

SCIENCE
PROBLEMS.UZ

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Actual problems of social and humanitarian sciences
Актуальные проблемы социальных и гуманитарных наук

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2023

SCIENCEPROBLEMS.UZ

ИЖТИМОЙ-ГУМАНИТАР ФАНЛАРНИНГ ДОЛЗАРБ МУАММОЛАРИ

№ S/6 (3)-2023

**АКТУАЛЬНЫЕ ПРОБЛЕМЫ СОЦИАЛЬНО-
ГУМАНИТАРНЫХ НАУК**

ACTUAL PROBLEMS OF HUMANITIES AND SOCIAL SCIENCES

ТОШКЕНТ-2023

БОШ МУҲАРРИР:

Исанова Феруза Тулқиновна

ТАҲРИР ҲАЙЪАТИ:

07.00.00-ТАРИХ ФАНЛАРИ:

Юлдашев Анвар Эргашевич – тарих фанлари доктори, сиёсий фанлар номзоди, профессор, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси;

Мавланов Уктам Махмасабирович – тарих фанлари доктори, профессор, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси;

Хазраткулов Абдор – тарих фанлари доктори, доцент, Ўзбекистон давлат жаҳон тиллари университети.

08.00.00-ИҚТИСОДИЁТ ФАНЛАРИ:

Карлибаева Рая Хожабаевна – иқтисодиёт фанлари доктори, профессор, Тошкент давлат иқтисодиёт университети;

Худойқулов Садирдин Каримович – иқтисодиёт фанлари доктори, доцент, Тошкент давлат иқтисодиёт университети;

Азизов Шерзод Ўктамович – иқтисодиёт фанлари доктори, доцент, Ўзбекистон Республикаси Божхона институти;

Арабов Нурали Уралович – иқтисодиёт фанлари доктори, профессор, Самарқанд давлат университети;

Холов Актам Хатамович – иқтисодиёт фанлари бўйича фалсафа доктори (PhD), доцент, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси;

Шадиева Дилдора Хамидовна – иқтисодиёт фанлари бўйича фалсафа доктори (PhD), доцент в.б, Тошкент молия институти;

Шакаров Қулмат Аширович – иқтисодиёт фанлари номзоди, доцент, Тошкент ахборот технологиялари университети

09.00.00-ФАЛСАФА ФАНЛАРИ:

Ҳакимов Назар Ҳакимович – фалсафа фанлари доктори, профессор, Тошкент давлат иқтисодиёт университети;

Яхшиликков Жўрабой – фалсафа фанлари доктори, профессор, Самарқанд давлат университети;

Ғайбуллаев Отабек Мухаммадиевич – фалсафа фанлари доктори, профессор, Самарқанд давлат чет тиллар институти;

Ҳошимхонов Мўмин – фалсафа фанлари доктори, доцент, Жиззах педагогика институти;

Носирходжаева Гулнора Абдукаҳхаровна – фалсафа фанлари номзоди, доцент, Тошкент давлат юридик университети;

Турдиев Бехруз Собирович – фалсафа фанлари бўйича фалсафа доктори (PhD), доцент, Бухоро давлат университети.

10.00.00-ФИЛОЛОГИЯ ФАНЛАРИ:

Ахмедов Ойбек Сапорбаевич – филология фанлари доктори, профессор, Ўзбекистон давлат жаҳон тиллари университети;

Кўчимов Шухрат Норқизилович – филология фанлари доктори, доцент, Тошкент давлат юридик университети;

Салахутдинова Мушарраф Исамутдиновна – филология фанлари номзоди, доцент, Самарқанд давлат университети;

Кучкаров Раҳман Урманович – филология фанлари номзоди, доцент в/б, Тошкент давлат юридик университети;

Юнусов Мансур Абдуллаевич – филология фанлари номзоди, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси;

Саидов Улугбек Арипович – филология фанлари номзоди, доцент, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси.

12.00.00-ЮРИДИК ФАНЛАРИ:

Ахмедшаева Мавлюда Ахатовна – юридик фанлар доктори, профессор, Тошкент давлат юридик университети;

Мухитдинова Фирюза Абдурашидовна – юридик фанлар доктори, профессор, Тошкент давлат юридик университети;

Эсанова Замира Нормуратовна – юридик фанлар доктори, профессор, Ўзбекистон Республикасида хизмат кўрсатган юрист, Тошкент давлат юридик университети;

Ҳамроқулов Баҳодир Мамашарифович – юридик фанлар доктори, профессор в.б., Жаҳон иқтисодиёти ва дипломатия университети;

Зулфиқоров Шерзод Хуррамович – юридик фанлар доктори, профессор, Ўзбекистон Республикаси Жамоат хавфсизлиги университети;

Хайитов Хушвақт Сапарбаевич – юридик фанлар доктори, профессор, Ўзбекистон Республикаси

Президенти ҳузуридаги Давлат бошқаруви академияси;

Асадов Шавкат Ғайбуллаевич – юридик фанлар доктори, доцент, Ўзбекистон Республикаси Президенти ҳузуридаги Давлат бошқаруви академияси;

Утемуратов Махмут Ажимуратович – юридик фанлар номзоди, профессор, Тошкент давлат юридик университети;

Сайдуллаев Шахзод Алиханович – юридик фанлар номзоди, профессор, Тошкент давлат юридик университети;

Юсупов Сардорбек Баходирович – юридик фанлар доктори, доцент, Тошкент давлат юридик университети;

Амиров Зафар Актамович – юридик фанлар бўйича фалсафа доктори (PhD), Ўзбекистон Республикаси Судьялар олий кенгаши ҳузуридаги Судьялар олий мактаби;

Жўраев Шерзод Юлдашевич – юридик фанлар номзоди, доцент, Тошкент давлат юридик университети;

Бабаджанов Атабек Давронбекович – юридик фанлар номзоди, доцент, Тошкент давлат юридик университети.

13.00.00-ПЕДАГОГИКА ФАНЛАРИ:

Хашимова Дильдархон Уринбоевна – педагогика фанлари доктори, профессор, Тошкент давлат юридик университети;

Ибрагимова Гулнора Хавазматовна – педагогика фанлари доктори, профессор, Тошкент давлат иқтисодиёт университети;

Закирова Феруза Махмудовна – педагогика фанлари доктори, Тошкент ахборот технологиялари университети ҳузуридаги педагогик кадрларни қайта тайёрлаш ва уларнинг малакасини ошириш тармоқ маркази;

Тайланова Шоҳида Зайниевна – педагогика фанлари доктори, доцент.

19.00.00-ПСИХОЛОГИЯ ФАНЛАРИ:

Каримова Василя Маманосировна – психология фанлари доктори, профессор, Низомий номидаги Тошкент давлат педагогика университети;

Ҳайитов Ойбек Эшбоевич – Жисмоний тарбия ва спорт бўйича мутахассисларни қайта тайёрлаш ва малакасини ошириш институти, психология фанлари доктори, профессор

Умарова Навбахор Шокировна – психология фанлари доктори, доцент, Низомий номидаги Тошкент давлат педагогика университети, Амалий психологияси кафедраси мудири;

Атабаева Наргис Батировна – психология фанлари доктори, доцент, Низомий номидаги Тошкент давлат педагогика университети;

Қодиров Обид Сафарович – психология фанлари доктори (PhD), Самарканд вилоят ИИБ Тиббиёт бўлими психологик хизмат бошлиғи.

22.00.00-СОЦИОЛОГИЯ ФАНЛАРИ:

Латипова Нодира Мухтаржановна – социология фанлари доктори, профессор, Ўзбекистон миллий университети кафедра мудири;

Сеитов Азамат Пўлатович – социология фанлари доктори, профессор, Ўзбекистон миллий университети;

Содиқова Шоҳида Мархабоевна – социология фанлари доктори, профессор, Ўзбекистон халқаро ислом академияси

23.00.00-СИЁСИЙ ФАНЛАР

Назаров Насриддин Атакулович – сиёсий фанлар доктори, фалсафа фанлари доктори, профессор, Тошкент архитектура қурилиш институти;

Бўтаев Усмонжон Хайруллаевич – сиёсий фанлар доктори, доцент, Ўзбекистон миллий университети кафедра мудири.

ОАК Рўйхати

Мазкур журнал Вазирлар Маҳкамаси ҳузуридаги Олий аттестация комиссияси Раёсатининг 2022 йил 30 ноябрдаги 327/5-сон қарори билан тарих, иқтисодиёт, фалсафа, филология, юридик ва педагогика фанлари бўйича илмий даражалар бўйича диссертациялар асосий натижаларини чоп этиш тавсия этилган илмий нашрлар рўйхати (Рўйхатга) киритилган.

Ижтимоий-гуманитар фанларнинг долзарб муаммолари электрон журнали 1368-сонли гувоҳнома билан давлат рўйхатига олинган.
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Тошкент шаҳри, Яккасарой тумани, Кичик Бешёғоч кўчаси, 70/10-уй. Электрон манзил: scienceproblems.uz@gmail.com

Телеграм канал:

https://t.me/scienceproblems_uz

МУНДАРИЖА

07.00.00 – ТАРИХ ФАНЛАРИ

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САУДИЯ АРАБИСТОНИДАГИ ЎЗБЕК МУҲОЖИРЛАРИ ТАРИХИ: МУВАФФАҚИЯТЛИ
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13.00.00- Педагогика фанлари

Nuriddinova Muyassar Muhiddinova,
Uzbek state university of physical education and sport,
teacher at the department of "Theory and methodology
of physical education and sports".
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ORGANIZING PHYSICAL EDUCATIONAL EVENTS WITH PRESCHOOL CHILDREN

Abstract. The information on organizing physical educational events with preschoolers are given by this article.

Keywords: physical activity, morning exercise, game, training, exercise, lining up, gym.

Нуриддинова Муяссар Муҳиддиновна,
Узбекский государственный университет физического
культуры и спорта, преподаватель кафедры «Теория и
методика физического воспитания и спорта».

ОРГАНИЗАЦИЯ ФИЗКУЛЬТУРНО-ОЗДОРОВИТЕЛЬНЫХ МЕРОПРИЯТИЙ С ДЕТЬМИ ДОШКОЛЬНОГО ВОЗРАСТА

Аннотация. Информация об организации физкультурно-оздоровительных мероприятий с дошкольниками приведена в этой статье.

Ключевые слова: физическая активность, утренняя зарядка, игра, тренировка, разминка, построение в очередь, тренажерный зал.

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МАКТАБГАЧА ЁШДАГИ БОЛАЛАР БИЛАН ЖИСМОНИЙ-СОҒЛОМЛАШТИРИШ ИШЛАРИНИ ТАШКИЛ ЭТИШ

Аннотация. Ушбу мақолада мактабгача ёшдаги болалар билан жисмоний соғломлаштириш ишларини турли услубларда ташкил этиш методикаси ёритилган.

Калит сўзлар: жисмоний фаоллик, эрталабки бадантарбия, ўйин, жисмоний машқ, гимнастика.

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Introduction. Enhancing children's interest in physical education and sports from an early age, instilling a love for sports and ensuring their physical development is a guarantee of a happy future. It is known that young children imitate all the processes around them, they perform actions that are not difficult for children, and learn quickly. Physical activity and skills are gradually formed through playful activities and fun physical activities. The aim of the research is to analyze the physical events (basic types of movement, gymnastics, exercise) in the physical development of preschool children. The objects of the research is to analyze the state requirements and methodological framework for the physical development of preschool children.

Research methods. study and analysis of scientific, legal and methodological sources, observation, analysis and synthesis.

Discussion of the research. The first direction of the section "Physical development and forming healthy lifestyle" of the State Requirements (Standard) provides for the development of physical activity of the child, the development of large motor skills, fine motor skills, sensomotor skills, the formation of cultural and hygienic skills.

According to the established schedule, motional games, less active games, games with big and small toys, board games (mosaic, lotto, dominoes), adventure games, water and sand games, morning physical education, sports festivals, entertainment minutes, wellness activities, sports competitions will be developed. The initial conditions of the training, a set of general developmental exercises, basic movements and model movement games provided in accordance with it ensure the continuity of the child's physical development. The wide usage of visual aids in the conduct of physical education activities, the use of non-traditional methods, creative approach to lessons, as well as the gradual implementation of lessons according to the plan further enhances the effectiveness of the educational process.

Preschoolers' physical growth accelerates, and their height and weight increase steadily from year by year. Significant qualitative changes occur in the development of basic movements in the child, speech is improved, memory is deeper, and the level of independent thinking is more developed. Striving to perform all actions and activities independently, curiosity increases. It is important to follow a daily routine, feed the child properly, sleep on time, protect his health, monitor his mood, and ensure that he is in a happy mood at this time. It is advisable to expand the content of the lessons with the child.

It is necessary to pay attention to the following in order to increase the child's interest in physical education and sports: encourage walking and running, balance, jumping on two legs, overcoming obstacles, and performing sports competitions for young children and organizing, playing creative games that require physical activity, playing cheerful folk games with a variety of movements, regular training sessions, creating conditions for the formation of free movement skills, independent performance of exercises, indoor and outdoor involvement in various sports on the field, the creation of favorable conditions for the timely conduct of physical activities will ensure that they grow up physically fit. [1, p. 40]. Putting in row (purification) exercises – lining up (round, column, sherenga, etc.), re-purification (purification from one column to two, three, four, sherenga purification, etc.), turns in different directions (right, left, back), scattering and gathering, all movements in space (various purifications and scatterings) are used to perform various physical exercises (exercises, morning gymnastics, movement games, celebrations, walks, excursions). In the process of performing these exercises, children are taught the coherence of movement in targeting in space (performing different exercises in a way that is common to all and interacts with everyone). Cleansing

exercises help children develop the right posture. They can be performed with a variety of instruments, songs, music or percussion instruments (circles, drums).

Children are taught to stand in a circle with the help of a tutor, and to line up in a column, remembering the child in front of them from the second small group. A long rope in the shape of a circle is used in the middle of the hall to teach purity in a circle. Rowing from one column to two columns is done by turning the child in front to the child behind. The beginner is constantly changing, so that everyone learns to control the column (based on eye targets: flag, toy, chair, etc.), gain a sense of space and aim as much as they can.

Morning exercises: the organizing morning gymnastics is a necessary condition for strengthening the health of the child, cultivates in children attention, purposefulness, helps to increase mental activity, arouses positive emotions and vitality. Exercising in the open air or in a room with windows and open windows with water treatments (wiping, watering, showering) has a health-promoting effect.

It is important to perform the exercises for the arms, legs and torso accurately and consistently, paying attention to the correct posture in general developmental exercises. Morning exercise can take up to 10-15 minutes. Getting regular exercise in the morning will help your child stay healthy and develop muscles in one system. Depending on the age of the children, the number of URM (general developmental exercises) is selected, for example, 3-4 in a small group, 6-8 for children in the preparatory group, and it is advisable to take into account children's physical activity, regular, consistent exercise.

General developmental exercises which're given in a certain sequence are aimed at gradually involving the whole organism in a state of activity, strengthening the functional processes that contribute to its overall vital activity.

The first group of exercises focuses on developing and strengthening the shoulder girdle and arm muscles. They help to expand and increase the respiratory volume of the chest, strengthen the entire respiratory muscles, allow deep breathing, help strengthen the back and heart muscles.

The second group of exercises is aimed at developing and strengthening the torso, back muscles. These exercises affect the formation of a straight posture and help to develop the flexibility of the spine in bending the body forward and sideways, turning to the right and left, as well as in rotation. The third group of exercises is designed to develop and strengthen the leg and abdominal muscles. They help strengthen the abdominal muscles, which protect the internal organs from jerking during intense movements (jumps, jumps, etc.), as well as prevent blood clots in the veins (kneeling, half-squats, squats, etc.).

Thus, the set of exercises that we have considered, used simultaneously, has a comprehensive strengthening effect on the child's body. At the same time, general developmental exercises that require clarity, ingenuity, a certain individuality and, at the same time, integrity, cultivate attention, will and purpose.

Organizing morning gymnastics: children line up in a circle and start walking slowly, first walking straight, then opening the steps wider, walking in a semi-sitting position.

1.I.C(initial condition): the torso is held upright, the legs are spread shoulder-width apart, the head is directed straight, the arms are lowered to the side: in 1-2 counts the head is turned up and again, and in 3-4 counts the right and look to the left (2 times)

2. I.C.: body upright, legs shoulder-width apart, head straight, arms outstretched: shoulders alternately raised (3-4 times)

3. I.C.: standing upright, legs shoulder-width apart, head straight, arms outstretched: "scissors" exercise with arms up and down (3-4 times)

4. I.C.: body upright, legs shoulder-width apart, head straight, arms outstretched: "boats" exercise: writing with arms bent at the elbows (fists claws). Bend your elbows 3-4 times to the side and straighten your arms again.

5. I.C.: The torso is held upright, the legs are spread shoulder-width apart, the head is directed straight, the arms are lowered to the side: we place the arms at the waist and bend to both sides (3-4 times).

6. I.C.: standing upright, legs paired, arms at waist: sitting (2-3 times)

7. I.C.: standing upright, legs paired, arms at waist: standing on two legs (3-4 times)

8. I.C.: standing upright, legs paired, arms at waist: sitting: performing breathing exercises [5, p. 35]

Pre-school education is funded by air baths, water treatments (wiping, watering, showering, bathing) and sunbathing in order to strengthen children. Each of these treatments alone does not provide the child with adequate exercise (for example, daily wiping of children and at the same time they do not spend much time outdoors).

The complex use of natural factors makes children more resistant to various adverse effects of the external environment (humid air, rain, wind, heat). Exercise can be very effective when combined with exercise. Exercise combined with fun exercises and games for the child stimulates emotions, increases the function of higher nervous centers, has a positive effect on the autonomic nervous system, which controls the work of internal organs and metabolism.

Exercising with toddlers require regularity as a process. Lack of control, disruption of the regime, temporary loss of ties, and the child's body loses its resistance to the external environment and the ability to resist various adverse effects. The training process is diverse: on the one hand, it includes special activities (air, water, sunbathing) on the advice of an expert; on the other hand, it requires the presence of certain conditions in the daily routine (regular ventilation of the room, open windows, children's light clothing and footwear, adherence to the established time and schedule of the trip, sleeping in a room with open windows). All this ensures the full hardening of the body, which leads to pleasant changes (improves the condition and function of the nervous system, metabolic processes, blood composition, deepens breathing and has a positive effect on the child's psyche. Acceptable air baths ensure that the air has a direct effect on the exposed part of the skin during children's movement activities.

Bathing is a great way to keep your baby healthy and fit as a daily routine. Cold water, fresh air in the mixture of ultraviolet light, children's movement - a whole complex of these tools has an extremely good effect on the child's body, his nervous system, emotional and positive state. However, despite the effectiveness of this treatment, it should be used with extreme caution, gradually teaching children to wipe it before showering and gradually lower the water temperature.

Simple fun games organized by the educator in small groups (6-8 children) in the water evoke creative emotions in children, as a result of which the child feels better, does not freeze and is not afraid of water. The training bath is recommended for medium, large and preparatory groups. Experience in water training has shown that it is advisable to start at the age of 1.5-2 years. Walking in shallow water, picking up stones, playing with inflated toys, splashing water helps little ones to master the new water environment for them, evokes positive emotions, nurtures courage.

Sunbathing. The sun has a positive effect on the child's body, strengthens his general condition and improves metabolism. Especially ultraviolet, which has bactericidal (stops the growth of bacteria), anti-rickets (improves the functioning of the nervous system, enhances metabolism, strengthens the musculoskeletal system), erythema (increases blood flow and

causes reddening of the skin and darkening of the body) The rays are very useful. Such a colorful effect of the sun on the body requires great care. Excessive use of sunbathing can lead to adverse events in children (agitation and sleep disorders, sudden dilation of blood vessels, worsening of blood composition, etc.). Therefore, sunbathing in children's institutions should be carried out only on the advice of a doctor, taking into account the individual characteristics of children.

Preschoolers are more interested in games because they like to play independently and do volunteer exercises. Younger children are slower to move, their attention spans faster and more distracted, and children at this age have a higher tendency to imitate. Accordingly, training with them is selected as a game exercise. Here are some things to keep in mind when exercising:

1. The content of the training is appropriate to the requirements of the plan and program and the age of the children;
2. Training is organized at a high level and quality (hygienic conditions, equipment, child safety, general condition, etc.);
3. Proper distribution of training parts:

Introduction part: preparation of the body for exercise, variety of exercises according to the direction, the main part: the correct distribution of general developmental exercises, for the muscles of the shoulders and arms, torso, back, waist, spine, leg muscles, abdomen, for compensations, to be able to control the physical load, to control the correct posture and breathing of children, to play a moving game, (explain the conditions of the game, its conformity to the basic movements, o compliance with the rules of the game); final part: quiet games, breathing exercises; Encourage children to complete the lesson, set tasks for the next lesson at the end of the lesson, and work individually with children who require special activities. The following is an example of a physical activity class for young children:

Physical education training

"Rooster"

The aim of the lesson is to teach children to follow each other and to keep their balance.

Objectives of the course:

- Maintain balance.
- One-legged jump.
- Organizing children.

Required equipment: folding mat, rooster and bird masks

Organizational part. Educator: Dear children do you see the rooster that wakes us up early in the morning? (Children's answers)

Kwoo-Kwoo-Kwoo, my dear cock,

You are my grandfather's real clock.

Waking up early in the morning

It's your natural duty my cock.

The main part. General developmental exercises:

1. The rooster flutters its wings, starting with the body slightly forward, the shoulders low, the arms bent at the back, and the arms shaking. (4 times)
2. Exercise "The rooster is eating grain", the first case: kneeling, head to the ground, fingers punched to the ground, tuk-tuk-tuk (2 times)
3. Exercise "The rooster is drinking water", the initial situation: kneeling, head to the ground, index fingers to the ground, tuk-tuk-tuk (2 times)

4. "Rooster jumps" exercise, starting position: standing upright, arms free, legs paired, jumping on two legs. (2 times)

Main types of action:

1. To follow one another, one after another
2. Try to stand on one leg

Action game: "Birds are flying"

The purpose of the game is to teach children to listen carefully and move often.

The course of the game: the children are divided into small circles, after the educator's signal "where to fly", the birds flutter their wings (waving their hands) and fly in all directions, "wind", "rain", "bo" When the "ron" signals are given, the children go to the shelter and the game continues.

Completion: Breathing exercises and return to basics.

Conclusion. Proper organization of children's daily physical activity ensures that the child is in good physical condition and mentally active throughout the day. On the one hand, the purposeful replacement of children's activities of different nature, which require a certain mental strength and active rest, on the other hand, helps to prevent nervous system fatigue, maintain a happy mood and optimal functioning of the body. In summer, when children's lives are mostly spent outdoors, clothing is also lightened (hats, shoes and hats), and a variety of activities improve children's health and give them a sense of life. Movement in fresh, clean air and in the sun strengthens the child's body, enhances the dynamics of functional processes. A variety of movement games are also used at this time of year, but it is advisable for the educator to carefully monitor the children to ensure that they do not overheat and to control their drinking water consumption.

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