

The Impact of Bibliotherapy on the Onbringing of Children

Axmatov Abdullajon

Student of the Uzbek State Institute of Arts and Culture, Tashkent, Uzbekistan

ABSTRACT

The article discusses the benefits of book therapy in the minds of children and guidelines for their practical application

KEYWORDS: Child psychology, bibliotherapy, age, child, adult

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INTRODUCTION

In the upbringing of children, every society has factors that hinder the future of children. It cools them from life, causing stress, fear, nervousness and, of course, the fragility of their psychophysiology. Bibliotherapy, on the other hand, offers a number of treatment options

Literature analysis and research methodology

We analyze the information about it in the provision of psychological assistance to children.

1. Age
2. The social origin of the child
3. Character and abilities
4. Mental processes

The age of the child determines this level of his understanding. We can divide it into the following types.

Children 1-3 years old, children 4-7 years old, children 8-12 years old, teenagers 13-18 years old. Each of them has its own level of understanding, depending on the characteristics of the age. For example, for children aged 1-3, in Uzbek children's literature, the song "Alla" is sung by the mother. Alla is the folklore of folklore for children. This song is a pineapple that has been passed down from

century to century. The baby that God hears will calm down. This prevents its negative effects on the hearing process and before bedtime. Because Allah is a live song with no repetition and no music, the child immediately understands the mother's voice. It also helps in the formation of his sensory organ. Through acoustics, he immediately distinguishes his mother from others. This means that dwarfs between the ages of 1 and 3 are still learning to speak.

Evening tales are the most beautiful educational tool for children from 4 to 7 years old. In addition, riddles, riddles and national games are Uzbek folklore. And for kids of that age, it's the most effective bibliotherapy. Bologna begins to revive at this time. Each sample of folklore forms a number of important characters in it. The fast-speaking genre helps to learn and pronounce sentences that are long and difficult to pronounce. This helps to learn letters that are difficult to pronounce. There is a game in this genre. Whoever says a difficult word ten times in one breath and does not breathe again, wins. Quick words help to smooth out speech. Puzzles are one of the great genres of folklore. Puzzles are a learning tool to increase children's vocabulary, expand their imagination, imagination about life and its events, and their ability

to think and reason. Proverbs are also an important educational genre. Proverbs are short and concise, figurative, grammatically and logically complete, wise words, have a deep meaning, have a certain rhythmic form. The articles reflect the life experiences of ancestors, their attitude to society, history, mood, moral and aesthetic feelings, positive qualities. It has been polished among the people for centuries and has a concise and simple poetic form. Proverbs are sometimes called horses, proverbs, sayings, sayings of wisdom, rebukes, sayings of sages, sayings of fathers. Proverbs have great socio-political and educational significance. It was one of the first genres that contributed to the formation of children's philosophy. An example of the genre of didactic literature. These are mostly short poems, sometimes educational works in the form of prose. Parables are a genre that has the power to inform children about cultural issues. Fairy tales, by contrast, are a powerful literary genre that can inspire children's imagination and humanity. Children of this age who listen to fairy tales look at life from a creative and exploratory point of view.

Children between the ages of 8 and 12 are helped by end-encyclopedias, as well as short stories and beautiful comics, which help them understand life, which is complicated mainly by small literary genres. The child dreams of becoming one of the world-saving heroes at this age. It is unknown at this time what he will do after leaving the post. Maybe there will be a head doctor at a hospital that can save everyone and provide free services. Or a policeman who calls criminals to order. A lawyer who protects his rights. Beznismen, educator, IT specialist, artist and ho kazo. It is at this point that the first stages of childhood are formed and the concepts of humanity and personality begin to emerge.

At the age of 13-18, children strive for independence. He considers himself an adult. novels, stories, essays, and works of art, as well as pleasant music, protect the child from being selfish. Literature that can protect against unnecessary flaws and shortcomings in upbringing and literature that can help you find your way as an individual is recommended as bibliotherapy.

2. The social origin of the child. There are many unresolved issues in the world on racism, nationalism and religion. Everyone is brought up on the basis of the customs and traditions of the nation in which they were born or raised, or in the local environment. From a social point of view, it is not a basis for separating black and white people from each other. Being Israeli or Palestinian is not a reason to separate people. The worship of Islam or Christianity also

depends on one's faith. It is a sin to discriminate against him. Thus, bibliotherapy is a work of universal origin and can describe man as a human being.

3. Character and ability

In cases of anger, curiosity and nervousness, the child is advised to listen to soft music in a calm and peaceful manner. This will help him calm down.

Works that are able to express problems openly are recommended for children who are less talkative, calm, and savage. It shapes their ability to express the thought that is formed in their minds. However, reading textual information aloud has a positive effect. Works about heroes and brave people who can show courage to psychological pressure and cowardly children are recommended.

We can recommend works that increase humanity and motivation for special school students. Often, these children are self-centered and sometimes stressed.

Detective works are recommended for children with difficult upbringing and prone to crime. They can draw enough conclusions from the shortcomings of people with similar behaviors.

Gifted children are given special attention and encouragement, as well as rare works in their field.

4 A mental process is a legitimate, successive change of a mental phenomenon, its transition from one stage or phase to another. For example, when a calm and polite person jokes aggressively, the nerve fibers in his brain begin to break. Under the influence of aggression, it moves from a calm state to a nervous state. Bibliotherapy also serves the mentally exhausted and the mentally active. Reading your favorite piece, listening to your favorite music, and watching a good video or movie is also bibliotherapy. At this time, the human brain calms down and gets rid of stress, aggression and depression. Regular students do not experience any stress. Babies grow fast. They grow faster because there is no lie in their feelings and outlook on life. Unlike adults, child psychology is relatively simple and sincere. In addition, children with high emotional intelligence are able to cope with their own or other people's feelings in a way that builds positive social relationships.

Discussion

The support of the book in the upbringing of children is carried out mainly through the scientific, pedagogical and psychological guidance of parents and educators. Because each family and community has its own parenting methods and techniques, psychologists give them only the best advice. Reading

and analyzing books during the most appropriate and good upbringing increases the ability of children and adults to respect and listen to each other instead of fear. If bibliotherapy is repeated regularly by parents and teachers, the child can find his place in social life.

- Telling stories to young children every night.
- Discuss work, movies, or information that interests middle-aged children.
- Friendly support for teenagers.
- Recommend books to children that they read and enjoy

In a family with constant quarrels and conflicts, child psychology begins to deteriorate. The cold attitude of the parents leads to a change in the consciousness of the whole world for the child.

The more a parent works with a child, the more compatible he or she will be. Defects in upbringing can lead to serious consequences and mental illness.

The result

In education, bibliotherapy is mainly recommended for children with special needs. Bibliotherapy also helps to restore and normalize processes that have not been formed and become unconscious over the years.

For children who are ashamed of themselves: We recommend KhudoiberdiTukhtaboyev's "Eternal Eyes". This work helps children who are in conflict with their parents.

For kids who are scared of something: Joan Rowling's "Harry Potter," Arthur Conan Doyle's "15-Year-Old Captain," Anwar Abidjan's "Meshpolvon and His Pedestrian Songs" are recommended.

For children who have committed crimes, Tahir Malik's "Good Childhood" may be a good reflection.

For the treatment of lies and fraud: We recommend KhudoiberdiTukhtaboyev's "Riding the Yellow Giant".

We recommend art poems for aesthetic appeal to develop speech properly and shape beautiful speech with eloquence.

The result of each properly selected book is a gradual transition from disease to health.

Conclusion

Every poem and prose should be encouraged regularly. This will be the basis for her to change for the better and realize her identity in social life. Under the influence of each educational work, the child develops as an individual. Most importantly, helping is our vital duty..

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