

## USING ELEMENTS OF MUSIC THERAPY IN KINDERGARTEN

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**Annotation:** *Music therapy is a method of psychotherapy based on the emotional perception of music. Depending on the melody, its rhythmic basis and performance, music can have a wide variety of effects – from individual feeling of inner harmony and spiritual purification to uncontrollable aggressive behavior of large human masses. It can be used to influence a person's well-being. The roots of music therapy as a treatment method go back to ancient times and are directly related to the history of traditional medicine. High importance was attached to the healing influence of music in the medical science of ancient Egypt, Greece, and Rome. The Sun God - Apollon was both the god of music and medicine, which indicates close relationships existing between these types of knowledge in the minds ancient Greeks.*

**Аннотация:** *Музыкотерапия – метод психотерапии, основанный на эмоциональном восприятии музыки. В зависимости от мелодии, ее ритмической основы и исполнения музыка может оказывать самые разнообразные воздействия – от индивидуального ощущения внутренней гармонии и духовного очищения до неконтролируемого агрессивного поведения больших человеческих масс. Его можно использовать для влияния на благосостояние человека. Корни музыкотерапии как метода лечения уходят в глубокую древность и напрямую связаны с историей традиционной медицины. Большое значение придавалось целебному влиянию музыки в медицинской науке Древнего Египта, Греции и Рима. Бог Солнца – Аполлон был одновременно богом музыки и медицины, что указывает на тесную связь, существовавшую между этими видами знаний в сознании древних греков.*

**Keyword:** *music therapy, meter, rhythm, adaptation, creative activity, psychological and pedagogical atmosphere, improvisation*

**Ключевые слова:** *музыкальная терапия, метр, ритм, адаптация, творческая деятельность, психолого-педагогическая атмосфера, импровизация*

## INTRODUCTION

In many countries around the world, music therapy is most widespread received as curative pedagogy, therapeutic-educational method. The first to study the influence of music on the condition of children was the outstanding psychoneurologist V.M. Bekhterev at the

beginning of the 20th century. Even then it was clear: it is useful for children to listen to classics and lullabies, that music not only develops children, but also makes them healthier.

In premature babies, as a rule, the activity of cell enzymes reduced. After infants were given classical music to listen to, their cell enzyme activity increased. This was shown by cytochemical analysis. And everywhere we saw the classic reaction of adaptation: the body adapted to the environment and felt better.

The researchers also turned on a metronome for the infants, which beat out a slow rhythm at the tempo of calm music. Outwardly, the newborns behaved well: they calmed down and fell asleep. But cytochemical analysis dispassionately noted: against the background of a working metronome, enzymes are inhibited in the cells. This, by the way, is proof that music with a pronounced pulsating rhythm is harmful to young children. When the newborns left the hospital, doctors recommended that their parents continue music therapy sessions. Parents reacted differently to this advice, some let their child listen to music, others did not... Babies who listened to classical music constantly, coped better with neurological disorders than those whose parents did not believe in the healing power of music therapy. This is how scientific justification and reliable statistics appeared.

Music is a source of special children's joy. Its strength lies in the fact that it is able to convey changes in moods, experiences - the dynamics of the emotional and mental states of the child. Early communication with music and practicing basic types of musical activities contribute to the full mental, physical and personal development of the baby.

Music exposure is a method that uses music as an aid to improve the child's condition in the desired direction of development. Today this method is actively used in correcting the emotional state of children.

Music therapy is a special form of working with children using music in any form (recordings on a tape recorder, listening to records, playing musical instruments, singing, dance fantasies, etc.)

In a preschool institution we use the healing effects of music on preschoolers. A child in kindergarten is the most vulnerable link in the pedagogical process. As soon as he arrives at kindergarten, he experiences extreme stress, which sometimes drags on for several months. In solving this problem, we influence the children with music, we try to use it, including it at all sensitive moments.

### **RESEARCH METHODS**

We recommend meeting the baby and playing with him against the backdrop of calm music (E. Grieg "Morning" from the suite "Peer Gynt."). Then you can activate your baby and play more active games with him such as throwing a ball, tag in the background pronounced music that carries a positive beginning ("Little Night Serenade" by W. Mozart, "Trepak" from the ballet "The Nutcracker" by P.I. Tchaikovsky, etc.). All this helps to create a cheerful atmosphere that counters the child's emotionally negative state.

We used individual and group music therapy. Consider group music therapy. It is structured in such a way that participants actively communicate with each other. Creative activity is the most powerful stress reliever. This is especially important for those who cannot "speak up"; expressing your fantasies is much easier than talking about them. Creativity

opens the way to the expression of ideas and fantasies. We use improvisations with objects (Clowns - Music. D. Kabalevsky "Clowns", Birds - Music. A. Joyce "Autumn Dream"), motor improvisations with speech accompaniment (Snowflakes - Music. F. Chopin "Waltz", Butterflies - Music. O. Merley "Mignon"), free improvisations ("Elegy" Music by J. Massenet, "Moonlight Sonata" Music by L. Van Beethoven).

### **RESULTS**

Exposure to music helps to improve the relationship between the teacher and the child, helps him to open up, discovers new abilities, and increases self-esteem.

Thus, the study and use by a music director of the basics of music therapy is an important factor in improving the psychological and pedagogical atmosphere in a preschool educational institution.

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