

Musiqqa ta'limi orqali bolaga emotsional yondashish tendensiyalari

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Annotatsiya: Mazkur maqolada musiqqa ta'limi orqali bolaga emotsional yondashuvning zamonaviy pedagogik tendensiyalari tahlil qilinadi. Musiqqa san'atining bolaning hissiy olamiga ta'siri, emotsional intellektni rivojlantirishdagi o'rni hamda shaxsga yo'naltirilgan ta'lim modelining ahamiyati yoritiladi. Shuningdek, musiqqa faoliyat jarayonida empatiya, ijtimoiy-emotsional kompetensiyalar va ruhiy barqarorlikni shakllantirish masalalari asoslab beriladi. Tadqiqot natijalari musiqqa ta'limi bolalarning emotsional savodxonligini oshirish, ularning ma'naviy-axloqiy kamolotini ta'minlash va sog'lom psixologik muhitni yaratishda muhim pedagogik vosita ekanligini ko'rsatadi.

Kalit so'zlar: musiqqa ta'limi, emotsional yondashuv, emotsional intellekt, shaxsga yo'naltirilgan ta'lim, empatiya, ijtimoiy-emotsional rivojlanish, estetik tarbiya, ruhiy barqarorlik

Trends in emotional approaches to children through music education

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Abstract: This article analyzes modern pedagogical trends of emotional approaches to children through music education. It highlights the impact of music on a child's emotional world, its role in developing emotional intelligence, and the significance of a learner-centered educational model. The paper also substantiates the importance of musical activities in fostering empathy, social-emotional competencies, and psychological stability. The findings demonstrate that music education serves as an effective pedagogical tool for enhancing children's emotional literacy, supporting their moral and spiritual development, and creating a healthy psychological environment.

Keywords: music education, emotional approach, emotional intelligence, learner-centered education, empathy, social-emotional development, aesthetic education, psychological stability

Zamonaviy ta'lim tizimi shaxsni har tomonlama rivojlantirishni asosiy maqsad sifatida belgilaydi. Bu jarayonda nafaqat intellektual salohiyat, balki emotsional yetuklik ham muhim o'rin tutadi. Chunki bolaning o'qishdagi muvaffaqiyati, ijtimoiy moslashuvi va shaxs sifatida shakllanishi ko'p jihatdan uning hissiy holati va emotsional barqarorligiga bog'liqdir. Shu nuqtayi nazardan musiqa ta'limi bolaga emotsional yondashuvni shakllantirish va rivojlantirishning samarali vositasi sifatida alohida ahamiyat kasb etadi. Musiqa inson ruhiyatiga bevosita ta'sir ko'rsatuvchi san'at turidir. Tovush, ritm, ohang va dinamika orqali u insonning ichki kechinmalarini uyg'otadi, yashirin his-tuyg'ularini yuzaga chiqaradi va ruhiy muvozanatni tiklashga yordam beradi. Bolalik davri esa hissiy sezgirlikning eng faol bosqichidir. Aynan shu davrda bola musiqani nafaqat eshitadi, balki uni his qiladi, tasavvur qiladi va o'zining ichki dunyosi bilan bog'laydi. Demak, musiqa ta'limi bolaning emotsional tajribasini boyituvchi tabiiy va ta'sirchan pedagogik vositadir.

Bugungi pedagogik tendensiyalarda emotsional intellekt tushunchasi alohida o'rin egallamoqda. Emotsional intellekt - bu shaxsning o'z his-tuyg'ularini anglash, boshqarish, boshqalarning emotsiyalarini tushunish va ularga mos ravishda munosabat bildirish qobiliyatidir. Musiqa ta'limi jarayonida bola turli xarakterdagi asarlarni tinglash orqali quvonch, iztirob, hayrat, sokinlik yoki jo'shqinlik kabi hissiy holatlarni boshdan kechiradi. Asar mazmunini tahlil qilish, obrazlarni tasvirlash yoki kayfiyatni ifodalash orqali esa u o'z his-tuyg'ularini nomlash va tushunishni o'rganadi. Bu jarayon emotsional savodxonlikning shakllanishiga xizmat qiladi. Musiqa ta'limida bolaga emotsional yondashuvning muhim tendensiyalaridan biri - shaxsga yo'naltirilgan pedagogik modeldir. Bu modelda o'qituvchi har bir bolaning temperament xususiyatlari, hissiy sezgirligi va individual qiziqishlarini inobatga oladi. Masalan, hissiy jihatdan sezgir bolalar uchun sokin va lirik asarlar tanlanishi, faol va energiyaga boy bolalar uchun esa ritmik, harakatchan kompozitsiyalar qo'llanilishi mumkin. Bunday differensial yondashuv bolaga o'zini xavfsiz va erkin his qilish imkonini beradi. Zamonaviy ta'lim tendensiyalarida musiqa orqali terapiyaviy elementlardan foydalanish ham kengayib bormoqda. Relaksatsion musiqalar, nafas mashqlari bilan uyg'unlashtirilgan tinglash jarayonlari yoki sokin instrumental kompozitsiyalar bolalarda stressni kamaytiradi va diqqatni jamlashni yaxshilaydi. Ayniqsa, boshlang'ich sinflarda musiqiy pauzalar kiritish orqali o'quvchilarning psixologik charchoqlari oldini olish mumkin. Bu esa ta'lim jarayonining umumiy samaradorligini oshiradi. Yana bir muhim yo'nalish - ijodiy faoliyat orqali emotsional ifodani rivojlantirishdir. Kuylash, ritmik harakatlar bajarish, musiqa ostida sahna ko'rinishlarini yaratish yoki oddiy improvizatsiya mashg'ulotlari bolalarga o'z ichki kechinmalarini ochiq ifoda etish imkonini beradi. Ayniqsa, jamoaviy ijro jarayoni bolalarda hamkorlik, empatiya va o'zaro hurmat tuyg'ularini mustahkamlaydi. Xor yoki ansambl shaklidagi mashg'ulotlar ijtimoiy-emotsional kompetensiyalarni

rivojlantirishda samarali vosita hisoblanadi. Musiqa ta'limi orqali emotsional yondashuv shuningdek bolaning estetik didini shakllantirishga ham xizmat qiladi. Musiqiy asarning mazmuni va ohangdorligi haqida fikr yuritish, kayfiyatni aniqlash va obrazlarni tasavvur qilish orqali bola nafaqat hissiy tajriba orttiradi, balki badiiy tafakkuri ham rivojlanadi. Bu esa uning san'atga, madaniyatga va atrof-muhitga bo'lgan munosabatini chuqurlashtiradi. Globallashuv sharoitida bolalar turli madaniy oqimlar ta'sirida qolmoqda. Shu sababli musiqa ta'limida milliy va umuminsoniy qadriyatlarni uyg'unlashtirish muhim ahamiyat kasb etadi. Milliy musiqiy meros namunalarini tinglash va tahlil qilish bolalarda o'zlikni anglash, milliy identitet va ma'naviy qadriyatlarga hurmat tuyg'usini shakllantiradi. Bu jarayon ham emotsional tarbiyaning muhim tarkibiy qismi hisoblanadi.

Xulosa qilib aytganda, musiqa ta'limi orqali bolaga emotsional yondashuv zamonaviy pedagogikaning ustuvor tendensiyalaridan biridir. U bolalarda emotsional intellektni, empatiya va o'zini anglash ko'nikmalarini rivojlantiradi, ruhiy barqarorlikni mustahkamlaydi hamda ijtimoiy moslashuvni yengillashtiradi. Musiqa nafaqat estetik zavq manbai, balki shaxsning hissiy va ma'naviy kamolotini ta'minlovchi kuchli tarbiyaviy vosita sifatida namoyon bo'ladi. Shu bois ta'lim jarayonida emotsional komponentni kuchaytirish va musiqiy faoliyatni tizimli ravishda tashkil etish barkamol avlodni tarbiyalashning muhim omillaridan biridir.

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