Х., Сиддиков Ф., Машарипов Р. Пути совершенствования профессионального мастерства учителя физической культуры младших классов //Наука сегодня: теоретические и практические аспекты. – 2019. – С. 104.
32. Khaydarov B. Y. The meaning and methods of determining the composition of the human body //Asian Journal of Multidimensional Research. – 2021. – Т. 10. – №. 10. – С. 1085-1089.
33. Vohodirjon X. O DAM TANA TUZILISHINI TAXLIL QILISH //IJODKOR O'QITUVCHI. – 2022. – Т. 2. – №. 20. – С. 108-114.
34. Kayumovna R. M. Wellness Swimming as a Part of the Physical Education of Students //European Journal of Life Safety and Stability (2660-9630). – 2021. – С. 260-263.
35. Qayumovna R. M. et al. Examining and monitoring of the impact of hypo dynamic factors on the state of physical fitness in students //Journal of Pedagogical Inventions and Practices. – 2021. – Т. 3. – С. 40-43.
36. Головатая Е. А. и др. Технологии интерактивного взаимодействия в виртуальной и дополненной реальности: учебная программа УВО для специальности: 1-31 03 07 Прикладная информатика (по направлениям) направление специальности 1-31 03 07-02 Прикладная информатика (информационные технологии телекоммуникационных систем). № УД-9523/уч. – 2020.
37. Козлова Е. И., Штукатер Д. С. Научно-исследовательская практика: программа для специальности: 1-31 80 07 Радиофизика профилизация: «Компьютерная безопасность». № 9100. – 2020.
38. Козлова Е. И. и др. Подготовка изображений отпечатков пальцев к хранению в базе данных дактилоскопических изображений. – 2022.
39. Головатая Е. А., Козлова Е. И., Курочкин А. В. Организация обработки данных в сложных системах: учебная программа УВО для специальности: 1-31 03 07 Прикладная информатика (по направлениям) направления специальности: 1-31 03 07-02 Прикладная информатика (информационные технологии телекоммуникационных систем). № УД-9664/уч. – 2021.
40. Козлова Е. И., Штукатер Д. В., Чуйко В. А. Мультиагентные интеллектуальные системы: учебная программа УВО для специальности: 1-31 03 07 Прикладная информатика (по направлениям). № УД-9880/уч. – 2021.

41. Соболев А. М. Применение логики первого порядка для выявления организаторов и исполнителей противоправных действий в коллективах ограниченного круга людей //Информатика. – 2021. – Т. 18. – №. 3.
42. Цирук В. А. и др. Моделирование размещения базовых станций 5G, с использованием существующей инфраструктуры 4G. – 2021.
43. Azarko I. et al. Irradiation of cubic boron nitride microcrystals of different dopant-faulted structure with neutrons of fission spectrum //Vacuum. – 2005. – Т. 78. – №. 2-4. – С. 525-528.
44. Azarko I. et al. Processes of cubic boron nitride crystallization in BN-Mg-O system //Przegląd Elektrotechniczny. – 2008. – Т. 84. – №. 3. – С. 161-163.
45. Tursinovich K. A., Zoirovich S. F., Tavakkalovich A. D. Innovations in improving the professional and practical physical training of students of the military faculty //Zien Journal of Social Sciences and Humanities. – 2021. – Т. 2. – С. 31-34.
46. Tursinovich H. A., Ibrokhimovich A. E., Tavakkalovich A. D. Features of the interdependence of indicators of physical status of students of I-IV stages of military education faculties //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 7. – С. 58-61.
47. Qurbonov G. Development of physical working capacity and its functional components in young volleyball players. – 2022.
48. Rejapovich K. G. Issues of formation of physical work ability and its functional components in young volleyball players //Zien Journal of Social Sciences and Humanities. – 2021. – Т. 2. – С. 27-30.
49. Mamatov U. E. HISTORY AND DEVELOPMENT HISTORY OF PHYSICAL EDUCATION //Экономика и социум. – 2019. – №. 12. – С. 78-79.
50. Ergashalievich M. U. ACTUAL ISSUES OF PREPARING STUDENTS FOR HIGHER EDUCATION IN THE FIELD OF PHYSICAL CULTURE AND SPORTS //Spectrum Journal of Innovation, Reforms and Development. – 2022. – Т. 8. – С. 198-202.
51. Jakhbarovich A. S., Alijonovich E. T. ANALYSIS OF INDICATORS OF PHYSICAL DEVELOPMENT OF STUDENTS OF SECONDARY SPECIAL EDUCATION INSTITUTIONS.
52. Сиддиков Ф., Эшимов Т. СОВЕРШЕНСТВОВАНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВЛЕННОСТИ ДЕТЕЙ МЛАДШЕГО ШКОЛЬНОГО ВОЗРАСТА НА ОСНОВЕ ПОВЫШЕНИЯ ДВИГАТЕЛЬНОЙ АКТИВНОСТИ //ЇЮДКОР О'ЇТУВЧИ. – 2022. – Т. 2. – №. 23. – С. 41-44.
53. Temur E. DEVELOP THE QUALITIES OF STRENGTH AND AGILITY IN YOUNG PLAYERS.
54. Tursinovich K. A., Mirzaakhmadovna M. F., Alijonovich E. T. 'Topical issues of pre-university preparation of students in the field of physical culture and sports //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 7. – С. 253-255.
55. Temur E. MAMLAKATIMIZ JISMONIY TARBIYA TIZIMIDAGI SPORT VA OMMAVIY SOG'LOMLASHTIRISH SPORTI MASHG'ULOTLARI MONITORINGI //Spectrum Journal of Innovation, Reforms and Development. – 2022. – Т. 8. – С. 158-169.
56. Djuraev E. M., Akzamov S. D. SOME PEDAGOGICAL ASPECTS OF THE FORMATION OF HEALTH CULTURE IN STUDENTS //Scientific Bulletin of Namangan State University. – 2020. – Т. 2. – №. 1. – С. 308-312.
57. ЭРНАЗАРОВ Ф. Н. ТАЛАБАЛАР ЖИСМОНИЙ МАДАНИЯТИ ҚАДРИЯТЛАРИНИ ЎРГАНИШ //Фан-Спортга. – 2020. – №. 3. – С. 66-68.
58. Акбаров А., Алламуратов Ш. И., Эрнazarов Г. Н. Корреляция Между Антропометрическими Параметрами И Двигательной Активности Студентов Неспортивных

- Факультетов //Иновационные технологии в спорте и физическом воспитании подрастающего поколения. – 2020. – С. 207-210.
59. Эрназаров Г. Н., Акбаров А., Алламуратов Ш. И. Мониторинг здоровьесберегающих технологий в учебном процессе студентов //Наука сегодня: проблемы и пути решения [Текст]: материалы. – 2020. – Т. 27. – С. 90.
60. Эрназаров Г. Н. Исследование изменений ростово-массовых показателей студентов педагогического ВУЗа //Достижения науки и образования. – 2020. – №. 12 (66). – С. 61-63.
61. Нейматович Э. Ф. Обоснование метрологической доступности контрольных тестов по физической подготовленности //Педагогика ва психологияда инновациялар. – 2020. – Т. 11. – №. 3.
62. Ernazarov G. N. Attitude of a modern student to a walky lifestyle //Stress. – 2020. – Т. 269. – №. S 43. – С. 74.
63. Хонкелдиев Ш. Х., Эрназаров Г. Н. Вегетативное обеспечение терморегуляционного эффекта у детей, проживающих в условиях гипертермии //Наука сегодня: вызовы и решения. – 2020. – С. 116-117.
64. Muxammadjonovich E. O. ARMIYA SAFIDA XIZMAT QILISHGA TAYYORLASH BOSQICHIDA JISMONIY TARBIYANING IJTIMOIIY MOHIYATI //Ta'lim fidoyilari. – 2022. – Т. 3. – С. 138-141.
65. Muhammadjonovich E. O. DETERMINATION OF THE PHYSICAL STATUS OF SECONDARY SCHOOL STUDENTS THROUGH SOCIOLOGICAL RESEARCH //Berlin Studies Transnational Journal of Science and Humanities. – 2022. – Т. 2. – №. 1.5 Pedagogical sciences.
66. Эркабоев О. М. Жисмоний тарбия ва Чакирувга қадар бошланғич тайёргарлик фанлари бўйича тажриба дастурини тузиш тамойиллари //Ta'lim fidoyilari. – 2022. – Т. 13. – С. 4-8.
67. Эркабоев О. М., Джораев Э. Наука в системе высших школ республики Узбекистан //Архивариус. – 2017. – Т. 1. – №. 2 (17). – С. 24-27.
68. Эркабоев О. М. Жисмоний тарбия ва Чакирувга қадар бошланғич тайёргарлик фанлари бўйича тажриба дастурини тузиш тамойиллари //Ta'lim fidoyilari. – 2022. – Т. 13. – С. 4-8.
69. Uraimov S. The interrelation of the block-modular system of motor fitness of young men in the lessons of pre-conscription military education and physical culture //Herald pedagogiki. Nauka i Praktyka. – 2021. – Т. 1. – №. 1.
70. Bakhromov M. THE IMPORTANCE OF ELECTRONIC LEARNING RESOURCES IN ORGANIZING AND CONDUCTING DISTANCE LESSONS //INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH. – 2022. – Т. 11. – №. 09. – С. 91-95.
71. O'G'LI B. M. M. MASOFADAN TURIB DARSLARNI TASHKIL ETISH VA O'TKAZISHDA ELEKTRON TA'LIM RESURSLARINING AHAMIYATI //Ta'lim fidoyilari. – 2022. – Т. 8. – С. 77-80.