

THE IMPACT OF MUSIC ON THE SPIRITUAL AND PHYSICAL PRESCHOOL CHILDREN DEVELOPMENT

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Abstract: the article discusses the influence of singing, music and expressive means of music on the general state of the body, spiritual, moral, physical, emotional development of the child. Evidence of the benefits of singing is given. Researches in this area of Russian scientists are presented. Indicated the need to take into account the age and individual characteristics of children, follow the methodological recommendations in the selection of the singing repertoire. Described some musical trends that have an impact on the overall development children, forming the emotional sphere, thinking, sensitivity to beauty.

Keywords: musical education, singing, aesthetics, physical development, morality.

Through music, children get to know the life and work of their people, get acquainted with others the world. In the process of communication with music, children develop such qualities as interaction, coordination of actions, fostering a sense of friendship and mutual understanding, such personality traits as self-control, endurance, discipline, sensitivity, developed responsiveness and initiative [2].

Music can have a great impact on the ethical side of the soul. The famous composer Dmitry Borisovich Kabalevsky in his speech at opening of the Moscow Conference of the International Society for Musical education said: “The main task of the mass musical education of children, is not so much learning music in itself, but the impact on the entire spiritual world of children, first of all on their morality.

“Teaching children art is very difficult,” writes D.B. Kabalevsky in one of their publications - and the main difficulty here is that, according to - it is impossible to really teach children anything in art if you do not captivate them this art emotionally.

Specific features of the work of a music director in kindergarten are determined by the focus on solving the problems of educating emotional responsiveness in children, feelings of empathy, sympathy, development of the spiritual sphere child. At the same time, the general development of children, their state of health [1].

Particular attention should be paid to singing. It is singing that has the property positively influence the general condition of the child's body, cause reactions, affecting blood circulation, even breathing. They wrote about it in their scientific research scientists - physiologists V.M. Bekhterov, I.P. Pavlov. Thus, studying the influence major and minor frets on the listener, physiologist P.K. Anokhin came to conclusion that the skillful use of melody, rhythm and other expressive means music can regulate the state of a person during his vigorous activity, stimulate or calm him down.

Correctly delivered singing forms the activity of the vocal apparatus, strengthens the vocal cords,

develops the timbre of the voice. Correct posture for singing affects even and deep breathing. Singing, developing voice coordination and hearing, improves children's speech.

Researcher-teacher N.A. Vetlugina writes: “Singing is one of those types of musical activity, in the process of which it successfully develops aesthetic attitude to life, to music, the experiences of the child are enriched, actively formed musical-auditory representations of pitch relations. [3].”

Spiritual-moral and physical development of children are interconnected. singing in kindergarten educates and develops aesthetic perception in children and aesthetic feelings, musical and aesthetic taste. Children sing joyfully favorite songs, and they sing them in everyday life. When we learn a song, we talk about the content of the song, look illustrative material: it can be pictures, drawings, cartoons, etc. media such as audio-videos.

During the conversation, children develop intellectually. Answering questions, they expand their horizons, increase the amount of knowledge about the environment, life, events. Thus, singing contributes to the mental development of children.

Without a doubt, it is necessary to take into account age and individual features of preschool children. It has to do with child protection. voice device. For singing, ranges convenient for each age group are determined, it is necessary to follow the guidelines for vocal installations, development of singing skills, sound production, breathing, diction, purity of intonation.

You can select a singing repertoire by defining a piece of music, affecting the state of the human body. For example, Russian teachers and scientists recommend as an example:

- “Intonic”, “Hello” by M.A. Lazareva – stimulation of psychophysical qualities children through musical emotion.
- “The Art of Hearing” L.V. Shkolyar - development of children's ability to modeling the process of artistic creation.
- “Rainbow” - the development of musicality, the ability to hear music and receive the pleasure of meeting her.
- “Childhood” - to raise children healthy, cheerful.

When singing, you need to pay attention to the fact that the children's voice has special qualities that differ from the voice of adults. Scientists note that children the vocal cords are short compared to those of adults, so it is noted special sound of children's voices, especially in younger groups. So, in children, the larynx with vocal cords are several times smaller than in adults. The sound produced in the larynx is very weak, but it is amplified by resonators: the upper head (cavities nose, mouth and pharynx) and lower thoracic (trachea, bronchi, chest). Ease, the sonority of a child's voice depends on the weak development of the chest resonator, since children are dominated by head resonators.

Resonators play a big role, as they give a different color to the voice. At incorrect extraction of sound, for example, in case of forcing it, the voice of children takes on a low tone. Preschool children sing, as a rule, in falsetto. Children's lungs are small in capacity, hence the natural limitation of the strength of a child's vote. Loud singing is detrimental to the vocal cords of children. Slightest forcing, tension of the voice leads to the fact that he loses the necessary lightness, acquires an unpleasant throat character and turns into a scream.

It should be remembered that the strength of preschool children is still very weak when singing a

significant part of it is spent on overcoming the inertia of the surrounding air. If a demand that the child sing louder, he stretches his neck, and the larynx is under pressure air rises, the blood vessels in the neck overflow with blood, and the vessels in vocal cords can even burst from stress. Hemorrhage in the region of the vocal cords entails uneven edges ligaments and prolonged hoarseness. Loud talking, singing, shouting not only spoils vocal cords, but also reduces hearing.

To relax the muscles of the neck before singing, it is recommended to use exercises with smooth movements of the hands, tilting the head forward, backward, in side, as well as exercises with singing the vowels “U”, and “O”, but not “I”, which constricts the throat.

In music lessons, we work on breathing, we are engaged in respiratory gymnastics. While singing, we develop the articulatory apparatus, which contributes to clear pronunciation of sounds.

The movements of the articulatory apparatus are visible, in contrast to the work hidden from the eye muscles of the pharynx and larynx. Therefore, in the classroom, you should often use the correct showing so that children can easily repeat the movements of the lower jaw, lips, cheeks, tongue.

Vocal-singing and performing activities of children contribute to the general the development of the state of the body, the education of a common culture, a culture of communication and behavior.

Positive mood before the concert performance, general atmosphere emotional recovery affects the comprehensive and harmonious development of the child.

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