



THE IMPORTANCE OF USING ART THERAPY METHODS IN OVERCOMING NEGATIVE BEHAVIOR IN CHILDREN

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Relevance

Educating the younger generation, striving to achieve spiritual maturity is one of the most important conditions today. It is no secret that the prestige of the state is determined by the intelligence and strong science of its youth. Making a number of decisions and laws to grow up to be spiritual, enlightened, intelligent, educated, knowledgeable is also a clear example of this.

Some work has been done in the field of psychology and pedagogy to develop creative activity in the child. If we look at the immortal sources of our national heritage, the views of Eastern scholars such as Farabi, Beruni, Ibn Sina on the development of the child's personality are noteworthy. Our thinkers have stated in their views that activity plays an important role in teaching every young generation to be creative from an early age, in the development of cognitive processes.

Abu Rayhan Beruni says: "The dignity of man is to perform his duty to the best of his ability, so the most important duty and place of man is determined by labor, man achieves his desires through labor, labor awakens creative power in man." We will see that such ideas have not lost their status now. Indeed, play activities, learning activities, and, at the same time, creative activities are of great importance in the development of a child as a well-rounded creative, deep-thinking.

It requires new approaches to the development of the child's personality, the use of new psychological and pedagogical methods, created in harmony with our mentality, in harmony with our national heritage and the study of world experience.

It aims to ensure that children acquire the knowledge they need to be successful and fit members of society, which of course is an important aspect of educating the younger generation in the spirit of patriotism, humanity and family love.

The Purpose of the Study

To highlight the advantages of art therapy methods in overcoming negative behavior in children





Materials and Methods

Team events, clubs, competitions, contests, holiday evenings, games of cheerfulness and ingenuity are also very important in the formation and development of children's creative activity.

For various reasons, some children are deprived of parental care. In such children, the processes of formation of negative behavior can be observed. The majority of orphanage inmates will have a strong desire to express themselves in the community. It is also important to refer students to certain clubs based on their interests. An example of this is the "Mohir Lakes" circle. Creative skills develop.

The impact of this circle on children's creativity was covered below on the basis of an event held in the Samarkand SOS Children's Village.

The Puppet Theater was organized with the participation of the participants in the "Puppet Sewing" direction of the Mohir Hands Circle. The event was held in collaboration with the head of the circle "Mohir Kollar" Temurova Nilufar, involving teenagers. The created fairy tale was prepared and staged with the participation of pupils, and the audience of the theater was mainly preschool and small school children (4-12 years old) (teenagers interested in the show also participated as spectators). At the event, some of the negative laziness and laziness habits that children experience based on a fairy tale in the theater were shown and their consequences were covered on the basis of a fairy tale. This staged theater was watched with great interest by the children and SOS Mother (educators).

The teenagers, who took an active part in staging and demonstrating the fairy tale, also showed their creativity. At the end of the event, the essence of the fairy tale, its educational significance were discussed together. Pupils who took an active part in the event also listened to their opinions and shared their feelings.

In the example of the above event, one aspect of the development of creativity and creativity of students was highlighted. This direction seemed to serve to instill in children a sense of urgency, how much they needed hand-sewn dolls, the benefits of lake labor, and the development and satisfaction of their work.

In the example of such events, the development of students is provided both spiritually and spiritually, promotes creativity, creativity, further growth of dreams and hopes for the future, the choice of profession with a sense of opportunity. A team of psychologists and educators from orphanages can use psychological methods to help the child develop their creative abilities and mental self.

As an example, we give the following methods.

Art therapy training "The way to the goal" method:





Art therapy: English art-art, Greek means *terpia*-treatment, is a branch of psychology that seeks to heal and correct a person's mental state through creativity.

Exercise: Draw a hero who has encountered many obstacles and overcome them using his strength and abilities to achieve his goal. Paper and colored pencils will be provided for this session. (Methodology can also be done with sand construction activities.)

The protagonist can be the child himself, any ideal human being, or the heroes of a fairy tale. It is very important that the hero has a goal. The child has a number of difficulties in achieving his goal. The child describes the picture based on his imagination and expresses his opinion about it in the direction of a story or fairy tale. If the child is having difficulty, the guide can help him Talk to the child about the drawing (modified mode).

It is possible to use this method at different ages. Psychologists can study the child's psyche and develop his mental maturity, to form his "I", to increase self-confidence, to develop thinking, creativity.

In preschool children (5-7), in small school age students, it creates the basis for the enrichment of imagination, the growth of independent thinking, the development of creative thinking. It helps the child to travel to the inner world and find his own inner possibilities, to understand the need to overcome difficulties in order to realize it. Describes situations in terms of his mental state, as well as helps to increase the ability to think, speech creativity, level of thinking. Helps to communicate freely with the child and develop his independent thinking.

There is a need for psychological and pedagogical assistance to the children of orphanages in the spiritual support, realization of their potential in the future, the development of creative abilities.

Conclusion and Discussion

The above psychological exercises are convenient for children and enrich their imagination, form creative thinking, develop vocabulary, manage emotional feelings, strive for self-expression in the community, stabilize attention, strengthen memory, activate cognition. Creative activity, of course, is manifested and improved through exercises that encourage all-round maturity.

Conclusion

Several The art-trepeptive psychological methods covered in our article allow the child to overcome negative attitudes and develop positive individual abilities, to develop a passion for self-expression.





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