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**AMIR TEMUR VA TEMURIYLAR DAVRIDAGI TANIQLI TABIBLAR VA
ULARNING FAOLIYATI**

Tursunova Gavhar Begmurodovna

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Annotasiya: Ushbu makolada Amir Temur va temuriylar davrida tibbiyotning rivojlanishi, tabobat ilmiga, davolash, orastalik ishlariga, bu sohadagi qurilishlarga katta ahamiyat berilganligi haqida so'z boradi.

Kalit so'zlar: Tibbiyot, tabobat, tabiblar, Mavlono Fazlullox Tabriziy, Temuriylar davri tabiblari.

**AMIR TEMUR И ИЗВЕСТНЫЕ ВРАЧИ ПЕРИОДА ТИМУРИДОВ И ИХ
ДЕЯТЕЛЬНОСТЬ**

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Аннотация: В данной статье рассказывается о развитии медицины в период Амира Темура и Тимуридов, большое значение придавалось медицинской науке, лечению, посредничеству, строительству в этой области.

Ключевые слова: Медицина, медицина, врачи, Маулана Фазлулла Тебризи, врачи периода Тимуридов.

**AMIR TEMUR AND FAMOUS PHYSICIANS OF THE TIMURID
PERIOD AND THEIR ACTIVITIES**

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Abstract: This article talks about the development of medicine during the period of Amir Temur and the Timurids, great importance was attached to medical science, treatment, mediation, and constructions in this field.

Key words: Medicine, medicine, doctors, Maulana Fazlullah Tabrizi, doctors of the Timurid period.



Amir Temur jahon tarixi sahifalarida yirik davlat arbobi, mohir sarkarda, ilmfan va madaniyat homiysi sifatida mashhur. Amir Temur va temuriylar davri tarixini har tomonlama chuqur o'rganish hamda mavjud tarixiy haqiqatni xalqimizga yetkazish davr talabi. Quyida biz Amir Temur va temuriylar davrida O'rta Osiyo xalqlari turmush tarzi asoslarining umumiyliigi va o'ziga xos tomonlari hamda tibbiyot qanday rivojlanganligi haqida fikr yuritimiz. Tarixiy ma'lumotlarda ta'kidlanishicha, O'rta Osiyoda temuriylar davridagi tibbiyot undan oldin o'tgan somoniylar va qoraxoniylar davridagi tibbiyotning to'g'ridan to'g'ri davomi emas. Somoniylar va qoraxoniylar bilan temuriylar o'rtasida butun bir asr vayronalik va turg'unlik yotadi.

Ma'lumki, XII asr boshlarida mo'g'ul-tatar bosqinchilari O'rta Osiyoga bostirib kirib, ko'plab shaharlar va qishloqlarni yer bilan yakson qildilar, ekin maydonlarini toptadilar va barcha madaniy boyliklarni yo'q qildilar. Kasalxonalar, dorixonalar, kutubxonalar vayron bo'ldi. Ko'p tabiblar quvg'in qilindi va qatl etildi. Tibbiyot ham boshqa sohalar singari og'ir tushkunlikni boshidan kechira boshladi. Natijada xalqning turmush darajasi pasayib kasalliklar avj oldi. Bunday ayanchli hol yuz yildan ortiqroq davom etdi.

XIV asrning 60-70-yillariga kelib, O'rta Osiyo hududida yirik va kuchli temuriylar davlati vujudga keldi. Bu davlatga Sohibqiron Amir Temur asos soldi. U o'z davlatini iqtisodiy, siyosiy va madaniy jihatdan yuksak darajaga ko'tarish uchun mamlakatda yirik qurilish ishlarini olib bordi. Amir Temur yurt obodonchiligi va aholi sog'ligiga alohida e'tibor bergan. Bu haqda "Temur tuzuklari"da shunday deyiladi: "Yana amr etdimki, katta-kichik har bir shahar, har bir qishloqda masjid, madrasa va xonaqohlar bino qilsinlar, faqiru miskinlarga langarxona (yo'lovchilar qo'nib o'tadigan joy; kambag'al yetim-yesirga ovqat beriladigan joy; g'aribxona) solsinlar, kasallar uchun shifoxona qurdirsinlar va ularda ishlash uchun tabiblar tayinlansinlar".

Sohibqiron davrida har bir shaharda shifoxona bo'lgan, ularda bilimli va tajribali tabiblar ishlaganlar. Jumladan, Samarqandda "Dor ush-shifo" nomli yirik kasalxona bo'lib, unga o'z zamonasining taniqli tabibi Mir Sayyid Sharif Sheroziy (1330–1414-y.y.) rahbarlik qilgan. Bu tabib asli jurjonlik bo'lib, Amir Temurning taklifi bilan Samarqandga kelib, shu kasalxonaga boshchilik qilgan. Shu davrlar yirik tabiblardan Xisomiddin Ibrohim Kirmoniy, Mavlono Fayzulloh Tabriziy, Mansur ibn Muhammadlar yashab ijod etganlar. Tarixiy ma'lumotlarda ta'kidlanishicha, Mavlono Fayzulloh Tabriziy Amir Temurning shaxsiy tabibi bo'lgan. U Sohibqironning barcha safarlarida birga bo'lar edi. Amir Temur o'z zamonasidagi ijtimoiy guruhlarni o'n ikki toifaga bo'lgan. Shular ichida hakimlar, tabiblar, munajjimlar va muhandislarni sakkizinchi toifaga kiritgan. Ularni saltanat korxonasiga rivoj beruvchilar, deb atagan.



Tabiblar haqida shunday deydi: “Hakimlar va tabiblar bilan ittifoqda bemorlarni davolatar edim”.

Amir Temur va temuriylar davrida orastalik hamda ozodalik birlamchi masalalardan bo‘lgan. Biz bu ozodalikni Sohibqironning o‘z askarlariga qo‘llagan chora-tadbirlari misolida ham ko‘rishimiz mumkin. Yurtimiz muzeylari ekspozitsiya zallarida aynan temuriylar davri askarlarining o‘ziga tegishli bo‘lgan idish-tovoqlari namoyish etilgan. Amir Temur har bir jang oldidan askarlarining sog‘lig‘ini tekshirib, har bir askarning o‘zigagina tegishli bo‘lgan shaxsiy buyumlari bilan ham qurollanishini nazorat qilgan. Bundan tashqari, Sohibqiron kelin tanlashga alohida e‘tibor bergan. Chunki, kelinlar nasl davom ettiruvchi ekanliklarini inobatga olgan holda, ularning ham jismonan, ham ma‘nan sog‘lomliklarini alohida tekshirgan. Xalqni ichimlik suv bilan ta‘minlash uchun ko‘pgina hovuz, kanal, ariqlar qazilgan. Tarixiy manbalarda keltirilgan ma‘lumotlarga ko‘ra, Amir Temur va Temuriylar davrida yuqumli kasalliklar tez-tez tarqab turar edi. Buning oldini olish uchun kerakli choralar ko‘rilgan. Xususan, tozalikka katta ahamiyat berilgan, ayniqsa ariq va hovuzlardagi suvlar nihoyatda toza tutilgan. Shu sababdanmi, shifoxonalarning shimol tarafida Doral-huffoz orasida hovuz bo‘lib, unda tabiblar bemorlarni davolar edilar. Temuriylar davri tabobatida asosan Ibn Sino ko‘rsatmalariga rioya qilingan. Tabiblar shahzodalarga atab, asarlar yozishgan. Ana shunday asarlardan biri, temuriylar davrining mashhur tabiblaridan biri hisoblanmish Mansur ibn Muhammad ibn Ahmad Yusuf ibn Faqih Ilyosning “Tashrix-i Mansuri” deb nomlangan, Amir Temurning nabirasi Pir Muhammad Bahodirga bag‘ishlangan, “Risola dar tashrix-i badan-i inson” (“Inson anatomiyasiga oid risola”) asari shular jumlasidan. Uning muqaddimasida odam tanasining turli a‘zolari, jumladan suyak, asab, muskullar va qon tomirlar tasvirlangan. Temuriylar davri tabobat ilmiga oid adabiyotlar o‘rganilinar ekan, bularda asosan inson ruhiyati, anatomiyasi va qon tomirlariga oid kasalliklar yozilganligini aytish mumkin.

Foydalangan adabiyotlar ro'yxati:

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LIFE AND WORK OF HAMID OLIMJON

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Abstract

Hamid Olimjon (1909–1944) was a distinguished figure in Uzbek literature, whose contributions significantly influenced the development of modern Uzbek poetry. Known for his lyrical, romantic style and passionate expressions of national identity, Olimjon's works have left an indelible mark on the cultural and intellectual landscape of Uzbekistan. This article explores the life, literary career, and thematic aspects of Hamid Olimjon's work, with a particular focus on his contributions to Uzbek literature and culture. Through an analysis of his poetry and prose, this study sheds light on the unique qualities of his work and his enduring legacy.

Keywords: Hamid Olimjon, Uzbek literature, Soviet-era poetry, national identity, folklore, romanticism, social justice, Uzbek culture, poet, translator.

Introduction. Hamid Olimjon, born on December 12, 1909, in Jizzakh, was one of the most prominent poets and public figures in Uzbekistan during the early 20th century. He lived during a period of significant social and political upheaval, which greatly influenced his work. Olimjon's poetry is characterized by its deep connection to the traditions of Uzbek folklore, a strong sense of national pride, and the integration of modern literary techniques. His short life was marked by his prolific output as a poet, translator, and cultural leader, cementing his status as a key figure in Uzbek literature.

Early Life and Education. Hamid Olimjon was born into a humble family in the Jizzakh region, which was then part of the Russian Empire. His early education was rooted in the rich oral traditions of Uzbek folk culture, which played a significant role in shaping his literary sensibilities. From an early age, Olimjon was exposed to folk poetry and storytelling, elements that later became central to his own poetic style.

In the 1920s, Olimjon moved to Tashkent, where he enrolled in the Uzbek Pedagogical Institute (now the National University of Uzbekistan). His exposure to the intellectual circles of Tashkent broadened his horizons, enabling him to engage with the evolving literary movements of the time. He became a part of the new wave of Uzbek poets who sought to modernize Uzbek literature while preserving its traditional roots.

Literary Career. Hamid Olimjon's literary career took off in the late 1920s when he began publishing his poems in various literary magazines. His first poetry collection, *Ko'klam* (Spring), published in 1929, received widespread acclaim. In this collection, Olimjon explored themes of love, nature, and national identity, using



imagery rooted in Uzbek folklore. His style was both romantic and deeply lyrical, evoking emotions that resonated with the people of his time.

One of the hallmarks of Olimjon's poetry is his ability to blend traditional Uzbek poetic forms with modern, progressive ideas. His work was influenced by the social and political changes occurring in Uzbekistan during the early Soviet period. He celebrated the cultural revival of the Uzbek nation while also addressing themes of social justice, equality, and the plight of the working class.

Themes in Hamid Olimjon's Poetry. Olimjon's poetry is imbued with a deep sense of national pride and patriotism. In many of his works, he reflects on the history and traditions of the Uzbek people, celebrating their resilience and cultural heritage. His poems often evoke images of the Uzbek landscape, with its mountains, rivers, and deserts, serving as metaphors for the strength and perseverance of the nation.

Romanticism and Love. A significant portion of Olimjon's poetry is dedicated to themes of love and beauty. His romanticism is not limited to human relationships but extends to his love for his country and people. His poems often portray love as a powerful, transformative force that can inspire personal and societal change. His wife, Zulfiya, also a famous poet, shared a strong literary partnership with him, and their relationship influenced both their works.

Social Justice. Hamid Olimjon was deeply concerned with issues of social justice, particularly in relation to the working class and rural population. His poetry often highlighted the struggles of ordinary people, advocating for equality and fairness. In this way, Olimjon's work aligned with the broader themes of socialist realism, a literary movement that sought to promote socialist ideals through art and literature.

Prose and Translation Work. In addition to his poetry, Hamid Olimjon made significant contributions to Uzbek prose and translation. He wrote essays, literary critiques, and articles that discussed the role of literature in society and its potential to foster cultural and intellectual development. Olimjon was also a prolific translator, working to bring the works of Russian and other international poets into Uzbek. His translations of Alexander Pushkin, among others, introduced Uzbek readers to world literature, fostering a sense of global literary awareness.

Legacy and Influence. Hamid Olimjon's untimely death in 1944 at the age of 35 in a car accident cut short a brilliant career. However, his influence on Uzbek literature and culture remains profound. Olimjon is remembered as a poet who bridged the gap between traditional Uzbek folk culture and modern literary forms, creating a body of work that is both timeless and relevant to contemporary readers.

His work continues to be studied and celebrated in Uzbekistan, where he is regarded as a national poet. Schools, streets, and institutions across the country are named in his honor, and his poems are a staple of the Uzbek literary canon. His wife,

Zulfiya, also played a crucial role in preserving and promoting his legacy after his death, ensuring that his contributions to Uzbek literature would never be forgotten.

Conclusion. Hamid Olimjon's life and work are a testament to the power of literature to reflect and shape national identity. His ability to weave together traditional Uzbek poetic forms with modern themes of love, justice, and national pride has left a lasting legacy in Uzbek literature. Although his life was tragically cut short, his influence continues to inspire new generations of poets, writers, and intellectuals. His poetry remains a vital part of Uzbekistan's cultural heritage, embodying the spirit and resilience of the Uzbek people.

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THE PRAGMALINGUISTIC TRANSLATION OF PHRASEOLOGICAL UNITS

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Annotation. For a long time, "translation" has likewise been utilized in the feeling of discourse, portrayal, and clarification. Afterward, the word came to mean a sort of imaginative creation and turned into a logical and philological term. As a rule, translation is the generation of a text written in one language or a discourse expressed in another language. The translation is the specialty of re-creation, a work of high workmanship, and even at the point when it is a work, it requires research, difficult work, tolerance, and difficult work on different materials. Assuming we take a gander at the lexical importance of the word translation, the translation is gotten from the Persian word "tarzabon" to Arabic. "Tarzabon" signifies an individual who is a decent speaker, speaker. The Arabic word for "interpreter" is gotten from the word "translation". The idea of translation is exceptionally expansive. From the outset, we ought to track down a response to the inquiry "What is translation?". Agents of various circles give various solutions to the inquiry.

Keywords: translation, pragmatics, interlingual communication, semantics, etymology, equivalence, linguistics.

Introduction. One individual thinks that a translation is to decipher a book written in one language into another, while one more thinks that it is to make sense of the thought communicated in one language to individuals who communicate in another language. Concurring to a third individual, motion pictures are likewise deciphered, and that implies interpreting the discourse of an entertainer assuming a part in one language into a third language, etc. According to an etymological perspective, translation can be characterized as follows: Translation, a complicated type of human movement, is an inventive flow of reproducing a verbally expressed articulation (text) made in one language based on another language while protecting its solidarity of structure and content. Henceforth, the laws of the language of translation of the expressed articulation made through the first language are supplanted by such an articulation shaped based on. In this manner, the semantic and systemic amplexness of the texts of the first and interpreted languages is made. This definition alludes to a cycle that happens between languages, and a lot of human movement is connected with this training. Accordingly, a great many people consider "translation" as the most common way of deciphering a text from one language to another. All of the above remarks about the translation have a spirit. Since each of them depicts the translation from one side



and effectively fills the general comprehension of it. So translation is a diverse, mind-boggling, complex movement. The translation is quite possibly the most antiquated type of human movement, because of which we can envision the historical backdrop of human improvement in the entirety of its subtleties. Because of translation, the reader's reasoning is honed and improved with groundbreaking thoughts and ideas. Translation effectively lays out new mentalities and perspectives in the public eye. Due to translation, another plot, class is framed.¹ In any case, it ought to be borne at the top of the priority list that the consequence of this interaction is additionally communicated through translation. This is an auxiliary text that is a translation of the first suggested. The fundamental component of translation is that it is the craft of words. The expressive idea of the word, and its force of impact, make it conceivable to apply translation to the degree of workmanship. The translation ought to likewise take into account the particular idea of the nearby interrelationships between two people groups and two languages, two otherworldly lives, two public societies, two ages, and two authors.²

No matter what the text or discourse being deciphered, two things are normal to any translation, or at least, any work that is translated from one language to another: 1. The motivation behind the interpreter is to familiarize the reader or audience, who does not have the foggiest idea about the language of the first, with the text of the work or the substance of the discourse as precisely and totally as could be expected; 2. The translation is the outflow of what is communicated by specific etymological means in the very same manner as by other etymological means. The act of translation has arisen that the topic of how to decipher the unique into the first language is an issue confronting interpreters, and with regards to translation, there are without a doubt a few assortments of it. These include a) translation starting with one language then onto the next - kin or non-kin; b) translation from an abstract language into one of its lingos and from one vernacular into a scholarly language or from a lingo of one language into another artistic language; c) interpreting from the language of olden times to the current situation with that language; These days, the above sorts of translation incorporate strict translation, innovative translation, free translation, approved translation, and different translations. The primary justification for this is the different way to deal with the translation cycle. Be that as it may, any sort of translation has its objectives and goals [4, 47]. The motivation behind the translation is to reproduce the text made with the assistance of foreign language semantic implies based on local language materials. To do this, the interpreter should first completely get the first, and afterward, reevaluate

¹ Huddleston R.D. Introduction to the grammar of English. — Cambridge etc.:CambridgeUniversity Press, 2012. — XV, 483 p.

² Hockett Ch. A course in Modern Linguistics. —New York: The Macmillan Company, 2008. — 621 p.

it in his language. The imaginative and stylish reality made by the creator has finished by the capacity of the interpreter to mention a wide objective fact to comprehend and accurately get the substance furthermore, complex and stylish parts of the etymological means in crafted by workmanship, as well as the primary thought of the creator, his expectations and objectives, should envision.

Accordingly, the translation made by the interpreter ought to give a similar impression to the reader who can't peruse the work as the first, similarly as the first gives the reader an imaginative what's more, stylish joy. The reader considers a work that doesn't stimulate interest in the translation to be composed by the creator at a low level, or at least, some unacceptable translation befuddles the reader. The undertaking of translation is to reproduce the solidarity of structure furthermore, happy of the first utilizing the method for the local language, cautiously dominating the likenesses and contrasts between the lexical, linguistic, and elaborate peculiarities of the first and deciphered languages. Inability to follow this standard will bring about an infringement of the precision of the translation. If the creator of the first is expected to precisely mirror the truth, the interpreter is expected to decipher the first precisely. Two things occur in the translation process: first, you want to comprehend, appreciate, and decipher what is being translated to decipher. This occasion happens in the local language. Second, it is important to find the proper method for articulation in the language in which the work is deciphered, ie words, phrases, linguistic structures [4, 75]. A similar report of the method for various languages to make a translational consistency requires the distinguishing proof of the tasteful particularity of the artistic text, the systemic and even-minded highlights of its material-legitimate, genuinely expressive, and metaphorical components, and the complex premise. The strategic shading of language units permits us to conclude whether the units of various sets of languages are semantically methodologically and even-mindedly viable. Such an investigation of translation enhances the creative mind and perspectives in the field. They incorporate semantically, yet additionally mental, humanistic, ethnographic, public, and so on infers even-minded, unfeeling variables, including recorded and different perspectives, as well as an elevated degree of information on the communicators.

This strategy for research makes it important to concentrate however much as could reasonably be expected on the useful even-minded meaning of the language units in the work and their capacity to be sufficiently interpreted in certain printed circumstances. Translation, which is an exceptional sort of interlingual correspondence, requires that texts of various languages be similarly important in satisfying. The requirement for soundness between the first and the substance of the deciphered texts demonstrates that comparability is essential for translation. Just an

interpreter who has dominated the privileged insights of the practice of translation and is very much outfitted with his hypothesis can make translations identical to the first. As referenced over, the assessment of pragmatics based on execution is the essential regulation and standard of a market economy. After the 1950s, an even-minded approach to phonetics became far-reaching. Pragmatics - new ideas and terms, for example, even-minded semantics, pragmalinguistics, pragmaphonology, pragmaphonetics, pragmagrammatics, pragma syntax, and new ideas and strategies for examination related to new ways to deal with language peculiarities, their new understanding. Pragmatics assumes a significant part in translation, and its lexical importance, when interpreted from the Greek word "pragma", implies activity. The expression "pragmatics" was instituted in the last part of the 1930s by Ch. Presented by Morris as a part of semiotics. Ch. Morris partitioned semiotics into three [8, 46]. 1. Semantics - concentrates on the relationship of images to the article; 2. Punctuation between character relationships; 3. Pragmatics is the investigation of mentalities toward the highlights of communication in the language. Albeit these three regions are referenced next to each other in the underlying remarks, Morris later notes that the idea of "pragmatics" is a lot more extensive than the other two regions - sentence structure and semantics. In certain sources, logic is philosophical and is said to have entered science as an idea. For instance, "Realism is truth be told a philosophical idea that was utilized even before Socrates and was subsequently taken on by logicians like J. Locke and E. Kant from Aristotle. In this way, a surge of practicality arose in way of thinking. The principal time of improvement of this development was the XIX-XX hundreds of years. Particularly during the 20s and 30s of the 20th century, the broad advancement of sober-mindedness turned out to be clear. The commitment of R. Stalnaker et al. To the broad utilization of this publicity in the United States and Europe is significant.³

The partition and arrangement of pragmatics as a field of semantic examination, upgraded by the thoughts of R. Stalnaker, started in the last part of the 60s and mid-70s under the impact of the legitimate philosophical hypothesis of discourse peculiarities of J. Austin, JRSyorl, PFStroson, and others [5, 46]. M. Lederer (1839-1914) was one of the organizers of the philosophical realism that overwhelmed America in the late nineteenth and mid-twentieth hundreds of years. The primary thought of this philosophical framework is to study the significance of the semiotic sign (counting the phonetic sign) according to the viability, results, and progress of the activity performed by this sign. The creator of this standard, M. Lederer, was one of the first to contend that the variable of the subject of informative movement ought to be considered in the system of sign hypothesis [3, 45]. As indicated by M. Lederer, the

³ Quirk, Randolph. A Grammar of Contemporary English.—London: Longman, 2009. — 1081 p.





social region of the sign comprises three headings: 1) a sign, all the more unequivocally - an agent, a method for material appearance, which replaces something; 2) the means - the translator, situated in the psyche of the perceiver and offering the depiction of the hint; 3) the item reflected in the image. M. Lederer and defenders of semiotics stress the informative association of characters. Charles Morris, then again, again isolates semiotics into syntactic semantics and pragmatics. Realism is between the characters and their mediators implying disposition. Leipzig scholars discuss the permanent furthermore, factor parts of translation subsequently, the mental (objective, physical, and exact) part of fundamental translation [3, 48, 5, 67]. Pragmatics is a field of study in phonetics that concentrates on the development of language signs in discourse. Phonetic realism doesn't have an unmistakable structure. It comprises a bunch of issues related to the speaker and the audience, and their collaboration in the discourse interaction. There are various perspectives in science on the mentality of pragmatics to phonetics. A few etymologists, like E. Kvofo, compose that "pragmatics isn't connected with semantics". However, there are not many researchers who remove practicality totally from phonetics. Numerous of them accept that realism is a surge of etymology, a way of thinking that has practical experience in the review and depiction of a specific part of multi-layered language and discourse processes. Researchers who decipher pragmatics as a part of phonetics additionally inquire, "What is pragmatics? What is the wellspring of his exploration? What parts of discourse does he learn?" answer the inquiries unexpectedly. While certain language specialists believe pragmatics to be the investigation of the utilization of semantic apparatuses corresponding to the connections in the text, others consider it to be a method for utilizing semantic devices to accomplish an objective.

As a mix of the utilization of language by speakers and the logical information on speakers, pragmatics has a long history of study in way of talking, cytology, discourse hypothesis, what's more, typology, discourse action, sociolinguistics, psycholinguistics, etc. covered issues. Realism is at the intersection of many disciplines connected with discourse and ethical quality, the human way of behaving, and otherworldly action. Pragmatics is firmly connected with teaches like underlying etymology, stylistics, discourse culture, poetics and lingvopoetics, psycholinguistics, morals, and feel, which are all connected with the cognizant and oblivious social and regular way of behaving of a man overall. will be in contact. However, not even one of them can supplant practicality. Perceived as the "resurrection period" of pragmatics since the 1970s, there has been a genuine sober-minded ascent in unfamiliar phonetics. Various gatherings and gatherings have been hung on this subject. To completely frame and recognize the quickly creating area of science at this level, it became important to characterize its essential standards, ideas, and subject. Yet at the same time,



notwithstanding top to bottom exploration, this issue stays tricky. Lately, practically all etymologists have utilized the expression "pragmatics." In his work B. Lawal depicts realism as "images and this language studies the connection between the makers, transmitters and collectors of characters "[2, 57]. It is obvious from this definition that in characterizing the subject of pragmatics, B. Lawal, like other semiotics, as Ch. Morris, doesn't avoid the sign and its perceptive interpreter relationship. Indeed, even his decision that "pragmatics is a hypothesis that concentrates on the mental and humanistic parts of phonetic signs" depicts the idea of pragmatics from a tight perspective [8, 72]. Attempting to endlessly characterize the subject of pragmatics, B. Lawal says: "Pragmatics portrays the utilization of suitable semantic units in correspondence to urge the audience to acknowledge the sent data as the speaker wishes. This is an even-minded language to decide the job of the media in relational correspondence. " [2, 432] But if we check M out. Lederer definition, he gives an unexpected definition in comparison to J. Lyons', that is to say, "Pragmatics is the field of investigation of the proper utilization of language clients' settings in the context." [3, 47]. The socio-social setting of the informative translation of the first data, the preparation of the translated text to adjust and explain to the reader, is reliable with the commonsense meaning of the Leipzig school.⁴

However, Newmark denies this relationship and contends that it is mostly right, and keeping in mind that sober-mindedness, as Pierce also, Morris depicts, manages the source and collector, informative translation centers just around the recipient and as a rule on language setting and social contrasts. contends that. The key is the specific situation and social contrasts that are utilized in amicability with the thought of laying out any association between the speaker and the conversationalist.

Conclusion. In conclusion, translation is a complex and multifaceted process that involves much more than simply converting words from one language to another. It requires a deep understanding of the source and target languages, cultural nuances, and the intentions of both the author and the translator. The role of pragmatics in translation is vital, as it ensures that the translated message conveys the same meaning, tone, and intent as the original. Achieving equivalence in translation involves carefully balancing linguistic, cultural, and pragmatic factors to ensure accurate and meaningful communication across languages and contexts.

⁴ Авдеева О. И. Всероссийская научная конференция «Фразеология на рубеже веков: достижения, проблемы, перспективы»// Филологические науки. — М., 2000. — №5. — С. 122-125



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SOCIO-PSYCHOLOGICAL MECHANISMS OF THE INCLUSIVE EDUCATION PROCESS IN GENERAL EDUCATION SCHOOLS.

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Abstract: The paper examines the socio-psychological mechanisms involved in implementing inclusive education within general education schools. Inclusive education refers to integrating students with disabilities or special needs into mainstream schools, allowing for equal learning opportunities for all students. The study explores various psychological and social factors that affect this process, such as attitudes of teachers, students, and parents, and the role of school culture in facilitating or hindering inclusion. The article also discusses challenges and offers recommendations for creating an effective and supportive learning environment for all students, regardless of their abilities.

Keywords: inclusive education, socio-psychological mechanisms, special needs, general education, integration, school culture, equality, diversity.

Introduction: Inclusive education is a global movement that promotes the right of every child, regardless of their physical, cognitive, or emotional abilities, to receive education alongside their peers in general schools. This practice not only supports the principles of equality and non-discrimination but also fosters the social integration of students with special needs. However, the successful implementation of inclusive education depends heavily on the socio-psychological dynamics within schools. Teachers, students, and parents play critical roles in shaping an inclusive environment, and their perceptions and attitudes can either support or hinder the process.

This paper aims to explore the socio-psychological mechanisms that influence inclusive education in general education schools. It seeks to understand how social interactions, psychological factors, and educational practices converge to either promote or obstruct the goal of inclusive education.

Chapter 1: The Concept of Inclusive Education

1.1. Definition and Scope

Inclusive education refers to the practice of educating students with various abilities and disabilities in the same classroom, providing equal opportunities for participation in academic and social activities. This approach challenges the traditional model of





segregating students with special needs into separate schools or classes and advocates for a more integrated and diverse learning environment.

The primary goal of inclusive education is to provide all students with a sense of belonging and equal access to education. This model acknowledges that every student is unique and has specific learning needs, which can be addressed through differentiated instruction and individualized support.

1.2. Historical Background

The movement toward inclusive education gained momentum in the latter half of the 20th century, following international declarations such as the United Nations Convention on the Rights of Persons with Disabilities (2006). Countries worldwide, including Uzbekistan, have adopted policies to ensure that students with disabilities are not excluded from general education settings.

However, despite the legal frameworks in place, the practical implementation of inclusive education remains a challenge due to various social, psychological, and institutional factors.

Chapter 2: Socio-Psychological Mechanisms in Inclusive Education

2.1. **Teacher Attitudes and Beliefs

Teachers play a pivotal role in the success of inclusive education. Their attitudes towards students with special needs significantly influence how well these students are integrated into the classroom. Positive attitudes, characterized by acceptance, patience, and understanding, can foster an inclusive and supportive learning environment. Conversely, negative attitudes, such as fear of the unknown or perceived additional workload, may hinder the inclusion process.

Effective training programs that provide teachers with the skills and knowledge to support students with special needs are crucial. When teachers feel confident and competent in handling diverse classrooms, they are more likely to embrace inclusive education and promote a positive learning environment.

2.2. Peer Relationships and Social Integration

The social relationships between students with special needs and their peers are another critical factor in inclusive education. Peer acceptance is essential for the social and emotional well-being of students with disabilities. Inclusive classrooms should promote interactions that build friendships, understanding, and respect between all students.



However, students with special needs may face bullying or social isolation if their differences are not understood or accepted by their peers. Schools need to implement programs that educate all students about diversity and the value of inclusion, helping to create a more empathetic and accepting school culture.

2.3. Parental Involvement

Parents of both typically developing children and those with special needs play a crucial role in inclusive education. Parental attitudes and involvement can significantly influence the success of inclusion efforts. Parents of children with special needs often advocate for their child's right to be included in general education settings, while the parents of typically developing children may have concerns about how inclusion might affect their child's learning experience.

Open communication between schools and parents is essential to address concerns and build trust. Collaborative efforts between educators and parents can ensure that the needs of all students are met and that inclusive education is seen as a positive and beneficial experience for everyone

Chapter 3: Challenges in Implementing Inclusive Education

3.1. Lack of Resources and Support

One of the primary challenges in implementing inclusive education is the lack of adequate resources, such as specialized staff, teaching aids, and infrastructure. Schools may not have access to trained special education teachers or the necessary assistive technologies that students with disabilities require to thrive in an inclusive environment.

Additionally, the lack of funding and support from the government can further impede the success of inclusive education initiatives. Without the necessary resources, schools may struggle to provide the individualized support that students with special needs require.

3.2. Teacher Training and Professional Development

Another significant challenge is the lack of teacher training in inclusive education. Many teachers may not have received sufficient training to effectively manage a diverse classroom with students of varying abilities. Professional development programs that focus on inclusive teaching strategies are essential to equip teachers with the skills and confidence needed to implement inclusive practices.



Teachers must also be provided with ongoing support, such as access to special education experts and collaborative planning time, to ensure they can effectively meet the needs of all students.

Chapter 4: Strategies for Promoting Inclusive Education

4.1. Building an Inclusive School Culture

Creating a school culture that values diversity and inclusion is essential for the success of inclusive education. School leadership plays a key role in fostering a culture of acceptance and equality. This can be achieved by promoting inclusive values through school policies, staff training, and student activities that celebrate diversity.

Inclusive school cultures encourage all members of the school community—teachers, students, and parents—to embrace differences and work together to create a supportive and welcoming environment for everyone.

4.2. Collaborative Teaching Approaches

Collaborative teaching strategies, such as team teaching or co-teaching, can be highly effective in inclusive classrooms. In these models, general education and special education teachers work together to plan and deliver lessons that meet the needs of all students. This approach allows for more individualized instruction and support, ensuring that students with special needs receive the attention they require without being segregated from their peers.

Conclusion: Inclusive education is not merely a policy or practice but a fundamental shift in how we view education for all children. By focusing on the socio-psychological mechanisms that support inclusion, schools can create environments where all students, regardless of their abilities, can learn and thrive. While challenges remain, particularly in terms of resources and training, the benefits of inclusive education far outweigh the difficulties. It is essential for educators, parents, and policymakers to work collaboratively to ensure that every child has the opportunity to succeed in an inclusive educational setting.

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METHODEN DES FREMDSPRACHENUNTERRICHTS IN DER GRUNDSCHULE.

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Annotation: Dieser Artikel untersucht die wesentlichen Methoden und Ansätze, die im Fremdsprachenunterricht in der Grundschule verwendet werden. Es wird darauf eingegangen, wie sich frühkindliches Lernen auf den Erwerb einer Fremdsprache auswirkt und welche didaktischen Prinzipien die effektivsten Lernergebnisse fördern.

Schlüsselwörter: Fremdsprachenunterricht, Grundschule, kindliches Lernen, Methoden, Didaktik

Einleitung

Der Fremdsprachenunterricht in der Grundschule hat in den letzten Jahren zunehmend an Bedeutung gewonnen, da das frühe Erlernen einer Fremdsprache nachweislich positive Auswirkungen auf die kognitive Entwicklung von Kindern hat. In diesem Zusammenhang spielen geeignete didaktische Methoden eine zentrale Rolle, um den Lernprozess zu erleichtern und die Motivation der Schüler aufrechtzuerhalten. Bei der Grammatik-Übersetzungs-Methode steht das Lernen grammatischer Regeln im Vordergrund, die über Beispielsätze zur Bildung korrekter Sätze führen. Überwiegende Übungsformen sind grammatisch korrekte Ergänzung von Lückensätzen bzw. grammatisch orientierte Umformungen („Setzen Sie die Sätze aus dem Präsens ins Perfekt“) und Übersetzungen. Schriftliche Texte oder solche, die die korrekte Anwendung der gelernten Regeln demonstrieren, herrschen vor. Die Hin- und Herübersetzung von Texten dient als Nachweis der Sprachbeherrschung. Die gesprochene Zielsprache spielt eine höchst untergeordnete Rolle. Erläuterungen und Diskussionen finden in der Ausgangssprache statt.

Forschungsstand: Das Lehren von Fremdsprachen in jungen Jahren wurde von mehreren Forschern untersucht. Studien zeigen, dass Kinder in der Grundschule eine besondere Fähigkeit haben, Sprachen intuitiv und spielerisch zu erlernen. Methoden wie Total Physical Response (TPR) und immersive Lernansätze haben sich als besonders effektiv erwiesen. Darüber hinaus spielt die Förderung der mündlichen Kommunikation eine Schlüsselrolle, da Kinder durch aktive Interaktion die Sprache schneller erwerben.





Methodik: Bei der Anwendung von Unterrichtsmethoden in der Grundschule müssen verschiedene Faktoren berücksichtigt werden. Erstens sollten die Lernmethoden altersgerecht und spielerisch gestaltet werden, um das Interesse der Kinder zu wecken. Zweitens sollten visuelle Hilfsmittel und Lieder verwendet werden, um die Sprachfähigkeiten der Schüler zu stärken. Außerdem ist es wichtig, ein Gleichgewicht zwischen Hören, Sprechen, Lesen und Schreiben zu finden, um einen umfassenden Spracherwerb zu gewährleisten. Der kognitive Ansatz wird sehr häufig mit der Grammatik-Übersetzungs-Methode verglichen oder sogar gleichgesetzt. Im Grunde ist dieser Ansatz keine eigene Methode, sondern nur die sprachwissenschaftliche, (lern)psychologische Erforschung des Spracherwerbs sowohl der Ausgangs- als auch der Zielsprache(n), die für die weitere methodische Entwicklung der Sprachvermittlung vielfältige Anregungen gibt.

Diskussion: Eine der größten Herausforderungen im Fremdsprachenunterricht in der Grundschule besteht darin, das Interesse und die Motivation der Schüler langfristig aufrechtzuerhalten. Hierfür ist es wichtig, abwechslungsreiche und kreative Methoden einzusetzen. Der Einsatz von Spielen, Liedern und Geschichten hat sich als besonders effektiv erwiesen, um das Lernen unterhaltsam zu gestalten. Zudem sollten Lehrer die Sprache so oft wie möglich im Unterricht verwenden, um den Schülern ein natürliches Sprachumfeld zu bieten.

Ergebnisse: Forschungsergebnisse zeigen, dass Kinder, die früh mit dem Erlernen einer Fremdsprache beginnen, langfristig bessere Sprachfähigkeiten entwickeln. Die Anwendung spielerischer und interaktiver Methoden führt zu einer höheren Motivation und einem aktiveren Sprachgebrauch. Insbesondere immersive Techniken, bei denen die Schüler vollständig in die Fremdsprache eintauchen, haben sich als besonders erfolgreich erwiesen. In den 80er Jahren bestimmt der kommunikative Ansatz die Entwicklung von Lehrmaterialien. Er verarbeitet Anregungen der Sprechakttheorie, der emanzipatorischen Bewegung und der Philosophie. Verschiedene Lehrmethoden des Fremdsprachenunterrichts dienen dazu, dass man an die unterschiedlichen Niveaus der Lernenden besser anpassen und somit die geeignetste Lernmethode für eine bestimmte Zielgruppe auswählen kann. Daher ist es wichtig, die Kenntnis solcher Lehrmethoden ständig zu erfrischen bzw. zu erweitern.

Fazit: Der Fremdsprachenunterricht in der Grundschule erfordert spezielle Methoden, die auf die besonderen Bedürfnisse junger Lerner abgestimmt sind. Spielerische, interaktive und immersive Ansätze fördern nicht nur den Sprachgebrauch, sondern auch das Interesse und die Motivation der Schüler. Zukünftige Forschungen könnten sich darauf konzentrieren, welche weiteren innovativen Ansätze zur Verbesserung des Fremdsprachenunterrichts in der Grundschule beitragen können.





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DISTANCE EDUCATION AND ITS DEVELOPMENT TENDENCIES IN UZBEKISTAN

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Annotation: *This article examines distance education and its development trends in Uzbekistan. Also, the priority directions of the development of this industry in the country and the factors affecting it were studied, and scientific proposals and practical recommendations were given.*

Keywords: *distance education, USA, information technology, GDP, computer service, e-textbook, platform, education costs, mechanism, infrastructure.*

INTRODUCTION

After the independence of Uzbekistan, as in all fields, reforms were implemented in order to develop the education system and the quality of education was improved. As a result, today, the organization of providing high-quality education to students widely utilizes modern information technologies, which are products of scientific and technological progress, as well as computers that serve as their material basis. The creation of electronic textbooks and manuals, the use of internet resources, and the promotion of software tools for distance learning have become a necessity of the time. In the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 559 of October 3, 2022 "On measures to introduce the form of distance education in higher education organizations", based on the use of information and communication technologies, regardless of the student's place of residence, providing him with the opportunity to master educational programs, determining by the Ministry of Higher and Secondary Special Education of bachelor's education courses and master's specialties where it is not possible to introduce a form of distance education, organizing distance education using a special platform or using existing platforms, in the training of personnel based on the form of distance education, the admission parameters for one bachelor's education course are determined to be no more than 300 students, for one master's specialties are determined to be no more than 30 students¹.

The above-mentioned circumstances demonstrate the relevance and importance of this research topic.

RESEARCH METHODOLOGY

¹ Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 559 of October 3, 2022 "On measures to introduce the form of distance education in higher education organizations"/ <https://lex.uz/docs/-6221502>





Various research methods, including statistical analysis, comparative analysis, generalization and systematic approach, were used to achieve the stated goals and objectives.

ANALYSIS AND RESULT

Today's world experience shows that the traditional day education system and forms aimed at students' creative activity and self-awareness cannot fully and deeply solve this goal. Due to the unfavorable economic situation in the republic, due to the limitation of personnel, scientific-theoretical and material-pedagogical resources in the field of education, support for the realization of distance learning technologies and the creative potential of students, expansion of their knowledge, regional education issues of providing opportunities, conditions for development of the system, organization of pedagogical work of educational institutions with talented students in local areas have been determined. Distance education, as an additional form of regular education, can solve the problems of personal learning through computer technologies.

In recent years, attention has been paid to the education system as one of the most important areas in the world. A clear example of this can be the share of GDP of developed countries' spending on the education system (Table 1).

Table 1

The share of spending on the education system of Uzbekistan and developed countries in 2022 (in relation to GDP, %) and their place in the world ranking²

№	Name of countries	GDP (billion dollars)	GDP per capita (dollars)	Education expenses (in relation to GDP, %)	Ranking of countries (by spending on education)
1.	USA	25744	77243	4.59	64
2.	China	17963	12666	3.3	100
3.	Japan	4237	33866	3.32	99
4.	Germany	4085	48593	4.53	66

² Developed by the author based on data from https://theglobaleconomy.com/rankings/education_spending/





5.	Great Britain	3081	46018	5.33	40
6.	Uzbekistan	80.4	2256	5.37	39

It can be analyzed from the table that in 2022, the GDP of the United States will be 25744 billion dollars and it will take the 1st place, and therefore it will spend 4.59% on the development of the education sector, which is 1.18 trillion dollars. Among the developed countries of Asia, Japan and China took consecutive places (99th and 100th) with 3.32% and 3.3% of education expenditure, respectively. In Germany, this indicator was 4.53%, while in Great Britain 5.33% of GDP was allocated (\$185.05 and 164.21 billion). The Republic of Uzbekistan occupies the 39th place with 5.37%. The main reason for the disproportion of the positions occupied by the states is related to the size of the GDP. Because if we take the USA, the share of the education sector remains small due to the large GDP.

After the independence of the republic, great attention was paid to increasing the coverage and production of distance education and reducing the unemployment rate of the population at the same time. In the 46 of the Decree of the President of the Republic of Uzbekistan dated January 28, 2022 No. PD-60 "On the Development Strategy of the New Uzbekistan for 2022-2026" the task of further expanding the possibility of obtaining higher education without separating young people from production by introducing the form of distance education in the higher education system is set³.

In the advanced age of our society, it is desirable to make the educational process more interesting and pleasant for the students, using the opportunities of scientific and technical innovations, the Internet and new technologies, without being limited to previous methodical manuals. In our republic today, great importance is attached to the development of computer technologies and the Internet.

In the distance education method, even if the teacher and the student are separated by a distance, constant communication is maintained. E-mail and Internet technologies are widely used as a way to control this teaching.

World experience has shown that distance education is important in improving the literacy and thinking of the population. Later, as a result of studying the advantages and disadvantages of this field, the implementation of distance education in our country was determined as one of the priority issues. (Figure 1)

³ Decree of the President of the Republic of Uzbekistan dated January 28, 2022 No. PF-60 "On the new development strategy of Uzbekistan for 2022-2026".



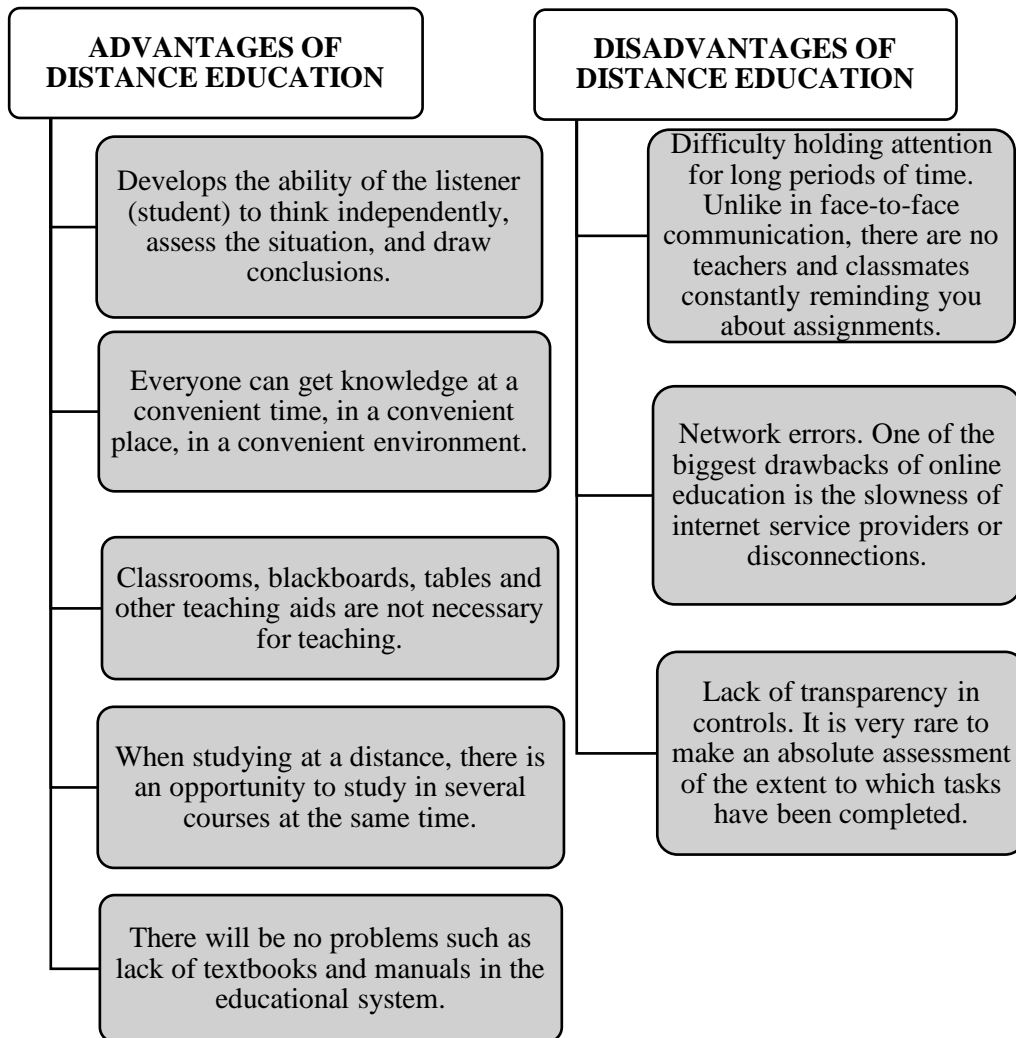


Figure 1. Advantages and disadvantages of distance education⁴

As shown in Figure 1, the advantages of distance education are more than its disadvantages, and it should be emphasized that the development of this field is the optimal way to stabilize the production network of the economy and improve the social condition of the population.

Pursuant to the 6th purpose of the Decree of the President of the Republic of Uzbekistan No. PF-158 of September 11, 2023 "On Uzbekistan - 2030 Strategy", the task of establishing 14 regional professional training centers, increasing the share of qualified pedagogic personnel to 50%, and the share of distance or mixed training courses to 30% was set⁵.

CONCLUSIONS AND SUGGESTIONS

⁴ Developed by the author as a result of research.

⁵ Decree of the President of the Republic of Uzbekistan dated September 11, 2023 No. PF-158 "On the strategy of "Uzbekistan - 2030"" / www.lex.uz





As a result of the analysis and research carried out above, the following are proposed for the development of distance education in Uzbekistan:

- To support the state policy aimed at the development of distance education programs, the achievements in the field of information and communication technologies, as well as the modernization of the education sector.
- Investing in the necessary infrastructure and resources to support the growth of distance education in Uzbekistan.
- Improve Internet connectivity, train teachers in online pedagogy, and establish robust quality assurance mechanisms.
- To further strengthen the development of distance education programs by strengthening public-private partnership and cooperation with international organizations.
- Making full use of distance education opportunities to empower the country's citizens and ensure sustainable socio-economic development by implementing strategies to use technology and improve education.

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**ИШЕМИЧЕСКАЯ БОЛЕЗНЬ СЕРДЦА: ЭТИОЛОГИЯ, КЛИНИЧЕСКИЕ
ПРОЯВЛЕНИЯ И ЛЕЧЕНИЕ**

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Аннотация: Ишемическая болезнь сердца (ИБС) представляет собой одно из самых распространенных и серьезных заболеваний сердечно-сосудистой системы. ИБС развивается в результате нарушения кровоснабжения сердечной мышцы, что приводит к несоответствию между потребностью миокарда в кислороде и его фактическим поступлением через коронарные артерии. Это состояние часто связано с атеросклерозом, когда атеросклеротические бляшки сужают просвет артерий и препятствуют нормальному кровотоку.

Ключевые слова: Ишемическая болезнь сердца, коронарные артерии, миокард, сердечно-сосудистые заболевания, стенокардия, инфаркт миокарда, атеросклероз, диагностика, лечение, профилактика, ишемия, кровообращение.

Цель данной статьи — рассмотреть этиологию, основные клинические проявления, диагностику и современные методы лечения ишемической болезни сердца.

Этиология

Основной причиной ишемической болезни сердца является атеросклероз коронарных артерий. Процесс атеросклероза начинается с повреждения внутренней оболочки сосудов, что может быть вызвано различными факторами, такими как:

1. Гиперлипидемия: повышенные уровни холестерина, особенно липопротеинов низкой плотности (ЛПНП), способствуют накоплению жировых отложений в стенках артерий.

2. Артериальная гипертензия: повышенное артериальное давление повреждает эндотелий сосудов, что способствует развитию атеросклероза.





3. Курение: табачный дым увеличивает повреждение сосудов и ускоряет развитие атеросклеротических изменений.

4. Сахарный диабет: хроническая гипергликемия оказывает токсическое воздействие на сосудистую систему, способствуя развитию атеросклероза.

5. Наследственность: генетическая предрасположенность также играет важную роль в развитии ИБС.

Патогенез

Патогенез ИБС связан с нарушением кровообращения в коронарных артериях, что приводит к гипоксии сердечной мышцы. В зависимости от степени и длительности недостаточного кровоснабжения миокарда различают острые и хронические формы ИБС. Классификация ИБС включает стабильную стенокардию, острый коронарный синдром (ОКС), инфаркт миокарда, внезапную сердечную смерть и другие формы.

При острых формах, таких как инфаркт миокарда, атеросклеротическая бляшка может разрываться, что приводит к тромбозу и полной или частичной окклюзии сосуда. Это вызывает резкое снижение доставки кислорода в сердечную мышцу и может привести к некрозу миокарда.

Клинические проявления

Основные симптомы ИБС варьируются в зависимости от формы заболевания и могут включать:

1. Боль в груди (стенокардия): стенокардия — это самый распространенный симптом ИБС. Боль обычно носит сжимающий, давящий характер и локализуется за грудиной. Она может иррадиировать в левую руку, шею, нижнюю челюсть или спину. Боль часто возникает при физической нагрузке, стрессе или после приема пищи и облегчается в покое или после приема нитроглицерина.

2. Одышка: пациент может испытывать одышку, особенно при физической нагрузке или в положении лежа.

3. Аритмии: при ИБС могут развиваться нарушения сердечного ритма, такие как фибрилляция предсердий, экстрасистолия и другие аритмии.

4. Симптомы сердечной недостаточности: в тяжелых случаях ИБС может приводить к хронической сердечной недостаточности, что проявляется отеками, слабостью, усталостью и снижением переносимости физической нагрузки.

5. Инфаркт миокарда: при инфаркте миокарда боль в груди становится интенсивной, длительной и не купируется нитроглицерином. Инфаркт





сопровождается ощущением страха, холодным потом, возможны потеря сознания и шоковое состояние.

Диагностика

Диагностика ИБС основана на комплексном подходе, который включает:

1. Электрокардиография (ЭКГ): ЭКГ является основным методом для выявления признаков ишемии и инфаркта миокарда. Она позволяет зарегистрировать изменения электрической активности сердца, характерные для ИБС.

2. Эхокардиография: с помощью ультразвука можно оценить сократительную способность сердца, выявить зону ишемии и определить наличие рубцовых изменений после перенесенного инфаркта.

3. Тредмил-тест (нагрузочная проба): проводится для выявления признаков ишемии при физической нагрузке, особенно у пациентов с пограничными результатами ЭКГ.

4. Коронарография: это инвазивный метод исследования, который позволяет визуализировать коронарные артерии и определить степень их сужения или закупорки. Коронарография является «золотым стандартом» для диагностики коронарных поражений.

5. Компьютерная томография (КТ) и магнитно-резонансная томография (МРТ): используются для детального изучения сосудов и структур сердца.

Лечение

Лечение ИБС направлено на улучшение кровоснабжения миокарда, устранение факторов риска и предотвращение осложнений. Лечение может быть консервативным или хирургическим.

1. Медикаментозное лечение:

- Нитраты: нитроглицерин и его аналоги расширяют коронарные артерии, уменьшают потребность миокарда в кислороде и купируют стенокардию.

- Бета-блокаторы: снижают частоту сердечных сокращений и артериальное давление, что уменьшает нагрузку на сердце и потребность миокарда в кислороде.

- Антиагреганты и антикоагулянты: такие препараты, как аспирин и клопидогрель, препятствуют тромбообразованию и снижают риск инфаркта миокарда.

- Ингибиторы АПФ и антагонисты ангиотензина II: улучшают функцию сердца и снижают давление.





- Статины: снижают уровень холестерина и замедляют прогрессирование атеросклероза.

2. Инвазивные методы лечения:

- Ангиопластика и стентирование: при критическом сужении коронарной артерии проводится ангиопластика с установкой стента для расширения пораженного сосуда.

- Аортокоронарное шунтирование (АКШ): хирургическая операция, при которой создаются обходные пути кровотока, минуя суженные участки коронарных артерий.

3. Изменение образа жизни:

- Отказ от курения, снижение веса, соблюдение диеты с низким содержанием жиров и соли, регулярные физические упражнения и контроль артериального давления играют ключевую роль в предотвращении прогрессирования ИБС.

Профилактика

Профилактика ИБС включает контроль факторов риска, таких как гиперлипидемия, артериальная гипертензия, курение, малоподвижный образ жизни и стресс. Первичная профилактика направлена на предупреждение развития заболевания, тогда как вторичная профилактика направлена на предотвращение рецидивов у пациентов, у которых уже диагностирована ИБС.

Вывод: Ишемическая болезнь сердца остается ведущей причиной смертности и инвалидности во всем мире. Эффективная диагностика, своевременное лечение и активная профилактика факторов риска играют ключевую роль в снижении заболеваемости и улучшении прогноза. Медикаментозная терапия, наряду с инвазивными методами лечения, значительно улучшает качество жизни пациентов с ИБС, однако важнейшей задачей остается изменение образа жизни и контроль факторов риска, чтобы предотвратить развитие осложнений и замедлить прогрессирование заболевания.





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**THE ROLE OF TASK-BASED LANGUAGE LEARNING IN ENHANCING
PROFESSIONAL COMPETENCE FOR FUTURE TOURISM SPECIALISTS**

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Annotation. The study explores the significance of task-based language learning (TBLL) in developing professional competence among future tourism specialists. TBLL emphasizes real-world communication through tasks that mimic workplace scenarios, fostering practical language skills and intercultural awareness essential in tourism. The research highlights how TBLL promotes active learning, adaptability, and problem-solving abilities, key competencies for tourism professionals. By engaging in tasks like role-playing, project-based assignments, and simulations, students can apply their language skills in relevant contexts, enhancing both linguistic proficiency and professional expertise. The paper underscores TBLL's role in aligning language learning with the dynamic demands of the tourism industry.

Keywords: task-based learning, professional competence, tourism specialists, language learning, communication skills, intercultural competence, real-world tasks, active learning, role-play, problem-solving.

Introduction. The increasing demand for highly skilled professionals in the tourism industry has highlighted the need for more effective language teaching methodologies that align with the specific requirements of this field. One such approach is task-based language learning (TBLL), which has gained prominence for its ability to integrate real-world communication tasks into the language learning process. In the context of tourism, where communication with diverse clients, problem-solving, and adaptability are crucial, TBLL offers a dynamic platform for students to acquire both linguistic and professional competencies⁶. Through carefully designed tasks that reflect the challenges of the tourism industry such as customer service role-plays, guided tour simulations, and project-based assignments students are encouraged to apply their language skills in practical and meaningful contexts. This method fosters not only language proficiency but also critical thinking, intercultural competence, and professional confidence, all essential for future tourism specialists.

⁶ Ellis, R. (2003). Task-based Language Learning and Teaching. Oxford University Press, pp. 45-67.





Moreover, TBLL shifts the focus from traditional language instruction, which often emphasizes grammar and vocabulary in isolation, to a more holistic approach that encourages active student participation and real-time problem-solving⁷. TBLL provides the tools to navigate complex interactions and improve their communicative abilities by immersing students in scenarios they are likely to encounter in their professional lives. This introduction explores the role of TBLL in enhancing professional competence for tourism students, analyzing how this method equips them with the necessary skills to succeed in a globally interconnected and culturally diverse industry. The tourism industry is characterized by a strong need for effective communication, intercultural understanding, and problem-solving skills. Language proficiency is critical for tourism professionals in a globalized world where tourists come from diverse backgrounds. Task-based language learning (TBLL) presents a student-centered approach that directly addresses these demands by focusing on real-life tasks that mirror the situations professionals will encounter in their careers⁸.

Unlike traditional language instruction, which often focuses on grammar rules or decontextualized vocabulary, TBLL immerses students in real-world scenarios that require them to use language as a tool to complete tasks, thereby fostering both language proficiency and professional competence. Tourism is inherently an interactive and communication-heavy industry. Professionals in this field must manage a variety of tasks such as organizing tours, resolving customer complaints, providing information about destinations, and handling cross-cultural exchanges. TBLL is particularly suited to tourism education because it emphasizes practical applications of language in contexts that closely mimic the workplace. Through activities like role-plays, simulations, and problem-solving tasks, TBLL enables students to develop critical thinking and adaptability, essential skills for tourism specialists. One of the defining features of TBLL is its focus on meaningful communication rather than rote memorization. Students learn language not for the sake of language itself, but as a means to achieve specific goals and complete tasks. In a tourism context, this may include tasks like organizing a tour itinerary, providing emergency assistance to tourists, or engaging in negotiations with travel agencies⁹. These tasks are designed to replicate real-world challenges that tourism professionals face, allowing students to gain both linguistic proficiency and practical knowledge.

Figure 1. Key features of TBLL in enhancing professional competence.

⁷ Nunan, D. (2004). *Task-Based Language Teaching*. Cambridge University Press, pp. 120-138.

⁸ Willis, J. (1996). *A Framework for Task-Based Learning*. Longman, pp. 89-102.

⁹ Skehan, P. (1998). *A Cognitive Approach to Language Learning*. Oxford University Press, pp. 150-165.





Simulating real-world tasks

Developing intercultural competence

Enhancing problem-solving and critical thinking

1. Simulating real-world tasks

The key to TBLL's effectiveness lies in its ability to simulate real-world tasks that tourism professionals encounter. Role-playing scenarios, for example, can replicate the interactions between a tour guide and international tourists. In this task, students must use language to convey complex cultural information, answer tourists' questions, and resolve any issues that may arise during the tour. This process allows students to improve their speaking, listening, and intercultural communication skills, all of which are crucial in tourism. Moreover, project-based tasks like creating a travel brochure or designing a cultural heritage tour plan help students apply their knowledge of tourism while using language as a tool to communicate ideas. These tasks encourage collaboration, creativity, and the development of both soft and hard skills, which are indispensable in the tourism industry.

2. Developing intercultural competence

The global nature of tourism means that professionals in this field must be adept at interacting with people from different cultures. TBLL is an ideal method for developing intercultural competence, as it integrates cultural learning with language tasks. For instance, students might be assigned a task where they must explain the cultural significance of local customs to foreign tourists. In doing so, they not only practice their language skills but also deepen their understanding of cultural differences and how to communicate them effectively. Intercultural competence in TBLL also involves teaching students how to navigate potential cultural misunderstandings and conflicts¹⁰. For example, students might engage in a task that simulates a situation where a tourist unintentionally offends a local, and they must find a way to resolve the conflict using appropriate language and cultural knowledge. This type of task prepares future tourism professionals to handle sensitive situations in a way that enhances their overall professional competence.

¹⁰ Robinson, P. (2011). *Task-Based Language Learning: Research and Practice*. John Benjamins Publishing, pp. 98-114.





3. Enhancing problem-solving and critical thinking

Tourism professionals often face unexpected challenges, such as managing emergencies or dealing with unsatisfied customers. TBLL fosters problem-solving and critical thinking by requiring students to complete tasks that involve resolving these types of issues. For example, in one task, students may be asked to handle a hypothetical situation where a group of tourists is stranded due to a transportation delay. They must use language to communicate with the tourists, negotiate with transportation providers, and ensure their safety and satisfaction. This kind of task trains students to think on their feet and develop solutions quickly, which is a vital skill in the fast-paced tourism industry¹¹. Furthermore, problem-solving tasks help students become more autonomous learners, as they must take responsibility for their language use and decision-making in completing the task successfully. The synergy between TBLL and professional competence in tourism education is clear. By aligning language learning with real-world tasks, TBLL helps students develop the specific language skills they will need in their careers. However, the benefits of TBLL extend beyond language acquisition; they also include the development of critical professional skills such as teamwork, leadership, and adaptability¹². Many tasks in TBLL involve group work, which mirrors the collaborative nature of the tourism industry. Whether it's working as part of a tour group or collaborating with local businesses to create a travel package, tourism professionals must often work in teams.

Through TBLL, students learn to communicate and collaborate effectively with their peers while working toward a common goal. This not only improves their language skills but also helps them develop strong teamwork and leadership abilities. A key component of TBLL is its focus on learner autonomy. By engaging students in tasks where they must take initiative and make decisions, TBLL promotes independent learning. Tourism professionals often work in dynamic environments where they must rely on their judgment to solve problems and make decisions quickly. TBLL helps students develop this autonomy, preparing them for the unpredictability of their future careers. Moreover, the reflective nature of TBLL encourages students to assess their performance and identify areas for improvement¹³. After completing a task, students are often asked to reflect on their language use, the challenges they faced, and how they solved problems during the task. This reflective process deepens their understanding of both language and professional competence.

¹¹ Richards, J.C., & Rodgers, T.S. (2001). *Approaches and Methods in Language Teaching*. Cambridge University Press, pp. 210-223.

¹² Long, M.H. (2015). *Second Language Acquisition and Task-Based Language Teaching*. Wiley-Blackwell, pp. 233-247.

¹³ Estaire, S., & Zanon, J. (1994). *Planning Classwork: A Task-Based Approach*. Macmillan, pp. 56-72.





Conclusion. Task-based language learning (TBLL) has proven to be an effective approach for enhancing both language proficiency and professional competence among future tourism specialists. By engaging students in real-world tasks that mimic the challenges they will face in the tourism industry, TBLL offers a practical and immersive way to develop essential skills. These tasks encourage learners to use language as a tool for communication, problem-solving, and intercultural exchange, all of which are critical competencies for tourism professionals. The strength of TBLL lies in its ability to integrate language learning with the development of professional skills such as adaptability, critical thinking, teamwork, and autonomy.

Through role-plays, simulations, and project-based assignments, students not only improve their language abilities but also cultivate the practical knowledge and skills needed to navigate complex and diverse work environments. TBLL fosters an environment where students learn to think critically, solve problems in real time, and communicate effectively with people from different cultural backgrounds. As the tourism industry continues to grow and globalize, professionals will increasingly need to demonstrate strong communication skills, cultural awareness, and the ability to handle unexpected situations. TBLL aligns language education with these industry needs, ensuring that students are well-prepared to meet the demands of their future careers. By prioritizing practical applications of language in professional contexts, TBLL equips future tourism specialists with the tools they need to succeed in an increasingly interconnected and culturally diverse world.

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**TARIX TILSIMI VA QADRIYATLAR BESHIGI BO'LGAN
MUZEYLARNING YOSHLAR TARBIYASIDAGI O'RNI**

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ANNOTATSIYA: Ushbu maqolada yurtimizning tarixi, urf-odatlarini, an'analarini aks ettirishda muzeylarning o'rni, tarixiy xotira va merosning bir avloddan ikkinchi avlodga o'tishidagi roli beqiyos bo'lgan tarixiy tilsim hisoblanmish muzeylar faoliyati va ularning yoshlar hayotida tutgan o'rni, ularning shaxs ma'naviyatini rivojlantirishi to'g'risidagi fikr va mulohazalar yuritiladi. Prezidentimizning muzeylar faoliyatini isloh etish to'g'risidagi qaror va fikrlari bilan boyitiladi.

KALIT SO'ZLAR: Muzeyshunoslik, muzey etikasi, muzeylarning tarbiyaviy ahamiyati, qiziqarli suhbat va ekskursiyalar, yoshlarni vatanparvarlik ruhida tarbiyalash, psixologik ta'sir, qadriyatlar beshigi, tarix tilsimoti, muzey va jamiyat.

KIRISH: O'zbekiston Respublikasi Prezidenti Sh.M.Mirziyoyev boshchiligidagi mamlakatda mavjud ulkan turizm saloyihatdan yanada to'liq va samarali foydalanish, an'anaviy, madaniy-tarixiy turizm bilan birgalikda ziyorat qilish, ekologik, ma'rifiy, etnografik, gastronomik turlarini jadal rivojlantirish yuzasidan keng qamrovli chora-tadbirlar amalga oshirilmoqda. Turizmning ustuvorlik kasb etayotgani ham muzeylar faoliyati va muzey ishi tizimli tashkil qilinishini taqozo etadi. 2017-yil 11-dekabrda O'zbekiston Respublikasi Vazirlar Mahkamasi tomonidan "2017-2027-yillarda davlat muzeylari faoliyatini takomillashtirish va moddiy-texnik bazasini mustahkamlash bo'yicha kompleks chora-tadbirlar dasturini tasdiqlash to'g'risida" qaror qabul qilindi. Mamlakatimizda 350 dan ziyod muzey faoliyat yuritib, o'zining eksponatlari- ashyoiy dalillari bilan yosh avlodni tarixga bo'lgan qiziqishini oshirishga xizmat qilayotgani ham malakali mutaxassislariga bo'lgan talabni dolzarblashtiradi.

Hozirgacha olib borilgan ilmiy izlanishlarga tayanib, muzeyshunoslik- ijtimoiy ahamiyatga molik ma'lumotlarni to'plash, saqlash jarayonlari, bilim va ma'lum hissiyotlarni muzey ashyolari orqali yetqazib berishni, muzey ishini, muzeyni ijtimoiy institut sifatidagi maqomini, vazifalarini hamda turli ijtimoiy- iqtisodiy sharoitlarda ularning amalga oshirish shakllarini o'rganadigan fandir, deb belgilash mumkin.





Ushbu maqola muzeylarning kelib chiqishini, tarixini, uning ijtimoiy hayotdagi o'рни, shuningdek, ularning klassifikatsiyasi va tipolgiyasini tadqiq qiladi.

ASOSIY QISM: Muzeylar- jonli tarix, o'tmishdan guvohlik beruvchi muassasalardir. Ularda xalqimizning tarixi, urf-odatlarini, an'analari o'z aksini topgan moddiy va ma'naviy yodgorliklar saqlanadi. Muzeylarning madaniyatimizda tutgan o'рни benihoya katta, bu avvalo, ularning tarixiy xotira va merosning bir avlodidan ikkinchi avlodga o'tishidagi roli bilan belgilanadi. Boshqa tomondan, muzeylardagi eksponatlar orqali tariximizni dunyo xalqlariga tanishtirish vazifasi ham turadi. Zero, muzeylar va muzey ishi turizm sohasi bilan aloqador bo'lib, bu o'z navbatida respublikamiz iqtisodiyotining muayyan yo'nalishlari rivojiga ham ta'sir ko'rsatadi.

Muzey- bu sotsial axborotlarni tarixan o'zaro bog'lovchi ko'p funksiyali ijtimoiy institut bo'lib, uning faoliyati madaniy-tarixiy hamda tabiiy- ilmiy boyliklarni saqlash, ma'lumotlarni to'plash va muzey ashyolari orqali tarqatishga mo'ljallangandir. Muzey turli jarayonlarni, tabiat va jamiyat hodisalarini hujjatlashtiradi. Shuningdek muzeylar ma'rifiy, tarbiyaviy va targ'ibot maqsadlarida foydalaniladi. Muzey etikasi muzeyshunoslikning muhim belgilaridan biri hisoblanadi. Muzeylarda uzoq asrlardan buyon saqlanib kelayotgan osori atiqalarga bo'lgan munosabat, muzeylarga tashrif buyurish odobi- muzey etikasi deyiladi. Bolalarning muzeyga tashrifini ularning ruhiyatiga to'g'ri keluvchi muloqot ekskursiyalari orqali tashki etish zarur. Muzey o'quvchilarga nafaqat turli hodisa va voqealarning sabablari hamda tartiblari haqida bilimlarni berish, balki uni xotirada saqlash bilan bir qatorda, o'z oldilariga qo'yilgan savollarga mustaqil ravishda javob topishga o'rgatishi lozim.

Avvalambor, muzeyda maktab yoshigacha bo'lgan bolalarning psixologik holati, ularning axborotni qabul qilish darajalarini o'rganishda, asosan bolalarda atrof-muhitni anglash, fikrlash va eslab qolish qobiliyatlari hisobga olinadi. Maktabgacha ta'lim muassasalari tarbiyalanuvchilariga esa muzeyga tashrif jarayonida dastlab ekspozitsiyadagi ashyolarning insoniyat taraqqiyotidagi ahamiyati haqida suhbat o'tkaziladi. Qiziqarli suhbat orqali ekskursiyalar o'tqazishda ularning shakllanayotgan psixologik jarayonlarini o'rganib, ijodiy qobiliyatlarini rivojlantirish va bu borada bolalarga zamonaviy texnologiyalardan(sensor kiosklar, plazma panellardan) foydalanish imkoniyatini yaratish zarur. Ushbu maqolada kichik yoshdagi tashrif buyuruvchilar bilan ishlashning turli shakllari: viktorina, rebus va musobaqalar tarzida tashkil etishni tavsiya qilinadi. Muzeylar tarixiy va madaniy faktlar, mashhur nomlar, har bir davrning o'ziga xos xususiyatlari nafaqat bolalarning qalbida, balki xotirasida bir umrga qoladi.





Muzeylar yoshlarni vatanparvarlik ruhida tarbiyalash, mustaqil fikr yuritish, voqea va hodisalarga befarq qaramaslik, eng asosiysi o'z moddiy madaniy merosini asrash tuyg'ularini shakllantirishga xizmat qilmoqda. Bu g'oyalar bolalarga o'yin, ijod va muloqot uyg'unligida singdirib boriladi. Bolalar muzeylar va ular faoliyati bilan tanishib chiqqanlaridan keyin o'zi yashayotgan zamonaviy muhit bilan tarixiy davrlar o'rtasidagi o'zaro bog'liqliklar haqidagi tushunchasi tarixiy va madaniy yodgorliklar orqali shakllanadi, estetik did va hayratlanish qobiliyati rivojlanadi, boshqa madaniyatga nisbatan hurmat bilan munosabatda bo'lish hissi qaror topadi, turli davr va xalqlarning madaniy merosini mustaqil ravishda o'rganishga ishtiyoqi o'sadi.

Muzeyning bolalar tarbiyasidagi o'rni madaniyat va san'atga bo'lgan qiziqishlarini rag'batlantirish bilan ham belgilanadi. Muzey bolalarning kuzatuvchanligini oshirib, tasavvurni kengaytirish va ma'lum ko'nikmalarni shakllantirishga xizmat qiladi. Jumladan, bolalar muzey ahamiyatiga molik ashyolarni bog'chada, ko'chada, tanishlarining uyida yoki tashqi muhitda ko'ra olish, shuningdek, muzeyda o'zini tutish, ko'rgazmada ashyolarni ko'rish kabi madaniy meros bilan muloqotga kirishish kabi ko'nikmalarga ega bo'lib borishadi. Natijada, bolalar muzeylarga- madaniyatning noyob muassasasi sifatida qiziqqa boshlashadi. Asosiysi, yo'qolib borayotgan madaniyat, an'analar va ularning ahamiyati bolalarda alohida qadr-qimmat kasb etadi. Muzey xazinasini ularga bebaho va noyob tarbiyaviy ta'sir ko'rsatadi. Bir so'z bilan aytganda, muzeylar maktab, o'rta ta'lim muassasalari o'quvchilarining tafakkuriga tarixiy xotirani shakllantirish va rivojlantirishni qo'llab-quvvatlashdan iboratdir. O'zbekiston Respublikasi birinchi Prezidenti I.Karimovning Toshkent shahridagi Amir Temur xiyobonining ochilish marosimidagi, "Kimki o'zbek nomini, o'zbek millatining kuch-qudratini, adolatparvarligini, cheksiz imkoniyatlarini, uning umumbashariyat rivojiga qo'shgan hissasini, shu asosa kelajakka ishonchini anglamoqchi bo'lsa, Amir Temur siymosini eslashi kerak" degan nutqi ham yurtimizda muzeylar faoliyati uchun alohida e'tibor qaratilganining dalilidir.

XULOSA: Moddiy va ma'naviy merosni saqlashda muzeylarning o'rni beqiyos bo'lib, ayniqsa, yoshlar ma'naviy-axloqiy tarbiyasiga ta'siri, yoshlarni o'tmish bilan hamnafas yashashlariga yanada turtki beradi. Yurtimizda ko'plab zamonaviy muzeylarning faoliyat yuritishi avvalgi davrlardan farq qiladi. Zamonaviy muzeylar madaniy merosning yangi qirralarini ochar ekan, nafaqat yurtimiz aholisi va yoshlari orasida, balki, millatlararo do'stlik va hamjihatlik tamoyillariga ham alohida e'tibor qaratmoqda. Chunki bu sa'y- harakatlar boshqa xalqlarning ham yoshlarida ham madaniyatiga nisbatan hurmat tuyg'ularini uyg'otishda muhim ahamiyatga ega. Tarixiy- madaniy merosni saqlash, uni avloddan-avlodga yetqazishda, shuningdek,





yoshlarni vatanparvarlik, tarixiy- madaniy qadriyatlarga urmat bilan qarash ruhida tarbiyalashda muzeylarning o'rnini alohida e'tirof etish zarur. Ayni vaqtda muzey jamiyatning o'z tarixi va madaniyatiga bo'lgan munosabatini aks ettiruvchi ko'zgu hisoblanadi. Shu sababli muzeylar zamon bilan, jamiyat bilan hamnafas bo'lib, jamiyatning bir bo'lagi bo'lgan holda yangicha usulda faoliyat ko'rsatishi bugungi kunning dolzarb masalasiga aylandi. Hozirda, butun jahon muzeylari oldida, "XXI asr muzeyi qanday bo'lishi va tashrif buyuruvchilarni qanday jalb qilish kerak?"- degan muammoli masala turmoqda. Muzey ashyolarini endilikda nafaqat moddiy jihatdan namoyish etish, balki ularni zamonaviy texnologiyalar uyg'unligi yordamida turli uslublarda targ'ib etish imkoni tug'ildi. Muzeyga kelgan yoshlar, xalq inson tarbiyaviy ta'sir obyekti emas, balki teng huquqli suhbatdoshdir. Ular har bir eksponat bilan, har bir ashyo bilan suhbat qura olish imkoniga egalar, aniqrog'i, muzey bu- insonlar va tarixni bog'lab turuvchi uzilmas bir vositadir.

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СОВРЕМЕННЫЕ ТЕХНОЛОГИИ В БУХГАЛТЕРСКОМ УЧЕТЕ

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Актуальность темы: Внедрение программного обеспечения для автоматизации рутинных задач, таких как расчет налогов, ведение отчетности и обработка транзакций, значительно снижает вероятность ошибок и экономит время. Эти технологии помогают в анализе больших объемов данных, выявлении аномалий и прогнозировании финансовых показателей, что улучшает качество принятия управленческих решений.

Ключевые слова: бухгалтерский учет, автоматизация процессов, электронная отчетность, киберотчетность.

Использование облачных технологий позволяет бухгалтерам работать удаленно, обеспечивая доступ к данным в любое время и с любого устройства. Это особенно актуально в условиях глобализации и удаленной работы. Технология блокчейн обеспечивает высокий уровень безопасности и прозрачности финансовых операций, что может существенно снизить риски мошенничества и повысить доверие к финансовой отчетности. Современные бухгалтерские программы могут интегрироваться с CRM, ERP и другими системами, что позволяет обеспечить целостный подход к управлению бизнесом. С увеличением объема данных и переходом на цифровые платформы возрастает необходимость в защите информации от кибератак. Это делает актуальным изучение технологий безопасности. Современные инструменты аналитики позволяют бухгалтерам не только собирать данные, но и визуализировать их, что упрощает понимание финансовых показателей для руководства. С учетом быстрого развития технологий бухгалтерам необходимо постоянно обучаться и адаптироваться к новым инструментам, что создает спрос на образовательные программы и курсы. Современные технологии помогают компаниям соблюдать требования налогового и финансового законодательства, что особенно важно в условиях постоянных изменений. Технологии способствуют более





эффективному управлению ресурсами, что позволяет компаниям достигать устойчивого роста и развития.

В настоящее время в бухгалтерском учете применяются различные современные технологии, которые значительно упрощают и улучшают процессы. Вот некоторые из них:

1. Облачные технологии:

- Позволяют хранить данные и работать с ними удаленно, обеспечивая доступ к информации в любое время и с любого устройства.

2. Автоматизация процессов:

- Использование специализированного программного обеспечения для автоматизации рутинных задач, таких как расчет налогов и ведение отчетности.

3. Искусственный интеллект (ИИ):

- Применяется для анализа данных, прогнозирования финансовых показателей и выявления аномалий.

4. Машинное обучение:

- Позволяет системам обучаться на основе исторических данных и улучшать точность прогнозов и рекомендаций.

5. Блокчейн:

- Обеспечивает безопасность и прозрачность финансовых операций, что помогает снизить риски мошенничества.

6. Инструменты для визуализации данных:

- Помогают представлять финансовую информацию в удобном и понятном виде, что облегчает принятие решений.

7. Электронная отчетность:

- Позволяет быстро и удобно подавать финансовые отчеты в налоговые органы и другие инстанции.

8. Кибербезопасность:

- Технологии защиты данных от кибератак становятся особенно важными в условиях увеличения объемов информации.

9. Мобильные приложения:

- Позволяют бухгалтерам управлять финансами и вести учет на ходу, что повышает гибкость работы.

10. Интеграция с другими системами:

- Бухгалтерские программы могут интегрироваться с CRM, ERP и другими системами для обеспечения целостного подхода к управлению бизнесом.





Эти технологии помогают повысить эффективность работы бухгалтеров, минимизировать ошибки и улучшить качество финансовой отчетности.

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**MILLIY LIBOSLAR YARATISHDA EKOLOGIK TOZA MATERIALLAR VA
USLUBLAR.**

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Annotatsiya: Ushbu tadqiqot milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo‘llanilishini o‘rganadi. Ekologik jihatdan toza materiallar, bo‘yoqlar va texnikalarning qanday qilib an’anaviy kiyimlarning dizayni va ishlab chiqarishiga kiritilishi mumkinligi tahlil etiladi. Tadqiqot ekologik toza matolar, bo‘yoqlar va usullarni ishlatishning afzalliklariga hamda bu amaliyotlarning madaniy merosni saqlashga qanday hissa qo‘shishi mumkinligiga e’tibor qaratadi. Muvaffaqiyatli misollar va sanoat amaliyotlarini tahlil qilib, ushbu tadqiqot an’anaviy libos dizaynini zamonaviy barqarorlik standartlariga qanday moslashtirish bo‘yicha tushunchalar beradi.

Kalit so‘zlar: Ekologik toza materiallar, barqaror moda, milliy liboslar, an’anaviy kiyimlar, atrof-muhitga ta’sir, madaniy meros, barqaror dizayn, ekologik toza bo‘yoqlar

**ECO-FRIENDLY MATERIALS AND METHODS IN CREATING NATIONAL
COSTUMES**

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Annotation: The study explores the use of eco-friendly materials and methods in the creation of national costumes. It examines how sustainable practices and





environmentally friendly materials can be integrated into the design and production of traditional attire. The research focuses on the benefits of using eco-friendly fabrics, dyes, and techniques, and how these practices can contribute to the preservation of cultural heritage while minimizing environmental impact. By analyzing case studies and industry practices, this study aims to provide insights into how traditional costume design can adapt to modern sustainability standards.

Keywords: Eco-friendly materials, sustainable fashion, national costumes, traditional attire, environmental impact, cultural heritage, sustainable design, eco-friendly dyes

ЭКОЛОГИЧЕСКИ ЧИСТЫЕ МАТЕРИАЛЫ И МЕТОДЫ В СОЗДАНИИ НАЦИОНАЛЬНЫХ КОСТЮМОВ

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Аннотация: В данном исследовании рассматривается использование экологически чистых материалов и методов в создании национальных костюмов. Исследование анализирует, как устойчивые практики и экологически чистые материалы могут быть интегрированы в дизайн и производство традиционной одежды. В работе акцентируется внимание на преимуществах использования экологически чистых тканей, красителей и техник, а также на том, как эти практики могут способствовать сохранению культурного наследия при минимизации воздействия на окружающую среду. Анализ успешных примеров и практик отрасли направлен на предоставление рекомендаций по адаптации дизайна национальных костюмов к современным стандартам устойчивого развития.





Ключевые слова: Экологически чистые материалы, устойчивая мода, национальные костюмы, традиционная одежда, воздействие на окружающую среду, культурное наследие, устойчивый дизайн, экологически чистые

Kirish

Milliy liboslar – bu faqat kiyim-kechak emas, balki xalqning madaniy merosi, an’analari va san’atining aksidir. Ularning yaratishda foydalaniladigan materiallar va uslublar nafaqat estetik va madaniy ahamiyatga ega, balki ekologik mas’uliyatni ham o‘z ichiga olishi zarur. Hozirgi kunda ekologik toza materiallar va barqaror uslublar milliy liboslar ishlab chiqarishida muhim rol o‘ynaydi, chunki global muhit o‘zgarishlari va ekologik muammolar dunyo miqyosida e’tibor qaratilayotgan asosiy masalalardan biriga aylangan.

Ekologik toza materiallar – bu tabiiy, qayta ishlanadigan yoki kam zarar keltiradigan resurslardan tayyorlangan matolar va bo‘yoqlardir. Ular an’anaviy kiyimlarning sifatini va uzoq muddatli foydalanish imkoniyatini oshiradi, shu bilan birga atrof-muhitga ta’sirini kamaytiradi. Barqaror uslublar esa dizayn va ishlab chiqarish jarayonlarida ekologik jihatlarni hisobga olishni anglatadi, masalan, energiya va suv resurslarini tejash, chiqindilarni kamaytirish va ishlab chiqarish jarayonlarida ekologik xavfsiz texnologiyalardan foydalanish.

Ushbu tadqiqot milliy liboslar yaratishda ekologik toza materiallar va uslublarning rolini o‘rganadi. Tadqiqot davomida ekologik toza matolar va bo‘yoqlarning qanday qilib an’anaviy kiyimlarga kiritilishi, ularning madaniy merosni saqlashga qanday hissa qo‘shishi va ekologik muammolarni hal qilishdagi o‘rni tahlil etiladi. Shu bilan birga, milliy liboslarning barqaror dizayni orqali qanday qilib ekologik jihatdan mas’uliyatli amaliyotlarni joriy etish mumkinligi ko‘rib chiqiladi.





Tadqiqotning maqsadi – ekologik toza materiallar va uslublarni milliy liboslar yaratishda qanday qilib samarali qo‘llash mumkinligini aniqlash, ular orqali madaniy merosni saqlash va atrof-muhitni himoya qilishning mumkin bo‘lgan yo‘llarini o‘rganishdir. Shuningdek, zamonaviy ekologik standartlarga muvofiq an’anaviy kiyim dizaynini qanday moslashtirish mumkinligi haqida amaliy tavsiyalar berish ham tadqiqotning asosiy maqsadlaridan biridir.

Tadqiqotning dolzarbligi

Milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo‘llanilishi bugungi kunda juda dolzarb va muhim masaladir. Global miqyosda atrof-muhit muammolari va iqlim o‘zgarishi kabi ekologik krizislar yanada keskinlashib bormoqda. Ushbu sharoitda, texnologik va sanoat rivojlanishlari bilan bir qatorda, an’anaviy madaniyatni saqlab qolish va ekologik jihatdan barqaror amaliyotlarni qo‘llash muhim ahamiyat kasb etadi.

- Ekologik mas’uliyat: Ekologik toza materiallar va uslublar milliy liboslarni yaratishda atrof-muhitga ta’sirni kamaytirish imkonini beradi. An’anaviy kiyimlarni ishlab chiqarishda ekologik toza materiallar va metodlarni qo‘llash orqali chiqindilarni kamaytirish, tabiiy resurslarni tejash va kimyoviy moddalar ta’sirini kamaytirish mumkin. Bu, o‘z navbatida, tabiiy muhitni saqlash va iqlim o‘zgarishlariga qarshi kurashishga yordam beradi.

- Madaniy merosni saqlash: Milliy liboslar har bir xalqning madaniy va tarixiy merosining ajralmas qismidir. Ekologik toza materiallar yordamida bu an’anaviy kiyimlar yanada sifatli va uzoq muddatli bo‘lishi mumkin. Bu orqali madaniy merosni saqlash va uni zamonaviy talablarga moslashtirishning imkoniyatlari ochiladi.

- Barqaror rivojlanish: Hozirgi kunda barqaror rivojlanish konsepti jahon bo‘ylab ko‘plab sohalarda qo‘llanilmoqda. Milliy liboslar yaratishda barqaror uslublar





va ekologik toza materiallar orqali ushbu konseptni amalda qo'llash va turizm, moda va madaniyat sohalarida barqarorlikni ta'minlash mumkin. Bu, o'z navbatida, iqtisodiy o'sishni va jamoa rivojlanishini rag'batlantiradi.

- Bozor talabi: Bugungi kunda iste'molchilar orasida ekologik toza va barqaror mahsulotlarga bo'lgan qiziqish ortmoqda. Milliy liboslarda ekologik toza materiallardan foydalanish orqali ishlab chiqaruvchilar iste'molchilarning talablariga javob berishi va o'z mahsulotlarini bozorga muvaffaqiyatli taqdim etishi mumkin.

- Innovatsiya va texnologiya: Ekologik toza materiallar va uslublarni ishlab chiqish va qo'llash sohasidagi innovatsiyalar milliy liboslar dizaynini yangilashga va texnologik rivojlanishlarni qo'llashga yordam beradi. Bu, o'z navbatida, an'anaviy kiyimlarni zamonaviy talablar asosida qayta ishlab chiqish imkonini beradi.

Shu sababli, milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo'llanilishi nafaqat ekologik jihatdan, balki madaniy, iqtisodiy va texnologik jihatdan ham muhimdir. Ushbu tadqiqot bu sohada mavjud imkoniyatlar va tavsiyalarni aniqlash orqali ekologik barqarorlikni ta'minlash va madaniy merosni saqlash bo'yicha amaliy yechimlar taklif qiladi.

Tadqiqotning metodikasi

Ushbu tadqiqot milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo'llanishini o'rganish uchun quyidagi metodologik yondashuvlarni qo'llaydi:

1. Adabiyotlarni tahlil qilish: Tadqiqotning birinchi bosqichi sifatida, ekologik toza materiallar va barqaror uslublar, shuningdek, milliy liboslar yaratishda ularning roli haqida mavjud ilmiy adabiyotlarni tahlil qilish amalga oshiriladi. Bu bosqichda maqolalar, kitoblar, ilmiy tadqiqotlar va sanoat hisobotlari o'rganiladi. Maqsad,





ekologik toza materiallar va uslublar bilan bog'liq nazariy va amaliy ma'lumotlarni yig'ishdir.

2. So'rovnomalar va intervyular: Ekologik toza materiallar va barqaror uslublarni milliy liboslarda qo'llash bilan bog'liq amaliy tajribalarni o'rganish uchun so'rovnomalar va intervyular o'tkaziladi. So'rovnomalar ishlab chiqaruvchilar, dizaynerlar, va iste'molchilar o'rtasida ekologik toza materiallar va uslublar haqida ularning fikrlarini va tajribalarini yig'ish uchun mo'ljallangan. Intervyular esa ekspertlar va sanoat mutaxassislari bilan olib boriladi.

3. Amalga oshirilgan tadqiqotlar: Amalga oshirilgan tadqiqotlar orqali milliy liboslarda ekologik toza materiallar va uslublarning qanday qo'llanayotganini ko'rib chiqish uchun amaliy misollar va muvaffaqiyatli loyihalar tahlil etiladi. Ushbu tadqiqotlar atrof-muhitga kam zarar etkazadigan materiallar va barqaror ishlab chiqarish texnologiyalarining amaliy qo'llanilishini baholashga yordam beradi.

4. Tasviriy va analitik tahlil: Materiallar va uslublarni ekologik jihatdan baholash uchun tasviriy va analitik tahlil metodlari qo'llaniladi. Bu tahlil orqali materiallarning ekologik tozaligi, uzoq muddatli foydalanish imkoniyatlari, va atrof-muhitga ta'siri aniqlanadi. Shu bilan birga, dizayn va ishlab chiqarish jarayonlarida ekologik jihatlarning qanday hisobga olinishi o'rganiladi.

5. Natijalarni taqqoslash va tahlil qilish: Tadqiqot natijalari boshqa mavjud amaliyotlar va tadqiqotlar bilan taqqoslanadi. Olingan ma'lumotlar orqali ekologik toza materiallar va uslublarning milliy liboslarni yaratishda qanday ijobiy va salbiy tomonlari borligini aniqlash mumkin.

Muhokama





Tadqiqot davomida olingan ma'lumotlar va natijalar quyidagi asosiy jihatlar bo'yicha muhokama qilinadi:

- Ekologik toza materiallarning ta'siri: Ekologik toza materiallarning milliy liboslarda qo'llanishi ularning sifatini qanday yaxshilashini va uzoq muddatli foydalanishga qanday ta'sir ko'rsatishini tahlil qilish. Tadqiqot natijalari, ekologik materiallarning mato sifatini oshirishi va kiyimlarning barqarorligini ta'minlashdagi roli haqida ma'lumot beradi.

- Barqaror dizayn usullari: Barqaror dizayn usullarining milliy liboslarni yaratishda qanday qo'llanilayotgani va bu usullar orqali ekologik jihatlarining hisobga olinishi o'rganiladi. Bu bosqichda, dizayn jarayonida energiya, suv va resurslarni tejash, chiqindilarni kamaytirish va ekologik xavfsiz texnologiyalardan foydalanish muhokama qilinadi.

- Madaniy meros va ekologik mas'uliyat: Milliy liboslarning ekologik toza materiallar bilan yaratishining madaniy merosni saqlashga qanday yordam berishi va madaniy elementlarni zamonaviy talablarga moslashtirishdagi roli tahlil qilinadi. Bu o'rganishda madaniy merosning ekologik barqarorlik bilan qanday uyg'unlashishi muhokama qilinadi.

- Iqtisodiy va ijtimoiy ta'sirlar: Ekologik toza materiallar va barqaror uslublarning iqtisodiy va ijtimoiy ta'sirlari, shu jumladan, mahalliy ishlab chiqaruvchilarga bo'lgan ta'siri va iste'molchilarning ekologik toza mahsulotlarga bo'lgan qiziqishi o'rganiladi. Iqtisodiy foydalar, barqarorlik va ijtimoiy ahamiyatlarning qanday oshishi tahlil qilinadi.

- Tavsiyalar: Tadqiqot natijalari asosida, milliy liboslar yaratishda ekologik toza materiallar va uslublarni qo'llash uchun amaliy tavsiyalar ishlab chiqiladi. Bu





tavsiyalar, ekologik barqarorlikni ta'minlash, madaniy merosni saqlash va sifatli mahsulotlar ishlab chiqarishga qaratilgan bo'ladi.

Shu bilan, tadqiqot milliy liboslarni yaratishda ekologik toza materiallar va uslublarni qo'llashning afzalliklari, muammolari va yechimlari haqida keng qamrovli tushunchalar beradi.

Tadqiqotning ilmiy yangiligi

Milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo'llanilishi mavzusi bo'yicha tadqiqotning ilmiy yangiligi quyidagi asosiy jihatlardan iborat:

1. Ekologik toza materiallarning yangi o'lchamlari: Tadqiqot ekologik toza materiallarning milliy liboslarda qo'llanilishi haqida yangi bilimlarni keltirib chiqaradi. Bu materiallarning tasnifi, ularning ekologik xususiyatlari va ishlab chiqarish jarayonida qanday qo'llanilishi haqida mukammal va zamonaviy ma'lumotlarni taqdim etadi. Shuningdek, materiallarning ekologik sifatini baholashning yangi mezonlari va metodologiyalari ishlab chiqiladi.

2. Barqaror dizayn usullarining yangi yondashuvlari: Tadqiqot milliy liboslar dizaynida barqaror uslublarni qo'llashda innovatsion yondashuvlarni aniqlaydi. Barqaror dizayn usullari va texnologiyalarini milliy liboslarga qanday kiritish va bu orqali ekologik barqarorlikni qanday ta'minlash mumkinligi haqidagi yangi tavsiyalar ishlab chiqiladi. Bu yondashuvlar, an'anaviy va zamonaviy texnologiyalarni birlashtirgan holda, ekologik toza liboslarni yaratishda yangi metodlarni taqdim etadi.

3. Madaniy meros va ekologiya o'rtasidagi bog'lanish: Tadqiqot milliy liboslarning madaniy meros va ekologiya o'rtasidagi bog'lanishini o'rganadi. Madaniy va ekologik jihatlarni uyg'unlashtirish orqali yangi ilmiy nuqtai nazar yaratiladi. Bu, milliy liboslarning madaniy ahamiyatini saqlash va ekologik barqarorlikni ta'minlash





o'rtasidagi muvozanatni qanday topish mumkinligi haqida yangi tushunchalarni taqdim etadi.

4. Innovatsion materiallar va texnologiyalar: Tadqiqot yangi ekologik toza materiallar va texnologiyalarni ishlab chiqish va ularni milliy liboslarda qo'llash imkoniyatlarini o'rganadi. Innovatsion materiallarning sifati, barqarorligi va dizayndagi o'rni haqida yangi bilimlar ishlab chiqiladi. Shuningdek, texnologik yangiliklarning milliy liboslarga qanday ta'sir ko'rsatishi va bu yangiliklarni amalda qo'llash bo'yicha yangi tavsiyalar taqdim etiladi.

5. Ekologik xavfsizlik va moda sanoati: Tadqiqot moda sanoatida ekologik xavfsizlikni ta'minlash va barqarorlikni oshirish bo'yicha yangi yondashuvlarni ishlab chiqadi. Ekologik xavfsizlikni moda sanoatida tatbiq etishning yangi yo'llari va metodologiyalarini taklif qiladi. Bu, o'z navbatida, milliy liboslar yaratishda ekologik barqarorlikni oshirishga qaratilgan ilmiy yondashuvlarni kengaytiradi.

6. Iqtisodiy va ijtimoiy ta'sirlarni yangi tahlil: Tadqiqot ekologik toza materiallar va uslublarning iqtisodiy va ijtimoiy ta'sirlarini yangi darajada tahlil qiladi. Iqtisodiy foydalar, bozor talabiga javob berish, va ijtimoiy mas'uliyatning qanday ta'sir qilishi haqidagi yangi tushunchalarni beradi. Shuningdek, ekologik toza materiallar va barqaror uslublar orqali milliy liboslar bozorida qanday yangi imkoniyatlar ochilishi muhokama qilinadi.

Ushbu ilmiy yangiliklar tadqiqotning ekologik toza materiallar va uslublar orqali milliy liboslarni yaratishda yangi va amaliy yondashuvlarni taqdim etadi, shuningdek, madaniy merosni saqlash va ekologik barqarorlikni ta'minlashda muhim o'rin tutadi.

Xulosa





Milliy liboslar yaratishda ekologik toza materiallar va uslublarning qo'llanishi atrof-muhitni himoya qilish va madaniy merosni saqlash bo'yicha katta ahamiyatga ega. Tadqiqot davomida quyidagi asosiy xulosalarga kelindi:

Ekologik toza materiallar milliy liboslarning sifatini oshiradi va uzoq muddatli foydalanishni ta'minlaydi. Tabiiy, qayta ishlanadigan yoki kam zarar keltiradigan resurslardan tayyorlangan matolar va bo'yoqlar, kiyimlarning ekologik xavfsizligini ta'minlaydi. Bunday materiallar yordamida ishlab chiqarilgan milliy liboslar, atrof-muhitga kam ta'sir ko'rsatadi va ekologik muammolarni kamaytirishga yordam beradi.

Barqaror dizayn usullari milliy liboslarni yaratishda ekologik jihatlarni hisobga olishga imkon yaratadi. Energiyani, suvni va boshqa resurslarni tejash, chiqindilarni kamaytirish va ekologik xavfsiz texnologiyalardan foydalanish orqali an'anaviy kiyimlar zamonaviy ekologik talablar asosida qayta ishlanishi mumkin. Bu, o'z navbatida, ekologik barqarorlikni oshiradi va madaniy merosni saqlashga hissa qo'shadi.

Milliy liboslar madaniy merosning ajralmas qismidir. Ekologik toza materiallar va barqaror uslublarni qo'llash orqali madaniy merosni saqlash va uni zamonaviy talablarga moslashtirish mumkin. Bu, an'anaviy kiyimlarni ekologik jihatdan barqaror va sifatli qilish orqali madaniy ahamiyatini saqlash imkoniyatlarini yaratadi.

Tadqiqot ekologik toza materiallar va innovatsion texnologiyalarni milliy liboslarda qo'llash bo'yicha yangi yondashuvlarni taklif qiladi. Yangi materiallar va texnologiyalarning mavjudligi, milliy liboslar dizaynini yangilash va modernizatsiya qilish imkoniyatlarini yaratadi. Bu, moda sanoatida ekologik barqarorlikni ta'minlash va yangi bozor imkoniyatlarini yaratish uchun muhimdir.

Ekologik toza materiallar va barqaror uslublar iqtisodiy va ijtimoiy ta'sirlarni ham hisobga oladi. Iqtisodiy jihatdan, ekologik toza mahsulotlarga bo'lgan talabning ortishi, ishlab chiqaruvchilarga yangi imkoniyatlar yaratadi. Ijtimoiy jihatdan, ekologik mas'uliyatli amaliyotlar jamiyatda atrof-muhitga bo'lgan qiziqishni oshiradi va barqaror rivojlanishga hissa qo'shadi.

Ushbu xulosalar milliy liboslar yaratishda ekologik toza materiallar va uslublarni qo'llashning afzalliklari va imkoniyatlarini ko'rsatadi. Tadqiqot ekologik barqarorlik va madaniy merosni saqlash bo'yicha amaliy tavsiyalar va yangi yondashuvlarni taklif etadi. Milliy liboslarni yaratishda ekologik toza materiallar va





barqaror uslublarning qo‘llanishi, moda sanoati va ekologik barqarorlik o‘rtasidagi muvozanatni ta‘minlashda muhim rol o‘ynaydi.

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ZARDUSHT IBTIDOIY DINIY TASAVVURLARDA YAKKAXUDOLIK DINI

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Annotatsiya: Ushbu maqolada Zardushtning ibtidoiy diniy tasavvurlari va uning yakkaxudolik tushunchasi o'rganiladi. Mazkur maqola Zardushtiylik dinining shakllanishi, Ahura Mazda tushunchasi va uning jahon dinlariga ta'sirini ko'rib chiqadi. Zardushtiylik diniy falsafasi yakkaxudolik asosida jamiyatning ma'naviy va madaniy rivojlanishida muhim ahamiyatga ega bo'lgan. Ushbu maqola mazkur dinning diniy-falsafiy va tarixiy ahamiyatini o'rganishga qaratilgan.

Kalit so'zlar: Zardushtiylik, yakkaxudolik, dualizm, ibtidoiy dinlar, diniy falsafa.

ZARATUŠTRA V PЕРВОБЫТНЫХ РЕЛИГИОЗНЫХ ПРЕДСТАВЛЕНИЯХ КАК МОНОТЕИСТИЧЕСКАЯ РЕЛИГИЯ

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Аннотация: В данной статье изучаются первобытные религиозные представления Заратустры и его концепция монотеизма. Рассматриваются процесс формирования религии зороастризма, понятие Ахура Мазды и влияние этой религии на мировые религии. Религиозная философия зороастризма, основанная на монотеизме, сыграла значительную роль в духовном и культурном развитии общества. Статья направлена на исследование религиозно-философского и исторического значения этой религии.

Ключевые слова: Зороастризм, монотеизм, дуализм, первобытные религии, религиозная философия.

ZOROASTER IN PRIMITIVE RELIGIOUS CONCEPTS AS A MONOTHEISTIC RELIGION

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Annotation: This article explores the primitive religious concepts of Zoroaster and his idea of monotheism. It examines the development of Zoroastrianism, the concept of Ahura Mazda, and the influence of this religion on other world religions. The religious philosophy of Zoroastrianism, based on monotheism, played a crucial role in the spiritual and cultural advancement of society. The article focuses on the religious-philosophical and historical significance of this ancient religion.

Keywords: Zoroastrianism, monotheism, dualism, primitive religions, religious philosophy.

Kirish

Insoniyat tarixida dinlarning shakllanishi jamiyatning madaniy va ma'naviy taraqqiyotida muhim rol o'ynagan. Har bir xalqning diniy tasavvurlari o'ziga xos va murakkab jarayon orqali rivojlangan. Shu o'rinda, Zardushtning o'ziga xos dini – Zardushtiylik (Mazdaismi) – ibtidoiy davrning ko'plab diniy e'tiqodlaridan ajralib turadi. Ushbu dinning o'ziga xos jihati yakkaxudolikka asoslangan bo'lib, uni jahonning eng qadimgi monoteistik dinlaridan biri sifatida ko'rish mumkin. Mazkur maqola Zardushtning ibtidoiy diniy tasavvurlari va uning yakkaxudolikka tushunchasini o'rganishga bag'ishlanadi.

Mavzuning dolzarbligi

"Zardusht ibtidoiy diniy tasavvurlarda yakkaxudolikka dini" mavzusi bugungi kunda ham dolzarb hisoblanadi, chunki insoniyat tarixi davomida diniy e'tiqodlar va dunyoqarashlar jamiyatning rivojlanishiga katta ta'sir ko'rsatgan. Zardushtiylik – yakkaxudolikka asoslangan eng qadimiy dinlardan biri bo'lib, uning diniy-falsafiy tamoyillari nafaqat o'z davrida, balki keyinchalik ham boshqa yirik dinlarga ta'sir o'tkazgan. Yahudiylik, nasroniylik va islom kabi monoteistik dinlarning shakllanishida Zardushtiylik falsafasining ta'siri yaqqol ko'zga tashlanadi.

Bugungi global dunyoda dinlararo dialog va diniy bag'rikenglik masalalari tobora dolzarblashib bormoqda. Shu nuqtai nazardan, qadimiy monoteistik e'tiqodlarni o'rganish nafaqat diniy merosni chuqur anglash, balki zamonaviy ijtimoiy muammolarni hal qilishda ham muhim ahamiyatga ega. Zardushtiylikning yakkaxudolikka asoslangan tamoyillari insoniyatni yovuzlik va adolatsizlikka qarshi kurashga, xayrli ishlarga chaqirishi bugungi kun uchun ham ahamiyatli bo'lib qolmoqda.

Shuningdek, Zardushtiylik diniy e'tiqodining o'rganilishi diniy madaniyatlar tarixi, falsafiy yondashuvlar va jamiyatdagi ahloqiy qadriyatlarni chuqurroq tushunishga yordam beradi.

Tadqiqot muhokamasi va materiallari





Mazkur tadqiqotning asosiy yo‘nalishi Zardushtiylik dinining ibtidoiy diniy tasavvurlaridagi yakkaxudolik g‘oyasini o‘rganishdan iborat. Zardushtning diniy-falsafiy ta‘limoti nafaqat o‘z davrida, balki keyinchalik ham jahon dinlariga chuqur ta‘sir ko‘rsatgan. Ushbu tadqiqot muhokamasi davomida yakkaxudolikning shakllanishi, Ahura Mazda va Ahriman o‘rtasidagi dualistik munosabatlar, shuningdek, Zardushtiylikning keyinchalik rivojlangan dinlar bilan aloqasi tahlil qilinadi.

Tadqiqot davomida Zardushtning ta‘limotida yakkaxudolik tamoyili qanday paydo bo‘lgani, uning ko‘pxudolik e‘tiqodlarga qarshi qanday qaratilgani muhim savol bo‘lib qoladi. Zardushtiylikni ko‘p sonli tabiiy va ruhiy kuchlarga sig‘inishdan yakkaxudolik tomon burilishining sabablari aniqlanadi. Shu bilan birga, tadqiqotda dualistik elementlarga alohida e‘tibor qaratiladi. Ahura Mazda va Ahriman o‘rtasidagi qarama-qarshilik faqat ikki kuchning kurashi sifatida emas, balki insonning ichki dunyosidagi xayr va yomonlik o‘rtasidagi kurash sifatida talqin etilishi tadqiq qilinadi.

Shuningdek, Zardushtiylikning falsafiy va ahloqiy tamoyillari, masalan, xayrli amallar va adolatli hayot kechirishga bo‘lgan chaqiriqlari, bugungi jamiyatdagi axloqiy qadriyatlar bilan qanday bog‘liq ekani o‘rganiladi.

Tadqiqot uchun quyidagi manbalar va materiallar qo‘llanildi:

1. Avesto – Zardushtiylikning asosiy muqaddas matni bo‘lib, unda Ahura Mazda, Ahriman, va Zardusht ta‘limotining asosiy tushunchalari keltirilgan. Avesto Zardushtiylikning yakkaxudolik dini sifatida shakllanishini ko‘rsatishda asosiy manba hisoblanadi.

2. Tarixiy asarlar – Zardushtiylik dinining Eron va Markaziy Osiyo hududlaridagi rivojlanish tarixi, jumladan, Fors imperiyasidagi diniy islohotlar haqidagi tarixiy asarlar tadqiq qilindi. Ushbu tarixiy manbalar Zardushtiylikning jamiyat hayotidagi o‘rni va uning rivojlanish bosqichlarini ko‘rsatadi.

3. Zamonaviy tadqiqotlar va ilmiy maqolalar – Zardushtiylik diniga oid zamonaviy tadqiqotlar va olimlarning fikr-mulohazalari asosida diniy-falsafiy tahlillar amalga oshirildi. Zardushtiylikning boshqa yirik dinlarga ta‘siri, uning yakkaxudolik tushunchasi va dualistik elementlari chuqur tahlil qilindi.

4. Diniy va falsafiy manbalar – Yakkaxudolik va dualizm masalalari bo‘yicha diniy-falsafiy risolalar tadqiqotning ilmiy asosi bo‘lib xizmat qildi. Shu orqali yakkaxudolik dinlarining rivojlanish jarayoni va Zardushtiylikning ulardagi o‘rni chuqurroq o‘rganildi.

Mazkur tadqiqot Zardushtiylikning yakkaxudolikka asoslangan tamoyillari va uning boshqa jahon dinlariga ta‘sirini o‘rganishga bag‘ishlangan. Tadqiqot materiallari va tahlillari diniy-falsafiy rivojlanish jarayonlarining chuqur o‘zaro bog‘liqligini ko‘rsatishga yordam beradi.





Zardushtning ibtidoiy diniy tasavvurlari

Zardushtiylik diniy tasavvurlari eramizdan avvalgi ikkinchi mingyillikda shakllana boshlagan bo'lib, u Eron hududlarida paydo bo'lgan. Bu davrda ko'plab xalqlar ko'pxudolik e'tiqodida yashagan. Ularning diniy tasavvurlari tabiat kuchlari, yovuz va xayrli ruhlar, hayvonlar va osmon jismlariga bag'ishlangan edi. Shu kabi e'tiqodlar o'sha davrdagi jamiyatda keng tarqalgan va odamlarning kundalik hayotini belgilab bergan.

Zardusht ana shu ko'pxudolik tasavvurlardan uzoqlashib, yakkaxudolikka asoslangan yangi diniy dunyoqarashni kiritdi. Uning ta'limotiga ko'ra, mavjud bo'lgan barcha narsalar bitta oliy mavjudot – Ahura Mazda tomonidan yaratilgan va boshqarilgan. Ahura Mazda – donolik va xayr-xohlik timsoli bo'lib, butun olamning asosiy ilohiy kuchidir. Zardusht Ahura Mazdani yagona yaratuvchi va barcha narsaning sababchisi sifatida taqdim etadi.

Yakkaxudolik g'oyasining paydo bo'lishi

Zardushtning diniy e'tiqodi o'z davrining ibtidoiy diniy tasavvurlaridan sezilarli darajada farq qiladi. Uning asosiy tamoyili yakkaxudolik bo'lib, bu e'tiqodda yagona oliy mavjudot Ahura Mazda butun borliqni yaratgan va boshqaradi. Zardusht ta'limoti yakkaxudolikka asoslangan birinchi dinlardan biri hisoblanadi.

Zardushtiylikda Ahura Mazdaga qarshi turgan asosiy dushman Ahriman deb ataluvchi yovuz kuchdir. Bu ikki kuchning kurashi Zardushtning dualistik qarashlarida muhim o'rin tutadi. Shunga qaramay, Ahura Mazda Ahrimandan kuchliroq bo'lib, yakunda yovuzlikni yengishi kerak. Zardushtiylik e'tiqodi dualistik bo'lib tuyulsa-da, Ahura Mazda yakkaxudolik asosida oliy kuch sifatida qabul qilinadi.

Zardushtiylikning ijtimoiy va madaniy ahamiyati

Zardushtning dini insoniyatning madaniy taraqqiyotida katta iz qoldirgan. Uning yakkaxudolikka asoslangan diniy tasavvurlari keyinchalik yahudiylilik, nasroniylik va islom kabi yakkaxudolik dinlariga ham ta'sir ko'rsatgan. Zardushtiylikda ta'lim berilgan xayrli amallar, adolat, to'g'rilik va yomonlikka qarshi kurash insoniyatning ma'naviy va axloqiy qadriyatlarini rivojlantirishda muhim o'rin tutgan.

Xulosa

Zardushtning ibtidoiy diniy tasavvurlari yakkaxudolik dini sifatida butun dunyo madaniyati va diniy tafakkuriga katta ta'sir ko'rsatgan. Ahura Mazda tushunchasi orqali Zardusht ibtidoiy jamiyatdagi ko'pxudolikdan voz kechib, oliy bir yaratuvchini tan olishga chaqirgan. Bu esa keyinchalik jahon monoteistik dinlarining shakllanishida asosiy tamoyil bo'lib xizmat qilgan. Zardushtiylik diniy e'tiqodi nafaqat Eron





madaniyatida, balki butun jahon madaniyati va diniy merosida ham chuqur iz qoldirgan.

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**MADANIYATLARARO ALOQA: INGLIZ TILIDAGI IBORALARNING
TARJIMASIDA MADANIYATLARARO FARQLAR**

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Anotatsiya: Ushbu maqolada ingliz tilidagi iboralarning tarjimasida madaniyatlararo farqlarni tahlil qilish maqsadida madaniyatlararo aloqa nazariyalari va tarjima amaliyotlari o'rganiladi. Madaniyatlararo aloqa, turli madaniyatlar o'rtasidagi muloqot va o'zaro tushunishni yaxshilash uchun til va madaniyatning qanday o'zaro ta'sir qilishini o'rganadi. Ingliz tilidagi iboralar turli madaniy kontekstlarda turlicha tushunilishi mumkin, bu esa tarjima jarayonida muhim ahamiyatga ega. Maqolada, ingliz tilidagi iboralarning tarjimasi orqali madaniyatlararo farqlar qanday namoyon bo'lishi va bu farqlarni tarjima qiluvchilar qanday yengib o'tishi haqida misollar keltiriladi. Tarjima jarayonida madaniy o'ziga xosliklar, urf-odatlar, qadriyatlar va madaniy konvensiyalarni inobatga olish lozimligi ta'kidlanadi. Madaniyatlararo farqlarni hisobga olgan holda aniq va tushunarli tarjima qilish usullari va strategiyalari ham muhokama qilinadi. Xususan, madaniyatlararo aloqada kontekstning ahamiyati, ekvivalentlik va adekvatlik kabi tushunchalar kiritilib, tarjimonlar uchun amaliy tavsiyalar beriladi. Ushbu maqola tarjima amaliyoti bilan shug'ullanayotgan mutaxassislar, tadqiqotchilar va tilshunoslar uchun foydali bo'lib, madaniyatlararo aloqa jarayonida yuzaga keladigan qiyinchiliklarni yanada chuqurroq anglashga yordam beradi.

Kalit so'zlar: Madaniyatlararo aloqa, tarjima, ingliz tili, iboralar, madaniy farqlar, lingvistik ekvivalentlik, madaniy kontekst, tarjima strategiyalari, adekvatlik, tarjima nazariyasi, o'zaro tushunish, madaniy o'ziga xosliklar, til va madaniyat, muloqot, tarjima amaliyoti.

Kirish

Globalizatsiya jarayonining tezlashuvi bilan dunyoning turli burchaklarida yashovchi insonlar o'rtasidagi muloqot va aloqa tobora ko'payib bormoqda. Bunda til va tarjima muhim rol o'ynaydi. Turli madaniyatlar o'rtasidagi muloqotni amalga oshirishda til vositasi sifatida tarjima asosiy vositalardan biridir. Tarjima jarayonida esa madaniyatlararo farqlarni hisobga olish katta ahamiyatga ega.





Ingliz tilidagi iboralar va ifodalar ko‘pincha o‘ziga xos madaniy mazmunga ega bo‘lib, ularni boshqa tilda to‘g‘ri va tushunarli tarjima qilish uchun tarjimonlar madaniy kontekstni yaxshi tushunishlari lozim. Tarjima jarayonida nafaqat lingvistik ekvivalentlikni, balki madaniy adekvatlikni ham ta‘minlash zarur. Bu esa tarjima amaliyoti bilan shug‘ullanuvchi mutaxassislar oldida katta mas‘uliyat yuklaydi.

Mazkur maqola ingliz tilidagi iboralarni tarjima qilish jarayonida madaniyatlararo farqlar qanday namoyon bo‘lishini tahlil qiladi. Shu bilan birga, madaniy o‘ziga xosliklarni inobatga olib, tarjima qilish usullari va strategiyalari haqida batafsil ma‘lumot beradi. Tarjimonlarning o‘zaro tushunishni ta‘minlashdagi roli va madaniyatlararo aloqani yaxshilash yo‘llari ham muhokama qilinadi.

Tadqiqotning dolzarbligi. Hozirgi globalizatsiya davrida dunyoning turli burchaklarida yashovchi odamlar o‘rtasidagi muloqot va hamkorlik tobora kengayib bormoqda. Bu jarayonda til va tarjima muhim rol o‘ynaydi, chunki ular turli millat va madaniyat vakillari o‘rtasida samarali muloqotni ta‘minlaydi. Ingliz tili xalqaro muloqot tili sifatida keng qo‘llaniladi, ammo bu tilning iboralari va ifodalari turli madaniy kontekstlarda turlicha tushunilishi mumkin.

Ingliz tilidagi iboralar va ularning tarjimasida madaniyatlararo farqlarni o‘rganish dolzarb masala hisoblanadi. Tarjimonlar uchun iboralarni to‘g‘ri va adekvat tarjima qilish, shu bilan birga, madaniy kontekstni inobatga olish juda muhim. Bu esa nafaqat lingvistik bilimlarni, balki madaniy tushunchalarni ham talab qiladi.

Mazkur tadqiqot madaniyatlararo aloqalarni yaxshilashga, turli madaniyatlar o‘rtasidagi tushunmovchiliklarni kamaytirishga va muloqot samaradorligini oshirishga hissa qo‘shadi. Tarjimonlar, tilshunoslar va madaniyatshunoslar uchun ingliz tilidagi iboralarni tarjima qilishda madaniy farqlarni hisobga olish bo‘yicha amaliy tavsiyalar va usullarni ishlab chiqish orqali bu tadqiqot nafaqat ilmiy, balki amaliy ahamiyatga ham ega.

Xulosa. Ushbu maqolada ingliz tilidagi iboralarni tarjima qilish jarayonida madaniyatlararo farqlarni tahlil qilishga qaratilgan tadqiqot natijalari keltirildi. Tadqiqot davomida aniqlangan asosiy jihatlar quyidagilardir:

1. Madaniyat va tilning o‘zaro ta‘siri: tarjima jarayonida madaniyat va tilning o‘zaro ta‘siri katta ahamiyatga ega. Ingliz tilidagi iboralar va ifodalar ko‘pincha o‘ziga xos madaniy kontekstga ega bo‘lib, tarjimonlar buni hisobga olishlari lozim.





2. Lingvistik va madaniy ekvivalentlik: tarjimonlar nafaqat lingvistik ekvivalentlikni, balki madaniy ekvivalentlikni ham ta'minlashlari kerak. Bu tarjima qilingan matnning asl matnga adekvatligini ta'minlaydi.

3. Madaniy kontekstni inobatga olish: ingliz tilidagi iboralarni tarjima qilishda madaniy kontekstni chuqur tushunish va inobatga olish zarur. Bu esa tarjimaning to'g'ri va tushunarli bo'lishini ta'minlaydi.

4. Tarjima strategiyalari: tarjimonlar uchun madaniyatlararo farqlarni yengib o'tish va muloqotni samarali ta'minlash uchun maxsus tarjima strategiyalari ishlab chiqilgan. Bu strategiyalar orqali tarjimonlar turli madaniy konvensiyalarni to'g'ri tushunish va ifoda etishlari mumkin.

5. O'zaro tushunishni yaxshilash: tadqiqot natijalari madaniyatlararo aloqalarni yaxshilashga va turli madaniyatlar o'rtasidagi tushunmovchiliklarni kamaytirishga yordam beradi.

Xulosa qilib aytganda, ingliz tilidagi iboralarni tarjima qilish jarayonida madaniyatlararo farqlarni hisobga olish katta ahamiyatga ega. Bu nafaqat tarjimonlarning mahoratini oshiradi, balki turli madaniyat vakillari o'rtasidagi muloqot va hamkorlikni ham kuchaytiradi. Shu sababli, tarjimonlar va tarjima amaliyoti bilan shug'ullanuvchi mutaxassislar ushbu tadqiqot natijalaridan foydalangan holda, o'z ishlarini yanada samarali va sifatli amalga oshirishlari mumkin.

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**STUDY OF THE HISTORIOGRAPHY OF MEDIEVAL MOVAROUNNAHR IN
INDEPENDENT UZBEKISTAN**

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ANNOTATION. This article analyzes the achievements in the field of history since independence in Uzbekistan and the researches of historians related to the historiography of Movarounnahr.

Key words: independence, historiography, sources, Movarounnahr, middle ages, Arab historians, sources in old Uzbek script, Somanids, Khorezmshahs, Karakhanids, Timurids.

With the honor of independence, a new era of research began in the history of our country and in the directions related to it, along with many fields. Since the 90s of the 20th century, representatives of the science of history have created many scientific works, pamphlets, and articles related to the field. Among them, R. Shamsutdinov, Sh. Karimov, H. Ziyayev, B. Eshov, A. Zamonov, H. Boboyev, D. Ziyoyeva, A. Muhammadjanov, D. Alimova, B. Ahmedov, etc. Including, many works on the history of medieval Movarounnahr have been carried out, sources are being analyzed.

In his book "History of Uzbek statehood" written in 2012, B. Eshov describes the dynasties operating in the territory of our country, their state structure, financial and tax policy, socio-economic life, state positions. In this book, the historian thoroughly analyzes the arrival of Arabs in our country and its reasons, as well as the political situation in the country. In the early Middle Ages, as you know, the Turkistan region consisted of independent governorships. The processes of subjugation of these governments to the Arabs are described in sequence. In general, the attacks organized by the viceroys of Khurasan, Abdullah ibn Amir, Ubaidullah ibn Ziyad, Sayyid ibn Usman, Salma ibn Ziyad, etc., during half a century, were aimed at looting, studying the military and political situation in the country, and taking away wealth. In 705, when Qutayba ibn Muslim was appointed as the viceroy of Khurasan, the campaign to completely conquer Mowarounnahr began. The political disorganization in Central Asia and the frequent conflicts between the small states were extremely helpful to Qutayba. In 706, he started marching to Movarounnahr with an extremely large army, and the city of Poikand was captured after a 15-day siege. From this discussion, it is known that during the Arab invasion, there was political chaos in our country. This was the opposition to the unification of the governorships on the basis of a single purpose, and in turn, the Arabs benefited from this process. This book describes the administration and political situation of other dynasties in our country that ruled in the Middle





Ages. [1]

Also, in 2001, Azamat Ziya wrote a book entitled "History of Uzbek Statehood", covering the period from the earliest times of our country to the Russian invasion. In this book, the historian explains in detail the principles of state management. Basics of management and public positions are described by giving examples from sources. For example, giving a description of the Samani state, he emphasizes the activities of Ismail Samani.

Ismail is a statesman who has managed to continue the experience and traditions of more than 1600 years in the history of our statehood. First of all, he focused on the work of ensuring the political unity of our country. He united a number of regions under his rule. Although not all of them entered the path of absolute subordination, they were forced to recognize the authority of the powerful central authority. So, Ismail managed to restore the foundations of centralized statehood. After that, he started to introduce this centralized state management system. Because the state, which has just regained its independence, needed an administration operating within a strict order. Ismail was able to solve this task as well. However, as was seen in the experience of other dynasties, the representatives of Samani who came to the throne after Ismail's death (November 25, 907) (Ahmad, Nasr II, Nuh I, Abdumalik, Mansur I, Nuh II, Mansur II) inherited the legacy left by their great ancestors. They were powerless to save. For example, Ahmed, who took the throne after Ismail, raised the Arabic language to the level of the state language. However, this thing was destroyed during the time of Ismail. It can be seen that Ismail Samani ruled the country with justice and determination. Due to the loss of this determination during the period of the next rulers, the leadership in the country increased. That's why Ahmad, the ruler after Ismail, was killed as a result of the rebellion. A lot of such valuable information is presented in the book. Also, the book contains various information based on sources about the trade and diplomatic relations of the dynasties of our country with the neighboring nations. [2]

Shamsiddin Kamoliddin, Doctor of History, is a scientist who studied the Somanids period. In 2017, the scientist "Ismail ibn Ahmad al-Samani. The pamphlet entitled "From the history of Uzbek statehood (IX-X centuries)" was published. In addition to Ismail Somoni's activities, the pamphlet also provides information about the remaining members of the dynasty. The treatise consists of two parts, in the first part Bahrom Vhubin, Samon-khudot, Jabbakhan, Mansur ibn Nuh medallion, Samon-yabgu, Kokuldar ; In the 2nd part, information is provided about Ahmad ibn Asad, Ahmad ibn Asad's sons, Ismail ibn Ahmad, Ismail Samani's management system, his army reforms, Jihad wars, Ismail Samani's mausoleum, and his endowments. This book provides interesting information about the Samani ruler Mansur bin Nuh medallion.





The numismatic collection of Oxford University holds a silver medallion minted by Mansur I ibn Nuh (reigned 961-976) in 968-969. On its front side, there is a picture of the ruler looking to the right, and on both sides of it, there are Pahlavi inscriptions. [3]

The pamphlet also contains the necessary information about Ismail Somani's mausoleum. One of the oldest architectural monuments in Bukhara is the Ismail Somoni mausoleum, which is located in the western part of the city, in the territory of the culture and recreation park near Registan. According to Narshahi's "History of Bukhara", there was a Naukanda cemetery here in the Middle Ages. As a result of archeological excavations, it was found that there were several other mausoleums in the north-east of the Ismail Samoni mausoleum, where members of the Samoni family and people close to them were buried. In addition, according to the pamphlet, Ismail's son Ahmed bin Ismail, who was killed by slaves, was also buried in Naukanda cemetery. [4]

In the book "History-past and mirror of the future", written by Hamid Ziyoyev in 2000, he cites the results of his scientific research. The part of the book titled "Teaching of Bahauddin Naqshband in Siberia" provides information about the emergence of this teaching and its spread to the territories of the Siberian khanate during the reign of the Shayban ruler Abdullah Khan II.

The religious activity of the Turkestans in the Volga region and Siberia spread widely during the reign of the Golden Horde state (XIII-XV). The founders of this state are considered to be the descendants of Genghis Khan, and in the end, the alien Mongols mixed with the native population, the Kipchaks, and became Turkic.

During these times Turkestans occupied a significant place in the political, economic and cultural life of the Golden Horde. Berka Khan (1257-1266) was the first ruler of the Golden Horde to convert to Islam under their influence. One of Najmuddin Kubra's disciples was the famous Bukhara sheikh al-Baharzi. Berka Khan built mosques under the influence of this blessed person and created conditions for the religion of Islam. This situation raised relations with Turkestan to a new level, religious leaders, scientists, merchants, craftsmen, painters from Urganch, Bukhara and other places came to the banks of the Volga and settled for permanent residence. Thus, Islam has played an important role in ensuring the effectiveness of relations between the two countries. In addition, the adoption of Islam raised the international status of the Golden Horde state. Islam grew stronger during the Golden Horde ruler Uzbek Khan (1312-1342). In this work, the service of his teacher and elder Sheikh Nigmaniddin al-Khorazmi was incomparably great. With his direct participation, new mosques and madrassas were built in the country. It can be seen from these data that the development of knowledge in Turkestan in the Middle Ages had its influence on neighboring countries and states. As a result of this, the relations between the peoples of this region will





become more active. The commonality of religion affects the ethnic transformation of the countries and peoples of this region. [5]

We know that Ibn al-Asir was a mature and learned historian of his time. Academician Boriboy Akhmedov wrote an interesting piece of information about the life of Ibn al-Asir in his book titled ``. According to him, Ibn al-Asir personally participated in the third crusade. The following passage can be cited as an example : ``Ibn al-Asir was one of the well-educated people of his time, and especially had a deep knowledge of theology and history ; traveled through Muslim countries and deepened his theoretical knowledge ; He was also in the service of Salahiddin Yusuf, who successfully fought against the Crusaders, and participated in his war with the Crusaders in 1188. [6]

Historian Ubaydulla Uvatov's book titled ``Sahibqiran Arab Historians", written in 1997, contains rich information. This book was written to support the Amir Temur Foundation. The value of the book is that secondary sources are analyzed. The book also describes the historiography of Amir Temur's campaign to India.

About Amir Temur's campaign to India, the historian Ghiyosuddin Ali wrote a work entitled ``Roznama-I ghazavot-i Hindiya" (``Diary of the Indian Campaign") (1403) and covered this campaign in detail. . The information provided by Ghiyosuddin Ali is of great historical importance and served as an important source for the works of some authors of this period, including famous historians such as Nizamiddin Shami, Sharafuddin Ali Yazdi. Ibn Arabshah also used the information provided by Ghiyosuddin Ali. For example, if the details of the battle between Amir Temur and Shah Mansur (1387-1393), the ruler of Persia and Iraq (1387-1393) that took place near Shiraz in 1393, this situation is clearly demonstrated. As Ghiyosuddin Ali pointed out, at the end of the battle three people remained and despite Shah Mansur's pleas, one of Amir Timur's servants cut off his head with some artistic decorations, but Ibn Arabshah also depicted it in this way. In addition, Nizamiddin Shami's work entitled ``Zafarnama", covering the events up to the fall of 1404, left its mark in many historical works dedicated to the era of Amir Temur and his descendants. From this point of view, Ibn Arabshah, who lived in Samarkand at that time, studied there and knew the Persian language perfectly, was undoubtedly aware of this work. The opinions of some researchers in this regard also confirm these opinions. It should also be noted that at the end of his book, Ibn Arabshah writes that the information he provided is (truth), and the works published before him are false and fabricated. If we take this idea into consideration, the author must have in mind the official works written with goodwill towards the rulers. [7]

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**XORIJIY TILLARNI NOFILOLOGIK YO‘NALISHLARDA INTEGRATSION
YONDASHUV ASOSIDA O‘QITISH METODIKASINI
TAKOMILLASHTIRISH.**

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Annotatsiya

Ushbu maqola nofilologik yo‘nalishlarda xorijiy tillarni o‘qitishda integratsion yondashuvni qo‘llash va ushbu metodikani takomillashtirishga qaratilgan. Zamonaviy kasbiy ta‘lim sohalarida, masalan, tibbiyot, IT va texnika yo‘nalishlarida xorijiy tilni o‘rganishning ahamiyati ortib bormoqda. Integratsion yondashuv esa tilni o‘rganishni talabalarning kasbiy bilim va ko‘nikmalari bilan uyg‘unlashtirib, ularning kasbiy faoliyatida muvaffaqiyatli foydalanish imkoniyatini beradi. Ushbu maqolada innovatsion usullar va texnologiyalar yordamida til o‘rgatish jarayonini takomillashtirish, talabalarning qiziqishi va bilimlarni samarali o‘zlashtirish darajasini oshirish yo‘llari tahlil qilinadi.

Kalit so‘zlar: integratsion yondashuv, xorijiy til o‘qitish, nofilologik yo‘nalish, innovatsion metodika, tibbiyot, IT, kasbiy til o‘rganish.

Zamonaviy jamiyatda xorijiy tillarni bilish talabalardan nafaqat lingvistik, balki kasbiy ko‘nikmalarni ham shakllantirishni talab etadi. Ayniqsa, nofilologik yo‘nalishlarda, masalan, tibbiyot, iqtisodiyot, texnika kabi sohalarida xorijiy til kasbiy fanlar bilan bog‘langan holda o‘qitilishi zarur. Shu boisdan xorijiy tillarni o‘qitishda integratsion yondashuvning qo‘llanilishi muhimdir. Integratsion yondashuv orqali talabalar o‘z kasbiy fanlari bilan bog‘liq xorijiy til ko‘nikmalarini rivojlantiradi, bu esa ularni kelajakda o‘z sohalarida raqobatbardosh mutaxassis bo‘lishlariga yordam beradi. Ushbu maqolada xorijiy tillarni nofilologik yo‘nalishlarda o‘qitishda integratsion yondashuvning mohiyati, uning afzalliklari hamda takomillashtirish yo‘nalishlari haqida tahliliy fikrlar keltiriladi.

Integratsion yondashuv xorijiy tilni faqat aloqa vositasi sifatida emas, balki kasbiy bilim va ko‘nikmalarni rivojlantirish uchun ham vosita sifatida o‘rgatishni nazarda tutadi. Bu yondashuv o‘quvchilarning real hayotdagi ehtiyojlariga javob beradigan ta‘lim jarayonini tashkil etishga yordam beradi. Masalan, talaba tibbiyot





yoʻnalishida oʻqiyotgan boʻlsa, u tibbiy maʼlumotlarni xorijiy tilda tahlil qilish, kasbiy suhbatlarni olib borish yoki xalqaro tibbiyot adabiyotlari bilan ishlash koʻnikmalarini rivojlantiradi.

Nofilologik yoʻnalishlarda til oʻqitishning asosiy muammolari oʻquvchilar orasida tilning kasbiy hayotdagi amaliy qoʻllanishiga yetarlicha eʼtibor berilmasligidir. Oʻquv jarayonida kasbiy va lingvistik fanlar oʻrtasidagi bogʻliqlikni mustahkamlashga eʼtibor qaratilmaydi, bu esa talabalarning tilni amaliy qoʻllash boʻyicha qobiliyatini cheklaydi. Shuning uchun integratsion yondashuv, yaʼni kasbiy va lingvistik bilimlarni birlashtiruvchi metodika samaradorligini oshirishi mumkin.

Integratsion yondashuv asosida xorijiy tillarni oʻqitish metodikasini takomillashtirish yoʻnalishlari:

1. Xorijiy til va kasbiy fanlarni birgalikda oʻrgatish usullari

Nofilologik yoʻnalishdagi talabalar xorijiy tilni oʻz kasbiy faoliyatlariga tegishli sohalarida oʻrgatish orqali yanada samarali natijalarga erishishadi. Bu usul talabalarning oʻz kasbiy sohalaridagi muammolarni xorijiy tilda hal qilish qobiliyatlarini rivojlantirishga qaratilgan. Misol tariqasida CLIL (Content and Language Integrated Learning) usulini keltirish mumkin. CLIL metodikasida tilni oʻrganish va kasbiy bilimlar olish bir vaqtning oʻzida amalga oshiriladi. Masalan, tibbiyot yoʻnalishida oʻquvchilar xalqaro tibbiyot adabiyotlaridan foydalangan holda xorijiy tilni oʻzlashtiradilar, bu esa ularning kelajakdagi kasbiy faoliyatlari uchun muhim.

2. Interaktiv metodlar va texnologiyalarni oʻquv jarayoniga kiritish

Zamonaviy texnologiyalar va interaktiv usullar xorijiy tillarni oʻqitishda katta ahamiyat kasb etadi. Talabalar onlayn platformalar orqali xorijiy tilni oʻrganishlari mumkin. Masalan, tibbiyot talabalari xalqaro ilmiy tadqiqotlar bazalariga kirib, zamonaviy tibbiy yutuqlarni xorijiy tilda oʻrganish imkoniyatiga ega. Shu bilan birga, jamoaviy ishlash, muammolarni birgalikda hal qilish kabi interaktiv yondashuvlar xorijiy tilni amaliy qoʻllashda katta natijalar beradi. Misol uchun, iqtisodiyot yoʻnalishidagi talabalarga xorijiy tilda xalqaro moliya bozorlaridagi yangiliklarni tahlil qilish yoki xalqaro konferensiyalarda ishtirok etish vazifalari berilishi mumkin. Bu usul orqali ular nafaqat tilni, balki kasbiy koʻnikmalarni ham rivojlantiradilar.

3. Tilni kasbiy ehtiyojlarga moslashtirish





Til o'rganish jarayonida talabalar kasbiy ehtiyojlariga mos ravishda maxsus terminologiyani o'zlashtirishlari zarur. Masalan, tibbiyot talabalariga bemor bilan xorijiy tilda suhbat qurish, diagnostikani xorijiy tilda tushuntirish kabi vazifalar berilishi lozim. Bunday usul talabalarning nafaqat lingvistik, balki kasbiy muloqot ko'nikmalarini ham rivojlantiradi. Kasbiy sohalarga moslashtirilgan o'quv materiallarini yaratish va o'quvchilarni real kasbiy muhitda ishlashga tayyorlash bu jarayonning muhim qismidir. Masalan, texnika yo'nalishidagi talabalarga xorijiy til darslarida texnik hujjatlarni o'qish va ularni tahlil qilish vazifalari berilishi mumkin.

4. O'qituvchilar malakasini oshirish

Integratsion yondashuvni muvaffaqiyatli tatbiq etish uchun o'qituvchilarning malakasini oshirish zarur. Ular nafaqat lingvistika, balki kasbiy sohalar bo'yicha ham ma'lumotga ega bo'lishlari kerak. Maxsus treninglar va kurslar orqali o'qituvchilarga CLIL va boshqa integratsion usullar bo'yicha bilim va ko'nikmalar berilishi talab etiladi.

Bundan tashqari, o'qituvchilar kasbiy fanlar o'qituvchilari bilan hamkorlikda darslarni tashkil etish orqali darslarni yanada interaktiv va samarali o'tkazishlari mumkin. Bu jarayonda o'qituvchilar real hayotdagi kasbiy vaziyatlar asosida darslar ishlab chiqib, talabalarni tayyorlashda sezilarli natijalarga erishadilar.

Xulosa

Xorijiy tillarni nofilologik yo'nalishlarda integratsion yondashuv asosida o'qitish metodikasini takomillashtirish orqali talabalarning nafaqat lingvistik, balki kasbiy ko'nikmalari ham rivojlanadi. Zamonaviy texnologiyalar va interaktiv usullar yordamida o'quv jarayoni yanada samarali bo'lib, talabalar real hayotdagi kasbiy vaziyatlarda xorijiy tilni muvaffaqiyatli qo'llashga tayyor bo'ladilar. O'qituvchilar malakasini oshirish va kasbiy fanlar bilan til o'qitishni birlashtirish kelajakda xorijiy tillarni o'qitishda yuqori natijalarga erishish imkonini beradi.

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Annotatsiya: Tezisdan muallif tomonidan til o'rganish orqali shaxs o'z madaniyatini shakllantirishi, insoniy fazilatlarini takomillashtirishi, boshqa xalq madaniyatini tushunish orqali hozirgi davrda muhim bo'lgan tolerantlik fazilatlariga ega bo'lishi mumkinligi yoritilgan.

Abstract: In the thesis, the author explains that by learning a language, a person can form his own culture, improve his human qualities, and acquire the qualities of tolerance, which are important nowadays, by understanding other people's culture.

Аннотация: В диссертации автор поясняет, что, изучая язык, человек может формировать собственную культуру, совершенствовать свои человеческие качества, приобретать важные в наше время качества толерантности, понимая культуру других народов.

Kalit so'zlar: Chet tilini o'rganish, muloqotning ahamiyati, talaffuzni yaxshilash, so'z boyligini oshirish, madaniy kontekst, real muloqot, til o'rganish samaradorligi, amaliyot, jonli suhbat.

Key words: Learning a foreign language, the importance of communication, improving pronunciation, increasing vocabulary, cultural context, real communication, effectiveness of language learning, practice, live conversation.

Ключевые слова: Изучение иностранного языка, важность общения, улучшение произношения, увеличение словарного запаса, культурный контекст, реальное общение, эффективность изучения языка, практика, живая беседа.

Til o'rganish nafaqat alifbo, lug'at va grammatikani o'z ichiga olgan murakkab jarayon bo'lib, matn mazmunini, masalan, xulq-atvor va madaniy me'yorlarini o'rganishni o'z ichiga qamrab olishi zarur. Yangi axborot texnologiyalari tufayli ish jarayonlari, kundalik hayot tarzi, ta'lim va kundalik muloqot jarayonlarida madaniyatlararo o'zaro ta'sirning barcha xususiyatlari ko'z o'ngimizda o'zgarib bormoqda. Masalan, o'quvchilar qandaydir yangi tilni o'rganayotganlarida yangi til mazmuni haqida va bu tilni o'rganish jarayonida ushbu til xususiyatlari bilan birgalikda madaniyat bilan ham bevosita muloqot qilish qobiliyatiga ega bo'ladilar. Har qanday tilni o'rganish uchun ular nafaqat tilni, balki u bilan bog'liq barcha xususiyatlarni: joy, makon, tarix va madaniyatni o'rganish jarayonidan o'tadilar. Shunday qilib, ular tilda gaplashish orqali o'sha til madaniyatiga, ya'ni til va madaniyat o'rtasidagi o'zaro bog'liqlik kuchi va mohiyatiga avtomatik ravishda singib ketishlari mumkin. Chet tilini





o'rganish jarayonida muloqot eng muhim omillardan biridir. Teoretik bilimlarni mustahkamlash, so'z boyligini oshirish va talaffuzni yaxshilashda muloqotning roli beqiyosdir. Quyida muloqotning chet tilini o'rganishga ta'sir qiluvchi asosiy jihatlari va uning samaradorligi haqida batafsil ma'lumot beramiz.¹⁴

Tilni amalda qo'llash va real hayotdagi muloqotning ahamiyati. Chet tilini o'rganishda nafaqat grammatik qoidalarni o'zlashtirish, balki amaliyotda uni ishlatish ham muhimdir. Kitoblarda yoki o'quv materiallarida o'rganilgan so'zlar va iboralarni haqiqiy suhbatlarda ishlatib ko'rish ularni yaxshiroq eslab qolishga yordam beradi. Haqiqiy muloqotda inson qoidalarni chuqurroq tushunadi va gapirishda tabiiyroq bo'lib boradi. Tilni faqat nazariy o'rganish cheklangan samara beradi, chunki bu holda inson u tilning jonli tomonlarini his qila olmaydi. Tadqiqotlar shuni ko'rsatadiki, chet tilida muloqot qilgan o'quvchilar tilni faqat kitobiy yo'llar bilan o'rganganlarga qaraganda ancha tezroq o'zlashtiradilar. Masalan, intervyu, suhbat yoki muhokama paytida so'zlarni to'g'ri kontekstda ishlatish tilni ong ostida mustahkamlaydi va so'z boyligini oshiradi.

Muloqot orqali talaffuz va aksentni yaxshilash. Til o'rganish jarayonida talaffuz va aksent katta ahamiyatga ega. O'rganuvchilar ko'pincha qoidalarni bilsalar-da, o'zlarining aksentlari yoki talaffuzlari sababli tushunilmasliklaridan xavotirga tushadilar. Doimiy muloqot orqali bu muammolarni bartaraf etish mumkin. Muloqot vaqtida odamlar bir-birlarining talaffuzini eshitadilar va o'zlarini moslashtirishadi. Masalan, mahalliy aholi yoki yaxshi talaffuz qiluvchi kishilar bilan suhbatlashish orqali o'quvchi to'g'ri talaffuzni eshitib, o'z nutqini yaxshilaydi. Bu usul ayniqsa tilni o'rgana boshlagan paytda juda muhim hisoblanadi, chunki bu vaqtda talaffuzni to'g'ri o'zlashtirish kelgusida xatolarning oldini oladi.

Muloqotda til boyligini oshirish. Chet tilida muntazam ravishda muloqot qilish so'z boyligini kengaytirish uchun juda foydali. Til o'rganuvchilar o'zlarining kundalik hayotlarida kerakli so'z va iboralarni ishlatish orqali ularni eslab qolishadi. Shuningdek, ular bilmagan yangi so'zlarni suhbat davomida o'rganishlari mumkin. Shu tarzda so'zlar doimiy ravishda takrorlanadi va mustahkamlanadi. Muloqot turli kontekstlarda yangi so'zlar va ifodalarni o'rganishga imkon beradi. Misol uchun, ish joyidagi, do'konidagi yoki do'stlar bilan bo'ladigan suhbatlar turli xil so'zlarni ishlatishni talab qiladi. Bu jarayon til o'rganuvchini turli mavzularda erkin gapirish qobiliyatiga ega qiladi. Muloqot, uning ishtirokchilarining kommunikativ qobiliyatlaridagi madaniy jihatdan aniqlangan shunday sezilarli farqlar sharoitida

¹⁴ <https://doi.org/10.5281/zenodo.7423802>





amalga oshiriladi, bu farqlar kommunikativ hodisaning muvaffaqiyati yoki muvaffaqiyatsizligiga sezilarli darajada ta'sir qiladi. Bunda kommunikativ kompetensiya deganda muloqotda qo'llaniladigan ramziy tizimlar va ularning ishlash qoidalari, shuningdek, kommunikativ o'zaro ta'sir tamoyillari haqidagi bilim tushuniladi.¹⁵

Madaniy va lingvistik kontekstni chuqur tushunish. Chet tilini o'rganishda muloqotning yana bir muhim jihati madaniy kontekstni o'zlashtirishdir. Til faqat so'zlardan iborat emas; u o'sha til sohiblarining madaniyati, qadriyatlari va turmush tarzi bilan uzviy bog'liq. Muloqot orqali bu kontekstni chuqurroq tushunish mumkin bo'ladi. Misol uchun, turli mintaqaviy iboralar, hazillar yoki rasmiy va norasmiy gapirish uslublarini tushunish faqat real muloqot orqali amalga oshiriladi. Madaniyatni tushunish esa tilni tabiiyroq va aniqroq ishlatishga yordam beradi. Masalan, xitoy tilida hurmat ifodalash muhim rol o'ynaydi, fransuz tilida esa ba'zi iboralar faqat norasmiy doiralarda qo'llanadi. Bu nozik jihatlarni faqat kitoblardan o'rganish qiyin; ular muloqot davomida tabiiy ravishda anglashiladi.

Tarmoq yaratish va tilni yanada chuqur o'rganish imkoniyati. Muloqot chet tilini o'rganishda yangi imkoniyatlar eshigini ochadi. Chet ellik do'stlar yoki hamkasblar bilan muloqot qilish o'rganuvchiga tilni yanada ko'proq o'rganish uchun motivatsiya beradi. Ayniqsa, tillararo tarmoq yaratish — bu o'rganuvchining nafaqat yangi do'stlar orttirishi, balki turli madaniyatlarni o'rganishi va global nuqtai nazardan fikrlash qobiliyatini shakllantirishga yordam beradi. Shuningdek, onlayn platformalar orqali chet ellik o'rganuvchilar bilan muloqot qilish, xalqaro tarmoqlarga qo'shilish va dunyo bo'ylab til hamjamiyatlarining bir qismi bo'lish ham juda samarali. Masalan, Tandem yoki HelloTalk kabi platformalar til o'rganuvchilarni bog'lab, ularning bir-biridan o'rganishlariga imkon yaratadi.

Xulosa qilib aytadigan bo'lsak, chet tilini o'rganish jarayonida muloqot qilishning ahamiyati nihoyatda katta. Doimiy muloqot qilgan holda chet tilini o'rganish nafaqat tezroq natija beradi, balki o'rganuvchini tilga nisbatan qiziqishini ham oshiradi. Shu sababli, til o'rganishda muloqot imkoniyatlarini kengaytirish va unga ko'proq e'tibor qaratish har bir til o'rganuvchisi uchun juda muhimdir. Til o'rganish yoki o'qitish o'quvchilarning kommunikativ kompetensiyasini rivojlantirishga qaratilgan bo'lib, u faqat o'rganilayotgan chet tilining grammatik, leksik va fonologik

¹⁵ <https://doi.org/10.5281/zenodo.7902837>





xususiyatlarini bilish va tushunish bilan cheklanib qolmasligi, balki o‘sha til madaniyatini o‘rganish yoki o‘rgatish bilan ham shug‘ullanishi kerak.¹⁶

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TURIZMDA CHIQUINDILARNI BOSHQARISH

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Anatatsiya: Turizmning tabiatiga ta'sirini kamaytirish, Turizmning tabiat uchun foydalari va xatarlari, Ekoturizm. Ushbu maqolada turizmda chiqindilarni to'g'ri boshqarish hamda ularni qayta ishlash bo'yicha konsepsiyalarni ishlab chiqishni ko'rib chiqadi. Turizmda chiqindilarni to'g'ri tashkil etishda tashkilotlar o'rtasida hamkorlik mexanizmlarini tahlil qilgan. Chiqindilarni qayta ishlash bo'yicha yangi takliflar etilgan.

Kalit so'zlar: o'simlik turlari, muhofaza qilish, chiqindilarni qayta ishlash, milliy bog'.

Abstaract

Reducing the impact of tourism on nature, benefits and risks of tourism for nature, Ecotourism. This article examines the development of concepts for proper waste management and recycling in tourism. He analyzed the mechanisms of cooperation between organizations in the proper organization of waste in tourism. New proposals for waste processing have been made.

Key words: plants, conservation, sewage treatment, national park.

Аннотация

Снижение воздействия туризма на природу, риск туризма для природы. Данной статье рассматривается развитие концепций правильного обращения с отходами и их переработки в туризме. Он проанализировал механизмы сотрудничества между организациями в вопросах правильной организации отходов в туризме.

Ключевые слова. виды растений, сохранение, разработать отводы, национальный парки

Kirish. O'zbekistonga turizmning yangi turlarining rivojlanishi, olib borilayotgan siyosiy say-harakatlar natijasida xorijdan ko'plab turistlarni jalb qilinmoqda. Respublika iqtisodiyotida turizmni strategik darajaga ko'tarish, ichki turizm xizmatlarini diversifikatsiya qilish va hajmini keskin ko'paytirish, fuqarolarni mamlakatimizning turizm salohiyati bilan tanishtirish uchun zarur shart-sharoitlar yaratish, taqdim etilayotgan turizm xizmatlari sifatini yaxshilash va jahon bozorlarida





raqobatbardoshligini oshirish, turizm sohasida faoliyat yuritayotgan tadbirkorlik sub'ektlari uchun qo'shimcha imkoniyatlar yaratish, zamonaviy xizmatlar infratuzilmasini jadal rivojlantirish, shuningdek, aholini ish bilan ta'minlash va ularning daromad manbaini kengaytirish maqsadida:

1. Shunday tartib o'rnatilsinki, unga muvofiq 2022 yil 1 iyundan boshlab «O'zbekiston bo'ylab sayohat qil!» dasturi doirasida:

jamoa shartnomalariga ish beruvchilar tomonidan xodimlar uchun yiliga bir marotaba mahalliy sayohatga chiqish imkonini yaratish qoidalari kiritiladi;

sayohat xarajatlarining bir qismi ish beruvchilarning byudjetdan tashqari jamg'armalari mablag'lari va qonunchilikda taqiqlanmagan boshqa manbalar hisobidan qoplab beriladi.

2. Quyidagilar «O'zbekiston bo'ylab sayohat qil!» dasturi doirasida ichki turizmni rivojlantirish uchun mas'ul etib belgilansin:

Oldingi tahrirga qarang.

yoshlar, ayniqsa, ta'lim muassasalari o'quvchi-talabalari uchun turizmning tarixiy bilim beruvchi, madaniy-ko'ngilochar, ekstremal, ekologik, etno- va plyaj turizmi turlari bo'yicha — Oliy ta'lim, fan va innovatsiyalar vazirligi va Maktabgacha va maktab ta'limi vazirligi;

(2-bandning ikkinchi xatboshisi O'zbekiston Respublikasi Prezidentining 2023 yil 12 iyundagi PF-92-sonli Farmoni tahririda — Qonunchilik ma'lumotlari milliy bazasi, 13.06.2023 y., 06/23/92/0366-son)

mehnat, mahallalar jamoalari uchun turizmning ishbilarmonlik, ekstremal, ekologik, agro-, etno- gastronomik turlari bo'yicha — O'zbekiston kasaba uyushmalari Federatsiyasi hamda Mahalla va nuroniylarni qo'llab-quvvatlash vazirligi;

xotin-qizlar uchun turizmning ziyorat, ma'rifiy, ijtimoiy, madaniy-ko'ngilochar, ekologik, etnoturizm turlari bo'yicha — Oila va xotin-qizlar davlat qo'mitasi, Tibbiy-ijtimoiy xizmatlarni rivojlantirish agentligi;

faxriylar, nuroniylar va pensionerlar uchun turizmning ziyorat, tibbiyot, sog'lomlashtirish turizmi turlari bo'yicha — Mahalla va nuroniylarni qo'llab-quvvatlash vazirligi va «Nuroniy» jamg'armasi.





Mazkur mas'ul tashkilotlar o'z yo'nalishlari bo'yicha har yili ish beruvchilar bilan birgalikda xodimlar respublika bo'ylab sayohatga chiqishi uchun sayohat grafiklarini tasdiqlashni hamda sayohatni amalga oshirishni ta'minlasin.

Samarqand, Toshkent va Farg'ona vodiysining tog' oldi va tog' hududlarida agroturizm, tabiat qo'ynida tamaddi uchun joylar, sanatoriyalar, dam olish bazalari bunga misol bo'ladi. Tog' oldi va vodiylarda sayyohlar uchun ko'proq bahor, kuzga to'g'ri keladi. Tog'larda qishki sport turlari mashhur, issiq yozda plyajdagi dam olish, tog' kurortlari va sayr qilish imkoniyatlari mavjud. Turizm o'zining mavsumligi bilan jozibalidir. Turizm mahalliy aholi, tadbirkorlar va davlat uchun muhim daromad manbai hisoblanadi. Turizmga ichki va xalqaro sarmoyalar ko'paytirilsa, xizmat ko'rsatish sifati yaxshilanadi, tashrif buyuradigan manzillar geografiyasi kengayadi. Tog' zonasida kurort dam olish, turistik transport yo'laklari va karvonsaroylar, turizmning yangi shakllari faol rivojlana boshlaydi. Turizmning jadal rivojlanishi jamiyatga iqtisodiy foyda va manfaat keltirishi bilan birga ekologik oqibatlarga olib kelishi mumkin. Avtomobillar soni va atmosferaga chiqindi gazlar soni ortib boradi, ko'llar, daryolar, o'rmonlar va muzliklarga tez va ko'proq tashrif buyuruvchilarni jalb qilish uchun baland tog'larda yangi yo'llar quriladi. Tabiatning tegilmagan hududlariga kirish ortib boradi, bu esa ekologik xavfni oshiradi. Turizmning noto'g'ri tashkil qilinishi tabiatning plastmassa va chiqindi bilan ifloslanishiga, noyob o'simlik va hayvonlarning yo'q bo'lib ketishiga va ularning yashash muhitining buzilishiga olib keladi, ehtiyotsizlik oqibatida yong'inlar kelib chiqa boshlaydi.

Shu tufayli turizmga ekologiyani ham o'ylagan holda tabiiy resurslardan foydalanish zarur. Yaniki, Milliy tabiat bog'lar va mahalliy hokimiyat organlari turistlarni jalb qilishdan manfaatdor va tadbirkorlar bilan birgalikda tashrif dasturlarini tashkil etish va qulay infratuzilmani rivojlantirishlari mumkin. O'zbekistonda milliy bog'larning soni va maydoni muttasil o'sib bormoqda, biroq ular aholi va hokimiyat vakillari tomonidan ko'pincha dam olish maskanlari sifatida qabul qilinmoqda, bu esa hududlarni rivojlantirish, daraxtlarni kesish, sanitariya qoidalarining buzilishi va suv havzalarining ifloslanishiga olib keladi. Olov yoqish va shovqin qilish tabiatga zarar keltiradi. Shuning uchun birinchi navbatda tabiat bog'i rahbariyati va ekologlar bilan turizmning maqbul variantlari va ko'lamini muhokama qilish muhimdir. Keyinchalik, ekologik baholashni amalga oshirish va ruxsatnoma olish kerak. Biznes loyihalarini amalga oshirishda zararni oldini olish uchun atrof-muhit monitoringi muntazam ravishda amalga oshirilishi kerak. Hozirgi kunda O'zbekistonning tog'li tabiati nafaqat mas'uliyatsiz turizmdan aziyat chekmoqda. Zararli va issiqxona gazlarining emissiyasi havo sifatiga ta'sir qiladi va iqlim o'zgarishiga olib keladi. Iqlim xizmatlari, chiqindi





tashlamalarini kamaytirish, qayta tiklanadigan energiya manbalariga o'tish va yashil maydonlarni ko'paytirish bo'yicha choratadbirlar tabiatga salbiy ta'sirni kamaytirishi va uni turizm uchun jozibadorligini saqlashi mumkin. Chiqindilarning hajmining ko'payishi, qayta ishlash darajasining pastligi va chiqindilarni boshqarish madaniyati ko'plab ekologik muammolarni, jumladan, tabiatning plastmassa bilan ifloslanishini keltirib chiqaradi. Chiqindilarni saralash va utilizatsiya qilish hamda suv omborlari va tog' cho'qqilarini chiqindilardan tozalash bo'yicha ommaviy tadbirlar tabiatga ifloslanishdan yetkazilgan zararni kamaytirish va tozalikni yaxshilashga yordam beradi. Tog'li o'rmonlarda chorva mollarning o'tlanishini qisqartirish, yong'inga ehtiyotkorona munosabatda bo'lish va yong'inning oldini olish, shuningdek, hayvonlarni noqonuniy ovlash va o'simliklarni yig'ish holatlariga chek qo'yish O'zbekistonning betakror tog' tabiatini asrab-avaylashga xizmat qiladi.

Atrof muhit va chiqindilarni bartaraf etish borasida hozirgi kunda Maishiy chiqindilar bilan bog'liq muammolarni bartaraf etish maqsadida, hududiy "Toza hudud" DUKlari uchun maxsus texnika xarid qilish bo'yicha manzilli dastur doirasida 2020-yilda 122,6 mlrd. so'm byudjet mablag'lari hisobidan 225 ta maxsus texnikalar xarid qilinishi rejalashtirilgan bo'lib, shu kunga qadar 134 ta maxsus texnika uchun 105,5 mlrd. so'mlik mablag'lar moliyalashtirilib, jami 78 ta maxsus texnikalar yetkazib berildi. Hamda O'zbekiston Respublikasi Prezidentining 2020 yil 29 sentyabrdagi PQ–4845-son "Maishiy va qurilish chiqindilari bilan bog'liq ishlarni boshqarish tizimini yanada takomillashtirish chora-tadbirlari to'g'risida" qarori qabul qilindi¹⁷. Qarorda maishiy chiqindilar bilan bog'liq ishlarga davlat-xususiy sheriklikni joriy etiladi va bu borada Buxoro, Navoiy, Namangan, Farg'ona va Toshkent viloyatlarida joriy yilda qiymati 32,0 mln. AQSh dollariga teng bo'lgan bo'lgan 16 ta, 2021 yil davomida 46 ta loyiha amalga oshiriladi, buning natijasida 725 ta maxsus texnika, 64 ta chiqindilarni qayta ishlash, 43 ta chiqindilarni saralash uskunalari xarid qilinadi¹⁸.

Bu esa o'z navbatida, davlat-xususiy sheriklik loyihalari amalga oshirilayotgan hududlarda sanitar xizmat ko'rsatish qamrov darajasining 100 foizga yetkazilishiga hamda 2 650 ta yangi ish o'rinlari yaratish imkonini beradi.

Bugungi kunda, hududlarda jami 333 ta chiqindilarni ko'mish va utilizatsiya qilish joylari mavjud bo'lib, shundan, chiqindilarni ko'mish joylari 310 tani, chiqindilarni utilizatsiya qilish joylari 23 tani tashkil etadi.

Jumladan:

– qattiq maishiy chiqindilarni ko'mish poligonlari 235 ta;

¹⁷ Lex.uz

¹⁸ Uzbektourism.uz





– zaharli kimyoviy chiqindilarni ko‘mish maxsus poligonlari 14 ta (shundan, 1 ta poligon Toshkent viloyati Bo‘stonliq tumanida joylashgan margimush tarkibli chiqindilar ko‘milgan joy);

– sanoat va qurilish chiqindilarini ko‘mish poligonlari 20 ta;

– foydalanib bo‘lingandan keyin ko‘mib tashlanadigan shlam to‘plash joylari (shlamonakopitel) 21 ta;

– kul-shlak tashlash joylari (foydali qazilmalarni qazib olishda va qayta ishlashda hosil bo‘ladigan suyuq va nam chiqindilarni saqlash joyi (xvostoxranilisha) 15 ta;

– radioaktiv va noradioaktiv chiqindilarni ko‘mish joylari 5 ta;

– chiqindilarni utilizatsiya qilish joylari 23 ta.

Bugungi kunda, 333 ta ob‘ektdan 320 tasi (96 %) bo‘yicha chiqindilarni ko‘mish va utilizatsiya qilish davlat kadastrini ma‘lumotlar bazasi shakllantirilgan. Bu ishlar bejisa emas barchasi turizmida barqarorlikni umuman ekologiyani muhofaza qilishdir. Toza havo — dardga davo deganlaridek har birimiz tozalikga rioya qilishiz lozim.

Mamlakatimizda atrof-muhitni muhofaza qilish, tabiiy resurslardan oqilona foydalanish, sanitariya va ekologik holatni yaxshilash sohasida izchil ishlar olib borilmoqda.

Shu bilan birga, bu borada o‘tkazilgan taxlil natijalari atrof-muxitni muhofaza qilish sohasida kompleks yondashuv va strategik rejalashtirishning samarali va zamonaviy usullarini joriy etish zaruratini ko‘rsatmoqda.

Sohalar va tarmoqlarda ekologik vaziyatni yaxshilash, chiqindilarning atrof-muhitga va aholi salomatligiga salbiy ta‘sirini kamaytirish, shuningdek, muqobil energiya resurslaridan samarali foydalanishni ta‘minlash maqsadida O‘zbekiston Respublikasi Ekologiya, atrof-muhitni muhofaza qilish va iqlim o‘zgarishi vazirligining quyidagi takliflari kiritilgan:

•“yashil” texnologiyalardan foydalanish, chiqindisiz ishlab chiqarish, chiqindilarni qayta ishlash imkonini beruvchi texnologiyalarni va xavfsiz kimyoviy moddalarni qo‘llashga o‘tish bo‘yicha quyidagi tarmoq korxonalarida ustuvor yo‘nalishlarni belgilash:

•atrof-muhit obyektlarini (atmosfera havosi, suv, yer, tuproq, yer qa‘ri va bioxilma-xillik) antropogen ta‘sir va boshqa salbiy ta‘sir qiluvchi omillardan himoya qilish chora-tadbirlarini amalga oshirish;

•ekologik jihatdan eng kam xavf tug‘diruvchi materiallar, mahsulotlar, ishlab chiqarish obyektlari va boshqa obyektlardan ustuvor ravishda foydalanish;





- chiqindilar bilan bog‘liq ishlarni amalga oshirishning ekologik xavfsiz tizimini takomillashtirish;
- “yashil” iqtisodiyot va “yashil” o‘sish tamoyillarini joriy etish;
- aylanma (sirkulyar) iqtisodiyot amaliyotini joriy qilish orqali tabiiy resurslardan oqilona foydalanish hamda hosil bo‘ladigan chiqindilarni “nol” chiqindi tamoyili asosida to‘liq qayta ishlashga yo‘naltirish;
- korxonalar va unga tutash hududlarda tuproq unumdorligini hisobga olgan holda iqlimga mos “yashil belbog”larni barpo etish;
- suv tejovchi texnologiyalarni qo‘llagan holda, yog‘ingarchilik davrida bino va inshootlarning tom qismlarida hosil bo‘ladigan suvdan keyinchalik sug‘orish va obodonlashtirish maqsadlari uchun foydalanish;
- qayta tiklanuvchi energiyani joriy etish va o‘ziga tegishli bo‘lgan xizmat avtotransportlarini bosqichma-bosqich elektromobil va gibrid avtomobillarga almashtirish;
- ish jarayonida hujjatlar almashinuvini qog‘oz shaklidan to‘liq elektron shaklga o‘tkazish.

Ekologik beqarorlikdenganda asosan inson faoliyati, iqlim o‘zgarishi, ifloslanish va tabiiy resurslarni noto‘g‘ri boshqarish natijasida yuzaga keladi. Shunday ekan ekologik beqarorlik, biologik xilma xillikning kamayishi, tuproq evaziga, suv resurslarining kamayishi kabi muammolarga olib kelishi mumkin. Bunaqa holatlar nafaqat tabiiy muhitga balki insoniyatning iqtisodiy va ijtimoiy farovonligiga ham salbiy ta‘sir qiladi.

Agar ekologiya buzilsa insonlarda mutatsiya jarayoni sodir bo‘lishi mumkin. Masalan mutatsiyalar turli omillar jumladan tabiiy, radiatsiyali, kimyoviy moddalar yoki viruslar ta‘sirida paydo bo‘lishi mumkin. Shuningdek, mutatsiyalar insonlarning ko‘rinishida, qobiliyatlarida va boshqa xususiyatlarida farqlarini keltirib chiqarishi mumkin. Bu esa jamiyatda qator muammolarni yuzaga keltiradi.

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“BOBURNOMA” VA UNDA MOVAROUNNAHR AHOLISI TARIXINING YORITILISHI

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Annotatsiya: Zahiriddin Muhammad Boburning “Boburnoma” asari nafaqat Movarounnahr, balki Markaziy Osiyo va Hindiston xalqlari tarixini o`rganishd ham muhim tarixiy asar hisoblanadi. Manbada mintaqa xalqlarining ijtimoiy, siyosiy, iqtisodiy, madaniy tarixidan tashqari etnik tarixi, xalqlarning turmush tarzi, urf-odatlarini xususida ham qimmatli ma`lumotlar mavjud.

Kalit so`zlar: Bobur, “Boburnoma”, Markaziy Osiyo xalqlari, Hindiston, etnos, Qobul.

XVI asrda yashab o`tgan yirik olim va davlat arbobi, Farg`ona hokimi Temuriy Umar Shayx Mirzoning (1461-1494 yy.) katta o`g`li Zahiriddin Muhammad Bobur 1483 yil 14 fevralda Andijonda tug`ilgan. 1494 yil 5 iyunda 12 yoshida otasi Umarshayx Mirzoning vafotidan so`ng Farg`ona taxtiga o`tkaziladi. Lekin oradan ko`p vaqt o`tmay, mamlakatda kuchayib ketgan feodal kurash natijasida, aniqrog`i Sulton Ahmad Tanbal boshchiligidagi feodal guruh bilan bo`lgan kurashda mag`labiyatga uchraydi va Farg`onani tashlab chiqishga majbur bo`ladi.

Bobur 1497-1500 yillari mobaynida Samarqand taxti uchun olib borgan kurashi ham mag`lubiyat bilan tugaydi. Bobur 1504 yilga qadar, Farg`ona uchun kurashni davom ettiradi, lekin g`alaba qozonmaydi. 1504 yil Movarounnahrni tark etib, Afg`onistonga ketadi. Bu paytda Afg`onistonda feodal tarqoqlik yuzaga kelgan bo`lib, Bobur bundan ustalik bilan foydalanadi va Qobulni egallaydi.

1511 yilning kuzida Bobur Eron shohi Ismoil Safaviyning (1502- 1524yy.) harbiy yordamiga tayanib, Samarqandni qayta egallashga muvaffaq bo`ladi, lekin uning hukmronligi bir yilga ham yetmaydi. 1512 yilning bahorida Ko`li Malik degan joyda bo`lib o`tgan jangda Shayboniylarning birlashgan kuchlari uni tor-mor keltiradi. Bobur Hisorga, undan yana Qobulga qaytadi.

Bobur 1514-1526 yillar davomida Shimoliy Hindistonga, uni bo`ysundirish maqsadida 5 marta qo`shin tortadi va 1526 yilda bosib oladi. Boburiylar g`arbda Buyuk mo`g`ul imperiyasi nomi bilan mashhur bo`lgan feodal davlatga asos soladi. Bobur





1530 yilning 26 dekabrda 47 yoshida vafot etadi. Bobur o'zining ajoyib lirik she'rlari hamda «Boburnoma» nomli memuar asari bilan tarixda o'chmas nom qoldirdi.

«Boburnoma» me'muar tipda yozilgan asar bo'lib, o'zida Farg'ona, Toshkent, Samarqand, Hisor, Chag'oniyon, Afg'oniston va Shimoliy Hindistonning XV asrning 80-90 yillari va XVI asrning birinchi choragidagi ijtimoiy-siyosiy ahvoli yoritiladi. Bundan tashqari asar geografik va etnografik faktlarga (Farg'onaning turk-mo'g'ul qabilalari, ko'chmanchi o'zbek qo'shinlarining tuzilishi, Movarounahr, Afg'oniston va Hindiston xalqlarining urfodati va b.) ham juda boy. «Boburnoma» XVI asrdan boshlab hozirgacha dunyoning ko'p tillari – ingliz, golland, fransuz, fors, nemis, italyan, rus, hind, urdu va boshqa tillariga bir necha martalab tarjima qilingan. «Boburnoma»ning jahonga mashhur bo'lishida, asosan ingliz sharqshunoslarining xizmati katta. Negaki, manbaning jahonda birinchi to'liq nashri 1826 yilda ingliz tilida J. Leyden va V. Erskin tomonidan amalga oshirilgan. Asarning tarjimalari Angliyada 9 marta nashr etilgani ham «Boburnoma»ning ilmiy ahamiyati qanchalik yuqori ekanidan dalolat beradi.

Rus sharqshunoslaridan N. I. Pantusov, S. I. Polyakov, V. Vyatkinlar ham «Boburnoma»dan parchalarni tarjima qilganlar. N. I. Ilminskiy 1857-yilda «Boburnoma»ni Qozonda nashr ettiradi. «Boburnoma» asarining bir necha marta soddalashtirilib, o'quvchiga tushunarli tilda nashr qilingan hamda undagi tarixiy voqealar yoritilgan ko'plab asarlar yaratilgan va yaratilmoqda. Jumladan, P. Shamsiyev, V. Rahmonov, H. Qudratillayev, T. Fayziyevlar bu sohada yirik tadqiqot ishlarini amalga oshirganlar.

«Boburnoma» asari yaratilishi Movarounnahr bilan bog'liq bo'lgani uchun ham asarda mintaqa aholisining turmush tarzi, etnik holati, marosim va urf-odatlariga doir ma'lumotlar o'rin olgan. Jumladan, Samarqand xalqi xaqida so'z ketar ekan, «Samarqand eli turkdir (o'zbekdir). Shahar aholisi va bozorga keluvchilardan turkiyini bilmaydigan kishi yo'q. Elining tili adabiy tilga muvofiq», degan ma'lumotlar keltiriladi. Shuningdek, asarda Farg'ona va uning atrofidagi hududlar aholisini ham tavsiflaganini ko'rishimiz mumkin. Xususan, Isfara haqidagi ma'lumotlarda shahar Marg'inonning g'arbiy janubidadir. Xalqining barchasi sort, forsiyda so'zlashadi, deyiladi «Boburnoma»da.

Shuningdek, asarda Andijon va uning atroflaridagi hududlar va aholisi haqida so'z boradi. Andijon viloyatining dashtda yashovchi aholisidan biri odami ko'p «chakrak» elidir. Besh-olti ming uylik eldir. Ular Farg'ona va Qoshg'ar orasidagi tog'larda istiqomat qiladi. Otlari ko'p va qo'ylari behisob. U tog'larga qoramol





o'rniga qo'tos o'rniga saqlaydilar. Chakrak mol olib, lashkarga bo'lib berish uchun lashkarni Qosimbekka boshlatib, Chakrakka yuborildi, deydi Bobur. Asarda Dahkat hududi to'g'risida ham quyidagi ma'lumotlar keltiriladi: "Dahkat O'ratepaning tog' etagidagi shaharlardandir. Bu tog'dan o'tgach, Mascho keladi. Eli garchi sort va qishloqda yashasalarda, turklardek galo va suruvli ellardir".

Yuqorida keltirilgan ma'lumotlardan ko'rinib turibdiki, "Boburnoma"da hududlar geografik, etnografik jihatdan to'liq ta'riflab berilgan. Asarda bayon qilingan hududlar aholisi haqida so'z ketar ekan, aholining turmush tarzi, qaysi tilda so'zlashgani haqidagi ma'lumotlarni ham aks etganini kuzatish mumkin.

Boburning yozishicha, Shayboniyxon Movarounnahrni to'la nazoratga olgach, Samarqand, Hisor va Qunduzdan ko'plab xalqlar Qobulga ko'chib o'tadi. "Boburnoma"da bu davrda Qobul viloyatida qanday xalqlar yashagani haqida ham ma'lumotlar keltiriladi. Shunga ko'ra, Movarounnahr aholisining bir qismi ko'chib o'tgan Qobul viloyatida xilma-xil qavmlar bo'lgan. Tog' oraliqlari va tekisliklarga turklar, aymoqlar, sahroyi arablar, shahar va ba'zi kentlariga sartlar istiqomat qilishadi. Yana ba'zi kentlari va viloyatda pashoyi, parojiy, tojik, baroki va afg'onlar yashashadi. G'arbiy tog'lariga xazora va nakdariylar yashaydilar. Bularning orasida ba'zilari mo'g'ul tilida gaplashgan. Qobul viloyatida o'n bir –o'n ikki tilda so'zlashadilar. Bular arabiy, forsiy, turkiy, mo'g'uliy, hindiy, afg'oniy, pashoyi, chabriy, barakiy, lamg'oniy va boshqalar.

"Boburnoma"da bir qancha etnoslar nomi tilga olingan. Masalan, do'ldoy, barin, charos, sag'riychi, qavchin, tag'oyi, to'qchi, mo'g'ul, tarxon, o'g'loqchi, arg'un, uyg'ur, qipchoq, barlos, chakrak, dug'lot, arab va boshqa etnonimlar qayd etilgan.

Bu davr tarixi aks etgan manbalaridan farqli o'laroq kichik urug'-qabilalar haqida ham so'z yuritilgan. Jumladan, do'ldoy etnosi haqidagi ma'lumotlarni tahlil qilib ko'rsak. Do'ldoylar Umarshayx Mirzo va Bobur davrida yirik etnoslardan bo'lib, O'ratepaning boshqaruvi Hofizbek do'ldoy qo'lida edi. Manbada do'ldoy qavmining yana ko'plab vakillari nomi ham keltiriladi. Xususan, Jonibek do'ldoy, Qosim do'ldoy va boshqalar. Qosim do'ldoy Sherozda hokimlik qilgani manbada ta'kidlanadi.

Bobur ko'p bor tilga olgan yana bir qabila to'qchi, tog'chi, tag'ochi kabi nomlar bilan tilga olingan etnos hisoblanadi. To'qchilar Samarqand atroflarida yashagani va bu hududdagi to'qchi elatiga Vays Log'ariy boshchilik qilgani manbada ta'kidlanadi.

"Boburnoma"da keltirilgan yana bir etnos arg'un qabilasi hisoblanadi. Arg'unlar aslida Amir Temur davridan mintaqadagi eng faol etnoslar sifatida tarixiy manbalarda tilga olingan. "Boburnoma"da bu davrda Movarounnahrda arg'unlar va ularning yetakchilari haqida ma'lumotlar keltiriladi. Jumladan, Boburning amakisi Ahmad Mirzoning eng yirik amirlari qatorida Sulton Husayn arg'un nomi qayd etiladi. Shuningdek, Xurosonda davlatni idora etayotgan Temuriy hukmdor Husayn





Boyqaroning amirlari orasida Zunnun arg'un va uning o'g'li Shoh Shujo' arg'un nomlari eslatiladi. Bobur o'z faoliyatida Husayn Boyqaroga xizmat qilgan arg'unlar guruhi bilan to'qnashgani to'g'risida ham manbada so'z yuritgan. Shunga ko'ra, Bobur Zunnun arg'unning o'g'illari Shoh Shujo' (Shohbek) arg'un, Muqim arg'unlar boshchiligidagi arg'unlarqo'shini bilan urushadi. "Boburnoma"da keltirilishicha, to'qnashuvda arg'unlar lashkarining soni 6-7 ming kishi bo'lgan.

Xulosa o'rnida aytganda, Zahiriddin Muhammad Boburning "Boburnoma" asari nafaqat Movarounnahr, balki Markaziy Osiyo va Hindiston xalqlari tarixini o'rganishdahan muhim tarixiy asar hisoblanadi. Manbada mintaqa xalqlarining ijtimoiy, siyosiy, iqtisodiy, madaniy tarixidan tashqari etnik tarixi, xalqlarning turmush tarzi, urf-odatlarini xususida ham qimmatli ma'lumotlar mavjud.

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ANNOTATSIYA

Mazkur maqolada o'zbek to'y marosimlarining tarixiy rivojlanishi, ijtimoiy va madaniy jihatlari keng yoritiladi. O'zbek xalqining an'anaviy nikoh marosimlari milliy qadriyatlar va urf-odatlarining muhim qismi hisoblanib, ularning asosiy bosqichlari – unashtiruv, to'yga tayyorgarlik va to'y oqshomiga alohida e'tibor qaratilgan. Maqolada to'y marosimlarining oila va jamiyatdagi roli, shuningdek, bu marosimlarning zamonaviy o'zgarishlar ta'sirida qanday rivojlanayotgani haqida ham so'z boradi. O'zbek to'ylari orqali milliy madaniyat, san'at va mehmondo'stlik qadriyatlari qanday saqlanib kelayotgani tahlil qilinadi. To'y marosimlarining xalqimiz hayotidagi ijtimoiy ahamiyati va milliy o'zlikni ifodalovchi vosita sifatidagi roli ham batafsil muhokama qilinadi. Shuningdek, zamonaviy globallashuv va texnologiyalar ta'sirida to'ylarning tashkiliy jihatlardagi o'zgarishlar va yangiliklar haqida ham tahliliy mulohazalar keltirilgan.

Kalit so'zlar: O'zbek to'ylari, an'analar, milliy qadriyatlar, unashtiruv, sep, to'y marosimlari, nikoh, mehmondo'stlik, ijtimoiy birdamlik, zamonaviy o'zgarishlar, milliy madaniyat, globallashuv, texnologiyalar, urf-odatlar.

ANNOTATION

This article explores the historical development, social, and cultural aspects of Uzbek wedding ceremonies. Traditional Uzbek wedding rituals, which are an integral part of national values and customs, are examined with a focus on their main stages: engagement, wedding preparation, and the wedding celebration itself. The article highlights the role of wedding ceremonies in family and society, as well as how these rituals are evolving under the influence of modern changes. The preservation of national culture, art, and hospitality values through Uzbek weddings is analyzed. The article also discusses the social significance of these ceremonies in the lives of the Uzbek people, serving as a means of expressing national identity. Moreover, the article reflects on the organizational changes in weddings brought about by globalization and technology, highlighting new trends and innovations in modern celebrations.

Keywords: Uzbek weddings, traditions, national values, engagement, dowry, wedding ceremonies, marriage, hospitality, social solidarity, modern changes, national culture, globalization, technology, customs.





O‘zbek to‘y marosimlari qadimdan xalqimiz hayotida muhim o‘rin tutib kelgan. Bu marosimlar o‘zida nafaqat ikki yoshning nikohini rasmiylashtirishni, balki jamiyatda muhim ijtimoiy va madaniy ahamiyat kasb etadigan an‘analarni aks ettiradi. To‘ylar xalqning milliy qadriyatlari, madaniy merosi va urf-odatlarining jonli ko‘rinishi bo‘lib, ular orqali milliy o‘zlik va an‘analar saqlanadi va avlodlarga yetkaziladi. O‘zbek to‘ylari nafaqat nikoh marosimi sifatida, balki ijtimoiy hodisa sifatida ham e‘tiborga molikdir. To‘ylar oilalar o‘rtasidagi aloqalarni mustahkamlash, jamiyat a‘zolari o‘rtasida ijtimoiy birdamlikni ta‘minlash va milliy o‘zlikni saqlab qolish kabi bir qator muhim funktsiyalarni bajaradi.

To‘y marosimlari asosan uch bosqichdan iborat bo‘lib, bu bosqichlar o‘zining ramziy va amaliy jihatlari bilan ajralib turadi: unashtiruv, to‘yga tayyorgarlik va nikoh to‘yi. Unashtiruv – ikki oilaning kelajakda quda bo‘lishga bo‘lgan roziligi va kelishuvini bildirsa, to‘yga tayyorgarlik jarayoni esa kelin va kuyov taraflarining o‘zaro muloqotlari, oila a‘zolarining yangi oila tuzilishi borasidagi majburiyatlarini belgilashni nazarda tutadi. Bu marosimlarda har bir bosqichning o‘ziga xos urf-odatlari va qoidalari bor bo‘lib, ular ko‘pincha an‘anaviy va diniy qadriyatlarga asoslanadi.

O‘zbek to‘ylari o‘zining ko‘lami, boyligi va xilma-xilligi bilan ajralib turadi. To‘y marosimlari doimo katta tantana va bayramona ruhda o‘tkaziladi, bu esa xalqning hayotga bo‘lgan ijobiy munosabatini va birlashuv istagini aks ettiradi. Har bir to‘y marosimida milliy o‘zlik va qadriyatlar o‘z ifodasini topadi: kuy-qo‘shiqlar, raqslar, mehmondo‘stlik va saxovat, sep tayyorlash, kuyov va kelinni oila a‘zolari bilan tanishtirish kabi urf-odatlar to‘ylarning ajralmas qismi hisoblanadi. Bu jarayonlarda xalqning uzoq tarixiy tajribasi va madaniy boyligi yaqqol namoyon bo‘ladi.

Biroq zamonaviy o‘zgarishlar va globallashuv ta‘sirida to‘y marosimlari ham o‘zgarishlarga uchramoqda. An‘anaviy marosimlarga yangi zamonaviy elementlar qo‘shilib, to‘ylarning tashkiliy jihatlari va o‘tkazilish uslublariga zamonaviy texnologiyalar kirib kelmoqda. Masalan, to‘ylar videotasvirga olinadi, ijtimoiy tarmoqlarda jonli efirga uzatiladi, maxsus to‘y agentliklari orqali tadbirlarni tashkil qilish amaliyoti kengaymoqda. Bu o‘zgarishlarga qaramay, o‘zbek to‘ylari o‘zining an‘anaviy mohiyatini saqlab qolmoqda, chunki ular xalqimizning milliy va diniy qadriyatlari asosida shakllangan.

O‘zbek to‘y marosimlari nafaqat nikohni rasmiylashtirish, balki xalqning milliy qadriyatlari va ijtimoiy hayotini aks ettiradigan murakkab bir tizim sifatida ko‘riladi. Masalan, unashtiruv marosimi ikki oila o‘rtasidagi munosabatlarni rasmiylashtirish jarayoni bo‘lib, bu bosqich kelin va kuyovning yangi oilaviy hayotga tayyorgarligi uchun dastlabki qadamlardan biridir. Unashtiruvning ahamiyati haqida M.





Ubaydullayev: “Unashtiruv – bu ikki oila o‘rtasida kelajakdagi nikohning mustahkam poydevorini yaratishning ramziy marosimi hisoblanadi” deb ta’kidlaydi [1].

To‘y marosimlarida oila a‘zolarining o‘zaro aloqalari mustahkamlanadi. Sep va sep ko‘rish marosimi kelin tarafining kuyovga ko‘rsatgan hurmati va oila qurishga tayyorligini bildiruvchi muhim jarayonlardan biri hisoblanadi. Bu haqda A. Qayumov shunday ta’kidlaydi: “Sepning tarkibi va uning tayyorlanishi nafaqat iqtisodiy, balki ijtimoiy jihatdan ham oilalar o‘rtasidagi aloqalarni mustahkamlashga xizmat qiladi” [2].

To‘y oqshomining o‘tkazilishi katta tantana bilan o‘tadi va bu jarayonda o‘zbek xalqining san‘at va madaniyati keng namoyon bo‘ladi. To‘ylar xalqning ijodiy merosini ham o‘zida aks ettiradi, masalan, raqslar, kuy-qo‘shiqlar orqali milliy o‘zlik ifodalanadi. Bunda I. Jalolov: “To‘ylar O‘zbek xalqining eng muhim madaniy hodisalaridan biri bo‘lib, ular milliy o‘zlikni va madaniy qadriyatlarni saqlashning samarali vositasi hisoblanadi” degan fikrni bildiradi [3].

O‘zbek to‘ylarining mehmondo‘stlik tamoyillari ham diqqatga sazovor. Har bir to‘yda mehmonlarga hurmat va ehtirom ko‘rsatish xalqning an‘anaviy qadriyatlaridan biridir. Bu jihatdan N. Tursunov shunday deydi: “To‘ylar – bu faqat oila a‘zolari uchun emas, balki butun jamoat uchun ochiq tadbir bo‘lib, unda mehmondo‘stlik xalqning eng muhim qadriyatlaridan biri sifatida namoyon bo‘ladi” [4]

Nikohning ijtimoiy ahamiyati O‘zbek to‘ylarida alohida o‘rin tutadi. Oila jamiyatning asosi bo‘lib, nikoh orqali ikki oilaning birlashuvi jamiyatdagi barqarorlikka xizmat qiladi. Sh. Saidovning fikriga ko‘ra: “Nikoh faqat oila tuzishdan iborat emas, u jamiyatning asosiy tayanchi bo‘lib, oila institutini mustahkamlash orqali ijtimoiy birdamlikka hissa qo‘shadi” [5].

Hozirgi kunda zamonaviy o‘zgarishlar ta’sirida O‘zbek to‘ylarida yangi elementlar paydo bo‘lgan bo‘lsa-da, an‘anaviy marosimlar o‘z ahamiyatini yo‘qotmagan. Shu jihatdan T. Bobojonov shunday deydi: “Zamonaviylik O‘zbek to‘ylarida aks etayotgan bo‘lsa-da, an‘anaviy qadriyatlar va urf-odatlar hali ham markaziy o‘rin egallab kelmoqda” [6].

To‘ylar ijtimoiy birdamlik, milliy meros va iqtisodiy aloqalarni mustahkamlashda muhim ahamiyatga ega. Shu bilan birga, zamonaviy texnologiyalar va global madaniyat ta’siri tufayli O‘zbek to‘ylari zamonaviy elementlar bilan boyimoqda. Bu jihatdan to‘ylar xalq madaniyatining turli jihatlarini saqlab qolish va rivojlantirishning muhim vositasi bo‘lib qolmoqda.

O‘zbek to‘ylari jamiyat hayotining eng muhim ijtimoiy hodisalaridan biri bo‘lib, uning asosiy vazifalari faqatgina nikohni rasmiylashtirish bilan cheklanmaydi. To‘y





marosimlari oila institutining barqarorligini, jamiyatdagi birdamlikni ta'minlash, milliy qadriyatlarni asrab-avaylash va avlodlarga yetkazish kabi ijtimoiy vazifalarni ham bajaradi. Xalqning hayot tarzi, dunyoqarashi va ma'naviy qadriyatlari to'ylarda ifoda topib, bu tadbirlar orqali milliy o'zlikning saqlanib qolishi ta'minlanadi.

Bundan tashqari, to'y marosimlari o'zbek xalqining turmush tarzidagi muhim elementlardan biri bo'lgan mehmondo'stlik, hamjihatlik, o'zaro yordam kabi qadriyatlarni targ'ib etishning kuchli vositasi sifatida xizmat qiladi. Mahalla jamoalarining to'y marosimlarini birgalikda tashkil qilishi va o'tkazishi jamoatning ijtimoiy birdamligi, ahil-inoqligi va hamkorligini yana-da kuchaytiradi. Bu jarayonda yoshlar kattalarning tajribasidan o'rganadi, an'analarni davom ettirish mas'uliyatini qabul qiladi, bu esa oila va jamiyat barqarorligi uchun muhim omil hisoblanadi.

To'y marosimlari o'zbek madaniyatining boy merosini aks ettiruvchi turli urf-odatlar, rasm-rusumlar va diniy marosimlar orqali avlodlardan avlodga uzluksiz yetkazib kelinmoqda. Har bir hududning o'ziga xos an'analarni saqlagan holda, umumiy qadriyatlarni nishonlash to'y marosimlarining ijtimoiy va madaniy xilma-xilligini ta'minlaydi. Shu tariqa, O'zbek to'ylari o'zining milliy rang-barangligi bilan nafaqat O'zbekiston xalqining madaniy merosini boyitadi, balki xalqning tarixiy o'zligini saqlash, an'analarni yangi sharoitlarda ham yashatishga xizmat qiladi.

Xulosa qilib aytganda, O'zbek to'ylari milliy o'zlikni saqlash, avlodlar o'rtasida madaniy va axloqiy merosni yetkazish, jamiyatda o'zaro birdamlikni ta'minlashda mislsiz rol o'ynaydi. Bu to'ylarda nafaqat ikki yoshning oilaviy hayotga qadam qo'yishi nishonlanadi, balki xalqning tarixiy xotirasi, madaniy va ijtimoiy merosi ham qadrlanadi. Shu sababli, to'y marosimlarini o'rganish, ularning ijtimoiy va madaniy ahamiyatini tadqiq qilish xalqimizning ma'naviy o'zligini chuqurroq anglash va uni asrab-avaylashda muhim ahamiyat kasb etadi.

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Туберкулёз и его клиническое течение.

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Резюме: Туберкулез – это инфекционное заболевание, которое может вызвать инфекцию легких или других тканей. Обычно оно поражает легкие, но может также поражать и другие органы, например позвоночник, мозг или почки. Слово «туберкулез» происходит от латинского «узел» или «то, что выступает». Туберкулез еще называют туберкулезом. Не каждый, кто болеет туберкулезом, заболеет, но если вы заболеете, вам следует пройти лечение. Если вы инфицированы бактериями, но у вас нет симптомов, у вас неактивный туберкулез или латентная туберкулезная инфекция (также называемая латентным туберкулезом). Может показаться, что туберкулеза больше нет, но он дремлет (спит) в вашем теле. Если вы инфицированы, у вас развиваются симптомы и вы заразны, у вас активный туберкулез или туберкулез (ТБ). Три стадии туберкулеза: первичная инфекция, латентная туберкулезная инфекция, активный туберкулез.

Ключевые слова: Туберкулез, туберкулезная этиология, узел, скрытая инфекция

Введение: В 2020 году во всем мире около 10 миллионов человек инфицированы туберкулезом и около 1,5 миллиона человек умерли от этой болезни. Туберкулез когда-то был основной причиной смертности в Соединенных Штатах, но заболеваемость быстро снизилась в 1940-х и 1950-х годах после того, как исследователи его обнаружили. процедуры. По статистике, в 2021 году в США будет 7860 случаев заболевания туберкулезом. Уровень заболеваемости в стране составляет 2,4 на 100 000 человек. Туберкулез вызывается бактерией *Mycobacterium Tuberculosis*. Микробы передаются по воздуху и поражают легкие, но могут также заразить органы управления. Однако туберкулез не распространяется легко. Чтобы контактировать с больным, нужно болеть длительное время. Туберкулез может передаваться, когда человек с активной формой туберкулеза выделяет микробы в воздух при кашле, чихании, разговоре, пении или даже падении. Это помогает только людям с активной легочной инфекцией. Многие люди, вдыхающие бактерии туберкулеза, способны бороться с бактериями и остановить их появление. У этих людей бактерия активна, вызывая латентную туберкулезную инфекцию. Хотя бактерии неактивны, они все еще живы в организме и могут стать активными позже. У некоторых людей с туберкулезом может быть латентная инфекция, которая никогда не становится активной и перерастает в туберкулез. Однако если ваша





иммунная система ослаблена и не может остановить рост бактерий, туберкулез может стать активным. Латентная туберкулезная инфекция переходит в активный туберкулез. Многие исследователи работают над методами лечения, позволяющими обнаружить это. Помимо активного или неактивного, можно использовать различные виды туберкулеза, наиболее распространенным из которых является легочный (легочный) туберкулез. Но бактерии могут поражать и другие части вашего тела, помимо легких, вызывая надлегочный туберкулез (или внелегочный туберкулез). , вы можете быть в безопасности, и организм может прийти в себя по причинам, связанным с системным милиарным туберкулезом, возможным системным менингитом, воспалением головного мозга. Стерильная пиурия или высокий уровень белой крови в жире. Болезнь Потта считается корневой болезнью, расщелиной позвоночника или силеркулезом. Болезнь Аддисона, хронические заболевания надпочечников. Гепатит, инфекция печени. Лимфаденит шеи считается золотухой или туберкулезным лимфаденитом. У людей с латентной туберкулезной инфекцией в организме есть туберкулезные микробы, но их нет, потому что эти микробы неактивны. У этих людей нет симптомов туберкулеза, они больше не могут передавать микробы. против них у них может развиться туберкулез. Его часто назначают людям при заболевании туберкулезом. Люди, больные туберкулезом, инфицированы активными туберкулезными микробами, а это значит, что они размножаются и убивают болезнь в организме. У них туберкулез. Люди, больные туберкулезом легких или горла, передают микробы другим. Им прописывают лекарства, способные вылечить туберкулез.

Материал и методы: Бактерии туберкулеза распространяются по воздуху, когда инфицированный человек кашляет, чихает, разговаривает, поет или падает. Он не может передаваться через предметы личного пользования, такие как одежда, постельное белье, очки, столовые приборы, рукопожатия, туалеты или другие предметы, используемые человеком, больным туберкулезом. Хорошее здоровье – самый важный способ предотвратить туберкулез.

Результаты и их анализ: Вдыхание капель аэрозоля от инфицированного человека является основным механизмом заболевания туберкулезом. Хотя туберкулез чаще всего вызывает легочную инфекцию, это мультисистемное заболевание, при котором могут наблюдаться различные патологические изменения. Последующее отложение микроорганизма в легких может иметь несколько возможных последствий: Немедленное выведение организма из организма Первичное заболевание: активируется у людей с высокой скоростью





Латентная инфекция Реактивация: от латентной инфекции до нескольких лет после заражения, активная инфекция Эффективно ограничивает Инфекционная прививка организма или элиминация зависит от иммунного статуса человека, генетики, а также от того, является ли воздействие первичным или вторичным. *M.tuberculosis* также имеет несколько опасностей вирулентности, которые затрудняют его уничтожение альвеолярными макрофагами. Высокое содержание миколовой кислоты в вредоносной капсуле бактерий при бузоцитозе затрудняет избавление от нее альвеолярных макрофагов. Другие компоненты бактериальной клеточной стенки, такие как кордовые факторы, могут напрямую повреждать альвеолярные макрофаги. Индикатор туберкулеза также ограничивает уровень отсутствия микроорганизмов, а иногда даже предотвращает результаты эффективной фаголизосомы. Другим фактором вирулентности является экспрессия каталазы-пероксидазы, которая помогает противодействовать окислительному ответу клетки-хозяина и индуцирует цитокины, а также помогает противодействовать окислительному стрессу хозяина - липоарабиноманнану. У большинства пораженных людей инфекция очищается от иммунитета. Заражаются 30-40 из заболевших сотрудников. Адаптивный (Т-клеточный) иммунитет включает в себя латентный туберкулез, защищенный от 95% инфицированных больных. В течение 5 дней у больных развивается первично активный туберкулез из-за отсутствия Т-клеточного иммунитета. Здоровье больных с латентными инфекциями составляет 5-10 физических жизней, часто в течение двух лет они переходят в активное заболевание. Если этого не сделать, половина людей с активным заболеванием умрет. Бациллы вызывают инфекцию легких, перемещая небольшие капли в альвеолярное пространство (около 5–10 микрон). Если врожденная защитная система хозяина может быть разрушена инфекцией, бациллы могут проникнуть в альвеолярные макрофаги, они могут уйти из легких и перейти к другому прямому транспорту. Он вырабатывает хемокины и цитокины, которые привлекают другие фаоцитарные клетки в легких, эти мононейтрофилы, эти мононейтрофилы и другие альвеолярные макрофаги, которые образуют узелковую гранулематозную структуру, известную как бугорок. Если не остановить непрерывное размножение бактерии, она может увеличиться и проникнуть в дренирующие лимфатические узлы через туберкулез и бациллы. Это приводит к лимфаденопатии, характерному проявлению первичного туберкулеза. Если поражение, образовавшееся в результате распространения туберкулеза, распространяется на паренхиму легких и лимфатические узлы, может





возникнуть комплекс Гона. Бактериemia также может наблюдаться при инфекции. Туберкулезные бациллы размножаются до тех пор, пока не выработается эффективный клеточный иммунитет. Это продолжается от 2 до 10 недель после повторного заражения более чем у 90% тех, кто впоследствии заразился. В легких может быть восстановлен эффективный клеточно-опосредованный иммунный ответ и накопление. Фактор роста опухоли-альфа, азоткоро-промежуточный заряд, клетки реактивных и цитотоксических клеток (перфор, гранзимы), элиминация туберкулеза также могут способствовать побочному повреждению хозяина и поддержке казеозного некроза. По этой причине большинство случаев туберкулеза являются результатом иммунного ответа инфицированного хозяина на воздействие туберкулеза. Неконтролируемый рост бактерий может привести к гематогенным заболеваниям бацилл и, в конечном итоге, к туберкулезу. Термин «военный туберкулез» относится к заболеванию, распространяющемуся через просо-подобные поражения. Бациллы, очаги, казеозные поражения могут быть механически окрашены эрозиями дыхательных путей при разделении хозяина на другие элементы. в противном случае уровень смертности составляет 80%. Остальные болезни можно вылечить или вылечить. Хроническое выздоровление характеризуется повторяющимися эпизодами фиброзных изменений вокруг раны и разрушением очага туберкулеза.

Выводы. Лечение туберкулеза происходит очень медленно, и полное выздоровление может занять несколько месяцев. Несмотря на адекватное лечение, частота рецидивов колеблется в пределах 2-12%. Рецидивы возникают в течение первых 12 месяцев лечения и могут быть следствием рецидива или несоблюдения медикаментозной терапии. Плохие прогностические факторы инфекции включают иммунодефицит, внелегочные поражения, пожилой возраст и перенесенную инфекцию в анамнезе. Важно отметить, что этиология туберкулеза также широка и может включать фиброторакс, коллапс легкого, эмпиему и массивное кровохарканье.

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**СОЯ ВА КУНГАБОҚАР ЭРТАПИШАР НАВЛАРИНИ ЭКИШНИНГ
ХЎЖАЛИКДАГИ АҲАМИЯТИ .**

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Аннотация: Ёзда бошоқли дон экинларидан бўшаган ерларда такрорий экин сифатида экилган эртапишар кунгабоқар навларини 5 июл игача ва соя эртапишар навларини 10 июл муддатигача экилган ерларда агротехнологик қоидаларга риоя қилиниб парвариш қилинса кунгабоқардан 31-32 ц/га ва соянинг гектаридан 20-25 ц/га ҳосил етиштириш мумкинлиги аниқланган.

Кириш. Сўнги пайтларда Республика аҳолисининг эҳтиёжини табиий тоза ўсимлик мойи билан янада тўлиқ таъминлашга катта эътибор қаратилмоқда. Республика Президенти томонидан 2017 йилнинг 14 мартида 2017-2021 йилларда Республикада сояни экишни ташкил этиш ва соя донини етиштириш ишни кўпайтириш тўғрисида “ ПҚ-2832-сонли” қарор қабул қилинди. Республика аҳолисини ўсимлик мойига бўлган эҳтиёжини тўлиқ таъминлаш мақсадда кунгабоқар катта майдонларда ўстирилмоқда.

Ўзбекистон Республикаси ҳудудида экиш учун тавсия этилган қ-х экинлари Давлат реестрига киритилган ва бошоқли дон экинларидан бўшаган ерда такрорий экиш учун тавсия этилган Душко F₁, ЛГ56-35 F₁, ЛГ55-80 F₁, Владимир F₁, дурагайларининг ҳосилдорлиги 35-36 ц/га га тенг.

Самарқанд қишлоқ хўжалик институтининг селекционерлари Т.Э.Остонақулов ва М.К Луковлар муаллифлигида яратилиб, 2018 й. Ўзбекистон Республикаси ҳудудида экиш учун тавсия этилган қ-х экинлари Давлат реестрига киритилган Машъал F₁ дурагайининг ҳосилдорлиги 37-38 ц/га. Бу дурагай тезпишар, ўсув даври 77-78 кун, асосий ва такрорий экин сифатида экилганда юқори ҳосилдорликка эга бўлади. Ўсимлик бўйи 130-135 см, пистаси қора тусли, 1000 уруғининг массаси 86-88 г. Уруғдаги мой миқдори 50 %. (Андоза Лучоферул дурагайи- 31ц/га) га нисбатан 5-7 ц./га қўшимча ҳосилдорликка эга. Янги дурагайнинг фотосинтетик қобилияти юқори, фузариоз, ботритис склеротина ва занг касалликларига чидамли. Пистаси пучоғининг қалқонлилиги 99-100 %, кунгабоқар куяси билан мутлақо зарарланмайди. Ҳосилини комбайнда йиғиштириб олишга қулай.

Соянинг Аванта, Бара, Амиго, Арлета, Спарта, Селекта 101 тезпишар





навларини Республикамизнинг барча вилоятларида такрорий экин сифатида ўстириш мумкин. Соя донида 30-52 % оқсил, 18-25 % ёғ, 20 % углеводлар бор. Соя донидан сут, қатиқ, творог, колбаса маҳсулотлари, маргарин, ун, кондитер маҳсулотлари, консервалар тайёрлашда фойдаланилади. Соя донидан тиббиётда дори дармонлар олишда фойдаланилади, жумладан, қандли диабет касалликлари учун парҳез таомлар тайёрланади

Такрорий экин сифатида экилган соя тупроқни органик моддалар билан бойитади. Бошоқли дон ҳосилидан бўшаган анғизга экилганда экинзор микроклимини, дала фитосанитар ҳолатини, тупроқдаги микробиологик жараёнларни яхшилайти.

Республикамизда сояни етиштириш технологияси суғориладиган ерларда Д. Ёрматова., Ҳ. Отабоева, Х. Хушвақтова Н.Халилов каби (1,2,3,4,5,) тадқиқотчилар томонидан ўрганилиб қўйилган илмий маълумотлар берилган ва тавсиялар ёзилган. Ҳозирги пайтда республикамиз олимлари томонидан яратилган 16 та соя нави Давлат реестрига киритилган. Улар орасида эртапишар, ўртапишар, кечпишар навлар мавжуд. Аммо уларнинг етарли миқдорда уруғлари бўлмаганлиги туфайли, жорий 2017+2018 йил соянинг тезпишар, эртапишар ва ўртапишар навлари Россия Федерациясининг Краснодар ўлкасидаги “СОКО” соя компаниясидан юқори репродукцияли уруғликлари келтирилди. Айни пайтда янги келтирилган навларнинг биологик хусусиятлари, минтақа тупроқ- иқлимига мос равишда етиштириш технологияси ишлаб чиқилмаган. Шуларни ҳисобга олган ҳолда маҳаллий шароитимизда соя ҳар хил навларини қимматли хўжалик белгиларининг шаклланишини ўрганиш мақсадида такрорий экин сифатида дала тажрибаларини ўтказиш асосида илмий тадқиқот ишлари бажарилмоқда.

Тадқиқотлар натижалари: Россиядан республикамиз шароитига келтирилган соянинг Аванта, Бара, Амиго, Арлета, Спарта, Селекта 101 навлари жуда тезпишар ҳисобланади ва уларнинг ўсиш даври 83 кундан 100 кунгача. Пастки дуккакларнинг ер юзасидан жойлашиш баландлиги 12-14 см, 1000 та дон массаси 120 дан 180 граммгача, ўсимликнинг бўйи 85-110 см, Россия Федерациясининг жанубида асосий экин сифатида экилганда 2,03 дан 2,58 т/га дон ҳосили олинади. Такрорий экин сифатида экилганда ҳосилдорлик 2,64 дан 2,96 т/га ни ташкил этади. Максимал ҳосилдорлик 3,78 дан 4,76 ц/га. Бу кўрсаткичлар навнинг хўжалик белгаларига боғлиқ ҳолда ўзгариши мумкин. Соя такрорий экин сифатида июннинг 3 ўн кунлигида экилганда пишиш даври сентябрнинг 2-3 ўн кунлигида кузатилади.

Селекта 201, СК Оптима, Селекта 301, Селекта 302 ўрта тезпишар





навларнинг ўсув даври 108 дан 120 кунгача давом этади, ўсимликнинг бўйи 115-150 см, энг пастки дуккаклар ер юзасидан 13-17 см баландликда жойлашади. Дон таркибидаги оқсил миқдори 39 дан 43% гача, мой миқдори 19 дан 24% гача бўлиб ётиб қолишга ва тўкилишга чидамлиги 4-5 баллини ташкил этади. Россия Федерациясининг жанубида ўртача 4 йилдаги ҳосилдорлиги 2,64 дан 2,90 т/га дон ҳосили олинган. Максимал ҳосилдорлик 4,47 дан 5,37 ц/га ни ташкил етган. Асосий экин сифатида экилганда сентябрнинг 1-3 ўн кунлигида дон ҳосили пишиб етилиши кузатилган.

Республикамиз шароитида Аванта, Бара, Амиго, Арлета, Спарта, Селекта 101 навлари ультра тезпишар ва тезпишар ҳисобланади ва улар буғдой ва арпа ҳосилидан бўшаган суғориладиган ерларга такрорий экиш учун тавсия этилади.

Тупрокни ишлашда бегона ўт илдизларидан тозаланган дала 28–30 см чуқурликда ҳайдалади. Ерни ҳайдаш олдидан органик, калийли ўғитларнинг йиллик меъёрлари, фосфорли ўғитнинг 70–80 % и берилади. Бирорта сабабга кўра, фосфорли, калийли ўғитлар ерни ҳайдаш олдидан солилмаган бўлса кўрсатилган миқдордаги ўғитларни 10-14 см чуқурликда биринчи культивация билан берилади.

Гўнг 1 га майдонга 30-40 т., азотли ўғитлар гектарига 30-50 кг берилади. Сояга 90–100 кг/га фосфор, 40–60 кг /га калий солинади. Соя илдизларида туганаклар ҳосил бўлмаса 2,0 т/га ҳосил олиш учун 1 гектарга 180 кг/га азот қўлланиши мақсадга мувофиқ. Соя такрорий экин сифатида экилганда буғдойни мум пишиш фазасида суғоришни катта меъёрда тез жўяклар охирига сув етиши билан тўхтатиб, ҳосил йиғиштириб олиниши билан экиш ёки арпа, эртапишар буғдой навларидан кейин экиш яхши натижа беради. Такрорий экин сифатида 20 июндан 5 июлгача экиш мақбул муддат ҳисобланади. Майсалар ўниб чиқққандан кейин соянинг қатор ораларини ишлаш одатда ҳар 10-15 кунда ўтказилади, уларнинг сони экинзор ҳолатига қараб белгиланади. Биринчи култивация 6-8 см чуқурликда, кейингилари 10-15 см чуқурликда ўтказилади. Қайд этилган агротехникага риоя қилинганда такрорий экиндан 1,5-2 т/га ҳосил олинади.

Такорий экин сифатида ўстирилган кунгабоқар дурагайларида мўл ҳосилдорликка эришиш учун, гектарига 57,5 минг туп қалинликда ўсимлик ўстириш ёки уруғларни 70x25 см. схемада экиш, экиш олди 10 тонна чириган гўнг, фосфорли ўғитлардан соф ҳолда гектарига 145 кг ва калийли ўғитлардан 185 кг қўллаш тавсия этилади. Азотли ўғитлардан соф ҳолда 60 кг экиш билан бир вақтда бериш, парваришда азотли ўғитлардан майсалаш даврида 60 кг. ва саватча пайдо бўлиш олдидан 80 кг меъёрда озиклантирилади. Гуллаш фазасида





2 марта қўшимча сунъий чанглатиш таъсирида , такрорий экин сифатида ўстирилган кунгабоқарнинг ҳосилдорлиги 30-32 % га ошади.

Хулоса қилинганда Соянинг ультра тезпишар ва тезпишар навларини бугдой ва арпадан бўшаган ерларда 20- июндан 10 июл муддатгача экиш ва агротехнологик қоидаларига риоя қилинса гектаридан қисқа муддатда 20-25 центнер ҳосил олинади ва йиғиштирилган ҳосилдан 400-420 л. мой ва 800-840 кг. оксил олинади.

Кунгабоқарнинг янги Машъал F₁ дурагайи такрорий экин сифатида 25 июндан 5 июлга қадар кечикмасдан экиш ва юқорида кўрсатилган агротехнологик қоидаларга риоя қилинса гектаридан 31-32 ц/га ҳосил ва йиғиштирилган ҳосилдан 1450 литр мой ажратиб олинади.

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Musiqa fanini o`qitish bo`yicha olib borilayotgan tadqiqotlarda tajriba-sinov ishlari natijalari va samaradorlik kursatkichlari.

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Annotatsiya. Ushbu tadqiqot musiqa fanini o'qitishda eksperimental ishlarning natijalari va samaradorligini o'rganadi, talabalarning faolligi va tushunishini yaxshilaydigan innovatsion yondashuvlarga e'tibor qaratadi. Tadqiqot an'anaviy o'qitish usullarini o'quvchilarga ta'sirini baholash uchun interfaol, texnologiyaga asoslangan strategiyalar bilan taqqoslaydi. Topilmalar eshitish, vizual va kinestetik ta'lim usullarining kombinatsiyasidan foydalanganda nazariy tushunish va amaliy ko'nikmalarning sezilarli yaxshilanganligini ko'rsatadi.

Kalit so'zlar: musiqa fani, eksperimental o'qitish, samaradorlik, ta'lim usullari, musiqa pedagogikasi, musiqa ta'limi texnologiyasi.

Musiqa ta'limi ham kognitiv, ham ijodiy qobiliyatlarni rivojlantirishda muhim rol o'ynaydi. Biroq, musiqa o'qitishning an'anaviy usullari ko'pincha talabalarni to'liq jalb qila olmaydi yoki musiqa nazariyasi va amaliyotini chuqur tushunishga yordam bermaydi. Ushbu tadqiqotning maqsadi innovatsion o'qitish usullarini o'rganish va ularning samaradorligini eksperimental ish orqali baholashdir. Tadqiqot quyidagi savolni hal qilishga qaratilgan: zamonaviy pedagogik vositalar musiqa fanidagi o'quv tajribasi va natijalarini qanday yaxshilashi mumkin?

Ushbu tadqiqotda sifat va miqdoriy ma'lumotlarni o'z ichiga olgan aralash usulli yondashuv ishlatilgan. Tadqiqotda o'rta darajadagi musiqa kurslarida ikki guruh talabalar ishtirok etdi. Nazorat guruhi ma'ruzalar va darsliklarga asoslangan ta'lim kabi an'anaviy usullardan foydalangan holda o'qitildi, eksperimental guruh esa texnologiyaga asoslangan, interaktiv usullar, jumladan musiqa kompozitsiyasi dasturlari, interaktiv nazariya mashqlari va Real vaqtda audio aloqa vositalari bilan shug'ullandi.

Nazariy bilimlarni baholash uchun oldindan va keyingi testlar o'tkazildi, amaliy ko'nikmalarni o'lchash uchun musiqiy ijro va kompozitsiya vazifalari kabi amaliy baholar qo'llanildi. Bundan tashqari, talabalarning fikr-mulohazalari so'rovnomalar va fokus-guruh muhokamalari orqali jalb qilish darajasini va o'quv tajribasi haqidagi shaxsiy mulohazalarni baholash uchun to'plandi.

Musiqiy ta'lim tadqiqotlari ko'pincha turli xil o'qitish usullari, vositalari yoki muhitlari talabalarning o'qishi va faolligiga qanday ta'sir qilishini tushunishga





qaratilgan eksperimental ishlarni o'z ichiga oladi. Quyida bunday tadqiqotlarda odatda kuzatiladigan ba'zi umumiy natijalar va samaradorlik ko'rsatkichlari keltirilgan:

Kognitiv va akademik ta'sir

- Kognitiv qobiliyatlarning yaxshilanishi: tadqiqotlar shuni ko'rsatdiki, musiqa ta'limi bilan shug'ullanadigan o'quvchilar ko'pincha fazoviy-vaqtinchalik ko'nikmalar, xotira va tanqidiy fikrlashni yaxshilaydi. Musiqa mashg'ulotlari matematika va o'qish kabi fanlarda rivojlangan qobiliyatlar bilan bog'liq.

- Akademik yutuqlar: eksperimental tadqiqotlar shuni ko'rsatadiki, musiqa ta'limi bilan shug'ullanadigan talabalar akademik ballga ega bo'lmaganlarga nisbatan yuqori, bu musiqa o'rganish va umumiy akademik ko'rsatkichlar o'rtasidagi ijobiy bog'liqlikni ko'rsatadi.

Hissiy va ijtimoiy rivojlanish

- Kengaytirilgan hissiy ifoda: musiqa ta'limi tadqiqotlari hissiy tartibga solish va ifodalashning yaxshilanishini ta'kidlaydi. Talabalar his-tuyg'ularini musiqa orqali yaxshiroq ifoda etadilar, bu shaxsiy o'sish va hissiy aqlga yordam beradi.

- Ijtimoiy ko'nikmalarni rivojlantirish: xor yoki ansambl chiqishlari, talabalar o'rtasida hamkorlik, muloqot va ijtimoiy birdamlikni rivojlantirish kabi guruhlariga asoslangan musiqa faoliyati.

Ishtirok etish va motivatsiya

- Faollikning oshishi: eksperimental tadqiqotlar shuni ko'rsatadiki, texnologiya yoki innovatsion o'qitish usullari, masalan, loyihaga asoslangan ta'lim yoki raqamli vositalar, talabalarning musiqa ta'limiga ko'proq jalb qilinishiga olib keladi.

- Yuqori motivatsiya: ommabop musiqa yoki ijodiy kompozitsiyani o'z ichiga olgan talabalar qiziqishlariga mos keladigan musiqiy ta'lim yuqori motivatsiya va musiqani o'rganishga uzoq muddatli majburiyatni keltirib chiqaradi.

Ijodkorlik va innovatsiya

- Ijodkorlikni oshirish: musiqiy ta'lim ijodkorlikni targ'ib qiladi, o'quvchilarni yangi g'oyalarni rivojlantirishga, tovushlar bilan tajriba o'tkazishga va original kompozitsiyalar yaratishga undaydi.

- Muammoni hal qilish ko'nikmalari: tadqiqotlar shuni ko'rsatadiki, musiqani o'rganish muammolarni hal qilish ko'nikmalarini oshiradi, ayniqsa qutidan tashqarida o'ylashni yoki innovatsion echimlarni topishni talab qiladigan vazifalarda.

Texnologik vositalar va elektron ta'lim

- Texnologiya integratsiyasi: musiqa ta'limida raqamli vositalardan (masalan, musiqiy dasturiy ta'minot, ilovalar va onlayn resurslar) foydalanish o'quv natijalarini yaxshilash uchun ko'rsatilgan. Tadqiqotlar shuni ko'rsatadiki, onlayn platformalar yoki





gibrid modellar orqali musiqa o'rganayotgan talabalar ko'pincha an'anaviy usullarga nisbatan o'xshash yoki yaxshi natijalarni ko'rsatadilar.

- Shaxsiylashtirilgan ta'lim: o'quvchilarning ishlashi haqida fikr bildiruvchi adaptiv ta'lim vositalari o'quv tajribasini shaxsiylashtirishda yordam beradi, bu esa yanada samarali amaliyotga va musiqa mahoratini oshirishga olib keladi.

Bo'ylama Effektlar

- Uzoq muddatli imtiyozlar: bo'ylama tadqiqotlar shuni ko'rsatadiki, musiqa ta'limining afzalliklari bevosita o'rganishdan tashqari, umrbod ta'lim, intizom va madaniy qadrlashga ta'sir qiladi.

Umumiy Samaradorlik Ko'rsatkichlari:

- Musiqiy bo'lmagan fanlar bo'yicha akademik ishlash (masalan, matematika, savodxonlik).

- Ko'rish, ijro va kompozitsiya kabi musiqiy mahoratni takomillashtirish.

- O'quvchilarning faollik darajasi dars davomida (kuzatuv tadqiqotlari).

- O'qitish metodikasining samaradorligi haqida talabalar va o'qituvchilarning fikr-mulohazalari.

- Testdan oldingi va keyingi natijalar turli xil o'qitish tadbirlarini taqqoslash (masalan, an'anaviy va texnologiya rivojlangan ta'lim).

- Musiqa bilan bog'liq darsdan tashqari tadbirlarda ishtirok etishning ortishi.

Musiqa ta'limi bo'yicha eksperimental tadqiqotlar rivojlanishda davom etmoqda, bunda texnologiyaning roli, innovatsion pedagogik yondashuvlar va musiqa o'rganishning fanlararo afzalliklari e'tiborga olinadi.

Ushbu tadqiqot natijalari interaktiv va multimedia ta'limining afzalliklarini ta'kidlaydigan oldingi tadqiqotlar bilan mos keladi. Eksperimental guruhdagi yaxshilangan natijalar shuni ko'rsatadiki, texnologiyani takomillashtirish usullari musiqa nazariyasini chuqurroq tushunishga va amaliy musiqiy mahoratni oshirishga olib keladi. Musiqiy kompozitsiya dasturlari va Real vaqtda qayta aloqa vositalaridan foydalanish talabalarga tajriba o'tkazish va o'rganish orqali o'rganish imkonini berdi, bu ularning faolligi va ishlashining oshishiga yordam berdi.

Tadqiqot shuni ko'rsatdiki, kinestetik faoliyat bilan shug'ullanadigan talabalar, masalan, harakat sensorlaridan foydalangan holda ritm mashqlari, nazariya va amaliyot o'rtasida ko'proq bog'liqlikni ko'rsatib, ko'p sensorli yondashuvlar musiqa ta'limida ayniqsa samarali ekanligini ko'rsatdi.

Ammo shuni ta'kidlash kerakki, nazorat guruhidagi ba'zi talabalar ham yaxshilanishlarni ko'rsatdilar, bu an'anaviy usullar musiqa o'qitishning ayrim jihatlari,





ayniqsa asosiy nazariy tushunchalar uchun hali ham muhim ahamiyatga ega bo'lishi mumkinligini ko'rsatmoqda.

Xulosa

Ushbu tadqiqot shuni ko'rsatadiki, eksperimental o'qitish usullari, xususan, integratsiyalashgan texnologiyalar musiqa fanining nazariy va amaliy tushunchalarini takomillashtirishda juda samarali. Natijada, musiqa sohasidagi o'qituvchilarga talabalarni yaxshiroq jalb qilish va ularning o'quv natijalarini oshirish uchun ko'proq interaktiv, ko'p sensorli o'quv vositalarini kiritish tavsiya etiladi.

Kelajakdagi tadqiqotlar ushbu usullarga duchor bo'lgan talabalarda musiqiy bilim va ko'nikmalarni uzoq muddatli saqlashni o'rganishi mumkin. Bundan tashqari, ushbu texnologiyalarning keng ko'lamlil ta'lim muassasalari uchun ochiq bo'lishini ta'minlash uchun ularning iqtisodiy samaradorligi va ko'lamini tahlil qilish foydali bo'lishi mumkin.

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**SHISHA ISHLAB CHIQRISH TEXNOLOGIYALARI VA EKOLOGIK
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Annotatsiya

Ushbu maqolada shisha ishlab chiqarishning zamonaviy texnologiyalari va jarayonlarning atrof-muhitga ko'rsatayotgan ta'siri tahlil qilinadi. Maqolada shisha ishlab chiqarishda foydalaniladigan asosiy xom ashyo, energiya sarfi va chiqindilar miqdori o'rganiladi, shuningdek, qayta ishlash texnologiyalarining ahamiyati va ekologik ta'sirini kamaytirish bo'yicha takliflar beriladi. Turli ishlab chiqarish usullari, ularning samaradorligi hamda atrof-muhitga salbiy ta'sirlarni kamaytirish uchun qo'llaniladigan innovatsion usullar yoritiladi.

Kalit so'zlar: Shisha ishlab chiqarish, ekologik ta'sir, qayta ishlash, energiya samaradorligi, innovatsion texnologiyalar, chiqindi, karbon izi, resurslarni tejash.

Abstract

This article analyzes the impact of modern technologies and processes of glass production on the environment. The article examines the main raw materials used in the production of glass, the amount of energy consumption and waste, as well as the importance of processing technologies and suggestions for reducing the environmental impact. Different production methods, their efficiency and innovative methods used to reduce negative effects on the environment will be covered.

Key words: Glass production, environmental impact, recycling, energy efficiency, innovative technologies, waste, carbon footprint, saving resources.

KIRISH

Shisha zamonaviy jamiyatda keng qo'llaniladigan muhim materiallardan biri bo'lib, sanoat, arxitektura, texnologiya va kundalik hayotning ajralmas qismidir. Biroq shisha ishlab chiqarish jarayoni katta energiya talab qiladi va atrof-muhitga zararli chiqindilar chiqarishi mumkin. Bugungi kunda shisha ishlab chiqarish texnologiyalarini yanada ekologik toza qilish va qayta ishlash orqali tabiiy resurslarni tejash masalasi muhim muammolar qatorida turibdi. Shuning uchun ushbu maqola





shisha ishlab chiqarish texnologiyalari va ekologik ta'sirini chuqurroq o'rganishga qaratilgan.

ADABIYOTLAR TAHLILI VA METODOLOGIYA

Shisha ishlab chiqarish texnologiyalari haqida ko'plab tadqiqotlar o'tkazilgan bo'lib, ular shisha ishlab chiqarishda energiya sarfi va karbon izini kamaytirishga qaratilgan. Marko Gobetti (2017) o'z tadqiqotida shisha ishlab chiqarishning asosiy bosqichlarini va ekologik xavf-xatarlarini yoritib berdi. Boshqa manbalarda shisha ishlab chiqarishda sodir bo'ladigan chiqindilar va zararli moddalar miqdori, xususan, karbonat angidrid gazlari chiqindisi o'rganilgan. Bertini va Alessandro (2019) esa qayta ishlash texnologiyalarining atrof-muhitga ko'rsatayotgan ijobiy ta'sirini tahlil qilgan.

Ilmiy adabiyotlarda qayta ishlangan shisha yordamida energiya iste'molini kamaytirish va qayta ishlash jarayonlarini optimallashtirish bo'yicha ko'plab tadqiqotlar olib borilmoqda. Misol uchun, Zhang va Li (2020) qayta ishlash orqali shisha ishlab chiqarishning chiqindilarini kamaytirish va bu jarayonda foydalaniladigan energiya hajmini sezilarli darajada qisqartirish mumkinligini ko'rsatgan. Shuningdek, energiya samaradorligini oshirish va chiqindilarni kamaytirish bo'yicha innovatsion usullar tadqiq qilingan.

Ushbu tadqiqot uchun turli ishlab chiqarish korxonalari faoliyati tahlil qilindi. Shisha ishlab chiqarishda qo'llaniladigan texnologiyalar, energiya iste'moli va chiqindilar miqdori haqida ma'lumotlar yig'ildi. Shuningdek, qayta ishlangan shishani ishlab chiqarishga jalb etish orqali hosil bo'layotgan energiya tejash ko'rsatkichlari o'rganildi. Tadqiqotda korxonalarining yillik ishlab chiqarish hajmi, energiya sarfi va chiqindilar miqdori haqidagi statistik ma'lumotlardan foydalanildi. Qayta ishlash texnologiyalarining samaradorligi esa laboratoriya tajribalari asosida baholandi.

NATIJARLAR

Shisha ishlab chiqarish texnologiyalari bo'yicha olib borilgan tahlillar shuni ko'rsatdiki, an'anaviy ishlab chiqarish usullari katta energiya talab qiladi va katta miqdorda chiqindilar hosil qiladi. Shisha ishlab chiqarishda asosiy xom ashyo sifatida qum, soda va ohak ishlatiladi, bu esa ishlab chiqarish jarayonida katta miqdorda issiqlik energiyasini talab etadi. Buning natijasida karbonat angidrid va boshqa zararli gazlar atmosferaga chiqariladi.

Shuningdek, tadqiqotlar shuni ko'rsatadiki, qayta ishlangan shishadan foydalanish energiya sarfini 30-40% gacha kamaytirishi mumkin. Qayta ishlash jarayonida yangi shisha ishlab chiqarishga nisbatan kamroq energiya talab qilinadi va





bu jarayonda chiqindilar ham sezilarli darajada kamayadi. Bu esa shisha sanoatida ekologik ta'sirni kamaytirishning asosiy usullaridan biri ekanligini ko'rsatmoqda.

Bundan tashqari, zamonaviy ishlab chiqarish texnologiyalarini qo'llash orqali shisha ishlab chiqarish jarayonida chiqindilar miqdorini sezilarli darajada kamaytirish mumkinligi aniqlandi. Misol uchun, yuqori samaradorlikka ega pechlardan foydalanish va energiyani qayta tiklash texnologiyalari chiqindilarni kamaytirishga xizmat qiladi.

XULOSA

Shisha ishlab chiqarish jarayoni katta energiya sarfi va ekologik zarar bilan bog'liq bo'lsa-da, zamonaviy texnologiyalar va qayta ishlash usullari bu jarayonning ekologik ta'sirini sezilarli darajada kamaytirishga yordam beradi. Qayta ishlangan shisha resurslarni tejash va atrof-muhitga zarar yetkazishni kamaytirish uchun samarali vositadir. Shuning uchun shisha ishlab chiqarishda ekologik toza texnologiyalarga o'tish va qayta ishlash texnologiyalarini yanada kengroq qo'llash bugungi kunda dolzarb masalalardan biridir. Kelajakda ishlab chiqarish jarayonlarini yanada optimallashtirish va ekologik zararlarni kamaytirish yo'nalishida tadqiqotlarni davom ettirish zarur.

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TYPES OF MENTAL WEAKNESS IN CHILDREN AND METHODS OF PREVENTION

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Abstract. This article provides information on types of mental retardation in children and methods of prevention. Mentally retarded refers to a steady decline in mental, first of all, intellectual development as a result of organic damage to the brain. Mentally retarded children will not be able to master the program of general education schools. Children with severe mental retardation cannot acquire knowledge and skills at school.

Key words: mentally retarded, clinical-psychological, defect, cognitive activity, mental, attention, process, etiology, mother, pregnancy, injury, oligophrenia, endogenous, exogenous, postnatal, passive.

Cognition is the leading deficit in the clinical-psychological picture of mental retardation is that the activity has not developed. Cognitive impairment thinking operations, speed of mental processes, impaired mobility, attention, manifested in the underdevelopment of memory and a number of cortical functions will be.

The etiology of mental retardation varies. Mental retardation of the fetus in the mother's womb, at birth or during the early development of the central nervous system due to genetic disorders, injuries, asphyxia, infections, intoxications originates.

The clinical description of the main forms of mental retardation is closely related to the pathogenesis of the injury, the time of the negative impact.

The causes of oligophrenia are different. Oligophrenia according to etiological signs divided into two main groups:

1. Oligophrenia caused by endogenous (genetic) effects, connected with hereditary pathology or present in the family or appearing for the first time in this individual;

2. Oligophrenia caused by exogenous influences (infections, intoxications, brain traumas in early stages of fetal or postnatal ontogenesis).

In the origin of oligophrenia, polygenic type of heredity is also unique importance is given. Pathological genetic factors passed down from parents accumulation occurs.

The exogenous form of oligophrenia includes cases in which the nerve external negative to the child's brain during the period of pregnancy to underdevelopment of the system causes effects.





These include various chronic diseases during embryonic and fetal periods (toxoplasmosis, syphilis, etc.) and acute (rubella, influenza, epidemic parotitis, infectious hepatitis, rash smallpox, etc.) forms of oligophrenia caused by infectious diseases during the mother's pregnancy are included. Poisoning of the mother's body with alcohol, chemicals, as well as some drugs (antibiotics, sulfonamides, barbiturates, quinine, hormones, etc.) also causes oligophrenia. Radioactive and X-ray radiation also have a pathogenic effect on the fetus and the cells of the parents. Various endocrine diseases in the mother (diabetes, thyroid, glandular, pituitary injuries) also play a pathogenic role. Toxicosis during pregnancy, vitamin imbalance also has a negative effect.

Chronic in the mother's cardiovascular system, lungs, liver and kidneys deficiencies lead to pathology of the fetus. Incompatibility of the blood of the mother and the fetus in terms of the rhesus factor also leads to negative consequences.

Prolonged lack of oxygen in the fetus before birth (hypoxia) affects the formation of the brain.

The time of exposure is also important in fetal damage. The first three months of pregnancy are very dangerous important aspects are the formation of the brain.

Exogenous forms of oligophrenia are the beginning of the central nervous system

infections, intoxications and injuries during development (up to 1.5-2 years).

Variants of mental deficits associated with resulting injuries are also included. In these cases, meningitis of various etiologies, encephalitis, meningoencephalitis, severe somatic diseases (measles, scarlet fever, parotitis, dysentery, etc.), intoxication of the nervous system (postvaccinal encephalitis) cause oligophrenia. Special attention should also be paid to postnatal brain injuries. Hydrocephalus plays an important role in the pathogenesis of such injuries.

Oligophrenia according to the degree of manifestation of intellectual deficiency divided into four levels: light, medium, heavy and deep.

Mild mental retardation. Light, able to concentrate and has a good mechanical memory children with mental retardation will receive education in a special (correctional) program possible This program is based on concrete and demonstrative methods, mathematics.

It makes learning writing, reading and other subjects much easier, therefore for a child can occupy it for 9 years. Later, the child acquires professional knowledge can work independently.





Children with mild mental retardation acquire speech skills a little late, most of them use speech for everyday purposes, able to master the skills of maintaining and participating in conversation will be. However, their speech has phonetic distortions and vocabulary limitation, lack of understanding of words, the meaning of the words used it is typical that it will not be clear. Words are not fully used as a means of communication.

Active vocabulary lags behind passive vocabulary. A weak-minded person understands more than he speaks. Active vocabulary is not only limited, but also filled with stamps (identical word combinations). Phrases are simple, uniform, violations in the grammatical construction of speech (connection of words in sentences) are manifested in the lack of connectives and auxiliaries. There are difficulties in expressing one's thoughts, telling what one has read and heard. In some cases, signs of underdevelopment of speech are observed.

The limited and slowed senses of sight, hearing, kinesthetic, tactile, smell and taste (sense) make the environment difficult. Poorly developed perception makes it difficult for a mentally retarded person to form an accurate picture of himself and the things that surround him.

Memory is characterized by slowness and sluggishness, quick forgetting. But memory may be stored and well formed. Usually subject and only external features of reality are remembered. Internal logical connections memories about and explaining in words creates great difficulties.

Free activity of mentally retarded persons, weakness of aspirations, initiative.

It is distinguished by its lack, stubbornness, weakness of social and personal motives.

Necessary decisions are often made on a short-circuit basis. Actions insufficiently goal-directed, impulsive, there is no struggle of motives. In many cases of mild mental retardation, which does not require abstract thinking, it is possible to engage in unskilled and semi-skilled manual labor based on practical activities. They are carpenters, tailors, embroiderers and they learn other professions.

Moderate mental retardation. Moderate mental retardation with lack of formation of cognitive processes is described. Thinking is concrete, there is no sequence. In this category of persons understanding and use of speech develops behind (with a delay of 3-5 years), and full development in this area is limited. Often speech is accompanied by gross defects. Vocabulary is small, it consists mostly of words and phrases used in everyday life.

Almost all children with this level of mental retardation have movements





coordination, accuracy and speed will be disturbed. Movements are slowed down, clumsy, this prevents the formation of the running mechanism and learning to jump. Children with mental retardation, even as teenagers, have difficulty entering a given movement state and cannot hold it for more than a few seconds. They have difficulty moving from one action to another. The lack of development of movement in some of them is manifested in the uniformity of movements, their slow pace, sluggishness, and discomfort. In others, excessive mobility is manifested in inconsistency with the goal, disorder, uncoordinated actions.

People with moderate mental retardation have a lot of information and imagination less. The formation of scattered concepts is completely absent or sharply limited.

Development of perception and memory is observed.

Autistic symptoms or other general developmental disorders in children can appear. Some of them are kind and polite.

Others - angry, angry. Still others are stubborn, liars, lazy, tend to do impulsive (unexpected) things.

Mental retardation often affects limbs, paws, fingers, head, skin, internal organs, (is accompanied by disorders in the development of genitals, teeth, face, eyes, ears.

Adults with moderate mental retardation require normal, competent supervision under constant supervision and guidance, taking into account their individual and personal qualities.

They can do work that they don't do (especially those who are busy with agricultural work where there are). People with moderate mental retardation will need social protection and support.

Severe mental retardation. In severe mental retardation, thinking is not only very concrete, rigid, but also is not formed at all from the ability to generalize. In most of them underdevelopment of motor functions, coordination disorders, etc

co-existing pathologies are clearly manifested. These individuals have great difficulties in self-service skills with. Some of them even use buttons and laces they can't even learn to tie.

Self-service education for children with severe mental retardation is limited to practicing skills and learning to find a target in the environment, developing communication. Speech has agrammatisms, defects in pronunciation of sounds, word wealth is low and not enough to organize any activity.

It is important to remember that this is a severe form of underdevelopment





children who are sick can use it later in similar situations they need to repeat what they are being taught several times in order for them to understand and develop the skills they have.

Usually, intellectual disorders are obvious neurological pathologies: paralysis, paresis goes along with They include the skeleton, skull, limbs, skin and internal organs dysplastic body structure is observed.

People with this pathology require constant help and support. Profound mental retardation. It is understanding or carrying out requests or instructions in children ability is limited. They have not developed attention, perception, memory. Think about it elementary processes do not exist. Most of the time, you don't understand the meaning of speech they use sounds or words that they do not understand the meaning of.

Most of such children have severe motor disorders, they completely immobile or the movements are sharply limited, urine and feces they cannot hold, they can only be communicated with in a rudimentary form. They can't take care of their basic needs, or this feature is very weak, and they need constant help and support.

Needs and actions are very simple, action reactions are irregular, not directed to the goal, stereotyped moving from side to side, agitation without external cause is observed.

The most severe of them do not cry, do not laugh, do not recognize the people around them. None nothing can attract attention. They have difficulty aiming in space. They are only affected by pain. The facial expression is meaningless. They cannot distinguish between what can be consumed and what cannot be consumed. They do not understand speech and gestures. Affects of anger, a desire to harm oneself are observed.

However, when working with such children, they are sensitive to sound, bright light, etc attention to color, moving objects and other influencers it is possible to achieve some achievements in education.

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Kimyoviy ishlov berilgan olovga chidamli matolar ishlab chiqish

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Annotatsiya: Ushbu maqola, olovga chidamli matolar ishlab chiqarishda kimyoviy ishlov berishning asosiy usullari va ularning ahamiyatini yoritib berdi. Olovga chidamli materiallar olish uchun kimyoviy ishlov berish jarayoni juda muhimdir. Materiallarning tuzilishi va kimyoviy ishlov berishning o‘zaro ta’siri, materiallarning olovga chidamliligini oshirishda hal qiluvchi omil hisoblanadi. Bu jarayonlar yong‘in xavfsizligini oshirish va inson hayotini saqlashda muhim qadam hisoblanadi.

Olovga chidamli matolar, turli sohalarda, jumladan qurilish, avtomobilsozlik, tekstil va elektronika sohasida keng qo‘llaniladi. Ushbu materiallar yong‘in xavfsizligini oshirish va polimer asosidagi materiallarning potentsial xavflarini kamaytirishda muhim rol o‘ynaydi. Olovga chidamli matolar ishlab chiqarishda kimyoviy ishlov berish, materiallarning yonish xususiyatlarini yaxshilash va ularni yanada xavfsiz qilishda asosiy omil hisoblanadi.

Olovga chidamli matolar, yuqori haroratga chidamli polimerlar, keramika yoki metallar kabi turli xil materiallardan tayyorlanadi. Ushbu materiallar maxsus kimyoviy modifikatsiyalardan o‘tkaziladi, bu esa ularning olovga chidamli xususiyatlarini oshiradi. Masalan, polimerlarga olovni sekinlashtiruvchi qo‘shimchalar qo‘shilishi mumkin, bu esa ularning alanganlash tezligini kamaytiradi va olov tarqalishini sekinlashtiradi. Matoglarga maxsus ishlov berishning muvaffaqiyatli kombinatsiyasi bilan yong‘inga chidamli matolar ishlab chiqarish texnologiyasida sezilarli yutuqlarga erishiladi va sezilarli iqtisodiy, ekologik foyda ko‘rsatiladi.

Kimyoviy ishlov berishning bir nechta usullari mavjud:

Intumesent Qoplama: Bu usulda, material yuzasiga qalin va ko‘piksimon qatlam hosil qiluvchi moddalar qo‘llaniladi. Harorat ko‘tarilganda, bu qatlam kengayadi va materialni izolyatsiya qiluvchi qatlam hosil qiladi.

Halogenlash: Bu jarayonda, materialga halogen elementlari qo‘shiladi, bu esa olovni sekinlashtiruvchi xususiyatlarni yaxshilaydi.

Fosforli Birikmalar: Fosforli birikmalar ham olovga chidamli xususiyatlarni yaxshilashda ishlatiladi. Ular olovni sekinlashtirish va materialning yonishini oldini olishda yordam beradi.





Nanotexnologiya: Nanotexnologiya yordamida olovga chidamli qo‘shimchalar materialning ichiga yaxshiroq tarqaladi va ularning samaradorligini oshiradi.

Materiallarning tuzilishi va unga qo‘shiladigan kimyoviy moddalar diqqat bilan tanlanadi. Materialning tuzilishi va unga qo‘shiladigan moddalar o‘rtasidagi o‘zaro ta‘sir, materialning olovga chidamliligini belgilaydi. Shuning uchun, olovga chidamli matolar ishlab chiqarishda kimyoviy ishlov berish jarayoni juda muhim ahamiyatga ega. Olovga chidamli matolar ishlab chiqarishda kimyoviy ishlov berishning ahamiyati shundaki, bu jarayon materialning yonish jarayonini sekinlashtiradi yoki to‘xtatadi. Bu esa, yong‘in xavfsizligini oshirish va inson hayotini saqlashda juda muhimdir.

Tadqiqotimizda matoga natriy kremniyorganik birikma va silikatning suvli eritmasi bilan ishlov berdik. Bunda biz kremniyorganik birikmalarni suv bilan 1:1 nisbatda suyultirib maxsus ertma tayyorlab oldik va shu eritma asosida matoga maxsus usullar yordamida ishlov berdik. Kopozitsiyaga kiritilayotgan maxsus kimyoviy teng mol nisbatda olingan eritma mato tolalarini bir-biriga yopishtiradi shu bilan birga paxta materialini tog‘iridan-tog‘ri olov tasirida yonmaydigan qiladi. Matoga maxsus usul yordamida ishlov berilgandan so‘ng uni sifati buzilmasligi uchun maxsus qurutish asbobi „Pulvizator“ yordamida quritib oldik. Ushbu taqdimot natijasida olingan mahsulot to‘laqonli iqtisodiy samaradorlikni va ekologik samaradorlikni qoplaydi hamda tan narxi jihatdan ancha qulayliklarni amaliyotga tadbiiq qila oladi.

Olovga chidamli matolar olish uchun kimyoviy ishlov berish, materiallarning yonish xususiyatlarini yaxshilash va ularni yanada xavfsiz qilishda asosiy omil hisoblanadi. Ushbu jarayon, materiallarning yonish tezligini kamaytirish, olov tarqalishini sekinlashtirish va yong‘in xavfsizligini oshirishda muhim rol o‘ynaydi. Shuning uchun, olovga chidamli matolar ishlab chiqarishda kimyoviy ishlov berish texnologiyalari doimiy ravishda takomillashtirilmoqda va bu sohada yangi yutuqlar qo‘lga kiritilmoqda.

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**D-EXOKG APPEARANCES OF VENTRICULAR BARRIER DEFECTS IN
YOUNG CHILDREN**

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Annotation : Ventricular septal defect is the most common congenital heart defect in children and the second most common congenital anomaly in adults, second only to bicuspid aortic valve. .absence of a barrier between the right and left ventricles. Ventricular septal defect is the main mechanism of hemodynamic disturbance. Although most ventricular septal defects close spontaneously, if they are not present, major defects are pulmonary arterial hypertension, ventricular dysfunction, and arrhythmias. can lead to harmful complications such as increasing the risk. Diagnosing ventricular septal defects in children using D-ExoKG increases the chances of early detection of the disease.

Key words: D-ExoKG, congenital heart defects, tetrad of Fallo, hemodynamics

Relevance : Disruption of the development or synthesis of one of the above-mentioned components during the morphogenesis of the embryonic heart leads to the appearance of a ventricular septal defect in the corresponding component. Various anatomical locations and histological changes of the ventricular septal defects are classified in several ways. and led to systems of nomenclature. Complexities in describing ventricular septal defect and multiple synonyms were improved after a new unified classification was established and divided ventricular septal defects into four main groups: Category 1: These ventricles aro septal defect is located below the semilunar valves (aortic and pulmonary) on the crista supraventricularis in the outlet septum of the right ventricle, so it is sometimes called supracristal. This is the rarest type, and all ventricles are aro Obstructive defects account for only 6%, with the exception of the Asian population, where it accounts for approximately 30%. Aortic valve prolapse and regurgitation can cause right and/or non-coronary aortic valve cusps. It is common due to the loss of support. It is common for these defects to close spontaneously. often involves the muscular septum. The septal leaflet of the tricuspid valve sometimes forms a "pouch" that reduces the shunt and causes it to close spontaneously. Type 3: This is the right It is located at the entrance of the ventricular septum below the inlet valves (tricuspid and mitral). It accounts for only 8% of all defects. It is observed in patients with Down syndrome. Type 4: This is located in the muscular septum and is usually confined to the muscle at the apical, central, and outflow portions of the interventricular





septum. Although the ventricles are classified by the location of the septal defects, they can also be classified by size. The volume is described in relation to the diameter of the aortic annulus. If they are less than or equal to 25% of the diameter of the aortic annulus, it is small, if it is more than 25% but less than 75%, then it is medium and greater than 75% of the diameter of the aortic annulus. is considered large

Materials and methods: D-ExoKG, in addition to showing the morphology of heart structures, provides information about their movement and obtained parameters. Study of blood flow velocity with the help of doppler provides very important information about valvular and congenital defects, LV filling. Doppler measurements are based on calculating the speed of an object by changing the frequency of the reflected signal. Usually, the Doppler frequency shift is in the range that can be perceived by the human ear and can be reproduced as sound by D-ExoKG. Doppler modes:

1. Pulse Doppler mode allows to estimate the volume of blood flow control in a certain area by placing it.

2. The continuous wave Doppler mode allows you to determine any value of blood flow velocity, but it does not allow you to accurately determine the location along the ultrasound beam where the maximum velocity is measured. Thus, continuous wave and pulsed Doppler modes complement each other: the first one allows to determine very high velocities without determining their localization; using the second, on the contrary, it is possible to establish the localization of velocities, but it is not possible to estimate high-speed flows.

3. Color Doppler map - mode in which blood flow velocity is coded in different colors and the color map is superimposed on a 2D or 3D image. Typically, blood flow rate to the sensor is coded in red, and blood flow rate out of the sensor is coded in blue. Then determining the velocities coded in a certain color is called autocorrelation it is carried out with several measurements in a mode reminiscent of pulsed Doppler using a simplified analysis method. Doppler analysis of high-amplitude, low-speed ultrasound pulses from heart tissue is called tissue Doppler. It is mainly used to assess myocardial function. Measurement of the longitudinal (apical to base) velocities of the LV basal segments provides information on its overall systolic and diastolic function. In addition, the spatial velocity gradient can be used to calculate the regional strain rate ("strain rate") measured in s⁻¹ or hertz, and integrating the strain rate over time allows the calculation of the actual strain ("strain").), measured as a percentage. Deformation - shortening and stretching of the myocardium in the longitudinal direction in the apical sections, as well as thickening or thinning along the short axis in the parasternal sections. The advantage of deformation assessment is its true local nature, and the





speed of myocardial movement is always influenced by the movement of adjacent segments and the heart as a whole. Recently, it has become possible to estimate strain using diffraction spot tracking techniques, which are non-Doppler and therefore independent of scanning angle. This method allows measuring regional tissue velocity, stress and strain rate in any direction. Tissue velocity, stress and strain rate can be displayed on the screen in 2D color mode and graphically (velocity over time)

CONCLUSION

The possibilities of D-ExoKG for ventricular barrier defects in children are very wide. Because D-ExoKG is highly capable of detecting all hemodynamic changes in the heart and any pathology. Early detection and diagnosis of this disease in children greatly increases the chances of achieving disease optimization.

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O'ZBEKISTONDA AGROTURIZMNING RIVOJLANISH ISTIQBOLI

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Аннотация: В данной статье рассмотрены основные положительные стороны и потенциальные возможности развития агротуризма в Узбекистане. Выбор и актуальность темы обусловлены необходимостью определить основные преимущества развития агротуризма для Узбекистана.

Ключевые слова: агротуризм, агротуризм, экологический туризм, зеленая экономика, рекреационный туризм.

Abstract: this article discusses the main positive aspects and potential opportunities for the development of agrotourism in Uzbekistan. The choice and relevance of the topic is based on the need to determine the main advantages of the development of agrotourism for Uzbekistan.

Key words: agrotourism, agricultural tourism, ecological tourism, green economy, recreational tourism.

Hozirgi vaqtda dunyoning ko'plab mamlakatlarida ommabop va talabga ega bo'lgan xizmatlardan biri bu sayohatlarni tashkil etishdir. Zamonaviy dunyoda turizm sanoati muhim o'rin tutadi va xorijiy sayyohlarni eksport qilish orqali ko'pchilik mamlakatlar uchun asosiy daromad manbai hisoblanadi. Aynan turizmning daromadliligi uni mezbon mamlakatlar uchun ajoyib jozibador qiladi. Turizm turlari xilma-xil bo'lib, ko'rsatilayotgan xizmatlar hajmi, xizmat ko'rsatish sifati va boshqalar bilan farqlanadi. Ammo har bir mamlakatda sayyoh o'zining sayohat qilish istagini qondira olmaydi. Bu nafaqat tabiiy va ob-havo sharoiti, infratuzilmaning rivojlanishi (yo'llarning mavjudligi), balki davlatning iqtisodiy rivojlanishi bilan ham bog'liq. Fransiya, Italiya, Turkiya va AQShning turizm sohasi yetakchilari uchun turizmdan





olingan daromadlar iqtisodiyotga katta hissa qo‘shayotgan bo‘lsa, mamlakatimiz 2022 yilda Qozog‘istonda 2021 yilda turizmdan tushgan 117 ta daromaddan 66-o‘rinni egalladi umumiy YaIMning 2% dan kamiga [1,3,6,].

O‘zbekiston turizmni rivojlantirish uchun ulkan salohiyatga ega. O‘zbekiston hududi ko‘plab tabiiy resurslarga, biologik (turli xil o‘simlik va hayvonot dunyosi bilan ifodalanadi), suv (ko‘l va daryolar), madaniy (xalq yoki qishloq hududlari mahalliy aholisining madaniy an‘ana va urf-odatlarini), shuningdek tabiiy landshaftning xilma-xilligi sifatida (tog‘lar, o‘rmonlar, dalalar, daryolar va ko‘llarni ifodalaydi). Bu resurslarning barchasi mamlakatimizda agroturizmni rivojlantirish uchun sharoit yaratmoqda. [5]

Qishloq aholisining 38,2 foizi va qishloq xo‘jaligi yerlarining 80,7 foiziga ega O‘zbekiston uchun agroturizmni rivojlantirish eng istiqbolli bo‘lishi mumkin. Agroturizm - bu sayyohlarning chorva mollarini parvarish qilish, qishloq xo‘jaligi ekinlari yetishtirish va qishloq hayotining o‘ziga xos xususiyatlari bilan tanishish bo‘yicha o‘ziga xos tajribaga ega bo‘lish maqsadini ko‘zlagan qishloq xo‘jaligi faoliyati va turizmning qishloq joylarida uyg‘unlashuvidir. Mamlakatimiz hududida qishloq xo‘jaligi shaharchalari va qishloq xo‘jaligi ob'ektlari kabi agroturizm ob'ektlarini kamdan-kam uchratish mumkin, ammo chet elda ular juda keng tarqalgan. Shu bois ularning yaratilishi nafaqat mahalliy sayyohlarni, balki xorijliklarni ham jalb qilish uchun ajoyib imkoniyatdir.

Agroturizm etnik, gastronomik, ekologik va shifo turizmi bilan chambarchas bog‘langan turizmning faol turidir. Xorijiy mamlakatlar tajribasi shuni ko‘rsatadiki, agroturizm ko‘pincha qishloq hayotiga sho‘ng‘ib, shahardan olisda joylashgan fermer xo‘jaliklariga bir yoki bir necha kun davomida tashrif buyurish, turistning qishloq xo‘jaligi ishlarining ayrim turlarini bajarishi, mahsulot yetishtirish, hosil yig‘ishtirib olish, mahsulotlarni tatib ko‘rish, demakdir. va hokazo. Bularning barchasini mamlakatimizda amalga oshirish mumkin. Turizmning ushbu turini rivojlantirish qishloq joylarda, ayniqsa, mavsumdan tashqari ishsizlik muammosini qisman hal





qilishga yordam beradi. Mahalliy ma'muriyatlar uchun ham turizmning bu turi qishloq aholisining imidji va iqtisodiy ahvolini yaxshilashga yordam beradi. Agroturizm zamonaviy turizm modelidan foydalanish sharoitida mahalliy aholi madaniyatini saqlab qolishga xizmat qiladi. [2]

Sayohatchilar uchun qishloq xo'jaligi turizmining yana bir jozibador xususiyati shundaki, bu tur ekoturizmga o'xshaydi. Atrof-muhitning ifloslanishi ortib borayotganligi sababli, odamlar ekologik toza joylarda dam olishga intiladi.

O'zbekistonning so'nggi yillarda iqtisodiy siyosati yo'naltirilgan yashil iqtisodiyotga agroturizm ham salmoqli hissadir. Yashil iqtisodiyot yer, suv va energiya resurslaridan oqilona, ehtiyotkor va samarali foydalanishni nazarda tutadi. Suv iste'molini kamaytirish maqsadida sug'orish uchun shamol va quyosh energiyasidan foydalanish qishloq xo'jaligida erkin foydalanish mumkin, bu agroturlarda tashrif buyurish va yashash uchun ob'ekt sifatida ishlatiladi. Agroturlar zamonaviy tendentsiyalarga mos kelishi, ijtimoiy tarmoqlar sayyohlarning yashil iqtisodiyot va ekologik toza sayohatlar haqidagi xabarlarini, bloglari va xeshteglari bilan to'ldirilganligi sababli barcha mamlakatlarda mashhur.

Agroturizmni rivojlantirish oziq-ovqat mahsulotlarini ishlab chiqaruvchi va yetkazib beruvchi mahalliy aholiga organik mahsulotlarni sotishni ko'paytirishga yordam beradi. O'zbekiston hududida ko'plab qishloq xo'jaligi korxonalarini - fermer xo'jaliklari mavjud bo'lib, bu sayyohlar uchun uy hayvonlarining turli turlari bilan tanishish va ularni parvarish qilishning ayrim jarayonlarida ishtirok etish uchun ajoyib imkoniyatdir. Hayvonlarni boqish va yurish jarayonini o'z ichiga olishi mumkin bo'lgan hayvonlarga g'amxo'rlik qilishdan tashqari, otlar va tuyalarga minish asoslarini o'rgatish, rastalar va yaylovlar joylariga tashrif buyurish ham mumkin.

Bu nafaqat hayvonlarni saqlash an'analarimizni ko'rsatibgina qolmay, balki sayyohlar uchun qiziqarli va faol dam olishni chorvachilik mahsulotlaridan milliy taomlar tayyorlash va ularni tatib ko'rish (gastronomik turizm) bilan uyg'unlashtiradi. Bunday turlar turistlarni jismoniy soliqqa tortish uchun mo'ljallanmagan, faqat o'zlari





uchun qishloq hayotini boshdan kechirish va shahar hayotidan tanaffus qilish imkoniyatini beradi. [5]

Ekin fermalari sayyohlar uchun qiziqarli bo'lishi mumkin. O'zbekistonda g'alla, moyli, yem-xashak ekinlaridan tashqari go'zal bog'lar, issiqxona xo'jaliklari, poliz ekinlari ham bor. Bunday fermer xo'jaliklarini ekologik sug'orish va dehqonchilikka yo'naltirish, ekologik toza mahsulotlar yaratish sayyohlar e'tiborini tortishga xizmat qiladi. Bunday joylarda sayyohlar o'simliklarni parvarish qilishda ishtirok etishdan tashqari, ularni sinab ko'rishlari ham mumkin. Mamlakatimizda toza va ekologik kosmetika liniyasini yaratish yoki an'anaviy tibbiyotda qo'llanilishi mumkin bo'lgan ko'plab dorivor o'simliklar mavjud. Dorivor o'tlar yetishtiriladigan qishloq xo'jaligi fermasiga tashrif buyurish, so'ngra mahsulot sotib olish sog'lig'ingizni yaxshilash va an'anaviy tibbiyot bo'yicha bilimingizni kengaytirishning ajoyib usuli hisoblanadi. Qishloq turizmini ko'llar va daryolar qirg'oqlarida lagerlar (chodirlarda dam olish), tog'lar va tekisliklarda ot minish bilan birlashtirish ham mumkin.

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**BIOLOGICALLY ACTIVE SUBSTANCES CONTAINED IN THORNY
ARTICHOKE AND ITS USE IN MEDICINE**

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**БИОЛОГИЧЕСКИ АКТИВНЫЕ ВЕЩЕСТВА, СОДЕРЖАЩИЕСЯ В
ТЕРНИСТОМ АРТИШОКЕ, И ЕГО ПРИМЕНЕНИЕ В МЕДИЦИНЕ.**

Аннотация. В статье широко обсуждаются богатый биологически активными соединениями состав артишока, высокое содержание БФМ, отмеченное в листьях артишока колючего, а также высокий удельный вес листьев в общей биомассе растения. Кроме того, несмотря на широкий спектр фармакологической активности артишока и полученных из него лекарственных форм, большинство исследователей подчеркивают его явное гепатопротекторное и желчегонное действие.

Ключевые слова: лопаточно-члениковые, опушенные, серовато-зеленые, безполосчатые, полосчатые, редуцированные, ланцетные, перистые, зубчатые.

**ТИКАНЛИ АРТИШОКНИНГ ТАРКИБИДАГИ БИОЛОГИК ФАОЛ
МОДДАЛАР ВА УНИНГ ТИББИЁТДА ҚЎЛЛАНИЛИШИ**

Аннотация. Мақоланинг асосий мақсади Артишокнинг бой биологик фаол бирикмалардан иборатлиги, тиканли артишок баргларида БФМ миқдорининг юқорилиги, шунингдек ўсимликнинг бутун биомассасида барглар солиштирма оғирлигининг юқорилиги мисоллар асосида кенг ёритиб беришдир. Бундан ташқари, тиканли артишок ва унинг асосида олинган доривор шаклларида кенг фармакологик фаоллик спектрига қарамай, аксарият тадқиқотчилар унинг яққол гепатопротектор ва ўт хайдовчи таъсирига урғу беришган.

Калит сузлар: ланцетсимон, патсимон, тишсимон, кураксимон сегментли, туқланган, кулрангсимон-яшил, бандсиз, бандли, редуцияланган.





**BIOLOGICALLY ACTIVE SUBSTANCES CONTAINED IN THORNY
ARTICHOKE AND ITS USE IN MEDICINE**

Introduction. Artichoke is known as a very useful medicinal plant in many nations. The chemical nature of the biologically active substances contained in artichokes has not been known for many years. Due to its widespread use as a food, fodder and medicinal plant, active research on the chemical composition of this plant began in the 20th century. A number of Italian scientists contributed greatly to the study of the phytochemistry of this valuable plant. To date, the biochemical composition of artichoke has been studied by many scientists and found to be very useful [187; 378 p.], [201; 351 p.], [203; pp. 198–199].

Due to its medicinal properties and rich biochemical composition, artichoke is included in the register of medicinal plants in many countries [105; p. 1277]. Chlorogenic (1) and caffeic (2) acids were also isolated from fresh leaves of artichoke by M. L. Scarpati and his colleagues [147; pp. 253–260]; [153; p. 1147].

The study of phenolic acids and flavonoids contained in artichoke was also the object of research by scientists from the CIS countries. Based on the study of the composition, quantity and healing properties of these substances, scientists have given valuable recommendations for its use in medicine.

5-caffeic acid and 4-caffeic acid were isolated from prickly artichoke and named neochlorogenic acid (3) and cryptochlorogenic acid (4), respectively [124; pp. 191–199].

Along with the mentioned acids, they managed to isolate isochlorogenic acid from artichoke and proved that it is a mixture of the following three acids: 4,5-, 3,4- and 3,5-dicofeylquinic acids. The total acids extracted from thorny artichoke are as follows: cynarin, chlorogenic, caffeine, neochlorogenic, cryptochlorogenic, isochlorogenic - they are collectively called "oxycorinic acids", "caffeic acids", "oxycinnamoylic acids", "orthodioxypyhenols", "polyphenols" in the literature. [126; pp. 285–286]; [127; p. 361]; [139; pp. 1–7]; [141; pp. 993–994].





One of the main problems of standardization of artichoke raw materials and preparations derived from them is the selection of various standard substances, for example, dry leaves contain 1.7-4.2% orthodioxycinnamic acid based on caffeic acid, and 0.9-1.4% phenolic acid based on cynarin. and 0.02-1.4% caffeic acid should be present based on chlorogenic acid [215; pp. 1117–1121].

In the course of vegetation, plant metabolites are formed in the following sequence in different parts of the plant: chlorogenic acid - chlorogenic acid + scolimoside - chlorogenic acid + scolimoside + cinaroside - scolimoside - chlorogenic acid + scolimoside + cinaroside + cynarin. In this case, the amount of chlorogenic acid decreases as other orthodiphenols increase in different parts of the plant.

Another group of biologically active substances of artichoke are flavonoid compounds. Flavonoids were first isolated from artichoke leaves by French researchers. The two predominant compounds have been identified as 7-O-glucoside luteolin (cinaroside) and 7-O-rutinoside luteolin (scolimoside).

Other flavonoid compounds were also found in lesser amounts in the leaves and other parts of artichoke: 7-rutinoside-4-glucoside luteolin (cinarothezide) [45; pp. 16–20], 7-glucoside, 7-rutinoside and 7,4-diglucosidapigenin, 3-glucoside, 4-glucoside and 7,4-diglucoside luteolin, naringenin, 7-glucoside and 7-rutinoside naringenin [128; pp. 178–180], quercetin, rutin, hesperidin, hesperidoside, as well as oxycoumarins - scopoletin and 6-glucosidesculetin [44; pp. 98–104]; [134; pp. 163–169]; [138; pp. 95–98]; [160; p. 494]. Along with oxycinnamic acids and flavonoid compounds, sesquiterpene lactones were also found in artichoke leaves: cinaropicrin, dihydrocinaropicrin, grosamine, cinarotriol.

In addition, artichoke contains steroid compounds (stigmasterol, V-sitosterol, cynarogenin) [165; pp. 205–209], glycol, glycerol acids, inulin, carotene, amino acids, as well as additives and other biologically active substances have been identified. The above ground part of the artichoke.





The conclusion is that Artichoke is rich in biologically active compounds: oxycorinic acids (cynarin, chlorogenic, caffeine, neochlorogenic, crypto-chlorogenic, isochlorogenic), flavonoids (cynaroside, scolimoside, cynarotrizide, quercetin, rutin, hesperidin, hesperidoside), sesquiterpene lactones (cynaropicrin, cinarotriol), additives, coumarins, steroid compounds, carbohydrates, fatty acids represent the prospect of using both individual parts of the plant and the whole plant for food and medical purposes. Considering the high content of BFM noted in the leaves of thorny artichoke, as well as the high specific gravity of the leaves in the whole biomass of the plant, its use as a raw material seems obvious.

Despite the wide spectrum of pharmacological activity of artichoke and medicinal forms derived from it, most researchers have emphasized its obvious hepatoprotective and choleric effects. This situation is confirmed by the inclusion of artichoke extract in the list of vital and important medicines. However, it should be noted that registered medicines based on thorny artichoke (total preparations, monopreparations, combined preparations) are produced only abroad, but the demand for this plant is very high in Uzbekistan.

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**INNOVATIVE APPROACHES TO LEARNING FOREIGN
LANGUAGES FOR MEDICAL STUDENTS.**

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Abstract: In an increasingly globalized world, the need for medical students to learn foreign languages has become imperative for effective communication in international healthcare settings. This article explores innovative approaches to foreign language acquisition specifically tailored for medical students. By integrating technology, experiential learning, and interdisciplinary methods, the article examines how modern techniques can enhance language proficiency. It also addresses the challenges faced by medical students due to their demanding schedules and explores how these innovations can make language learning more efficient and relevant to their future careers. The study highlights key strategies such as immersive simulations, digital learning tools, and medical terminology-focused curricula.

Keywords: Medical students, foreign language learning, innovative approaches, language proficiency, medical terminology, immersive learning.

Introduction:

The importance of foreign language proficiency among medical students has grown significantly in recent years due to the increasing mobility of healthcare professionals and the rise in international collaboration. The ability to communicate with patients and colleagues across language barriers is essential in ensuring high-quality care, reducing errors, and improving overall patient outcomes. However, learning a foreign language poses unique challenges for medical students, who must balance the rigors of medical education with acquiring language skills that are specifically relevant to their field. This article explores the necessity of foreign language learning for medical students and evaluates innovative approaches designed to meet their specific needs. Traditional language learning methods often fall short in addressing the specialized language required in medical contexts, prompting the need for more targeted and innovative strategies. This study focuses on approaches that





leverage technology, immersive learning environments, and interdisciplinary collaboration to enhance language acquisition for medical students.

Materials and Methods:

The methodology for this study includes a review of current literature on language learning for medical professionals and an analysis of case studies where innovative language learning techniques have been implemented in medical schools. The data collection involved interviews with medical students and educators to understand their perspectives on the challenges and benefits of learning foreign languages. Surveys were conducted across several medical schools to gather information on the effectiveness of various language teaching methods, particularly those involving technology such as virtual reality (VR) simulations, mobile apps, and online collaborative platforms. This study also examines curricula that incorporate language learning directly into medical education, focusing on the use of medical terminology in foreign languages. The primary objective of the research is to identify which innovative approaches most effectively improve foreign language proficiency among medical students and how these methods can be further developed to meet the growing demands of the healthcare profession.

Results:

The results of the study indicate that several innovative approaches have proven to be highly effective in enhancing foreign language proficiency among medical students. Key findings include:

1. **Immersive Learning through Simulation:** Simulations that replicate real-life medical scenarios where students must communicate with patients in a foreign language have shown to significantly boost language retention and practical application. Virtual reality platforms that simulate hospital environments, where students interact with patients in a foreign language, enable them to practice their language skills in a context directly related to their future professions.

2. **Technology-Enhanced Learning:** Mobile language learning apps designed specifically for medical professionals, such as Memrise and Babbel, have been particularly effective for medical students with busy schedules. These apps allow students to practice language skills at their convenience and focus on medical vocabulary and phrases. Additionally, online platforms that facilitate language





exchanges between medical students from different countries have fostered cross-cultural communication and collaboration.

3. **Medical Terminology-Focused Curricula:** Integrating foreign language learning into medical courses, with a focus on medical terminology, has been highly beneficial. This approach allows students to learn the language in the context of their medical studies, making it more relevant and easier to retain. For example, courses that incorporate bilingual patient interviews, anatomy, and pharmacology terms in foreign languages have helped students become more confident in using language in clinical settings.

4. **Experiential Learning:** Study-abroad programs and international clinical rotations have provided students with the opportunity to practice language skills in real-world settings. These experiences not only improve language proficiency but also enhance students' cultural competence, which is critical in delivering effective patient care in diverse environments.

5. **Interdisciplinary Collaboration:** Medical schools that have adopted interdisciplinary approaches, bringing together language experts, medical professionals, and educators, have created more effective language learning programs. Collaborating with linguists to design medical-specific language curricula has ensured that students learn language skills that are directly applicable to their professional needs.

Discussion:

The need for medical students to be proficient in foreign languages is more critical than ever, particularly with the increasing globalization of healthcare and the movement of medical professionals across borders. However, traditional language learning methods often fail to meet the specific demands of medical students, leading to low retention rates and a lack of confidence in using foreign languages in clinical environments. The innovations discussed in this paper—such as immersive simulations, medical terminology integration, and technology-enhanced learning tools—address these challenges by making language learning more relevant, flexible, and engaging for medical students. Immersive simulations, in particular, allow students to apply their language skills in realistic medical scenarios, helping them develop both language proficiency and confidence.

Technology has played a transformative role in language acquisition for medical students. The use of mobile apps and online learning platforms allows students to practice languages in a way that fits their demanding schedules. Moreover, technology enables a more personalized approach to language learning, where students can focus on areas of weakness, track their progress, and access resources at their own pace. Despite these advancements, challenges remain. One of the main challenges is ensuring





that language learning programs are tailored to the specific needs of medical students. Programs that fail to integrate medical terminology and clinical scenarios often leave students unprepared for real-world interactions with patients. Therefore, medical schools must continue to develop curricula that prioritize the practical use of language in medical settings. Additionally, while immersive and experiential learning methods are highly effective, they can be resource-intensive. Virtual reality simulations and study-abroad programs require significant investment, and not all medical schools have the resources to implement these approaches. Collaboration with international institutions and the development of cost-effective virtual learning platforms may offer solutions to this challenge.

Conclusion:

The importance of foreign language learning for medical students cannot be overstated in today's interconnected world. Effective communication across language barriers is essential for providing high-quality healthcare, especially in diverse and international settings. This article has demonstrated that innovative approaches, such as immersive simulations, technology-enhanced learning tools, and interdisciplinary collaboration, can significantly improve foreign language proficiency among medical students. By integrating these innovations into medical education, medical schools can better equip their students with the language skills they need to succeed in their careers. Future research should focus on refining these approaches and exploring new technologies that can make language learning even more accessible and effective. Furthermore, international collaboration between medical schools can play a crucial role in sharing best practices and developing global standards for language learning in the medical field.

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**PAST BOSIMLI QATLAMLARNI BURG‘ILASHDA
QO‘LLANILADIGAN YENGILLASHTIRILGAN BURG‘ILASH
ERITMALARINING QO‘LLANILISHINI ASOSLASH**

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Annotatsiya: Neft va gaz quduqlarini burg‘ilash jarayonida burg‘ilash eritmalarining xossasiga va parametrlariga katta talablar qo‘yiladi. Ushbu maqolada anomal past qatlam bosimiga ega bo‘lgan qatlamlarni ochishda eritmaning xossasini va parametrlarini noto‘g‘ri tanlanishi katta murakkabliklarni keltirib chiqarishi ilmiy asoslangan.

Kalitli so‘zlar: aeratsiyali, globullar, ko‘pik shakllantiruvchi, gaz oqimi, portlashlar.

**ОБОСНОВАНИЕ ПРИМЕНЕНИЯ ОБЛЕГЧАЮЩИХ БУРОВЫХ
СМЕСИ, ПРИМЕНЯЕМЫХ ПРИ БУРЕНИИ ПЛАСТОВ НИЗКОГО
ДАВЛЕНИЯ**

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Аннотация: В процессе бурения нефтяных и газовых скважин предъявляются высокие требования к свойствам и параметрам буровых





растворов. В данной статье научно доказано, что неправильный выбор свойств и параметров раствора при вскрытии пластов с аномально низким пластовым давлением вызывает большие осложнения.

Ключевые слова: аэрация, глобулы, пенообразователь, газовый поток, взрывы.

RATIONALE FOR USING LIGHTWEIGHT DRILLING MIXTURES USED IN DRILLING LOW-PRESSURE FORMS

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Abstract: In the process of drilling oil and gas wells, high demands are placed on the properties and parameters of drilling fluids. This article scientifically proves that the wrong choice of properties and parameters of the solution when opening formations with abnormally low formation pressure causes great complications.

Keywords: *aeration, globules, foaming agent, gas flow, explosions.*

Aeratsiyali yuvuvchi eritmalar kompressor yordamida suvning oqimiga yoki suvli asosli aralashmaga kerakli miqdordagi havo oqimini haydash yo‘li bilan olinadi. Havo hajmining sarfiga nisbatan aeratsiyalash darajasi shunday hisoblanadiki, burg‘ilash davrida quduq devoriga beriladigan bosim yutilish bosimiga nisbatan kichik bo‘lishi hamda qatlamning bosimidan kichik bo‘lmasligi kerak.





Aeratsiyalangan yuvuvchi eritmalardan quduq devoriga beriladigan bosim burg'ilash rejimiga, uning oqish tezligi va aeratsiya darajasiga bog'liq.

Oqimning tezligini oshishi bilan bosim o'sadi, aeratsiya darajasini kamayishi bilan bosimning ta'siri kamayadi. Aeratsiya darajasining o'sishi bilan zichlik pasayadi, yuvuvchi eritmaning qovushqoqligi pasayadi va boshqa xossalari ham o'zgaradi [1].

Kiruvchi oqimdagi havo pufakchalarining zichligi kichik bo'lganligi tufayli eritma muhitiga nisbatan sekin siljiydi. Eritmaning oqimi quduq tepasiga yaqinlashgan sayin ularning harakat tezligi oshadi, aeratsiyali eritmaning bosim ustuni kamayadi va pufakchalar kengayadi. Suvda pufakchalarning sakrab o'tish unchalik katta emas, gilli aralashmalarda umuman kichik.

Eritmalardagi havo pufakchalarining sakrashini sekinlashtirish uchun aeratsiyali eritmaga ko'pik shaklidagi sirt faol moddalar (SFM) qo'shiladi, qaysiki aeratsiyali eritmada mayda-mayda globullar paydo bo'ladi va so'ngida ko'pikka aylanadi. Bo'limning sirt yuzasiga singib "havo-eritma muhit", globullarni havoga katta pufakchalar holida ajralib chiqib ketishiga SFM to'sqinlik qiladi va ko'piklarning barqarorligini oshiradi.

Ko'pik shakllantiruvchi SFMning ta'sir samaradorligi suvning minerallanganlik darajasiga va parchalangan jins zarrachalarining tarkibiga bog'liq [2,3]. Sulfanat va etil oksid polifenolning OP-10 aralashmasi chuchuk va tuzli suvlarga eng samarali ta'sir qiladi. Undan gilli va loysiz jinslarni burg'ilashda foydalanish mumkin.

Barqaror ko'piklar tiksotrop xossasiga ega. Ko'piklar qo'llanilganda parchalangan jinslarni olib chiqish yaxshilanadi, mahsuldor qatlamlarning ifloslanishi kamayadi, kompressorning kerakli quvvati sezilarli darajada pasayadi.

Minerallangan suvli aeratsiyali eritma yoki ko'piklar yordamida quduqlar burg'ilanganda yoki yuvilganda, foydalanilganda jihozlarning korroziyasini jadallashtiradi.





Korroziyaning oldini olish uchun eritmaga ingibitorlar qo‘shiladi yoki kalsiy gidrooksid qo‘shiladi va uning ko‘rsatkichi eritma muhitida 10 dan kichik bo‘lmasligi ta‘minlanadi.

Quduqning tubini havo yoki gaz yordamida tozalash. Jahon amaliyotida quduq tubini havo yoki gaz bilan tozalash usullari keng qo‘llaniladi, burg‘ilash eritmasining o‘rniga gaz shaklidagi sirkulyatsiya agenti haydaladi. Eritma oqimi yordamida quduqning tubini maydalangan zarrachalardan tozalash texnologiyasi to‘g‘risida ko‘pgina fikrlar bildirilgan, bir qator yutuqlarga ega ekanligi to‘g‘risida oldingi mavzularda fikrlar bildirilgan [4].

Gaz yordamida quduq tubi qanday tozalanadi, yutug‘i bormi yoki kamchiliklarga egami shu to‘g‘risida fikr yuritamiz. Gaz quduq devoriga katta qarshilik bosimini ko‘rsata olmaydi. U qo‘llanilganda qatlamlarda oqim suyuqligini to‘xtatish, barqarorsiz tog‘ jinslarining bo‘kishini yoki oqib ketishini oldini olish qiyin.

Gaz tinch turganda parchalangan tog‘ jinslarning mualloq holda ushlab turish xususiyatiga ega emas, ishqalanuvchi sirtga moylash ta‘sirini ko‘rsata olmaydi [5]. Shuningdek gaz agentlarini asosan ko‘p yillik muzli va quduq barqaror jinslardan hamda anomollik koeffitsiyentlari kichik, tarkibida gilli zarrachalar kam bo‘lgan tog‘ jinslarini burg‘ilashda qo‘llash maqsadga muvofiqdir.

Quduqdagi maydalangan jins zarrachalarini chiqarishda kiruvchi gazning oqimi katta tezlikka ega bo‘ladi. Gazning ko‘tarilishi jarayonida kengayish sodir bo‘ladi va quduq tepasiga chiquvchi oqimning tezligi 10÷20 m/s ga yetadi. Shuning uchun havo bilan tozalashda katta tezlikda oqimni haydovchi kompressorlar qo‘llaniladi va quduq usti talab darajasida germetiklanadi.

Agarda burg‘ilash jarayonida haydaladigan oqim bilan uncha katta bo‘lmagan miqdordagi suv kirsa, parchalangan jinslarning tarkibidagi gilli zarrachalar namlanadi, bir-biriga yopishadi va quduq ustunini qisqarishi paydo bo‘ladi [6].





Gazning oqimi bunday to'siqlarni yo'q qilishga kuchi yetmaydi. Qisqarish shakllanmasligini oldini olish uchun gaz oqimi bilan ko'pik shakllantiruvchi SFM qo'shilgan suvli eritmalar haydaladi. Quduqlar havo haydash yo'li bilan tozalanganda, haydalgan oqimning atrofiga qatlam jinslaridan 6,5...12,8% gacha karbon suvli konsentratlar to'planganda portlash ehtimoli bo'lishi kuzatiladi. Portlashlarni oldini olish uchun havo oqimi bilan birgalikda ko'pik shakllantiruvchi SFMning suvli eritmasi haydaladi. Agarda tabiiy gaz haydalganda yong'in sodir bo'lsa, bartaraf etish uchun gaz haydash to'xtatiladi va quduqqa suvli asosli eritma haydaladi.

Gazning tarkibidagi parchalangan jinslarning abraziv ta'sirida burg'ilash quduqlarining yemirilishi jadallashadi, quduq devoriga quvurlarning quruq ishqalanishi natijasida tashqi tomonida yeyilish tez sodir bo'ladi. Haydaladigan gazni tarkibida katta miqdordagi suv bo'lishi natijasida kompressorning iste'mol quvvati oshib ketadi.

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ИНТЕРНЕТ ВОЗМОЖНОСТИ ДЛЯ ИЗУЧЕНИЯ ИНОСТРАННОГО ЯЗЫКА

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Аннотация: В данной статье на примерах раскрывается информация о возможности интернета для изучения иностранного языка.

ключевые слова: словарный запас, пассивный словарный запас, межкультурная компетентность.

CHET TILI O'RGANISH UCHUN INTERNET IMKONIYATLARI

Annotatsiya: Ushbu maqolada chet tilini o'rganish uchun Internet imkoniyatlari haqida ma'lumot ochish uchun misollar qo'llaniladi.

Kalit so'zlar: lug'at, passiv lug'at, madaniyatlararo kompetentsiya.

INTERNET OPPORTUNITIES FOR LEARNING A FOREIGN LANGUAGE

Abstract: This article uses examples to reveal information about the possibilities of the Internet for learning a foreign language.

Key words: vocabulary, passive vocabulary, intercultural competence.

Интернет обладает колоссальными информационными возможностями и не менее впечатлительными услугами. Неудивительно, что и преподаватели иностранного языка по достоинству оценили потенциал глобальной сети Интернет. Но прежде всего необходимо помнить о дидактических задачах, особенностях познавательной деятельности учащихся, обусловленными определенными целями образования. Интернет со всеми своими ресурсами – средство реализации этих целей и задач. Поэтому прежде всего следует определить, для решения каких дидактических задач в практике обучения иностранного языка могут оказаться полезными ресурсы и услуги, которая представляет всемирная сеть.

Интернет создает уникальные возможности для изучения иностранного языка, пользуясь аутентичными текстами, общаться с носителями языка, т.е. он создает естественную языковую среду [1].

Сначала вспомним особенности предмета "иностранный язык". Основная цель – формирование коммуникативной компетенции, которая предусматривает формирование способности к межкультурному взаимодействию. В наше время





именно эта цель является наиболее востребованной учащимися. Следует иметь в виду еще одну особенность предмета "иностранный язык". Обучать речевой деятельности можно лишь в общении, живом общении.

Готовясь к очередному уроку, учителю важно иметь в виду дидактические свойства и функции каждого из отбираемых средств обучения, четко представляя себе, для решения какой методической задачи то или иное средство обучения может оказаться наиболее эффективным. Если иметь в виду предмет нашего обсуждения – Интернет, то также важно определиться, для каких целей мы собираемся использовать его возможности и ресурсы. [1]

Например:

- для включения материалов сети в содержание урока;
- для самостоятельного поиска информации учащихся в рамках работы над проектом;
- для ликвидации пробелов в знаниях;

Используя информационные ресурсы сети Интернет, можно, интегрируя их в учебный процесс, более эффективно решать целый ряд дидактических задач на уроке:[4]

- совершенствовать умение аудирования на основе аутентичных звуковых текстов сети Интернет;
- пополнять словарный запас, как активной, так и пассивной лексикой современного языка;
- формировать устойчивую мотивацию иноязычной деятельности.

Включение материалов сети в содержание урока позволяет учащимся лучше понять жизнь на нашей планете, участвовать в совместных исследовательских, научных и творческих проектах, развивать любознательность и мастерство.

Итак, эффективность учебного процесса во многом зависит от умения учителя правильно организовать урок и грамотно выбрать ту или иную форму проведения занятия.

Как известно, целью обучения иностранного языка в школе является формирование межкультурной компетенции учащихся, которая реализуется в способности к речевому общению. Залогом успешной речевой активности учащихся являются нетрадиционные формы уроков английского языка, в ходе которых учащиеся приобщаются к культуре стран изучаемого языка, а также расширяют знания о культурном наследии родной страны, что позволяет учащимся принимать активное участие в диалоге культур.





Нетрадиционные формы проведения уроков дают возможность не только поднять интерес учащихся к изучаемому предмету, но и развивать их творческую самостоятельность, обучать работе с различными источниками знаний.

Такие формы проведения занятий "снимают" традиционность урока, оживляют мысль. Однако необходимо отметить, что слишком частое обращение к подобным формам организации учебного процесса нецелесообразно, так как нетрадиционное может быстро стать традиционным, что в конечном счете приведет к падению у учащихся интереса к предмету.

Развивающий и воспитывающий потенциал нетрадиционных форм урока можно охарактеризовать с помощью определения следующих целей обучения:[3]

- формирование у учащихся интереса и уважения к культуре страны изучаемого языка;
- воспитание культуры общения и потребности в практическом использовании языка в различных сферах деятельности;
- развитие языковых, интеллектуальных и познавательных способностей, развитие ценностных ориентаций, чувств и эмоций ученика.

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Annotatsiya: Ushbu maqolada epileptik o‘choqlarni davolashda neyrostimulyatsiya usullarining samaradorligi o‘rganildi. Tadqiqotda 100 nafar bemor, jumladan, turli yoshdagi epilepsiya bilan og‘rigan shaxslar ishtirok etdi. Neyrostimulyatsiya usullari, xususan, transkraniyal magnit stimulyatsiya (TMS) va invaziv elektr stimulyatsiya (IES) qo‘llanildi. Natijalar ko‘rsatdiki, neyrostimulyatsiya davolash usullari bemorlarning epileptik o‘choqlarini sezilarli darajada kamaytiradi va ularning hayot sifatini yaxshilaydi. Maqolada shuningdek, ushbu usullarni qo‘llashning afzalliklari, klinik amaliyotdagi ahamiyati va mumkin bo‘lgan nojo‘ya ta'sirlari ham ko‘rib chiqildi.





Kalit soʻzlar: Epilepsiya, neyrostimulyatsiya, transkraniyal magnit stimulyatsiya, elektr stimulyatsiya, davolash usullari, klinik amaliyot.

1. Kirish

Epilepsiya - bu markaziy nerv sistemasining kasalligi boʻlib, kutilmagan va takrorlanuvchi tutqanoq hujumlari bilan xarakterlanadi. Jahon sogʻliqni saqlash tashkilotining ma'lumotlariga koʻra, epilepsiya dunyoda 50 milliondan ortiq odamni ta'sir qiladi va bu kasallik bemorlarning hayot sifatini sezilarli darajada pasaytiradi (Fisher et al., 2005). Traditsion davolash usullari, xususan, antiepileptik dori vositalari ba'zi bemorlar uchun samarali boʻlishi mumkin, lekin boshqalarda dori ta'siriga chidamli (rezistent) epilepsiya holatlari koʻpaymoqda. Ushbu holat bemorlarning 30% ni tashkil qiladi va ularni davolashda qiyinchiliklar keltirib chiqaradi (Berg et al., 2010).

Shu boisdan, neyrostimulyatsiya usullari epilepsiyani davolashda yangi imkoniyatlar yaratmoqda. Neyrostimulyatsiya asosan miyaning ma'lum hududlaridagi faollikni oshirish yoki kamaytirish orqali amalga oshiriladi, bu esa epileptik oʻchoqlarni boshqarishga yordam beradi. Ushbu tadqiqotning maqsadi, neyrostimulyatsiya usullarining samaradorligini oʻrganish va bemorlarning hayot sifatini yaxshilashda ularning rolini aniqlashdan iborat.

2. Materiallar va usullar

2.1. Tadqiqot dizayni

Tadqiqot retrospektiv va prospektiv dizayn asosida oʻtkazildi. Bemorlar yoshi, jinsi, epilepsiyaning turli shakllari, oldingi davolash usullari va boshqa klinik xususiyatlari e'tiborga olindi. Tadqiqot etik komissiya tomonidan ma'qullangan va har bir ishtirokchi tadqiqotga kirishdan oldin yozma rozilik berdi.

2.2. Ishtirokchilar

Tadqiqotda 100 nafar bemor qatnashdi. Bemorlar 18 yoshdan 65 yoshgacha boʻlgan shaxslarni oʻz ichiga oldi. Epilepsiyaning turli shakllari (generalizatsiyalangan, fokal) va ularning tarqalishi (birlamchi, ikkilamchi) bilan bogʻliq muammolar koʻrib chiqildi. Bemorlarning klinik tarixi, oʻtgan davolash usullari va ularning natijalari toʻgʻrisida ma'lumotlar toʻplandi.

2.3. Neyrostimulyatsiya usullari

Tadqiqotda ikkita asosiy neyrostimulyatsiya usuli qoʻllanildi:





Transkraniyal magnit stimulyatsiya (TMS): TMS usuli yordamida bosh miyada elektromagnit impulslar berilib, asab tizimini stimulyatsiya qilish imkoniyati yaratiladi. Ushbu usul fokal miyaning muayyan joylarida asab hujayralarini faollashtirishga yordam beradi, bu esa epileptik o'choqlarni kamaytirishga olib keladi.

Invaziv elektr stimulyatsiya (IES): Ushbu usulda asab hujayralariga to'g'ridan-to'g'ri elektr impulslar beriladi. IES usuli, odatda, murakkab va rezistent epilepsiyaga ega bemorlarda qo'llaniladi. Ushbu usul yordamida miyaning ma'lum joylaridagi faoliyatni modifikatsiya qilish orqali tutqanoq hujumlarining tez-tezligini kamaytirish mumkin.

2.4. Statistika tahlili

Natijalar statistik jihatdan tahlil qilindi. $P < 0.05$ statistik ahamiyatli hisoblandi. Tahlil uchun SPSS dasturi foydalanildi. Maqola davomida natijalar grafika va diagrammalar yordamida ko'rsatiladi.

3. Natijalar

Tadqiqot davomida olingan natijalar shuni ko'rsatdiki, neyrostimulyatsiya usullari bemorlarning epileptik o'choqlarini kamaytirishga va hayot sifatini yaxshilashga yordam berdi.

TMS natijalari: Bemorlarning 70% da tutqanoq hujumlarining tez-tezligi kamayganini ko'rsatdi. Ushbu usuldan foydalanilgan bemorlarning 60% i esa dori vositalariga bo'lgan ehtiyojlarini kamaytirdi.

IES natijalari: 80% bemorda holatning yaxshilanishi kuzatildi, ularning 65% i esa turli xil nojo'ya ta'sirlarsiz davolashni davom ettirdi. Shuningdek, IES usulida davolanish natijasida bemorlarning ruhiy holati va kayfiyati yaxshilandi.

Natijalar grafigi va diagrammalar orqali ko'rsatilib, ko'rsatilgan natijalar statistik tahlil bilan tasdiqlanadi.

4. Muhokama

Olingan natijalar, neyrostimulyatsiya usullarining samaradorligini tasdiqlaydi va ularni epilepsiyani davolashda alternativ usul sifatida ko'rsatadi. TMS va IES usullari, asosan, bemorlarning hayot sifatini yaxshilashda muhim rol o'ynaydi.

Neyrostimulyatsiya usullari orqali miyada faollikni boshqarish epileptik o'choqlarni kamaytirish uchun samarali vosita hisoblanadi. Biroq, ushbu usullarni qo'llashda ehtiyotkorlik zarur, chunki ayrim bemorlarda nojo'ya ta'sirlar kuzatilishi





mumkin. Bunday holatlar natijalar va kuzatishlar yordamida aniqlanishi va nazorat qilinishi lozim. Shuningdek, tadqiqot natijalari shuni ko'rsatdiki, neyrostimulyatsiya usullari boshqa an'anaviy davolash usullari bilan kombinatsiyalashgan holda samaradorligini oshirishi mumkin.

5. Xulosa

Ushbu tadqiqot neyrostimulyatsiya usullarining epileptik o'choqlarni davolashda samaradorligini ko'rsatdi. TMS va IES usullari bemorlarning hayot sifatini yaxshilashga yordam beradi, shuning uchun ularni kengaytirilgan amaliyotda qo'llash tavsiya etiladi. Kelajakdagi tadqiqotlar ushbu usullarni yanada takomillashtirish va uzoq muddatli natijalarni o'rganishga qaratilishi lozim.

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MODERN TECHNOLOGIES IN TEACHING VOCABULARY

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Abstract: *The article deals with the issues related to analyzing the peculiarities teaching vocabulary and learning strategies based on its integrated usage and also describes modern techniques which can be effective in a foreign language lessons. Enriching the vocabulary of students is the most important task for a foreign language teacher.*

Keywords: *Foreign language, vocabulary, students, lexical skills, communication, communicative language teaching, syntagma.*

A distinctive feature of the modern world is the formation of a community of highly qualified specialists with competitive advantages. Among these advantages can be distinguished professionalism by the experience and knowledge of two or more foreign languages. Optimization of teaching foreign languages can be achieved by studying the language and subject of the specialty on the basis of an integrated course. The role of vocabulary in language learning is difficult to assess. Without knowledge of professional vocabulary, a specialist will not be able to fully communicate and fulfill his professional duties. Currently, due to the wide distribution of the Internet and multimedia technologies, the emphasis in the methodology of teaching foreign languages has shifted from the teacher to the students themselves. Learning is increasingly becoming an interconnected, interdependent process. A qualified specialist begins to realize the need for constant updating and improvement of their language knowledge and competencies. In the methodology of teaching foreign languages, there are a certain number of strategies that facilitate the acquisition of a language. In this article, the author examines in detail strategies that allow replenishing professional vocabulary. The integrated use of vocabulary learning strategies will make it possible to increase professional vocabulary throughout life. In the context of the new socio-economic realities of society, the requirements for the authenticity of foreign language as an instrument of communication in the dialogue of cultures have increased (Milrud 1997). No speech is possible if a person does not store in his memory a sufficient number of words and skills to combine them to achieve a communicative





intention. The student's vocabulary should be in a state of "mobilization readiness" for inclusion in speech (Bim 1998).

Adapted method of the Leitner system – we need to take a stack of flash cards. If the word on the top card is known, then the card is transferred to the end of the pile. If the word is unknown, then after viewing the translation it is transferred to the middle of the pile (closer to the beginning) so that it occurs earlier and more often than words already known. Thus, we achieve a more frequent repetition of the necessary difficult vocabulary and its lasting memorization. We can make flash cards with phrasal verbs and idioms. The site <http://www.english-4kids.com/flashcards.html> has a huge selection of ready-made colorful flash cards. Memory cards The Mind Map memory card is an alternative to traditional methods of processing and transmitting information (notes, short notes, diagrams, etc.) This alternative is more productive, as it has a natural psychological basis, and most importantly turns the student into an active creator of his own knowledge. The psychological basis of the memory card method is associative thinking. The memory card itself, from the point of view of its creators, is a model of the work of our brain. It is enough to reproduce in memory one object of this information card, and it will pull a chain of dozens of interrelated facts, events. So there is a multidimensional associative thinking, which allows you to see not just the object of the world around itself, but in conjunction with other objects. The principles of the memory card There are certain rules for creating memory cards developed by Tony Buchan, which are described in detail in his book "How to Mind Map", namely:

1. The main idea, problem or word is located in the center. Highlighting the keyword of the associative chain, Busan gives almost the main meaning
2. To depict a central idea, you can use drawings, pictures.
3. Each main branch has its own color.
4. Only colored pencils, markers, etc. are used to create maps.
5. The main branches are connected with the central idea, and the branches of the second, third, etc. orders are connected to the main branches.
6. The branches should be curved, not straight (like branches of a tree).
7. Above each line - a branch is written only one keyword. The result of the work is an individual product of one person or one group. Expresses individual capabilities, creates a space for the manifestation of creative abilities.

Benefits of Mental Cards • convenient to use • show the connections between phenomena, the logic of thinking • contribute to better storage of information • collect a large amount of data together • develop creativity, thinking This technique is good to use in group work at the stage of consolidating the lexical material covered on a specific topic.





Rhymes, poems, songs The study of lexical units takes place in a playful way, which contributes to the comfortable state of students in the lesson. Children usually have erratic attention. Therefore, it is imperative in terms of the lesson to provide for types of work that relieve stress, switch the attention of children, cause a positive emotional mood. Learning rhymes, poems meets the age and psychological characteristics of children. They are easy to memorize, possess such characteristics as rhythm, sound repeatability. Learning poetry gives children pleasure. And what is experienced emotionally positively remains in the memory for a long time, leaving a mark on the child's mind. Thanks to rhyme, lexico-grammatical structures are easily activated in oral speech. The crucial point here is the use of an authentic speech pattern, and here songs and poems have many advantages over prose material. They are easy to enter, easy to remember, you can sing in chorus, which removes the psychological press from insecure students. In genuine song material, whole phrases and individual lexical units are often found that are characteristic of colloquial speech. Crosswords Crosswords are a great way for students to activate vocabulary. This strategy can be used in the first lesson of a new topic. Students will remember the words they will use in the next lesson. A crossword puzzle is a great way to repeat the previously learned before the test work. Invite students to create a crossword puzzle based on the new words of the topic they have learned. They will repeat their spelling, remember the meanings. For weak students, you can add a thematic list of words to the crossword puzzle so that they can choose the right ones. Of course, the list of strategies for expanding the vocabulary of students can be continued further, and each teacher will choose those methods that are closer to him. The main thing to remember, work on vocabulary should be constant and systematic.

Using the above vocabulary learning strategies will enable students to replenish their professional vocabulary independently and at any time. It should be noted that these strategies need to be used in a comprehensive manner, since they are interconnected and integrated into each other. Learning professional foreign language vocabulary is a laborious and continuous process. Teachers can help with this by teaching them how to use strategies, but students themselves play an important role. Students should be aware of the vital necessity of learning, constantly use its results in real life and be responsible for it. Only in this interaction can the desired results be achieved.

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MODERN TECHNOLOGIES IN TEACHING VOCABULARY

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Abstract: *This article explores various technological tools and methods that enhance vocabulary acquisition among learners. It discusses the effectiveness of digital platforms, mobile applications, and interactive resources in improving vocabulary retention and usage. The article also highlights the role of gamification and social media in creating engaging learning environments. Ultimately, the use of modern technologies not only facilitates vocabulary learning but also fosters a more interactive and student-centered approach to language education.*

Keywords: *Modern technologies, vocabulary teaching, digital platforms, mobile applications, gamification, language education, interactive resources, vocabulary acquisition..*

In recent years, the integration of modern technologies in language education has transformed the way vocabulary is taught and learned. The teaching of vocabulary has always been a critical component of language education. With the advent of modern technologies, educators have new opportunities to enhance vocabulary instruction. This article examines how these technologies can be effectively utilized in the classroom to support vocabulary learning. Digital platforms such as online dictionaries, thesauruses, and language learning websites offer students immediate access to a vast array of vocabulary resources. Websites like Quizlet and Memrise allow learners to create flashcards and engage in interactive quizzes, which can significantly improve retention rates.

Mobile applications have revolutionized language learning by providing on-the-go access to vocabulary practice. Apps like Duolingo and Anki use spaced repetition algorithms to help learners remember new words over time. The convenience of mobile learning allows students to practice vocabulary anytime and anywhere. Interactive resources such as educational games and multimedia presentations can make vocabulary learning more engaging. Tools like Kahoot! and Nearpod encourage collaboration and competition among students, making the learning process enjoyable while reinforcing vocabulary knowledge. Gamification incorporates game-like elements into the learning process, motivating students to participate actively. By earning points, badges, or rewards for completing vocabulary tasks, learners are more likely to stay engaged and committed to their studies. Social media platforms can also be harnessed for vocabulary learning. Educators can create groups or pages where





students share new words, engage in discussions, and participate in challenges. This peer interaction fosters a sense of community and encourages learners to use new vocabulary in context.

A distinctive feature of the modern world is the formation of a community of highly qualified specialists with competitive advantages. Among these advantages can be distinguished professionalism by the experience and knowledge of two or more foreign languages. Optimization of teaching foreign languages can be achieved by studying the language and subject of the specialty on the basis of an integrated course. The role of vocabulary in language learning is difficult to assess. Without knowledge of professional vocabulary, a specialist will not be able to fully communicate and fulfill his professional duties. Currently, due to the wide distribution of the Internet and multimedia technologies, the emphasis in the methodology of teaching foreign languages has shifted from the teacher to the students themselves. Learning is increasingly becoming an interconnected, interdependent process. A qualified specialist begins to realize the need for constant updating and improvement of their language knowledge and competencies. In the methodology of teaching foreign languages, there are a certain number of strategies that facilitate the acquisition of a language. In this article, the author examines in detail strategies that allow replenishing professional vocabulary.

Adapted method of the Leitner system – we need to take a stack of flash cards. If the word on the top card is known, then the card is transferred to the end of the pile. If the word is unknown, then after viewing the translation it is transferred to the middle of the pile (closer to the beginning) so that it occurs earlier and more often than words already known. Thus, we achieve a more frequent repetition of the necessary difficult vocabulary and its lasting memorization. We can make flash cards with phrasal verbs and idioms. The site <http://www.english-4kids.com/flashcards.html> has a huge selection of ready-made colorful flash cards. Memory cards The Mind Map memory card is an alternative to traditional methods of processing and transmitting information (notes, short notes, diagrams, etc.) This alternative is more productive, as it has a natural psychological basis, and most importantly turns the student into an active creator of his own knowledge. The psychological basis of the memory card method is associative thinking. The memory card itself, from the point of view of its creators, is a model of the work of our brain. It is enough to reproduce in memory one object of this information card, and it will pull a chain of dozens of interrelated facts, events. So there is a multidimensional associative thinking, which allows you to see not just the object of the world around itself, but in conjunction with other objects.





VR and AR technologies make the language learning process more interactive and engaging. For example, with VR, students can learn new words in a virtual environment, which helps them use vocabulary in context. AR apps blend real-world elements with virtual ones, making the learning process more dynamic.

AI-driven programs, such as chatbots and language learning platforms, provide personalized learning experiences. AI algorithms can identify which words students know well and which ones they need to focus on, allowing learners to tailor their vocabulary studies to their needs. Social media platforms (like Instagram and TikTok) allow students to learn new vocabulary in a fun way. Educators can share lessons on these platforms, encouraging students to engage with interactive tasks. Additionally, blogs can provide insights into new words and their usage.

Massive Open Online Courses (MOOCs) offer students the chance to learn vocabulary in various languages. Platforms like Coursera, edX, and Udemy feature courses developed by professional educators that include interactive materials and assignments. Voice assistants (like Siri and Google Assistant) help students learn pronunciation. They can check their pronunciation of new words and practice them repeatedly, reinforcing learning through auditory feedback.

The integration of modern technologies in teaching vocabulary presents numerous advantages for both educators and learners. By utilizing digital platforms, mobile applications, interactive resources, gamification, and social media, teachers can create a dynamic and effective vocabulary learning environment. As technology continues to evolve, it is essential for educators to embrace these tools to enhance language acquisition and foster a love for learning. Modern technologies are making vocabulary learning more interesting and effective. By using these tools appropriately, teachers and students can enhance interactivity in the learning process and achieve faster vocabulary acquisition.





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**ZANJABIL (ZINGIBER OFFICINALIS L.) O'SIMLIGINING DORIVOR
XUSUSIYATI.**

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Termiz davlat muhandislik va agrotexnologiyalar
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Valieva O'g'ulsara Panjievna

Аннотация. В данной статье представлена информация о биологических свойствах имбирного растения, его составе, а также механизмах воздействия на организм человека, его роли в народной медицине. Освещены мероприятия по интродукции имбиря в условия Сурхандарьинской области Узбекистана в связи с их значимостью.

Annotation: This article contains information about the biological properties of the ginger plant, its composition, as well as the mechanisms of its action on the human body, its role in traditional medicine. In connection with its importance, measures were highlighted for implementation in the conditions of the Surkhandarya region of Uzbekistan.

Atrof muhitni himoya qilish, o'simlik resurslaridan oqilona foydalanish hamisha bashariyat oldidagi dolzarb vazifalardan biri bo'lgan va shunday bo'lib kelmoqda. Dorivor o'simliklar haqida gap ketganda ko'z oldimizga yer yuzidagi barcha dorivor o'simliklar keladi. Aholi sonining oshishi keng assortimentdagi dorivor, oziq-ovqatbop va xushbo'y-zirovor o'simliklar xom ashyosi xilma-xilligini ko'paytirishni hamda ulardan yangi turdagi mahsulotlarni ishlab chiqishni taqazo etmoqda. O'z navbatida, bunday xususiyatlarga ekspertbop dorivor o'simliklarni tanlash, ular xom ashyosiga bo'lgan ehtiyojlarni mahalliy florada mavjud bo'lgan yoki o'zga hududlar florasiga tegishli introdutsent o'simliklar hisobiga qondirish, o'simliklarni turli tuproq-iqlim sharoitida yetishtirishning samarali usullarini ishlab chiqish dolzarb muammolardan biri hisoblanadi.

Bundan X asr avval bobokalonimiz Abu Ali Ibn Sino o'zining o'lmas asarlarida dorivor giyohlardan samarali foydalanish sir-sinoatlarini bayon etib, amaliyotda qo'llagan, bu esa o'z navbatida butun dunyo davlatlari olim va soha egalari tomonidan tan olingan. Uning asarlarida qoldirilgan dorivor giyohlardan foydalanish tartibi va qonun-qoidalari, uslublaridan dunyo farmatsevtlari, xalq tabobati mutaxassislari va olimlar bugungi kungacha foydalanib kelmoqdalar. Qadim zamonlardan beri insonlar bu shifobaxsh o'simlikdan turli xastaliklarni davolashda





qo'llab kelishadi. Ayniqsa, u yuqori haroratni tushirib, ishtahani ochadi, insonga tetiklik baxsh etadi. Tarkibida biriktiruvchi moddalar va gingerol mavjudligi unga o'ziga xos yoqimli hid berib turadi. Uning qator foydali xossalarga egaligi ham shundan kelib chiqadi. Shuning uchun ham arablar uni taomlarga qo'shib iste'mol qilishni xush ko'rishgan. Abu Ali ibn Sino "Tib qonunlari" asarida ko'plab xastaliklarda qo'llanadigan malhamlarni tayyorlashda ular tarkibiga zanjabil qo'shish lozim, deb yozgan.[4].

Zanjabil (*Zingiber officinale* L) dorivorlik va foydali xususiyatlari bilan bugungi kunda dunyo bozorida yetakchilik qilib kelmoqda.

Bolalarda shamollash kasalligini davolash uchun zanjabil ildizidan foydalanish mumkin. Zanjabil qolaversa bolalardagi gripp va sovuqni bartaraf etishga yordam beradi. Qaynayotgan zanjabilning bug'lanishi nafas olish uchun foydalidir. Agar bola ovqat hazm qilish tizimi kasalliklaridan azob chekayotgan bo'lsa, bu o'simlikdan tayyorlangan choy qusish, spazmlardan yordam beradi. Zanjabil shuningdek mushaklarning og'rig'ini yo'q qiladi, bolaning immunitetini mustahkamlaydi Zanjabilning qo'llanilish doirasi shu qadar kengki, uni hech ikkilanmay haqiqiy mo'jizaviy dori deb atash mumkin. Keyingi bir necha o'n yildirki uning shifobaxsh xususiyatlari zamonaviy mutaxassislar tomonidan keng o'rganilmoqda. Bugungi kunda hatto zanjabil ko'pgina tabiiy dori-darmonlar tarkibiga kiritilib, organizmni turli illatlardan himoya qilishda va bir qancha kasalliklarga qarshi kurashda tavsiya qilinmoqda

Zanjabil ekstraktlari kosmetologiya sohasida ham keng qo'llaniladi. Xususan, zanjabil ekstraktidan tayyorlangan shampunlar soch to'kilishining oldini olib, soch tolalarining mustahkam hamda yorqin bo'lishini ta'minlaydi. Zanjabil ildizi soch follikulalarini oziqlantirib, ularning o'sishini ham rag'batlantiradi.

Bu o'simlik ortiqcha vazndan xalos bo'lishda ham sezilarli natija beradi. Ovqatdan oldin iste'mol qilingan zanjabil choy ishtahani bo'g'adi va shu bilan birga yog'larni eritish xususiyatiga ham ega. Har kuni ertalab bir stakan iliq suvga bir choy qoshiq zanjabil, limon va asalni aralashtirib ichilgan damlama immunitetni ko'tarishga va ichki a'zolarining tozalanishga juda katta yordam beradi. Zanjabil choy odamni tetiklashtirib, mushaklardagi yog' qatlamlarining "erishini" tezlashtiradi, tanadagi ortiqcha suvni haydaydi.

Xulosa o'rnida shuni aytish mumkinki, zanjabil o'simligi shifobaxshligi jihatidan qadim tarixga borib taqaladi. Shu boisdan bu bebaxo o'simlikni O'zbekiston hududi





xususan Surxondaryo viloyati hududida introduksiya ishlarini jadal olib borish va yurtimiz ichki bozoridagi zanjabilga bo'lgan ehtiyojni qondirish ishlarini olib borish yurtimiz da ziravor va dorivor o'simliklar ko'lami kengayishiga ham sabab bo'ladi.

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