

MAKTABGACHA YOSHDAGI BOLALARNI JISMONIY RIVOJLANTIRISH VA ULARDA SOG‘LOM TURMUSH TARZINI SHAKLLANTIRISH – IJTIMOIIY-PEDAGOGIK MUAMMO SIFATIDA

Sabirovna Gulbahor Sidikova

Farg‘ona davlat universiteti

Jismoniy madaniyat fakulteti o‘qituvchisi

Anotatsiya

Ushbu maqollada maktabgacha yoshdagi bolalarni jismoniy rivojlantirish va ularda sog‘lom turmush tarzini shakllantirish metodikasi tahlil qilingan.

Kalit so‘zlar: Jismoniy sifatlar, jismoniy rivojlanish, sport, so‘g‘lom turmush tarzi, pedagogik muammo.

Maktabgacha ta‘lim davri shaxs takomillashuvi uchun asosiy poydevor bo‘lib hisoblanadi. Poydevor qanchalik mustahkam bo‘lsa, bino shunga mos ravishda bo‘ladi. Bolaning tarbiyasi, rivojlanishiga qanchalik ko‘p e‘tibor qaratilsa, u umumiy rivojlanishda ko‘proq muvaffaqiyatga erishadi, o‘qish va mehnat faoliyatida ildamlilik kasb etib jamiyat taraqqiyoti uchun foydali shaxs bo‘lib shakllanadi. Bu davrda bola organizmi, bosh miyasi sifat va funksional jihatdan takomillashib boradi. Bolani maktabga har tomonlama tayyorlashning eng muhim tarkibiy qismi ularda sog‘lom turmush tarzini shakllantirish va jismoniy jihatdan rivojlantirish bo‘lib hisoblanadi.

Maktabgacha yoshdagi bolalarni jismoniy rivojlantirish va ularda sog‘lom turmush tarzini shakllantirish imkoniyatini beradigan dinamik jarayonni maqsadli boshqarish sifatida unga munosabat muhim ahamiyatga ega. Maktabgacha yoshdagi bolalar salomatligini shakllantirish va mustahkamlashni kafolatlaydigan shart-sharoitlarni yaratish dolzarb vazifalardan biridir. Ushbu vazifani amalga oshirishning asosiy vositasi – sog‘lom turmush tarzi madaniyatini shakllantirishdir.

T.G.Karepovaning fikricha, cog‘lom turmush tarzi deganda, ijtimoiy-biologik omillar tarkibiy qismlarining 3ta ko‘rsatkichlari nazarda tutiladi: turmush darajasi, hayot kechirish sifati va turmush tarzi.

Turmush darajasi insonning iqtisodiy imkoniyatlari bilan talab darajasi va inson ehtiyojlarini qondirish qulayligiga ko‘ra belgilanadi. Insonning turmush tarzining bu ko‘rsatkichlari jamiyat va har bir oilaning moddiy va iqtisodiy sharoitlariga bog‘liq tarzda namoyon bo‘ladi. Shuningdek, turmush tarzi shaxs xulq-atvorining psixologik va psixofiziologik xususiyatlari asosida shakllanadi. Yuqoridagilardan kelib chiqadiki, bolalarning turmush tarziga sog‘lomlashtiruvchi va pedagogik ta‘sir sog‘lom turmush tarzi ko‘nikmalarini

shakllantirishning universal mexanizmi bo‘lib qolmoqda, chunki har bir bolaning hayot darajasi va sifati uning oilasining moddiy imkoniyatlari bilan belgilanadi.

Zamonaviy jamiyatning hayot darajasi va sifati bo‘yicha sezilarli tabaqalanishi tufayli ushbu shartni bajarish juda qiyin kechadi. Ayrim bolalar uchun dastlab turli xil moddiy imkoniyatlarga qaramasdan, ularning sog‘lomlashtiruvchi va pedagogik ta‘limi “borliq ongni belgilaydi” falsafiy tushunchasiga “ong borliqni belgilaydi” tuzatuvchi va sog‘lomlashtiruvchi tamoyilga qarshi turishi kerak. Boshqacha qilib aytganda, sog‘lom turmush tarzini tanlash ongli bo‘lishi kerak. Shundan kelib chiqadiki, har qanday ta‘lim tashkiloti “sog‘lom turmush tarzi maktabi”ga aylanishi kerak, bu o‘rinda har qanday faoliyat sog‘lomlashtiruvchi-pedagogik yo‘nalishga ega bo‘lib, bolalarda sog‘lom turmush tarziga, so‘ngra ularning ehtiyojlarini shakllantirishga xizmat qiladi. Ko‘pincha bolalar o‘yin-kulgiga qiziqib, sog‘lig‘ini saqlash va mustahkamlash bo‘yicha mustaqil qarorlar qabul qila olishmaydi.

Shuni ta‘kidlash kerakki, sog‘lom turmush tarzi bo‘yicha aksariyat tavsiyalar bolalarga o‘rgatuvchi tushunchalar shaklida qo‘yilishi va ularda ijobiy hissiy reaksiyalarni keltirib chiqarishi, ikkinchidan, kattalarning o‘zlari kamdan-kam hollarda rioya qilishlari bilan bog‘liq. Kundalik hayotda bu qoidalarini bolalar yaxshi ko‘rishmaydi. Bundan tashqari, sog‘lom turmush tarzining zarur qoidalarini amalga oshirish insondan katta ixtiyoriy harakatlarni talab qiladi, bu bola uchun qiyin. Shundan kelib chiqqan holda, sog‘lomlashtirish va pedagogik mashg‘ulotlar tizimli va keng qamrovli bo‘lishi, bolada ijobiy hissiy reaksiyalarni uyg‘otishi, iloji bo‘lsa, didaktik o‘yin elementlari va harakat mashqlarini o‘z ichiga olishi kerak. Bundan tashqari, bunday mashg‘ulotlarning materiallari o‘quv jarayonining barcha jabhalarida o‘z aksini topishi kerak. Bolaning sog‘lig‘ini saqlash uchun uning atrofidagi barcha kattalarning (ota-onalar, o‘qituvchilar, shifokorlar va boshqalar) sa‘y-harakatlarini birlashtirish, bolaning ehtiyojlari, an‘analari va odatlari bilan to‘ldirilgan sog‘lom turmush tarzi muhitini yaratish kerak. Shunday qilib, ma‘lum bir xulq-atvor madaniyati va sog‘lom turmush tarzi erta yoshdan shakllantiriladi.

Jahon sog‘liqni saqlash tashkiloti ta‘rifiga ko‘ra, “salomatlik – bu to‘liq jismoniy, ruhiy va ijtimoiy farovonlik holati”. Ushbu ta‘rifga asoslanib, sog‘liqni saqlashning quyidagi tarkibiy qismlari ajratiladi:

- ruhiy salomatlik - bu shaxsning tashqi va ichki ogohlantirishlarga adekvat javob berish qobiliyati, o‘zini atrof-muhit bilan muvozanatlash qobiliyati;

– ijtimoiy salomatlik – ijtimoiy faollik, shaxsning olamga faol munosabati o‘lchovi;

Jismoniy salomatlik - bu inson tanasining funksiyalarini mukammal o‘z-o‘zini tartibga solish, fiziologik jarayonlarning uyg‘unligi va turli xil atrof-muhit omillariga maksimal darajada moslashish holati.

Hozirgi vaqtda salomatlikning bir nechta tarkibiy qismlarini (turlarini) ajratish odatiy holdir.

Somatik salomatlik – bu inson tanasining a‘zolari va tizimlarining hozirgi holati bo‘lib, uning asosi ontogenetik rivojlanishning turli bosqichlarida hukmronlik qiladigan asosiy ehtiyojlar

vositasida individual rivojlanishning biologik dasturidir. Bu ehtiyojlar, birinchidan, inson rivojlanishining tetik mexanizmi bo'lsa, ikkinchidan, bu jarayonning individuallashuvini ta'minlaydi.

Jismoniy salomatlik – bu adaptiv reaksiyalarni ta'minlaydigan morfofiziologik va funksional zaxiralarga asoslangan organizm a'zolari va tizimlarining o'sishi va rivojlanish darajasi.

Ruhiy salomatlik – bu ruhiy sohaning holati bo'lib, uning asosini adekvat xatti-harakatlar reaksiyasini ta'minlaydigan umumiy ruhiy qulaylik holati tashkil etadi. Bu holat ham biologik, ham ijtimoiy ehtiyojlar, shuningdek, ularni qondirish qobiliyati bilan bog'liq.

Axloqiy salomatlik – bu hayotning motivatsion va zaruriy-axborot sohasi xususiyatlarining majmui bo'lib, uning asosi qadriyatlar tizimi, munosabatlar va jamiyatdagi xatti-harakatlar motivlari bilan belgilanadi. Axloqiy salomatlik insonning ma'naviyatiga vositachilik qiladi, chunki u ezgulik, sevgi va go'zallikning umumbashariy haqiqatlari bilan bog'liq.

JSST ekspertlarining xulosasiga ko'ra, agar biz salomatlik darajasini 100% deb oladigan bo'lsak, unda salomatlik holati atigi 10% sog'liqni saqlash tizimi faoliyatiga, 20% irsiy omillarga va 20% kasallik holatiga bog'liq. Qolgan 50% esa insonning o'ziga, u olib boradigan turmush tarzi, muhitga bog'liq[160].

Turmush tarzi va salomatlik o'rtasidagi munosabatlar sog'lom turmush tarzi tushunchasida eng to'liq ifodalangan bo'lib, bu tushuncha valeologiyaning asosidir. Sog'lom turmush tarzi insonning sog'lig'i uchun maqbul sharoitlarda kasbiy, ijtimoiy va maishiy funksiyalarni bajarishiga hissa qo'shadigan hamma narsani o'zida mujassam etgan va shaxs faoliyatining shaxs va jamoat salomatligini shakllantirish, saqlash va mustahkamlashga yo'naltirilganligini ifodalaydi.

Insonning xulq-atvori ehtiyojlarni qondirishga qaratilgan. Muayyan jamiyatga xos bo'lgan ehtiyojlar darajasi ko'proq yoki kamroq bo'lsa, har bir shaxs ularni qondirishning o'ziga xos, individual usuli bilan ajralib turadi, shuning uchun odamlarning xatti-harakati har xil va birinchi navbatda ta'limga bog'liq.

Maktabgacha yoshdagi bolalarni jismoniy rivojlantirish va ularda sog'lom turmush tarzini shakllantirish metodikasini takomillashtirish hamda amaliyotga tatbiq etish zaruriyatini ham nazariy, ham amaliy jihatdan ilmiy asoslashda quyidagi ziddiyatlar hal etilishi zarur deb hisoblaymiz:

“Ilk qadam” Davlat o'quv dasturida belgilangan “Jismoniy rivojlanish va sog'lom turmush tarzini shakllantirish” sohasi kompetensiyalari talablari bilan erta va maktabgacha yoshdagi bolalarni rivojlantirish yo'nalishida bolalarning bilim, ko'nikma va malakalari, mavjud kompetensiyalari o'rtasidagi nomutanosiblik;

Maktabgacha yoshdagi bolalarda jismoniy rivojlanish va sog'lom turmush tarzi shakllanishining o'z-o'zidan yuzaga kelmasligi, balki doimiy ravishda olib boriladigan pedagogik faoliyat natijasida shakllantirilishi va bu jarayon metodikasini takomillashtirishga ehtiyojning mavjudligi;

-bolalarni jismoniy rivojlantirish va ularda sog‘lom turmush tarzini shakllantirishning bir qator o‘ziga xos xususiyatlari va omillari mavjud bo‘lib, ular yetarlicha o‘rganilmaganligi;

-o‘z imkoniyatlari va yoshi bilan bog‘liq jismoniy rivojlanish me‘yorlariga mos ravishda jismoniy faollik ko‘nikmalarini shakllantirishga yo‘naltirilgan pedagogik jarayonning ilmiy asoslangan samarali metodikasini qo‘llanilishiga bo‘lgan ehtiyojning mavjudligi mazkur yo‘nalishdagi tadqiqotlar muhim ahamiyat kasb etishini anglatadi.

Yuqorida keltirilgan ziddiyatlarni hal etish yo‘llarini izlab topish tadqiqotning asosiy vazifalaridan bo‘lib, maktabgacha yoshdagi bolalarni jismoniy rivojlantirish va ularda sog‘lom turmush tarzini shakllantirish metodikasini takomillashtirish va amaliyotga tatbiq etish yo‘nalishlarini o‘z ichiga oladi.

Adabiyotlar

1. Abduraxmonova B.X. Maktabgacha ta’lim boshqaruvida xorijiy tajribalardan foydalanish mexanizmi //Yangi O‘zbekistonning umidli yoshlari 2022, 1 (5 son). B.11-17.
2. Abdurahimova D. Maktabgacha tarbiya yoshdagi bolalarni axloqiy ruhda tarbiyalashda xalq ertaklaridan foydalanish: Ped. fan. nom. ... diss. avtoref. – Toshkent, 1998. – 18 b.
3. Ergashevna, T. L. (2023). OF CHILDREN THROUGH THE ART OF MUSIC SPIRITUAL, AESTHETIC AND MORAL TASTE QUALITIES EXPLAIN THE CONTENT AND FIND. International journal of advanced research in education, technology and management, 2(4).
4. Erkindjanovna, Z. G., & Ergashevna, T. L. (2022). BOLALAR MUSIQA VA SAN’AT MAKTABLARIDA FAOLIYAT YURITAYOTGAN “O‘ZBEK XALQ CHOLG‘U ORKESTR” LARI UCHUN REPERTUARLAR TANLASH MASALASI. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(10), 61-63.
5. Abdurakhmanova, N., Akhmedov, K., Jabbarov, O., Rakhimova, M., Tagaeva, M., Khalmetova, F., & Tursunova, L. (2022). Clinical And Diagnostic Significance Of Anti-Cd74 In Patients With Ankylosing Spondylitis Of Uzbek Population.
6. Mirzayeva, G. F., Jabbarov, O. O., Tursunova, L. D., & Buvamukhamedova, N. T. (2021). GOUTY NEPHROPATHY: DIAGNOSIS, TREATMENT APPROACHES. Oriental renaissance: Innovative, educational, natural and social sciences, 1(11), 503-509.
7. Mirzayeva, G. F., Jabbarov, O. O., Tursunova, L. D., & Buvamukhamedova, N. T. (2021). GOUTY NEPHROPATHY: DIAGNOSIS, TREATMENT APPROACHES. Oriental renaissance: Innovative, educational, natural and social sciences, 1(11), 503-509.
8. Anvarjonovna, A. O. (2021, December). Methodological Foundations for Development of Aesthetic Culture Teacher of Preschool Education. In international conference on multidisciplinary research and innovative technologies (Vol. 2, pp. 254-258).

9. Anvarjonovna, A. O. (2021). Innovational Pedagogical Components Of Forming Eco-Aesthetic Attitude To Nature In Preschool Children. Turkish Online Journal of Qualitative Inquiry, 12(4).
10. Anvarjonovna, A. O. (2021). Innovational Pedagogical Components Of Forming Eco-Aesthetic Attitude To Nature In Preschool Children. Turkish Online Journal of Qualitative Inquiry, 12(4).
11. Anvarjonovna, A. O. (2021). Technology for the Development of Eco-Aesthetic Culture of Future Preschool Education Professionals. American Journal of Social and Humanitarian Research, 2(9), 15-19.
12. Ашурова, О., & Юсупжонов, М. (2022). БЎЛАЖАК МАКТАБГАЧА ТАЪЛИМ МУТАХАССИСЛАРИНИНГ ЭКОЭСТЕТИК МАДАНИЯТИНИ РИВОЖЛАНТИРИШНИНГ МАВЖУД ҲОЛАТИ. Central Asian Research Journal for Interdisciplinary Studies (CARJIS), 2(Special Issue 4), 105-111.
13. Anvarjonovna, A. O. (2022). Modern Form Methods and Tools for the Development of Ecoequal Culture of Future Preschool Specialists. Web of Scholars: Multidimensional Research Journal, 1(6), 46-50.
14. Anvarjonovna, A. O. (2022). Modern Form Methods and Tools for the Development of Ecoequal Culture of Future Preschool Specialists. Web of Scholars: Multidimensional Research Journal, 1(6), 46-50.
15. Anvarjonovna, O. A. (2022). ECO AESTHETIC EDUCATION OF FUTURE SPECIALISTS OF PRESCHOOL EDUCATION ARTICLE IN THE MAGAZINE FOR STUDENTS. ResearchJet Journal of Analysis and Inventions, 3(12), 152-161.
16. Ashurova, A. O. (2023). THEORETICAL AND METHODOLOGICAL GROUNDS FORMATION OF ECOLOGICAL COMPETENCE OF KINDERGARTEN FUTURE SPECIALISTS. Conferencea, 134-140.
17. Anvarjonovna, A. O. (2022). TECHNOLOGY OF DEVELOPMENT OF ECOESTHETIC CULTURE OF FUTURE SPECIALISTS OF PRESCHOOL EDUCATIONAL INSTITUTIONS. Emergent: Journal of Educational Discoveries and Lifelong Learning (EJEDL), 3(11), 7-12.
18. Хасанов, А. Т., Юсупов, Т. Т., & Алломов, Э. И. (2020). ПОДГОТОВКА СПЕЦИАЛИСТОВ ФАКУЛЬТЕТА ВОЕННОГО ОБРАЗОВАНИЯ К ПРОФЕССИОНАЛЬНО-ИННОВАЦИОННОЙ ДЕЯТЕЛЬНОСТИ. European Journal of Humanities and Social Sciences, (1), 108-113.
19. Tursinovich, H. A., Ibrokhimovich, A. E., & Tavakkalovich, A. D. (2022). Features of the interdependence of indicators of physical status of students of I-IV stages of military education faculties. Texas Journal of Multidisciplinary Studies, 7, 58-61.
20. Ibragimovich, A. E. (2022). Athletics at a Higher Educational Institution. American Journal of Social and Humanitarian Research, 3(10), 83-88.

21. Ibragimovich, A. E. (2022). Athletics at a Higher Educational Institution. American Journal of Social and Humanitarian Research, 3(10), 83-88.
22. Ibragimovich, A. E. (2022). DEVELOPMENT OF PHYSICAL QUALITIES IN ATHLETICS IN THE SYSTEM OF PHYSICAL EDUCATION OF STUDENTS. Uzbek Scholar Journal, 11, 122-128.
23. Mamasoliyevich, S. S. (2022). METHODS OF PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN. Scientific Impulse, 1(3), 1129-1135.
24. Mamasoliyevich, S. S. (2023). 6-9 YEAR OLD GYMNASTS METHODOLOGY FOR DEVELOPING THE PHYSICAL QUALITY OF BENDING. Conferencea, 168-178.
25. Mamasoliyevich, S. S. (2023). FEATURES OF SPECIAL MOTOR TRAINING OF FEMALE ATHLETES 6-9 YEARS OLD IN GYMNASTICS. Conferencea, 116-128.
26. Sidikov, M. S., & Marubjanovich, N. S. (2023). EDUCATION OF THE ENDURANCE OF TEENAGERS ENGAGED IN ATHLETICS (ON THE EXAMPLE OF SECTIONS). Open Access Repository, 4(02), 27-37.
27. Mamasoli, S. S., & Marubjanovich, N. S. (2022). " EDUCATION OF ENDURANCE OF YOUTH ENGAGED IN ATHLETICS. Scientific Impulse, 1(3), 1118-1125.
28. Mamamasoliyevich, S. S., & Qodirova, X. (2023, January). JISMONIY TARBIYA VA SPORT JARAYONLARINING AMALIY VA NAZARIY VOSITALARI. In E Conference Zone (pp. 10-18).
29. Sabirovna, S. G. (2022, November). FEATURES OF THE DEVELOPMENT OF PHYSICAL QUALITIES IN PRIMARY SCHOOL AGE. In E Conference Zone (pp. 71-84).
30. Sabirovna, S. G. (2022). DEVELOPMENT OF PHYSICAL QUALITIES OF A PRESCHOOL CHILD. Conferencea, 59-71.
31. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. Conferencea, 17-27.
32. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. Conferencea, 17-27.
33. Туйчиев, А. И., & Сидикова, Г. С. (2022). ИГРОВЫЕ ТЕХНОЛОГИИ И ИХ ЗНАЧЕНИЕ В РАЗВИТИИ И ВОСПИТАНИИ СОВРЕМЕННОГО ПОДРОСТКА. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODOLOGICAL JOURNAL, 3(6), 190-198.
34. Туйчиев, А. И., & Сидикова, Г. С. (2022). ОРГАНИЗАЦИЯ ФИЗКУЛЬТУРНО-ОЗДОРОВИТЕЛЬНОЙ РАБОТЫ С ДЕТЬМИ ДОШКОЛЬНОГО ВОЗРАСТА. JURNALI, 178.
35. Сидикова, Г. С. (2022). ФОРМИРОВАНИЕ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У ДЕТЕЙ СТАРШЕГО ДОШКОЛЬНОГО ВОЗРАСТА. TA'LIM VA RIVOJLANISH TANLILI ONLAYN ILMIY JURNALI, 2(1), 6-11.

36. Sidikova, G. S., & Ibrahimovich, T. A. (2021). Formation Of Children's Health Culture As A Social And Pedagogical Problem. Conferencea, 71-74.
37. Rahmonov, U. (2022). INSPIRING MELODIES OF UZBEK FOLK MUSICAL ART IN THE DEVELOPMENT OF THE XVI-XIX CENTURIES. Science and Innovation, 1(7), 357-362.
38. Rahmonov, U., Ergashev, A., Nazhmetdinova, M., & Usmonova, S. (2021, December). IN SHAPING THE SOCIO-SPIRITUAL THINKING OF YOUNG PEOPLE IN THE MUSICAL ART OF THE GREAT SCHOLARS OF THE EASTERN RENAISSANCE POSITION HELD. In Archive of Conferences (pp. 54-57).
39. Abruev, A., & Rahmonov, D. (2011). Some issues on improving zoological veterinary services. University of Oradea CNCSIS B+ journal, 263-268.
40. Rahmonov, U., & Soliev, A. (2022). ТОМОША САНЪАТИДА ҚЎФИРЧОҚ ТЕАТРИНИНГ ТУТГАН ЎРНИ. Science and innovation, 1(С7), 76-79.
41. Rahmonov, U. (2022). ЎЗБЕК ХАЛҚ МУСИҚА САНЪАТИНИНГ XVI-XIX АСРЛАР РИВОЖИДАГИ ИЛҲОМБАХШ ОҲАНГЛАРИ. Science and innovation, 1(С7), 357-362.
42. Karimovich, R. U. B., & Abdullayevich, E. A. (2021). Improving The Practical Training of Students in The Context of Education Modernization. Texas Journal of Multidisciplinary Studies, 1(1), 187-190.
43. Madaminov, O. (2023). USE OF DIFFERENT METHODS IN PREPARING VOLLEYBALL PLAYERS FOR COMPETITIONS. Journal of Agriculture & Horticulture, 3(5), 49-53.
44. Мадаминов, О. Н. (2023). УЛУЧШЕНИЕ ФИЗИЧЕСКОЙ ПОДГОТОВКИ И ТРЕНИРОВОЧНОГО ПРОЦЕССА У ЮНЫХ ВОЛЕЙБОЛИСТОВ. International Bulletin of Applied Science and Technology, 3(4), 192-196.
45. Orifjon, M. (2023). A scientific-methodical approach to improving the individual skills of young football players. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429, 12(02), 39-43.
46. Nishanbayevich, M. O. (2022). FOOTBALL AS A BASIC TOOL PHYSICAL EDUCATION OF STUDENTS. Евразийский журнал академических исследований, 2(2), 462-466.
47. Алексенко, Е. В. (2019). ВОЛЕЙБОЛ КАК СРЕДСТВО РАЗВИТИЯ ФИЗИЧЕСКИХ КАЧЕСТВ У СТУДЕНТОВ ВЫСШЕГО УЧЕБНОГО ЗАВЕДЕНИЯ. In Международная научно-техническая конференция молодых ученых БГТУ им. ВГ Шухова (pp. 3703-3707).

- 48.Мадаминов, О. (2022). ПРОБЛЕМЫ СУДЕЙСТВА В СПОРТЕ НА СОВРЕМЕННОМ ЭТАПЕ РАЗВИТИЯ ОБЩЕСТВА. IJODKOR O'QITUVCHI, 3(25), 41-46.
- 49.Xolmirzaevich, A. J. (2022). JISMONIY MADANIYAT DARSINING MAZMUNI. Spectrum Journal of Innovation, Reforms and Development, 8, 170-180.
- 50.Kholmirzaevich, A. J. (2022). Innovations in Fitness Works and Physical Education. Journal of Pedagogical Inventions and Practices, 6, 159-161.
- 51.Xolmirzaevich, A. J. (2022). Improving Theoretical Fundamentals of Physical Culture Classes. Texas Journal of Engineering and Technology, 9, 88-91.
- 52.Xolmirzaevich, A. J. (2022). JISMONIY MADANIYAT DARSINING MAZMUNI. Spectrum Journal of Innovation, Reforms and Development, 8, 170-180.
- 53.Xolmirzayevich, A. J. (2023). GENERAL SECONDARY EDUCATION THE EVOLUTION OF THE THEORETICAL FOUNDATIONS OF SCHOOL PHYSICAL CULTURE LESSONS. American Journal of Pedagogical and Educational Research, 11, 386-392.
- 54.Kholmirzayevich, A. J. (2023). PEDAGOGICAL SYSTEM FOR THE DEVELOPMENT OF FAMILIAL COMPETENCE OF STUDENTS. Finland International Scientific Journal of Education, Social Science & Humanities, 11(4), 2381-2386.
- 55.Raxmonaliyevna, A. G. (2021). NEMIS TILI DARSLARIDA KAYFIYATNI KO'TARUVCHI O'YINLARDAN FOYDALANISH. Science and Education Scientific Journal, 13, 104-106.
- 56.Rakhmonaliyevna, A. G. (2023). Effective Methods of Working with Vocabulary in Foreign Language. Web of Semantic: Universal Journal on Innovative Education, 2(3), 1-4.
- 57.Rakhmonaliyevna, A. G. (2023). AN UNUSUAL APPROACH TO FOREIGN LANGUAGE LESSONS. O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIIY TADQIQOTLAR JURNALI, 2(17), 624-628.
- 58.Raxmonaliyevna, A. G. Z. (2021). System of Vocation and higher Education in Germany. JournalNX-A Multidisciplinary Peer Reviewed Journal, 7(12), 316-318.
- 59.Raxmonaliyevna, A. G. Z. (2021). System of Vocation and higher Education in Germany. JournalNX-A Multidisciplinary Peer Reviewed Journal, 7(12), 316-318.
- 60.Shodi Bobomurodovich Umirov (2021). MILLIY KURASHNING OMMAVIYLASHIVIDA XALQ BOHODIRLARINING O'RNI. Central Asian Academic Journal of Scientific Research, 1 (1), 149-154.
- 61.Shodi Bobomurodovich Umirov (2021). KURASHCHILAR JISMONIY FAZILATLARNI RIVOJLANTIRISH. Scientific progress, 2 (8), 41-46.
- 62.Shodi Bobomurodovich Umirov (2022). KURASH SPORT TURI TARIXI. Academic research in educational sciences, 3 (4), 1272-1277.

63. Djalalova, N. (2023). PIANO PERFORMANCE AS A FACTOR THAT ACTIVATES STUDENTS' MUSICAL AND AESTHETIC WORLD VIEWS AND DEVELOPS MUSICAL CULTURE. *Science and innovation*, 2(B4), 339-342.
64. Xusanovna, D. N. (2023, April). BOLALAR FALSAFASI VA UNING SHAXS RIVOJIDAGI O'RNI. In *E Conference Zone* (pp. 73-78).
65. Sabitova, T. (2021). THE ROLE OF WORKS OF ORAL FOLK ART IN ENHANCING THE SPIRITUALITY OF YOUTH. *Galaxy International Interdisciplinary Research Journal*, 9(9), 77-88
66. Sabitova, T. (2021). THE ROLE OF WORKS OF ORAL FOLK ART IN ENHANCING THE SPIRITUALITY OF YOUTH. *Galaxy International Interdisciplinary Research Journal*, 9(9), 77-88.
67. Sultanov, A. (2023). MUMTOZ MUSIQA TARAQQIYOTIDA TRANSFORMATSION JARAYONLAR. *Conferencea*, 98-109.
68. Djalalova, N. (2023). PIANO PERFORMANCE AS A FACTOR THAT ACTIVATES STUDENTS' MUSICAL AND AESTHETIC WORLD VIEWS AND DEVELOPS MUSICAL CULTURE. *Science and innovation*, 2(B4), 339-342.
69. Xusanovna, D. N. (2023, April). BOLALAR FALSAFASI VA UNING SHAXS RIVOJIDAGI O'RNI. In *E Conference Zone* (pp. 73-78).
70. Sabitova, T. (2021). THE ROLE OF WORKS OF ORAL FOLK ART IN ENHANCING THE SPIRITUALITY OF YOUTH. *Galaxy International Interdisciplinary Research Journal*, 9(9), 77-88
71. Sabitova, T. (2021). THE ROLE OF WORKS OF ORAL FOLK ART IN ENHANCING THE SPIRITUALITY OF YOUTH. *Galaxy International Interdisciplinary Research Journal*, 9(9), 77-88.
72. Sultanov, A. (2023). MUMTOZ MUSIQA TARAQQIYOTIDA TRANSFORMATSION JARAYONLAR. *Conferencea*, 98-109.
73. Sabirovna, S. G. (2022, November). FEATURES OF THE DEVELOPMENT OF PHYSICAL QUALITIES IN PRIMARY SCHOOL AGE. In *E Conference Zone* (pp. 71-84).
74. Sabirovna, S. G. (2022). DEVELOPMENT OF PHYSICAL QUALITIES OF A PRESCHOOL CHILD. *Conferencea*, 59-71.
75. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. *Conferencea*, 17-27.
76. Sabirovna, S. G. (2022). PHYSICAL CULTURE AND DEVELOPMENT OF PHYSICAL SCHOOL CHILDREN. *Conferencea*, 17-27.
77. Туйчиев, А. И., & Сидикова, Г. С. (2022). ИГРОВЫЕ ТЕХНОЛОГИИ И ИХ ЗНАЧЕНИЕ В РАЗВИТИИ И ВОСПИТАНИИ СОВРЕМЕННОГО

- ПОДРОСТКА. INTEGRATION OF SCIENCE, EDUCATION AND PRACTICE. SCIENTIFIC-METHODICAL JOURNAL, 3(6), 190-198.
- 78.79.Туйчиев, А. И., & Сидикова, Г. С. (2022). ОРГАНИЗАЦИЯ ФИЗКУЛЬТУРНООЗДОРОВИТЕЛЬНОЙ РАБОТЫ С ДЕТЬМИ ДОШКОЛЬНОГО ВОЗРАСТА. JURNALI, 178.
- 79.80.Сидикова, Г. С. (2022). ФОРМИРОВАНИЕ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У ДЕТЕЙ СТАРШЕГО ДОШКОЛЬНОГО ВОЗРАСТА. TA'LIM VA RIVOJLANISH TANLILI ONLAYN ILMIY JURNALI, 2(1), 6-11.
- 80.81.Sidikova, G. S., & Ibrahimovich, T. A. (2021). Formation Of Children's Health Culture As A Social And Pedagogical Problem. Conferencea, 71-74.
- 81.Sidikova, S. G., & Mohidil, M. (2023). HARDENING AS THE BASIS OF A HEALTHY LIFESTYLE IN PRESCHOOL CHILDREN. Conferencea, 119-134.
- 82.То'xtasinova, N. I., & Mirzaabdullayev, I. (2023). Qutb koordinatalar sistemasida uchburchak yuzini hisoblashni matematik modeli. Educational Research in Universal Sciences, 2(4), 518-522.
- 83.Mirzakarimova, N., & Karimova, L. (2023). QOLDIQLI BO 'LISHNING TAQQOSLAMA USULI. Oriental renaissance: Innovative, educational, natural and social sciences, 3(2), 954-957.