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Philosophical content and essence of the formation of a culture of peace in youth

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Annotation: this scientific article is written about the philosophical content of the formation of a culture of peace of youth in the world as a result of current scientific research and in the era of globalization.

Keywords: youth, spirituality, value, peace, science, innovation, human right, lifestyle, economic development.

As a result of the successful domestic and foreign policy strategy implemented by the head of state, Uzbekistan's integration into the world community is accelerated, and our country works closely with the world's leading countries, and our country's reputation in the international world is growing. day by day. Therefore, many leading countries of the world, influential international organizations support the rightful work of the Republic of Uzbekistan and recognize its territorial integrity.

Uzbekistan is known all over the world as a state that supports stability and security and offers a way to resolve many conflicts peacefully. Peacekeeping missions are part of the work carried out in this direction. Ensuring human rights, raising the culture of peace and tolerance, legal education of the population, raising their legal thinking and cultural level to the level of requirements of the time are the most important factors that stimulate the development of a democratic-legal state and civil society. In addition to the legal education of various segments of the population, the development of their legal thinking and culture from an early age, the restoration of their violated rights, initiatives, research that stimulate the process of building a democratic-legal state and civil society are important for the organization of educational work in the field of human rights.

Solving problems with the help of violence still remains a common practice in some states, for example, terrorism, extremism, murder, destruction of public objects, looting during demonstrations, disputes with rude and inappropriate words are among them. The use of violence to solve problems is not actually a characteristic of people. The use of violence is the result of learning and, therefore, people can learn to solve problems using calm and nonviolent methods. At the same time, the culture of peace, according to the definition given through the resolution of the United Nations 243/1999, is a culture based on human rights, the celebration of diversity, equality between women and men and respect, which prevents the use of violence in the resolution of conflicts with the democratic participation of each person and is based A culture of peace is a set of values, beliefs, actions and rules established by society to be a guide for human beings so that they become individuals who support different aspects of peace in each way of life.

Humanity itself lives for the good of tomorrow, the prosperity of dreams, love for the motherland, family, work, etc. The basis of all this is the origin, the production of certain achievements, including the upbringing of your teacher, today's children and young people. A special place in the scientific and technical, production, cultural and spiritual growth of society is occupied by young people. This feature of young people is that they receive the most advanced knowledge and experience possessed by representatives of the older generation. These values harmonize with young people and become a powerful factor in social development. Life experience shows that an organized youth group has tremendous social and creative power, the ability to form modern approaches and methods of solving its own life problems and actively influence the Prevention of everyday problems of the entire younger generation. The need to study the potential of the youth movement in Uzbekistan, give scientific assessments and develop a strategy for the development of youth policy is very relevant and relevant in

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the context of the development of modern Uzbek society. Certain measures are being implemented by our state to further improve the life of young people, ensure their rights and interests, promote economic development, acquire knowledge, master the profession and specialty. The implementation of state youth policy is a system that combines these measures and serves their effective implementation. The main driving force of the system of state youth policy is youth associations, the development of their activities and strengthening of their potential serve to comprehensively raise the life of young people, increase their political literacy, achieve economic independence, acquire cultural knowledge, self-development and development of the life of society.

Today, it is necessary to carry out scientific work on the implementation of the most pressing problems of youth policy in education, health, development of the economy, participation in political platforms, youth culture, education, civil society, etc., in which there are requirements for youth. Youth education in society is one of the most important issues at the state level. It is known that state youth policy is a system of socio-economic, organizational and legal measures carried out by the state and aimed at supporting and developing youth. State youth policy is not limited to protecting the rights and legitimate interests of young people, comprehensive work is being carried out to educate them in the spirit of citizenship, to strengthen the sense of patriotism of Uzbekistan. In this work, the principles of cultural, moral and spiritual values, as well as the succession of generations, the priority of family education, are taken as a basis. In the future, it will take a lot of work to educate young people who are able to contribute to the development of our country and take a responsible, active look at life, to form Uzbek patriotism, to instill in their minds national values. Accordingly, one of the priority tasks in the education and education of young people is to take into account the spiritual values of our people, which have reached the depths of our history and have reached the present day. The main task of today is to educate young people who love their homeland, can be proud of their history, honor their language and culture, respect their traditions. Only then will our youth be the leaders of the people who will protect their land in the future, will not turn off the lights of their nation during globalization, will not let their language die, will create a new history of our people.

Every parent, civil servant, member of society should deeply understand the responsibility of educating children and young people today and look at it as a solid foundation of our future statehood. It is necessary to pay special attention to the upbringing of children and adolescents if we want our independence, sovereignty to be strong, to preserve our identity, not to be swallowed up by the "clash of civilisations". To this end, it is necessary to effectively use the available means and opportunities in raising a child from an early age as a future person in accordance with national values. In particular, in order to draw attention to other malicious information on the internet, taking into account the age of children, it is necessary to create internet resources that offer useful videos, educational games and programs that are interesting to them. Because today, dubious resources on the internet have a negative impact on the minds of children and adolescents. True, it is common for young people who do not have certain goals, do not want to live, are not interested in anything to commit suicide, resorting to various crimes.

According to the Ministry of internal affairs of the Republic of Uzbekistan, recently there has been an increase in the number of groups on social networks that promote the idea of suicide and indicate ways to implement it. Considering that young people are being imitated, it is alarming that they are distracted and fall into the trap of these groups. These problems indicate an insufficient level of traditional spiritual values in the upbringing of young people. Insufficient attention to youth education is paid by parents and society, traditional national values are not properly used in educational work. Therefore, the cultivation of educated young people for the future of our country is lacking in itself, and the Uzbek people will not stumble for centuries only if they bring up a noble generation that can instill spiritual values in their hearts. Let's not forget that the future of our country is in the hands of young people. Our people have long focused on their future – youth education. There are many ways and means of educating young people who carry the heritage of a nation, a nation. One of the most important of them is to educate and educate young people in the spirit of patriotism.

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The question of what peace is means what peace is. The meaning of peace means describing what are the defining signs of peace. Peace can be expressed by meanings that refer to the harmony that mutually recognizes the differences, that is, the culture of non-conflict, the culture of reconciliation, mutual recognition or individual meetings that are exactly in harmony with each other. However, it is important under what conditions, basis and relationship level the culture of non-conflict, compromise or mutual recognition is maintained. Peace is peace in its name in the first place. Then each citizen expresses his peace with his fellow citizens, finally expressing the state of coexistence of mutual harmony in relations with nature, taking into account the environment in which people live. Peace can again be described as a state of non-oppression and mutual harmony in all spheres of life. From the characteristics mentioned above, it can be concluded that peace; indicates the existence of democracy, equality, freedom and Justice. Peace means the spread of democracy, equality, freedom and justice to everyone and everything, the domination of the atmosphere of love and trust in the material and spiritual life of people, developed by providing mutual assistance in the relationship of Man and nature. Peace is the most invincible immanent autarchy that mankind has achieved through freedom and socialization.

If people are not in peace, they turn life into war in the constant tension of preparing for conflict and destruction. The scourge of all mankind today is the inability to avoid this situation. These same cases clearly show violence.

Violence is a complex concept. Violence is often understood as the use of threats and force that can lead to injury, damage, deprivation or death. It can be physical, verbal or psychological. The World Health Organization (WHO) describes violence as "intentional application of physical force or force, mental harm, under threat or in practice, which may or may lead to death in relation to oneself, another person, group or community. or deprivation.gives the definition of" use". 1 this definition emphasizes intention and expands the concept so that it includes actions derived from power relationships. Every year, 8 million light weapons are produced.

Every year, 2 bullets are produced for each person on the planet. Of the 3 people killed as a result of armed violence, 2 die in "peaceful" countries. For each person killed in armed violence, 10 people were injured. The concept of widespread violence includes not only direct "behavioral" violence, but also systemic violence, which is often unconscious. Structural violence arises from unfair and unequal social and economic structures and is manifested in all forms of poverty and deprivation.

Forms of violence can be classified in many ways. One such classification consists of: direct violence, such as war, bullying, domestic violence, physical or behavioral violence such as isolation or torture, as well as systemic violence such as poverty, deprivation of basic resources and rights; oppressive systems exploiting and abusing poor, weak and marginalized cultural violence, such as devaluation and destruction of human identity and lifestyle, sexism, ethnocentrism, racist and colonial ideologies, aggression, domination, injustice and other forms of moral exclusion rationalizing oppression.

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Annotation: Contemporary sports are a powerful industry that includes special system of sports record achievement. It involves sportsmen and coaches as well as managers, doctors in sports medicine, psychologists and research associates. Mass media keep on promoting extensive competitions as main events of social life. Nevertheless, contemporary sports should not be treated as a unified phenomenon that has one goal, functions and common patterns of development. Contemporary sports have many faces and varieties. Sports system includes such kinds as mass sports, children and youth sports, school sports and students' sports that solve the problems of health promotion and sports education of the youngsters. High performance sports (Olympic and professional sports) are aimed at achieving high results and victories. All these kinds are united by common functions: spectacular, political and economical. High performance sports provide special life-style and way of being successful, show great sports style and ability to see off the challenger. Many spectators take it as a role model not only in sports, but also in other sectors of life. However, high performance sports have created many contradictions that do not allow contemporary sports to develop positively, often discredit them and contribute to people's, especially parents', attitude that sports are not good. Public opinion tends to consider contemporary sports to be dangerous activity. Research objective: to carry out sociologic analysis of contradictions in contemporary sports and to offer the ways of overcoming.

Keywords: Contemporary sports, high performance sports, olympic and professional sports.

The most acute contradictions in the development of sports in modern society include the myth that sport is perhaps the only and main factor in maintaining and strengthening health. No one disputes the preventive value of exercise. However, it must be understood that this is only one of the factors that make up a healthy lifestyle. In addition to playing sports, human health is affected by the environmental situation, the diet and quality of nutrition, the presence of bad habits, the standard of living, heredity, etc. Therefore, you should not directly link the state of health and sports. In addition, tragic cases are known that have occurred with outstanding young athletes due to injuries and high sports loads. It is enough to give an example of the tragic fate of Alexei Cherepanov, when the heart of a young and promising athlete stopped at a hockey match. The picture has already become familiar when athletes, skiers, biathletes after passing the distance "dead" fall on the track of the stadium or on the track. The sport of the highest achievements is associated with the risk and the need to influence the maximum permissible physical loads on the body. Unfortunately, due to a number of circumstances (disposition to win at any cost, doping) an athlete crosses the line of what is permissible and damages his health, and sometimes the health of his opponent.

Currently, the number of new sports is rapidly increasing, especially extreme ones: mountain biking, quads, freestyle, scooters and much more. Extreme sports sometimes crowd out the classic ones - skiing, athletics, gymnastics. However, one cannot forbid a person to engage in any kind of sport and learn the capabilities of his own body. Moreover, often in life we are faced with situations where only the full concentration of forces allows us to avoid danger. And the more physical strength a person has, the less loss to health he gets out of a difficult situation. Sport helps to simulate problem situations and find ways out of them. Therefore, each person must decide what level of sports achievements he should strive for. It is possible to resolve the contradiction associated with sports and the health of an athlete by improving sports equipment, competition rules, improving the material and technical equipment of sports facilities, health prevention, medical monitoring of the health of athletes, as well as improving the quality of professional training of coaching staff. However, while the problem of "sport and health" remains unresolved.

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The next contradiction in the field of elite sports is that many sports have begun to rapidly “get younger”. Record results are achieved by teenagers, almost children, for example, in such sports as rhythmic and artistic gymnastics, figure skating. In other sports, the age of the winners also has a noticeable downward trend. It is clear that young athletes can also win competitions of the highest rank. However, the essence of the problem is that there is a forced training of a young athlete without taking into account the age indicators of his development.

This problem is exacerbated by the presence of a system for selecting talented children, when not a sport for a child is selected, but a child for sport. Selective selection is a serious psychological stress for many children and parents, which often permanently pushes the child away from sports. The use of special technologies, "proven" on the adult contingent, without adapting them to the methodology of children's and youth sports, leads to premature "pumping" of the young athlete, and there can be no talk of sports longevity. This contradiction in the field of youth sports ultimately distorts the essence of sports, cripples athletes physically and morally. Another contradiction, seriously undermining the foundations of sports, is generated by the system of contractual victories, which are organized in the hotel rooms of judges, in the offices of managers, that is, far from sports halls, playgrounds, fields. The displacement of the competitiveness factor has become significant, especially in team sports. According to researchers, a considerable number of matches of football and hockey championships are "sold" in advance. This, of course, affects the moral foundations of athletes, as well as the entertainment of sports. Therefore, we often see half-empty stands and disappointed fans.

The activities of specially created anti-doping organizations did not live up to expectations: doping scandals do not subside in society. Athletes convicted of doping are closed for a long time on the road to big-time sports, they are deprived of sports awards, they become one of the people who are rejected by society.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

Thus, the way to solve these and other social contradictions of modern sports is to strengthen the educational, scientific and cultural components of sports activities. The formation and intensive development of sports culture can significantly increase the potential of modern sports and form a positive public opinion that allows finding new resources for the mass involvement of people in the sports movement.

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Botirova Gulchehra To'lqin kizi

Bukhara State Pedagogical Institute 2nd master's degree.

Annotation: this article describes the ideological and artistic value of a fairy tale and a fairy tale, the most ancient and popular genre of Uzbek folk oral creativity, what place it occupies in the mind, imagination and upbringing of a child.

Keywords: folk oral creativity, fairy tale, Good, Evil, animal tales, Household Tales, comic tales, magic fairy tales.

The Uzbek people have long been a small people. He also pays great attention to their education. In this regard, the fairy tale, characteristic of folk oral creativity, is the most ancient genre, the role of which in the education of a child is immeasurable. In fairy tales, people reflected their honest work, dreams, fantasies of the future.

At this point, we found it permissible to cite the opinions of celebrities about fairy tales, including the Russian Soviet storyteller P.P. Bazhev, you see life through fairy tales,” wrote the Kazakh Soviet writer Mukhtar Avezov, “in fairy tales, the social, life struggles of one era or another, the interests of the people found their artistic expression.”

Professor M.K. Azadovsky noted these points: in the study of Ethnography, fairy tales play a large and important role, while they are considered to be those who tell artistic monuments.

Indeed, fairy tales reflect the standard of living of people, hardworking folk dreams, which serve to make children look at history, develop their artistic thinking and grow their oral speech. Fairy tales lead children to good, to good. In fairy tales, real life is connected with adventure and conveyed to the child as instructive and touching. Fairy tales are of a didactic character and occupy a large place in raising a child.

The following points are presented in the National Encyclopedia of Uzbekistan about the fairy tale:

A fairy tale is one of the main genres of folk oral poetic creativity; an epic work of art of a magical-adventurous and domestic nature, based on texture and fiction. Created mainly in the form of prose. In the work “Devonu dictionary turk” by Mahmud Qashqari, it is found in its mature form and means to tell a story in a verbal way...

According to the genre of fairy tales, the interpretation of images, ideological content and conflict, plot and composition, the place and function of fictions, language and style are conditionally divided into: fairy tales about animals, magical fairy tales, domestic fairy tales, comic tales.

Fairy tales are molded into a certain mold in terms of construction, - “in ancient times”, “in ancient times...”, or “there is one, there is no one ...” - and this encourages children to look at history. The coloring of his words can attract the attention of children.

For example: the tree fairy tale in Danak begins as follows:

There is one that does not have one,

Unless there is one.

Agile, wise in our city

It turns out that there is a girl called Rano.

The rhyming of these verses develops the ability to memorize, or retell, remaining in the memory of children.

The role of fairy tales in primary school textbooks plays a special role. The themes are distinguished by Variety, plot pungency and proximity to the child's language. Let's look at Fairy Tales using the example of a 4th grade reading textbook. A total of 10 tales are presented in the

textbook, two of which are poetic, and the other eight are prose tales. The fairy tales presented in the textbook teach students hard work, truthfulness, honesty, mastery of the craft.

For example, in the fairy tale "The craftless is close to death", they consulted: "you have escaped death because of your craft, and weave carpets for us." The King forged a carpet between twenty days, pressing the seal next to the edge:

- "Here you take the carpet to the king in tow!" - speaking, sentences such as instill in children a love of mastery of the craft, realizing that even after the mastery of the craft can be saved from death, that the Honourable will never be humiliated.

In this part of the state tale, however, it is reflected that a lot of results can be achieved after getting a head out of a collar and working as a henchman:

While the state is grieving birpas, then laugh:

- Grandpa, I got my word back, I won't go anywhere, I'll stay here.

I am happy and love the house where the family lives. Where the insistence is, I am there too!
- said.

Fairy tales about animals, given in elementary school textbooks, encourage children to instill love for the environment, the animal world, to keep them in the fff H asras.

In the fairy tale "The Fox and the lion" in the 3rd grade reading textbook, children who read sentences that reflect the Fox's cunning, receiving the punishment for deceiving the lion and the Jackal realize that the end of the lie is woe, deception by lying leads to bad consequences.

We can understand this through these sentences: this time the Fox was not lucky enough to laugh with laughter. The lion had not hit the stone. Feeling deceived, the lion is thrown at the Fox. Fox received his punishment.

This article discusses the effective fight against corruption in Uzbekiston together with the state and citizens.

In general, the study of synonyms and the compilation of related dictionaries has a long history. This article elucidates the stages of synonym dictionaries' enhancement.

In elementary literary education, when working on fairy tales, it is important to teach children not only to read a fairy tale, but also to tell it. Telling a fairy tale cultivates oral speech. Enriches children's speech with new words and phrases. Work on Proverbs presented in fairy tales, in them. focusing on how monotheistic the idea that is being put forward is to the text of the fairy tale, and bringing it to the minds of children, cultivating coherent speech by memorizing them, can serve to increase the effectiveness of speech.

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DEVELOPMENT OF COMMUNICATIVE-SPEECH COMPETENCE OF FUTURE
PRIMARY SCHOOL STUDENTS

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Annotation. This article thoroughly analyzes the problems of the development of communicative-speech competence of future primary school students, and based on the conclusions drawn, proposals were developed.

Keywords: communication, opinion, educational technology, activities, knowledge, skills, speech culture.

In the development of communication and speech culture, especially in recent years, the exchange of technologies, as well as the promotion of new technologies, has been clearly manifested, which increases the relevance of the problem.

If we proceed from the practice of applying technologies, then the definition of optimal technologies in which the communicative and speech culture is developed is fundamental. If it is derived from generalized typographies, then the definition of technology as a system of methodological techniques is associated with the unity of typographic cases, which determines the scientific content of their content, the degree and effectiveness of their objectivity. When choosing educational technologies, it is necessary to proceed from the relationship of educational goals and conditions as interrelated dimensions: educational conditions regulate the choice of a goal, while educational goals require the creation of appropriate learning conditions. This is the basic unit of dialectical unity.

Speeding up the educational process and improving the training of students, as well as the problem of their professional training, provides for the solution of a number of tasks. Requirements for the skills and qualifications of communicative and speech activity are important when using optimal models and technologies of communicative and speech development of students.

The orientation of modern education on the individual is associated with the predominance of the human, humanitarian factor in the training of specialists. The goal of humanization of education follows from this-the formation of a person's desire for self-observation, the ability to model their own life environment, the scale of assistance in solving personally significant life tasks.

Modern trends in the development of the pedagogical education system require a revision of coordinated and technical approaches to the training of teachers, since the idea of adapting the future teacher in professional training to a traditional school currently prevails. As for the practice of educational institutions, it has its own requirements-it requires the ability to build an individual model of professional activity in a multidimensional educational environment, to create a personal pedagogical image.

Communicative support of educational activities creates an atmosphere of reliability and psychological comfort. Communicative pedagogical activity plays an important role in solving didactic tasks.

In the structure of the educational process, two systems can be distinguished: didactic (content) and communicative (formative). this division can only be abstract, in fact, the subordinates of this system reflect a single integrity. Didactic content systematization is carried out directly through communicative-formative, didactic components. In order for educational activities to be effective, the material and training methods themselves are not enough. Each didactic effect must have a communicative support.

To implement the communicative and speech culture of the future teacher, as the leading method in the training system, pedagogical discussion is used, which assumes a completely different level of interaction between the teacher and students, contributes to the acquisition of new knowledge, exchange of ideas on a particular problem, and strengthening of personal opinion.

The communicative approach requires the organization of non-standard technological methods of

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the educational process, which can be expressed as follows:

A student is a source of information. The essence of this method is that it is expressed as a resource on the problem under study in the student's learning system. Communication skills the exchange of educational information in various forms and variants is developed on the basis of some of the methods that we will consider

- in the process of independent work on the studied problem, students Express a number of theses that are a source of further dialogue.;
- questions are discussed on the theses expressed in the online mode, motivating everyone to interact with it;
- to prove the positive aspects of the discussed problem in a meaningful way; to convince opponents of the truth of their point of view ; ;
- expressing your thoughts in a logical sequence.

Implementation of this method will help to achieve independence from cognitive activity, increase motivation for reading and speech activity. As a result, the level of communication among students increases, they acquire the skills of conducting discussions, learn to manage their mental activity.

In the process of managing educational and cognitive activities, the position of the teacher may change depending on the situation that arose during the training session ("consultant", "speaker", "opponent", "observer", "active participant in the discussion"). Working on the problem, therefore, motivates students to return to the original source, read, and understand this content. This method gives teachers a deeper understanding of the theoretical aspects of the problem under study. The next way to achieve a high level of communication involves a psychological aspect in itself. There is a pedagogical reflex of "psychological barriers" that prevent individual communication of students. It is known from practice that not every student can freely enter into a discussion, which is fraught with "psychological barriers": the "barrier" arises because of incompatibility of beliefs, fear of this audience, lack of communication, fear of mistakes, high communicative control. In the process of pedagogical reflex of joint activity (discussion) with students, we distinguish "psychological barriers" that interrupt communication in a given situation or arise in the system of classes, jointly monitor and search for ways to eliminate them for each student. In the process of implementing this method, the teacher takes part in the role of "consultant", "assistant".

This method is related to the following using self-knowledge in the process of communication. Self-awareness in this area of communication. When implementing this method, the student realizes himself, his personal qualities as a subject of communication in the future professional activity. The student is asked to answer a number of questions:

What did he understand? What is the reason for the interest in the communication process? "What did you like?" What did he discover in his personality in the process of interacting with other people?

Using this method, feedback is established between the teacher and the students, which helps the teacher to regulate the individual activities of each student.

Speech is the main component of interconnected communication. We know the requirements for speech, the criteria for its evaluation. They are as follows: the description of the performance of speech; the naturalness of the method of speech; what is the situation; whether gestures are appropriate; whether he believes in himself.

The expressiveness of speech is explained as follows:

- I. Is this sound loud enough?
2. Is the teacher's condition natural?
3. Did he connect with the audience?
4. Whether the material is well absorbed.
- II. Description of the subject and purpose of the study:
 1. Is the topic appropriate for the speaker?,
 2. Is it interesting for the audience?,

3. The duration of speech is 5-7 minutes.
4. Is the main thesis clearly expressed?
5. Whether the speaker has achieved his goal.

Thus, the purpose of our further work is to develop a technology for developing the communicative and speech culture of the future teacher in the educational process of the University, as well as to test this technology in practice. The initial rules for us were the following:

- the technology of development of students' communicative and speech culture in the process of professional development should be optimal for future teachers of all specialties;
- the development of communicative and speech culture of future teachers should be continuous and inalienable.

The process of forming the communicative and speech culture of future teachers will be based on compliance with the continuity systems of secondary and professional educational institutions. Improving the process of forming the communicative and speech culture of future teachers determines the high level of communicative and speech culture of University teachers.

Based on the theoretical provisions about the pedagogical process as an object of pedagogical activity, we consider it necessary to pay attention to the object of future activity in the process of developing the communicative and speech culture of students in the process of professional formation of future teachers.

In the process of developing the communicative and speech culture of future teachers, it is necessary to solve the following tasks:

Experience of development of communicative-speech culture of the future teachers-the definition of the content and structure of the test work; development of technologies for the development of communicative-speech culture of future teachers and study her work with students; identify conditions that influence a high level of development of communicative- speech culture of future teachers; determine the dynamics of development of communicative- speech culture of future teachers.

At this stage, University teachers should purposefully build work with students in order to fully use the possibilities of pedagogical Sciences for the development of components of the communicative and speech culture of future teachers, studying their individual characteristics. The entire educational process in the first stage should be aimed at forming a positive attitude to pedagogical activity.

It is necessary not only to direct students to an in-depth study of the subject, but also to direct future teachers to work with the educational person, using the widest opportunities of the school pedagogical process for the development of the pupil's personality. To do this, it is necessary to focus on goodwill, humanism, and democratic relations in the "teacher-student" system.

Thus, the first stage will allow future teachers to create their own initial conditions for the development of communicative and speech culture. This stage corresponds to the first academic years of students at the University and is the basis for subsequent stages. The second ("theoretical") point, the students in the study of social, psychological, educational, cultural, special subjects, master the system of theoretical knowledge about the activities and personality, methodology of scientific cognition, the theory of a holistic educational process, master the culture of professional and pedagogical activity, the methodology of analysis of their future professional activity. At this stage, students' abilities are developed, the need for independent pedagogical activity is formed, the method of humanitarian, democratic, constructive interaction in the "teacher-reader" system is formed, and knowledge, skills and abilities are acquired for further use in educational activities. The third stage ("integrator"), in our opinion, should be aimed at forming and improving the system of knowledge on the theory of the integral pedagogical process, developing skills for the practical application of theoretical knowledge accumulated in the previous stages. The future teacher should analyze their activities and the entire pedagogical process as a whole. In conclusion, we can say that it is planned to speed up the educational process and improve the training of students, as well as solve a number of problems of their professional training. Requirements for the skills and qualifications of communicative and speech activity are important when using optimal models and technologies of communicative and speech development of students.

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Annotation. In today's rapidly changing world, when such global problems arise as the attack of various ideas and information, the issues of moral education of the younger generation through the transfer of knowledge using various means and methods, the organization of music classes in the moral education of children, constitute the main content of this article. Also, the influence of musical art and songs on the worldview and morals of children in society is considered through the works of great scientists, shown by experimental works, and a conclusion is presented.

Keywords: moral education, art, music, singing, worldview, folk art, aesthetic, behavior, knowledge, power.

Introduction. The great role of art and literature in moral education affects the whole life of a person. In this case, art cannot be replaced by a school subject or a textbook.

The moral education of the student's personality is successfully carried out directly through music, folk songs, which are an example of folk singing art, its most eastern genre.

The art of music has manifested itself as an instrument of divine power, which for thousands of years has been instilling high and pure feelings in the hearts of people, filling their spiritual world and always calling for goodness and purity. Based on this, our great-grandfather Alisher Navoi called the art of music the power and happiness of the soul.

Talking about the reasons that gave rise to music science, Farabi draws attention to the moral and educational aspects of music. "This knowledge is useful in this sense," he writes in *Ihsa al-Ulum*, "it regulates the behavior of people who have lost their balance, improves imperfect behavior and maintains its balance. This science is also useful for the health of the body, because when the body is sick, the soul is sick, and when the body is oppressed, the soul is also oppressed. Therefore, the body is treated by healing the soul by the influence of sounds, and the soul is treated by regulating its forces and adapting to its substance."

Farabi psychologically and aesthetically justified the fact that musical works are closely related to the psyche and spirituality of the human body. The idea that music improves human behavior is a great innovation in the history of musical and aesthetic thought, in which special attention is paid to the educational and spiritual significance of music [3. -16 p].

It is desirable to have an in-depth mastery of the moral norms characteristic of this society during the educational process. Music education has great potential in this regard.

Doctor of Historical Sciences Khodjiakbar Khamidov says the following about singing: "Singing is an important part of the socio-economic and ideological life of Uzbeks, ... (it) satisfies not only the spiritual needs of the people, but also people's views on the existing social system, ... state structures, the hardships of life were also expressed in them. At the same time, songs were also a daily way of life for people.

Songs have also gained a reputation as a means of bringing people together. They have become a necessary part of weddings, large ceremonies, public elections and holidays. In them, people increased their social value as a force capable of making profound changes in their mental state" [2. -79 p].

The great scientist Abdurakhman Jami emphasizes that the diversity of music is an expression of a person's spiritual needs, and secondly, through aesthetic pleasure and presence, a person, in turn, becomes spiritually perfect. Using the example of music, Jami admits that "Pleasure for the soul comes from

understanding and knowing something. If something is quickly perceived by the mind and makes it think and think deeply, then it is considered the most delicious [2. -26 p].

Methods. The appeals, advice and instructions contained in the thoughts and melodies given in folk music and songs are the product of his life conclusions, rechecked and polished as a result of his age-old experience. Every word spoken by the people is a "bullet" and it is natural that a person who does not listen to him will suffer in life.

Music education plays a special role in the ability of students to find their place in the classroom, school team, family, neighborhood during the period of study at a comprehensive school. Content-based music lessons, extracurricular activities, and a shared musical environment are also important resources for strengthening student morale.

Knowledge, talent, enthusiasm, propaganda, kindness and teacher advice play a leading role in turning music lessons into a real educational tool.

The great power of the art of music is that it can penetrate into the inner world of the student and awaken his emotions. Psychologists say that music can penetrate the largest, thinnest layer of neural networks in the hemispheres of the human brain, which cannot be affected by any other means. Huge reserves of human strength are stored in these layers, and good music can activate these mental forces and emotional reserves [3.-813 p].

Results. Musical art has its own power, which no other subject or art form has. The stock of "weapons" capable of having a strong influence on a person, the unique professional characteristics of musical art, the "arsenal" of instruments includes timbre (color), high and low sounds, a variety of rhythm (method), harmonic structures, a variety in the structure of intervals and chords, dynamic timbre, etc. are with nothing an incomparable means of influence that excites a person and works wonders in the world of his feelings.

Music plays an incomparable role in the formation and development of a student's personality, especially folk songs, which are created from a series of human emotional experiences, joys, sorrows, dreams and hopes.

Folk songs are an art form that has been rooted in the blood of the Uzbek people from generation to generation, and that is why a person listening to folk melodies, lamentations and other national decorations cannot be indifferent to it, he directly follows it. He sings and dances, that is, the music takes him into his magical world.

Discussion. In the lessons of "Musical Culture" in secondary schools, the author of the work and his written works are mentioned to consolidate musical knowledge and skills, but most of this knowledge is not firmly assimilated by children. In turn, incomplete assimilation of knowledge affects the educational process.

We conducted a study in two classes on topics distributed by quarters. As experimental, we took the 7th "a" and 7th "b" classes. In grade 7 "a" we explained the given topics in quarters and conducted a continuous lesson, and in grade 7 "b" we gave in-depth knowledge on the same topics, that is, the students were divided into groups, and the teacher asked questions on the topic. The students, divided into groups, expressed their opinions independently, the correct answer was chosen and the winning group was encouraged. At the end of the quarter, these knowledge were given answers to questions of test control, control of written works, rhythmic dictation, methods of execution and were passed from both classes in the form of an exam. The results showed that according to the following indicator.

High level. He knows musical instruments, songs and epics that determine the perception and enjoyment of beauty through musical education.

Middle-level students who have some understanding of the above topics, but do not have a complete understanding of them.

Low level. Students with almost no knowledge of music education.

To determine the level of answers to the questionnaire questions, the answers of the students of the experimental and control classes were determined based on the following table.

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Table 1

	The direction of classes	Number of students	Response level	Answers to questions (questionnaires)							
				1	2	3	4	5	6	7	8
	Experimental class	26	Tall	20	20	18	19	19	18	20	19
			Average	3	4	6	5	5	5	4	4
			Low	3	2	2	2	2	3	2	3
			Total	26	26	26	26	26	26	26	26
	Control class	26	Tall	12	14	14	12	12	13	14	14
			Average	8	5	4	5	6	4	4	5
			Low	6	7	8	9	8	9	8	7
			Total	26	26	26	26	26	26	26	26

As can be seen from this table, the knowledge, understanding and skills of the students of the experimental class we worked with are much higher than in the control class.

In particular, when we compare the students who answered one with another, the difference between the two classes of students is clearly visible.

During the lesson, it is good to focus students' attention on a specific topic and use different forms and styles.

Table 2

N	The direction of classes	Number of students	Response level	Answers to questions (questionnaires)							
				1	2	3	4	5	6	7	8
1	Experimental class	26	Tall	20	20	18	19	19	18	20	19
2	Control class	26	Tall	12	14	14	12	12	13	14	14
3	Difference	26	Tall	8	6	4	7	7	5	6	5

The number of correct answers in the experimental class ranged from 18 to 20 compared to 12-15 in the control class. As a result of the comparison, it was found that the number of excellent students in the experimental class ranged from 4 to 8. Based on this, our research work was more productive than the control class.

During the lessons, it is good to educate students by focusing their thoughts on a specific topic and using different forms and methods.

At the end of the study, when the control questions were offered to the students of the experimental group, we saw that their worldview, consciousness of musical art, moral qualities in a person had changed

in a positive way. Based on the methodology of the special lesson and its content, the skills of using modern songs, the performing manner and skills of the students who took part in the experimental work, as well as the indicators recorded by them in the experimental process, justifying the level, the growth of their moral and aesthetic education using new pedagogical technologies was revealed.

Based on the results of our observations and analysis of data from scientific sources, we came to the following conclusions:

- Compliance with the rules of the art of group singing during music lessons has a good effect on the formation of moral and aesthetic education of students.

- During music lessons, the regular development of concepts such as musical learning, musical perception and musical thinking will positively help students improve their ability to expressively sing modern songs.

- Thanks to the use of innovative technologies in the educational process, students have the opportunity to develop the skills of pure and expressive performance of modern melodies and songs.

- It is confirmed that with the help of effective methods of singing development, it is possible to increase the activity of students in the skillful performance of modern children's songs.

Conclusion. The modern young generation, along with meaningful songs about the Motherland, school, independence, Uzbekistan, wants and strives to perform modern works expressing the subtle feelings of the human heart, inner feelings, friendship, striving for beauty, reaction to reality.

We, teachers, should teach children to sing songs that affect the spirituality, culture and language of the child.

It can be seen that songs are not only a world of aesthetic appeal, but also a huge educational tool. Because human emotions are based on spiritual and moral concepts, feelings and conclusions.

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Abstract: In this article, by teaching Turkish folk culture and art, students can look at the music and art of the brotherly nations with respect, and through this, create a sense of creativity and internationalism.

Keywords: music, theater, architecture, stage, creativity, talent, melody. visual arts, education.

Uzbek and Turkish peoples have been friendly and harmonious with each other since ancient times. We can know this from written sources. Our ancestors were brothers and sisters. a country rich in art and culture, people familiar with art will disappear before our eyes. Today in Uzbekistan, the classical music of Eastern countries is taught in the 6th grade in the subject of music culture in secondary schools. Directly from the novel Music Culture Teacher, Turkish folk music, art, architecture and theater are given detailed information. One can talk for hours about Turkish folk music, theater and fine arts. If we take a look at the history of Turkish music, we will be sure that it is a magical world.

Turkish music- Turkish classical music is related to the activities of lovers who started creating in Anatolia from the 15th century. They continued the traditions of the Turkish bakhshi (ozon) and performed various terms and songs in the form of badiha accompanied by saz, baglama, kobiz. In the professional music of the oral tradition, maqams play a central role. Also, the fasl (vocal piece) genre with the form of a series is widespread. Of the sounds, flute, tambour, oud, and law are widely used. Among the genres of religious music, there are forms of sayings such as ilohiya, sharqiya, mavlaviya. Composers include Maroki, Ismaildada Effendi, Hafiz Post, Sultan Salim III (Ottoman ruler), Kvntemir son, and other famous composers. Polyphonic composer music was established in Turkey after the establishment of the republic. Ahmed Adnan Saigun, who conducted many researches on the basis of polyphonic music on folk music and national melodies, made a great contribution to popularizing music on a global scale. "President's Symphony Orchestra" plays a big role in the wide spread of composer music. This orchestra gave concerts in USA, Europe and South Korea. Istanbul, Izmir, Antalya and Chukurova state symphony orchestras also operate. Apart from them, there are private ensembles such as Bilkent Symphony Orchestra, Borusan Istanbul Philharmonic Orchestra, Oqbank Orchestra. Narimon Altintog Tufakchi, Ahmed Ghazi Aykhan, Musa Eroglu, Belqis Aqkala, who are creating folk music, are popular among the people. From the 1960s, there was an interest in rock music trends. Currently, artists such as Ibrahim Tatlisas, Sezan Aqsu, Nilufar, Teoman, Karam Gorsev, Ilkhan Ershakhin, Nukhet Ruajan are popular in jazz. Composer, musicians are trained in Istanbul (1923), Ankara (1936), Izmir (1951) conservatories. The opening of Ankara Operetta Theater (1928), Opera Theater (1950) and Istanbul Opera Theater (1960) became important in the development of musical art. The academic ballet school opened in Istanbul in 1948 (in Ankara since 1950) prepares national personnel. Since 1998, the General Directorate of State Opera and Ballet has been holding international festivals and international music festivals in Istanbul every year.

Theater- Theater art has a long history in Turkey. Traditional forms of folk art - puppet theater and tent theater (karagoz), middle-game performances performed on the squares became the basis of professional Turkish theater. During the Tanzimat era, the garb-style theater began to operate. During this period, Turkish writers also started writing plays. Ibrahim Shinasi's comedy "The Poet's Marriage" was a turning point for Turkish theater. Professional and amateur theaters began to be established after 1908. Theater buildings were built in Istanbul, Izmir, Bursa, Adana and Ankara. In 1914, a theater named "Dorulbadiyai Osmaniya" was opened in Istanbul. He gave a great impetus to the development of Turkish

theater art. Muhsin Ertuğrul, who has been the director of this theater since 1927, also created the first children's theater. The State Theater, founded in 1949, has 18 permanent stages in Ankara, Istanbul, Izmir and Bursa, and stages about 100 plays a year. The first private theater named "Small Stage" was opened in 1951. After that, private theaters such as Chiyir stage, Chontak theater, Muammar Karacha theater, and Istanbul operetta started working. Since 1982, Hodi Chaman Yeditepa Players, Enis Fosforoğlu Theater, Khodri Maidan Cultural Center, Ankara Art Theater have been operating in Istanbul since 1982.

Fine art - Qad in the territory of Turkey. Monuments of Eastern, Hellenic, Roman, and Byzantine art have been preserved. Fine art developed in the miniature genre in the Middle Ages. This art flourished in the 16th century. Artistic weaving, carpet weaving, carving, and wood carving developed. In the 17th and 18th centuries, easel painting appeared. Modern fine art was formed from the 19th century. In the 1910s, a group of artists - Ibrahim Challi, Hikmat Onat, Nomiq Ismail, Avni Lifij, Faykhaman Duran - studied in Europe and created works in the direction of impressionism and symbolism. In 1929, the society of artists called "Independents" was established, in 1933, "Group D" was established. Painters Zaki Faiq, Izer, Nurullan Berk, Elif Nasi, Kemal Tollu, Abidin Dino, and sculptor Zukhtu Muridogli left impressionism and created a new direction. The new method was to adapt the important elements of traditional culture with the ideas of 20th century European art. In 1936, the "Sanoyi Nafisa School" in Istanbul was transformed into the "Academy of Fine Arts". Various currents and trends have developed in Turkish art. In 1949-50, a creative group called "New Group" was established. This group became the most skilled group after Group D. Artists of this group experimented with new methods and new technical tools. The members of the group worked on the themes of social life until 1955. In the 1950s, the first abstract artists began to create in Turkish art. Among them were artists such as Adnan Koker, Lutfu Gunay, Semey Arel, Sabri Berkel. Murad Morova, Zahid Buyukishlayen, Ismat Dogan, etc. are the famous artists of the present time. Since 1977, new works have been exhibited at the Art Festival called "New Tendencies" held every year in Istanbul. Monumental sculpture and graphics are also developed. Kuzgun Ajar won prizes in international competitions in the field of abstractionism. Early education in the field of sculpture was carried out by foreign artists and in foreign art educational institutes. In 1937, the German sculptor Rudolph Belling headed the sculpture department of the Turkish State Academy of Arts and trained many students. He is the author of most of the majestic monuments in Istanbul. The largest sculpture exhibition was held at Istanbul Technical University under the leadership of R. Belling. These are the artists who are introducing Turkish art to the world. pottery, carpet weaving, jewelry, woodcarving, and embroidery are highly developed in the field of applied decorative arts. In music culture lessons, the music culture of each nation and people is taught, the main task of the science teacher is to show children respect for the music art and culture of the brotherly nations. teaching to look should be the creation of a sense of creativity and internationality.

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ANNOTATION: This article talks about improving the technologies of forming the musical creativity of preschool children by means of Uzbek folk musical instruments.

KEY WORDS: music, creativity, spirituality, spirit, art, ability, musical education, talent.

Nowadays, in the context of integration of world music culture, the development of intellectual and creative abilities of children by teaching them to play folk instruments from an early age is noted as one of the modern approaches to improving the quality of preschool education. This defines the practical implementation of effective technologies for developing children's musical abilities, improving their creative activity and initiative skills in a socio-cultural environment without intellectual stress. In foreign countries, the formation of children's creative abilities, the qualities of tolerance, and the development of their interest in the art of music are of great importance with the help of folk instruments.

In our country, large-scale reforms are being carried out on the organization of an innovative system of preschool education aimed at the fundamental improvement of the preschool education system, the introduction of effective forms and methods of education and upbringing, taking into account advanced foreign experiences. In the concept of development of the preschool education system of the Republic of Uzbekistan until 2030, priorities such as "creating conditions for intellectual, moral, aesthetic and physical development of preschool children in all aspects, introducing innovations, advanced pedagogical and information and communication technologies into the preschool education system" are defined. Implementation of these tasks shows the need to develop programs of musical upbringing and education of preschool children in accordance with state requirements, and to improve the technologies of forming the musical creativity of students based on a competent approach.

Resolution No. PQ-4312 dated May 8, 2019 "On approval of the concept of development of the preschool education system of the Republic of Uzbekistan until 2030", Resolution No. 391 of the Cabinet of Ministers of the Republic of Uzbekistan dated May 13, 2019 "On measures to further improve the activities of preschool education organizations" and this research work serves to a certain extent in the implementation of tasks defined in other regulatory legal documents related to this field. Collective training of children in music in classes provides pedagogues-educators with a wide opportunity for creative development of children's abilities. According to the German musicologist and music pedagogue Karl Orff, the most important thing is the training environment: everything that gives the opportunity to talk about children's indulgences, their inner comfort, children's desire to show themselves as voluntary active participants in collective music performance. Carl Orff believes that children should have their own individual pieces, specially designed for playing music at the initial stage. It should be appropriate for the child's psyche and understandable for childhood experiences. This is music that is inseparably connected with speech and movement: it is necessary to sing and dance at the same time, joke and play an instrument with something. The system of musical education created in Japan in the 20th century is important in the work of the system of introducing the child to musical art from early childhood. Its author is Shinichi Suzuki, a Japanese musician, pedagogue and philosopher who proved that a child can learn five languages, play a musical instrument, write poetry and draw well at the age of five. He created his own system based on the same approach to music education as teaching oral speech. According to the Japanese pedagogue, a child should be surrounded by music from the moment he is born, so it is necessary to provide him with full sounding music. From the principle of "playing as speaking" comes Suzuki's important approach to teaching: the beginning stage - a method without notes. Early works are memorized by ear, with the help of a pedagogue, and only then are the notes explained. The first place is the sound quality and the expressiveness of the performance. Who will be there when the child starts talking? Of course, it's usually his parents who love him. It should be the same in music teaching. Suzuki says that parents should attend classes with their children at school and memorize the pieces that children will perform. Homework assignments are the responsibility of parents. Many schools give parents a folk instrument course for the first two to three months so that they can help their baby at home. They recommend teaching music

according to the Suzuki method from the age of two in America, and from the age of three to four in Europe. Initially, this method was developed for the violin. Today, this system includes piano, alto, cello, flute, and guitar. Usually, children attend a general musical preparation group, where they learn to sing music in the first year, and later memorize it in specialized classes. In addition, babies learn to play a variety of "traditional" children's instruments - the circle, barbo, xylophone, and then successfully move on to the main instrument. In the initial stages, the specialty lesson is collective, because at the age of two to four, the child cannot endure a forty-minute lesson on a musical instrument intended for adults. Children learn to observe the playing of others, to collect useful comments from the teacher. They perform their parts in turn. With age, more time is devoted to individual training in parallel with work in the orchestra. Suzuki has its own repertoire included in a special collection of musical instruments for schools. Suzuki schools all over the world, which is possible only thanks to the uniform repertoire of these schools, hold concerts, summer camps, where children from different countries sing the same piece together. At the age of 12-14, after completing the 7th-8th grade, students take an exam before an international commission, after which they are awarded a Suzuki diploma.

The musical leader of preschool educational institutions working according to the Suzuki system should have the qualities of love for children, work, orientation to spiritual development of the individual, and the quality of constantly searching for new approaches in education and upbringing. The Japanese pedagogue develops his own methodology, does not select children, after all, his goal is not to train professional musicians, but to develop musicality, which is inherent in the child's nature, but most graduates of the Suzuki school become professional musicians.

By the 20th century, such ideas emerged that they were constantly looking for answers to the questions that arise about teaching preschoolers to play folk instruments, and organized familiarization with various methods and practices. One of them is the system developed in the 20s of the 20th century based on the ideas of the children's orchestra Nikolai Metlov. The system was organized to teach preschoolers to play percussion instruments: circle, triangle, bells, castanets. Metlov gave musical instruments a certain color. He created and improved musical instruments that allow children to play any kind of music and increase their musical activity independently. The first musical instruments for children were the xylophone and the metallophone. Sheet music was used to teach children how to play these instruments. A repertoire, which includes folk songs and other works, suitable for children to play on musical instruments, was selected, and some rules for playing them were developed. In his publications, Metlov developed detailed methodological recommendations on the tuning and use of musical instruments, the sequence of teaching children to play musical instruments, in each of them he created a description of playing methods, a playing method for a children's orchestra.

In terms of teaching musical instruments in preschool educational institutions, we recommend the following as the main tasks of musical education:

1. Development of musical and creative abilities (by means of various types of musical activities, taking into account the possibilities of each and, first of all, musical possibilities).
2. Forming the foundations of musical and general spiritual culture.

The successful solution of educational and educational tasks depends on the content of musical lessons, first of all, the used repertoire, teaching methods and ways, forms of organization of musical activities. Development of all the best aspects that nature gave to the child: taking into account the inclination to a certain type of musical activity on the basis of various natural talents it is important to form a special musical ability, to contribute to the general development. The main form of musical activity in pre-school educational institutions is not limited to listening to musical works that are easy for children to understand, teaching them to sing, musical rhythmic movements in games and dances, but also to teach children to play musical instruments. teaching to play Uzbek national musical instruments is used. Playing Uzbek national musical instruments is one of the important types of children's creative activities that attract preschoolers. When a child hears the sounds of different musical instruments and compares them, his thinking and analytical skills develop. It trains the fine motor skills of the hands while playing musical instruments. The quality of their singing improves, they sing fluently, musical-rhythmic movements

improve, children bring out the rhythm more clearly. In the process of playing musical instruments, the child's aesthetic perception, aesthetic feelings, and spirituality are perfected. Playing a musical instrument helps in the formation and development of willpower qualities in a child, such as endurance, persistence, goal-orientedness, tolerance, memory and the ability to focus on the main thing. Playing musical instruments is also valuable because it can be used in many different situations - in training as well as in independent musical activities. When the music directors of preschool educational institutions work tirelessly on their own, they are willing to play national musical instruments and look at our national values with respect. I believe that the feeling of love for the motherland will be formed. Another important recommendation for music leaders in this regard is to use textbooks and training manuals based on advanced foreign experiences and methods of preparation for musical activities in the direction of improving the technologies of formation of children's creativity with the help of Uzbek folk instruments.

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Annotatsion. This article discusses the genre and types of children's songs in music lessons and the methods of children's voice development.

Key words: custom, song, manners, education, knowledge, art, ability.

In cultivating students' interest in music, the teacher should explain from the first lessons that each piece of music reflects certain feelings and thoughts based on the life experiences of the students, and that the piece of music does not appear by itself. Conversations should be held about creative work.

In today's era, the rapid development of mass media has created a world of sounds that cannot be compared with the previous scope of television, radio, gramophone records and magnetic tapes.

In the next decade, pop music enters the lives of our children more and more deeply. The popularity of pop music and the easy perception of listeners, regardless of age, led to its rapid popularity. To a certain extent, this situation develops students' interest in music. However, the negative aspects of these situations should not be forgotten. Because the content of the music listened to at home is much less controlled for the children's youth characteristics. Therefore, in the family, it is necessary to pay attention to the education of children's interest in music by listening to high-quality works that are artistically valuable, suitable for youth.

In this field, the fulfillment of this new and complex task of parents in the family requires a certain level of musical pedagogical training. Cooperation of families with musical pedagogical personnel in schools greatly helps to provide musical and pedagogical knowledge to parents. In addition, conducting conversations with parents individually about children's music, inviting parents to all musical events and concert programs prepared with the participation of students, prepares the ground for raising children's interest in music in the family.

Educating students' musical culture by nurturing their interest in music is important for their spiritual and moral maturity. When implementing the issues of music education in school, it is necessary to pay great attention to education of students' interest in music, education of music culture, which is a component of human spirituality. In the spiritual maturity of a person, music education is important as the basis of sophistication education and can serve to solve the problem of a perfect person.

. It is known that one of the modern requirements for today's education is to improve the professional skills, psychological well-being, literacy and culture of music teachers. In musical culture classes, the purpose of taking into account the age-specific features of students in the organization of musical activities, i.e. singing as a team, listening to music, accompanying children on musical instruments, and performing musical rhythmic movements, and encouraging the use of a specific psychological mechanism, the ability to perceive, the training of auditory memory, the direction of thinking and creative approach largely depend on the teacher's organization of the lesson based on psychological requirements.

The teacher's lack of knowledge or lack of attention to the specific features and laws of music psychology does not give positive results in the correct organization of the educational process and in the formation of a goal-oriented person.

Looking at the lessons of music culture from a psychological point of view, effective implementation of the main task and a number of goals of the lesson requires physical, creative work, hard work, emotional and will power from the music teacher. Practice shows that not all music teachers have the same understanding of educational work, goals and tasks of classes.

In fact, it is important for the teacher to pay attention to the characteristics of the student's personality, attention activity, the didactic side of the lesson, the scope of the student's satisfaction with the educational level, the choice of methods and optimal methods of music teaching, etc.

In the music culture classes, the teacher systematically approaches the formation of the basic principles of music education in the formation of the musical culture of students, the memory, thinking, imagination, feeling and other psychological processes and characteristics of each student in the teaching of the educational material. should try to develop. When teaching and strengthening a new subject, it is not just repetition, but creative exchange of ideas should be psychologically oriented. The main part of imparting new knowledge should be mastered by students in the process of independent creative research, not in a ready-made way.

According to our observation, in our opinion, in forming the musical culture of students, increasing their activity, forming a creative attitude to learning, increasing the ability of students to self-manage, the teacher knows his environment well. vision plays a decisive role. Therefore, the main psychological tasks facing the teacher are to create a natural need for students to study, develop conscious active movement, form intellectual needs, self-control, self-analysis and self-reflection. z-consists of the correct organization of self-assessment.

A high level of psychological literacy and culture of a teacher helps to effectively perform all kinds of psychological tasks in the course of educational work. Therefore, the formation of the musical culture of students is directly related to the effective use of psychological processes such as focusing students' attention during all musical activities, organizing their mental and emotional perception, developing their memory and creative thinking, forming their intellectual, voluntary and other characteristics. is

In order to achieve the goal of forming the musical culture of young students, the psychological literacy and culture of the teacher in the process of increasing their creative activity, learning, acquiring knowledge, striving, and ultimately developing their musical taste and musical need. is important. The term "Bastakor" is a Persian word, which means "Basta" - binding, "kor" - work. Composer's work means meaning, that is, the meaning of a single-voice melody. Composers from the song genre: "Come, come in my spring garden" music by I. Ikramov, poem by B. Israel, "I found a cure" music by I. Ikramov, poem by P. Momin, "Hello and welcome" Music by K. Atajonov. We can cite T. Tola's poem, "Gamzasin sevding kongil" music by R. Tursunov, Fuziliy's ghazal and songs composed by many other composers.

Modern song genre types are also widespread nowadays. These are vocal songs, Estrada, pop, rock, jazz, cinema, opera, drama and comedy songs. Especially the genre of national songs, which is the national cultural wealth of our people, is widespread and loved by the people. The genre of national songs is songs that glorify folk traditions. In this type, seasonal ritual songs, wedding ceremony songs, labor songs (songs related to farming, animal husbandry, profession). In addition, the genres of seasonal holiday songs and children's songs are widespread.

In secondary general education schools, based on the textbooks, school songs are created and are being created and performed with love by children.

There are school songs, patriotic songs, alla songs, folklore songs and many other song genres.

In short, there are many opportunities to study the history of the great creator of the song genre in detail and to convey it to our people through deep research.

The appreciation of Uzbek national singing by the training of national personnel in teaching solo singing in a musical educational institution makes our people extremely happy.

President Islam Karimov's song genre is said to be exemplary: "The most beautiful and charming songs are also songs about the Motherland. Such catchy songs unite people, urge them to live peacefully and peacefully, to raise the Motherland in every way, to protect it like the apple of an eye, and to protect it as a shield. genre is one of the popular musical genres among the people, the unification of nations is the main spiritual and educational force.

The genres and forms of the ancient art of singing were diverse, and they were directly related to social life, folk traditions and rituals. The art of singing of the peoples of Central Asia was manifested mainly in the form of hymns, allahs, cries, military appeals, prayer songs, and festive songs.

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In ancient countries, the art of singing appeared as a folk art, and later, as a result of social stratification and social stratification, its professional form began to emerge.

If it is assumed that in the first half of the first millennium BC in Central Asia, that is, in the early Iron Age, the primitive community system passed its last stage and a class society appeared instead, then professional singing was an art. It can be said that the first foundations of Ati were formed two and a half thousand years ago. In all periods of the history of Uzbekistan, in the art of singing, great attention has been paid to the issues of raising people to be perfect people, loyal to the Motherland.

Our people's favorite ideologically and artistically high wedding songs are yor-yor, terma, lapar, people's life and livelihood in the fields. the hopes and dreams of the heart, pain, joy, and confidence in the future are expressed; the powerful voice of the majority against oppressors, lack of freedom, and injustice is heard. The content of the songs is an artistic assimilation of the link of the event, that is, the reaction to the incident and the facts. expressed through emotion and mood.

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THE ROLE OF AZERBAIJAN CLASSICAL MUSIC IN FORMING THE VIRTUE OF INTERNATIONALITY IN STUDENTS.

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Abstract: This article talks about the history of Azerbaijani classical music, the art of Mugam, and the formation of the virtue of internationality in students through Azerbaijani classical music.

Keywords: art, music, creativity, internationalism, spirituality, education.

*"Our nation has a musical culture
has a great history. of the people of Azerbaijan
living from ancient times to the present day
upcoming music, songs,
Mugams of Azerbaijan are our national treasure"
Heydar Aliyev.*

Uzbek and Azerbaijani peoples are united by close national customs and traditions, a common language group, culture and religion. History of relations - the history of relations between the two countries goes back centuries. Today, music culture lessons are conducted in secondary schools in accordance with modern standards. In particular, in the sixth grade, as part of the theme of the year of classical music, in the III quarter, examples of Azerbaijani classical music will be taught in the series of classical music of the peoples of the East. In order to form the quality of internationality in students, it is appropriate to study the history of Azerbaijani mugoms and the life and work of master artists. The art of mugom, which is part of the cultural heritage of Azerbaijan, has a long history. Mugom is a musical genre that expresses artistic excitement and the development of various musical images. one of the genres of Azerbaijani classical music with an oral tradition; a large-scale vocal-instrument or instrumental work. The history of the mugom is very ancient. Scientists believe that the creation of the mugom, which is a magnificent monument of Eastern musical art, dates back to the last millennium, to the pre-Islamic era. they count. Its roots are associated with Zoroastrianism. The meaning of the word Mugham is also interpreted as music sent by God. There are also opinions that the divine power of Mugham purifies the hearts of people. It is not for nothing that ancient scientists treated people with mugam sounds. Those who connected mugams with planets: "Navo" mugam with Moon, "Busalik" - Mercury, "Rast" - Venus, "Arag" - Sun, "Ushshaq" - Mars, "Zirafkend" - Jupiter, "Rahavi" " - corresponds to the planet Saturn. In ancient times, the music created by professional folk performers was called "navo", "rah", "khosrovani". With the development of music culture, new forms and genres emerged. The formation of mugham as a genre belongs to the period of the "Muslim Renaissance" of the 12th-13th centuries. During this period, the rise of poetry (Nizami, Khaqani, Nasimi, Fuzuli and other poets) gave impetus to the development of mugham. Mugham art is an important component of the ancient and rich history and cultural heritage of the people of Azerbaijan. This rich art form, which is an indicator of the nation's national identity, lifestyle and culture, is the greatest treasure that our nation has presented to the world cultural heritage. The Mugham of Azerbaijan has given life to the spirit of our people for centuries and it continues to give life today. is coming Mugham Azerbaijan's art reflects the people's thinking and way of thinking. Mugams based on love and hate, good and evil, emigration and exile, struggle and battle, trust and victory created meaning and philosophical richness and penetrated the spirituality of every Azerbaijani. The richness of Mugam art, great existence and eternity is also in conveying these values from age to age. Taking all this into account, in Azerbaijan mugham is usually performed by a singer accompanied by a mugham trio. A song and instrument unit performed by such an ensemble is called a complete mugham set. Mug'omda aniq ritmga ega bo'lgan qo'shiq va raqs epizodlari o'rin almashadi. Qo'shiq epizodlari tasnif, raqslar esa rang deb ataladi. The performance of mugham requires not only perfect playing of the instrument, but also the

harmony of the laws of construction of the whole composition, as well as knowledge of the logic of transition from section to section. Over the centuries, master singers have thought about each word like a wordsmith, paying special attention to the beauty and fluency of its meaning. "Rast", "Shur", "Segoh", "Chahorgah", "Bayoti-sheroz" to the ghazals of Nizami Ganjavi, Muhammad Fuzuli, Imoeddin Nasimi, Mulla Panoh Vaqif, Syed Azim Shirvani, Khurshidbanu Notavan, Eloga Vahid and other poets. ", "Shushtar", "Humayun", as well as "Shahnaz", "Mahur-hindi", "Rahab", "Hayrati", "Arazbari", "Siymoi-shams", "Mansuriya", "Karabog Shikasta", "Kasma shikasta" and other mugams have enriched our national music culture like an inexhaustible fountain of words and art.

The most perfect scientific foundation of Azerbaijani mugham was laid by the great composer Uzeyir Hojibeyov in the 20th century. During this period, mugham, a source of inspiration for Azerbaijani composers and poets, influenced the creation of valuable works of art. Uzeyir Hojibekov, Muslim Magomayev, Kara Karayev, Fikrat Amirov, Niyoz, Sultan Hojibekov, Jahangir Jahongirov, Suleiman Alaskarov, Vasif Adigyozalov and others created valuable examples of art based on mugom art. The creation of symphonic mugams in the music of Azerbaijan shows the diversity of mugam art, its unlimited possibilities. "Shur", "Gulistoni-bayoti-shiroz" by Fikrat Amirov, "Rast" by Niyazi, "Bayoti-shiroz" by Suleiman Alaskarov, oratorio "Karabog Shikasta" by Vasif Adigyozalov, works performed by Vaqif Mustafazada based on the mugham, the tunes he composed captivated listeners in different countries of the world. In the 70s of the last century, as part of the activities carried out under the leadership of the national leader Heydar Aliyev aimed at preserving the national values of the people of Azerbaijan, the art of mugham entered a new stage of development, mugham om performers and those who give life to this art were treated with respect. In 1971, the "Music Plate of Azerbaijan" was included in the "Anthology of World Traditional Music" series of 50 albums of UNESCO, and in 1975, Azerbaijani mugoms were released in the "Musical Sources" series.. In November 2002, Mugom Art It was included in the "Representative List of the Intangible Cultural Heritage of Humanity" by UNESCO. Today in Azerbaijan there is deep love and respect for mugham art and music. Special attention is paid to its preservation and promotion. There is no musical event in Azerbaijan without the sound of mugham. The International Mugham Center, created by the order of the President of the Republic of Azerbaijan Mr. Ilhom Aliyev, built at a high level, is another expression of attention and care for ancient art. As the head of state said: "Mugham is the national treasure of Azerbaijan. For centuries, the people of Azerbaijan have highly valued this beautiful art in their lives and kept it in their hearts. Today, the art of Mugham in Azerbaijan is is going through a bright period in the history of Azerbaijan. The Mugam of Azerbaijan is also protected, promoted and developed by the state. "attention is being paid. The establishment of the International Mugham Center in the capital of the country is a clear example of this. Today, the process of learning the classical music of eastern countries is actively being conducted in schools. Everyone should be patriotic and respect representatives of other peoples and nations. moreover, only by respecting the culture of the country will the bonds of friendship between the countries be firmly established and the virtue of internationalism will not be left in doubt.

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**FORMING THE QUALITY OF CREATIVITY IN STUDENTS BY
TEACHING THE LIFE AND WORK OF COMPOSER SULAYMON YUDAKOV**

M.Djumaboyeva

Docent of the Kokand State Pedagogical Institute.

Abstract: In this article, the life path and works of composer S. Yudakov, who contributed to the achievement of certain achievements in the art of music, were discussed in the study of the work of composers and composers in Uzbek music culture.

Key words: composer, creator, composer, drama, tradition, custom, song, manners, education, knowledge, art, ability.

It is one of the oldest and, at the same time, areas of the national music art, widespread among the people and deeply embedded in their life. Music also reflects reality. The influence of music on our national spirituality is so great that science has already proven that it is possible to cure patients with its help. Uzbek music creativity has been formed mainly in the style of composition. Until now, the style of composition based on European music theory has developed widely in Uzbek music, and Uzbek composers have created many musical masterpieces in this style. The life and work of Uzbek composers is important in the history of Uzbek music. took place. They were creative, worked tirelessly, left a deep mark in the art of music with their versatile creative, leadership and public activities. It is worth saying that hundreds of students they trained are working for the development of music art of Uzbekistan. The main source of creativity of Uzbek composers is folk music. Uzbek composers and composers use this unlimited source to create in various genres of music. People's artist of Uzbekistan, winner of state awards, composer Yudakov Sulaymon Aleksandrovich, a bright and deep mark in the history of Uzbek music of the 20th century

left This rare talent, famous composer devoted his whole life and creative activity to the development of Uzbek music. It is in different genres, touching the human heart, involuntarily attracting, wonderfully sweet, cheerful, shining like the sun, charming original songs and romances, symphonic and vocal - symphonic, opera and ballet, with various instrumental and film music. he gave a grain of salt. His fame spread to foreign countries. Yudakov Sulaymon (Solomon) Aleksandrovich was born on April 14, 1916 in a poor peasant family in the city of Kokan. Recalling his childhood, he said: "I worked as a shoe cleaner in the central street of Kokan from the age of 7 to help my mother. People gathered to watch me nimbly hitting two brushes on the footstool and making various sounds. I started working and earning money. One day a tall man in European clothes came and sat down, polished his boots and talked to me. Knowing my family situation and the fact that I had just gone to night school, he placed me in an orphanage in 1928. If I ask the name of the person who fathered me, it is Hamza Hakimzada Niazi. Cultural and educational activities were well established in the orphanage. In secondary school, a special class was organized for older children like me. In the children's home, an orchestra of musical instruments was formed, and the leader of the orchestra taught me how to play the flute and sheet music. He must have noticed my musical talent, he gave me advice and help to study in Moscow. In 1932, I entered the flute class of Rabfak at the Moscow State Conservatory. In 1934, "Rabfak" was closed and the Moscow State Technical School of Music was opened under the conservatory. On the recommendation of composer M. F. Gnesin, I was admitted to the first year of the theoretical, historical, composition department of the technical school. First, I studied composition at M. O. Mesner, and after two years at M. F. Gnessin. In 1938, I successfully graduated from the technical school. In the same year, I began studying composition in the class of composer R. M. Glier, professor of the Moscow State Conservatory. When I finished the course, the Second World War started in 1941 and I returned to Tashkent. During the war years, I was only engaged in creativity. I communicated with Uzbek composers and composers and artists from Moscow, Leningrad, Kiev, Minsk. I took an active part in all events held at the Composers' Union. After the war, I could not continue my studies

because there was no one to take care of my elderly mother. But I always worked on myself and shared my work with my colleagues."

S. Yudakov lived, studied, got to know the world in this environment, learned the wonderful secrets of the world of music, and became a composer. While studying at the Moscow Conservatory, he composed music for various musical instruments and ensembles. His piano étude, prelude, variation, sonatina, flute and piano "Rondo", "Lyric tune", Etude, violin and piano "Scherso", "Sonatina", string quartet, etc. Conservatory students were interested in performing his works. In 1940, the student-composer S. Yudakov, as an exception, was accepted into the ranks of the Composers' Union of Uzbekistan. S. Yudakov's independent creative activity began during the Second World War. In 1941-45, he dedicated it to the son of Uzbek, the hero of the country, Kochkor Turdiyev, "Press forward, comrades!" and "Friends" (words by A. Lohuti); Patriotic mass songs such as "Riders' Song" (Mirtemir's words), "Jonga - john, kana - blood" (T. Fattah's words); "Habibi tu manam" (words by H. Yusufi) is a romance; 1942 He created musical drama "Farzanad" (play by S. Ismailzoda), 3 pieces and a suite for string quartet and "Suite" for symphony orchestra. Along with his work, S. Yudakov worked as a researcher at the scientific research institute of art history named after Hamza in 1941-42. In 1943-44, he worked as an artistic director in the Tajik Philharmonic. He created a number of songs and romances based on the words of Tajik poets. In 1945, a contest was announced to write the national anthem of Tajikistan. Among other composers, S. Yudakov also wrote a hymn to the words of A. Lohuti for this competition.

S. Yudakov's music was selected and approved, and this hymn is still being played with changed words.

In 1946, S. Yudakov returned to Tashkent and continued his work. T. Tola wrote the cantata "Victory" (1945) for choir, soloist and symphony orchestra. "Sing, sahibjamol", "On the hills of Georgia", "Nightingale", "Night gentle breeze", "Inezilya, I'm here" (1945), combining Uzbek, Tajik and Russian melodies to the words of A. S. Pushkin romances; Romances "Afonai dil" and "Tasfiri tu" (1946) to the words of A. Lohuti; In the same year, he created "Sharq Poem" for violin and piano and the above-mentioned romance "Kuylama, sahibjamol" which continues to charm performers and listeners. These two works are among the most performed works, taking a worthy place in the repertoire programs of different generations of performers. Suite for violin, cello and piano (1946); Suite for two pianos (1948); "Ceremonial Overture" for symphony orchestra (1949); Suite for string quartet (1949); "Basandast" (1949) to the words of Navoi, "Alla" and "New victories" to the words of M. Mirshakar, songs to the words of the poet M. Tursun for singer, choir and symphony orchestra These works, composed in different genres, such as the song "O, kiz bola" signaled that another talented and outstanding composer had entered our country's modern music art independently. S. Yudakov's works are influenced by the music of the Uzbek and Tajik peoples, but it is also evident that he paid attention to creating works of his own style. At the first post-war congress of the Union of Composers of Uzbekistan held in 1948, S. Yudakov was elected a member of the board and chairman of the symphonic music commission, and at the first congress of the Union of Composers held in Moscow in the same year, he was elected a member of the audit commission. In the future, he was elected to these honorary positions until the end of his life. In 1951-53, S. Yudakov worked as the responsible secretary of the board of the Composers' Union of Uzbekistan. The important period of artistic development of Yudakov's skills corresponds to the 50s-80s. This period was a period of new tests and creative achievements for him. The composer, who has a strict internal discipline, worked on himself during this time and not only mastered the writing technique of a professional composer, but also managed to create amazing artistic high musical works. He glorified kindness, goodness, brotherhood, and friendship. He called the people to mobilize with noble dreams and hopes. The future looked with great confidence. These are the important features of his works. In this place, "John of Uzbekistan", "Joy of Labor", G. written to the words of A. Mukhtar. "To the growers of Kyrgyzstan", Sh. "Friends" to the words of Rashidov, "Flowers live in the world", "Carnival waltz" to the words of T. Tola, "Hindi - Rusi bhai - bhai" to the words of A. Surkov, "March of Peace Lovers", soulful songs are proof of our opinion. Especially in this place, in 1950, G. The 6-part vocal-symphonic suite "Mirzachol" written by Ghulam and won the State Prize in 1951; In 1955, written to the words of T. Tola: "Mening Watanim" 4-part cantata, "Visol" (1965) vocal poems, "Mubarakbad" written to the words of H. Ghulam, 5-part cantata (children's choir team also participates, 1972), "Alyor" written to the words of Mirtemir for vocal choreographic soloists, choirs

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and dance groups (1972), "Uzbekistan" to the words of E. Vahidov, a soloist, choir and symphony orchestra poem - cantata (1973) for T. Tola's oratorio "Victory" (1975) is a vivid example. S. Yudakov's works "Mirzachol" and "My Country" from 1955 were regularly performed. Since 1972, the vocal-choreographic suite "Alyor" has taken a worthy place among the most performed works. The famous singer and composer of Uzbekistan S. Yudakov, along with those mentioned above, the work that brought him the greatest fame was the first Uzbek comic opera called "Maysara's work". In 1958, it was performed at the Alisher Navoi State Academic Opera and Ballet Theater of Uzbekistan. The libretto was prepared by S. Abdulla and M. Muhamedov based on Hamza's comedy of the same name. This opera took place in Moscow in 1959

The literature and art of Uzbekistan appeared on the stage at the Bolshoi Theater at the age of 10. "Maysara's work" became a huge sensation among the music community. The opera was glorified in an article published in the central press. Soon, the Moscow State Gypsy Sigan Theater "Romen" presented the opera in Russian to the audience and it remained in the theater's repertoire for many years. In the 1960s, this opera was performed in the opera and ballet theaters of Bashkortostan, Kyrgyzstan, Kazakhstan, Tajikistan, Turkmenistan, and Samarkand and was a great success. In 1974, the audience warmly welcomed him at the Opera and Ballet Theater in Lodz, Poland. The first performers of the opera: Halima Nosirova, Saodat Qabulova, Karim Zokirov, Sattor Yarashev, Jamal Nizomkhoyev, Husan Ismailov, Mikhail Davidov performed new songs. In their performance, complete gramophone records were printed in a million copies. It is worth mentioning that the book "100 selected operas" about the most famous operas created in the world also mentions the opera "Maysara's Work" by S. Yudakov. This opera brought fame not only to the composer, but also to the modern musical culture of Uzbekistan.

In the 1970s, S. Yudakov created a ballet entitled "The Youth of Nasriddin Efandi" dedicated to the legendary warlord Efandi, who was famous in the East. It was performed in 1997 by the team of the Navoi State Academic Opera and Ballet Theatre, and the audience enthusiastically welcomed the premiere of the ballet. Composer S. Yudakov created the musical comedy "White Road" in collaboration with R. Hamroyev and M. Melkumov. The following dramas are included: "Shahi So'zana" (play by A. Qahhor), "Daughter of the Ganga" (play by R. Tagore), "Zuhra's Letter" and "Furqat", "When the Roses Bloom", "Blacksmith's Flag" and Music is composed for the films "12 Hours of Life". Under his pen, symphonic tunes such as "Khorazmcha Bayram Yurishi", "Ceremonial Overture", "Poem of Youth", "Festival Overture", "Choreographic Suite" have taken a worthy place in the repertoire of orchestras. Among the composer's symphonic musical works, the melodious "Poem - Rhapsody" dedicated to the memory of his mother has a special place. He also created works for chamber-instrumental ensemble and orchestras.

S. Yudakov has a special place in the history of modern Uzbek professional music. With his multifaceted creative activity, he made a great contribution to the development of the musical culture of Uzbekistan and left a rich musical heritage. His great services were awarded with orders, several medals, honorary titles of "Honored Artist of Uzbekistan" and "People's Artist of Uzbekistan". S. Yudakov is a laureate of state and republican state awards. Studying the works of composers and composers in Uzbek music culture is the main basis for the achievement of certain achievements in music. teachers of music culture, by teaching the life and work of composers and composers in Uzbek music culture, if we can form the qualities of love for the motherland, loyalty, hard work, friendship and internationalism in students, then the students we have educated will be good for the country there will be patriotic people who will be touched.

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PEDAGOGICAL CHARACTERISTICS OF EDUCATION OF PHYSICAL SKILLS OF YOUNG FOOTBALL PLAYERS

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Abstract. In this article training young players' physical abilities, the level of strength, quickness, etc., depends only on the development of the tissues, cells, etc. of the body's bones, muscles, and other organs, and information on their proper development is provided.

Keywords. sports games, physical qualities, agility, agility exercises, martial arts, stoics.

Each organism has a different level of strength, speed, endurance, agility, flexibility of body joints and flexibility of muscles. You have read in previous chapters that it is accepted to call them motion qualities of the human body.

Current physical education systems are assessed for their effectiveness depending on the level of ability to educate the movement qualities of the human body.

Depending on the degree to which these qualities can be demonstrated, an individual is described as strong (agile, fast, etc.) and his level of physical fitness (fitness). The mentioned qualities have their indicators, they can be measured. They are physical *fitness* are called *indicators* , and depending on the results of the indicators, the individual's readiness for creative work and defense of the homeland is determined [1,2,3,4,5].

For example, an individual 100 kg may be able to sit up only 3 times with a heavy barbell shouldered, while another may be able to sit up with the same weight more than 5 times. Since he performed the exercise more than twice, the quality of the strength of the latter is estimated to be improved. The level of strength, speed , etc. depends not only on the development of the tissues, cells, etc. of the body's bones, muscles, and other organs, but also on the development of the individual's spiritual and spiritual qualities. That's why the training of movement qualities is closely related to the work of training spiritual and spiritual qualities and serves as a tool for this direction of training.

Movement qualities striving to educate and develop the eternal dream of mankind . Labor weapons , military equipment and the importance of knowing how to use tools nature , nature gifted to man __ and him education in the process development possible has been with the movement qualities of the body , qualities depends [6,7,8,9,10,11] .

to educate a physically fit, morally pure, aesthetic taste, faith, loyalty, thoroughly mastered the modern basics of technical science, morally mature in all aspects, and they fulfill the goals and tasks of the country's physical education system.

The concept of the state program "For a healthy generation" adopted in the first years of our independence has not lost its importance even today.

In conclusion, it should be said that the importance of physical education, especially the development of physical qualities, and its importance are clearly visible in the educational process. Because their development requires mutual integration. But a specific type of sport requires a relatively stronger formation of some movement qualities. Other qualities are also relatively developed, but they can play the role of auxiliary, auxiliary quality of action.

For example, playing basketball from sports games is considered mainly as a means of developing agility and endurance, while agility - speed, speed - endurance are developed as auxiliary, complementary qualities of movement. In fact, the basketball type of sport is basically the main means of training the quality of endurance movement [12,13,14,15,16,17] .

Strength is the leading physical quality in weightlifters. " Siltab to lift " (rivok) is plural exercise to do while quickness develops . In practice, through these exercises, we have witnessed the development of endurance and flexibility as a supporting physical quality.

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Any quality of action is focused on solving a task called a specific action task. For example, jumping as high as possible, catching the ball, tricking the opponent, lifting the bar, etc. [18,19,20,21,22,23,24,25,26].

The complexity of the movement task creates requirements for the coordination of simultaneous and sequential movements, and develops the coordination of movements. Let's get acquainted with the process of naturalization of movement or physical qualities.

Agility is the player's ability to quickly pick up new moves and adapt to game situations. In other words, agility is an alloy of quickness, power, and coordination capabilities.

Guys, remember that one of the mandatory requirements for agility training is the element of novelty. Therefore, play more action and sports games, which are distinguished by the constant freshness of the conditions.

A good tool for developing general agility is performing acrobatic elements such as running, jumping, complex movements (crawling, crawling, pushing) and other mixed exercises.

But you should use the following soccer drills at all stages of your agility training:

- fighting in unusual initial situations or hitting the ball with a different part of the body every time;
- while moving forward, fight the ball with the feet, throw over it, turn and 180° rafight the ball with the head and kick the ball into the goal;
- accurate ball kicking (straight and cut);
- hitting a flying ball in difficult conditions with feet and head;
- suddenly changing the direction and passing the ball around the stands;
- to go around the stands and kick the ball into the goal without preparation;
- playing volleyball with the head in 3 x 3 on the badminton court;
- various game exercises (3 x 3, 4 x 2, 3 x 1, etc.)

A comprehensive assessment of general agility allows you to perform exercises that are close to the movements of the player during the game.

Station 1 . Passing under planks and jumping over them.

Station 2. Passing flanges (obruh).

Station 3. Raise your hips after jumping from the planks.

Station 4. Walking on the narrow side of the gymnastic bench, 360⁰ raturing when going to the center.

Station 5. Jump over parallel planks in any way.

Station 6. Jumping over horizontal planks while leaning on two legs.

7th station . Running through the racks.

When performing the task, the following mistakes are noticeable: wrongly passing obstacles, knocking down planks and rings, falling from gymnastic benches, not being able to jump over the umbilical cord. 0.5 second is added for error to each result expressed in seconds.

After completing the set of exercises, you can evaluate yourself by taking into account your mistakes. Table 1

Young	"Excellent"	"Good"	"Satisfactory"
8	36.0-39.5 s	39.6-42.5 s	42.6-46.5 s
9	33.5-35.5 s	35.6-38.5 s	38.6-40.0 s
10	30.5-32.5 s	32.6-35.6 s	36.7-38.5 s
11	28.5-30.0 s	30.1-32.6 s	32.7-35.7 s

12	26-27.5 s	27.6-29.5 s	29.5-31.0 s
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Table 2 will help you determine your specific agility level.
EVALUATION OF SPECIFIC AGILITY Table 2

Assignments	Young					
	10	11	12	13	14	15
Fighting the ball in the head, (times)	15	18	25	30	38	60
Take turns fighting the ball with left and right feet	7-8	9-10	11-12	13-14	15-16	17-18
left 1 mfoot 10 m, 5 times right foot.	9-10	11-12	17-18	19-20	22-25	26-30

You have learned about the physical attributes - strength, speed and agility of a football player. They are closely related to each other and the following general rules are based on their education: these qualities should be developed when the body is not tired, that is, after writing exercises [27,28,29,30,31,32,33,34,35,36].

Each exercise is performed with maximum effort. There should be full recovery after each workout.

It is also interesting that these physical qualities are correlated with technical training. Therefore, if the players do not have the appropriate strength, speed and agility, they would not be able to perform the technical principles of the game.

To overcome external influence or resistance, our own body manifests a quality known as *strength*.

The performance of movement activity through the occurrence of muscle tension against external influence - the strength of the person is related to the quality called his strength ability.

When the athlete tries to move the sports ball (throwing, etc.) while his body is at rest, or vice versa, when an external force is applied to his body or wrist, the static situation of his body changes, but the athlete remains in the same position as before the impact. tries to maintain its position. This shows that he overcomes external resistance.

A boxer's opponent's punch, a wrestler's body bending some parts of his body by the opponent's force, it takes a certain amount of effort to perform the technique without changing his body position. The athlete overcomes the resistance and weight of his opponent with the help of muscle power.

In the way of scientific understanding, the power potential of an individual should have its own precise definition and should be distinguished from other qualities of action:

1) *force as a mechanical characteristic of motion* is defined as "the effect of force "F" of mass "m" on the body...";

2) *strength in the form of a physical quality in the human body* (for example, "it increases with age, growth; the strength of an athlete is higher than that of non-athletes..." etc.). In other words, *it is defined as the ability to overcome or resist external resistance due to muscle tension.*

Muscle tension a person ng strength manifestation to be take will come The psychophysical mechanism of this quality is based on the result of the influence of the organism and is interconnected with the management (regulation) of muscle tension, their working order (mode). Taking mental nourishment and performing movement in a certain system is related to the central and peripheral nervous system, in particular, to the signals coming from the nerve centers to the muscles and the level of muscle

service. This quality is manifested at the required level through the full participation of mental, muscular, motor, vegetative, hormonal functions and other physiological systems of the body.

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**A scientific-methodical approach to improving the individual skills of young football players
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Abstract. This article covers information on how to train hard and passionately to become a skilled soccer player .

Key words: speed, muscle tension, skilled players, physical development, tactical advantage.

Acceleration of competition activities, increase in the volume of movements and technical-tactical actions often leads to the fact that they are not accompanied by an increase in their efficiency. This is due to the lack of stability of movement skills, especially those performed in the fast-power mode.

Speed is more closely related to qualities such as strength and flexibility, and less so to endurance. The set of speed indicators includes speed at the start, speed of running, speed of assessing the situation on the field, speed of tactical thinking.

On the football field, a player must have the strength to perform sharp accelerations, jumps with the ball, kicks from 25-30 steps towards the opponent's goal, long passes to a partner, sharp stops and sharp changes in running direction. What do we mean by this term?

Strength is the ability of an athlete to overcome external resistance due to muscle tension. It is especially important for a football player to develop leg strength. However, during training, it is necessary to pay attention to the development of neck, shoulder girdle, body, back, and abdominal muscles. in a word, the player must have great strength, which helps the athlete to make sharp accelerations from behind the ball and into the space of the field, jumps from behind the ball, make a sudden stop and change the direction of movement, and make a strong impact on the ball. At the same time, the development of strength should not harm flexibility, quickness, accurate perception of the game [1,2,3,4,5,6].

The greatest rates of strength development are observed mainly in early childhood and adolescence : 8 to 9 years, 10 to 11 years, and 14 to 15 years. It is recommended to use projectile jumping, acrobatic and gymnastic exercises even at the age of 8-11. For 12-14-year-olds, you can use dynamic exercises with small weights, hanging on a rope, and nuclear throwing. For 15-16- year-olds , the number of exercises performed with weights is greatly increased.

Football! It helps you to be agile and strong, resilient and courageous, hardworking and generous.

In order to become a skilled player, you need to train with effort and passion. Of course, you should sign up with your friends for the children's team of the sports community or the team at the school, but most of the time you children who love football, the training conducted by a coach or instructor is lacking [7,8,9,10,11,12,13,14,15].

So how to do it? Who guides you? No one. You are both a teacher and a student. As a student, you need to be very demanding and persistent.

If you carefully read these recommended independent exercises and, most importantly, do all the exercises described in them, then you are on the right track.

In order to play good football, you need to have at least three important skills, that is, to be physically fit, to master the technique of the game, and to be able to behave well on the field. First of all, you should pay attention to football technique. Think about how a player can run fast and long, can choose the right situation on the football field, if he can't kick the ball accurately and powerfully towards the goal, can't stop the ball and can't carry the ball, what will he do to the team. Of course, in any case, it cannot bring much profit [16,17,18,19,20,21,22,23,24] .

If the physical and tactical superiority is combined with skillful control of the ball - what a great game it will be. One of the Swedish experts, Walter Lutts, wrote in this regard: "Football technique has its limits, it does not solve everything, but it is not impossible for you to achieve anything."

So where do we start? First of all, it is necessary to clarify what football technique and technical skill are.

Football technique means the ability to accurately capture the ball. How to do it? When? Where? If a player can keep the ball in one place for a long time in training, then such a score cannot be used to make a conclusion about his technical skills. It remains to be seen how this player plays the ball during the match. Juggling for a long time only indicates good juggling skills. This is also a very important quality, but it is necessary to develop the ability to understand the game in order to learn and master the skills of dealing with the ball [25,26,27,28,29,30,31].

Other concepts of soccer technique relate to ball direction and flight speed.

In physics lessons, you will definitely learn the meaning of the word "center". Therefore, if the ball is kicked in the center, it will move forward in the direction of the force, instead of spinning straight.

If the kicking feet do not touch the middle of the ball, it will deviate from the plane to the right or left. This is often caused by incorrect technique.

But some football masters, from a tactical point of view, deliberately "twist" the ball into the goal or "twist" the ball to deliver it to a partner standing behind the opponent. This is a very complicated method that requires a long period of time and constant practice.

Sometimes the ball goes over the crossbar. This is often caused by players placing their base feet too far (back) from the ball, in which the ball is hit from low to high [32,33,34,35,36].

Now that you have read our explanations, try some exercises. Pay attention to the movement of the ball according to the laws of physics.

Place two balls on the ground 5 feet apart. Slowly tip one ball towards the other and observe where the second ball needs to hit the first ball in order for the first ball to be kicked into the goal. Count how many times you hit the target when you kick 20 times on each leg.

Kick the ball 10 times to the left and right of the center, not to the center of the ball lying on the ground. Watch which way the ball moves and remember where to kick the ball to hit the target.

Hang a fence or draw a circle with a diameter of 1 meter on the wall at a distance of 5 - from the ball. Draw a line on the ground to place your supporting foot as you run. Place the ball (35 - 40 cm) in front of this line. Kick under the ball, that is, below the ball's center of gravity, and count how many of the 20 shots you hit the target.

Just like reading and writing from the alphabet at school, learning the football "alphabet" from the "alphabet", that is, only three technical principles and their combination should be learned:

- pushing the ball from the inner and outer parts of the face of the foot;
- running up and kicking the ball with the middle of the foot;
- stop the ball rolling from the opposite side with the inside of the foot.

Teenage readers! You may have heard about the characteristic of football players, "feeling the ball".

What about the ability to sense the physical properties of the ball through the muscles? This is a very important feature. We also start with mastering the technical principles of teaching this ability to "feel the ball".

The famous Pele paid much attention to improving the same ability using the ball.

"Fighting," he wrote, "is an ideal exercise in solitary training." Its essence is that the player gets used to the feel of the ball by playing it freely. Now, by "shortening" the ball or its path, the ball's deflection in the air cannot leave it in the spot. A football player learns to concentrate his mind and concentrate on the ball during a fight.

He will have the necessary hitting skills to deliver the ball the desired distance in the intended direction.

Finally, he learns to use his arms again to keep his balance, which is also important in soccer, because the legs sometimes move in such a way that the player can lose his balance when carrying the ball.

But before fighting, you need to learn how to lift the ball from the ground into the air. To do this, the player should set the ball approximately 30 cm distance in front of him, put his foot on the ball, pull the leg back and roll the ball towards him. As soon as the ball starts to move, immediately pull the leg and

place the tip of the foot on the ground in front of the moving ball. As soon as the ball rolls onto the surface of the foot, lift the toes up and make a slight forward movement with the foot.

It's important to remember that hitting the ball from underneath shouldn't always be the main goal in grappling.

It is important to use different methods of striking, changing the force and trajectory of the ball, focusing on other objects, using the ball in motion, sitting, standing on the gym bench, and other skills.

But, first of all, it is necessary to learn to play the ball on the feet - on the face of the foot, on the inner and outer sides of the foot, to play with the knee.

The ball should be picked up by hitting it from the bottom to the center. For this purpose, while slightly bending the leg from the shin, it is necessary to raise the tip of the foot in relation to the shin every time when kicking the ball. During the exercise, the "kicking" leg should not touch the ground, and the ball should rise to knee height.

After that, you should take the ball between your legs and start fighting. The leg should be raised in such a way that the knee joint is slightly bent, and the hip should be in a horizontal position. The body should be slightly thrown back. When such movements become a habit, it is necessary to hit the ball with the knee and thigh of one leg, sometimes with the other leg, without exceeding the upper shoulder, and then play the ball with the surface of the foot in the same way. Jumping to the ball while standing or standing on the support leg is a very useful exercise.

Children! Begin grappling with the leg that is easier for you, and when you have gained some confidence, alternate between your "weaker" and "stronger" legs, and then start grappling with your "weaker" leg only.

The purpose of this exercise is to learn to play with both feet. If a player performing technical tricks uses only one leg, he can be considered as a half-capable player. It takes time for such a player to adjust the ball to his "comfortable" leg during the game, and he has to make additional efforts to lose the favorable situation in the game.

Now it's time to learn to play another ball. First, you need to throw the ball in a vertical position 30 cm at a distance of 50 - 60 cm height in front of you. The head should be thrown back. It is necessary to hit the ball with the middle of the forehead, while keeping the balance with the hands, spring-like jumping on the legs. Don't worry if at first the ball doesn't come up clearly and you have to change your position frequently to reach the ball. There is nothing. You will learn quickly. If you can practice fighting with the ball for 10-15 minutes every day, you will soon master all the technical techniques and feel confident in carrying the ball expertly.

Fight! All you need for this is a small area, a small rubber or tennis ball (if not a real ball) and the desire to "hold" it in the air without dropping it to the ground as much as possible.

Now, guys, it's time to start improving your technical skills. You have now learned that technique is very important to playing soccer. We would like to draw attention once again to the fact that the main goal is not to practice some technical principles.

It is necessary to learn to kick the ball, stop it and not play it "for the sake of pure art", but to act together with partners against the opponent in different game situations.

Difficulties in mastering football techniques are explained by this, the need to play the ball with the feet and head, and on top of that, the need to fight hard with the opponent.

Experts have calculated that during the game, the player will meet the ball from 50 to 100 times (65 - 200).

But with possession of the ball for such a short time (on average 2 - 2.5 minutes), you can think for yourself about the size, variety, complexity, effectiveness, speed, and abstraction of the performance of technical principles in the game situation.

The field player's technique of possession of the ball includes the techniques of the following groups: foot kicks (6 methods), foot kicks (5 methods), other kicks (2 methods), stopping the ball with the feet (6 methods), stopping with the body (2 methods) and another pass (1 method) foot tricks (5 - 6

methods), body tricks (2 - 4 methods), other tricks (2 - 3 methods), pulling the ball with legs and shoulders (2 methods) putting the ball into play.

It is necessary to start with learning to play the ball from the simplest skills. These are carrying the ball, kicking the ball and stopping the ball at the feet. Of course, it is not possible to acquire technical skills only by theoretically learning the techniques of ball possession.

So, let's start with a more technical technique - carrying the ball.

Carrying the ball is the skill of controlling the ball in motion.

This technique involves running, kicking the ball in a variety of ways while balancing against the opponent's resistance. Good players have the added skills of seeing the field and controlling the ball at the same time.

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THE ROLE OF PHYSICAL EXERCISES IN THE DEVELOPMENT OF THE PHYSICAL QUALITIES OF FOOTBALL PLAYERS

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Abstract. In this article, the manifestation of physical qualities in football players, from the physiological point of view, the ability to transmit excitation impulses in nerve fibers, the speed of muscle contraction, and the most important information related to the speed of time communication between the necessary centers in the cortex of the cerebral hemispheres.

Key words: muscle, tension, excitability, strength, ballistic movements, physical training.

On the next page, the mechanism of a person's ability to overcome external resistance or to resist due to muscle contractions is described, the procedures for the manifestation of muscle strength, absolute and relative strength, types of strength and descriptions of their manifestation are brought to your attention [1,2,3].

In fact, muscle tension (ability to exert force) depends on the following physiological processes:

- 1) tension related to the frequency of the impulses coming from the center to the muscles (the greater the frequency, the greater the muscle tension and the tension increases);
- 2) with the number of units of action added to the tension;
- 3) the quality and level of tension is shown by the excitability of the muscle and the source and quantity of the power in it.

Muscular strength is developed in three modes: –

- a) *muscle tension* manifests itself *without changing its length* (in static, isometric mode). Gawdani or showing strength to hold some of its parts in different situations (poses);
- b) due to the reduction of muscle length, endurance - manifestation of (*myometric*) *tension with endurance*. The tension remains the same - it does not change, this regime occurs due to the phases of muscle contraction in cyclic and ballistic movements;
- c) during the stretching of the muscle, due to its lengthening (yielding, *free arrival - plyometric*) force occurs. This force is manifested by muscle contraction during sitting, throwing, squatting.

Speed is one of the physical qualities of the human body.

Speed is understood as the speed characteristic of the movements of an individual or some parts of his body, mainly a complex of functional characteristics that represent the movement reaction time.

Speed is a quality of movement of the human body that can be performed in a complex way, and it is not manifested separately, so it is more correct to think that it is a manifestation of the qualities of speed.

There are the following forms of manifestation of speed qualities:

1. Single movement speed (overcoming small external resistance).
2. Frequency of actions.
3. Movement reaction speed (hidden latency period).
4. Movement tempo.

Those who have insufficiently developed quickness of movement face difficulties in mastering new movements (whether it is life-necessary, labor or professional activity) and obtaining their hadith. The manifestation of this quality from a physiological point of view is related to the ability to transmit excitation impulses in nerve fibers, the speed of muscle contraction, and most importantly, the speed of time communication between the necessary centers in the cortex of the cerebral hemispheres. For example, 100 m the result of running depends on the reaction time from the start, the speed of execution of individual actions (depression, speed of hip recovery), etc. [4,5,6,7,8,9,10].

In practice, the speed of integrated movements (running, swimming) depends on the speed of the full movement act. However, the speed of complex coordinated movements depends not only on the level of quickness, but also on other factors, for example, the length of the step in running, which, in turn, depends on the length of the leg and the power of landing. Therefore, *the overall movement speed* is only a partial representation of the speed of the individual.

Endurance refers to the ability to perform an activity or an act of movement in a prescribed form, intensively for a long time without reducing its effectiveness .

This movement quality is distinguished as "general" and "specific" endurance. Authors of some literature* recommend replacing the term endurance with the term "endurance" [31,32,33,34,35,36].

Endurance is primarily developed with low-intensity, long-duration, more cyclical exercises .

The scientific and methodological data recorded in the collected literature on the topic were analyzed in a comparative way and the current situation of the issue was evaluated. In particular, the fact that the effectiveness of teaching sports skills at the initial training stage depends on physical qualities was substantiated with the help of scientific research [11,12,13,14,15,16]. In the process of training young athletes, it was recognized that physical qualities are developed mainly under the influence of standard, stereotypical exercises, and it was emphasized that such an approach does not always give the expected result. In the chapter of literature analysis, it was emphasized that the formation of physical qualities with the help of special movement games is highly effective.

In order to achieve the set goal, I distributed questionnaires on the following questions among 25 sports coaches working with young wrestlers working in some rural schools of the Fergana region of Uzbekistan, and through this, I learned their opinions about the development of quick-strength quality at the initial training stage . The results of the questionnaire are reflected in the appendix [17,18,19,20,21,22,23,24].

It can be seen from the application that most of the coaches, ie 13 people (52%) do not conduct competitions when attracting children to the sports club. The number of coaches who select children for the circle is only 6 people (24%). Another percentage of coaches are partially conducting the competition. 9 (36%) coaches talked about children's family life and interests. 5 of the coaches (20%) answered "no". 11 people (44%) answered that the coach is "partly" or "I don't know".

Do you interview the children's parents? 3 people (12%) answered "yes", 8 people (72%) answered "no", and 4 people (16%) answered "partly".

Does the first training start with practical training? 17 people (68%) answered "yes", 5 people (20%) answered "no", and 3 people (12%) answered "partly".

Do you develop your own training plans? 8 people (32%) answered "yes", 7 people (28%) answered "no", and 10 people (40%) answered "I don't know".

Initial training is mainly technical – tactical Is preparation a priority? 19 people (76%) answered yes to our question, 3 people (12%) gave the answer " yes ", 3 people (12%) answered "yes " .

Is strength training the right way to develop speed ? 11 people (44%) answered yes to our question, 9 people (36%) answered " yes ", 5 people (20%) answered " my name " .

Is speed training important for strength development ? 9 people (36%) answered yes to our question, 7 people (28%) gave the answer "yes " , 9 people (36%) gave the answer " my name " .

agility exercises with weights during the initial training ? to our question 13 people (52%) answered yes, 7 people (28%) answered "y arrow " , 5 people (20%) answered "I don't know".

Initial training is quick in one click – strength Is it okay to use barbell squats to improve quality ? 12 people (48%) answered yes to our question, 11 people (44%) gave the answer "yes " , 2 people (8%) answered "I don't know".

Quick – strength Is it necessary to use standards in quality assessment ? 16 people (64%) answered yes to our question, 7 people (28%) gave the answer "yes " , and 2 people (8%) gave the answer "I don't know".

Quick – strength Can endurance training be given at the beginning of the workout ? 7 people (28%) answered " h a" to our question, 11 people (44%) gave the answer " yes ". 7 people (28%) gave the answer " I know".

strength also develop when developing speed or vice versa? 9 people (36%) answered " h a" to our question, 11 people (44%) gave the answer " yes ", 5 people (20%) answered "I don't know."

Fast - strong Is there an advantage of active and national games in development ? to our question 11 people (44%) answered yes, 8 people (32%) gave the answer "yes " , 6 people (24%) answered "I don't know".

Initial training is quick and easy Are national games useful for effective development ? to our question 11 people (44%) answered yes, 9 people (36%) gave the answer " yes ", and 5 people (20%) gave the answer "I don't know".

Do you personally use national games to develop quick-strength? 9 people (36%) answered yes to our question, 9 people (36%) answered " yes ", 7 people (28%) answered "I don't know".

of the questionnaire mentioned above , the following conclusions can be made :

1. Most of the coaches who participated in our research do not have clear knowledge and ideas about the organization of children 's sports.

2. Some trainers are quick – strength It was found that there are no clear opinions and judgments about the right selection of exercises aimed at developing their qualities , how to adjust them according to children's ability, and how to use the technology in terms of volume and intensity .

3. It is observed that many coaches make mistakes in determining which type of training is the priority during the initial training .

The vital capacity of the lungs was determined in a simple air spirometer. Subjects were first asked to take a deep breath while standing and then to blow maximally into the spirometer. This test was repeated twice, and the best result was taken into account [25,26,27,28,29,30].

The result of the respiratory rate measured for 15 seconds was multiplied by 4. The test was conducted in all subjects before and at the end of the pedagogic study, and before and after the quick-strength tests.

Heart rate was also measured for 15 seconds and the result obtained was multiplied by 4. This test was administered in the same manner as the previous test.

A 30-meter run was performed from a standing position.

The rest of the tests were carried out according to the established methodology.

Pedagogical research was conducted on the example of 9-10-year-old wrestlers, who were selected for the wrestling club and had just started to practice.

The study was conducted in two groups - control (10 people) and experimental (10 people) groups for 7 months.

In improving the sports skills of football players, involving them in regular training based on a plan and regular exercise is the main factor for them to acquire sports skills gradually. As a result, the player's work capacity increases, the recovery process is accelerated, and it becomes possible to perform some physically intensive tasks. From year to year, the athlete's functional capabilities expand, and his technical and tactical skills improve.

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Abstract: Students of pedagogical universities lack pedagogical identification. One of the means to overcome this problem is pedagogical practice, where students can feel themselves in the role of teachers. The results of the internship show how important the connection with the school is for the professional growth of students.

Keywords: pedagogical practice, lack of ability, mnemonic, cognitive, pedagogical observation and pedagogical tact, environmental factors.

The professional training of future teachers is closely related to the formation of a strong interest in the chosen professional activity. The interest in the profession of a teacher is understood as an emotionally expressed cognitive orientation of a person to master a pedagogical activity, the realization of his inclinations, abilities, and professional beliefs. The weak level of interest in their profession is due to a number of factors, among which it is possible to distinguish a low work culture among students, which manifests itself in the inability to rationally organize their activities, in problems with completing tasks on time, as well as in the low productivity of students' work caused by an underestimated incentive to activity. Along with this, the low prestige of the teaching profession in society plays an even greater role. The presence of interest in their profession is an important factor in the successful formation of the competitiveness of future teachers. Its decline entails a number of problems.

First of all, the future teacher finds himself in conditions where he is forced to perform tasks and assignments that are not interesting for him in advance. In such conditions, it is difficult to expect a student to be ready for innovation, and the desire to develop and introduce creative developments, methodological findings, and technologies into the educational space. Various researchers and teachers (L.S. Vygotsky, V.A. Sukhomlinsky, L.N. Tolstoy, K.D. Ushinsky, etc.) devoted their works to the issues of the creative development of future teachers.

S.V. Lavrenova notes that "today requires a deep and comprehensive understanding of the educational process of training teachers with highly developed creative potential, able to successfully adapt to constantly changing conditions, to educate the need for the development of creativity of the personality of each student" [1, p. 5].

Professional competence of teachers in modern conditions presupposes not only the possession of a set of professional knowledge, skills, and abilities and the ability to apply them in practice but the desire to independently master new pedagogical skills.

theories and techniques, a tendency to self-improvement. Future specialists in the field of education in training often face the problem of building a trajectory of professional and personal self-development, which is due to the underestimation of this important component of the professional formation of a specialist. Subject-centered attitudes toward the educational process often focus students' attention on scientific and conceptual knowledge, while the role of their personal self-development in professional the formation is erased. An important factor that can seriously hinder the implementation of the pedagogical activity of a future teacher is the lack of ability to apply knowledge about the psychological development of a person in solving pedagogical tasks. Impossible it is correct and effective to organize the educational process without having complete ideas about the peculiarities of perception, as well as mnemonic, cognitive, and other mental processes in various groups of schoolchildren differentiated by age.

Problems give rise to difficulties in the formation of a number of qualities and abilities in the teacher himself – empathic, perceptual abilities, as well as pedagogical observation and pedagogical tact.

This leads to another problem related to the inability to work in a team. It is important for a future teacher to be able to organize group activities and to be an active participant in them. The quality of

students' knowledge will depend on how competently the head will be able to organize the well-coordinated functioning of participants in the educational process.

Another difficulty in pedagogical activity can be indicated by inadequate self-esteem, which can be both overstated and understated. Self-esteem is the idea of a person about himself, his importance, and his qualities, which develops under the influence of public opinion and his own achievements. The greater the achievements, the higher the self-esteem. Low self-esteem implies a sense of superiority of others over oneself and can be formed under the influence of exogenous and endogenous causes. Such a teacher is not able to gain authority from students and maintain discipline in the classroom. There is a lack of confidence in yourself and in your activities.

Overestimated self-esteem leads to an overestimation of one's strengths and capabilities, to the appearance of ambition, which forces a person to set more complex tasks and claims to achievements. Such self-assessment contributes to the formation of self-confidence in the teacher and his actions to solve new problems. Failures at the same time are fraught with frustration, anxiety, fears, and depression.

An adequate self-assessment can be considered optimal. However, with an inadequate one, an overestimated self-esteem causes less harm than an underestimated one. The permanent impact of negative environmental factors can lead to stressful states in future teachers, the discharge from which can manifest itself in the form of unmotivated aggression and in its transfer to a third-party object. The increased level of stressful situations serves as the basis for an increase in the degree of conflict and aggressiveness. The causes of aggression can vary greatly. It is extremely important in professional activity to be able to recognize the origin of this emotion [2].

Success in work is accompanied by the presence of a high level of professional reflection in the teacher. With constant reference to one's own state, to the analysis of knowledge, feelings, values, motives, and actions, one's own shortcomings and mistakes are revealed. Reflection helps the future teacher to realize the level of his professional development. The highest level of reflection is observed in people prone to perfectionism. A low level of reflection hinders the teacher's self-development.

These problems point to the need to improve the professional training of future teachers. So, it is necessary to create such conditions in a pedagogical university that will contribute to the professional growth of future teachers, the disclosure of their creative potential, the formation of the ability to work in a team, reducing the risk of professional burnout syndrome, conflicts, professional difficulties, etc. The system of university training should prepare a teacher who is ready for scientific research, a creative approach to solving professional problems, and to the joint discovery of new knowledge with students. To solve these problems, it is necessary to introduce new organizational forms of training based on personal development, collective decision-making, active use of independent work, demonstration of professions

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DASTANS ARE THE MAIN GENRE OF KORAKALPOK FOLKLORE

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Abstract: All types of lyrical and epic works form the basis of Karakalpak folklore with its ancient and rich history. Lyrical genre works include folk, ceremonial songs (yor-yor, khaujar, joqlov, ramazan, gulapsan, badik, etc.), aytis (sayings, song-contests), proverbs and sayings, parables, quick sayings; works of epic genre include fairy tales, tales, folk tales, epics.

Keywords: Theater art, performance, national color, director, decoration, music, historical elements, folk song, oral folk art.

The Karakalpak lived a half-grass life, combining irrigation farming with livestock (especially cattle) and fishing. Most of the karakalpaks lived in the middle of the 16th and 18th centuries along the middle and lower reaches of Syrdarya (Turkestan, Zhangent, Chirikrabort), as well as part of the island region (the city of Kungrad, Shahtemir). However, there is information that karakalpaks also lived along the banks of the yayik and Emba rivers. At the beginning of the XVI-XX centuries, the karakalpaks retained the remains of the seed-tribal system and patriarchal-seed relations in economic, social and family life. [1.P.45-46]

Characteristic signs of the Karakalpak language: there is a consonant vowel — singarmonism. For example, our horses (horses), kunler - (days); the common Ch consonant is with sh; and sh is exchanged with the S consonant. For example, qash (Qach), tas (stone), so (head). In some words, in place of the consonant v, in place of the consonant g y is used. For example, tav (mountain), tiy (tag) and others.

In Karakalpak language, in addition to common Turkic words, as in most other Turkic languages, the words borrowed from Arabic, Iranian, Russian are Kham anchagina.

The basis of Karakalpak folklore with an ancient and rich history is all kinds of lyrical and epic works. The works of the lyrical genre include folk, ritual songs (yor-yor, Khao'jar, zhiglov, Ramadan, gulapsan, badik and others.), Atis (recitation, song-competitions), matals and proverbs, parables, fast sayings; works of the epic genre include fairy tales, tolgov, national, epics.

Karakalpak language is one of the languages belonging to the Kipchak group of Turkic languages; together with Kazakh and Nogai, it forms the Kipchak-Nogai group of Kipchak languages. The state language of the Republic of Karakalpakstan (along with Uzbek). It is mainly distributed in Karakalpakstan, as well as in Khorezm, Navoi, Bukhara regions and neighboring regions of Kazakhstan and Turkmenistan, in the Russian Federation and Afghanistan. The total number of Karakalpak speakers is 425 thousand people (mid-90s of the last century). The Karakalpak language is mainly divided into 2 dialects: North-East and South-West. These dialects differ phonetically among themselves. The literary Karakalpak language was formed on the basis of the eastern dialect in the 1st half of the 20th century. Until then, karakalpaks used the old Uzbek literary language.

Epics are the main genre of Karakalpak folklore and are divided into 4 types (heroic, lyrical, socio-household, historical epics). A common epic in karakalpaks is the epic "Alpamis". Hence-Dec, "Edige". The epics " gablan", " forty girls " are popular.

The work of the poet Jien Zhiron (1730-1784), a major figure in Karakalpak classical literature, is important. In his epics " ulugtog", " Posgan el " wrote the history of the migration of karakalpaks to Khorezm. Another poem by the poet "please, friends" is dedicated to the migration of karakalpaks from Turkistan. Another poet, Kunhoja, described in his poems The Life of the people of the time in which he lived. Ajiniyaz's work occupies a leading position among Karakalpak poets who created it in the 19th century. His works were published in Karakalpak, Uzbek, Kazakh and Russian as separate collections. Berdaq is notable for the poet's lyrical, satirical, didactic poems, historical epics. Also, the son of otesh Alshinbai (1828-1902), the son of Qulmurot Kurbosh (1841-1926). Poems, epics and other works of the

son of Omar Sugirimbet and other poets occupy a worthy place in the history of Karakalpak literature.[2. P.152]

At the beginning of the 20th century, poetry took the lead in Karakalpak literature. The founders of modern Karakalpak literature A.Mosaev, S.Majitov, K.Avezov, K.Yormanov, I.Fazilav, N.Dovgoraev, A.Begimov, J.Eymurzaev, D.Nazberganov, M.Daribaev, A.Shamuratov, S.In the work of gurbanniyozov and others, culture and enlightenment, education, labor, nature, friendship of peoples, women's equality and other universal issues were the main topics.

In Karakalpak literature of the 20-40s of the XX century, the son of Kazi Maulik Bekmuhammad (1885-1950), A.Helmet, S.In the work of the nurimbetovs, a rich traditional heritage of folk oral creativity is widely described. In 1940-45, feleton, ocher, short stories began to be created in Karakalpak literature with journalistic works in the direction of propaganda. The main theme of works of art is the victory over fascism, heroic ideas, and images of Heroes of war were created even in works of art.

1960-1980 in Karakalpak drama P.To "mothers" by legenov, "shadows"," the fate of Man", J.Aymurzaev's "Berdaq", "Dear Doctor", S.Khujaniyozov's "leaning on the uninhabited", " stupid Tsar", T.Seytjanov, I.Plays of Yusupov (A.Together with Shamuratov) plays an important role. During this period, the content and theme of lyric-epic poetry, its genre specificity developed and enriched.

In the drama of the 1970s and 1980s, it was laid on theatrical stages K.Rahmonov (1942-2002) tragicomedy "he is an invitation to the world", the comedy "The love of the capricious", I.Yusupov's opera-libretto "Ajiniyaz" was recognized as a new important phenomenon. X.Saparov, Sh.The poetic collections of Dilmurotov and others were an important contribution to Karakalpak children's literature. Karakalpak proza of the 1970s and 1980s g.Esemuratova, U.Pirjanov, A.Atajanov, J.Seytav, S.Bahadirova, X.Hamidov, K.Mambetav, A.Bekbaulov, I.Gurbanbaev, S.Saliev, M.Enriched with such writers as Koyipov. In the development of modern Karakalpak Prosa T.A special place is occupied by the work of qaipbergenov.

To enrich modern Karakalpak poetry in ideological and thematic artistic and aesthetic terms I.Yusupov made a significant contribution. In the 2nd half of the 1980s, K.Mambetov's "From Khujdan", O.Abdurakhmanov's "Boshaga", A."In hell" by otepbergenov, K.Rahmonov's "Consequence", Sh.Seytov's novels "Peopletalk" were created. K, who has his own voice in poetry.Karimov, K.Reymov, N.Toreshova, M.Zhumanazarova, A.Seytaev, O.Satbaev, J.Khoshniyozov, X.Dauletnazarov, J.Izbaskanov, X.Talented creators like Ayimbetov came and joined. [3.P.90-91]

The wanderings of Karakalpak art are closely connected with the ancient culture of Eastern Europe and Asia. Karakalpak ornaments are found near Kiev - they are also found in the Rings of stamp belts, fibules and chaks made of silver. The motives in the jewelry found in chirikrabort can be considered the embodiment of the Karakalpak ornament. The characteristic ethnic features of the people in coracalpaks are clearly reflected in carpets and embroidery. Among the Peoples adjacent to them, the karakalpaks feel more closeness to the Turkmen ornament and patterns. The decorations on the Karakalpak felt and felt are very interesting, the technique of laying patterns on them is original, in contrast to the Kazakh ones, they are lowered by appliqué. In them, the decorations appear in the form of a wave, which is a very ancient ornament, symbolizing water. Because karakalpaks have long lived on the banks of rivers and lakes. They have long developed wood carving with step pattern with movut and Ivory. On the territory of Karakalpakstan there are monuments of architecture of antiquity, medieval and New Times.

Karakalpak music culture has a long history and now has rich musical folklore, professional music in the oral tradition, as well as examples of the compositional creativity that has developed.

Musical folklore forms are based on songs. A number of genres related to folk rituals (season ritual from songs "Aydar-Aydar" — calling the wind, religious ritual- "Naughty", family ritual and household songs "Yar-yar", "Haujar", "O'len", "Sihsio", "Joqlao" and so on.) forms its oldest layer. According to its artistic content, folk songs consist of romantic-lyrical, historical, ritual, women's (girls), children's songs. Most of them are based on diatonic lads, whose tones have sonorous characteristics, rich in melismatic ornaments. The karakalpaks also kept sayings performed by porkhai (parikhons)to summon spirits that were considered a pre-Islamic culture, to treat patients with their help ("balik", "gulapsan"). In folk music, there is the dusty music of women (girls), theatrical play-songs of young men and girls, lapars ("yagli Bakhar"). [4. P.55]

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The central part of the professional music of karakalpaks in the oral tradition is occupied by Epic Music. The performers of the Karakalpak Epic are divided into 3 types: zhirovs, Bakhshis and short stories. Each of them arose in a specific socio-political context, differing from each other in terms of the content of epics in their repertoire, the style of performance, Epic chants, as well as musical instrumental accompaniment.

The activities of the zhirovs belong to the most ancient layer of traditional creativity and perform heroic epics ("Kablan", "Sharyar", "Edige", "Alpamis", "Maspasha"), historical fillings in double accompaniment in the inner voice. Bakhshi (baqsi) perform romantic-lyrical and heroic epics ("Yusuf-Zulayha", "Zaure-Tayir", "Yusuf-Ahmet", "Görügli") and works of classical poetry in an open voice, with the accompaniment of dutar and ghijjak (sometimes belamon is also added). Melodies differ from zhirov in complexity, wealth of means of expression. Short stories are often literate individuals who read or tell by Heart The Epic manuscripts at Folk gatherings. They only put poems in specific, close to speech intonation, uttering melodies (nama) and perform them in an open voice without musical accompaniment.

Among the national music instruments are kohbiz, dutar, ghijjak (girjek), which are the instruments of the epicenter, and changqobiz, cane hornay and children's Hut (iskirau-ik), in addition to Bema. Information about the existence of such instruments as Chindovul, surnay, trumpet, drum, dap (circle) in Karakalpakstan was stored in the qakhramanic epics. Of these, kohbiz and dutar are common, in which dark classical instrumental melodies are played by skillful musicians. Especially among dutar tunes, such categorical tunes as "Muxalles", "nalish" are distinguished by the form complex and the wealth of means of expression. The development of traditional music in Karakalpak was facilitated by Nurabullu zhirov, Erpulat zhirov, oxiz zhirov, Jumabay zhirov, qiyos Bakhshi Hayrdinov, Japaq Bakhshi Shamurotov, Escan Bakhshi Gaspulatov, Kenjaboy Bakhshi Tilevmurotov, people's artist of Karakalpakstan T.Gurbanov and others made a significant contribution. [5]

The basis of the Drama and theater is the traditions and games of the Karakalpak people, folk epics, creativity of folk Masters, art of professional masters of speech (Omirbek lagqi, Kampakal-old woman, state lagqi, Tinimqiz). In the 19th century, the art of clowns became widespread. By the beginning of the 20th century, the theater was formed at the level of professional art. In 1930, A Musical drama Theater was founded in Fourkool, which was later given to him by K.S.Stanislavsky, in 1990, was given the name Berdaq. [6.P.112]

In addition to him, the Karakalpak Theater in the republic, created in 1978 S.The State Theater of young spectators named after khujaniyozov and the state puppet theater, created in 1990, are in operation.

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PRINCIPLES OF NURSING DIAGNOSIS AND TREATMENT IN BLEEDING AND BLOOD LOSS SYNDROME

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Abstract: This article aims to make nurses working in preventive treatment institutions and family polyclinics mature in all respects, to acquire sufficient knowledge, skills and abilities in specialized disciplines, to further improve medical assistance in self-management and counseling, to acquire new theoretical knowledge through practical skills. aimed at acquiring strengthening, psychological care skills

Key words: medical field, emergency medical care, surgical departments, biological test result, erosion.

The purpose of this article is to develop nursing pedagogy by giving advice and developing the type of activity.

Generally, regardless of the field of work, every nurse should know the principles of assessing the patient's condition and providing first aid in emergency and emergency situations, and in such cases, they should be able to help patients independently until the ambulance arrives. This manual can provide basic knowledge and skills to the medical worker

Today, in the field of medicine, special attention is paid to improving the level of knowledge and skills of secondary medical workers. This methodical guide also helps to form the basic knowledge of the medical staff in order to assess the patient's condition in acute cases and to provide emergency medical care.

This methodical guide contains the latest information on what is a mine loss, what are its types, and how to distinguish between types of mine loss, methods of temporary and permanent stoppage of mine loss, rules for preventing complications of mine loss.

The training manual provides materials aimed at adequately mastering the necessary new knowledge and skills in accordance with the qualification description and job instructions of all nurses of treatment and prevention institutions and nurses of QVP/QOP/OP and district/city KTPPs. In this regard, prevention of dangerous complications for patients, implementation of care aimed at formation of a proper lifestyle, and improvement of independently conducted training activities will be achieved.

This methodical guide is intended for the training of intensive care and intensive care unit nurses, surgical unit nurses, obstetrics and gynecology unit nurses, family nurses working in QVP/QOP/OP and district/city KTPPs. Nurses should be able to provide competent first aid when necessary. Based on this, giving advice to the population on " Rendering first aid in acute mining accidents" . The main tasks of the educational manual are to provide students with qualified knowledge, to comprehensively teach them theoretical and practical aspects.

What is called mining?

Bleeding is the leakage of blood from a blood vessel into the external environment, tissues and body cavities (pleura, abdominal cavity). Bleeding is more or less observed in any injury. Many medical professionals are faced with the problem of bleeding, but in no field is bleeding more important than in surgery.

If we look at the history of the development of surgery, we see that this same problem has limited the possibilities of surgical treatment for a very long time. Therefore, we ask that you pay attention to the section below. There are 2 main causes of bleeding:

1. Violation of the integrity of the vascular wall (injury, purulent inflammation, increased blood pressure, sudden decrease in atmospheric pressure, etc.)

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2. Violation of vascular wall permeability (change in chemical composition of blood, effects of poisoning, violation of vitamin balance in the body).

Classification of bleeding. Classification of bleeding is based on several signs: arterial, venous, arteriovenous (mixed), capillary and parenchymatous bleeding are distinguished according to the source of bleeding, that is, depending on the type of blood vessel.

Arterial bleeding is observed in the injury of the arterial blood vessel wall. In this type of bleeding, the blood is light red in color, the blood flow is under strong pressure, and it is wavy in accordance with the heartbeat. The risk and severity of arterial bleeding depends on the size of the injured blood vessel. If the aorta, the largest artery in the body, is injured, death will occur quickly. Bleeding from other, smaller arteries can also cause severe, fatal blood loss.



Venous bleeding is observed in wounds of the vein wall. In this type of bleeding, the blood is dark red in color, and the blood flow is uniform under low pressure. In the case of injury of large veins, a large amount of blood can be lost in a short period of time, and this condition can lead to hemodynamic disturbances and even death. When the central veins are injured, air drawn into the blood vessels can lead to the development of air embolism, which can eventually end in cardiac arrest or ventricular fibrillation. The gradual entry of air into the venous blood vessel can lead to air embolism of the lungs, brain and blood vessels.

Capillary bleeding - blood begins to leak from the wound surface. Capillary bleeding is usually not severe and stops on its own.

Parenchymatous bleeding is observed when lungs, spleen and kidneys are injured . In this case, blood is lost in large quantities due to the fact that the organ has a very good vascularization . In relation to the external environment, external and internal bleeding are distinguished.



In external bleeding, blood flows into the external environment or the cavity of an organ connected to the external environment. **In internal bleeding**, blood is poured into a body cavity (abdomen, pleura, joint, etc.). **Occult bleeding** does not have obvious external symptoms, and this type of bleeding is detected using special methods. In occult bleeding, the bleeding vessel cannot be visually observed, it is small, constant, and it is very difficult to diagnose it . For example, persistent minor bleeding from a gastric or duodenal ulcer can be classified as internal occult bleeding.

Depending on the time of onset of bleeding, it is classified as follows:

1. **Primary bleeding** - bleeding that begins at the time of injury:
2. **Secondary bleeding** - occurs after the primary bleeding has stopped and is divided into 2 types:
 - a) **Secondary early bleeding** - bleeding during the first hours and days after the injury (in the period before the infection develops in the wound). This type of bleeding is observed when a thrombus

in an injured blood vessel is ejected by a stroke due to increased blood pressure or loss of spasm in the vessel;

b) **Secondary late bleeding** can begin at any time after infection develops in the wound. The reason for this is dissolution of the thrombus as a result of suppuration, erosion of the vascular wall, purulent erosion or inflammatory process.

Depending on the duration of bleeding, its **acute** and **chronic** types are distinguished. In acute bleeding, a large amount of blood is lost in a short period of time, while in chronic bleeding, a small amount of blood is lost intermittently over a long period of time. Chronic bleeding is more often observed in hemorrhoids, uterine fibroids, malignant tumors of the gastrointestinal system.

Bleeding is also classified based on the amount of blood loss. The cause of the bleeding, the severity, and the amount of blood lost will depend on the rate of blood loss. A short-term loss of 40% of circulating blood volume (RBV) can be fatal. In some patients with chronic blood loss, we see that they are in a satisfactory condition and are walking independently, even if the AUC is missing by 60-70%. Therefore, not only the amount of bleeding, but also the following factors, that is, the development of surgical shock or not, the condition of the patient before injury, insufficient weight, the state of the cardiovascular system, gender and age, whether the blood parameters are normal or not, and the external environment are important . is important. There are different classifications according to the severity of bleeding.

One of the most common classifications is the 4-level classification:

1. Mild - 10 - 12% loss of AUC (500 - 700 ml)
2. Moderate level - 12-20% loss of AYUQH (1000 - 1400 ml)
3. Severe – 20-30% loss of uric acid (1500-2000 ml)
4. Very severe level - loss of uric acid more than 30% (more than 2000 ml).

BLEEDING DIAGNOSIS AND BLOOD LOSS LEVEL DETERMINATION.

Diagnosis and type of external bleeding are usually not difficult. The color of the blood, the bruise, the location of the injury will help to make an accurate diagnosis. Diagnosis of internal bleeding is more difficult. This type of bleeding can be manifested by symptoms such as a decrease in blood pressure, a decrease in the amount of hemoglobin in the blood, dizziness, fainting, an increase in pulse and a decrease in fullness. Local symptoms of internal bleeding are different. Bleeding into the skull cavity causes signs of pressure on the brain , and bleeding into the pleural cavity causes lung compression and difficulty breathing. Excursion of the chest is limited, a muffled sound is heard on percussion, and a dull breath is heard on auscultation. A pleural puncture for diagnostic purposes solves the problem. Blood enters the abdominal cavity (hemoperitoneum) parenchymatous organs (liver, spleen, etc.), fallopian tube (fallopian tube in pregnancy), injured abdominal organs (bullet, shrapnel fragment, stabbing cut, etc.). In this case, pain in the abdomen, muscle tension, nausea, vomiting, i.e., symptoms of inflammation of the peritoneum are observed. Bleeding into the pericardial cavity (hemopericardium) is characterized by slowing of heart activity, cyanosis, and increased venous pressure. Symptoms of acute anemia are usually not observed. When percussing, it can be determined that the border of the heart is enlarged in a triangular shape. This causes cardiac tamponade.

When blood is injected into the joints, the amount of blood is not high. It is related to the anatomical features of the joint and does not cause anemia. Local symptoms include joint enlargement, severe pain when moving or palpating, limitation of movement, detection of the symptom of fluctuation, if there is bleeding in the knee joint, the symptom of patella is observed. The final diagnosis is made after a joint puncture.

The clinical picture of an interstitial hematoma depends on its location, the condition of the transfused blood (liquid, frozen) and the preservation of the connection with the injured blood vessel. Anemia can also be observed when interstitial bleeding (retroperitoneal hematoma, which is common in mixed surgery). In most cases, interstitial hematoma is noted in injuries of trunk arteries of limbs. The resulting

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hematoma can crush veins, squeeze arteries, and cause ischemic gangrene. In such a case, timely surgical assistance will save the life of the member and the patient.

Complications of bleeding and blood loss

Bleeding of the 3rd - 4th degree can lead to the development of hemorrhagic shock. Hemorrhagic shock is a type of hypovolemic shock, and its development depends on the previous condition of the patient. Hemorrhagic shock occurs in three stages:

- 1) compensated;
- 2) decompensated;
- 3) irreversible process.

The blood lost in the first stage is easily replaced by compensatory mechanisms in the body.

In the second stage, deep changes in blood circulation occur, the spasm in the arteries is not enough to maintain central hemodynamics, and as a result, blood pressure begins to fall. This situation leads to the accumulation of metabolites in the tissues, capillary blood circulation disorders, and blood flow decentralization.

The third stage lasts up to 12 hours. Uncontrollable hypotonia, polyorgan failure develops at this stage. Transfusion therapy is usually ineffective.

One of the complications of internal bleeding is the sudden disruption of the functioning of vital organs as a result of compression. This condition poses a direct threat to the patient's life .

An interstitial hematoma can compress arterial and venous blood vessels and lead to limb gangrene. If the hematoma cavity is connected to the blood vessel of a large artery , a false surgical aneurysm may develop. When large venous blood vessels in the neck area or scar tissue are injured, these blood vessels cannot contract, resulting in air being drawn into the vein and an air embolism. If the blood inside the blood vessels has bactericidal properties, the blood poured into the tissues and cavities is food for bacteria and creates a ground for suppuration.

Methods to stop bleeding

When bleeding occurs, medical personnel are required to take immediate measures. It is necessary to temporarily stop the bleeding so that it does not end with serious consequences. In addition, it is necessary to replace the lost blood and restore the functioning of the lost organs.

There are temporary and intermittent (permanent) methods of stopping bleeding. Physical (mechanical, thermal), biological, chemical means are used for this. The main method of stopping bleeding is mechanical means, other means are also useful and can be used in addition to the main method. Sometimes, temporary hemostasis methods can cause a blood clot to form in the injured blood vessel and stop the bleeding completely.

Methods to temporarily stop bleeding.

We found it necessary to highlight several types of temporary methods of stopping bleeding:

1. **Bend the injured limb as much as possible at the joint.** When bleeding from the axillary, subspinal arteries, the hand is raised up, then maximally pressed on the back of the body, so that the palm is placed between the two shoulder blades, and the bleeding stops, because the artery is compressed between the vertebral bone and the I rib . The wrist is maximally flexed at the elbow joint to stop bleeding from the palm and wrist. When the leg is maximally bent at the knee joint, the blood from the calf and heel stops.

2. **Pressing the large vessels with a finger on the bone** also allows to temporarily stop bleeding from some large: carotid, subspinal, shoulder, femoral arteries. This method is usually used during the preparation or reinsertion of the tourniquet, and in some cases during the transport of the patient to the department. Although the method of stopping bleeding with a finger is considered to be one of the most reliable methods, it is very tiring for the person performing it. It is advisable to press the blood vessel

from the place where it passes close to the skin and in the area where the conditions are favorable for pressing on the bone.

3. Put a harness . Usually rubber or cloth harnesses are used. When the tourniquet is applied, blood vessels and soft tissues are squeezed and crushed. In this case, it is necessary not to stop the blood and not to damage other tissues, especially nerve fibers. When the tourniquet is placed, it should not be held for more than 2 hours. Otherwise, irreversible changes may occur in the tissues located in the area distal to the tourniquet, and the condition of "tourniquet shock" may develop, leading to the death of the patient. This complication is observed due to the fact that the poisons in the tissues that appear in hypoxia get into the blood and poison the body. A tourniquet is usually recommended for arterial bleeding and as close to the wound as possible. Correct placement of the tourniquet is indicated by the cessation of bleeding. If the tourniquet is left loose and only the veins are constricted, the bleeding continues, and the skin becomes cyanotic. It is impossible to place the tourniquet in the middle of the shoulder and lower thigh, because in case 1, the nerve of the shoulder is damaged, in case 2, a lot of tissue has to be crushed to compress the artery.

4. Put a pressure bandage . A tourniquet is placed only if it is known that the major artery is not damaged, as the tourniquet cannot stop the flow of blood from the great artery. This method is considered to be one of the most effective and harmless methods of temporary hemostasis. A sterile napkin in an individual package is placed on the wound, and it is tightly tied with a bandage. If a limb is injured, it is raised up .

5. Tamponing the wound. When bleeding from the nose and vagina, such a method is used, that is, the method of intermittent bleeding. Usually, the wound is covered with a few sterile pads and closed with a pressure bandage or a few stitches in the skin. It is also possible to soak tampons with hemocoagulants: thrombin, calcium chloride. When the trunk arteries of the limbs are injured, tamponade is not performed, as this method can lead to gangrene.

Methods of intermittent and permanent stoppage of mining

After the temporary cessation of bleeding, the patient must be provided with medical care by a doctor or a nurse with higher education in outpatient and inpatient settings. Such medical care includes intermittent and complete cessation of bleeding, primary surgical treatment of the wound, and specific infection prevention procedures. In this chapter, we will only look at ways to stop bleeding intermittently.

They are divided into several types:

- 1) Mechanical ;
- 2) Physics ;
- 3) Chemical ;
- 4) Biological ;

To mechanical methods:

- a) put a stitch on the bleeding vein and restore its integrity ;
- b) both ends of the bleeding vein are clamped and tied with silk and kapron threads ;
- c) if it is not possible to find the bleeding vessel in the wound itself, find it from a distance and tie it. This method is used when the cut artery blood vessel is shortened and pulled to a long distance from the injury ;
- g) during some operations (gastric, intestinal resection), it is possible to stop the bleeding intermittently by placing a mechanical suture, that is, tantalum sutures.
- d) During urgent operations, the blood flowing from the abdominal wall (from small arterioles, venules, capillaries) can be stopped not only by clamping, tying or using a coagulator, but also by dense sutures placed on the layers of the abdominal wall ;
- e) In the last 10-15 years, the laparoscopic technique, which has entered the practice of medicine, has completely changed our outlook on the technique of surgical operations. During these types of operations,

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special devices - "clips" have been developed, and these "clips" are being used to intermittently stop bleeding from a blood vessel.

To physical methods:

a) the method of stopping blood using an electrocoagulator is very common. This method is mainly used during surgery and allows to stop blood flowing from capillaries, small and medium arterioles and venules. Negative side: can cause necrosis of burned tissue;

b) the method of stopping blood intermittently with the help of a high-voltage laser light is not widespread due to the lack of special equipment in all clinics. This method is also used during operative treatment. The laser scalpel cuts the tissues at the same time, and with the help of the laser light, the blood vessels that are cut are coagulated at high temperature, stopping the blood flow intermittently and completely;

c) the method of stopping blood intermittently with "gauze soaked in warm physiological solution" is also used during surgery . This method is also based on the fact that it has the property of increasing hemocoagulation and narrowing blood vessels under high temperature . For example: after a cholecystectomy, there is a lot of capillary bleeding from its place. If an electrocoagulator is used, a lot of necrosis and tissue burns are noted in the liver. If a mechanical method is used, it will not be enough to sew all the capillaries in the liver wall. Therefore, the surgeon asks the nurse for a "napkin soaked in warm physiological solution" and presses this napkin on the gallbladder and easily stops the bleeding;

g) Bleeding can also be stopped by applying an ice pack locally.

To chemical methods:

a) if a 3% solution of hydrogen peroxide is applied to the wound with a damp napkin, capillary bleeding will quickly stop;

b) if 100-200 ml of 1% solution of calcium chloride is dripped into a vein, erosions in the walls of the stomach, duodenum, cracks (Mallory-Weiss syndrome), blood coming from the wounds forms a clot and stops intermittently;

100 ml of 5% solution of E-aminocaproic acid , vikasol, dizinon also stop external hidden bleeding intermittently;

g) if special biological glues are sprayed on the bleeding stomach and duodenal ulcer by endoscopic method, they form a crust and cover the wound and the bleeding stops.

Biological methods:

a) Freshly prepared blood, plasma, cryoprecipitate, fibrinogen, thrombocytic mass are also important in stopping external hidden bleeding.

b) after a cholecystectomy operation, the bleeding from the gallbladder can be stopped intermittently by pressing a hemostatic sponge on this area.

The above-mentioned methods of intermittent and complete stopping of bleeding are not used separately, but all methods are used comprehensively, so that the actions taken to stop the bleeding are not wasted, and the surgeon and assistant nurses together achieve a positive result during the operation.

Organization of the nursing process during the stoppage of bleeding.

From the moment the patient is admitted to the hospital, he is under the care of a nurse. The nurse immediately tries to find where the bleeding is coming from. Talks with the patient and asks about the medical history. Having an idea of the injury tool, what kind of help is provided is interested in the amount of help. Determines how much time has passed if a jgut is set. Removes the dressing, examines the wound, and makes a nursing diagnosis and treatment plan. Prepares the operating room for operative procedures. If the wound is superficial, in the limbs, the main artery and vein, nerves are not damaged, under the supervision of the surgeon, he can perform primary surgical treatment of the wound. If the injury is so complicated that the patient's life is in danger, then the nurse assists the surgeon during the operation.

Transfusion of blood and blood substitutes.

Transfusion is the science that studies transfusion of blood, its components, and blood substitute fluids. The main means for transfusion are: blood, separate components of blood (erythrocyte mass, leukocyte mass, thrombocyte mass, blood plasma). Transfusion of blood and its components is called hemotransfusion.

Blood substitute solutions are considered healing liquids, they are used to restore and normalize the damaged and lost blood activity. Modern transfusiology now also studies myelotransplantation, that is, bone marrow transplantation. This method of treatment brings good results in the treatment of hemoblastosis (malignant tumor of blood-forming organs).

METHODS OF BLOOD TRANSFUSION.

The main methods of blood transfusion in modern surgery are blood transfusions into a vein or an artery. There is almost no blood flow to the bone. Basically, blood is dripped into a vein. Blood is sent under pressure to the artery when too much blood is lost, when the heart's activity slows down.

According to the source of the blood, the method of blood transfusion is divided into two

- **Autohemotransfusion** (transfusion of own blood)
- **Transfusion of donor blood**

Autohemotransfusion can be performed in two different ways:

- a) pre-prepared blood transfusion;
- b) Reinfusion of blood.

Blood reinfusion is the return of the patient's own blood poured into the patient's cavities (abdominal, pleural) and blood collected in the surgical wound. When blood is transfused with this method, blood is collected under aseptic conditions, glutitsir, sodium citrate, heparin are added, it is filtered through 4-6 layers of gauze, and it is dripped into a vein. Reinfusion is a contraindication for blood remaining in cavities for more than 12 hours, contamination of blood collected as a result of rupture of empty organs such as stomach, intestines. The reinfusion method is widely used in the case of ovarian cysts, spleen, liver rupture, ectopic pregnancy, intrapleural bleeding, pelvic, hip bone, and spine surgeries.

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Annotation: In order for the provision of dental care was high quality, it needs to be tailored to a variety of systemic and chronic diseases from which the patients suffer. This feature of dental care is due to the fact that different approaches and methods of providing such assistance contributes, first of all, to improve the health of patients, improve their quality of life. The article describes the features of dental care for patients with chronic non-communicable diseases. According to the author, the Feedback of the dentist, endocrinologist and therapist also plays an important role in improving the quality of care for patients with diabetes, as the dentist taking into account the recommendations of the endocrinologist (the use of certain drugs) and timely referral to the dentist of such patients by the therapist and endocrinologist will allow regular monitoring of the state of the teeth and oral cavity of patients. The author comes to the conclusion that patients suffering from diabetes mellitus are included in a special group of dental patients who should be under special control of the dentist and receive his help in a timely manner to prevent the development of complications of the underlying disease and dental pathologies.

Key words: dental care, chronic noncommunicable diseases, diabetes mellitus.

Despite the active development over the past century of modern medicine with the development and implementation in clinical practice of innovative methods for diagnosing and treating acquired general somatic pathological conditions and the pharmaceutical industry, with the production of the latest forms of increasingly effective drugs, at the moment there are still diseases, the complete relief of symptoms of which and Unfortunately, 100% cure of these patients is not yet possible. One of these diseases is the scourge of our time - diabetes mellitus. According to a recent national screening study for type 2 diabetes mellitus, it was found that this form of endocrinopathy was detected in 5.4% of those examined, of which half - 2.9% - were not previously diagnosed. According to statistics, 1 out of 11 people in the world suffers from diabetes, and 5 million people die every year. According to the federal register, 9 million patients have been registered to date, which is 5.7% of the Russian population [8, 14]. According to forecasts, by 2025 the number of patients will double, and by 2030, according to the calculations of the International Diabetes Federation, there will be 500 million people with this diagnosis. Almost half of diabetic patients are in the 40-59 age group. Type 2 diabetes is diagnosed in 80-97% of patients, mainly in the elderly.

Dental markers of type 2 diabetes mellitus include the condition of the oral mucosa due to an increase, by almost an order of magnitude, compared with healthy people, of glucose content, an increase in calcium levels and a decrease in phosphorus levels, in which there is a violation of the secretion of the salivary glands, manifested as xerostomia. Disturbances in periodontal tissues occur as a result of mutually aggravating processes, on the one hand, type 2 diabetes mellitus has a destructive effect on the periodontium through pathogenetic pathways leading to the development of diffuse diabetic osteoporosis with varying degrees of bone tissue atrophy, peripheral diabetic polyneuropathy, impaired oral fluid secretion and immunological status ; on the other hand, the presence of periodontitis in a patient, by increasing the body's resistance to insulin, leads to an increase in the level of glycemia. Type 2 diabetes mellitus has a destructive and inflammatory effect on the state of all organs and tissues of the oral cavity. An orthopedic examination revealed that in patients taking insulin therapy and using various types of removable orthopedic structures, the dental status is characterized by progressive atrophy of the edentulous alveolar processes of the jaws, as a result of progressive bone resorption. Violation of salivation in the direction of its decrease leads to

irritation of the oral mucosa, burning sensation and pain syndrome, in addition, there is a perversion of taste sensitivity. A decrease in immunoresistance, coupled with poor oral hygiene, is accompanied by manifestations of candidiasis. Gingivitis and periodontitis of varying severity occur in the periodontal area of existing teeth. These phenomena lead to a rapid loss of the remaining teeth, which subsequently leads to a shortening of the service life of existing prostheses and the speedy replacement of partial removable structures with complete removable prostheses.

To maintain the proper level of oral hygiene before the start of prosthetics, all patients were trained in oral hygiene, and it was recommended to replace the existing ones and purchase the necessary additional means of hygiene and prevention of dental health.

Depending on the clinical situation and the treatment plan we chose, we divided the studied patients into 3 groups: 1 - patients prosthodontized with partial removable laminar dentures, 2 - patients prosthodontized with complete removable laminar dentures, 3 - patients prosthodontized with clasp prostheses. All patients previously used various types of removable orthopedic structures and had the skills to adapt and operate them. All types of removable prostheses for each of the groups of patients were made by us within the established period - 14 working days, a schedule of scheduled examinations was developed starting from the moment of the last visit, including the fixation of the orthopedic structure in the oral cavity of each patient: 1 visit - was carried out in a day, 2e - after 7 days, 3e - after 14 days, 4e - after 1 month, 5e - after 3 months. All studied patients were at the appointed time for a scheduled examination.

In order to increase the availability of preventive examinations in polyclinics at the place of residence, preventive dental examinations should be organized, which will enable those suffering from diabetes mellitus or other chronic non-communicable diseases to receive the necessary medical care in time. When providing the necessary dental care to patients with diabetes mellitus, the dentist should take into account and offer the patient additional treatment and examination provided for by the CHI program, which will significantly save money for such patients and serve as a measure to support patients. The relationship between the dentist, endocrinologist and therapist also plays an important role in improving the quality of care for patients with diabetes mellitus, since the consideration by the dentist of the recommendations of the endocrinologist (the use of certain drugs), as well as the timely referral of such patients to the dentist by the therapist and endocrinologist will allow regular monitoring the condition of the teeth and oral cavity of patients. Timely provided dental care helps to reduce the infectious background, which prevents the further development of the disease. Thus, patients with diabetes mellitus are included in a special group of dental patients who should be under special control of a dentist and receive his help in a timely manner to prevent the development of complications of the underlying disease and dental pathologies.

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**FIXATION OF REMOVABLE DENTURES ON COMPLETELY EDENTULOUS
JAWS USING IMPLANTS**

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Annotation: Treatment by means of tooth implants can provide toothless patients with steadier alternative to full tooth artificial limbs. Basically at various clinical situations tooth implants varying from 3.0 mm to 7.0 mm in diameter are used. This range limits the use of implant therapy in many patients with pronounced bone atrophy. Occurrence in the market of SDI (Small Dental Implants), implants of small diameter has expanded these possibilities. These implants are made of titanium alloy which is the strongest in its class. The sparing report of installation is one of the main distinctive features of the mini-implant system which makes this system unique and allows preserving the function and stability of artificial limbs for many years.

Key words: implantation, fixation, dentures, expanded.

Prosthetics in the complete absence of teeth is one of the most difficult problems of orthopedic dentistry. The solution to this problem is possible only with a comprehensive study of the causes of dysfunction and anatomy of the masticatory apparatus, which lead to complete loss of teeth. Restoration with intraosseous dental implants can provide partially or completely edentulous patients with both function and esthetics, similar to natural dentition. The introduction of the mini-implant system into clinical practice has significantly expanded the possibilities of using dental implants, expanded the indications for their use: the possibility of using them in the elderly, in pediatric practice, and in difficult clinical situations.

Fixation of a removable prosthesis in the mouth is provided by the following methods: mechanical (Fochar springs, weighting of prosthesis bases on the lower jaw), biomechanical (gingival clasps and pads), physical (Raue suction cups), biophysical (based on the formation of a rarefied space over the entire surface of the prosthetic bed due to use of the anatomical features of the mucous membrane of the prosthetic bed and full compliance with the topography of the prosthetic bed and the basis of the prosthesis).

The method of questioning patients was used. The evaluation was carried out according to a point system: chewing efficiency, adhesion of soft materials, ease of care and use, stability of prostheses. We examined and carried out a complex treatment with the installation of mini-implants in 32 patients aged 56 to 82 years with a complete absence of teeth. Mini-implants were installed on the upper jaw in 6 patients, on the lower jaw - 22, on both jaws - 4. 6 mini-implants were installed on the upper jaw, 4 on the lower jaw, this was due to the structure of the bone tissue, the presence of anatomical formations, the presence of holes of extracted teeth.

For complete removable dentures, a single-layer or double-layer impression is first taken using a closed or open technique. The working model is made non-separable with analogues of implants. A beam is created from wax, which is a male or contains several males (push-button locks). When modeling the beam, the technique is used as in conditionally removable prosthetics, since the beam must be screwed to the heads of the implants with screws. After casting, processing and polishing of the mesostructure, it is fixed on the model and an individual spoon is made. Then the mesostructure is fixed in the oral cavity and a single-layer cast is taken. Based on the impression obtained, a second working model is developed, reflecting the relief not only of the covering alveolar processes and soft tissues forming the vestibule of the oral cavity, but also of the mesostructure fixed to the implants. A complete removable denture is made according to traditional technology, only on the inside it has a recess corresponding to the position of the mesostructure. Next, a supraconstruction

is made (the matrix part of the prosthesis). The hinged matrix or button matrices are installed on the corresponding parts of the male in the patient's oral cavity. The plastic is kneaded for the manufacture of the basis of removable dentures, and when the moment of its maturation is reached, a recess in the prosthesis is filled, corresponding to the mesostructure. The prosthesis is fixed in the oral cavity in the correct position, and when the plastic begins to harden, but is still pliable, the prosthesis is removed. After removing the prosthesis (in which the matrix is now located), it is necessary to saw out all the excess plastic that filled the recess in such a way as to ensure its mobility relative to the mesostructure and achieve fixation only by connecting the male and matrix.

Fixation of partial dentures occurs under the influence of the same factors as full dentures: adhesion, anatomical retention and valvular effect. However, partial restorations have additional mechanisms that help to fix dentures. This makes structures more stable and increases their stability. So when installing removable dentures of the clasp type, use: Clasps. There are several types of clasps, but they have one common action - to fix the restoration on the abutment teeth and redistribute the pressure on them. Partial lamellar dentures are also attached with clasps. Attachments. These are small locks that are connected by the type of matrix and male. Mounts are intradental (more complex) or extradental. They put dentures on movable and fixed attachments. Lock fastenings are more aesthetic than clasps, but they require turning of the supporting teeth. Telescopic locking system. Fastening dentures in a telescopic way began relatively recently, but the method has already proven itself positively. Its essence lies in the fact that the inner crown is put on the abutment tooth, and the outer crown is fixed on top, which is connected to the clasp.

Conditionally removable are structures that can be removed, but this requires certain manipulations. It is better to carry out such a procedure at the dentist. Dental prostheses of this type are attached to implants. There are 2 mounting methods: push-button and beam. The beam method is the same as with clasp prosthetics. The beam acts as a male and is attached to the implants. And the matrix is in the body of the prosthesis. Due to the beam, the chewing load is evenly distributed. The button method also uses a male and a matrix, but there is no beam.

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Annotation: The article presents the results of a study aimed at revealing the influence of sport on the human body and on everyday life.

Keywords: sport, physical exercises, health.

Sport and physical culture is an essential part of the culture, both of each person individually and of the whole society as a whole. That is why in our country the development of the mass physical culture movement has been and is of great importance. Considering the importance of physical education in modern society, several points can be singled out. The first of these is wellness. For example, let's take the fact that during the year in Russia due to temporary disability, 650 million man-days are lost during the year, while economic losses are equal to 10 billion rubles. Regular physical training helps to reduce the incidence of the population, has a positive effect on the mental characteristics of a person - improves his memory, attention, thinking, allows you to bring up valuable personal qualities - purposefulness, diligence, will, sociability, perseverance, collectivism, as well as develop an active life position. Physical education classes help to get rid of such bad habits as drinking alcohol and smoking, people of any age use their free time to their advantage.

The influence of physical exercises on the human body is manifested in a chain of general biological actions.

1. Increasing reserve capacity. The work of all systems and organs of a person engaged in regular physical training is significantly increased. Unlike physically untrained people, all their systems and organs in extreme situations will work without tension.

2. Economization effect. All systems and organs of a trained person work more economically. For example, the heart of a rower, skier, swimmer or runner at rest beats at a frequency of 44-60 beats per minute, and for someone who does not engage in constant physical training, 70-80 beats. Unlike untrained people, in trained people the number of breaths is 1.5-2 times less.

3. Compensation effect. Currently, one of the main causes of morbidity among the population can be identified as low motor activity - hypokinesia. It arose due to the fact that in connection with the growing technology and automation of everyday life and production, the number of people engaged in mental work has increased; increased the number of personal and public transport. Due to hypokinesia, the work of all body systems and tissue nutrition are reduced, which leads to premature aging. To increase physical activity and compensate for the harmful effects of hypokinesia, you need to exercise regularly.

4. Regulatory effect. Directed physical training (fitness, bodybuilding) is able to selectively improve body functions: as well as motor (increase in endurance, muscle power, elasticity, coordination of movements), and thus autonomic (improvement of metabolism, respiratory, cardiovascular and other body systems).

5. The effect of outdoor activities. Fatigue of the human body occurs with any kind of activity. Even a small set of physical exercises contributes to the removal of neuro-emotional stress, the rapid restoration of physical and mental performance.

6. Tropical (nourishing) effect. The data of modern physiology suggest that all the internal organs of a person are reflexively connected with the muscles through his central nervous system. Therefore, when performing certain muscular work, a person affects all internal organs, while helping to improve the nutrition of their tissues. Due to the fact that muscles and all organs are interconnected, a person is healed of many diseases with the help of targeted and regular physical education. The subjective expression of this action is a feeling of pleasure, motor euphoria, the so-called "muscle joy". "Muscular joy" is especially evident after performing low-intensity repeated exercises, such as swimming, skiing, running,

walking, etc. In addition, this feeling manifests itself when performing gymnastic exercises, as well as after doing any other type of physical education.

7. The effect of "peripheral hearts". The Belarusian physiologist N. I. Arinchin in his studies established that, according to the complex mechanism of the vibrational nature of the muscles, during contraction they allow pushing blood through the vascular system. Each muscle is not only a consumer of blood, but also a so-called pump - a "peripheral heart". Therefore, with regular physical education, all these "hearts" are included in the work, as a result of which the entire circulatory system is improved, helping the activity of the heart muscle. All of the above effects when doing physical training interact with each other, allowing for a huge healing effect on the entire body as a whole. You can join physical culture in several ways: to do it yourself (alone or with the whole family), participate in health group classes at the place of residence or work, and also engage in any sports section of your choice. Currently, independent physical education classes have become the most popular and massive. In order to achieve a certain degree of success, one should first study the basic theoretical knowledge in this area. It is physical education "literacy" that will allow the most rational and beneficial use of training for the body. People all over the world have different attitudes towards sport, and it plays a certain role for every person in life. Some people are completely indifferent to sports and consider it a waste of time, while others understand what the meaning of sports is and there are more of them than the first. Moreover, each of them has a different attitude to sports: some prefer to watch it on TV, others go in for some kind of sport or general physical training, for others, sport is a means of subsistence. These include active athletes, coaches, doctors, directors of sports societies, sports trustees, etc., and each of them contributes to the development of sports [1]. Sport has its own characteristics: it helps to get to know and unite people among themselves, in the vast majority of cases health and character are strengthened, mental abilities increase. People who go in for sports develop such skills as endurance, patience, strength, agility, speed, reaction, coordination, endurance. It also allows you to become more stress-resistant to negative environmental phenomena, get a lot of positive emotions if, for example, your favorite team wins or a person achieves a certain result.

Sport is an activity of people, which is organized according to certain rules and consists in comparing their intellectual and physical abilities, where preparation for this activity and the relationship between them that arise in its process is of great importance. Sport is one of the components of physical culture, the purpose of which is competition and preparation for them. It is expressed in the desire of a person to win, to achieve higher results, using all his mental, moral and physical qualities. Mass sports give a huge number of people the opportunity to improve their motor abilities and physical qualities, improve health and increase life expectancy. Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

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Annotation: in this scientific article, the formation of a scientific worldview in the younger generation has been the focus of attention of advanced people of the nation at all times. In all the regimes experienced by mankind, educated, educated people of the era made significant contributions to the universal culture of World Science.

Keywords: pedagogy, education, upbringing, science, theory, practice.

Knowledge is considered the basis of the scientific worldview. Learning, of course, begins with youth. "The science obtained in youth is a pattern carved in stone," says our wise people. An educated person will never fade from the pages of history, from the hearts of our people. Among such people, among the thinkers of the Eastern Muslim world are al-Kindi, Ghazali, Beruni, Khorezm, Naqshbandi, Yassavilami, Western scholars I. Gant, F. Hegel, L. Feuerbach, A. It is impossible not to mention the names of schopengauerlaming. The greatest scholars and sages, with their unique works, educational horses, made a huge contribution to the development of mankind. Did you take the science of life deep down when they devoted their lives to science and left this bright world?"when asked, "I'm going to know nothing." The science of life is mysterious and complex, and not all human lives can be realized. Worldview, its forms. Knowledge is the basis of a scientific worldview. The worldview is a characteristic only of Man, and the animal world is something else, for objects and creatures, it is hoi Yat. In them, the worldview consists of a system of scientific philosophical, political, legal, moral, aesthetic religious, views and tasawurs of people about the universe and its transformation, development. Hence, the worldview is a whole set of generalized knowledge about the universe. The more information, knowledge that people have about what and events around them, the more perfect and thorough the worldview of ulaming will also be. Awalo it should be noted that the scientific worldview is different. People of different professions will have a different worldview. Worldview is a multifaceted and effective concept that forms in people a whole series of generalized knowledge, ideas about the universe, the meaning of which evaluates based on the goal of certain social groups, classes, political parties, mass movements, States, and, accordingly, gives an opportunity to determine their own mortality in life, directions of practical activity, goals.

There are two levels of worldview. The first is the totality of theoretical knowledge, ideas accumulated thanks to science, while the second is the totality of theoretical knowledge, ideas accumulated on the basis of the practical experience of everyday life and professional activities of kishilam. They are both inextricably linked with each other, complementing each other. The worldview is the perception of social existence. It reflects social life, and it will depend on the social order. The constant change and development of the worldview is clearly manifested in the exchange of its historical species. Mythological (Greek - mythos-narration, narration, logos-concept, doctrine) worldview is the main form of social consciousness, embodied in folk oral creativity-narratives and legends, characteristic of the prime time of Social Development. "How did the universe come about? Who created the sun, moon and stars? Where is the end of this existence full of sirsinoat?"the questions have long been of interest to mankind. The first answers that mankind found to these questions were expressed in myths, and they formed a whole mythological system. There was also such a mythological system in the ancient Turkic peoples. As an example, let's give a mythological transcript of the appearance, structure and relationship of the Earth, Sky, starlaming:

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1. The Earth will be covered with the sky over it. At the highest, in the middle stands an iron pile star. In total, the star circulates around the perimeter of the iron pile with the Earth. Under the Earth, too, there is an iron pile star. Two iron piles argue, and the earth does not move.

2. Hulkar awal is seven stars. Someone was taken by seven robbers, and six were left. Seven robbers fell between the Hulkar and the Qambar, making them blind. Awal they loved one another. Now, when the Hulkar boots, the Qambar comes out. And when the calamary sets, the Hulkar gives birth. They say Hulkar - girl, Kambar - guy. And at the hour they will see The Sun and the Moon.

3. As long as the sky is floor-to-floor. It turns out that there is a tree on the floor of the Nechanchidir. Every man's horse is written in baig as long as it is on this tree. When a person dies, the Leaf wilts and breaks down. When a leaf falls to the ground, touching a person, it turns out that this person has a pinch of ear. It turns out that at such a time kalima must return. The religious worldview is a worldview formed and developed on the basis of mythology (myth), reflecting the origin, development, perspective of reality in fictional images, images and concepts.

The fact that the religious worldview is permeated with the people's consciousness and takes root deep in their hearts is that they are expressed in the form of vivid images, myths and legends that, adapting to the psyche of ordinary people, influence their feelings, thinking and remain remembered for a long time. In every myth and narration in the teachings of Islam, there is great wisdom, philosophical thought, meaning. That is why they were living and passed down from generation to generation, reaching our time. We must be careful of such spiritual wealth. The philosophical worldview is the totality of holistic and systematized knowledge about the universe. While the mythological and religious worldview is formed on the basis of information achieved through our emotional members, the philosophical worldview is the sum of the knowledge that we have accumulated with the help of science thanks to our emotional and mental members. The philosophical worldview gives people information about the General Laws of the development of Nature, Society, human thought. At the same time, he emphasizes that it is possible to know the world, the world and the laws of its development that surround a person, and cognition consists of a complex, contradictory process. The essence of the formation of a new thinking in the worldview is that nowadays, when the consciousness of people does not follow a new way of thinking in the worldview, a big change may not occur if the idea, meaning and essence of national independence is not explained to ulai. One of the important current issues is to change the old outlook of people, teach thinking on the economic, political, cultural fronts, realize their rights in strengthening independence and encourage them to fight against the intrusion of Non - like status into life. Since the formation of national consciousness and ideology is a requirement of the present day, we also need to know the essence of these concepts in depth. National consciousness and ideology. Consciousness is derived from the Arabic word "mind", a number of scientists argue. But there are also differences between the expressions of consciousness and mind. When a person's ability to think is implied, the meanings expressed by the terms mind and intelligence coincide, both consciousness and reason are products of the human brain. "A person minds (understands), reason, thinks. Consciousness is also the totality of the spiritual, ecclesiastical, political, philosophical point of view, religious, artistic views of a person." National consciousness-the level of activity in the worldview, economic, political-social and cultural-spiritual spheres, formed directly due to the long period of historical ethnogenesis of each nation or state, lifestyle, method of economic production, religious beliefs, culture, interaction of other peoples. "National consciousness is one of the effective factors in strengthening the independence of Uzbekistan." Great work is being done in our state to raise national consciousness to the level of demand of the era. The role of educational institutions is especially important in this. Ideology (Arabic "ideology" - a system of point views and beliefs, majmuyi) - a set of specific political, legal, moral, religious, artistic, philosophical, scientific views, opinions and ideas in society. Ideology is the spiritual and political perception of Social being, that is, of the life of society in a broad sense, its reflection in the human mind, its realization by man and the transformation into a single system, and the theoretical basis and spiritual support of this system in practical activity. Since we need to form the ideology of national independence in our consciousness and worldview, we must initially deeply understand the essence of this ideology. About this in previous topics, in the process

of passing other disciplines, there is also a lot of stopping. Let us recall one more thought, knowledge. The "brainstorming" method is used. Students divide into groups, discuss with the group about the "ideology of national independence - an expression of the interests of our people", "requirements for national ideology", "tasks of national ideology", "ways to instill national ideology in students" and give their conclusions. A drawing with the rules of "brainstorming" is hung on the board. Conclusion to be drawn after the discussions: the ideology of national independence of the Society of Uzbekistan is, in its essence, a system of ideas that represent the main goal provisions of our people, connect its past and future with each other, serve to realize their century-old dreams. Ideology of national independence:

- Based on the Constitution of the Republic of Uzbekistan, national and universal values, principles of democracy;
- the high spirituality, traditions and traditions formed during the century of our people, feeds on the immortal heritage of our great-grandfathers;
- reflects the ideas of justice and truth, freedom and independence, as well as the confidence and faith of our people;
- serves to ensure the peace of the country, the prosperity of the motherland and the well-being of the people
- mobilizes members of society, all segments of the population to create the great future of Uzbekistan;
- every citizen of our country, regardless of nationality, language and religion, decides in his heart a feeling of love for the Native Land, loyalty to the ideas of independence and mutual respect;
- the soul and mind of the public is instilled in an educational way, adhering to the principles of diversity of thoughts, freedom of conscience.

National ideology has become not only today, but also a relevant political and social issue in all times, the foundation that unites society towards healthy, noble goals and gives spiritual and spiritual strength for its achievement of its term. It is a spiritual criterion that determines to what extent it fulfills the duty and responsibility of each of our compatriots to the family, society, the country. Social life in the Republic of Uzbekistan develops on the basis of the diversity of political institutions, ideologies and thinking. No ideology can be immortalized as a state ideology. This rule means that the programmatic ideas of any of the parties, movement and socio-political groups operating in Uzbekistan cannot be the ideology of a single state. The ideology of national independence is a social phenomenon - a social phenomenon that surpasses the ideology of various political parties and social groups. In this ideology, no worldview is absolutized or it is not transformed into a political weapon with the aim of strengthening existing political power. The ideology of national independence, in its essence, serves the socio-political development of Uzbekistan, all political parties, groups and strata represent the following common interests of our entire people:

- independence, territorial integrity of the country, inviolability of borders;
- peace of the country, protection of the state from military, economic, ideological, environmental, informational threats;
- ensuring an atmosphere of civil and interethnic harmony, social stability in the country;
- well-being of every family and the whole people;
- the priority of justice in society, the validity of the principles of democracy, self-government. In order for the ideology of independence to become a literal national ideology, it is necessary to meet the following requirements:
- embodying a system of concepts and feelings, beautiful and life ideas that positively affect the human soul and mind;
- to be a source of power, high trust-faith that unites the nation, people and society;
- be able to absorb any progressive idea and respond against any evil idea;

- depending on the changes of time and period, the self-expressed interest recommends new and new means of realization of the goal-term. The ideology of national independence can fulfill the following main tasks only if it meets these requirements:
- formation of an independent worldview and free thinking;
- to educate a man who is of pure thought, free from muteness and impudence, who lives believing in his knowledge and power;
- to encourage the will of our people, especially young people, to create a spiritual environment that will serve the strength of faith and faith;
- awareness of identity in the thinking of our compatriots, loyalty to historical memory, preservation of our sacred values, mastery of the patriotic canvas;
- to further elevate such virtues as faith, rigor, quality, which are characteristic of our people;
- formation and development of the concept of "Uzbekistan is a single homeland" in the minds and hearts of the multinational people of our country.

"Ideology embodies the meaning of life of my man living in society, the aspirations of Ulama." In instilling the ideology of independence into the hearts and minds of young people, it is necessary to cover all spheres of public life, rationally use effective methods and means of education.

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DEVELOPMENT OF COORDINATION ABILITIES AND BALANCE IN CHILDREN OF MIDDLE SCHOOL AGE

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Annotation: The article presents the various approaches to definition of the terms equilibrium, balance, stability and metastability, giving the characteristics of their types. It describes the conditions of the balance preservation and the equilibrium providing system of the person. It shows the basic principles of the development of the equilibrium function, which is important for the effective training. It considers the general requirements for the development of balance function and exercise for the formation of this ability.

Keywords: roller skis, equilibrium, balance, stability, balance training, roller ski technique.

The article describes and illustrates the complex of the special physical exercises for development of balance on the roller skis, allowing you to improve the balance of the athletes of the average qualification by 69-83% for four weeks. It defines the negative correlation of the relative growth in time of free movement for each foot on roller skis and time of free movement before training. The increase in time of the free motion on the one roller skis before training depends on the technical and functional readiness of the athlete and reduces the absolute result of the balance training. According to the obtained experimental data the tall athletes have less stable right foot, and heavy athletes have less stable left foot, so the individual recommendations are useful for balance training by anthropometric indicators. Balance training for highly qualified athletes involves carrying out the individual exercises at the beginning of the competitive season to improve moving on steep descents, not reducing the speed and keeping balance. The main means for developing coordination abilities are physical exercises of increased coordination complexity, containing elements of novelty. The complexity of physical exercises can be increased by changing spatial, temporal and dynamic parameters, external conditions, changing the order of equipment and inventory, their weight, height, support area, increasing its mobility, combining motor skills, combining walking with jumping, running and catching objects by exercising on a signal or at a limited time. A methodical technique aimed at presenting additional information is especially effective. For example, using a mirror or landmarks to control movement makes it easier to learn a skill. Limited or complete exclusion, for example, of visual information (glasses, closing the eyes, a darkened room) significantly complicates the performance of motor actions. The widest and most accessible group of means for educating coordination skills abilities are general preparatory exercises simultaneously covering the main muscle groups. These are exercises without objects and with objects (balls, gymnastic sticks, jump ropes), relatively simple and quite complex, performed under changed conditions in various positions of the body or its parts, elements of acrobatics (somersaults, various rolls, etc.), exercises in balance. To develop the ability to quickly and expediently reorganize motor activity with a suddenly changing environment, mobile and sports games, cross-country running, cross-country skiing are highly effective means. Special preparatory exercises for improving coordination movements are developed taking into account the specifics of the chosen sport, profession. These are coordinatively similar exercises with technical and tactical actions in this kind of sport. Exercises aimed at developing coordination abilities are effective until they are performed automatically. Then they lose their value, since a motor action mastered to a skill and performed under the same constant conditions does not stimulate its further development. The ability to balance can be static or dynamic. In this regard, exercises associated with rotation in different planes, with different positions of the head, limbs, and torso are useful. These include turns, somersaults, flips, combinations of exercises.

The factors influencing the stability of equilibrium under support conditions include the position of the common center of gravity in relation to the support plane; the height of the projectile serving as a support, its stability; the speed of body movement, its uniformity, etc. To improve the ability to static balance, it is necessary to use the following methodological techniques: increasing the time of maintaining a posture, temporarily eliminating visual self-control, reducing the area of support, including preliminary and accompanying movements, introducing counteractions. The basis for improving the ability to dynamic balance is adaptation to various external conditions. To important means of educating dynamic balance include outdoor and sports games in which the directions of movements change dramatically. The manifestation of balance is expressed in balancing objects and on objects, for example, balancing with a gymnastic stick standing in the palm of your hand, holding a cube on your head, a ball on a racket, standing still or in motion, maintaining balance on a rolling barrel, etc.

With the development of coordination abilities, it is necessary to solve both general and particular problems. The general tasks include those that are solved when teaching a motor action, namely:

- development of the ability to master new and rebuild previously mastered motor actions, while achieving the necessary coordination of individual movements;
- development of the ability to maintain the achieved level of coordination of movements for a long time, despite fatigue, adverse conditions.

Particular tasks are those that are determined by the nature of a particular motor action. These include: the development of the ability to accurately measure and regulate individual parameters of movements and their ratio in the composition of the whole; the ability to maintain the necessary posture of the body in space; show muscle tension and relaxation. In different age periods, unevenness in the development of certain types of coordination abilities is observed. Here is a table of the sensitive period in the development of coordination abilities in children. The development of the ability to balance consists in the development and consolidation of appropriate connections in the cerebral cortex, which are important for maintaining balance. This function is one of the complex functions of the central nervous system. Visual, motor, skin and vestibular analyzers take part in the reactions of maintaining balance, interacting reflexively. Equilibrium can be defined as the ability of a person to keep the body or its individual segments in a given (certain) position as a result of a complex joint activity of a number of organs and systems aimed at combating the forces of gravity. In maintaining balance, the location of the body's center of gravity over support area. The area of support when standing is determined by the area of the foot and the area between the feet. When the line of gravity, lowered from the center of gravity of the human body to the area of support, passes approximately through the center of this area, the body is in a state of equilibrium. As soon as this line goes beyond the support area, the body falls, and the inclusion of some additional forces (neuromuscular tension, movement of particular centers of gravity) is required to keep the body in balance.

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PACKAGE POSSIBILITIES "MATEMATICA" WHEN SOLVING DIFFERENTIAL EQUATIONS AND SAME- BREED EQUATIONS, THE VARIABLES OF WHICH ARE SEPARATED

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Annotation: The article presents methodological recommendations on the possibilities of studying differential equations, in particular, the benefits of computer mathematical systems. In the study of differential equations, the disclosure of certain aspects of the “matematica” package is considered as the main problem. Examples are given on the capabilities of the “matematica” package when solving differential equations and same-breed equations, the variables of which are separated.

Keywords: differential equation, differential equation in which variables are separated, computer mathematical systems.

Introduction. The use of computer programs significantly reduces the time for performing complex mathematical calculations and presents the results in the desired form (formula, graph, table), which makes it possible to understand the content of the problem and spend more time analyzing the results. The basis for studying the course of differential equations is the study of the main types of differential equations and analytical methods for solving them. Analytical methods in the theory of differential equations are usually understood as methods that allow you to find a clear solution to the issue in the form of a formula that reflects the relationship of the required quantities. Most often, the term "differential equation is solved in quadratures is used. Quadratic solving means expressing as an integral of the combinations of standard functions. The essence of these methods is to determine the type of simple differential equation and solve it according to a previously known algorithm in relation to this type. In our opinion, a prerequisite for studying the course of differential equations is the use of computer programs to solve problems with these methods. In our opinion, as computer-oriented issues, in the process of differential equations, it is necessary to consider issues that require the use of approximate solutions.

Literature review). The problem of organizing the study of differential equations through computer mathematical systems, clarifying its methodological aspects has long been of interest to researchers. For Example, B.S.Gershunsky, V.P. Dyakonov, I.V.Robert, U.X.Khonkulov, V.A.Traynev [1; 2] and others carried out effective methodological research in this direction.

For Example, B.S.Gershunsky defines four directions for the use of computer technology in education. V.P.Dyakonov offers a theoretical, algorithmic development designed to effectively solve all kinds of mathematical problems on computers with a high level of visualization. It is necessary to formulate the content of computer-oriented differential equations, clarify sections, describe a system of measures necessary to carry out the study of differential equations, develop a methodology for studying[3; 4] .

(Research Methodology).

a) *differential equations in which the variables are separated.*

The differential equation, in which the variables are separated, has the following view:

$$y' = f(x)g(y) \quad (1)$$

or

$$f_1(x)g_1(y)dy + f_2(x)f_2(y)dx = 0 \quad (2)$$

The equations of the above (1) and (2) form are separated by variables in the following form and a general solution is found:

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$$\frac{dy}{dx} = f(x)g(y); \quad \frac{dy}{g(y)} = f(x)dx; \quad g(y) \neq 0; \quad \int \frac{dy}{g(y)} = \int f(x)dx + C.$$

In this place $g(y) = 0$ the equation is solved if its true solution $y = a$ if, $y = a$ both (3) the solution to the equation will be. The equation (2) written in differentials is brought to the equation allocated to variables by dividing by a multiple, or $f_1(x)g_2(y) \neq 0$ is charged in the same way as above in the condition.

Example 1. Solve the equation: $y' = \frac{x^2 + 8}{(x^2 - 5x + 6)y^2 \cos y}$

Solution: let's try to solve the equation using the DSolve function.

```

In[1]:= equation = y'[x] ==  $\frac{x^2 + 8}{(x^2 - 5x + 6)y[x]^2 \text{Cos}[y[x]]}$ 
Out[1]:= y'[x] ==  $\frac{(8 + x^2) \text{Sec}[y[x]]}{(6 - 5x + x^2)y[x]^2}$ 
In[2]:= DSolve[equation, y[x], x]
Solve::tdep : The equations appear to involve the
variables to be solved for in an essentially non-algebraic way. >>
Out[2]:= {{y[x] -> InverseFunction[2 Cos[#1] #1 + Sin[#1] (-2 + #1^2) &][
x + C[1] + 17 Log[-3 + x] - 12 Log[-2 + x]]}}
    
```

However, the DSolve function cannot eat a nonlinear equation. So, we write the equation in the

form of: $y^2 \cos y dy = \frac{x^2 + 8}{(x^2 - 5x + 6)} dx$ we write in the form and integrate both parts:

```

lhs = y^2 Cos[y];
rhs = (x^2 + 8) / (x^2 - 5x + 6);

(*проинтегрируем*)
In[5]:= Integrate[lhs, y]
Out[5]:= 2 y Cos[y] + (-2 + y^2) Sin[y]
In[6]:= Integrate[rhs, x]
Out[6]:= x + 17 Log[-3 + x] - 12 Log[-2 + x]
    
```

The general solution to the equation takes the form:

$2y \cos y + (y^2 - 2) \sin y = x + 17 \log(x - 3) - 12 \log(x - 2) + C$. So after uncomplicated form substitutions, a general solution can be obtained in the Mathematica program.

Example 2. $y(0) = 0$ with the initial condition $\frac{dy}{dx} = \frac{x^2}{\sqrt{9 - x^2} e^y \cos y}$ solve the

equation.

Solution: as in the previous example, we will first clarify the equation and try to solve it using DSolve:


```

In[7]:= equation = y'[x] == x^2 / (Sqrt[9 - x^2] Exp[y[x]] Cos[y[x]])
Out[7]:= y'[x] ==  $\frac{e^{-y[x]} x^2 \text{Sec}[y[x]]}{\sqrt{9 - x^2}}$ 

In[8]:= DSolve[{equation, y[0] == 0}, y[x], x]
Solve::ddep : The equations appear to involve the
variables to be solved for in an essentially non-algebraic way. >>
DSolve::bvnul : For some branches of the general solution,
the given boundary conditions lead to an empty solution. >>
Out[8]:= {}
    
```

Say, the use of DSolve is unsuccessful. We divide the variables in the equation. We mark the left and right sides as lhs and rhs, respectively, and integrate them separately:

```

In[9]:= lhs = Exp[y] Cos[y];
In[10]:= rhs = x^2 / Sqrt[9 - x^2];
In[11]:= slhs = Integrate[lhs, y]
Out[11]:=  $\frac{1}{2} e^y (\text{Cos}[y] + \text{Sin}[y])$ 

In[12]:= srhs = Integrate[rhs, x]
Out[12]:=  $-\frac{1}{2} x \sqrt{9 - x^2} + \frac{9}{2} \text{ArcSin}\left[\frac{x}{3}\right]$ 
    
```

General solution of the equation *sol* has the following appearance:

```

In[13]:= sol = slhs == srhs + c
Out[13]:=  $\frac{1}{2} e^y (\text{Cos}[y] + \text{Sin}[y]) = c - \frac{1}{2} x \sqrt{9 - x^2} + \frac{9}{2} \text{ArcSin}\left[\frac{x}{3}\right]$ 
    
```

In addition, it is necessary to find the value *c* with which the initial condition is satisfied. Solve using the function $x = 0, y = 0$ by giving values *c* we find the value:

```

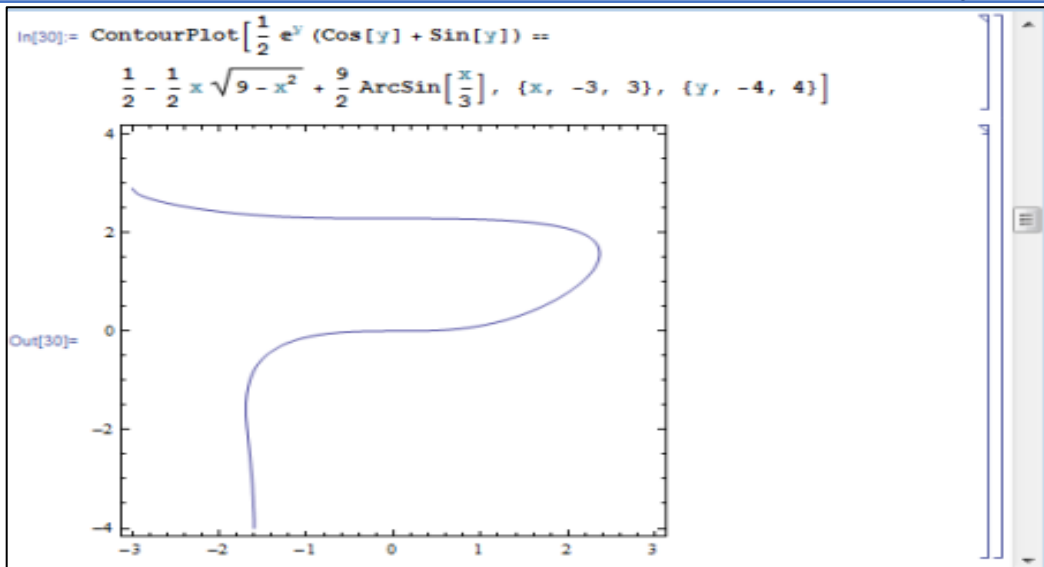
In[14]:= cval = Solve[sol /. y -> 0 /. x -> 0, c]
Out[14]:= {{c ->  $\frac{1}{2}$ }}
    
```

Say solution:

```

In[15]:= solution = sol /. cval[[1]]
Out[15]:=  $\frac{1}{2} e^y (\text{Cos}[y] + \text{Sin}[y]) = \frac{1}{2} - \frac{1}{2} x \sqrt{9 - x^2} + \frac{9}{2} \text{ArcSin}\left[\frac{x}{3}\right]$ 
    
```

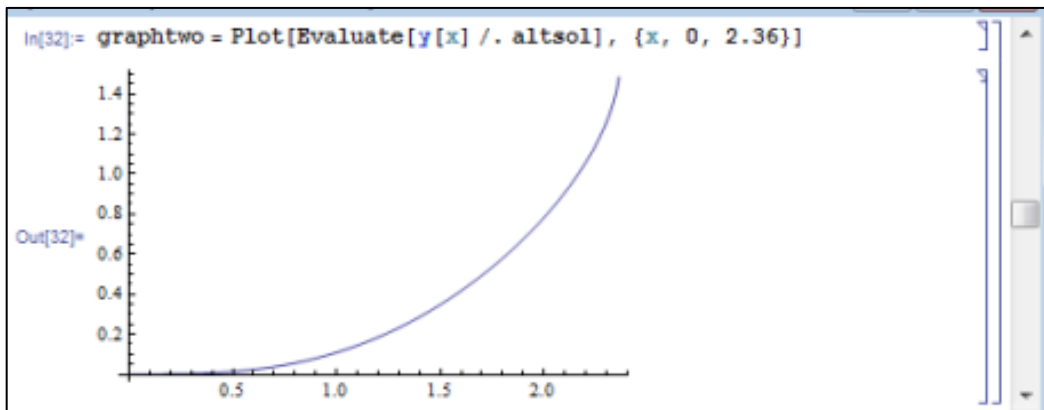
Using the *ContourPlot* function, we describe the graph corresponding to the solution:



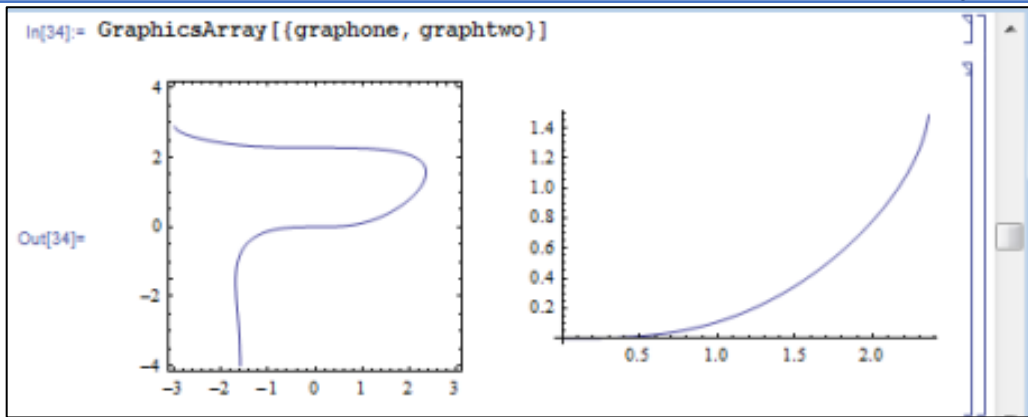
An alternative way to solve an issue is to solve an issue in a given range by number using the NDSolve function. $0 \leq x \leq 2,75$ we use NDSolve to find a numerical solution in the interval:

```
In[31]:= altsol = NDSolve[{equation, y[0] == 0}, y[x], {x, 0, 2.75}]
NDSolve::ndsz: At x == 2.365462613133145, step
size is effectively zero; singularity or stiff system suspected. >>
Out[31]:= {{y[x] -> InterpolatingFunction[{{(0., 2.36546)}, <>][x]}}
```

If $x \leq 2,36$ if NDSolve a solution can be found using the function:



We use the GraphicsArray function to compare both solutions at the same time:



b) Same- breed and full differential equations.
This

$$y' = \varphi\left(\frac{y}{x}\right) \quad (3)$$

the equation in appearance is called the same-breed differential equation, where φ - given function. To solve this equation, usually, $y = ux$ replacement will be performed $y = ux$ and $y' = u'x + u$ putting the expressions (3) in the equation, $u' = (\varphi(u) - u) / x$ we form an equation in which the variables in the form are separated. $f(x, y)$ let the function be given. If an optional real number $\lambda > 0$ for such m real number, $f(\lambda x, \lambda y) = \lambda^m f(x, y)$ when equality is fulfilled, then $f(x, y)$ function m - an ordered same-sex function is called. If $M(x, y)$ and $N(x, y)$ if the functions are same-order same-sex functions, then

$$M(x, y)dx + N(x, y)dy = 0 \quad (4)$$

the equation will be a same-sex differential equation. This equation is also $y = ux$ with the help of substitution, the variable is solved by causing it to a separable equation.

Explanation. This $y' = f\left(\frac{a_1x + b_1y + c_1}{a_2x + b_2y + c_2}\right)$, $a_i, b_i, c_i = const, i = 1, 2$

is brought to the same-sex equation by some substitution.

Example 1. Solve the equation: $(x + y)dx - xdy = 0$.

Solution: $N(x, y) = -x$ and $M(x, y) = x + y$ we enter the waistband. Because $M(tx, ty) = (tx) + (ty) = t(x + y) = tM(x, y)$ and $N(tx, ty) = -tx = tN(x, y)$ from the fact that $(x + y)dx - xdy = 0$ the first degree is a same-sex equation.

We get a general solution using the DSolve function of the equation:

```

In[5]= DSolve[(x + y[x]) Dt[x] - xDt[y[x]] == 0, y[x], x]
Out[5]= {{y[x] -> x C[1] + x Log[x]}}
    
```

Example 2. Solve the equation: $(x^{\frac{1}{3}}y^{\frac{2}{3}} + x)dx + (x^{\frac{2}{3}}y^{\frac{1}{3}} + y)dy = 0$.

Solution: $capm[x, y] = x^{\frac{1}{3}} y^{\frac{2}{3}} + x$ and $capn[x, y] = x^{\frac{2}{3}} y^{\frac{1}{3}} + y$ we enter the marks. We check that the equation is homogeneous:

```

In[1]:= capm[x_, y_] = x^(1/3) y^(2/3) + x;
In[2]:= capn[x_, y_] = x^(2/3) y^(1/3) + y;
(*проверим однородность capm*)
In[3]:= capm[t x, t y]
Out[3]:= t x + (t x)^(1/3) (t y)^(2/3)
(*соберем степени*)
In[4]:= stepone = PowerExpand[capm[t x, t y]]
Out[4]:= t x + t x^(1/3) y^(2/3)
    
```

Collect using the function, t we raise the ni from the stepone expression to a certain level:

```

steptwo = Collect[stepone, t]
t (x + x^(1/3) y^(2/3))
    
```

capn we repeat the above steps to mark:

```

(*аналогично проверим однородность capn*)
stepthree = PowerExpand[capn[t x, t y]]
t x^(2/3) y^(1/3) + t y
stepfour = Collect[stepthree, t]
t (x^(2/3) y^(1/3) + y)
    
```

Thus, the initial equation is the same-sex equation of the 1st degree. We use the DSolve function to solve the equation:

```

In[7]:= sols = DSolve[capm[x, y[x]] + capn[x, y[x]] y'[x] == 0, y[x], x]
Out[7]:= {{y[x] -> -sqrt(-x^(2/3) x^(2/2))}, {y[x] -> (-3 x^(4/3) + 4 C[1])^(3/4) / 3^(3/4)}}
    
```

As a result, we get two solutions. However, we can solve a given equation using a standard algorithm for solving same-sex equations, that is, it is possible to substitute variables and bring the equation into an equation in which the variables are separated. We implement this algorithm in the Mathematica package. We determine the left side of the equation. As you know $Dt[x]$ function dx to and $Dt[y]$ while dy corresponds to:

```

In[7]:= Clear[x, y, u]
In[8]:= leqone = capm[x, y] Dt[x] + capn[x, y] Dt[y]
Out[8]:= (x + x^(1/3) (u x)^(2/3)) Dt[x] + (u x + x^(2/3) (u x)^(1/3)) Dt[y]
    
```

$y = ux$ let's put the definition, here u New required function:

```
In[9]:= y = u x
Out[9]= u x

In[10]:= leqtwo = leqone // PowerExpand // ExpandAll
Out[10]= u1/3 x2 Dt[u] + u x2 Dt[u] + x Dt[x] + u2/3 x Dt[x] + u4/3 x Dt[x] + u2 x Dt[x]
```

Terms and conditions $Dt[x]$, $Dt[u]$ Express with:

```
In[11]:= leqthree = Collect[leqtwo, {Dt[x], Dt[u], x, u}]
Out[11]= (u1/3 + u) x2 Dt[u] + (1 + u2/3 + u4/3 + u2) x Dt[x]
```

We can solve the equation as an equation in which the variables are separated. To do this, we select the parts of the equation that need to be divided to separate the variables:

```
leqthree[[1, 2]] (*первая часть уравнения, второй множитель*)
Out[12]= x2

In[13]:= leqthree[[2, 1]] (*вторая часть уравнения, второй множитель*)
Out[13]= 1 + u2/3 + u4/3 + u2
```

We separate the variables:

```
In[14]:= leqfour = Cancel[Apart[leqthree / (leqthree[[1, 2]] leqthree[[2, 1]])]]
Out[14]=  $\frac{u^{1/3} Dt[u] + Dt[x]}{1 + u^{4/3}} + \frac{Dt[x]}{x}$ 
```

If we equate this expression to zero, it will be the equation in which the variables of the equation

are separated: $\frac{u^{1/3} Dt[u]}{1 + u^{4/3}} = -\frac{Dt[x]}{x}$. We integrate both parts of the resulting expression. We write the

solution of the initial equation in the natila of the alternation of variables:

```
In[18]:= u = y / x
Out[18]=  $\frac{y}{x}$ 

In[19]:= first = -second + constant
Out[19]=  $\frac{3}{4} \text{Log}\left[1 + \left(\frac{y}{x}\right)^{4/3}\right] = \text{constant} - \text{Log}[x]$ 

In[20]:= solution = Exp[first] = const Exp[-second] // Simplify
Out[20]=  $\left(1 + \left(\frac{y}{x}\right)^{4/3}\right)^{3/4} = \frac{\text{const}}{x}$ 
```


Thus, it turns out that the general solution of a given equation is in the form of:

$$\left(1 + \left(\frac{y}{x}\right)^{\frac{4}{3}}\right)^{\frac{3}{4}} = \frac{c}{x}, \text{ in this place } c \text{ optional invariant number.}$$

(Conclusion/Recommendations). When using computer programs to obtain an analytical solution of a differential equation, students receive a ready-made answer in a symbolic form and cannot study a solution algorithm. At the same time, when solving a differential equation using computer programs, it is not necessary to know what type it belongs to. Since the study of the types of differential equations and methods of their solution is the basis of the course, it seems inappropriate for us to use computer programs to find an analytical solution. But at the same time, the main disadvantage of analytical methods is that most differential equations do not belong to certain types, so their solution cannot be obtained using analytical methods. Therefore, students will also need to learn about approximate methods of solving differential equations.

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**Three worlds in Farida Afro'z's triplets:
lines of classical, present and future poetry**

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Annotation: *Every aspect of the verse changes, renews and develops over time in harmony with society. Literature is no exception. On the basis of the classical literary genre "musallas", with new formal and spiritual developments, the the genre of "triplets", including "rosary", arose. Genesis of three-line genres in Article, poetics of rosaries by Farida Afroz.*

Key words: "Musallas", "triplets", "rosary", Farida Afroz, poetics of fiction.

*An indomitable creator,
The border is his death - so*

The border is a cemetery for him. (Rosary -5, 18)

In my opinion, the poet Farida Afroz, who entered Uzbek poetry with her folk melodies radiating the light of love for God, describes the uniqueness of the stylistic and formal researches of 21st century poetry with this trio. After all, in the era of high technologies and artificial intelligence, every facet of the time seems to be flowing in a fast stream. Poetry is no exception. Researches in the poetry of the 21st century, whether formal or stylistic, not only give the reader aesthetic pleasure, but also invite the reader to think and deeply observe, because the reader feels aesthetic pleasure not only when reading the poem, but also the inner meaning of the verses. He feels hungry when he hears the lines. If we talk about triads, which have a special place in the poetry of the following years, in fact, every so-called novelty, event, has its roots in modern times. The form of triplets in classical literature is musallas, translated from Arabic, it means "triple", "triplet". Three-line poems can be cited from world literature, including "hokku" in Japanese poetry, "tersena" from Italian literature, and "sicjo" from Korean literature. Musallas are rare not only in Uzbek poetry, but also in the literature of other neighboring nations, where aruz weight is used. The reason for this is that the 3rd verse after the 1st-2nd couplet of the triplet is odd in terms of rhyme (a-a-b). Among the Uzbek poets, only in the work of Uvaysi can you find triads belonging to the musallas genre. It also has the rhyme scheme a-a-a, b-b-b, v-v-v. Master Hotam Umurov defines this poetic form in his collection "Lessons of Triplets for You": "... triplets are referred to as ``uchchanoq" (in reference to a three-pointed cotton bosom) in our poetry today. In it, the image of the poetic world finds its full expression; In today's fast-paced world, there is a miracle capable of showing the intense, unique spiritual worlds of people, full of complex contradictions. It embodies the philosophy and expression of the essence of the inner world, the core of feelings, the most delicate and very compact living image of this expression..."

The "musallas" of classical literature were reformed and polished by modern poets centuries later, giving it a new "taste", a special taste. As an example of these three, we can cite the poems of Farida Afroz from the collection "Tasbeh". In this collection, the poetess clothed the poem with a divine garment, thereby founding the "rosary" genre, which has not yet been found in Uzbek poetry, and this genre appeared as a singer of hidden, divine love in the layers of the human heart. The poet skillfully places the unbridled, passionate feelings of the soul, which do not touch the vast shores, in wonderful triads, so that we understand that the meaning is hidden in these tiny triads, just as the world is reflected in a drop of water. In these triads, the temptations of our fast-paced world and the feelings of the people of this time are mixed with the love of God. The ardent love for the Creator is

reflected in verses in a simple Uzbek style, and at the same time in a magical and mysterious way typical of the East. The poetess calls her triplets "rosary" and it is not for nothing. It is no wonder that when the poet introduced the term "tasbeh" meaning "purification", "praise" into Uzbek literature, she intended to purify and decorate the heart and consciousness of the reader with the love of God. In this place, Wayne Dyer's "Inspiration.. I found it permissible to quote the following words from I can because I believe I can...": "In order to know inspiration, you must feel the presence of God in your life. Because you are a part of the Spirit, you come from it, and you find inspiration only when you turn to Him, your original source, when you understand, when you reach. As you read Farida Afroz's work "Tasbeh", you will be convinced of how true these words are. The peculiarity of the "Tasbeh" collection is that the poetess introduces the poetic art of 33 rosaries arranged like 99 necklaces, which was a unique novelty in the poetry of the 21st century in terms of form, content and style. When we read these "rosaries", in the layers of meaning of the wonderful trinity, we can see virtues such as gratitude, patience, and humility in every test of God, and the weaknesses of human nature - pride, envy, we see that selfishness, ingratitude, etc., have acquired a very large-scale artistic expression in three short lines.

You're not that bad.
you don't know
Just be happy. (Rosary -5, 17)

In these verses, we seem to see a pale image of an ungrateful servant who does not give thanks for the blessings God has given him, and does not see that he is happy or happy. The human spirit, which is always waiting and searching for something in life... Humanity does not see the priceless blessings that he has, but he sees them, as if these blessings were given for a lifetime, as if they never leave him. lives as it should be. He does not always show gratitude to the earth, which he treads on his bosom and traces on his face, and the blessings of this earth... The world forgets the gratitude of the heart that sees the beauties, the deep mirror of the heart - the eyes, the country - the body and its sultan - the beating heart, the health of the hands and feet. Adam, who was expelled from the Garden of Paradise because he lost his sense of gratitude, will never correct his mistake even if millions of years pass! The poet, as if holding a mirror to a person, shows in it millions of small "happiness" that he did not realize, which is given to every servant of God Almighty.

They live together
They love each other,
Everything but love. (Rosary -4, 17)

In these three verses, I see the limits of the content of epics... An aspect that is not found in any nation - the superiority of the family over everything is something foreign to Western countries. Whether the Uzbek family lives rich, prosperous, mediocre, or poor, or the fire of love that once lit up the nights like the sun goes out, they preserve family ties for their children. Eastern mentality, Uzbek tradition has instilled in our blood the art of not divulging family secrets, pulling the reins of "you" languages...

Every day, every morning
On the other hand,
My daughter sweeps the yard of destiny. (Rosary -3, 26)

In these lines, we feel as if we are watching an oriental picture. We have before our eyes the drunken, delicate imaginations of a child who is not his own, a distracted mother, and a child who sweeps the bride's house.

These trees are without fruit, gloomy
Can not look into the eyes of autumn
Like a mother from her child... (Rosary -4, 31)

It is not surprising that the painful tone of the verses hits the hearts of childless mothers especially. How harmonious are the landscapes of nature and people... In autumn, in front of the crooked trees holding their fruits in baskets, the fruitless trees are looking up at the sky, embarrassed by this upright height, as if (perhaps the snow that burned their flowers killed them)... Uzbeks who are as warm, as simple as they are, have childhood in their hearts from time immemorial, and they consider the meaning of their life to be a child, a child, which remains a legacy from their ancestors and mothers over the centuries. Uzbek's childless mother goes to weddings thinking about luxury, pinching herself and biting the corner of her lip. Envious and embarrassed in front of women with children and full skirts ... This is the Mona Lisa of an Uzbek woman! The skill and talent of the poet is manifested in the fact that the world unfolds layers of meaning in three verses. He can combine the meaning of the verses with the beautiful scenes of nature with great delicacy and sophistication. There is no rhyme in the three. Farida Afro'z is able to give the reader aesthetic pleasure without poetic patterns, leaving aside the rules of poetry. There is only melody in the words "Fall" and "eye" in the trio. The poet did not choose these words by chance. It seems that the poet takes the sad image of a childless woman from the colors of autumn. Autumn is a wonderful season. Autumn is the time to give account of the buds, flowers and fruits that have opened in the spring. A childless woman is a sad example of a tree left under the premature snow... As the delicate triads in "Tasbeh" touch the heartstrings, one can understand that the role of not large-scale, large-scale genres, but also narrow but narrow genres is incomparable to describe the reality of life.

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IMPORTANCE OF THE LAWS OF EDUCATION AND TRAINING IN THE SKINS OF PHYSICAL CULTURE

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Annotation: this article analyzes in detail the conditions created by our state and government in the field of physical education and sports, as well as the sports activities organized in educational institutions through the means of physical education and opinions on its importance. To obtain information about the role of physical education tools in human health, this article serves as one of the main sources.

Keywords: exercise, technique, tactics, method of agility, dexterity, flexibility, strength, endurance.

The issue of strengthening the spiritual foundations of the independence of our motherland, deeply instilling in the hearts and minds of the younger generation feelings of love for the native land, devotion to independence, raising their consciousness, expanding their worldview and knowledge framework, and raising a harmonious person is becoming increasingly relevant today. That is why a lot of visible work is being carried out in our Republic to improve the education system and improve the efficiency of Education.

The main goal of the reforms carried out in our society is to radically change the educational system along with the political and economic spheres, to raise it to the level of demand of the time, Article 8 of the law of the Republic of Uzbekistan “on education”: “preschool education pursues the goal of forming a child's personality in a healthy and mature.

In the development of the state and Society of the Republic of Uzbekistan, attention was paid to physical education and sports, like all spheres. Raising the youth of our country spiritually mature, mentally healthy, physically fit and worthy of the defense of the motherland was determined from the main goals of physical education. One of the main tasks for this was the education of a physically competent person, their interest in physical education and Sports first of all, as well as the implementation of propaganda work.

The decisions of the law on physical education and sports (1992,2000,2015), on the development of children's sports (2001y), on the development of Physical Education and sports (1997y) were determined by these directions. In recent years, the decision of the president of the Republic of Uzbekistan dated April 6, 2021 PF-6199 on the basis of the Ministry of Physical Culture and sports and the State Committee for Tourism Development is proof of our opinion.

The use of physical exercises, cocktails, the appropriate daily routine and natural factors of nature in the education of human health and the younger generation are the means of physical education of young people. The main means of physical education in educational institutions are physical exercises. Exercise challenges the tasks associated with the formation of movement skills and abilities in students and students, promotes the development of the movement apparatus, improves blood circulation and Metabolism, has a positive effect on breathing.

The actions used in practical work related to physical education in an educational institution develop speed, dexterity, flexibility, strength, endurance and improve a person's skills in the correct execution of natural movements, such as walking, running, jumping, maintaining balance, throwing, climbing. The methodology for choosing and conducting exercises in the correct application of physical exercises is of great importance.

It is also involved in part of the process of training in exercise movements, as well as in a holistic process. In the structure of games and competitions, there are physical exercises that make children develop physically as well as improve their physical qualities. Physical education specialists carry out the tasks of physical education and physical development of the younger generation, preparation for cocktails and life, as well as health-improving morality. Therefore, they need to become mature specialists and skillful athletes of their own industry. They must follow the example of teaching movements in the process of physical education, the formation of skills and abilities of movement, and when teaching the technique of physical exercises, they themselves have a high level of theoretical and practical training.

At the same time, coach specialists should be distinguished by the fact that moral and spiritual maturity is ready for any help to those who are engaged in the education of willpower and ruxian qualities in them. The versatility and complexity of the educational process imposes a lot of responsibility on the physical education specialist. Purpose and task, forms, methods of physical education of students and students with poor health: features of the health of students: the morality of physical education in the health promotion of students with poor health: a feature of the content and methodology of physical education of students with poor health; content, methodology, means of physical education in preparatory and special medical groups.

In the program of physical education in educational institutions, physical education activities on the agenda of students and students from physical education, as well as physical culture in extracurricular activities, general physical training and sports clubs are widely covered both the purpose and purpose of the work activity and the content. Among the forms of establishing physical education in educational institutions, the form of extracurricular activities is of great importance. Extracurricular activities should help to conduct physical education of students and students, to establish their comprehensive development from physical exertion and to promote youth sports, as well as to improve educational work in general.

For the implementation of these tasks, students and students are massively involved in Physical Education team circles, mass events on physical education and sports are held with all students and students. Preparation and submission to control physical fitness is carried out, physical education holidays, sports competitions, games, poxodes, excursions are held. In educational institutions, work is carried out between students and students, their parents and teachers on the promotion and propaganda of physical education and sports.

The physical education and sports team of the educational institution is the main organizational form of mmaviy sport. Physical education teams are a recreational Organization of students and students and work under the supervision of an educational institution and a physical education teacher. Physical education should be considered an organized team if its members consist of at least 25 students or students.

Physical education all educational and sports work of the team is carried out in sports and general physical training circles on the basis of taking into account students ' interest in the sport. In circles, a physical education activist prepares hacks from sports, public instructors who help a physical education teacher. In the team of physical education in an educational institution, clubs of athletics, gymnastics, swimming and sports games should be leading circles. Attention should be paid to the development of athletics and sports games. In most educational institutions it is necessary to organize Gymnastics halls and appropriate equipment. The question of what circles should be organized should be considered taking into account the existing conditions of each educational institution.

The activities of clubs in sports are organized taking into account the conditions of the educational institution. The head of the educational institution has a great authority on the work of establishing sports activities. The head of the educational institution must create the necessary conditions for the implementation of these works, provide a place for training, purchase the necessary equipment and equipment. In the work of establishing and conducting sports and mass physical education, it is necessary to involve youth organizations of educational institutions, group leaders, the entire pedagogical community and the school doctor.

The main types of mass-sports work are: physical education and sports clubs work activities, sports competitions, physical education and sports holidays, sports performances, games, various forms of promotion and propaganda of physical education and sports-walks, excursions, tourist poxodes. It is necessary that sports competitions held among educational institutions help to strengthen their health, instill in them sports skills and abilities, and promote the quality of movement that is important to them. Sports competitions are a natural completion of exercise work.

Increasing the efficiency of educational work of educational institutions is ensured by focusing on extracurricular activities. New curricula place high demands on student and student learning. An excellent mental cocktail will undoubtedly significantly exhaust students and students. The study of the influence of physical education classes on the agenda of students and students shows that the performance of mental work after physical activity increases the working capacity of the student and students.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society. The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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Annotation. This article will talk about the poetry of the major representatives of Uzbek literature, Gafur Gulam and Abdulla Oripov, and they will study the common aspects of their poetry. The fact that philosophical concepts lead in the style of two creators, Oriental wisdom is investigated as the main feature of his style in both creators. He is especially drawn to analysis in his poetry based on concepts such as the skill of the application of the word, the follower of the disciple and teacher, harmony in the subject and content.

Keywords: poet, poem, lyrical hero, theme, content, image, lyrical forgiveness, philosophies, Oriental wisdom, style, harmony.

Introduction. One of the creators who has a place in Uzbek poetry is Gafur Gulam. His philosophical poetry has been acting as a beacon for all creative people for a century. There are no creators who are not inspired by his work or who have not integrated the image, theme, content into his poetry account. Abdulla Oripov, a major representative of Uzbek poetry, is also one of such creators.

The work of Gafur Gulam and Abdulla Oripov has been in the Research Center for several years now. In general, a number of studies on Uzbek poetry of the 20th century were carried out. [1], [2], [3], [4], [5], [6], [7], [8], [9], [10] this is from the sentence. In these studies, the issue of poetics has been studied and the specific style of the idodcors is mentioned.

Review of literature on the topic

In the study of this problem, the study of the "lyric poetry" of Jamal Kamal is considered important in Uzbek Literary Studies [11]. Alternative [12], [13], [14], [15], [16] even in the studies, a noble line of creative poetry is studied. A bipolar study does not mention the commonality in the style of these two creators. Because this research is a study on this problem in Uzbek literary criticism, which is mentioned in the research of its poets on poetics. The fact that the two poets are mutually shared and different aspects are not taken out in a study indicates the science of the subject.

Research methodology

This article uses the works of Uzbek literary critics on poetics, as well as fundamental research of Uzbek, Russian philologists in this direction. When considering the problem on which the work is based, historical-logical and dialectical methods are used.

Analysis and results

This problem is focused on the common and different aspects of the two poets, and their poetry speaks about the fact that they were brought to a philosophical main plan. His poetry is analyzed in a comparative way and his poetic skills are revealed.

Main part

One of the creators who brought Uzbek poetry of the 20th century to a new level is Gafur Gulam. The poetry he created serves as a stamp for later period literature. Especially in his poetry, philosophies reached a high level, which as a result also became a source of inspiration for many poets entering Uzbek poetry. Similar points can be noted in terms of the role of the philosophical poetry of Gafur Gulam in the work of Abdulla Oripov. In his article "Abdulla Oripov and Gafur Gulom", Ergash Ochilov reveals the issue of his influence on the poet's work through several directions. It follows the directions in:

“- Feedback and evaluations on the personality and work of his mentor in articles and conversations about Abdulla Oripov and Gafur Gulam, as well as in various other articles and conversations;

- The poems of Abdulla Oripov dedicated to Gafur Gulam, as well as the places where he is mentioned in various poems;
- Places where the lines of Gafur Gulam in the poems of Abdulla Oripov received compensation or pointed to some poem or opinion of him;
- Poems and lines created by Abdulla Oripov directly under the influence of Gafur Ghulam;
- A word characteristic of the Gafur Gulam, which echoed in the poems of Abdulla Oripov, and all the others". [17; 30-31]

We can add one more addition to these directions-the methodological commonality in the poetry of Gafur Gulam and Abdulla Oripov. This feature or direction is also counted from the aspects that the two creators bring closer together. Abdulla Oripov, like his mentor Gafur Gulam, turned the concepts of the Motherland, the people into the main theme of his poetry. Literary Critic As E.Ochilov rightly noted, building each of his poems around these concepts, as a result of the concentration of feelings of pride, solidarity, linguistics, kamarbastalik, duty, responsibility, filth, filth, brought the philosophies of his poetry into one Mahraj. These features were manifested as mutual common aspects of the poetry of the two poets. While Gafur Gulam defined a feeling superior to all feelings with the borders of the Motherland, a similar sign is also visible in Abdulla Oripov. He is the Master of the Gafur Gulam.) like the homeland of him, good began to sing that he was the only human being (dear man in his place of peeing).

The cream of the philosophical poetry of Abdulla Oripov, the verses of the Gafur Gulam constitute. "The deepening of socio-philosophical ideas that have become a powerful stream in the lyrics of Abdulla Oripov is determined by the glorification of universal values. This circumstance indicates an increase in the lush content of symbolic images in artistic thinking" [18; 43]. The poet's artistic thinking takes a deep approach to content. This feature is also clearly manifested in the choice of images. An example of our idea is the poet's poem "Dream":

In Uzbek: Agarda tush bilan o'zgarsa dunyo,
Tush bilan aylansa vaqtu zamonlar,
Yomon tush ko'rganlar ko'karmay aslo,
Qirilib ketardi allaqachonlar.
Yaxshi tushlar ko'rsin har kim ham, biroq
Bu bilan ham bitmas dunyo ishlari.
Yaxshi tush ko'rganlar g'am bilmay mutloq,
Baxtli yashar edi ehtimol bari. [19; 20]

Dream-a tool for Abdulla Oripov. The talotums of the world to which it is interpreted, and its changes are actually associated with Real reality. The process in Real reality is only reflected. Tardu reflection art in the style of Abdulla Oripov comes in handy in expressing concepts of the world, life. Therefore, it makes the most of artistic art, leading to the main pose of its style. True, in the work of Gafur Gulam, this art is not determined by style. But Gafur Gulam also achieved the application of this artistic art in a wide range in order to give his philosophical thoughts. "If we follow the philosophical direction in the work of Abdulla Oripov, it seems obvious that this direction appeared in his work, saturated with the inspiration of the Gafur Gulam. If in the process of birth and formation of the poet was led by lyricism characteristic of Hamid Alimzhon, then with the exit of his poetry to a large alley, the ghostly qualities began to be annulled. And these qualities became the priority creative birth of Abdulla Oripov, who came to the Square as one of the peaks of Uzbek poetry of the 20th century.

It is fair to say that although , Abdulla Oripov created beautiful poems even before the arrival of poetic thought at the Gafur Gulam stops, he created his gardens and a flower of his poetry to the destination where the Gafur Gulam stopped. In this sense, Gafur is wearing a shepherd's skullcap, who presented Gafur Gulam as a teacher, and Gafur Gulam is a second, beating a raft in the fascinating field of poetry" [20; 102]. Literary Critic N.As Karimov described above, Gafur again made Gulam's philosophical views a wider image and a creative birth:

In Uzbek: Bechoraman, deya o'kinma inim,

Senga o'xshaganlar dunyoda bisyor.
 Bir pancha non uchun, o'tsin deb kunim,
 Tomirdan qonini berguvchilar bor.
 Baxtiyor zotlar ham mavjuddir, biroq
 Ular ham tiriklik ovarasidir.
 Zimdan nazar solsang, shu er – dumaloq –
 Asli bechoralar sayyorasidir. [19; 62]

The poet's poem "Yupanch" reminds us of teacher Gafur Gulam's poem "You are not an orphan". However, the lyrical hero of Abdulla Oripov is today's contemporary. Therefore, he expresses his views based on the time scale. On a large part of the planet called Earth, people are ready to give even their blood for a piece of bread. Therefore, the poet's righteous judgment is only a reflection of today.

In his philosophical views, Gafur Gulam gave ideas relevant to all eras and times and was able to draw moral conclusions based on these ideas. We believe that Abdulla Oripov's philosophical poetry also has this characteristic. The poet connects his philosophical views with the mind and thinking of mankind. The human mind repeats in every line to associate its thinking only with services for the cause of good. That's why the poet's poetry is embodied in the boundaries of thought, which are his decoration and money. However, this image of thinking is not simple. By resisting it, he attributes it to the shortcomings and vices of time and life. His philosophical poetry was created on this basis. Gafur Gulam does not observe such a feature in his philosophical views. It does not emphasize human thinking by showing the vices and shortcomings of the times. However, the basis of his philosophical views is embodied through the spiritual maturity of mankind. In the style of Gafur Ghulom and Abdulla Oripov, he does not depict complex images and details (for example, both have a simple clock detail) to convey philosophical ideas. They effectively use the details and images that we encounter in life and every day. As N. Rahimjonov correctly pointed out, A. Oripov's poems are devoid of complex images. But the intensity of his dark thoughts and observations, reflected in the intensity of his tones, reflects the shimmer of colors. And he, in turn, provides deep imagery in the poet's poems. He creates magical poems from a series of simple and simple thoughts. Words that are familiar to each of us gain deep mental power as they express psychological experiences (see [18; 46]). The following poem of the poet can be an example of our views:

In Uzbek: Bir kun xaloyiqning oldida oshkor,
 Muttaham o'g'rining qo'lin chopdilar.
 Nihoyat jazosin oldi-ku makkor!
 Yig'ilgan odamlar taskin topdilar.
 O'g'ri-chi, atrofga boqib har nafas,
 Sizning go'lligingiz bilgandim, derdi.
 O'sha o'g'rilikni u qo'lim emas,
 Bunisi bilan men qilgandim, derdi. [19; 53]

In this "Narrative" poem, the poet creates a simple image of "Thief". However, this image has a philosophy that makes it clear that even if the wrong thing is being done, it is inevitable that it will continue. The poet divides human thinking into two layers. In one layer, the people are satisfied with the justice of the punishment given to "Thief", while in the second layer, it shows through irony that "Thief" is complaining to the people. As the narrative is created on this basis, the concept of right and wrong is decided through the vast boundaries of human thinking. It is noteworthy that the concepts of the innocent hand becoming guilty and the guilty hand not receiving any punishment are given at the skill level. Many of the poet's philosophical poems contain such connotations. In general, in the philosophical poetry of A. Oripov, the characteristics and vices that appeared in human personality have been succinctly expressed. "Abdulla Oripov makes artistic generalizations that gain philosophical content from a small life detail, memories of the distant past" [18; 42]. Abdulla Oripov's deep philosophical thinking began with the collection "Yuzma-yuz". M. Koshjanov also thinks about this and notes that the poems included in this collection are written at the most perfect and poetic level (see [21; 259]). The critic focuses on the dynamics of the poet's poetry. This dynamic is called specific (acute) dynamics. Literary critic defines the

dynamics of the poet as a dynamic that connects small feelings to great feelings, moves from a static statement to evident observations, and raises calls with a louder voice in which a sad thought is expressed. The same dynamic is observed in the poet's poem "Awareness": Someone wishes others safety,

In Uzbek: Kimdir sog'inadi faqat yomonlik.

Bir qarasang o'xshash rangu ro'ylari,

Biroq tamom boshqa fikru o'ylari.

Sirdagisin ko'rib turibsan har on,

Ichdagi olangdan ogoh bo'l, inson! [19; 35]

As the poet finishes his verses on the basis of the long-standing views of the people, he further clarifies its meaning through the concepts of urate and photography. It is clear what the concepts of urate and photography can expect from people who are obsessed. However, it is not clear when and at what time other people can strike in the image of Sire. Therefore, this is how the poet invites the parties of human diversity to unite and act in a monotheistic way on the concept of man. At the time of reading the first verses of the poem, the poet gives the impression that he is taking out one small feeling. However, in the conclusion of the poem, The thought is exchanged, as this thought has become a hit. Feelings get bigger. The conclusion of the poem can either make a person immerse himself in thought and make a sentence for himself, or the rhythmic dynamics of the poem will give the same concept of yourself as an Wife. The lyrical hero will move to the heart of poetry of melancholy and tenderness in his heart. After all, the appeal in the above verse, which resonates like eloquence, makes us think so. Such a feature is determined by the style of the Gafur Gulam. As Ibrahim Gafurov wrote, Gafur Gulam writes all his poems as eloquent. Of course, this is a very high level of poetic eloquence (interpretation is our own). A literary critic notes that an important sign and feature of eloquence is – Appeal. Gafur Gulam always refers to someone in his poems and epics, and even in his prose. And always communicates with whom – with his own reader, with the general public. Abdulla Oripov also instills this feature in his style. He also appeals as a wise child of the East.

"In Abdulla Oripov's poems, whether miniature or large, there is an integral, a whole, a system in which inter-sectional continuity is not violated at all. The poet is not empirical, that is, he does not collect all what he sees, does not follow the path of naturalistic depiction. Bil'ax also does not weave philosophies in which the waist breaks before the realities of life. He sees shaman lying in every moment of everyday life, in every event of which there are great philosophies that not every soul can invent. With talent and moderation, he chooses only the brightest of those he sees and knows, feels, and in a subtle way lines up like a necklace on the thread of art. Or, if we say otherwise, he will find and clean the jewels buried in the dust of the living, and give us a thousand and one glitters. And this method Awakens in oneself the spirit of a natural admiration, attitude, a critical look at oneself and one's surroundings, evokes feelings and sensations, encourages thinking, while providing an explosion in thought, a tattoo" [22; 6]. In the above verses of the poet, a similar feature is striking. Of course, the characteristic of such sages did not arise by itself. As we have described above, the poet has mastered the wise thinking of Gafur Gulam as such. Created in sync with his thoughts. The forearms, as a result of the study, are so skillfully imbued with their own method that it is possible to feel the effect of the ghouls without having to clearly study the processemas. As if these features were Abdulla Oripov's. Hence, the understanding of the poet's philosophical thinking, due to the poet's absorption into his own style, forces the search for a wide range of thinking.

In the poetry of Gafur Gulam, the image of a loving father is embodied. This image is a wise person who enjoys Oriental masterpieces. Ibrahim Gafurov expresses the following thoughts on the poetry of the poet: "one of the motive directions in the poetry of Gafur Gulam and in general in his entire work, shot out of a clear spring full of otalik mehru muruvvati and found an extremely exciting artistic expression, is associated with the East.

In the east, to know oneself as a father, to stand in the status of a father, to react to life as fathers, has long been considered a sign of wisdom, a target. East and Gafur Gulam it is a vast subject. Gafur Gulam from the heart loved and dreamed of calling himself an Oriental poet, and his acquaintances as an

Oriental poet... Gafur Gulam seeks immense historical coverage when he writes As an oriental poet. His creative imagination writes an unusually wide eulogy. He behaves like a child of the Ancient East, and serilhom, a serzavk poet of all kinds of eastern lands, keeps his eyes on his eyes and personifies himself in extremely exciting emblems" [23; 362-363]. In Eastern wisdom, the preservation of women or the glorification of mothers is portrayed through attention and recognition in the very upper layers. In both poets, this motive was given with high sincerity. When my mother said 'Gafur Gulam' manifested white hair, nonsense, // Munis and kind face. // After all, taking care of your bosom, // You gave it to my eyes the world as a mirror" created the image of mothers as a mushfig through verses, Abdulla Oripov said: "I said you as a mother, // before my eyes // mushfig she was disguised as a manifestation. // In a DIY awake under the skirt of the Piece, // Unlimited in devotion, " draws a spiritual portrait of mothers in a way that is in sync with the Gafur Gulam.

To what extent Gafur Gulam perfectly studied the classical literature of the East, Abdulla Oripov also learns with special affection. Because Oriental classical literature is a school of creativity for every creative person. "Being a classic is a strict rejection of any excess, to what extent it is a master, to achieve such spiritual lightness by missing out on any lie that only truth is embodied in it, in a word, it means being truthful", this definition, spoken by the French thinker Maurice Borres, is fully characteristic of the work of Abdulla Oripov" [24; 129]. In each of his verses, Abdulla Oripov depicts different rakurs of humanity. Therefore, the content and essence of his poetry is embodied in the concept:

In Uzbek: Do'sti g'arib, kel, qo'lingni tut,
Yuragingda yoqay alanga.
Kel, bir zumga dunyoni unut,
Ko'tarayin seni balandga.
Pastda qolsin nobakor xilqat,
Pastda qolsin Tanbal bulutlar.
Yuragingda chaqnasin faqat
Yorug'xayol, samoviy o'tlar.
Yuksaklarda charx o'rib aylan,
Ruhing mangu tursin yorishib,
O'lganda ham vujuding bilan
Ketmagaysan erga qorishib. [19; 119]

Speaking about human values, the poet pursues great heights. It leaves no place for misery. Because tinson's heart is just as wide. Literary Critic . In the words of N. Rahimjonov A. While the lyrical hero of Oripov makes aesthetic assessments of the properties of today's reality, the imperfection in marriage, he approaches them from the point of view of human values. Through his work, the poet rushes to present the purity of his soul to all mankind. He urges to preserve the purity of the soul, like the Pure Sky. Therefore, the title of the poem is called "tout".

Conclusion. So the work of Gafur Gulam will serve as a school for Abdulla Oripov. The poet learned the ways of philosophical observation precisely from the verses of Gafur Gulam. He absorbed the wise views of the east through the poetry of Ghafur Ghulam. As a result, the style of Abdulla Oripov turned out to be in tune with the style of Gafur Gulam. In his philosophical observations, the poet turned more to humanity. As a result, the so-called human being became the main credo of the creativity of the concepts of seduction and photography.

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Annotation. The relevance of the problem of forming a healthy lifestyle of students is determined by the fact that most students lose the understanding that self-development, having healthy lifestyle skills is a help not only to themselves, but also to others. Modern conditions of educational activity in universities place increased demands on the state of health of students. Motor activity with a wellness orientation is currently considered as the main, and sometimes the only way to form and maintain health.

Keywords: physical exercises, healthy lifestyle of students, hypokinesia, physical inactivity, sports, physical qualities.

Lifestyle as a system consists of three main interrelated elements, a culture of nutrition, a culture of movement and a culture of emotions. Consider the main factors that provide an opportunity for a healthy lifestyle of a particular person, are: the ability to reflect the ability to self-observe, comprehend their actions, the state of the habitat and an acceptable mode of work, rest.

A healthy lifestyle requires a person to make strong-willed efforts and comprehend actions, predict the consequences for himself personally and for other people. A reasonable work and rest regime is an important factor in a healthy lifestyle, since basically a person's life takes place in alternation of work and rest. Thus, the way of life and the creation of conditions for the formation of a healthy life of each person depends on five social factors, specific historical conditions and cultural traditions.

The purpose of physical education in higher education institutions is to promote comprehensive personal development, training of highly qualified specialists. The physical education program solves the following specific tasks: students acquire a system of knowledge on the basics of theory, methodology, organization of physical education and skills to work as instructors, trainers; psychophysical preparation for work, taking into account the specifics of their future professional activities.

The tasks of physical education of students listed by us are solved taking into account the state of their health, the level of physical fitness, the interests and abilities of students, as well as their upcoming professional activities. Physical training of a student is one of the main components of the multifaceted training of a physical education teacher and ensures the implementation of pedagogical skills in the educational process of a specialist, his capacity throughout his professional activity.

Physical training is carried out in various forms throughout the entire course of study at the university: in practical classes in sports and pedagogical disciplines, in groups of sports and pedagogical improvement independently in their free time. The formation of motor skills and the development of physical abilities in the process of mastering the programs of sports and pedagogical disciplines are accompanied by the assimilation of knowledge among students with the formation of professional and pedagogical skills necessary for conducting practical forms of educational work in a secondary school. We consider it necessary to consider didactic principles that contribute to the increase of students' learning activity.

To what extent it is legitimate to use these definitions to characterize the modern lifestyle of students, we will consider below. After all, it cannot be said that we never get tired, do not feel a decline in vitality, mood, and never feel physically tired. According to many scientists, their lifestyle makes an important contribution to the health of modern youth.

Let's consider what entails a decrease in the volume of movements. The musculoskeletal system accounts for about half of the total body weight. Naturally, a violation in this case, a decrease in the level

of functioning of such a part of the body cannot pass for him without a trace. There are a number of adverse changes, of which the following four interrelated groups can be distinguished. First of all, the intensity of nerve impulses entering the central nervous system decreases.

There is a drop in the overall tone of the cerebral cortex and, consequently, the efficiency of the "control and regulation center" of all organs and systems of the body. As a result, there may be a tendency to develop asthenic syndrome with various disorders of the internal organs. This condition is characterized by increased fatigue, extreme mood instability, weakening of self-control, intolerance, restlessness, sleep disturbance, loss of ability to prolonged mental and physical stress. All these symptoms can manifest themselves to varying degrees and adversely affect the effectiveness of the educational activities of future specialists.

Along with changes in the activity of the higher parts of the brain, hypokinesia contributes to a decrease in the level of functioning of subcortical formations responsible for the work of, for example, sensory organs (hearing, balance, taste) or those in charge of vital functions (breathing, blood circulation, digestion). As a consequence, there is a decrease in the overall defenses of the body, an increase in the risk of any diseases.

As a result of reduced loads, various atrophic processes develop, which are expressed in a decrease in the size of organs or tissues, primarily muscle, in a decrease in their functional abilities. A decrease in muscle mass leads to a loss of strength and muscle tone, endurance. Tendons and joints weaken, the elasticity of ligaments decreases. The phenomenon of atrophy is characteristic not only for skeletal muscles that provide direct human movement, but also for the heart muscle, respiratory muscles, muscle fibers in the walls of blood vessels.

A general detrainment of the cardiovascular and respiratory system develops, when even a slight physical strain is accompanied by a rapid decline in strength, shortness of breath, and sometimes light dizziness. With a decrease in the number of movements, there is a decrease in mechanical effects on the body's functions: the motor function of the intestine is disrupted, stagnation in the lower extremities is observed, air circulation in the lungs decreases, etc. As a result, such phenomena as varicose veins, atony (drop in tone) of the intestine, constipation, pasty and other stagnant disorders can progress.

A decrease in mobility leads to a decrease in heat production, a violation of the regulation of the heat transfer system. As a result, the body becomes more susceptible to hypothermia when exposed to conditions with a low ambient temperature. All these shifts with varying degrees of severity occur in the human body leading a sedentary lifestyle, and if we take into account that students of higher educational institutions are still forming an organism, then the relevance of physical exercises is as high as ever. It is important to understand that these changes accumulate and develop over time.

The body can adapt to individual functional shifts only initially. Subsequently developing disorders cause more persistent deviations. However, a negative result is obtained at the level of human performance, a drop in the performance indicators of specialists.

The most effective alternative to hypokinesia in modern conditions can be physical exercises. The main role and importance of active movements as a means of combating hypokinesia is clear to everyone. This is the maintenance or development of the functional state of the cardiovascular and respiratory systems, strengthening muscles, increasing flexibility, strength of the ligamentous-articular apparatus, the development of physical qualities such as strength, endurance, speed and agility.

However, to dwell on those general mechanisms of the influence of physical exercise on the human body, which are not always taken into account even by specialists in physical culture and sports. Firstly, physical exercises are a very effective means of influencing the psyche of students. Regularly performed physical exercises cannot radically change the main character traits, temperament properties, but their effect on mood, activity, and well-being can be very noticeable.

The results of scientific research indicate that after a single session of sufficiently intense physical exercises for 2-3 hours, the feeling of self-confidence significantly increases, self-esteem increases. Students who regularly engage in various sports are characterized by a higher level of self-esteem and mood stability; isolation decreases, sociability expands, and the ability to communicate increases. Some

psychotherapists recommend courses of physical activity to their patients in the process of treating depression or various neurotic disorders that have been very common recently.

Secondly, by exercising regularly, we maintain or develop the level of self-organization of our body. The metabolism of a sufficiently active person improves or, in any case, undergoes minimal age-related changes. Physical exercises in combination with other factors of a healthy lifestyle are one of the most effective levers of this process.

Thirdly, physical exercises, as a rule, are associated with a visible, formal effect, while the effectiveness of many physical education programs is evaluated primarily by criteria such as the development of strength, endurance, speed, an increase in the volume of skeletal muscles, improvement of its relief. Such a point of view about the role of physical exercises for a modern person, in our opinion, has been mechanically transferred to mass physical culture from "big" sports. Without completely denying the legitimacy of this approach, it can be noted that the powerful musculature of athletes is of vital importance for a modern person.

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THE ISSUE OF RELEVANCE OF THE SUBJECT OF THE SCHOOL REPERTOIRE IN THE TRAINING OF FUTURE MUSIC TEACHERS

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Annotation. This article focuses on recommendations to students on the art of singing, ways to develop their performing skills, methods of teaching songs to students. In particular, information about the peculiarities of the science of the school repertoire, the role of the school repertoire in organizing lessons of musical culture, educational and educational possibilities of the school repertoire is covered.

Keywords: music, feeling, intuition, song, upbringing, aesthetics.

It is known that music has the ability to actively influence people's feelings and thoughts, their tastes and views. Education with the means of songs in the composition of the science of the school repertoire affects with such a clear goal that it helps to enrich the inner world of the student, to form his character, worldview, to cultivate good taste in him. The main weapon of upbringing with musical means is the studied songs and melodies in the composition of the science of the school repertoire. It is known to everyone that the emotional impact of melodies and songs in the repertoire is a means of forming high spiritual qualities of students.

Musical-aesthetic education should not consist only in the formation of musical tastes and abilities of students. The goal of any aesthetic education is to develop a person in general. In other words, it is called aesthetic education, not because it serves only the aesthetic development of each individual, but because it forms the entire spiritual world with the help of music. Musical-aesthetic education is the education of a person, not a musician.

Great pedagogue V.A.Sukhomlinsky also thought so. He believed that "music education is the upbringing of a person, a person in the first place, and not a musician" 2. So the melodies and songs in the science of the "school repertoire" evoke for students the uniqueness of nature, moral relations, not only the beauty around them, but also his vision of noble and high qualities in himself, as well as beautiful things.

Music is an art form that occupies a wide place in our cultural life, plays an important role in the development of the human personality. The importance of the Family, School, Society in the spiritual formation of each person is great. Because, the characteristics of human humanity make up a person in society. Music education occupies a special place in leading the younger generation to maturity, along with many factors of upbringing. Music education is one of the main and complex facets of the education of elegance and teaches a person to correctly perceive and appreciate the beautiful landscape around him. Music has the potential to have a strong influence on the human psyche, an important means of bringing it into the world of sophistication and moral ideological education. Music arms a person with high taste and gives him spiritual nourishment.

The subject "School repertoire" is of great importance in the organization of lessons of musical culture. When choosing a repertoire, it is very important to take into account the age of the students, their physiological characteristics, the degree of their ability to be perceived by the students in the selected songs, and their ability to sing it. For this, the music teacher must have mastered pedagogy, psychology, physiology teaching and methodology of music, school repertoire, as well as general and specialty subjects. A music teacher should be a person who is fond of his profession and children, is highly cultured, has a broad outlook. It is important that the melodies and songs in the school repertoire can quickly find their way into the child's heart, that it has a positive effect on the psyche, that good behavior and good manners, kindness, patience, respect for adults are composed through music.

In the family, it was considered a parental dream to teach a child to sing, to sound. The child gets acquainted with music through mother Alla and receives a lifelong feed from music. Because the child, not yet knowing how to walk, speak, hears music and expresses his attitude to music with different hand movements. As soon as he grows up and steps to the threshold of the school, his worldview begins to change. He also learns from the school's repertoire, along with various subjects taught at school.

According to this, the science of the school repertoire serves students to become the owner of a pure soul, a highly spiritual person, able to feel beauty.

The future development and development of our country depends on the knowledge and spirituality of our potential youth. Therefore, we should pay great attention not only to the knowledge and intellectual potential of our children, but also to the perfection of the culture of dress, spiritual image and musical and aesthetic education.

The main goals and objectives of the discipline of the school repertoire also consist in raising students, the younger generation as a harmonious person, educating in a moral and aesthetic spirit through the artistic and ideological content of musical works, vocational guidance, love of work, love of the Motherland, the formation of feelings of respect for adults.

When teaching students the school repertoire, the productivity of their ability to perceive music plays an important role. Musical perception-all types of activities carried out in musical training, especially those that form the basis of the activity of listening to music. Because the volume of the musical sound, not listening to its rhythmic image, is impossible to form imagination, and from the second side it will be much more complicated to sing it. Accordingly, it is not easy to understand the essence of the work by listening to music, since each musical work has its own character, rhythmic structure, character. All this is reflected through the means of expression of music and takes place in a continuous movement of development. Therefore, it is necessary to collect information about a piece of music, approaching the process of listening to music with special attention. The activity of listening to music can be studied in any musical process, including singing, performing rhythmic movements, jumping in musical instruments, and in the processes of music literacy. "To love music, first of all, you need to be able to listen to it..."- said the composer D. Shostakovich. Teaching to hear and listen to music sets a number of tasks for the teacher of the 1st grade. The teacher should explain what is the difference between and music from other types of art. In order to feel, understand, understand music, it is necessary to make it clear that it is important to be able to listen to it. In the process of listening to music, students need to know the means of expression of music - melody movement, rhythmic picture, the importance of the expressiveness of registers, pace, dynamics, lad paints (major and minor), etc.

The main methodological requirement in the lessons of musical culture is the application of the acquired musical knowledge directly in practice in the activities of singing, listening to music. The repertoire of songs in the program is given separately for each class. It is recommended to use various voice tuning exercises before teaching the song. Students are taught 2-3 hours, depending on the complexity of the repertoire of songs to be taught. For easy mastering of the given topics, it is required to perform the song expressively, draw pictures based on the topic, analyze them, use technical means, listen to the song on a tape recorder, use handouts and new pedagogical technologies. In order not to damage the sound apparatus when singing primary school students, the teacher should know their sound ranges well.

It is essential that students from the first grade acquire the skills to sing according to the note. To do this, it is necessary to monitor the movement of the Singing Melody according to the note. First of all, students are given small musical notes that are easy to make. To sing according to the note, it is important that they are well versed in the Note system and can easily find them on the Note line. In order for singing according to the note to have a good effect, giving the melody familiar to the students, previously worn or listened to, gives them comfort in their observation of the act of the melody. The measure of the melody before singing, in which the notes of what length (whole, half, quarter, nymphorak..) is determined by the participation, the pace, tonality of the melody.

Then it is necessary to perform voice adjustment exercises in this tonality. In this way, through this method, it is possible to adapt The Voice of the pupils to tonality. Stagnant and unstable stages of tonalities in the performance of exercises are determined and sung. In addition to the exercises given in the textbook, the use of various visual aids also plays an important role. Then one of the visual weapons - posters with a musical melody-will give a good result. It is advisable to hang the poster where it will be visible to everyone. Under the guidance of a teacher, students sing all the notes of the melody in a fold. The teacher

then shows the song by singing it with its tone and measure, while the students watch it by looking at the note. Then all together they sing the text of the song, looking at the note, and at one time they control the rhythm by playing a low chapak on themselves.

Singing as a team is the most popular form of active involvement of students in the art of music. Every healthy reader will be able to sing. Singing is the most natural and accessible means for the reader to express aesthetic need, emotion and mood. As the reader performs a song, positive emotions are formed in it, such as excitement, pleasure, high spirits, cheerfulness, mobility. It is known that two aesthetic tools - music and artistic-combine in the song. Therefore, singing as a team under the tutelage of an experienced teacher - serves as an important tool in the musical and aesthetic education of students. Singing activities Rivage students ' melodic, harmonic hearing, lad feeling, singing skills in pure intonation, and musical ability. In the process of performance, students with different voices and musical hearing come together as a team. They observe the performances of his and his comrades, enjoy singing together. Attention, observation, discipline and other educational characteristics are formed in them. In students of grades 3-4, in the process of singing, the sound apparatus of students develops better, their breathing deepens, blood circulation improves, their figure is smoothed out, in a word, they develop, train both spiritually, morally, morally, aesthetically and physically.

Conducting when singing depending on the Note will help you not to get out of the rhythm of the melody, develop a sense of meter, correctly count the length of the notes. Mastering the skills of solfedgio is of great importance in the cultivation of musical literacy of students, in their practical work. Solfedgio refers to singing tunes that are mostly unfamiliar looking at the note from the first time. To sing an unfamiliar melody according to the note, it is necessary that the melody of the written melody can be thoughtfully imagined. That is why growing musical literacy and having enough experience in music requires a long time and regular work. This is achieved in the processes of growing musical literacy, acquaintance with musical literature, mastery of vocal choral skills. Students gradually begin to understand the height, oldie, metrorhythmic features of musical speech, as well as musical perception, musical thinking, musical memory, musical emotions begin to appear in them. The teacher will be able to achieve the goal that he pursues to students only in grades 5-6, while starting classes in the qualification of solfedgio from the 1st grade.

In the process of mastering musical-theoretical knowledge, the following activities are carried out to play an unfamiliar song melody according to the note: the teacher writes note examples on the board. Then, based on the teacher's questions and students ' answers, the song melody is analyzed. The analysis is carried out in accordance with the musical-theoretical knowledge that students previously acquired, their age. The elements that the students do not understand are explained by the teacher and the students focus on the main topic. In the process of analysis, the following are determined:

1. Tonality of the work, will;
2. Measure of the work;
3. Dynamic characters found in the work;
4. The rhythmic structure of the melody (stretch of notes, pauses, from what feeling the work begins, etc.);

Sentences in the work, tacts that are convenient for breathing. It is after this that it is possible to move to solfedgio, that is, to speech. In elementary grades, exercises for solfedgio are mainly given in do major tonality. Because this tonality is the easiest and most comfortable to sing. Exercises for Solfedjiolash can be found in solfedjio textbooks. Such textbooks contain everything from easy examples to complex exercises, where the age and level of assimilation of students will be taken into account. As students move from class to class, the exercises that are given to them also become more complex in terms of tone, measure, volume and other characteristics. In some cases, the rhythm of the exercises is fast. In these cases, the teacher should accelerate the exercises slowly, first starting at a slow pace. If the teacher has a metronome, then he can easily achieve the intended tempo. Singing a musical at a moderate tempo first allows you to better hear the melody, count correctly, take the breath correctly, conduct accurately. When choosing exercises for solfedgio, the teacher should take into account the voice range of students,

breathing skills. When speaking, without shouting, without straining the voice, at the end of each sentence, it is up to the teacher to control the singing with a gentle voice, taking a breath. Solfedgio exercises start in the second half of the 1st grade and continue until the end of the 7th grade. When teaching students to sing, it is of great importance to achieve that they acquire the skills of solfedgio. This process is one of the leading factors in increasing the musical level of students.

It is difficult for a person to become a mature person, a perfect person without acquiring high qualities and values, without forming in himself a feeling of love for a person, without being beautiful, decent, humane.

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Abstract: the article discusses methods, approaches to the development of skills in the formation of educational tasks, through history lessons, which form students who are able to think independently, work independently with information, compare information, distinguish between them the necessary ideas, the most important in historical science, highlight the necessary information and topics for the student, as well as create useful educational tasks with pragmatic content.

Keywords: *history, teacher, educational assignment, profession, educational process, independent work, information search, be able to give logical hints, tasks that are convenient to evaluate.*

Introduction. In the information age, the exchange of information is not a problem, even when teaching history, students can find a lot of information in one moment based on additional resources. Even before the teaching of historical science, today's globalization process sets a number of tasks. In particular, the main task is to educate young people with thoughtful thinking who have realized their identity, past, who realize their responsibility to be worthy of their ancestors. In such conditions, it will be necessary to determine the main task of the teacher. First of all, the teacher should be able to ask a correct and logical question, to draw up educational assignments convenient for assessment.

In this sense, Q.Husanboeva's inclusion of a teacher in the content of education is an extremely correct approach. Because history is important in teaching, especially in the control of questions and answers that are performed in the audience, in the development of the skill of logical thinking in students in the necessary places, the direct teacher first sets an example, questions of problematic, targeted, pragmatic content are one. In addition, the scientist's approaches to independent thinking and problem learning, which he developed for literary education, contribute to the correct formation of educational assignments in history teaching as well.

Also on the topic of research I.A.Alleyarov, A.R.Razikov, R.Ibragimov, B.R.Adizov, M.H.Mahmudov I.E.Davron's ¹ by the development of educational and cognitive activities of the educational recipient, problems associated with the use of educational assignments were also studied.

Russian pedagogue Iarin A.N.Leantev, J. A. Panamarev, S.L.Rubenstein ² others conducted observations about educational assignments and their role in didactics, tasks. In particular, Leontev characterizes the concept of "assignment" as follows: "assignment is a goal set forward based on certain conditions"³.

¹ Аллаёров И.А. Дидактические основы активного обучения. Автореф. дисс. ... докт. пед. наук. –Т.: 1994. -44 с.; Розыков О. Основы оптимального применения системы учебных задач в обучении. –М.: Ўқитувчи, 1981. -103 с.; Ибрагимов Р. Бошланғич синф ўқувчилари билиш фаолиятини шакллантиришнинг дидактик асослари: Пед. фанл. докт. илмий даражасини олиш учун ёзилган диссертация. –Тошкент: Қори Ниёзий номли ЎзПФТИ, 2002. – 265 б.; Адизов Б.Р. Бошланғич таълимни ижодий ташкил этишнинг назарий асослари. Пед. фанл. докт. илм. дараж. олиш учун ёзилган дисс. –Т.: 2003. -280 б.; Махмудов М.Х. Таълимни дидактик лойиҳалашнинг назарий асослари. Пед. фанл. докт. илм. дараж. олиш учун ёзилган дисс. автореферати. –Т.: 2004. -42 б.
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Australian scientist Jacques Richards was specially engaged in methodological, psychological and pedagogical research of educational tasks in the field of international pedagogy, in particular, linguodidactics⁴. It is worth noting that in his time, Western pedagogy paid the main attention to practicality. Early pragmatic ideas American philosopher and pedagogue D. Dyui⁵ developed by.

In the age of Information Technology, the source will not be a problem if the training assignments are used correctly in their place, and students are correctly directed through assignments to be able to work with data. Now the time has passed for the training of knowledgeable students. The requirement of today's period is to educate knowing, knowing students.

H. Mustafоеva B.A. Lapidus cites the following thought: "his (B.A. Lapidus) believes that language exercises serve to ensure the development of speech communication skills if the educational tasks are characterized by directly covering the features of speech activity"⁶.

If the teacher is asked the student the right and purposeful question, is taught to perform useful tasks for life, the necessary speech skills are generated through exercises, conditions are created for the development of creative thinking.

X. Mukhitdinova says about the importance of training assignments, including exercises: "currently, along with the principles of teaching, the order and distribution of educational materials provided in them, one of the most important tasks facing specialists in improving the composition and types of assignments aimed at teaching in the course process, finding ways to adapt them to modern educational activities"⁷.

In scientific, scientific and methodological sources, the concept of the content of education is interpreted in different ways. In particular, Russian pedagogical scientists I. Ya. Lerner⁸ and M. N. Skatkins are chosen to study the content of education and look at it as part of a rich, methodically worked social experience designed for students to master.

In scientific sources, along with the concept of "educational content", the term "educational material" is also used. In didactics, the concept of educational material is used in broad and narrow meanings. In a broad sense, it is equivalent to the concept of "educational content", in a narrow sense it is understood as a system of knowledge, skills and abilities that must be studied to a certain extent, adapted to the assimilation of students.

The content of education is provided by 1) study plans, 2) training programs, 3) textbooks and 4) teaching and methodical manuals. The native language program and textbooks contain language materials selected for students to learn and coordinated with their mastery.⁹

School textbooks should reflect the most advanced examples of nation thinking and ideology¹⁰, in our opinion, history also refers to teaching, textbooks.

For example, the 11th grade history textbook uses the following questions and assignments: Questions and assignments:

1. Why did the attention to culture and Art increase in the early years of independence?
2. What museums are operating in Uzbekistan today?
3. What are the goals pursued by the holding of music festivals?

⁴ <https://www.professorjackrichards.com/mother-tongue-teaching-vs-foreign-language-teaching/>

⁵ Джон Дьюи. Общество и его проблемы John Dewey. The Public and its Problems. Denver, 1927. / Дж. Дьюи. Общество и его проблемы. — Перевод с английского: И. И. Мюрберг, А. Б. Толстов, Е. Н. Косилова. — М., 2002.

⁶ Мустафоева Х. Т. Инглиз тили грамматикасини ижтимоий-гуманитар талабаларга ўргатишнинг лингвометодик хусусиятлари: Пед. фан. ном. ... дис. – Самарқанд, 2003. – 139 б.

⁷ Муҳиддинова Х. Таълим босқичларида ўзбек тили ўқитилиши узлуксизлигини таъминлашнинг илмий-методик асосларини такомиллаштириш пед. фан. ном-ди дисс. ТДПИ –Тошкент, 2011. -270 б

⁸ Лернер Я. Дидактические основы методов обучения Текст. / И.Я. Лернер. – М. : Педагогика, 1981.– 186 с.

⁹ Қаранг: Ғуломов А., Неъматов Х. Она тили таълими мазмуни. Она тили ўқитувчилари учун қўлланма. – Т.: Ўқитувчи, 1995. – 128 б.

¹⁰ Баркамол авлод – Ўзбекистон тараққиётининг пойдевори. –Тошкент: Ўзбекистон, 1998.– 4–19 б.

4. Count the achievements and shortcomings in the art of cinema.
5. What changes have occurred in the activities of theaters during the years of independence?¹¹

Or:

1. What is the specificity of the period when the unicameral parliament operates in Uzbekistan? What is the need to establish a bicameral parliament?
2. What is the significance of the division of power in public administration?
1. Which government agencies are included in the executive branch in Uzbekistan?
2. In what year was "defender of the Fatherland Day" first celebrated in Uzbekistan?
3. In what languages are court cases conducted in Uzbekistan?
4. What changes have occurred in the Cabinet and its structure?

Pragmatic possibilities should also be taken into account when drawing up questions and assignments in history textbooks. In the content of state educational standards, there is also the task of training the owners of creative thinking, teaching the student to think independently, creatively. In this sense, the main issue is how a modern lesson is organized, how the teacher communicates with his students, what tasks and questions to ask. The general requirements that such a modern lesson should meet are as follows:

1. Using the latest scientific achievements, the best pedagogical practice, organizing a lesson on the question and answer basis of the educational process.

2. Organization of the lesson carried out with appropriate and targeted use of educational assignments.

3. To create all the conditions relevant for the cognitive activity of students, to develop educational assignments to a text or topic, taking into account their interests, trends and needs.

4. Keeping interdisciplinary connections in mind when creating questions and assignments.

5. Connecting with previously acquired knowledge and skills, providing improving exercises and assignments based on the level of knowledge gained by students.

6. The development of all the speech skills of a person necessary for all communication, stimulation and activation according to the results.

7. Taking into account the criteria of logic and emotionality at all stages of speech through all types of educational tasks.

8. Effective use of educational resources when working with educational assignments.

9. Linking educational assignments with the life, activities, personal experience of students.

10. To foresee the formation of knowledge, skills and abilities that will be needed in creative thinking and practice when working with educational tasks.

11. Educational assignments should also imply the task of analyzing, diagnosing, designing and planning those mastered, in addition to acquiring knowledge, thinking, speech skills in the student.

As you know, each lesson is aimed at achieving three goals: teaching, upbringing and development.

E. The davorov article reveals the essence of the concept of "assignment" from the point of view of well-known psychologists and didactics, outlines the tasks of the exercise and assignment in relation to the lessons of the native language.¹²

E. Davorov treats assignments as both a goal and a tool. In didactic theory, the terms "assignment", "educational assignment", "intellectual", "problem" are used, together with the terms "exercise", "independent work". Leontiev understands the concept of assignment as follows: "assignment is a goal set based on certain conditions".¹³ He uses the terms "need", "motive", and "activity" to describe the specifics

¹¹ Jo'rayev N., Zamonov F., O'zbekiston tarixi (**Mustaqillik davri**) O'rta ta'lim muassasalarining 11-sinf o'quvchilari uchun darslik – Toshkent. G'afur G'ulom nomidagi nashriyot-matbaa ijodiy uyi – 2018. 56-59-b.

¹² Давронов, И. Э. Некоторые аспекты интерпретации понятий «задание» и «упражнение» / И. Э. Давронов. Текст : непосредственный // Молодой ученый. – 2012. – № 8 (43). – С. 323–326.

¹³ Леонтьев А.Н. Проблемы развития психики. – М.: Педагогика, 1972. – 576 с.

of the assignment. Y.A.Ponomarev created a number of categories in the theory of assignments, in particular, determines the interaction of the subject and the object in the educational situation, the activity of the subject on the assimilation of knowledge, their improvement. O.Rozikov, on the other hand, analyzed educational assignments in terms of their connection with educational material in scientific and pedagogical research. In his opinion, "the educational assignment is a modified form of educational material, which depends on the educational goals"¹⁴. Based on the needs of training, the following features are highlighted: 1) the possibility of construction (structuring); 2) construction and revision of the structure; 3) the presence of a form of educational material; 4) the proportionality of the stages of the educational process; 5) the possibility of replacing one task with another; 6) an open System; 7) complementarity; 8) the compliance of methods¹⁵. "Assignments reflect the experience gained by mankind and at the same time become a means of updating material and spiritual values and their further enrichment."¹⁶

Any text analysis can be turned into a problematic process through educational assignments. In doing so, it will be enough to put the question or assignment correctly. At this point, the stages of solving the problem, checking the results obtained, comparing them with the original hypothesis, systematizing and generalizing the acquired knowledge and skills are considered important.

In the conditions of successful study of the problem, the participation of educational tasks will be specific:

- to provide motivation through sufficient questions or preparatory tasks to arouse interest in the content of the problem;
- ensuring the feasibility of working with the problems that arise at each stage;
- the importance of the task and question posed in solving the problem;
- the establishment of a dialogically friendly dialogue between the teacher and the student when all the opinions and hypotheses expressed by the students are treated with attention and incentive.

It all depends on the content of educational assignments, and the basis of educational assignments is the type of cognitive activity. In this regard, I. Ya. Lerner, N. M. The approach of the skatkins is well known and popular. The type of cognitive activity is an independent level of cognitive activity that students achieve by working according to the educational scheme proposed by the teacher. It differs in the following classification methods: explanatory-illustrative (informational-receptive); reproductive; problematic presentation; partial-search (juaristic); research. The essence of the information-receptive method is expressed in the following features: knowledge is offered to students in a "ready" form; the teacher organizes the perception of this knowledge in different ways; students carry out the perception (acceptance) and understanding of knowledge, correcting them in his memory. All sources of information (word, Exhibition, etc..) is used in acceptance and the logic of presentation can be developed inductively and deductively. The managerial activity of the teacher is limited to the organization of the perception of knowledge¹⁷.

The weapon of teachers to motivate their students to acquire knowledge, think, a measure in monitoring their activities, assimilation are educational tasks. Each teacher should be able to maintain a system of questions and assignments that are convenient to a thorough, useful assessment.

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¹⁴ Розысков О.Р. Теоретические основы оптимального применения системы учебных задач в обучении школьников (на материалах гуманитарных предметов). Автореферат дисс...док. пед. наук. – Тбилиси, – 1986. – 50 с

¹⁵ Ўша жой.

¹⁶ Розиков О.Р. ва бошқалар. Дидактика. – Т.: Фан, 1997. – 256 б.

¹⁷ Лернер И. Я. Дидактические основы методов обучения Текст. / И. Я. Лернер. – М.: Педагогика, 1981. –186 с.

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TOGETHER WE REACH THE GOAL

