

THE PSYCHOLOGICAL EFFECTS OF MUSIC ON THE UPBRINGING OF CHILDREN

Ziyoda Khikmatillaeva

*Vocal teacher, Children's music and art school No 24,
Yashnabad district, Tashkent.*

Annotation: *This article discusses the psychological effects of music on people's and children's mind and its benefits, the recommendations of psychologists and the views of scholars in this field.*

Key words: *psyche, mind, creativity, music, musicology, ability, education.*

Зияда Хикматиллаева

*Преподаватель вокала, Детская музыкально-художественная школа
№ 24, Яшнабадский район, Ташкент.*

ПСИХОЛОГИЧЕСКИЕ ЭФФЕКТЫ МУЗЫКИ НА ВОСПИТАНИЕ ДЕТЕЙ

Аннотация. *В этой статье рассматриваются психологическое влияние музыки на сознание людей и детей и ее преимущества, рекомендации психологов и взгляды великих мыслителей в этой области.*

Ключевые слова: *психология, сознание, творчество, музыка, музыковедение, способности, образование.*

At the online meeting held on March 19, 2019 under the chairmanship of the President of the Republic of Uzbekistan, Shavkat Mirziyoev, "Five initiatives related to youth" were announced. It is not coincidence that the first of these five initiatives is aimed at increasing the interest of young people in music, art and other types of art. Currently, our government are taking advanced measures aimed at the development of music and art. At the initiative of the President, several music and

art schools are provided with musical instruments, basic and sport equipments. These efforts are definitely a product of attention paid to the young.

President Sh.Mirziyoev claims that "We consider it our first priority to improve the act of all stages of the education and training system based on the current requirements¹".

In this regard, we should say that in the past centuries, our ancestors also paid special attention to music. We can mention many of our Eastern scholars, such as Abu Nasr Farabi, Abu Ali ibn Sina, and al-Khorazmi as an example. These scholars are considered as the founders of Eastern music theory. Especially Abu Ali ibn Sina emphasized and discussed music in his several medical treatises. He highly promoted music in his treatment method. He described music as "a great power that heals the human psyche²". Moreover, he treated his patients who has mental disorders with music. Many psychologists have determined a person's psyche based on which genre of music one listens most. Not only in the East, but also in Europe all aspects of music oversaw rapid development in the 15th and 16th centuries. If we look at the life and work of many musicians who lived and worked in those times, we can observe that their psychology was totally different from each other. This is clearly visible in their works.

If we consider the great Austrian composer V. A. Mozart, he was very funny by nature, and this was reflected in his works. When we listen to his works, we can certainly observe a bright character. On the contrary, if we look at the work of the great composer L.A.Beethoven, we can see that he mostly created melodies in a sad mood. It also goes back to his mental state. Music is so powerful that it can't help but affect a person's psyche. Similarly, music had a great influence on Mozart's life.

¹ Mirziyoev Sh. Ensuring the rule of law and human interests is the guarantee of the country's development and people's well-being. Speech at the solemn ceremony dedicated to the 24th anniversary of the adoption of the Constitution of the Republic of Uzbekistan. December 7, 2016. Tashkent – "O'zbekiston", 2017.- p 22.

² Raximov S.R. "Психолого-психологические взгляды Абу Али ибн Сины" –Т.: O'qituvchi, 1979.- p 94.

It is no exaggeration to say that music was the cause of his death. As you see, music is such a force that creates mental state that it is inextricably linked with human psychology.

Nowadays, the role of music in upbringing children in all aspects is incomparable. Music has a positive effect on the minds of children who are engaged in music. By nature, such children are brought up with very sensitive taste and sensitivity to natural phenomena. Music helps to broaden children's horizon and teaches them to understand world sciences. Anyone can listen to music, even if they are not musicians, but not everyone can understand it. Only a musician can understand the language of music. There is a big difference between listening and understanding. Understanding music is a process that is both mental and emotional.

In his works, the great encyclopedist Abu Ali Ibn Sina spoke extensively about music and its psychological and emotional effects. Discussing the education of sophistication, he said: "In order to strengthen the temperament of the child, it is necessary to apply two things to him. One is to gently comfort the child, and the other is to put him to sleep. They are music and lullabies, respectively. Depending on the amount of acceptance of these two, the child's talent for physical education with his body and music with his soul is formed, the first belongs to the body, and the second belongs to the souls" said the scholar.

If we talk about his opinion in this regard, Ibn Sina firstly understands music as a means of communication between people. In expressing thoughts and feelings, he considers verbal speech to be primary and balanced singing as an even more perfect stage. "If the melody is decorated with rhyme and proportion, it has a stronger effect on the soul," explains the scholar. So, in accordance with his opinion, music has a stronger effect on people spiritually than speech. In fact, this view can

³ Ibn Sino. "Tibbiyot fani qonuni"- T.: O'qituvchi, 1956-1960. p 54.

be an example of our opinion that music controls people's minds and soul. Ibn Sina emphasized the importance of forming different emotions in children with the help of music, and in his work "The Laws of Medicine", he emphasized the need to develop musical emotions in children from childhood.

The psychological characteristics of music was analysed in Farabi's "Big book on music", "Book on musical rhythms", Ibn Sina's "Donishnama", "Treatise on the study of music" and other works, Fakhriddin ar-Razi's encyclopedia "Treasure of knowledge" Urmawi's "Book of Periods", al-Husaini's "Laws of Music Science and Practice", Kavkabi Bukhari's "Treatise on Music", Abdurrahman Jami's "Treatise on Music", Abdulkhaq Dehlavi's "Study of Hearing Matters" and a number of other scientific works. Furthermore - "Through his performance and composition, Farabi achieved such high levels of emotional impact on the listeners that it is known that he confused people by playing music and playing melodies, sometimes he put the energetic people into a state of silence, and sometimes he put the smart ones to sleep and surprised the sly ones" .

Musical feelings, first of all, expand and develop children's concepts of kindness, value and their horizon. Along with strengthening their aesthetic views on life, it helps them to understand the world in a wider scope. Of course, it is self-evident that music is an essential element for children to beautify their lifestyle and enrich their inner world. This situation is a concept mutually related to psychology, and people who are engaged in music are applying their inner skills to life consciously or unconsciously.

In the work "Nightmare", Kaikovus said "...if you are musician, be happy, be cheerful, keep yourself clean all the time, let a pleasant smell come from you, be eloquent, don't speak rudely, don't be a heavy hearted. Do not always play hard music and do not always play easy musics, because the music should not be taken in the same way, because not all people are the same, and their natures are not

compatible with each other, because the people are different⁴". How meaningful and wise these words are. Here, views on the important role of music practice in the system of social relations are expressed as a means of strong emotional influence on music.

Generally speaking, people who are involved in music have a kind and gentle nature. They are striving for beauty, possessing a unique taste, the manners of speech decorated with a very delicate and beautiful manner. Music can make people happy, calm, make them think, give them peace of mind, wake them up and put them to sleep at the same time. We can describe music as a miracle. So, of course, in order explain the meaning of this to the young people who are currently growing up more deeply and to educate our children to have a musical taste, we must organize conditions for them to engage in and practice music and increase their interest. To achieve this, we should raise children in harmony with music from childhood and it will certainly serve as a great strength for them to find their place in society in the future.

In many countries of the world, musical education of the young generation is of national importance and is considered as an important means of personality formation. As in other types of human activity, in the art of music, attention is an important and necessary condition for the effectiveness of human activity in all sensory (emotional), intellectual (mental) and moving processes. Attention is the concentration of activity on one thing at a certain time. There are mainly two types: involuntary and voluntary attention. But one more specific type can be distinguished - it is characterized by the fact that it comes after voluntary attention and lasts for a long time. This is a very intensive and effective mental activity, which gives high efficiency to all types of work. In the art of music, all types of musical activity are

⁴ Matyokubov O. "Og'zaki an'anadagi professional musiqa asoslariga kirish". -T.: O'qituvchi, 1983. -p 19.

related to attention. Attention is especially important in public performance. The raised hands of the conductor before the performance, the aufтакт, the gestures and movements between the soloist and the accompanist - all this is called attention in musical terminology. In modern psychology, its quality features are studied in the structure of attention. This includes the stability, shift, distribution, and volume of attention. It is also possible to include distraction and disorder in this list. Attention is one of the most important components of the learning process. All great musicians have extraordinary attention. For example, Mozart was able to write music calmly even in a crowded room and when outer voices were heard. The Polish pianist and composer I.Hoffman answered the question about the only way of working with purpose as "Concentration is the first letter of the alphabet of luck". Whereas Russian composer and pianist N.Metner said "Before starting work, it is necessary to concentrate well and know what and how to do, then the musician will be less tired and exhausted".

I.Hoffman claimed "Work is successful only when it is done with full mental concentration". However, "it should be remembered that the quantitative aspect of training becomes meaningful only when it is combined with the qualitative aspect". Mindfulness puts an end to the question of how long concentration should work. I.Hoffman recommended taking a break every half hour and never working for an hour or two without a break. L.Barenboim proposed exercises for improving concentration for musicians. S.Stanislavsky said that an artist's focus can be improved even without special exercises, if he is as attentive and disciplined as possible in his daily work, understands and responsibly approaches his professional work. Moreover, all musicians emphasized that the ability to hear oneself from outside is considered very important in the formation of attention. That is why the

⁵ Matyokubov O. "Og'zaki an'anadagi professional musiqa asoslariga kirish". -T.: O'qituvchi, 1983. -p 64.

ability of a musician to control what one plays, to be able to hear oneself from outside, is considered as one of the foundations of the art of music. A musician's focus can be different: wide and narrow, late and progressive. Automation of movements helps to focus attention on one place.

One of the main activities in the art of music is music performance. Listening to a great performance, we feel pleasure, joy, inspiration, or, as the Greeks say, "catharsis" - the process of inner, spiritual purification and renewal. The performer is the link between the composer, and the listener. Differences in the art of musical performance depend on the specific nature of the musical instrument, the form of solo and public performance, the genre and form of the musical work, and, in addition, the creative individuality, professional training and skill level of the performer in the first place. For the performer, it is essential to understand and feel the psychology of the listener, correctly understand the requirements of aesthetics and the mood of the audience, skillfully deliver the author's opinion, subjugate the audience to his will, awaken beautiful aesthetic feelings in the listener and creative mood. Perception of music by listening should be considered as the main activity in the art of music, just like writing and performing music. Moreover, without listeners, the art of music loses its meaning and ceases to exist. Listening to music and perceiving it is such a type of musical activity that it is nurtured and trained from childhood. It is said that everyone can hear music, but not everyone can understand it. The level of perception in the process of listening to music depends on the general moral and level of musical training of the listener, and is proportional to it. A complete and deep understanding of a piece of music also indicates the skill of the composer and performer. In this way, it can be concluded that the listening process is inseparable from the listener's upbringing, individual abilities and training. Music is psychology of education and training. This branch of music psychology is based on the guidance of psychology, helps to find specific ways of working with students.

This network is inextricably linked to music pedagogy, which directs the natural characteristics and abilities of students and allows them to develop musical ability. In addition to traditional methods such as the ability to hear music, musical memory, rhythm detection, checking, in music psychology tests have been made on musical intelligence, talent, identifying abilities, studying and working on a piece, preparing for a concert performance, interaction with students and concert team, etc. We know from history that many famous musicians feel indebted to their teachers.

Professional experience has been developed, enriched and continuously passed from generation to generation. The "master-disciple" school, widespread in the East, is a vivid example of this. According to it, the "student" not only took the teacher's lessons, but also lived in his house and mastered the secrets of musical art together with family household psychology. Then, when the student reached a certain level of maturity, he himself established a similar "school of teachers". Representatives of this school often united as a large association and held mass cultural events and other holidays. Musicology and musical educational activities are aimed at studying and promoting the art of music. Music historians, critics, theorists, promoters, and music scholars analyze, enrich, develop, and conduct cultural and educational work among the masses promoting music in clubs, parks, vacation homes, radio, television, press, and in other places.

Musical performance and creativity based on a solid foundation makes art more perfect. Musical enlightenment introduces the audience to art, masterpieces and achievements of world music culture. In the psychology of music, an important place is devoted to the study of the intellectual and thinking activity of a musicologist, as well as the psychological features of the relationship between a composer, an author, a performer, and a listener. Psychology of technical support and technical equipment of musical art. This is another type of activity without which modern music art cannot be imagined. Professionals in the field of musical

arts maintenance and technical equipment should have specialized technical knowledge, as well as musical knowledge, the knowledge and skills needed to build, repair, tune, record music, and work with hearing aids and should be familiar with the post and direction of musical performances, concerts, TV and radio broadcasts. Modern music art relies more and more on new technologies. This is a completely different psychology that is connected with the technology, creative, performing, and listening activities. Functional music psychology.

We see the use of music for practical purposes in the direction called functional music. With its help, aesthetics are given to everyday household life, especially in the field of production, this kind of music ensures that the labor process is carried out at a rapid pace to increase labor efficiency. The use of music in the work process has its own laws related to the characteristics of nervous and mental states during the working day. It is of great importance to choose music that helps to solve production problems such as establishing the necessary rhythm for the labor process, increasing work efficiency, releasing increasing fatigue. The psychology of music psychotherapy. Music used for healing is studied in music psychotherapy. For this, listening and creating music is recommended. This field of music psychology is almost unexplored in our counthr, because it requires serious knowledge of both medicine and music. However, we can see research in this field in the studies of Ibn Sina. The ability of music to affect human health and emotional state, the positive impact of deep musical experiences in the process of listening and playing music is an important basis for conducting scientific research in both medical and musical sciences.

In conclusion, it can be said that the results of the psychological effect of music is a necessary element for musicologists who find solutions to problems, such as the development of children's minds, how to instill music in students, to introduce and interest children in music, to concentrate while listening to music, to feel music

and rhythm, to have a positive attitude towards music. The science that deals with these problems is called music psychology. We can observe that the science of music psychology is considered a very important science not only in Uzbekistan, but also in foreign countries. We believe that all of the above-mentioned definitions will help to enrich the psyche of young people and their outlook and interest in music.

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