

The Strong Influence of Music, Dance and Rhythm on the Psyche of Children Aged 3-7 Years. (Examples of Pop, Jazz, Rock, Classic, Ballet)

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ABSTRACT: Musical training is popularly believed to improve children's cognitive ability. Early research evidence, mostly correlational, suggested that musicians outperform non-musicians on many cognitive abilities. However, recent experimental evidence has failed to replicate most benefits, leaving it unclear whether previously demonstrated effects were a direct result of learning music.

KEYWORDS: music, dance, cognition, task switching, training, rhythm, pop, rock.

In the process of development, the child has a special relationship with the world of objects and events created by previous generations of people. The child actively masters all the achievements of mankind. It requires mastering the world of objects, as well as the actions that take place with them, language, interpersonal relationships, the development of motivations, the development of abilities, the direct assistance of adults. Basically, it is from this period that the child's independent activity begins to grow. The upbringing of children of kindergarten age is a period of improving their complex movements, developing basic hygiene, cultural and labor skills, developing speech, and forming the first buds of social morality and aesthetic taste.

According to Lesgaft, a well-known Russian educator, the period of a person's kindergarten age is a period in which the child's future character traits are determined and the foundations of moral character are formed. One of the most striking features of kindergarten children is their agility and imitation. The basic law of the nature of the child can be expressed as follows: the child requires continuous activity, but he gets tired not of the result of the activity, but of the uniformity and one-sidedness of the activity. From these words it is clear that a kindergarten child should not limit his activity, which is the basic law of nature, but organize it in accordance with the purpose.

The needs and interests of kindergarten children are growing rapidly. It's all about the need to reach out, to interact, to play. Kindergarten children need to interact with adults and peers who are close to them because they have mastered speech and are very active. They began to strive for relationships in a wider circle than a narrow one. They now play as a team with their neighbors' children. The need to know everything is growing.

One of the strong needs of a kindergartener is that he sees everything as new and wants to know it in all its aspects. Curiosity also plays an important role in the lives and mental development of kindergarten children. Curiosity is one of the factors that motivate a child to do something, just like need. Therefore, it is a complex mental phenomenon associated with the process of curiosity. For the successful implementation of music education, it is important to study its psychological basis.

In our lives, music has entered every home. Since the theme of music has its own character

and does not cover all aspects of man and reality, first of all, it expresses the inner spiritual world of man, his feelings and moods. Music, unlike painting and sculpture, creates emotions and moods, not perceptions of the world. In music, emotions are not the real feelings of life, but are selected from them, cleared of random moments, and understood in terms of specific dreams. Music is able to reflect all the variations of the state of human emotions. It can express the most complex emotions, the most delicate feelings and moods. Music is about time, the process of changing, rising and falling¹.

Music, along with the emotional aspects of a person's inner world, can express the spiritual world as a whole, creating his mental and will power, a holistic image. It also has the ability to express the characteristics of the mental system, to create states of national spirit. In the works of great composers, the uniqueness of the features of the mental system, the state of emotions and the ability to reflect reality, which is characteristic of this or that nation, is obvious. Folk music plays an important role in the expression of national spirit in musical instruments.

According to the great Russian physiologist IP Pavlov, the various emotions that a person experiences are based on the activity of the cortex of the cerebral hemispheres. As a result of the constant influence of the environment on the human body and the body's legal response to these influences, a certain system of relations is gradually formed. IP Pavlov called it a dynamic stereotype. IP Pavlov's teaching on dynamic stereotypes is of great importance for a deeper study of the physiological and psychological nature of human emotions.

Attention, memory, and musical thinking are essential for a complete understanding of music. Only then does the human imagination come to the rescue and an aesthetic feeling is formed. From what has been said, it is clear that in order to fully comprehend a piece of music, the activities of the human psyche must be varied. The purpose of mastering musical knowledge is not that children tell the mood, size, speed, register of a musical work, but through the above means of expression of music they have personality traits: creative ability, free attention, musical memory, is the formation of imagination, activism, initiative. One of the characteristics of children's emotions is that they are related to certain conditions, that is, the emotional experiences that occur in children occur only under certain conditions.

Therefore, the most important condition for the development of their aesthetic sense and musical culture is to create conditions that interest them. When children listen to a piece of music, they learn about the different sounds of music, the means of expression (tempo, rhythm, melody, measurement, register, dynamics, etc.), the difference in character and mood, the genre of the music, classical, pop or they become emotionally aware of being able to distinguish other music from each other, in other words, their musical tastes take shape. Musical taste, the degree to which extracurricular and extracurricular activities are organized in the formation of the musical worldview, the living conditions of children, the family environment and the family's attitude to music, the attitude of parents and other family members to music is also extremely important.

Music education thus has a strong impact on children and young people's intellectual, social, and personal development and therefore on pupils' psychological well-being. To our knowledge, no systematic review has been carried out on how the educational use of music

¹ 2.G.Sharipova, Sh.Yakubova. «Maktabgacha ta'lim muassasalarida musiqa o'qitish metodikasi». Toshkent, 2007.

affects the emotional development of children between 3 and 12 years of age. In order to answer this question, a systematic review was carried out to obtain as many studies as possible that explore this developmental stage. The information obtained from all of the studies on this specific subject was thus synthesized and partial or biased conclusions were avoided by referring to the available documents or the authors' subjective inclusion criteria.

In short, children's play world is diverse. They are creative in the game. But it's very difficult to combine musical activity with play. In doing so, the educator should take into account the age characteristics of the children on whom the program is based. The child expresses his needs and interests in music and play.

References

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