

## Positive Change in the Personality Psyche and the Role of Music Culture in Its Development

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**Annotation.** This article processes identity cognition, cognition factor affecting characteristics and psychic states to the importance of musical culture and education is based on. To this we refer to the psychic processes that from their activities: intuition, attention, perception, memory, thinking, we can give examples of speech and fantasies.

General secondary training of schoolchildren condition for the further development of sensations in addition to creating conditions, the educator must first vary the analyzers of different age periods good knowledge and intuition- developing exercises should be able to organize.

**Base words:** Range, timbre, kortiyev organ, psychological basis of attention, psychotherapeutic impact.

As a result of human exhaustion and gradual formation as a person, he not only does he realize himself, but also, he feels the being, environment. At the same time reflection itself from the point of view of psychology visually, it manifests itself in different forms. We do this through psychic processes, psychic we learn in the form of states and psychic properties.

It is this activity with direct cognitive activity that we take psychic processes related to these: intuition, attention, perception, memory, contemplation, speech and imagination examples we can.

Now let's talk briefly about these types of activities. Intuition is the moment some peculiarities of things and phenomena affecting the sensory organs it is a simple form of the psyche that consists of reflection. All of us is the initial source of our knowledge. Types and peculiarities of intuition especially, when we talk about hearing sensitivity, which is important for a person, it is in some respects it is even more important than visual perception. Auditory sensation sound as a result of the impact of its waves on the kortiyev organ located in the inner ear yields. The range of sounds that a person hears is from 16-20.000 hertz equally, the best sensitivity is considered to be 1000- 4000 hertz. G. Gelmonts and scientists such as I. Pavlov through their experiments in his time kortiyev scientific evidence of loss of low- tone reflexes as a result of organ damage have proven in terms. Sounds to man, depending on height, strength, timbre the effects also vary. The sounds of resonating bodies are in different shapes vibrates, these in turn are additional vibrations that are added

with a tone. Gives the sound a special touch. It is well known to us that any musical instrument and the human voice sounds in a special timbre.

Music culture classes in public schools are offered to every student not only helps to increase musical literacy, but also to make it every side brings up and also has a direct positive effect on the behavior.

From the research German scientists it became known that various musical instruments as long as the melodies emanating from their instruments have different effects on the human body. For example: Harp improves heart function, drum improves blood circulation, saxophone enhances the passion of the human, violin raises the mood, organ reduces the feeling of pain in osteochondrosis, piano reduces the exchange of substances <sup>1</sup>.

General secondary training even better the intuition of schoolchildren in addition to creating conditions for development, the educator must first good knowledge and intuition of the changes of analyzers of different ages the developer should be able to organize exercises. Hearing aid a child development is complete when he reaches the estimated age of 12 ages 14- 16 in the middle, however, the auditory sensitivity develops very well.

The sound does not intensify if the mucous membrane located in the middle ear is damaged as a result, hearing sensitivity drops sharply. Very strong sound effects too it alludes to hearing sensitivity in a person <sup>2</sup>. This state of affairs with today's intensity we must accept it as important information in the developing period. Because, in the age of technology, it is certain that a wide range of opportunities will be created for the future generation healthy abilities in the cases of to be an obstacle to their development possible, for example: the criterion for the use of earbuds. Of course mentioned above positive and effective effect on human auditory perception as described the use of factors especially preschool and general secondary education it is considered very important in the music culture classes of their schools. Because every one listened song not only correct mechanisms of listening to readers positive impact on development, but also on listening skills and cultures shows. In the first place are our national songs folkloral creativity for example: Alla lapar, terma, epic, yalla, cultural like status our heritage considering its age related characteristics after the birth of a child to listen to the receipt, the psychic and psychological processes in it, their state helps us to direct more correctly.

In the meantime, it is also permissible for us to dwell on alla, because alla is a child since the focus is on sleep, the sound and tone in one rhythm are chosen. The most interesting the importance of the mother in this having musical talent and a juicy voice no. In medicine, it is found that alla moves the night brain hemisphere of the child causes, stimulates mental activity and increases attention. By the alla we can easily say that wellness has a psychotherapeutic effect. Psychological from a point of view through alla is a special affinity between mother and child is installed. Because when a mother Alla all her attention is focused on the child shows his relationship with positive warmth through alla tone. Lack of escalation in tone helps the child to sleep because of one meticulousness.

One of the other psychic processes is thinking about attention. Human a certain in reality without his mind being distracted by anything at the same time the orientation towards

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<sup>1</sup> [https:// message.uz](https://message.uz).

<sup>2</sup> M.Gamezo. Psychology course. T.1972. 109 –p

things and phenomena is called attention. physiological basis of attention head formation of the optimal excitation center in some parts of the brain bark is the presence of overpowering arousal of rapid fatigue and attention leads to distraction. The focus is mainly three: voluntary, involuntary and final optional types are available.

And the most important peculiarities of attention are its strength, width, its visible in stability. Attention during preschool childhood is involuntary and becomes overly unstable. Children up to school age have their own they cannot control their attention. As they grow up, they are in training activities complexity, compulsion put serious demand on the development of attention. This while involuntary attention prevails in students of age, then the optional type is fast grows, in addition, the narrowness of the volume of attention in primary students, the distribution of attention and incomplete development of the teacher in the course of the lesson should pay attention. Some students are able to concentrate well, but make it they do not know how to compare and move. The teacher definitely focuses on the students they also take into account their age- related peculiarity when organizing correctly and it is important that they know. In adolescents, the appearance of attention also changes – that is, it emotional along with awareness in a wide range of interest in knowledge it sets the stage for the development of volitional attention<sup>3</sup>. Music culture at this place through the high pedagogical skills of the teacher in this lessons, he was able to teach and scallantiztion of perception as a result of listening and singing musical works wachieving elevation is the best factor.

Well, it known to us that in psychology, the feeling can characterized by feeling and emotional well-being these are forms. These include emotions, spiritual, intellectual and aesthetic feelings we can give an example. The most important of these emotions is the emotion we are moods. Emotion, affect, and stress states are apparent manifestations in many cases is. Human facial expression movements, facial expressions, while emotional states include let's also show the likes of joy, curiosity, admiration, fear, shame.

At this point, the direct external influences of human emotional states, moods are raining more positive direction through music and musical works can do it. It is the sphere of influence of music education on human emotional experiences that there have been several experiments and research on the world. Senoir scientists part of music therapy was considered as an auxiliary tool of psychotherapy.

Music not only motivates a person for good, but also for a high mood dedicates. At the same time physiological of illness or mental disorders system from music in the treatment, training or systematic use of music leads to better performance.

Creative forces in a person under the unfluence of music and pedagogical and educational work in optimization, too is considered an important tool.

One that has confirmed a significant impact on the mental physical condition of a person one of the scentists was the philosopher Pythagoras. If any human “ Beautiful rythmes and if he listens to songs, then such a person will receive musical education in tones and rythms using moral aspects and passions in a person is treated and his mind the harmony of forces is established” says.

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<sup>3</sup> M.Gamezo. Psychology course. T.1972.215-p

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