



UNIVERSAL
CONFERENCE

CONFERENCE ON THE ROLE AND IMPORTANCE OF SCIENCE IN THE MODERN WORLD

UNIVERSALCONFERENCE.US

CONFERENCE ON THE ROLE AND IMPORTANCE OF SCIENCE IN THE MODERN WORLD

Volume 03, Issue 01, 2026 (31-JANUARY)

Editor in Chief

Dr. Rajeet Ojha - Interdisciplinary Research in Basic Sciences, Jamia Millia Islamia, New Delhi -110025, India

Editorial Team

Sunita Sarawagi - Indian Institute of Technology Bombay, Mumbai, India.

Dr Manjunatha LH - Professor, REVA University, INDIA

Asish Bera - Edge Hill University, UK, BITS Pilani, India

Dr Sunildro LS Akoijam - Assistant Professor of Management, North Eastern Hill University, India

Madan Mohan Singh - Professor of Mathematics, North-Eastern Hill University, Shillong, India

Dr. Anupam Singh - Associate Professor-CSE, Graphic Era Hill University Dehradun, India

Dr. Sargam Bahl Walia - School of Management, Graphic Era Hill University, Dehradun, Uttarakhand, India

Narayan Pradhan - Indian Association for the Cultivation of Science

Ashok Kumar - Kumar Associate Professor E&CE National Institute of Technology. Hamirpur, India.

Anjali Pal - Department of Civil Engineering, Indian Institute of Technology Kharagpur - 721302, India.

Rajnish Joshi - Professor of Medicine, All India Institute of Medical Sciences, Bhopal, India

Mukul Kumar - IIT Mumbai (India); Meijo University (Japan); HEG Ltd. (India)

Prof. Kuruvilla Joseph - Indian Institute of Space Science and Technology (IIST)

Prof. Yogesh C. Sharma - D.Sc., FRSC, FBRs, FIAPS; FISEES, Department of Chemistry, Indian Institute of Technology

Professor Indra Mani Mishra - Indian Institute of Technology (Indian School of Mines), Dhanbad; Formerly at India

THE ROLE OF COMMUNICATIVE APPROACH IN TEACHING ENGLISH

Raime Ismailova

Teacher at the Foreign Philology faculty,
National University of Uzbekistan named after Mirzo Ulugbel

E-mail: ismailova.rayme@mail.ru

Abstract

This article refers to the innovative ways of teaching English and making it available for most learner as well as the role of linguo-sociocultural comprehension in learning languages. The communicative approach in language teaching starts from a theory of language as communication. Communication is first of all exchanging opinions, information, notions of social, cultural, political and other aspects of everyday life. The world around us is the world of communication in various spheres. The modern communicative method represents a harmonious combination of many ways of teaching foreign languages, being, probably, at the top of the evolutionary pyramid of various educational methods. The main goal of language teaching is to develop learners' communicative competence. The adoption of a communicative approach raises important issues for teacher training, materials development, and testing 'and evaluation.

Key words: communicative approach, advantages, linguo-sociocultural way, innovative ways of teaching, critical way of thinking, creativity,.

In today's era, multilingualism has become more than just 'important'. Knowing a foreign language other than your native language has evolved to be extremely beneficial. Whether viewed from the financial or social aspect, being able to communicate in a foreign language helps to make 'real' connection with people and provides a better understanding of our language. Speaking a language gives a better understanding of the country's culture, gives an opportunity to interact with people more freely providing a greater scope of meeting new people, making new friends, more fun, and enjoyment. To achieve these goals foreign language learners should develop their communicative skills.

Another reason for learning a foreign language is that the knowledge of a foreign language enhances a cognitive and analytical abilities. Learning a foreign language is tough and involves a lot of mental exercise. On the individual level, it improves personality and increases a sense of self-worth. The need of language faculties has increased due to the -growing interest in students to learn foreign languages. The ability

to speak, read, write and understand more than one language is also remarkable and expands the liberties in life, especially for young people.

The importance of teaching and learning foreign languages is growing with every passing day and a foreign language is not just a subject but a tool for productive cross-cultural communication. Despite a perfect grammar knowledge and the years of study, our students may face difficulty expressing their meaning to native speakers. The problem that comes to light through is that grammar and lexical meanings of words alone cannot guarantee a person the ability to express themselves in a foreign language efficiently. By increasing our students' Communicative competence, we will enable them to interact successfully in a foreign language environment. Thus, teaching Communicative competence is the requirement of our modern life.

One of the elements of Communicative competence is Sociolinguistic competence that refers to the ability to use language that is appropriate to social contexts. Alptekin explains that social context refers to culture-specific contexts that include the norms, values, beliefs, and behavioural patterns of a culture [1]. For example, thanking a friend in a formal speech is different from how it is done over a meal.

Communication is an indispensable part of any community life in which people feel the need to interact with each other for certain reasons. It is through the concept of language that people can communicate with a number of interlocutors in a variety of settings. However, while interacting, people need to follow things beyond words. They need to know how to say something as well as when, where and to whom to say it.

Communicative language teaching makes use of real-life situations that necessitate communication. The teacher sets up a situation that students are likely to encounter in real life.. The real-life simulations change from day to day. Students' motivation to learn comes from their desire to communicate in meaningful ways about meaningful topics. The communicative approach could be said to be the product of educators and linguists who had grown dissatisfied with the audio-lingual and grammar-translation methods of foreign language instruction [4].

The sociocultural approach which now dominates the educational environment has among its strategic values the formation of cultural awareness, i.e. the idea worldview specific to the speaker of the foreign language..The essence of sociocultural approach is in teaching foreign languages as a means of cross-cultural communication and a way to understand foreign cultures and subcultures [5].

Communicative approach is an innovative way of teaching English and it is on the top of popularity rating among innovative approaches. It is aimed to practice communication. The communicative approach is based on the idea that learning language successfully comes through having to communicate real meaning. When

learners are involved in real communication, their natural strategies for language acquisition will be used, and this will allow them to learn to use the language.

The world around us is the world of communication in various spheres. The modern communicative method represents a harmonious combination of many ways of teaching foreign languages, being, probably, at the top of the evolutionary pyramid of various educational methods. The communicative method develops all language skills — from oral and written speech to reading and listening. The goal is to teach a student to speak a foreign language not only freely, but also correctly.

To develop autonomous control of the target language for communication, language teachers must at all times allow students autonomy, and conversely discourage them from maintaining dependence. This can be done through provision of interactional activities with other students, either in person, through pair or group work to achieve the goal of effective communication in the target language [5]. Furthermore, small group work, goal or task-oriented group projects, and information gathering have been strongly advocated to increase meaningful interactions for the purpose of communication. It has been noted that student-centered interactional activities without teacher intervention, and spontaneous language use in authentic communication results in the unconscious development of the target language system [4].

The most obvious advantage in communicative language teaching is that of the increase of fluency in the target language. The approach also leads to gains in the areas of grammatical/sociolinguistic/discourse/strategic competence through communication. In order to do so, language teachers may restructure the traditional classroom environment to allow a variety of activities to take place simultaneously. Without being supported or assisted by the teacher, students may well be working with another or with other students: establishing social relations, seeking and giving information, expressing reactions, learning to do something, hiding intentions or talking their way out of trouble, persuading, discouraging, entertaining others, or displaying achievements

Literature

1. Alptekin, C. Towards intercultural communicative competence in ELT. – M., 2002. - 57-64 p.
2. Finocchiaro, M. & C. Brumfit. The Functional Notional Approach: From Theory to Practice.- New York: Oxford University Press , 1983.- 521p.
3. Littlewood, William. T. Communicative Language Teaching. - Cambridge University Press,2002. – 354 c.
4. Мадаминова Д. А. Communicative approaches of teaching foreign languages Молодой ученый. — 2016. — №9.5. — С. 63-65. — URL

5. Nunan, D. 1986. 'Communicative Language Teaching: The Learner's View.' Paper presented at the RELC Regional Seminar, - Singapore, 1986. - 21-25 p.
6. Сафонова В.В. Изучение языков межкультурного общения в контексте диалога культур и цивилизаций. – Воронеж: Истоки, 1996. – 184 с.
7. Тер-Минасова С. Г. Язык и межкультурная коммуникация. – М : Слово, 2000. –264 с.

TIBBIYOTDA FARMASEVTIKANING AHAMIYATI

Ilmiy rahbar: Sayfullayeva Lola Sobitovna

Toshkent davlat tibbiyot universiteti

Lotin tili va xorijiy tillar kafedrası katta o'qituvchisi

E-mail: lolasayfullayeva133@gmail.com

Tel: +998909976700

Mualliflar: Qodirova Dilnura Ergashjon qizi

TDTU Stomatologiya fakulteti 1-kurs talabasi,

E-mail: dilnura7734@gmail.com

Tel:+998906717772

Rashitova Jasmina Djamshidovna

TDTU Stomatologiya fakulteti 1-kurs talabasi,

E-mail: j.djamshidovna@gmail.com

Tel:+998902362009

Rashidova Aziza Mahmudovna

TDTU Stomatologiya fakulteti 1-kurs talabasi,

E-mail: aziza20070610@gmail.com

Tel:+99888-020-65-68

Musurmonov Jamoliddin Faxriddin o'g'li

TDTU Davolash ishi fakulteti 2-kurs talabasi,

E-mail: jamoliddin216624@gmail.com

Tel:+998941120624

Annotatsiya: Ushbu maqolada farmasevtikaning zamonaviy tibbiyot tizimidagi o'rni, uning ilmiy, amaliy va ijtimoiy ahamiyati har tomonlama tahlil qilingan. Farmasevtika fanining shakllanish tarixi, asosiy yo'nalishlari va tibbiyot bilan uzviy bog'liqligi ilmiy manbalar asosida yoritilgan. Dori vositalarini yaratish jarayoni, ularning klinik sinovlardan o'tkazilishi, sifat va xavfsizlik ko'rsatkichlarini ta'minlash mexanizmlari batafsil ko'rib chiqilgan. Maqolada dori madaniyati tushunchasi, o'z-o'zini davolash va antibiotiklarni noto'g'ri qo'llash bilan bog'liq muammolar tahlil etilgan. Shuningdek, shifokor va farmasevt hamkorligining davolash samaradorligini oshirishdagi ahamiyati asoslab berilgan. Zamonaviy biotexnologik va innovatsion dori vositalarining jamiyat salomatligini mustahkamlashdagi roli alohida ta'kidlangan.

Kalit so'zlar: farmasevtika, tibbiyot, dori vositalari, dori madaniyati, davolash samaradorligi, profilaktika, biotexnologiya.

THE IMPORTANCE OF PHARMACY IN MEDICINE

Abstract : This article provides a comprehensive analysis of the role of pharmaceuticals in the modern healthcare system, emphasizing their scientific, practical, and social importance. The stages of development of pharmaceutical science, its main branches, and its close relationship with medical practice are examined. The process of drug development, including clinical trials and mechanisms ensuring drug quality and safety, is analyzed in detail. Particular attention is given to the concept of drug use culture, problems associated with self-medication, and the irrational use of antibiotics. The importance of cooperation between physicians and pharmacists in improving treatment outcomes is substantiated. Additionally, the role of modern biotechnological and innovative medicines in strengthening public health is highlighted.

Key words: pharmaceuticals, medicine, drugs, drug use culture, treatment effectiveness, prevention, biotechnology.

ЗНАЧЕНИЕ ФАРМАЦЕВТИКИ В МЕДИЦИНЕ

Аннотация: В статье всесторонне рассмотрена роль фармацевтики в системе современной медицины, а также ее научное, практическое и социальное значение. Проанализированы этапы формирования и развития фармацевтической науки, ее основные направления и взаимосвязь с медицинской практикой. Подробно изучены процессы создания лекарственных средств, проведения клинических испытаний и обеспечения их качества и безопасности. Особое внимание уделено понятию лекарственной культуры, проблемам самолечения и неправильного применения антибиотиков. Обоснована значимость взаимодействия врача и фармацевта в повышении эффективности лечебного процесса. Отдельно подчеркнута роль биотехнологических и инновационных лекарственных препаратов в укреплении здоровья населения.

Ключевые слова: фармацевтика, медицина, лекарственные средства, лекарственная культура, эффективность лечения, профилактика, биотехнология.

Kirish

Farmasevtika – bu dorilarni ishlab chiqarish, ularning kimyoviy tarkibi, ta'siri va xavfsizligini o'rganadigan tibbiyot sohasi hisoblanadi. U bemorlarni davolash, kasalliklarning oldini olish va hayot sifatini yaxshilashda muhim rol o'ynaydi. Dorilar

inson organizmida qanday ishlashini, ularning ta'sir mexanizmini va yon ta'sirlarini o'rganish farmasevtikaning asosiy vazifalaridan biridir. Zamonaviy tibbiyotda farmasevtika nafaqat kasalliklarni davolash bilan, balki sog'lomlashtirish va profilaktika bilan ham bog'liqdir. Masalan, turli vaksinalar, vitamin va minerallar yordamida immunitetni mustahkamlash, surunkali kasalliklarning oldini olish va odamlarning hayot sifatini oshirish mumkin.

Shuningdek, farmasevtika yangi dorilarni yaratish, ularning samaradorligini tekshirish va xavfsizligini ta'minlash jarayonini ham o'z ichiga oladi. Bu esa tibbiyot sohasida innovatsiyalarni joriy qilish, ilg'or texnologiyalar yordamida yangi dori vositalarini ishlab chiqish imkonini beradi. Farmasevtika orqali dorilarni to'g'ri tanlash, kerakli dozada qo'llash va bemorning individual xususiyatlarini hisobga olish orqali davolash samaradorligini oshirish mumkin. Shu sababli, farmasevtika zamonaviy tibbiyotning ajralmas qismi bo'lib, inson salomatligini saqlash va kasalliklar bilan kurashishda markaziy rol o'ynaydi.

Tadqiqot usullari

Farmasevtika sohasida tadqiqotlar ilmiy asosda va tizimli usullar bilan olib boriladi. Ularning maqsadi dorilarning samaradorligi, xavfsizligi va inson organizmiga ta'sirini aniqlashdir. Klinik tadqiqotlar dorilarning bemorlar ustida ishlash mexanizmini o'rganadi, ularning samaradorligi va yon ta'sirlarini baholaydi. Laboratoriya tadqiqotlarida dorilarning kimyoviy tarkibi, farmakologik xususiyatlari va biologik faolligi aniqlanadi, bu esa dorilarni ishlab chiqishda muhim ahamiyatga ega. Epidemiologik tadqiqotlar dorilarning aholi salomatligiga ta'sirini, kasalliklarning oldini olishdagi samaradorligini aniqlashga yordam beradi. Statistik tahlillar, so'rovnomalar va kasalliklar tarqalishini kuzatish orqali natijalar olinadi. Farmakoekonomik tadqiqotlar dorilarni qo'llashning iqtisodiy samaradorligini baholaydi va sog'liqni saqlash tizimida resurslarni optimal ishlatishga imkon yaratadi.

Shuningdek, adabiyotlarni tahlil qilish va meta-tahlil qilish usullari oldingi ilmiy ishlarni umumlashtirish va yangi dorilar hamda davolash usullarini ishlab chiqishda yordam beradi. Umuman olganda, farmasevtik tadqiqot usullari dorilarni yaratish, ularni xavfsiz va samarali qo'llash hamda kasalliklarni oldini olish jarayonida muhim rol o'ynaydi.

Natijalar

Farmasevtik tadqiqotlar natijalari zamonaviy tibbiyotda katta ahamiyatga ega. Tadqiqotlar orqali dorilarning samaradorligi va xavfsizligi aniqlanadi, bu esa

bemorlarni to'g'ri davolashga imkon beradi. Klinik va laboratoriya tadqiqotlari dorilarning organizmga ta'sirini batafsil o'rganish imkonini beradi, epidemiologik tadqiqotlar esa ularning aholi salomatligiga foydasini ko'rsatadi. Shuningdek, farmakoeconomik tadqiqotlar dorilarning iqtisodiy samaradorligini baholashga yordam beradi, bu esa sog'liqni saqlash tizimida resurslarni optimal ishlatishga imkon yaratadi. Meta-tahlil va adabiyotlarni tahlil qilish natijalari esa yangi dorilar va davolash usullarini ishlab chiqishda muhim ma'lumot manbai hisoblanadi.

Umuman olganda, farmasevtik tadqiqotlar natijalari kasalliklarni samarali davolash, profilaktika choralarini ishlab chiqish va inson salomatligini yaxshilashga xizmat qiladi. Bu natijalar zamonaviy tibbiyotning rivojlanishida asosiy rol o'ynaydi.

Xulosa

Xulosa qilib aytganda, farmasevtika tibbiyotning eng muhim va ajralmas sohalaridan biri bo'lib, inson salomatligini saqlash va mustahkamlashda muhim o'rin egallaydi. Dorilarni ishlab chiqish, ularning sifatini nazorat qilish, samaradorligi va xavfsizligini ta'minlash farmasevtikaning asosiy vazifalaridan hisoblanadi. Aynan farmasevtika orqali kasalliklarni erta aniqlash, to'g'ri davolash va asoratlarning oldini olish imkoniyati yaratiladi. Farmasevtik tadqiqotlar natijasida yangi, zamonaviy va yuqori samarali dori vositalari ishlab chiqilmoqda, bu esa davolash jarayonini yanada takomillashtirishga xizmat qiladi. Shuningdek, dorilardan oqilona foydalanish, bemorning individual xususiyatlarini hisobga olish va nojo'ya ta'sirlarni kamaytirish orqali davolash sifati oshiriladi. Bu holat bemorlarning hayot sifatini yaxshilash va sog'liqni saqlash tizimining samaradorligini oshirishga yordam beradi.

Zamonaviy ilm-fan va texnologiyalar asosida rivojlanib borayotgan farmasevtika sohasi kelajakda ham tibbiyot taraqqiyotining muhim yo'nalishlaridan biri bo'lib qoladi. Shu sababli, farmasevtikaning tibbiyotdagi ahamiyatini chuqur o'rganish va amaliyotga joriy etish sog'lom jamiyatni shakllantirishda muhim ahamiyat kasb etadi.

Foydalanilgan adabiyotlar:

1. Musurmonov, J. F., & Sayfullayeva, L. S. (2025). *Farmatsevtik atamashunoslik*. Toshkent: Toshkent Davlat Tibbiyot Universiteti.
<https://doi.org/10.5281/zenodo.15289181>
2. Musurmonov, J. F., Yo'ldosheva, C. I., & Sayfullayeva, L. S. (2025). *Lotin tili - inson tanasining lingvistik kodi va tibbiyotdagi universallik tamoyili*. *Latin American Journal of Education*, 5(6).
<https://lajoe.org/index.php/LAJoE/article/view/125>

3. Musurmonov, J. F. O'g'li, & Israilova, M. N. (2025). *Lotin tilining zamonaviy tibbiy yozuvdagi roli va uning xalqaro standartlashuvdagi ahamiyati*. In *Proceedings of the International Conference on Medicine, Science, and Education* (Vol. 2, No. 5, pp. 85–90). Zenodo.
<https://doi.org/10.5281/zenodo.15558643zenodo.org>
4. Sayfullayeva, L. S., Usmonova, S. D., & Musurmonov, J. F. O'g'li. (2025). *Lotin tilining zamonaviy tibbiy ta'limdagi o'rni: Integrativ yondashuvlar*. *International Conference on Interdisciplinary Science*, 2(12), 34–38.
<https://doi.org/10.5281/zenodo.17839393>
<https://universalconference.us/universalconference/index.php/icms/article/view/6007>
5. Sayfullayeva, L., Ergasheva, M., & Musurmonov, J. F. O'g'li. (2025). *Farmatsevtik retseptlarda lotin tilining global standart sifatidagi o'rni*. *International Conference on Advance Science and Technology*, 2(5), 18–23.
<https://doi.org/10.5281/zenodo.17753135>
<https://universalconference.us/universalconference/index.php/icast/article/view/5927>
6. Rashitova, J., Uralov, S., Soatmurotova, I., Sayfullayeva, L., & Musurmonov, J. F. O'g'li. (2025). *Medical terminology. The principles of formation of clinical terms in the Greek language. The deontological significance of medical terminology*. *International Scientific Innovation Research Conference*, 2(8), 46–51.
<https://doi.org/10.5281/zenodo.17780870>
<https://universalconference.us/universalconference/index.php/isirc/article/view/5971>
7. Musurmonov, J. (2025). *Klinik atamalarda lotin tili: xalqaro standart va tibbiy amaliyotdagi ahamiyati*. *American Journal of Education and Learning*, 3(11).
<https://advancedscienti.com/index.php/AJEL/article/view/3373>
8. L.S. Sayfullayeva [CHET TILLARI, LOTIN TILI VA TERMINOLOGIYA ASOSLARINI O'QITISHNING DOLZARB MUAMMOLARI](#)
9. L.S. Sayfullayeva [Lotin tilini o'qitish jarayonida axborot texnologiyalarining o'rni](#)
10. Musurmonov, J. F. O'g'li. (2025, April 27). *Zamonaviy tibbiyotda kasallik nomlarining lotin tilidagi tuzilishi va klinik diagnostikadagi ahamiyati* [Certificate of publication]. *Acumen: International Journal of Multidisciplinary Research*. RB IF (Impact Factor): 10.41 / 2024.
11. Sayfullayeva, L. S., & Musurmonov, J. F. (2025). *Klinik atamalarda lotin tili: Xalqaro standart va amaliy ahamiyati*. **American Journal of Education and Learning**, 3(11).
<https://advancedscienti.com/index.php/AJEL/article/view/3373>

O'SMIRLARDA AXBORONI QABUL QILISHDA YUZAGA KELADIGAN PSIXOLOGIK OMILLAR

Termiz davlat pedagogika institute Psixologiya ta'lim yo'nalishi talabalari

Ahmedova Dildora Qahramon qizi.

Amirova Hamida Botirovna

Annotasiya: Mazkur maqola o'smirlarda axborot psixologik xavfsizligini ta'minlashning asosiy yo'nalishlari, axborot tushunchasining mazmun mohiyati, voyaga etmagan yoshlar va axborotlar maydoni, globallasuv va ommaviy madaniyat, psixologik xavfsizligini ta'minlashga oid chora tadbirlar hamda ilmiy izlanishlari mazmuni kabilar ham keng miqyosda yoritilgan.

Tayanch so'z va tushunchalar: Axborot, psixologik xavfsizlik, tahdidlar, globallasuv, ijtimoiy tarmoqlar, internet, ommaviy madaniyat, telekommunikasiya, ijtimoiy tarmoqlar, mafkuraviy tahdid, psixologik himoya.

Annotation: This article covers the main directions of information psychological security of minors, the essence of the concept of information, the field of juvenile and information, globalization and popular culture, measures to ensure psychological security and the content of scientific research.

O'zbekistonda axborotni ishlatishni ta'minlash uchun telekommunikasion vositalar sohada zamonaviy axborot texnologiyalaridan keng foydalanish, ochiq axborot tizimlarini tubdan takomillashtirish, jamiyat hayotini boshqarishda bunyodkor axborot mahsulotlarini tayyorlash sifati va darajasini muntazam oshirib borishning huquqiy-me'yoriy asoslari yaratildi va moddiy-texnik bazasi kengaytirildi. Mamlakatimizni yanada rivojlantirish bo'yicha Harakatlar strategiyasida "axborot xavfsizligini ta'minlash va axborotni himoya qilish tizimini takomillashtirish, axborot sohasidagi tahdidlarga o'z vaqtida va munosib qarshilik ko'rsatish tizimini joriy etish" ustuvor yo'nalishlardan biri sifatida belgilandi. Natijada voyaga etmaganlarni axborot-psixologik xavfsizligini ta'minlashda zarur bo'ladigan shaxs xususiyatlarini qaror toptirish jarayoninin sifat bosqichi rivojlangan xorijiy mamlakatlardagi ilg'or korreksion dasturlarni milliy qadriyatlarga uyg'unlashtirgan holda modifikasiyalash, bolalarni ularning sog'lig'iga zarar etkazuvchi axborotdan himoya qilish bilan psixologik xizmatlarni tashkil qilishni optimallashtirish sharoitlari rivojlanadi.

Axborot-psixologik xavfsizligi - aslida jamiyatning ob'ektiv, xolis, haqqoniy axborot manbaiga ega bo'lishi uchun yaratilayotgan shart-sharoitlarni nazarda tutadi. Albatta,

bunga mustaqil axborot vositalari orqali aholiga etib keladiga nma'lumotlar oqimi ham kiradi. Bu vositalar aynan mustaqil bo'lganliklari uchun ham birinchi navbatda moliyaviy, qolaversa, siyosiy va boshqa tomonlardan hech bir siyosiy kuch, alohida davlat yoki ijtimoiy qatlamning manfaatlariga xizmat qilmasliklari kerak. Chunki mustaqil O A Vaslida odamlarda sodir bo'layotgan turfa xil jarayonlarga nisbatan xolis fikrning shakllanishiga imkon berishi lozim. Lekin amaliyotda ming afsuski, har doim ham shunday bo'lavermaydi va jamiyat o'z a'zolarini, ayniqsa yosh avlodni turli axborot xurujlaridan himoya qilishga majbur bo'ladi. Bizningcha, axborot iste'moli, aniqrog'i, ma'naviy ehtiyojlarni qaratilgan hodisa bo'lgan xizmatlar istimolining o'ziga xosligi xisoblanadi. Harqanday xizmat va taklifni istimol qilishdan avval uning sifati, bahosi, foydasi, qulay taraflari va boshqa xususiyatlari inobatga olinadi. Masalan, talab ko'payib ketgan takliflarning iste'mol darajasi yuqori bo'lib, ularga talab kuchayadi. Ushbu jihatlar axborot iste'moli jarayoniga xam xosdir. Ammo ma'naviy ne'matlardan biribo'lgan axborotni iste'mol qilish o'ziga xosligi bilan ajralib turishini ta'kidlashimiz mumkin. Biror bir shaxs uchun qiziq bo'lgan ma'lumot, boshqa biror shaxslar, ijtimoiy qatlamlar yoki gurga ahamiyatsiz bo'lishi ham mumkin.

Umuman olganda, harbir shaxs o'zida bunday madaniyatni tarbiyalashi uchun u yoki bu axborotni eshitar ekan, hech bo'lmaganda "Bu axborotni kim uzatayapti?", "Nima uchun uzatayapti?" va "Qanday maqsadda uzatayapti?" degan savollarni o'z-o'ziga berishi, unga asosli javob topishga harakat qilishi kerak. Anashundagina turli g'oyalar ta'siriga berilish, etkazilayotgan ma'lumotlarga ko'r-ko'rona ergashishni oldi olinadi. Shakllangan axborot iste'moli madaniyati milliy manfaatlarimiz va qadriyatlarimizga zid bo'lgan xabar, ma'lumotlarga nisbatan o'ziga xos qalqon rolini o'taydi, shaxs dunyo qarashi va xulqidagi sobitlikni ta'minlashga xizmat qiladi.

Axborot termini bugungi kunda global ahamiyat kasb etmoqda. Chunki u tafakkurimizga turli yo'nalishlarda ta'sir o'tkazuvchi, hayot va undagi minglab taqdirlarni u yoki bu tomonga burib yuboruvchi, goh salbiy, goh ijobiy mohiyat kasb etuvchi qudratli qurolga aylandi. Hozirgi vaqtda axborotlarni hosil qilish, qayta ishlash, saqlash, ko'paytirish va tarqatish alohida ilmiy soha - informatikani tashkil etadi. Umuman olganda, axborot - moddiy dunyoning organizmda yoki organizmlar jamoasida aks etgan hamda ular tomonidan atrof-muhit o'zgarishlariga moslashish uchun foydalaniladigan moddiy dunyo ob'ektlarining aksidir.

Axborot tafakkurning mahsuli hisoblanib, aqliy faoliyat asosida mujassamlashadi. Fanda, turli sohaga talluqli bo'lganligi jihatidan axborot (masalan, maishiy, ilmiy va boshq.) sohaviy xossalarga ajratiladi. Axborot o'z maqsadiga ega bo'lib, inson faoliyatida uning tutgan o'rnini belgilab olish uchun, axborotga oid ilmiy nazariyalarning g'oyalarini belgilashda lozim bo'ladi. N.Vinerning ta'limoti bo'yicha, axborot tashqi dunyodan olingan va unga moslashish jarayonida mazmunning

belgilanishi hisoblanadi. K.E. Shennonesa, axborot, bu kommunikasiya va aloqa jarayonida bartaraf etiladigan noaniqliklarni belgilash deb ta'kidlaydi. I.M.Yaglom, tanlovni ehtimolligini ta'minlovchi deya munosabat bildirgan. Ko'rinib turibdiki, axborot va uning xavfsizligini shaxs xususiyatlarini inobatga olgan holda ta'minlash fanda o'z tarixiga ega ekanligini namoyon etadi.

Qachonlardir ilohiy ma'no kasb etgan so'z, uning qudrati bugungi kunga kelib, dunyo taqdirini hal qilishda eng asosiy rol o'ynaydigan kuchli vosita maqomiga ko'tarildi. Fan-texnika inqilobidan keyin kommunikasion texnologiyalar hamda axborot infratuzilmalarining katta tezlikdagi taraqqiyoti, xususan, televideniya va internetning paydo bo'lishi hamda uning qisqa vaqt ichida ijtimoiy hayot tarziga chuqur kirib borishi axborotni eng qimmat tovarga aylantirdi.

Darhaqiqat, globallashuv va integrasiyalashuv sharoitida oltin, platina, javohirdan ko'ra ko'proq qiymatga ega bo'lgan axborot jahon bozoridan munosib joyoldi. "Kim axborotga egalik qilsa, u dunyoni boshqaradi" qabilidagi fikrlarning bot-botesga olina yotgani ham bejiz emas. Bundan 4-5 asr oldin jahonda etakchilik qilish uchun qo'sh insoni, qurol-yarog' arsenali, hatto dengizdagi kemalar, umuman, harbiy salohiyatning ahamiyatli edi. Globallashuv jarayonining yirik namoyondalaridan biri Jorj Model'skining ta'biri bilan aytganda, moziyda moddiy-materialistik mezonlar bo'yicha gegemonlik darajasi ayni shu mamlakatning qudratini belgilar edi.

Sivilizasiyalar silsilasida axborotning birlamchi ahamiyat kasb etishi uchun avvalo tezlikning ortishi evaziga masofani qisqartirishga erishish zarur edi. Ushbu yo'lda dastlab kompas qo'lkeldi, so'ngra Morze telegrafi, A.Bell ixtiro qilgan telefon, Popov tomonidan yaratilgan ilk radio qurilmadan foydalanildi. Internet va televideniya esa yuqoridagi maqsadga erishish uchun ulkan imkoniyatlar eshigini ochib berdi. Bu vaziyat voyaga etmagan yoshlar guruhini ham chetlab o'tmasligi tabiiy. Tadqiqotchi V.N. Moshkintili bilan aytganda, yoshlarni axborotlar oqimidan asrashning yagona yo'li bu o'z vaqtida amalga oshirilgan pedagogik va psixologik ta'limdir.

V.G. Grachevning so'zlariga ko'ra, dunyo bozorida axborotning eng qimmat tovarga aylanishida oynaijahon va "o'rgimchakto'ri" - internet roli juda katta hisoblanadi.

Aslini olganda, axborot tushunchasi dunyoqarashni ifodalovchi barcha bilimlar sohasi qadimdan mavjud bo'lgan. Uning jadallik bilan o'sishi hamda kompyuter texnologiyalarining rivojlanishi esa, o'zi shundoq ham tezkorlik bilan o'sib borayotgan tig'iz axborotlashgan jamiyat nazariyasini maydonga keltirdi. Shunday qilib, yalpi axborotlashtirilgan tizimni dunyoga kelishi millatlar, xalqlar va butun insoniyat taqdirini bir-biriga uzviy bog'ladi.

O'z navbatida, axborotlash, uni ishlash, saqlash va tarqatish texnologiyasining tasavvur qilib bo'lmaydigan darajadagi taraqqiyoti bugun jiddiy tashvish tug'dirayotganini ham alohida ta'kidlash joiz. Zero, eng so'nggi avlod kompyuterlari

har soniyada ikki milliardgacha vazifani bajara oladi. Axborot texnologiyasining ana shunday mo"jizasi tufayli kishi er yuzining xohlagan nuqtasidagi odam bilan soniyalar ichida aloqa o'rnatishi, o'zini qiziqtirgan savollarga bir zumda javob topishi mumkin. Ana shu holatning o'zi inson faoliyatini, tafakkur tarzini, axloq me'yorlarini, olamga munosabatlarini, yaxlit olganda yangi yuz yillikdagi insoniyat hayoti va taqdirini ifoda etadi. Boshqacha qilib aytganda, XXI asr sivilizasiyasi axborot huruji, axborot-psixologik urushi qiyofasida o'zini namoyon etmoqda.

Xulosa qilib aytganda, har bir fuqaro o'z shaxsiy nuqtai nazari, qarashlari, ma'naviy-ma'rifiy, axloqiy-ruhiy imkoniyatlari doirasidagina faoliyat ko'rsatadi, o'z olami hududida yashaydi va tashqi olamga o'z aqli doirasida munosabat bildiradi. Har bir individ mustaqil inson sifatida tabiiy-biologik kamolotidan va ruhiy ehtiyojidan kelib chiqib, o'ziga mos axborotni qabul qiladi, tahlil etadi. Mushohada va tahlillar asosida shaxsiy xulosasiga ega bo'ladi. Natijada mazkur shaxs u yoki bu tarzda nuqtai nazarini shakllantiradi.

FOYDALANILGAN ADABIYOTLAR RO'YXATI

1. O'zbekiston Respublikasi Prezidentining 2017 yil 7 fevraldagi PF-4947-son "O'zbekiston Respublikasini yanada rivojlantirish bo'yicha Harakatlar strategiyasi to'g'ri-sida" g'ijarmoni [Elektron resurs]. Kiri-shtartibi: URL: <https://lex.uz/pdfs/3107036> (murojaatsanasi: 01.05.2021y.).
2. Винер Н. Кибернетика, или управление и связь в животном и машине / Н. Винер; пер. с англ. И. В. Соловьева и Г. Н. Поварова; под ред. Г. Н. Поварова. 2-е изд. – Москва: Наука, 1983. – 343 с.
3. Яглом А. М., Яглом И. М. Вероятность и информация. – М.: Наука, 1973. – С. 512
4. Грачев Г. В. Информационно-психологическая безопасность личности: состояние и возможности психологической защиты. – Москва.: «РАГС». 1998. С. 177

VATAN TUYG USINING PSIXOLOGIYASI VA FUQAROLIK BURCHINI BAJARISH

Psixologiya kafedrası o'qituvchisi:
Xalilova Zilola Maxmudjanovna
Nizomiy nomidagi O zMPU talabasi
Parizoda Valiyeva

Annotatsiya

Maqolada vatan tuyg usining psixologiyasi, milliy manfaatlarni anglash va fuqarolik burchini bajarish hamda qonunlarga hurmat o rtasidagi bog liqlik ilmiy tahlil qilinadi. Maqolada shuningdek, pedagogik va psixologik yondashuvlar, shaxsning ma naviy va ijtimoiy mas uliyatini rivojlantirish metodlari keltirilgan.

Kalit so zlar: vatan tuyg usi, fuqarolik burchi, milliy manfaatlar, psixologiya, qonuniy madaniyat, huquqiy ong, ijtimoiy javobgarlik, ma naviy qadriyatlar, davlat siyosati, shaxsiy mas uliyat

Аннотация

В статье рассматривается психология патриотизма, понимание национальных интересов и выполнение гражданских обязанностей в связи с уважением к законам. Исследование направлено на изучение влияния этих факторов на социальное и психологическое развитие молодежи, формирование правового сознания и укрепление социальной ответственности. В работе также представлены педагогические и психологические подходы к воспитанию личности и развитию её нравственных ценностей.

Ключевые слова: патриотизм, гражданский долг, национальные интересы, психология, правовая культура, правовое сознание, социальная ответственность, нравственные ценности, государственная политика, личная ответственность

Abstract

The article examines the psychology of patriotism, the understanding of national interests, and the fulfillment of civic duties in relation to respect for the law. The study focuses on the role of these factors in the social and psychological development of youth, the formation of legal awareness, and the strengthening of social responsibility. Pedagogical and psychological approaches to nurturing personal moral values and civic responsibility are also discussed.

Keywords: patriotism, civic duty, national interests, psychology, legal culture, legal awareness, social responsibility, moral values, state policy, personal responsibility

Kirish. Zamonaviy jamiyatda yoshlar ongida vatan tuyg usini shakllantirish va fuqarolik burchini bajarish nafaqat ijtimoiy, balki psixologik jihatdan ham muhim masala hisoblanadi. Vatan tuyg usi shaxsning o z davlatiga, xalqiga va jamiyatga sodiq bo lishi, milliy qadriyatlarni qadrlashi va ijtimoiy mas uliyatni his qilishi bilan chambarchas bog liqdir. Shu bilan birga, milliy manfaatlarni anglash va qonunlarga hurmat shaxsning huquqiy ongini rivojlantiradi hamda jamiyatdagi tartib va barqarorlikni ta minlashda hal qiluvchi omil sifatida xizmat qiladi.

Psixolog olim Erik Erikson shaxsning identiteti ijtimoiy va madaniy muhit bilan o zaro munosabatda shakllanadi, degan fikrni ilgari surgan. Shaxs milliy qadriyatlarni anglagan sari o zligini chuqurroq anglaydi, jamiyatdagi o rmini tushunadi va shaxsiy mas uliyatini his qiladi. Lev Vygotskiy esa madaniy va huquqiy qadriyatlarning yoshlar ongida ichki psixologik barqarorlikni yaratishda muhimligini ta kidlaydi. Shu nuqtai nazardan vatan tuyg usini rivojlantirish, fuqarolik burchini bajarishga undash va qonunlarga hurmatni shakllantirish bir-biri bilan uzviy bog liq jarayon hisoblanadi.

Shu bilan birga, ta lim tizimi va oilaviy tarbiya yoshlarning ijtimoiy va huquqiy madaniyatini rivojlantirishda muhim vosita sifatida xizmat qiladi. Pedagogik tadqiqotlar shuni ko rsatadiki, milliy qadriyatlar va qonunlarga hurmatni uyg unlashtirgan ta lim jarayoni yoshlarning ijtimoiy javobgarligi, axloqiy barqarorligi va fuqarolik burchiga sodiqligini mustahkamlaydi. Shu tarzda yoshlarning ma naviy va huquqiy ongini rivojlantirish, ularni radikal ta sirlardan himoya qilish va jamiyatdagi barqarorlikni ta minlash imkoniyati yaratiladi.

Mazkur maqola vatan tuyg usining psixologiyasi, fuqarolik burchini bajarish va milliy manfaatlarni anglash jarayonidagi psixologik va ijtimoiy omillarni tahlil qilishga, shuningdek, yoshlarning ma naviy va huquqiy rivojlanishiga oid zamonaviy ilmiy qarashlarni o rganishga qaratilgan.

Asosiy qism. Vatan tuyg usining psixologiyasi shaxsning o z mamlakatiga bo lgan muhabbatini, milliy qadriyatlarni qadrlashini va jamiyatga sodiqligini ifodalaydi. Ushbu tuyg u nafaqat ma naviy va axloqiy rivojlanishga xizmat qiladi, balki shaxsning ijtimoiy mas uliyatini oshirishda ham hal qiluvchi omil hisoblanadi. Psixolog Erik Erikson shaxsning identiteti uning ijtimoiy va madaniy muhit bilan o zaro munosabatida shakllanishini ta kidlaydi. Shu nuqtai nazardan, yoshlar o zligini aniqlash jarayonida vatan tuyg usini his qilish va fuqarolik burchini bajarishga tayyor bo lishlari muhimdir. Bu shaxsning ichki barqarorligini va ijtimoiy moslashuvini ta minlaydi. Shu bilan birga, Lev Vygotskiy madaniy va huquqiy qadriyatlarning psixikaga ta siri yoshlar ongida ichki barqarorlikni yaratishda muhim ekanini ko rsatadi. Vatan tuyg usi va fuqarolik burchini anglash shaxsning ijtimoiy ongini shakllantiradi, u o z jamiyatidagi vazifalarini tushunadi va mas uliyat bilan bajarishga intiladi.

Fuqarolik burchini bajarish yoshlarni qonunlarga hurmat qilishga, jamiyatdagi tartibni saqlashga va ijtimoiy faoliyatda ishtirok etishga undaydi. Bandura ijtimoiy o'rganish nazariyasida shaxsning o'rganish jarayoni ijtimoiy namunalardan ta'sirlanishi bilan bogliq ekanini ta'kidlaydi. Shu bilan bogliq ravishda, yoshlar o'z atrofidagi ijobiy namunalardan, shu jumladan ota-onalari, pedagoglar va yetakchilardan vatan tuyg'usi va fuqarolik burchini bajarishning ahamiyatini o'rganadilar. Pedagogik tadqiqotlar shuni ko'rsatadiki, o'quv jarayonida vatan tarixi, milliy qadriyatlar va qonuniy meyorlarni o'rgatish yoshlarning huquqiy madaniyati va ijtimoiy mas'uliyatini oshirishga yordam beradi. Shu tarzda ta'lim tizimi va oilaviy tarbiya yoshlarning ma'naviy va huquqiy ongini rivojlantirishning asosiy vositalari hisoblanadi.

Shaxs o'z milliy qadriyatlarini anglagan sari, u jamiyatdagi ijtimoiy mas'uliyatni his qiladi, qonunlarga hurmatni kuchaytiradi va jamiyatning barqarorligiga ijobiy hissa qo'shadi. Shu bilan birga, davlat dasturlari va ijtimoiy kampaniyalar yoshlarning vatan tuyg'usi va fuqarolik burchini anglash jarayonini qo'llab-quvvatlaydi. Shaxs o'z fuqarolik burchini to'liq anglagan va vatan tuyg'usini his qilgan sari, u jamiyatga faol hissa qo'shadi, shaxsiy va ijtimoiy mas'uliyatini uyg'unlashtiradi hamda ijtimoiy barqarorlikni mustahkamlaydi.

Vatan tuyg'usi va fuqarolik burchi yoshlarning ijtimoiy va psixologik rivojlanishida uzviy bogliq jarayon sifatida qaraladi. Shu jarayon yoshlarni axloqiy barqaror, qonunlarga hurmatli va milliy qadriyatlarni qadrlaydigan fuqarolarga aylantiradi. Shaxs milliy manfaatlarni anglagan sari, u ijtimoiy tartibni saqlash va jamiyatni barqaror qilishga faol hissa qo'shadi. Shu bilan birga, vatan tuyg'usi va fuqarolik burchini anglash yoshlarning ichki barqarorligi, ijtimoiy moslashuvi va huquqiy ongini rivojlantirishning samarali vositasi hisoblanadi.

Natijada, vatan tuyg'usining psixologiyasi va fuqarolik burchini bajarish jarayoni yoshlarni mas'uliyatli, qonuniy ongli va milliy qadriyatlarni qadrlaydigan shaxs sifatida shakllantiradi, davlat va jamiyat barqarorligini ta'minlashda muhim omil bo'lib xizmat qiladi.

1.

Jadval

Vatan tuyg'usi va fuqarolik burchini bajarishni shakllantiruvchi asosiy omillar

No	Omil	Ta'siri	Ilmiy asos
1	Vatan tuyg'usi	Shaxsning o'z mamlakatiga sodiqligini oshiradi, ijtimoiy mas'uliyatni kuchaytiradi	Erikson, identite t nazariyasi
2	Fuqarolik burchini bajarish	Qonunlarga hurmatni mustahkamlaydi, jamiyat	Bandura, ijtimoi

		tartibini ta'minlaydi	y o rganish nazariyasi
3	Milliy qadriyatlar	Shaxsning axloqiy barqarorligini oshiradi, ijtimoiy mas uliyatni rivojlantiradi	Vygotskiy, madaniy - tarixiy nazariya
4	Ta lim va tarbiya	Huquqiy madaniyat va fuqarolik mas uliyatini shakllantiradi	Pedagogik tadqiqotlar
5	Ijtimoiy muhit (oila, jamoa)	Vatan tuyg usi va fuqarolik burchini qo llab-quvvatlaydi	Fromm, ijtimoi y ehtiyojlar nazariyasi
6	Davlat siyosati va dasturlar	Milliy qadriyatlarni targ ib qiladi, huquqiy ongni rivojlantiradi	Ijtimoiy boshqaruv va davlat siyosat i tadqiqotlari

Jadval tahlili

Jadval ko rsatadiki, vatan tuyg usi va fuqarolik burchini bajarish o zaro bog liq jarayon sifatida yoshlarning psixologik va ijtimoiy rivojlanishiga ta sir qiladi. Eriksonning nazariyasi yoshlarning identiteti va jamiyatga sodiqligini tushuntiradi, Bandura esa ijtimoiy o rganish orqali fuqarolik burchini bajarish va qonunlarga hurmat shakllanishini ko rsatadi. Vygotskiy va pedagogik tadqiqotlar esa milliy qadriyatlarning yoshlar psixologiyasidagi barqarorlikni kuchaytirishda ahamiyatini ta kidlaydi. Shu bilan birga, ijtimoiy muhit va davlat siyosati ushbu jarayonlarni mustahkamlashda muhim rol o ynaydi.

2.

Sxema

Vatan tuyg usi va fuqarolik burchini bajarish jarayoni VATAN TUYG'USI

↓

↓

Milliy qadriyatlar

↓

Fuqarolik burchi

↓

Ta'lim va tarbiya

↓

Axloqiy barqarorlik

↓

Qonunlarga hurmat

↓

Ijtimoiy mas'uliyat

↓

Ijtimoiy faoliyat va jamiyat barqarorligi

↓

YOSHLARNING PSIXOLOGIK VA HUQUQIY RIVOJLANISHI

Sxema tahlili

Sxema vatan tuyg usi va fuqarolik burchini bajarish jarayonini bosqichma- bosqich ko rsatadi. Vatan tuyg usi yoshlarning milliy qadriyatlarni qadrlashini, shaxsiy mas uliyatni his qilishini va ijtimoiy faoliyatda ishtirok etishini ta minlaydi. Fuqarolik burchini anglash shaxsni qonunlarga hurmat qilishga va jamiyatdagi tartibni saqlashga yo naltiradi. Ta lim va tarbiya jarayoni esa ijtimoiy mas uliyatni mustahkamlash, axloqiy va huquqiy ongni rivojlantirish imkonini beradi. Ushbu uch yo nalish birlashganda yoshlarni barqaror, mas uliyatli va ijtimoiy faol shaxs sifatida shakllantiradi.

Xulosa. Mazkur maqolada vatan tuyg usining psixologiyasi va fuqarolik burchini bajarish o rtasidagi uzviy bog liqlik tahlil qilindi. Tadqiqot shuni ko rsatdiki, vatan tuyg usi yoshlarning ijtimoiy va psixologik rivojlanishida hal qiluvchi rol o ynaydi. Shaxs milliy qadriyatlarni qadrlash va o z davlatiga sodiq bo lish orqali ijtimoiy mas uliyatini his qiladi, fuqarolik burchini bajarishga tayyor bo ladi va jamiyatdagi ijtimoiy tartibni mustahkamlashga hissa qo shadi.

Ilmiy olim Erik Eriksonning identitet nazariyasi shuni ko rsatadiki, shaxsning o zligini anglashi va jamiyat bilan uzviy aloqasi vatan tuyg usini shakllantirishda muhimdir. Bandura nazariyasi yoshlarning ijtimoiy namunalardan o rganishi orqali fuqarolik burchini bajarish va qonunlarga hurmatni rivojlantirish mumkinligini ta kidlaydi. Vygotskiy va pedagogik tadqiqotlar esa milliy qadriyatlar va huquqiy madaniyatni uyg unlashtirish orqali yoshlarning axloqiy barqarorligi va ijtimoiy mas uliyatini oshirish mumkinligini ko rsatadi. Shu bilan birga, ta lim tizimi, oilaviy tarbiya va davlat siyosati vatan tuyg usi va fuqarolik burchini shakllantirish jarayonini mustahkamlashda muhim vositalardir.

Jadval va sxema tahlillari shuni ko rsatadiki, vatan tuyg usi, milliy qadriyatlar, fuqarolik burchi va ta lim-tarbiya omillari birlashganda yoshlarni barqaror, mas uliyatli va ijtimoiy faol shaxs sifatida shakllantiradi. Shu tariqa, vatan tuyg usini rivojlantirish va fuqarolik burchini bajarishga undash nafaqat shaxsning psixologik va ijtimoiy barqarorligini, balki jamiyatning huquqiy madaniyati va barqarorligini mustahkamlashga xizmat qiladi.

Natijada, vatan tuyg usining psixologiyasi va fuqarolik burchini bajarish yoshlarni qonuniy ongli, ma naviy barqaror va milliy qadriyatlarni qadrlaydigan fuqarolarga aylantiradi. Shu sababli ushbu jarayonni qo llab-quvvatlash va rivojlantirish davlat siyosati, ta lim va tarbiya tizimi hamda ijtimoiy muhitning asosiy vazifalaridan biri hisoblanadi.

Adabiyotlar ro‘yxati:

1. Xaitov, Bahodir Tursunovich. Vatanparvarlik – yuksak insoniy tuyg‘u. 2021. “Pedagog” jurnali.
2. Raxmatov, Faxriddin Umarovich. Yoshlarda huquqiy bilimlarni orttirishning

falsafiy hamda psixologik talqini. 2022. “Pedagog” jurnali.

3. Zhide, T., Saltanat F., Almash T. va boshqalar. Formation of students’ values of patriotism through media technology. 2022. World Journal on Educational Technology: Current Issues.

4. Kukovič, Simona. Patriotism among Slovenian Youth: Empirical Research. 2024. Politics in Central Europe, Vol. 20, No. 2.

CULTURAL ECHOES IN ENGLISH BORROWINGS USED IN UZBEK SOCIAL MEDIA

Yangiboyeva Iroda To‘lqin qizi

Student of Termez State University Faculty of Foreign Philology Philology and
Teaching Languages: English Language Education Program

E-mail: yangiboyevairoda7@gmail.com

ORCID: 0009 0008 7542 8729

Abstract: This article explores the increasing use of English borrowings in Uzbek social media discourse and examines their cultural, communicative, and linguistic implications. In recent years, digital communication has accelerated the integration of English-origin words into everyday Uzbek speech, especially among young users who actively participate in online platforms. The study highlights the main types of English borrowings observed in social networks, analyzes the sociolinguistic motivations behind their use, and investigates the cultural reflections embodied in these borrowed forms. Findings suggest that English borrowings not only serve as linguistic shortcuts but also function as indicators of global influence, modern identity, and digital culture.

Key words: English borrowings, Uzbek social media language, linguistic globalization, digital communication, code-mixing and code-switching, cultural influence of language, loanwords adaptation, internet linguistics, youth language trends, sociolinguistic change.

Introduction

The spread of digital technologies has transformed communication practices worldwide. As part of this global trend, Uzbek social media platforms have become fertile spaces where new linguistic forms emerge and evolve. One of the most notable phenomena is the active usage of English borrowings such as online, like, comment, story, trend, follow, and many others. These words shape not only communication patterns but also reflect changes in cultural values, identity construction, and attitudes toward globalization.

English borrowings used in the Uzbek online environment reveal a unique cultural echo: they signal a desire for modernity, digital belonging, global interconnectedness, and active participation in technological innovation. As a result, the linguistic landscape of Uzbek social media today displays a hybrid form where local expressions coexist with global vocabulary.

Literature Review

Previous research on English borrowings emphasizes several key perspectives:

1. *Globalization and linguistic influence* – English acts as a global lingua franca, influencing diverse languages through media, technology, and international communication.
2. *Sociolinguistic adaptation* – Borrowed words are adopted when they fill lexical gaps, provide prestige, or enable efficient communication
3. *Cultural reflection* – Language changes often mirror shifts in cultural identity, values, and lifestyle.

Although several studies examine language contact in Central Asia, research specifically focused on Uzbek social media and its English borrowings remains limited. This gap underscores the importance of the present study.

Methodology

The analysis is based on qualitative observations of Uzbek-language content posted on Telegram channels, Instagram pages, Facebook groups, and TikTok comments. Examples were categorized according to:

- Type of borrowing (direct, adapted, hybrid)
- Function (communication, identity, humor, emphasis)
- Cultural meaning (modernity, prestige, global belonging)

Results and Discussions

1. *Types of English Borrowings in Uzbek Social Media*

a) Direct Borrowings

These words retain English spelling and pronunciation:

- like, follow, story, live, post, trend

Such words typically enter Uzbek speech unchanged due to their deep connection with digital platforms.

b) Adapted Borrowings

These borrowings are integrated into Uzbek morphology and phonetics:

- likelashtirmoq, komment qoldirmoq, trendda bo'lmoq, postlash

This adaptation process shows that English forms are not simply copied but re-shaped to fit Uzbek grammar.

c) Hybrid Constructions

English root + Uzbek affix:

- followchi, storylar, blok qildi, bannadi

These hybrids demonstrate linguistic creativity and fluid identity expression.

2. *Sociolinguistic Motivations*

Several factors explain why users prefer English borrowings:

- Efficiency and brevity

Digital communication values speed; English tech words are shorter and more convenient.

- Prestige and modern identity

Using English-origin terms signals being “up-to-date,” digitally literate, and globally connected.

- Community belonging

Borrowings create shared online language that unifies platform users.

- Lack of established Uzbek equivalents

Many digital concepts originally emerged in English-speaking contexts.

3. *Cultural Echoes Reflected in Borrowings*

English borrowings in Uzbek social media reveal:

a. Global cultural influence

Borrowings reflect the strong impact of Western digital culture, entertainment, and lifestyle.

b. Youth identity and self-expression

Young users often choose English words to appear confident, stylish, or humorous.

c. Digital culture integration

Terms like meme, challenge, blog demonstrate the blending of global trends with local realities.

d. Changing communication norms

English borrowings often carry emotional emphasis:

- “Judayam cute!”
- “Moodim yo‘q bugun.”
- “Story qo‘yishni unutm.”

These expressions blend linguistic elements to convey a new cultural tone.

Conclusion

The increasing presence of English borrowings in Uzbek social media reflects linguistic innovation, sociocultural transformation, and global interconnectedness. Borrowed forms not only enhance communication efficiency but also serve as markers of modern identity, digital belonging, and cultural openness. As online platforms continue to influence everyday speech, English borrowings will likely become even more integrated into Uzbek usage, shaping both language and culture.

Future research may explore generational differences, the impact of borrowings on language purity debates, or comparative studies with other Turkic languages undergoing similar linguistic changes.

References

1. Xomidova, Q. D. (2025). Lexical Borrowings of Social Media Terms from English to Uzbek Language. *International Journal of Language Learning and Applied Linguistics*, 2(12), 24–31. DOI:10.51699/ijllal.v2i12.3089

2. Mahmudov, R., & Polvannazirova, S. (2025). The Analysis of the Spread of English Borrowings on Uzbek Social Media (Hashtags, Memes, and Other Internet Linguistic Elements). *American Journal of Language, Literacy and Learning in STEM Education*, 3(2), 218–223.
3. Sultonova, S. S. (2025). English Borrowings in the Modern Uzbek Language: Classification and Usage Patterns.
4. Nishonova, S. M. (2024). Linguistic Study of English Loanwords in the Uzbek Language. *Mental Enlightenment Scientific-Methodological Journal*, 130–135.
5. Furkatova, M. F. (2024). Modern English Lexical Borrowings and Their Integration into Uzbek. *Journal of Applied Science and Social Science* .
6. Ruzimatova, F. (2024). Social and Cultural Influence of Words Borrowed from English. *Obrazovanie Nauka I Innovatsionnye Idei v Mire*.
7. Abdullayev, Sh. A. (2025). Zamonaviy O‘zbek va Ingliz Tillarga Ijtimoiy Tarmoqning Ta’siri Va Foydali Tomonlari. *Ilm Fan Taraqqiyotida Raqamli Iqtisodiyot va Zamonaviy Ta’limning O‘rni Hamda Rivojlanish Omillari*, 2(2), 135–139
8. Haugen, E. (1950). *The Analysis of Linguistic Borrowing*. Language.
9. Thomason, S. G., & Kaufman, T. (1988). *Language Contact, Creolization and Genetic Linguistics*. University of California Press.
10. Csató, É. (2008). *Linguistic Convergence in the Turkic Languages*.

LIQUID BIOPSY IN GYNECOLOGIC ONCOLOGY: CURRENT STATUS AND FUTURE PERSPECTIVES

Rajabova Nodira Makhmud kizi

Scientific supervisor: PhD

Karimova Nargiza Mansurovna

General Oncology Department Tashkent State Medical University

Abstract. Liquid biopsy has rapidly evolved from a research concept into a clinically relevant approach for capturing tumor-derived information through minimally invasive sampling, most commonly from blood but increasingly from other fluids that are highly relevant to gynecologic malignancies. By analyzing circulating tumor DNA (ctDNA), circulating tumor cells, extracellular vesicles, and circulating RNA species, liquid biopsy can complement tissue pathology by offering real-time molecular insights, enabling longitudinal monitoring, and potentially detecting relapse earlier than conventional methods.

Keywords: liquid biopsy, circulating tumor DNA, gynecologic oncology, ovarian cancer, endometrial cancer.

INTRODUCTION

Gynecologic cancers remain a major source of morbidity and mortality worldwide, with outcomes often shaped by stage at diagnosis, tumor biology, and the capacity to tailor therapy over time. Although tissue biopsy and surgical pathology remain the cornerstone of diagnosis and molecular classification, traditional tissue sampling has persistent limitations in this field. Tumors can be spatially heterogeneous, metastatic deposits may differ genetically from the primary lesion, and repeated tissue biopsies are frequently impractical due to anatomical constraints, procedural risks, or limited accessible disease. These challenges are especially evident in high-grade serous ovarian cancer, where disease can disseminate widely within the peritoneal cavity, and in recurrent settings where treatment selection increasingly depends on up-to-date molecular information rather than archival specimens.

MATERIALS AND METHODS

Liquid biopsy is best understood as an umbrella term describing several analyte classes and technological strategies. In gynecologic cancers, plasma ctDNA has been the most studied, but circulating tumor cells, extracellular vesicles (including exosomes), microRNAs, and tumor-educated platelets are also being explored, alongside sampling from ascites, urine, and cervicovaginal fluids that may be particularly informative for certain disease sites. Each analyte reflects a different biological layer: ctDNA provides

a genomic and sometimes epigenomic readout; CTCs can enable cellular phenotyping; extracellular vesicles and circulating RNA species may reflect transcriptional programs and microenvironment interactions. Translating these signals into clinical action requires careful attention to biology (tumor shedding, clearance, and timing), technology (limits of detection, error profiles), and clinical context (what decision the test is meant to inform) [1].

RESULTS AND DISCUSSION

A recurring lesson across studies is that pre-analytical and analytical factors are not details; they determine whether a result is trustworthy. Plasma processing time, tube type, storage temperature, and the interval from draw to centrifugation can alter cell-free DNA quality and lead to leukocyte DNA contamination. On the analytical side, sensitivity is bounded by the fraction of tumor-derived DNA in circulation, which can be extremely low in early-stage disease or in tumors that shed minimally. Even when a highly sensitive assay is used, false negatives remain possible; conversely, false positives can arise from clonal hematopoiesis of indeterminate potential (CHIP), where age-related blood cell clones carry mutations that may be misattributed to the tumor if matched white blood cell sequencing is not performed. These constraints help explain why guidelines emphasize that tissue testing is still preferred in many scenarios, and why non-informative ctDNA results often warrant reflex tissue testing if feasible.

Clinically, the most mature application of liquid biopsy is molecular profiling in advanced cancer when tissue is unavailable, unsafe to obtain, or insufficient for comprehensive genotyping. In gynecologic oncology, this is relevant when recurrent disease is not easily accessible, when a patient's condition makes invasive procedures high risk, or when rapid turnaround is needed to guide therapy. Even in these cases, liquid biopsy should be interpreted as complementary: detection of a targetable alteration can be highly informative, but non-detection does not exclude its presence, particularly if tumor fraction is low. The implication for clinicians is practical—use ctDNA as a tool for speed and feasibility, but maintain a pathway for tissue confirmation or broader profiling when results do not fit the clinical picture [2].

Ovarian cancer illustrates both the promise and complexity of liquid biopsy. High-grade serous ovarian carcinoma often harbors ubiquitous TP53 alterations, which makes ctDNA tracking conceptually straightforward, and serial measurements may reflect tumor burden dynamics. Liquid biopsy has been investigated for earlier detection of relapse compared with conventional markers and imaging, for prognostication, and for monitoring therapy response. It also offers a route to study acquired resistance mechanisms, including secondary alterations that restore homologous recombination function in BRCA-mutant tumors exposed to PARP inhibitors. However, ovarian cancer also demonstrates practical limitations: peritoneal-

dominant disease may yield variable ctDNA shedding into plasma, and early-stage disease may have ctDNA levels below reliable detection thresholds. As a result, although evidence supports clinical potential—especially in recurrence monitoring and resistance biology—routine decision-making algorithms based solely on ctDNA remain an area where institutions often proceed cautiously, aligning use with specific clinical questions rather than broad, unsupervised testing.

Endometrial cancer is a second domain where liquid biopsy is gaining traction, particularly because risk stratification and post-treatment surveillance remain challenging for subsets of patients. Contemporary endometrial cancer management increasingly incorporates molecular classification, and ctDNA could serve as a longitudinal companion to that classification by enabling detection of molecular relapse or by reflecting residual disease after surgery and adjuvant therapy. Early studies and emerging reviews suggest ctDNA may support prognostication and earlier detection of recurrence, but the overall evidence base is still smaller than in some other solid tumors, and the key unanswered question is not whether ctDNA can predict relapse—it often can—but whether acting on that information improves outcomes [3].

CONCLUSION

Liquid biopsy has reached an important transitional stage in gynecologic oncology. The technology can now deliver clinically useful molecular information in selected settings, particularly for genotyping in advanced disease when tissue is limited and for longitudinal monitoring in research-informed clinical pathways. Ovarian, endometrial, and cervical cancers each present distinct opportunities: ovarian cancer for treatment monitoring and resistance discovery, endometrial cancer for risk stratification and relapse prediction, and cervical cancer for tumor-specific viral DNA tracking.

REFERENCES

1. Pascual J., Attard G., Bidard F.C., et al. ESMO recommendations on the use of circulating tumour DNA assays for patients with cancer: a report from the ESMO Precision Medicine Working Group // *Annals of Oncology*. – 2022. – DOI: 10.1016/j.annonc.2022.05.520. [PubMed](#)
2. Martinelli C., et al. Liquid biopsy in gynecological cancers: a translational framework from molecular insights to precision oncology and clinical practice // *Journal of Experimental & Clinical Cancer Research*. – 2025. [PMC](#)
3. Ma L., et al. Liquid biopsy in cancer: current status, challenges and future perspectives // *Signal Transduction and Targeted Therapy*. – 2024. – DOI: 10.1038/s41392-024-02021-w.

IMPACT OF MICROFINANCE AND MICROCREDIT SYSTEMS ON REGIONAL DEVELOPMENT IN UZBEKISTAN

Egamova Gulzor Abdrimovna

Master's Student Department of Economics Faculty of Social Sciences and
Technology. Asia International University

egamovagulzor19@gmail.com

Keywords: microfinance institutions, microcredit, regional development, financial inclusion, poverty alleviation, women's empowerment, rural finance, small business development, Fergana Valley, credit constraints

Abstract: This thesis examines microfinance impact on regional development in Uzbekistan through panel data analysis (2020-2024), demonstrating that 10 percentage point penetration increase associates with 2.4-3.2% poverty reduction and 14-18% higher small business formation.

Microfinance and microcredit systems constitute critical instruments for inclusive regional development in transition economies where formal banking infrastructure inadequately serves low-income populations, rural communities, and micro-enterprises. Uzbekistan's microfinance sector experienced rapid transformation following Presidential Decree PF-5992 (May 2020), with licensed MFIs expanding from 64 to 138 institutions, loan portfolio growing from 8.2 trillion UZS to 24.7 trillion UZS, and active borrowers increasing from 687,000 to 1,428,000 during 2020-2024. However, substantial regional disparities persist: Fergana Valley regions achieve 38-42% adult population penetration with robust entrepreneurship impacts, while Karakalpakstan and Surkhandarya maintain only 12-18% penetration with limited development outcomes. Understanding causal relationships between microfinance expansion and regional development indicators—poverty reduction, small business formation, employment generation, women's economic empowerment, and income inequality—proves essential for optimizing policy frameworks, resource allocation, and institutional design. The research addresses critical knowledge gaps regarding microfinance effectiveness in Uzbekistan's specific institutional context, transmission mechanisms linking credit access to development outcomes, heterogeneous impacts across geographic regions and population subgroups, and persistent challenges including high interest rates (28.7% average), over-indebtedness affecting 14-18% of borrowers, and limited product diversification beyond credit services.

The primary objective is conducting rigorous empirical analysis quantifying microfinance impact on regional development in Uzbekistan, identifying transmission

mechanisms, disaggregating heterogeneous effects, and formulating evidence-based policy recommendations for sector optimization. Specific tasks include: systematically reviewing theoretical frameworks explaining how credit constraint relaxation affects entrepreneurship, income generation, and poverty dynamics; collecting comprehensive panel dataset covering 14 regions and Tashkent city for 2020-2024 with variables including MFI presence, loan portfolio volume, borrower demographics, small business registration, poverty rates, employment indicators, and women's entrepreneurship activity; conducting econometric analysis through panel regression with region and time fixed effects examining relationships between microfinance penetration and development outcomes while controlling for GDP per capita, education levels, infrastructure quality, and demographic characteristics; implementing difference-in-differences estimation exploiting variation in microfinance expansion timing across regions to establish causal interpretation; administering microeconomic household survey (n=847 borrowers) documenting credit utilization patterns, business outcomes, income changes, and financial stress indicators; performing heterogeneity analysis disaggregating impacts across rural versus urban locations, women versus men borrowers, and regions with versus without complementary development programs; and formulating comprehensive policy framework addressing interest rate regulation, borrower financial literacy, product diversification, institutional capacity building, and integration with regional development strategies.

The research employs mixed-methods approach integrating quantitative econometric analysis with qualitative case studies. Panel regression analysis uses specification: $Development_Indicator_{it} = \alpha + \beta(MF_Penetration)_{it} + \gamma X_{it} + \mu_i + \lambda_t + \varepsilon_{it}$, where i indexes regions, t indexes years, X_{it} represents control variables, μ_i captures region fixed effects, λ_t captures time fixed effects. Difference-in-differences estimation compares regions experiencing intensive microfinance expansion (Fergana, Andijan, Namangan, Syrdarya) versus regions with stable low penetration (Karakalpakstan, Surkhandarya, Bukhara, Khorezm), examining outcome divergence post-intervention while verifying parallel pre-treatment trends. Propensity score matching constructs comparable treatment and control groups balancing observable characteristics (age, education, business sector, location, initial income) to estimate average treatment effect on treated borrowers. Primary data sources include Central Bank of Uzbekistan MFI supervision reports, Microfinance Institutions Association statistical compilations, State Statistics Committee regional development indicators, and original household survey administered in 6 regions (n=847 respondents, stratified random sampling).

Microfinance and microcredit systems generate measurable positive impacts on regional development in Uzbekistan through entrepreneurship stimulation, income generation, poverty reduction, and women's economic empowerment. Rigorous

econometric analysis establishes causal relationships: 10 percentage point penetration increase produces 2.4-3.2% poverty reduction, 14-18% higher small business formation, and 0.5-0.7 percentage point growth acceleration. However, substantial heterogeneity characterizes impact patterns across regions, with Fergana Valley achieving 38-42% penetration and robust development outcomes while peripheral regions maintain 12-18% penetration with limited impacts, reflecting differences in population density, economic base, infrastructure, and institutional capacity. Women borrowers systematically experience larger welfare improvements (28% income increase vs 14% for men) and demonstrate superior resource allocation patterns favoring human capital investment. Uzbekistan's microfinance sector expansion—portfolio tripling to 24.7 trillion UZS, borrowers doubling to 1.4 million during 2020-2024—represents successful transition economy model, though persistent challenges require policy attention: high interest rates (28.7% average) reflecting expensive funding and operational inefficiencies, over-indebtedness affecting 14-18% of borrowers from multiple simultaneous loans, product concentration in credit (97% of portfolio) with minimal diversification, and rural-urban service quality disparities. Maximizing development contribution necessitates comprehensive policy framework balancing financial sustainability with consumer protection, integrating microfinance with broader regional development strategies addressing infrastructure, skills, and market constraints, and targeting interventions toward underserved populations and lagging regions. Future research should examine long-term dynamic effects over 5-10 year horizons as businesses mature, optimal institutional models balancing outreach and sustainability, and integration mechanisms between microfinance and complementary development programs.

REFERENCES

1. Armendáriz B., Morduch J. *The Economics of Microfinance*. – Cambridge: MIT Press, 2010. – 346 p.
2. Banerjee A., Duflo E. *The Miracle of Microfinance?* // *American Economic Journal: Applied Economics*. – 2015. – Vol. 7(1). – P. 22-53.
3. Central Bank of the Republic of Uzbekistan. *Microfinance Market Development Report 2024*. – Tashkent: CBU, 2024.
4. Presidential Decree PF-5992 of the Republic of Uzbekistan. May 18, 2020.
5. Presidential Decree PF-60 of the Republic of Uzbekistan. January 28, 2022.
6. World Bank. *Global Financial Inclusion Database 2024*. – Washington: World Bank, 2024.

NEMIS ORIENTALISTI ANNEMARIE SCHIMMELNING BOBUR MIRZONING MADANIY MEROSIGA OID ILMIY IZLANISHLARI

*Abduraxmonova Dilraxon Kodirjonova,
Shokirova Zarnigor Majidxon qizi*
Namangan Davlat Universiteti

Annotatsiya: Ushbu maqolada Annemarie Schimmelning Bobur va Boburiylar merosiga oid ilmiy qarashlari tahlil qilinadi, uning madaniy-estetik yondashuvi alohida urg‘u bilan ko‘rib chiqiladi. The Empire of the Great Mughals asari va Schimmelning boshqa islom madaniyati, tasavvuf va san‘atga oid ishlari orqali uning nemis sharqshunosligi doirasidagi o‘rni aniqlanadi. Shuningdek, Stephen Frederic Dale va Abraham Eraly kabi olimlarning tanqidiy fikrlari ham tahlil qilinib, Bobur merosini siyosiy, adabiy va madaniy jihatlarini bilan ko‘p qirrali baholash imkoniyati ko‘rsatiladi. **Kalit so‘zlar:** Bobur, Boburiylar, Mo‘g‘ullar imperiyasi, Annemarie Schimmel, Nemis sharqshunosligi, Boburnoma, Fors adabiyoti, Islom san‘ati, Sharqshunoslik, Tarixshunoslik

Kirish

Zahiriddin Muhammad Bobur – Hindiston hududida Boburiylar saltanatiga (G‘arb manbalarida “The Mughal empire”, ya’ni “Mo‘g‘ullar imperiyasi”) asos solgan tarixiy shaxs, buyuk temuriy mirzo bo‘lishi bilan birga, Markaziy va Janubiy Osiyo madaniy, adabiy va siyosiy tarixida muhim o‘rin egallagan mutafakkir sifatida ham dunyoga tanilgan. Uning merosi nafaqat harbiy va siyosiy muvaffaqiyatlari, balki adabiy ijodi, xususan “*Boburnoma*” kabi shoh asari orqali ham baholanadi. Shu sababli Bobur shaxsiga oid tadqiqotlar faqat faktologik tarix bilan cheklanmay, uni madaniy va intellektual fenomen sifatida talqin qilishga intiladi.

G‘arb ilmiy davralari va akademik an‘analarida, ayniqsa nemis sharqshunosligi doirasida Bobur merosiga nisbatan o‘ziga xos yondashuvlar shakllangan. Bu borada nemis sharqshunosi Annemarie Schimmelning ilmiy ishlari alohida ahamiyatga ega. U Boburni oddiy zabt etuvchi hukmdor sifatida emas, balki adabiyot, estetik tafakkur va madaniyatni birlashtirgan shaxs sifatida talqin qiladi. Schimmelning bu yondashuvi Bobur merosini qayta baholash imkonini beradi va ayrim hollarda bahsli, subyektiv talqinlar uchun asos yaratadi. Mazkur maqolaning maqsadi – olim Annemarie Schimmelning Bobur va Boburiylar merosiga oid ilmiy qarashlarini tahlil qilish, uning yondashuvlarini boshqa olimlarning baholari bilan solishtirish hamda nemis ilmiy an‘anasining Bobur haqidagi tasavvurlarini yoritishdan iborat.

Annemarie Schimmelning ilmiy faoliyati

Annemarie Schimmel (1922–2003) XX asrning eng nufuzli nemis sharqshunos olimlaridan biri bo‘lib, islom madaniyati, tasavvuf, fors va turkiy adabiyotlar bo‘yicha keng qamrovli ilmiy izlanishlar olib borgan. U juda yoshligidayoq sharq tillariga qiziqish bildirgan va 19 yoshida Berlin universitetida islomshunoslik bo‘yicha doktorlik darajasini olgan. Keyinchalik u Marburg universitetida professor sifatida faoliyat yuritgan hamda Garvard universitetida ham dars bergan.

Schimmelning ilmiy faoliyati tarixiy voqealarni sof siyosiy kontekstda emas, balki madaniy va adabiy muhit bilan uzviy bog‘liq holda talqin qilishga asoslangan. U Sharq hukmdorlarini, jumladan Bobur va Boburiylar sulolasini, faqat zabt etuvchi imperatorlar sifatida emas, balki ijodkor, estetik did egasi va diniy-intellektual an‘analarning tashuvchilari sifatida ko‘rsatishga intilgan. Ayniqsa, u forsiy va chig‘atoy adabiy merosga katta e‘tibor qaratib, tarixiy shaxslarning o‘z-o‘zini ifodalash usullarini muhim ilmiy masala sifatida ko‘rib chiqqan.

Schimmelning yondashuvi g‘arb sharqshunosligida muhim burilish yasagan bo‘lsa-da, uning ba‘zi talqinlari ortiqcha romantizatsiya va tarixiy-siyosiy kontekstni yetarlicha hisobga olmaslikda tanqid qilingan. Shunga qaramay, u Bobur merosini madaniy va adabiy jihatdan qayta anglashda muhim ilmiy figura bo‘lib qolmoqda.

Annemarie Schimmelning Bobur merosiga oid izlanishlari

Annemarie Schimmelning Boburiylar davriga oid ilmiy qarashlari uning Mo‘g‘ullar imperiyasi madaniyati va adabiy hayotiga bag‘ishlangan umumiy tadqiqotlari doirasida shakllangan. Uning *The Empire of the Great Mughals: History, Art and Culture* asari Boburiylar tarixini an‘anaviy siyosiy-harbiy voqealar ketma-ketligidan tashqariga olib chiqib, imperiya merosini estetik, adabiy va diniy kontekstda talqin qilishga urinish sifatida baholanadi (Schimmel, 2004). Ushbu asarda Bobur shaxsi imperiyaning asoschisi sifatida emas, balki keyinchalik shakllangan madaniy an‘ananing boshlanish nuqtasi sifatida ko‘riladi.

Schimmel Bobur merosini, avvalo, Boburnoma orqali shakllangan adabiy va intellektual an‘ana bilan bog‘laydi. Uning talqinida Bobur o‘zini nafaqat hukmdor, balki yozuvchi, tabiatni kuzatuvchi va estetik did egasi sifatida namoyon etadi. Schimmel uchun bu jihatlar Boburning tarixiy ahamiyatini kuchaytiradi, chunki ular Markaziy Osiyo va Hindiston o‘rtasida shakllangan forsiy-turkiy madaniy makonning uzviyligini ko‘rsatadi (Schimmel, 2004). Shu sababli u Boburiylar imperiyasining keyingi madaniy yuksalishini — san‘at, me‘morchilik va adabiyotdagi rivojlanishni — Bobur shaxsiy dunyoqarashi bilan bilvosita bog‘laydi.

Biroq Schimmelning bunday madaniy-estetik yondashuvi barcha tarixchilar tomonidan birdek qabul qilinmagan. Masalan, Ohayo Davlat Universitetining sobiq professori islomshunos olim Stephen Frederic Dale Bobur biografiyasida uning shaxsiy hayoti, psixologik kechinmalari va siyosiy qarorlariga ko‘proq e‘tibor qaratadi. Dale Boburni

adabiy jihatdan muhim shaxs sifatida tan olgan holda, uning merosini asosan migratsiya, harbiy muvaffaqiyat va siyosiy moslashuv jarayonlari orqali tushuntiradi (Dale, 2018). Bu yondashuv Schimmelning madaniy uzluksizlikka urg'u beruvchi talqinidan farq qiladi.

Shuningdek, hind tarixchi va yozuvchisi Abraham Eraly Bobur va Boburiylar tarixini ko'proq real siyosiy kontekstda baholab, imperiya barpo etilishi jarayonidagi zo'ravonlik, harbiy strategiya va hukmronlik mexanizmlarini markazga qo'yadi. Eraly Schimmelning estetik va madaniy tasvirlarini muhim deb hisoblagan holda, bunday yondashuv siyosiy realliklarni ikkinchi darajaga tushirib qo'yishi mumkinligini ta'kidlaydi (Eraly, 2007). Bu tanqid Schimmel ishlariga nisbatan tez-tez uchraydigan e'tirozlardan biri hisoblanadi.

Bundan tashqari, Kaliforniya Universiteti tadqiqotchilari, Britaniya imperiyasining kolonial davri va Janubiy Osiyo tarixshunosligida faol bo'lgan amerikalik olimlar Barbara Metcalf va Thomas Metcalf ham Boburiylar, xususan, Bobur Mirzo merosini uzoq muddatli institutsional va ijtimoiy jarayonlar orqali tahlil qilish zarurligini ta'kidlaydilar. Ularning yondashuvida madaniyat muhim o'rin tutsa-da, u davlat tuzilmalari va jamiyat bilan uzviy bog'liq holda o'rganiladi (Metcalf & Metcalf, 2012). Bu pozitsiya Schimmelning ko'proq ramziy va estetik talqiniga muqobil ilmiy yo'nalish sifatida qaralishi mumkin.

Annemarie Schimmelning Bobur merosiga oid qarashlari uni fotih hukmdordan ko'ra, madaniy an'ananing asoschisi sifatida ko'rsatishga intiladi. Boshqa tarixchilarning tanqidlari esa Bobur shaxsini yanada murakkab va ko'p qatlamli tarixiy figura sifatida tushunishga undaydi. Ushbu qarama-qarshi yondashuvlar Boburiylar tarixini talqin qilishda nemis sharqshunosligi va xalqaro tarixshunoslik o'rtasidagi metodologik farqlarni yaqqol namoyon etadi.

Xulosa

Ushbu maqola Annemarie Schimmelning Bobur va Boburiylar merosiga oid ilmiy qarashlarini tahlil qilish orqali nemis sharqshunosligi doirasida shakllangan o'ziga xos yondashuvni yoritishga harakat qildi. Schimmelning ishlari Boburni faqat harbiy-siyosiy shaxs sifatida emas, balki adabiy, estetik va madaniy tafakkur egasi sifatida ko'rsatishga intilishi bilan ajralib turadi. Uning yondashuvi, ayniqsa Boburnomaga bo'lgan e'tibori orqali, Bobur shaxsini ichki kechinmalari, til sezgisi va madaniy dunyoqarashi bilan birga tahlil qilish imkonini beradi. Bu esa Bobur merosini an'anaviy tarixiy narrativlardan tashqarida, kengroq madaniy kontekstda tushunishga xizmat qiladi.

Shu bilan birga, maqolada ko'rib chiqilganidek, Schimmelning estetik va adabiy talqinlari ilmiy jamoatchilikda bahs-munozaralarga sabab bo'lgan. Stephen Frederic Dale, Abraham Eraly hamda Metcalf kabi tarixchilar Bobur merosini ko'proq siyosiy,

institutsional va ijtimoiy jarayonlar bilan bog‘lab talqin qiladilar. Ularning fikricha, Boburiylar imperiyasining shakllanishi va barqarorligi faqat madaniy uzluksizlik orqali emas, balki murakkab harbiy strategiyalar, boshqaruv mexanizmlari va siyosiy moslashuvlar orqali ta‘minlangan. Bu tanqidlar Schimmelning yondashuvini inkor etmaydi, balki uni muayyan chegaralarda tushunish zarurligini ko‘rsatadi.

Mazkur qarama-qarshi yondashuvlar Bobur merosining ko‘p qatlamli tabiatini ochib beradi. Schimmel Boburiylar tarixini “ma’no va ramzlar tarixi” sifatida talqin qilsa, boshqa olimlar uni “hokimiyat va institutlar tarixi” doirasida tushuntiradilar. Har ikki yondashuv bir-birini to‘ldiruvchi ilmiy pozitsiyalar bo‘lib, Bobur shaxsini bir yoqlama baholashdan saqlaydi. Aynan shu jihat Boburiylar tarixini zamonaviy tarixshunoslikda muhim va dolzarb mavzuga aylantiradi.

Muxtasar qilib aytganda, Annemarie Schimmelning Bobur merosiga oid ilmiy ishlari nemis sharqshunosligining madaniy-estetik yo‘nalishini yorqin ifodalaydi. Uning qarashlari Bobur shaxsini chuqurroq va insoniyroq anglashga imkon bergan bo‘lsa, boshqa tarixchilarning tanqidlari ushbu yondashuvni muvozanatli ilmiy muhokama doirasiga olib kiradi. Bu esa Bobur va Boburiylar tarixini o‘rganishda ko‘p qirrali, tanqidiy va metodologik jihatdan boy yondashuv zarurligini yana bir bor tasdiqlaydi.

References

1. Dale, S. F. (2018). Babur: Timurid Prince and Mughal Emperor, 1483–1530. Cambridge University Press.
2. Dale, S. F. (2009). The Muslim Empires of the Ottomans, Safavids, and Mughals. Cambridge University Press.
3. Eraly, A. (2007). The Mughal World: Life in India’s Last Golden Age. Penguin Books.
4. Metcalf, B. D., & Metcalf, T. R. (2012). A Concise History of Modern India (2nd ed.). Cambridge University Press.
5. Schimmel, A. (2004). The Empire of the Great Mughals: History, Art and Culture. Reaktion Books.
6. Schimmel, A. (2011). Mystical Dimensions of Islam (35th Anniv. ed.). The University of North Carolina Press.
7. Schimmel, A. (1984). Calligraphy and Islamic Culture. New York University Press.

ОЦЕНКА СОЦИАЛЬНО-ЭКОНОМИЧЕСКОЙ ЭФФЕКТИВНОСТИ ИНТЕЛЛЕКТУАЛЬНЫХ КЛАСТЕРОВ СЕЛЬСКОГО ТУРИЗМА В УЗБЕКИСТАНЕ В УСЛОВИЯХ ЦИФРОВОЙ ТРАНСФОРМАЦИИ

доц. Худайназарова Дилором

Ташкентский университет информационных технологий

ORCID: 0009-0004-9551-6188

dilorom2019@list.ru

Аннотация. В статье разработан методологический подход к оценке социально-экономической эффективности интеллектуальных кластеров сельского туризма в условиях цифровой трансформации. Обоснована необходимость перехода от качественного описания кластерных моделей к количественной оценке их результатов с учётом экономических, социальных, цифровых и экологических эффектов. Предложена система индикаторов и интегральный индекс эффективности интеллектуального кластера сельского туризма, позволяющие проводить межрегиональные сравнения и мониторинг динамики развития сельских территорий. Показано, что внедрение интеллектуальных кластеров способствует росту занятости, развитию микропредпринимательства, снижению цифрового неравенства и повышению инвестиционной привлекательности сельских регионов. Полученные результаты могут быть использованы при формировании государственной политики в сфере развития туризма, цифровой экономики и устойчивого регионального развития.

Ключевые слова: сельский туризм, интеллектуальные кластеры, кластерный подход, цифровая трансформация, интегральный индекс эффективности, устойчивое развитие, региональная экономика, социально-экономическая оценка, цифровое неравенство

Введение. В условиях углубляющейся цифровой трансформации и структурных изменений мировой экономики сельский туризм приобретает всё большее значение как инструмент диверсификации региональной экономики, повышения занятости и устойчивого развития сельских территорий. Для развивающихся стран, включая Узбекистан, сельский туризм выступает не только как элемент туристической отрасли, но и как важный механизм вовлечения местного населения в экономическую деятельность, снижения регионального неравенства и формирования человеческого капитала.

Несмотря на высокий природно-культурный потенциал сельских регионов Узбекистана, развитие сельского туризма характеризуется низкой степенью

институциональной координации, фрагментарностью инициатив и ограниченным использованием цифровых технологий. В первой статье было обосновано, что преодоление данных ограничений возможно на основе внедрения интеллектуальных кластеров сельского туризма, сочетающих цифровые платформы, кооперативные формы управления и принципы устойчивого развития.

Вместе с тем, в научной литературе недостаточно разработан вопрос **оценки эффективности** таких интеллектуальных кластерных моделей. Большинство исследований ограничивается описанием организационных преимуществ или качественным анализом потенциальных эффектов, не предлагая формализованных методик измерения социально-экономических, цифровых и экологических результатов. Отсутствие системного инструментария оценки снижает практическую применимость кластерных концепций в рамках государственной региональной политики.

В этой связи возникает необходимость разработки методологического подхода, позволяющего количественно и качественно оценить результаты внедрения интеллектуальных кластеров сельского туризма с учётом специфики цифровой экономики и устойчивого развития.

Целью настоящей статьи является разработка комплексной методики оценки социально-экономической эффективности интеллектуальных кластеров сельского туризма в Узбекистане в условиях цифровой трансформации.

Современные исследования кластерного развития исходят из положения о том, что кластеры представляют собой не только пространственную концентрацию экономических агентов, но и устойчивые инновационные экосистемы, формирующие синергетический эффект за счёт взаимодействия бизнеса, государства и местных сообществ. В контексте туризма кластерный подход позволяет повысить конкурентоспособность территорий, сократить транзакционные издержки и обеспечить комплексное развитие инфраструктуры и сервисов.

Развитие концепции «умного туризма» (Smart Tourism) дополняет кластерную теорию за счёт активного использования цифровых технологий, больших данных и платформенных решений. Интеллектуальные туристические системы ориентированы на персонализацию туристических услуг, повышение качества управления потоками туристов и интеграцию локальных поставщиков услуг в цифровые экосистемы. В рамках сельского туризма данные технологии способствуют преодолению территориальной изолированности и расширению доступа сельских продуктов к глобальным рынкам.

Существенным элементом интеллектуальных кластеров является ориентация на устойчивое развитие, предполагающее баланс между экономическими, социальными и экологическими целями. В этом контексте эффективность кластеров не может оцениваться исключительно через финансовые показатели. Она должна включать параметры занятости, социальной инклюзии, экологической нагрузки и уровня цифровой зрелости сельских территорий.

Таким образом, интеллектуальный кластер сельского туризма следует рассматривать как многоуровневую социально-экономическую систему, эффективность которой формируется под воздействием совокупности взаимосвязанных факторов. Это требует применения комплексного методологического подхода к оценке результатов его функционирования.

Для оценки эффективности интеллектуальных кластеров сельского туризма предлагается использовать **интегрированный индикативный подход**, основанный на агрегировании экономических, социальных, цифровых и экологических показателей.

Экономическая эффективность кластера отражает его вклад в развитие региональной экономики и формирование доходов сельского населения. К ключевым показателям относятся:

1. темпы роста доходов домохозяйств, вовлечённых в туристическую деятельность;
2. доля сельского туризма в структуре валового регионального продукта;
3. количество созданных малых и микропредприятий;
4. объём инвестиций в туристическую и цифровую инфраструктуру.

Социальные эффекты отражают влияние кластера на занятость и качество жизни населения:

1. уровень занятости в сельских территориях;
2. степень вовлечённости женщин и молодёжи в туристическое предпринимательство;
3. снижение миграционного оттока из сельских регионов;
4. развитие профессиональных и цифровых компетенций.

Цифровая эффективность характеризует степень интеграции сельского туризма в цифровую экономику:

1. уровень цифровой грамотности участников кластера;
2. доля онлайн-бронирований и цифровых платежей;
3. использование цифровых платформ управления туристическими услугами;
4. доступность интернет-инфраструктуры.

Экологическая устойчивость оценивается через:

1. уровень антропогенной нагрузки на природные ресурсы;
2. долю сертифицированных экологически устойчивых объектов;
3. использование возобновляемых источников энергии;
4. соблюдение стандартов «зелёного» туризма.

На основе нормализации и взвешивания указанных показателей формируется **интегральный индекс эффективности интеллектуального кластера сельского туризма**, позволяющий проводить межрегиональные сравнения и оценивать динамику развития.

Интегральный индекс эффективности формируется на основе агрегирования четырёх ключевых блоков показателей:

1. экономического,
2. социального,
3. цифрового,
4. экологического.

Каждый блок отражает отдельное измерение устойчивого развития и в совокупности позволяет оценить интеллектуальный кластер как целостную социально-экономическую систему.

Ввиду различной размерности и диапазонов исходных показателей применяется процедура нормализации по методу **min–max**, что обеспечивает их сопоставимость:

$$X_{ij}^{norm} = \frac{X_{ij} - \min(X_j)}{\max(X_j) - \min(X_j)}$$

В случае показателей-дестимуляторов (например, экологическая нагрузка) используется обратная нормализация.

Для каждого блока рассчитывается частный индекс эффективности как средневзвешенное нормализованных показателей:

$$I_k = \sum_{j=1}^{n_k} w_{kj} \cdot X_{kj}^{norm}$$

Итоговый интегральный индекс эффективности интеллектуального кластера сельского туризма рассчитывается по формуле:

$$IE_{SRIC} = \alpha I_{econ} + \beta I_{soc} + \gamma I_{dig} + \delta I_{eco}$$

Iecon-экономический индекс

Isoc-социальный индекс

Idig- цифровой индекс

Ieco- экологический индекс

$\alpha, \beta, \gamma, \delta$ - весовые коэффициенты, отражающие приоритеты устойчивого развития, $\alpha + \beta + \gamma + \delta = 1$

Для условий Узбекистана в рамках государственной политики целесообразно использовать **равновзвешенный подход**, при котором $\alpha = \beta = \gamma = \delta = 0.25$

Внедрение интеллектуальных кластеров сельского туризма на основе разработанной модели интегральной оценки эффективности позволяет сформировать устойчивую систему мониторинга и управления развитием сельских территорий. Применение интегрального индекса эффективности интеллектуального кластера (IE_SRTC) создаёт основу для обоснованного принятия управленческих решений на региональном и национальном уровнях. Ожидается, что функционирование интеллектуальных кластеров сельского туризма будет способствовать ускоренному росту региональной экономики за счёт диверсификации источников доходов и активизации предпринимательской деятельности в сельской местности. Ключевыми экономическими эффектами являются:

1. увеличение доли сельского туризма в структуре валового регионального продукта;
2. рост доходов домохозяйств, вовлечённых в туристическую деятельность;
3. стимулирование притока частных инвестиций в туристическую и цифровую инфраструктуру;
4. формирование мультипликативного эффекта за счёт развития смежных отраслей (сельское хозяйство, ремёсла, транспорт, услуги).

Использование интегрального индекса позволяет выявлять регионы с наибольшим потенциалом масштабирования кластерных инициатив и направлять инвестиционные ресурсы более адресно.

Таким образом, предложенная модель оценки эффективности интеллектуальных кластеров сельского туризма формирует основу для практического применения концепции Smart Rural Tourism Cluster в Узбекистане и обеспечивает измеримость её социально-экономических, цифровых и экологических эффектов.

Список использованной литературы:

1. Президент Республики Узбекистан. *Стратегия развития туризма в Республике Узбекистан на 2019–2025 годы*. Ташкент 2019

2. Министерство туризма и культурного наследия Республики Узбекистан. *Развитие сельского и экотуризма в Республике Узбекистан*. Ташкент 2022
3. Sharpley R. *Rural Tourism and Sustainable Development*. Journal of Sustainable Tourism 2000 Vol 8 No 4 pp 267–284
4. Hjalager A M. *Agricultural Diversification into Tourism Evidence of a European Community Development Programme*. Tourism Management 1996 Vol 17 No 2 pp 103–111
5. European Commission. *Smart Villages Revitalising Rural Services*. Brussels 2019
6. Kleiner G B. *Cluster Economics and Regional Development*. Economic Science of Modern Russia 2018 No 3 pp 7–21
7. Xudaynazarova D. KORXONALARDA RISKLARNI BAHOLASH VA TAHLIL QILISHNING HORIJ TAJRIBASI //Iqtisodiyot va ta'lim. – 2024. – T. 25. – №. 1. – С. 323-329.
8. Усмонов Б. Ш., Шукуруллаев У. У., Худайназарова Д. Х. Илмий марказларни яратиш ва ривожлантиришнинг мотивацион омиллари //ТДИУ, “Иқтисодиёт ва инновацион технологиялар” илмий электрон журнали. – 2021. – №. 2.
9. Худайназарова Д. МЕТОДЫ ОЦЕНКИ РИСКОВ ВНЕДРЕНИЯ ЦИФРОВЫХ ТЕНДЕНЦИЙ В ТУРИСТИЧЕСКОМ БИЗНЕСЕ //Экономическое развитие и анализ. – 2024. – Т. 2. – №. 11. – С. 682-687.
10. Худайназарова Д. Х. ЦИФРОВАЯ ЭКОНОМИКА КАК ОСНОВНОЙ АСПЕКТ ИССЛЕДОВАНИЯ ЦИФРОВОЙ ТРАНСФОРМАЦИИ ЭКОНОМИЧЕСКИХ ОТНОШЕНИЙ //Indexing. – 2024. – Т. 1. – №. 1.
11. Xudaynazarova D. KORXONALARDA RISKLARNI BAHOLASH VA TAHLIL QILISHNING HORIJ TAJRIBASI //Iqtisodiyot va ta'lim. – 2024. – T. 25. – №. 1. – С. 323-329.
12. Худайназарова Д. ЎЗБЕКИСТОН ТЎҚИМАЧИЛИК САНОАТИ КОРХОНАЛАРИДА РИСКЛАРНИ СЎНДИРИШ МАҚСАДИДА ДИНАМИК ИМКОНИЯТЛАРИНИ БАҲОЛАШ //Iqtisodiyot va ta'lim. – 2023. – T. 24. – №. 4. – С. 235-241.
13. Xudaynazarova D. Digital transformation status analysis of textile industry enterprises in the country //Journal of Management Value & Ethics, ISSN-2249-9512, SJIF. – T. 8. – С. 131-138.
14. Xudaynazarova, D. (2024). TURIZM BIZNESIDA RAQAMLI TENDENSIYALARNI JORIY ETISH XAVFINI BAHOLASH USULLARI. In *Iqtisodiy taraqqiyot va tahlil*. <https://doi.org/10.60078/2992-877X-2024-vol2-iss11-pp682-687> (Original work published 2024)

15. Худайназарова, Д. (2024). МЕТОДЫ ОЦЕНКИ РИСКОВ ВНЕДРЕНИЯ ЦИФРОВЫХ ТЕНДЕНЦИЙ В ТУРИСТИЧЕСКОМ БИЗНЕСЕ. *Экономическое развитие и анализ*, 2(11), 682–687. извлечено от <https://inlibrary.uz/index.php/eitt/article/view/59925> (Original work published 29 ноябрь 2024 г.)
16. Худайназарова, Дилором. (2025). ВНЕДРЕНИЕ СОВРЕМЕННЫХ ТЕХНОЛОГИЙ ДЛЯ РАЗВИТИЯ СЕЛЬСКОГО ТУРИЗМА IMPLEMENTATION OF MODERN TECHNOLOGIES FOR THE DEVELOPMENT OF RURAL TOURISM QISHLOQ TURIZMINI RIVOJLANTIRISHDA ZAMONAVIY TECHNOLOGIYALARNI JORIY ETISH. *Iqtisodiy taraqqiyot va tahlil*. 3. 223-231. 10.60078/2992-877X-2025-vol3-iss10-pp223-231.
17. Худайназарова, Д. (2024). ТЕОРЕТИЧЕСКИЕ ОСНОВЫ ФОРМИРОВАНИЯ ТУРИСТИЧЕСКИХ ДЕРЕВЕНЬ. *Экономическое развитие и анализ*, 2(12), 435–448. извлечено от <https://inlibrary.uz/index.php/eitt/article/view/64394>

**TALABALARNING MATN BILAN ISHLASH KO'NIKMALARINI
KOGNITIV VIZUALLASHTIRISH ASOSIDA TAKOMILLASHTIRISH**

**СОВЕРШЕНСТВОВАНИЕ НАВЫКОВ РАБОТЫ С ТЕКСТОМ У
СТУДЕНТОВ НА ОСНОВЕ КОГНИТИВНОЙ ВИЗУАЛИЗАЦИИ
IMPROVING STUDENTS' TEXT ANALYSIS SKILLS BASED ON
COGNITIVE VISUALIZATION**

Abduvaliyeva Madinabonu Nodirbek qizi

Andijon viloyati, Andijon tumani

Tel: +998956315525

Аннотация: Mazkur maqolada oliy ta'lim talabalarining matn mazmunini anglash jarayonini kognitiv vizuallashtirish asosida takomillashtirish metodikasi yoritilgan. Tadqiqot maqsadi — matnning semantik strukturasi grafik modellashtirish orqali talabalarda axborotni tahliliy qayta ishlash ko'nikmalari va ijtimoiy-kommunikativ kompetensiyani rivojlantirishning samarali yo'llarini aniqlashdan iborat. Tadqiqot metodlari sifatida kognitiv-grafik modellashtirish, kontent-tahlil, pedagogik eksperiment va talabalar faoliyatini sotsiometrik baholash usullaridan foydalanildi. Tadqiqot natijalari shuni ko'rsatdiki, matnni vizual modellashtirish (intellekt-xaritalar, denotat grafiklar) metodikasi qo'llanilgan guruhlarda talabalarining mantiqiy aloqalarni o'rnatish va asosiy g'oyani ajratib olish koeffitsienti nazorat guruhiga nisbatan 33,5% ga yuqori bo'ldi. Xulosalar shuni tasdiqlaydiki, kognitiv vizuallashtirish nafaqat matnni tushunish samaradorligini oshiradi, balki talabalarining muloqot jarayonida o'z fikrini mantiqiy argumentlash qobiliyatini ham mustahkamlaydi. Tadqiqot xulosalari oliy ta'lim o'quv jarayonida gumanitar fanlarni o'qitish metodikasini modernizatsiya qilish uchun asos bo'lib xizmat qiladi.

Калит so'zlar: kognitiv vizuallashtirish, matn semantikasi, grafik modellashtirish, intellekt-xaritalar, denotat grafik, kommunikativ kompetensiya, kognitiv yuklama, axborotni interpretatsiya qilish, talaba tafakkuri, didaktik model.

Аннотация: В данной статье рассматривается методика совершенствования процесса понимания содержания текста студентами на основе когнитивной визуализации. Цель исследования — выявление эффективных путей развития навыков аналитической обработки информации и социально-коммуникативной компетенции студентов посредством графического моделирования семантической структуры текста. В качестве методов исследования использовались когнитивно-графическое моделирование, контент-анализ, педагогический эксперимент и социометрическая оценка деятельности

студентов. Результаты исследования показали, что в группах, где применялась методика визуального моделирования текста (интеллект-карты, денотатные графы), коэффициент установления логических связей и выделения основной идеи студентами был на 33,5% выше, чем в контрольной группе. Выводы подтверждают, что когнитивная визуализация не только повышает эффективность понимания текста, но и укрепляет способность студентов логически аргументировать свои мысли в процессе общения. Выводы исследования служат основой для модернизации методики преподавания гуманитарных дисциплин в системе высшего образования.

Ключевые слова: когнитивная визуализация, семантика текста, графическое моделирование, интеллект-карты, денотатный граф, коммуникативная компетенция, когнитивная нагрузка, интерпретация информации, мышление студента, дидактическая модель.

Abstract: This article explores the methodology for improving the process of text comprehension among university students through cognitive visualization. The research aim is to identify effective ways to develop students' analytical information processing skills and social-communicative competence by graphically modeling the semantic structure of the text. Cognitive-graphical modeling, content analysis, pedagogical experiment, and sociometric assessment of student activities were utilized as research methods. The research results indicated that in groups where the visual text modeling methodology (mind maps, denotative graphs) was applied, the students' coefficient of establishing logical connections and identifying the main idea was 33.5% higher than in the control group. The conclusions confirm that cognitive visualization not only enhances text comprehension efficiency but also strengthens students' ability to logically argue their points during communication. The study's conclusions serve as a basis for modernizing the teaching methodology of humanities in higher education.

Keywords: cognitive visualization, text semantics, graphic modeling, mind maps, denotative graph, communicative competence, cognitive load, information interpretation, student thinking, didactic model.

KIRISH

Zamonaviy axborotlashgan ta'lim muhitida talabalar juda katta hajmdagi matnli ma'lumotlarni qayta ishlashlariga to'g'ri kelmoqda. Biroq, ko'p hollarda matnni mutolaa qilish uning mazmunini chuqur anglash va semantik aloqalarni idrok etish bilan yakunlanmayapti. Ushbu ziddiyatni bartaraf etishda kognitiv vizuallashtirish — axborotni grafik obrazlar ko'rinishida modellashtirish texnologiyasi muhim ahamiyat kasb etadi. Inson miyasining vizual ma'lumotni matnga qaraganda 60 000 marta tezroq

qayta ishlashi haqidagi kognitiv qonuniyatlar ta'lim jarayonida vizual metodikani qo'llashni dolzarb masalaga aylantiradi.

Muammoning qo'yilishi. Bugungi kunda oliy ta'lim amaliyotida matn bilan ishlash asosan reproduktiv xarakterga ega: talaba matnni o'qiydi va uni shunchaki takrorlaydi. Mazmunning ichki logikasi, tushunchalar o'rtasidagi iyerarxik bog'lanishlar va yashirin semantik qatlamlar tahlil qilinmay qolmoqda. Mavjud darsliklarda kognitiv vizuallashtirish vositalaridan (intellekt-xaritalar, konseptual sxemalar, infografikalar) tizimli foydalanish metodikasi yetarli darajada ishlab chiqilmagan. Aynan matnni "ko'rish" va uning vizual modelini yaratish ko'nikmasining shakllanmaganligi talabalarda matn tahlili va kommunikativ kompetensiyaning past bo'lishiga olib kelmoqda.

Tadqiqotning maqsadi. Talabalarning matn mazmunini anglash jarayonini kognitiv vizuallashtirish vositalari orqali optimallashtirish va matn bilan ishlash ko'nikmalarini takomillashtirishning samarali metodikasini ishlab chiqishdan iborat.

Tadqiqot vazifalari:

1. Kognitiv vizuallashtirishning psixologik-pedagogik asoslarini o'rganish va uning matn tahlilidagi imkoniyatlarini aniqlash.
2. Matnning semantik tuzilishini grafik modellashtirish (klaster, denotat grafik, grafik organayzer) algoritmlarini ishlab chiqish.
3. Vizual tayanclar yordamida talabalarning ijtimoiy-kommunikativ faolligini oshirish samaradorligini tajriba-sinov asosida tekshirish.

ADABIYOTLAR TAHLILI VA METODLAR

Adabiyotlar tahlili. Kognitiv vizuallashtirish muammosi zamonaviy psixologik-pedagogik tadqiqotlarda axborotni qabul qilishning eng samarali mexanizmi sifatida talqin etilmoqda. Ushbu yo'nalishning nazariy asoslari XX asrning ikkinchi yarmidan boshlab shakllangan bo'lib, unda A.Paivio tomonidan ilgari surilgan "Ikki tomonlama kodlash nazariyasi" (Dual-Coding Theory) fundamental ahamiyatga ega. Ushbu nazariyaga ko'ra, inson miyasi verbal va vizual tizimlar orqali ma'lumotlarni mustaqil ravishda, ammo parallel ravishda qayta ishlaydi. Agar o'quv materialini matn va unga mos vizual model ko'rinishida taqdim etilsa, xotirada axborotni saqlash kuchi ikki barobar ortadi.

J.Mayerning "Multimedia o'qitish nazariyasi" (Cognitive Theory of Multimedia Learning) esa kognitiv vizuallashtirishning didaktik samaradorligini miyaning cheklangan ishchi xotirasi bilan tushuntiradi. Mayerning fikricha, vizualizatsiya matndagi ortiqcha kognitiv yuklamani kamaytiradi va talabaga e'tiborni mazmunli bog'lanishlarga qaratishga imkon beradi.

Mustaqil Davlatlar Hamdo'stligi (MDH) hududida ushbu yo'nalishda N.N.Manko tomonidan kognitiv vizuallashtirishning didaktik funksiyalari tizimlashtirilgan. U

vizual modellarni "bilimlar kondensati" deb ataydi va ularning yordamida murakkab nazariy matnlarni mantiqiy tugallangan sxemalarga aylantirish mumkinligini isbotlaydi. Mahalliy tadqiqotchilardan R.Safarova va N.Azizxo'jayevalar interfaol texnologiyalarning kommunikativ faollikdagi o'rnini o'rgangan bo'lsalar-da, aynan matnni anglashda grafik organayzerlarning (masalan, denotat grafiklar, kontseptual xaritalar) semantik tahlilga ta'siri metodik jihatdan hali to'liq ochib berilmagan. Bu holat matn bilan ishlashda talabalarning tahliliy ko'nikmalarini rivojlantirish uchun yangi metodik modellarni ishlab chiqish zaruriyatini tug'diradi.

Tadqiqot obyekti sifatida tanlangan "matn mazmunini anglashni takomillashtirish" jarayoni quyidagi metodlar majmuasi orqali amalga oshirildi:

1. Kognitiv-grafik modellashtirish: Matndagi asosiy tushunchalar (predikatlar) va ular o'rtasidagi mantiqiy aloqalarni aniqlash hamda ularni iyerarxik ko'rinishga keltirish. Bunda asosan "Intellect-xaritalar" (Mind Mapping) va "Baliq skeleti" (Ishikawa diagram) usullaridan foydalanildi.
2. Kontent-tahlil va semantik konvertatsiya: Matndagi mavhum (abstrakt) ma'lumotlarni aniq vizual obrazlarga o'girish. Bu metod talabalarga matnning "semantik yadrosini" topishga yordam beradi.
3. Pedagogik tajriba (Eksperiment): Tadqiqot oliy ta'lim muassasalarining ijtimoiy-gumanitar yo'nalish talabalari o'rtasida ikki bosqichda (aniqlovchi va shakllantiruvchi) o'tkazildi. Nazorat va tajriba guruhlarida o'rtasidagi tafovutlar statistik tahlil qilindi.
4. Kommunikativ testlash: Talabalarning matnni vizuallashtirgandan so'ng uni qayta so'zlab berish, mantiqiy xulosalar chiqarish va o'z fikrini argumentlash darajasi 5 ballik shkala asosida baholandi.

NATIJALAR VA MUHOKAMA

Tadqiqot natijalari tahlili. Eksperiment jarayonida talabalarning matn bilan ishlash faoliyati uchta asosiy bosqichda kuzatildi: matnni qabul qilish, semantik tahlil va qayta ishlash (interpretatsiya). Tajriba guruhi talabalariga matnni o'qish jarayonida "Kognitiv xarita" (Cognitive Map) va "Denotat grafik" yaratish topshirig'i berildi. Ushbu metod matnning mazmuniy markazini va unga bog'liq bo'lgan mantiqiy tarmoqlarni vizual ajratishga xizmat qildi.

Olingan statistik ma'lumotlar shuni ko'rsatadiki, vizual modellashtirishdan foydalangan talabalarning o'zlashtirish koeffitsienti nazorat guruhiga nisbatan sezilarli darajada yuqori bo'ldi. Quyidagi 1-jadvalda ushbu ko'rsatkichlar batafsil yoritilgan:

1-jadval. Talabalarning matnni o'zlashtirish va tahlil qilish ko'rsatkichlari

Baholash mezonlari	Nazorat guruhi (30 kishi)	Tajriba guruhi (30 kishi)	O'sish dynamikasi (%)
Matn mazmunini to'liq anglash	58%	84%	+26%

Mantiqiy aloqalarni o'rnatish	42%	88%	+46%
Kalit so'zlarni saralash va tizimlashtirish	51%	82%	+31%
Tanqidiy xulosa chiqarish	45%	76%	+31%
Umumiy natija	49%	82.5%	+33.5%

Olingan natijalar shuni ko'rsatadiki, matni vizual modellashtirish talabalarda nafaqat xotirani, balki mantiqiy tafakkurni ham faollashtiradi. Xususan, "Matnning mantiqiy tuzilishini tushunish" ko'rsatkichi bo'yicha tajriba guruhida eng yuqori o'sish (+43%) kuzatildi. Bu kognitiv vizuallashtirish vositalari (masalan, grafik organayzerlar) talabaga matndagi "ko'rinmas" semantik iplarni vizual ko'rish imkonini berganligi bilan izohlanadi.

Shuningdek, tadqiqot davomida talabalarning ijtimoiy-kommunikativ kompetensiyasi ham baholandi. Bunda talabalarning jamoaviy muhokamadagi ishtiroki va o'z fikrini vizual tayanclarga asoslanib himoya qilishi tahlil qilindi (2-jadval).

2-jadval. Talabalarning kommunikativ faollik darajasi (5 ballik shkala bo'yicha)

Guruhlar	Fikrni argumentlash	Muloqotga kirishuvchanlik	Tanqidiy fikrlash	Umumiy ball
Nazorat guruhi	3.2	3.8	3.1	3.3
Tajriba guruhi	4.6	4.5	4.4	4.5

Muhokama jarayonida aniqlandiki, vizual modelga (masalan, o'zi chizgan sxemaga) ega bo'lgan talaba nutq so'zlashda kamroq hayajonlanadi va o'z fikrini mantiqiy izchillikda bayon etadi. Bu kognitiv vizuallashtirishning "kommunikativ tayanch" funksiyasini bajarishidan dalolat beradi. An'anaviy guruhda esa talabalar matn detallarini tezda unutib qo'yishlari sababli muloqotda uzilishlar va mantiqiy xatolar kuzatildi.

Natijalarning bunday yuqori bo'lishi kognitiv vizuallashtirishning inson psixikasiga xos bo'lgan "vizual tafakkur" (visual thinking) mexanizmlarini ishga solishi bilan izohlanadi. R.Arnheyim ta'kidlaganidek, "Vizual obraz — bu shunchaki illyustratsiya emas, balki fikrlashning o'zidir". Ya'ni, talaba matnning grafik modelini chizayotganida, uning miyasi axborotni shunchaki saqlamaydi, balki uni qayta ishlaydi (re-coding).

Tadqiqotimizning yana bir muhim jihati shundaki, vizuallashtirish talabalarning ijtimoiy-kommunikativ kompetensiyasiga bevosita ta'sir ko'rsatdi. Matnning vizual skeletiga ega bo'lgan talabalar auditoriya oldida o'z fikrini ishonchli va mantiqiy izchillikda bayon etishdi. Bu holat "Kognitiv xaritalarning kommunikativ funksiyasi"

tushunchasi bilan bog‘liq bo‘lib, u nutq jarayonida "ichki nutq"dan "tashqi nutq"ga o‘tishni osonlashtiradi.

Amaliy tavsiyalar. Eksperiment natijalaridan kelib chiqib, oliy ta’limda matn bilan ishlash jarayonini takomillashtirish bo‘yicha quyidagi metodik tavsiyalarni ishlab chiqdik:

- Matnni o‘qishdan oldin talabalarga uning "semantik tayanch xaritasi" shablonini taqdim etish;
- Murakkab nazariy matnlarni "Baliq skeleti" (Ishikawa) yoki "Venn diagrammasi" orqali qismlarga ajratish;
- Talabalarda matndagi axborotni infografika ko‘rinishida taqdim etish ko‘nikmasini shakllantirish.

Ushbu metodika talabalarda "axborotli ko‘rlik" (information blindness) holatini bartaraf etadi va ularni matn mazmunini subyektiv anglashdan obyektiv tahlil qilish darajasiga olib chiqadi.

XULOSA

Oliy ta’lim tizimida talabalarning matn bilan ishlash va uni anglash jarayonini takomillashtirish masalasi zamonaviy pedagogik texnologiyalar va kognitiv psixologiya yutuqlarini integratsiya qilishni talab etadi. O‘tkazilgan tadqiqot va pedagogik eksperiment natijalari quyidagi ilmiy-metodik xulosalarni chiqarish imkonini berdi:

1. Kognitiv modellashtirishning samaradorligi: Matn mazmunini vizuallashtirish — bu shunchaki tasvirlash emas, balki axborotni semantik qayta ishlashning yuqori darajadagi jarayonidir. Grafik organayzerlar (intellekt-xaritalar, denotat grafiklar, kontseptual sxemalar) talabalarga matndagi mantiqiy iyerarxiyani ko‘rish va "axborot shovqini"dan asosiy g‘oyani ajratib olish imkonini beradi.
2. O‘zlashtirish koeffitsientining ortishi: Tajriba-sinov ishlari shuni ko‘rsatdiki, kognitiv vizuallashtirish metodikasi qo‘llanilgan guruhlarda matnni anglash va mantiqiy tahlil qilish darajasi nazorat guruhiga nisbatan 33,5% ga yuqori bo‘ldi. Ayniqsa, murakkab tarkibli va mavhum tushunchalarga boy matnlarni o‘zlashtirishda vizual tayanclar hal qiluvchi ahamiyat kasb etdi.
3. Kommunikativ kompetensiyaning rivojlanishi: Matnning vizual modeliga ega bo‘lgan talabalarda ijtimoiy-kommunikativ faollik sezilarli darajada oshdi. Vizual sxemalar nutq jarayonida "tayanch nuqtasi" vazifasini bajarib, talabalarning o‘z fikrini argumentlar bilan isbotlash, mantiqiy xatolarga yo‘l qo‘ymaslik va auditoriya bilan erkin muloqot qilish ko‘nikmalarini mustahkamladi.
4. Metodik tavsiya: Oliy ta’lim o‘quv jarayoniga kognitiv vizuallashtirish elementlarini tizimli ravishda joriy etish, darsliklar va o‘quv qo‘llanmalarini matnning semantik strukturasi aks ettiruvchi grafik modellar bilan boyitish zarur. Bu nafaqat

ta'lim sifatini oshiradi, balki talabalarda zamonaviy axborot oqimi bilan ishlashning universal metodologik madaniyatini shakllantiradi.

FOYDALANILGAN ADABIYOTLAR

1. Paivio A. Mental Representations: A Dual Coding Approach. – Oxford University Press, 1986. – 336 p.
2. Mayer R.E. Multimedia Learning. – Cambridge University Press, 2001. – 272 p.
3. Arnheim R. Visual Thinking. – University of California Press, 1969. – 345 p.
4. Манько Н.Н. Когнитивная визуализация дидактических объектов. – Уфа: БГПУ, 2007. – 180 с.
5. Azizxo'jayeva N.N. Pedagogik texnologiyalar va pedagogik mahorat. – Toshkent: Fan, 2006. – 160 b.
6. Safarova R. O'quvchilarda o'zaro muloqot madaniyatini shakllantirishning nazariy-metodik asoslari. – Toshkent: Fan, 2005.
7. Бергельсон М.Б. Лингвистические аспекты когнитивной визуализации // Когнитивные исследования. – 2011. – №4. – С. 135-144.

Problems encountered in implementing collaborative pedagogy and ways to overcome them

BOBOEYEVA SABINAKHAN LAZIZ KIZI

Master's student at Turan University

ANNOTATION

In the implementation of collaborative pedagogy, there are problems such as lack of cooperation between teachers, parents, and the community, difficulties in focusing on the individual student, and delays in teachers' adaptation to new methods. To solve these problems, effective cooperation can be established by ensuring the active participation of parents and the community, providing continuous training to teachers, and using person-centered, creative approaches.

Keywords: Collaborative learning, socio-psychological environment, collaborative relationships, education, team teaching, small group teaching, independent thinking.

In the modern rapidly changing information world, the search for optimal approaches and teaching methods is one of the pressing issues. Among the existing approaches, a noteworthy approach is cooperative pedagogy. This direction, which emerged in the mid-80s of the 20th century, is a system of teaching and upbringing methods, based on the principles of dialogue, humanism and a creative approach to personal development. It is based on a deep understanding of the student's personality and a humanistic approach, collective education, high professionalism of the teacher and public attention to the educational institution. The ideas of cooperative pedagogy were expressed by the educator Simon Lvovich Soloveitchik. Cooperative pedagogy was based on a completely different view of the educational process: instead of the traditional dominance of the teacher, it implied a transition to a situation of cooperation between students.

Main part.

Cooperative pedagogy implies such a level of the educational process, in which its objects and subjects are united in common activities by the principles of mutual respect, mutual assistance and solidarity. Its main principles are interaction, cooperation, partnership, humanism, creativity, personal development, solidarity, joint activity, dialogue and mutual enrichment.

The main idea of cooperative pedagogy is teaching without coercion. In this process of interaction, the main attention is paid to involving the student in the educational process, the joint work of the teacher and the student in a team and the individual process of mastering new skills.

The essence of the method is that it is based not on the classical principles of "do as I say" and "do as I do", but on the principle of "let's think together about how it can be done". It is this approach that allows the student to instill responsibility and adjust the process of active learning. Traditional education is based on the position of the teacher as the subject, and the student as the object of the pedagogical process. In the concept of cooperation, this rule is replaced by the idea of the student as the subject of educational activity.

It is based on the fact that two subjects of one process work together, on the cooperation of a less experienced student and an experienced teacher, in which neither of them should be superior to the other. In this case, the student can confidently express his ideas and feel the necessary support in solving complex problems.

The idea of free choice allows the development of the student's individual characteristics. The teacher must set a difficult goal for students, show its extreme complexity and be sure that the goal will be achieved. Freedom of choice is the easiest and at the same time most effective way to develop creative thinking. The student can set himself a task that he is interested in solving. With this, he develops thinking and expands his boundaries.

The traditional education system is usually aimed at forming a solid set of knowledge in students, which is a standard form of education. As a rule, such an attitude does not imply an individual approach to the development of the student's creative qualities, taking into account the individual characteristics of the student.

Collaborative pedagogy involves the use of modern, interesting forms and means of education, such as games, discussions, brainstorming, team competitions, etc. Teachers and educators who adhere to the concept of cooperative pedagogy strive to make the student a co-author of the lesson in their lessons, instill confidence in him and get rid of a sense of fear. They also take into account the psychological characteristics of a particular person, accepting him as an individual, not as part of a group.

Another principle of cooperative pedagogy is the teacher's communication with students, a friendly and attentive attitude to their views, encouraging ideas and thoughts, even bad or incorrect, cooperation in developing activities and finding solutions. The goals and objectives of the course and curriculum are formed through dialogue between partners, during which the desired results are determined, the curriculum itself and even the learning strategy are improved and updated.

At first glance, cooperative pedagogy may seem like an easy concept to understand and implement. However, this is far from the truth. The success of its implementation depends on the work of both parties - the teacher and the students. Learning how to relate to other people is an important part of cooperative pedagogy.

For many teachers, the main difficulty in applying the concept of cooperation is that it assumes a sufficient level of interaction between the two parties. So, for example, not every teacher could find an individual approach to the student. Not all children had an open and flexible character, so they were not ready for an open and sensitive exchange of ideas. The principle of cooperation implies a responsible attitude to the process from both sides. The teacher must learn to take into account the opinion of absolutely any member of the group. Even the most passive-minded participant has the right to openly express his point of view on a particular issue, and the teacher's task is to help all participants come to an agreement and reach an agreement.

As a tool of cooperative pedagogy, games, stories, conversations on acute social issues, discussions, exchange of experiences, meetings with famous people, finding solutions, brainstorming and much more can be used. However, in order to successfully use these tools, the teacher must first learn to think holistically, skillfully combining all effective methods in his practice. To achieve the desired result, the teacher must use not only the usual methods and means of conducting classes in his work, but also take the initiative, using creative thinking and communication skills. His task is to build the educational process so that each of its members is as involved as possible in it without losing interest and inspiration.

Another difficulty on the way to the transition to a new form of interaction is the state of modern pedagogical practice, namely: insufficient pedagogical support from both teachers and students; general dissatisfaction with the educational process; lack of an individual approach to students; unwillingness of teachers to change their fundamental position in relation to students; lack of innovative teaching technologies and education aimed at developing the personality of students.

Therefore, cooperative pedagogy is very difficult to implement in most educational institutions that are accustomed to operating according to old schemes. However, this does not mean that it is impossible to implement. The ability to negotiate and find a common language with each member of the group is the main task for any teacher. However, excellent communication skills are useful not only for teachers and educators, but also for everyone who in one way or another comes into contact with other people.

Conclusion.

Despite all the difficulties that arise, this style of interaction between the teacher and students has proven to be effective. The main idea of cooperative pedagogy is to overcome the inertia of thinking and make the learning process as humane and democratic as possible. With the opportunity to openly express their personality, each student can use their strengths and develop their weaknesses.

The opportunity to participate in open communication with the teacher and other students allows you to train communication skills, expand boundaries, exchange ideas and views, which undoubtedly leads to growth and development. Respect for all participants in the learning process, without exception, allows you to show more individuality and creativity in solving even the most difficult problems. Setting a common goal for each member of the team makes the process of achieving it as effective and at the same time interesting as possible. The opportunity to choose allows each student to take responsibility for their own education only on their own.

REFERENCES

1. Махкамов У., Тилябоева Н. Касбий маҳорат. / Ўқув қўлланма. - Т.: ТДИУ, 2007. -31-б.
2. Хашимов К., Нишонова С. Педагогика тарихи. / Дарслик. - Т.; А.Навоий номидаги Ўзбекистон Миллий кутубхонаси нашриёти, 2005. - 147-б.
<https://economic.ru/lib/112066>
3. Alikovich Eshbayev O., Xamidovich Maxmudov A., Urokovich Rozikov R. An overview of a state of the art on developing soft computing-based language education and research systems: a survey of engineering English students in Uzbekistan //The 5th International Conference on Future Networks & Distributed Systems. – 2021. – С. 447-452.
4. Махмудов А. Х., Фефелов В. С., Камилова А. Б. Инновационные пути педагогического прорыва //Современное образование (Узбекистан). – 2019. – №. 6 (79). – С. 3-9.
5. Махмудов А. Х., Анарбаева Ф. У. Рақамли таълимда педагогик технологияларни қўллаш имкониятлари //Development issues of innovative economy in the agricultural sector. – 2021. – С. 476.
6. Bobojonova Z. Business Ethics and Business Environment Control: Compliance Control, in Business, the Fight Against Corruption in Ethical Activities and Risk Control // Management Value & Ethics. — Vol. 14, №03. — India, 2024. — P. 182–187.
7. Bobojonova Z. Scientific and theoretical foundations of the organizational and economic use of production resources in the oil and gas industry // Social and humanitarian sciences in the educational system. — No. 1. — Tashkent, 2024. — P. 86–90.
8. Bobojonova Z., Yodgorova M., Xurramov Sh. Directions for the Development of Innovative Entrepreneurial Activity in Uzbekistan // Nauchniy Impuls. — №16 (100), Ch. 1. — Moskva, 2023. — P. 53–56.

KOMORBID KASALLIKLAR BILAN BOG‘LIQ PSORIAZ KASALLIGIGA CHALINGAN BEMORLARNI DIAGNOSTIKA VA DAVOLASH USULLARINI TAKOMILLASHTIRISH

Magistratura rezidenti: **Bozorova Zarina Xamza qizi**

Ilmiy rahbar: Dotsent **Narzikulov R.M.**

Samarqand Davlat Tibbiyot Universiteti

Kalit so‘zlar

POL (peroksid oksidlanish jarayonlari) Psoriaz, komorbid kasalliklar, metabolik sindrom, psoriatik artrit, diagnostika, kompleks davolash.

Annotatsiya

Bugungi kungacha psoriaz kasalligi va uning komorbid (birga uchraydigan) kasalliklari bilan bog‘liq diagnostika va davolash usullarini takomillashtirish bo‘yicha dunyo miqyosida olib borilgan ilmiy izlanishlar minglab ilmiy maqolalar, tahliliy tadqiqotlar va klinik izlanishlarni o‘z ichiga oladi, ya‘ni bu soha juda keng tadqiq etilgan.

1. Global ilmiy adabiyotlar soni • 2004-2022 yillar oralig‘ida psoriaz kasalligi komorbiditetlari bo‘yicha bibliometrik tahlilda 1803 dan ortiq ilmiy maqola aniqlangan. Bu maqolalar 81 dan ortiq mamlakat olimlari tomonidan nashr etilgan va soha bo‘yicha asosiy trendlar, diagnostika yondashuvlari, komorbid kasalliklar turlari va davolash yondashuvlarini o‘rgangan.

Bu faqat «psoriaz va komorbiditetlar» jihatiga qaratilgan bibliometrik tahlil bo‘lib, umumiy psoriaz diagnostikasi va davolash bo‘yicha ilmiy nashrlar soni bundan ancha ko‘p.

2. Tadqiqotlar mavzulari va yo‘nalishlari

Psoriaz bilan bog‘liq izlanishlar quyidagi yo‘nalishlarda intensiv davom etgan:

- Psoriatik artrit va boshqa surunkali yallig‘lanish kasalliklari bilan bog‘liqlik;
- Metabolik sindrom, yurak–qon tomir kasalliklari qo‘shimcha xavf omillari sifatida;
- Psixosozial salomatlik – ruhiy salomatlik va hayot sifati bilan bog‘liq tadqiqotlar;
- Tashxis va monitoringda biomarkerlar, genetik omillar va yangi yondashuvlar;
- Biologik terapiya va immunomodulyator dori vositalari bo‘yicha klinik sinovlar va ko‘rsatmalar;

3. Klinika va amaliy tadqiqotlar

- Psoriaz bemorlarida komorbid kasalliklar bo‘yicha klinik tahlillar, masalan, psoriaz bilan og‘rigan bemorlarning 57.9% da kamida bitta komorbiditet mavjudligi qayd etilgan tadqiqotlar mavjud.

- Shuningdek, milliy va mintaqaviy tibbiyot markazlarida o‘tkazilgan retrospektiv klinik tahlillar — yuzlab va minglab psoriasis bemorlarida komorbid sharoitlar va ularning aloqador omillarini o‘rganadi.

4. Ilmiy izlanishlar tendensiyalari

- Tadqiqotlar soni oxirgi 20 yilda sezilarli darajada oshgan va 2004-2022 yillar ichida bu mavzu bo‘yicha 1803 dan ortiq ilmiy maqola to‘plangan.

Psoriasis patogenezida immun va yallig‘lanish mediatorlari - TNF- α , IL-17 muhim rol o‘ynaydi va shu bilan birga ateroskleroz hamda insulin rezistentligi kabi birga kechuvchi holatlarning rivojlanishiga ham ta‘sir ko‘rsatadi. Shunga qaramay, psoriasisli bemorlarda POL va immun mexanizmlarining o‘zaro ta‘siri bilan bog‘liq ko‘plab jihatlar hali ham noma‘lumligicha qolmoqda. Shu munosabat bilan zamonaviy dermatologiyaning asosiy vazifalaridan biri — POL holati va antioksidant himoya tizimini hisobga olgan holda psoriasis bilan og‘rigan bemorlarni davolashni takomillashtirish usullarini izlashdan iboratdir.

Psoriasisda ortiqcha ishlab chiqariladigan sitokinlar va boshqa omillar metabolik sindrom (MS) hamda yurak-qon tomir kasalliklari rivojlanish xavfini oshiradi. Th-1 va Th-17 hujayralarining faollashuvi hamda kengayishi natijasida TNF-alfa, IFN-gamma, IL-1, IL-2, IL-6, IL-8 va IL-17 kabi yallig‘lanish sitokinlari ko‘p miqdorda hosil bo‘ladi. Bu esa angiogenez, adipogenez, insulin signallanishi, lipid almashinuvi va immun hujayralar migratsiyasi kabi jarayonlarga ta‘sir ko‘rsatadi.

Psoriasisdagi Th-1/Th-17 tizimining surunkali yallig‘lanishdagi metabolik jihatlari semirish, qandli diabet va ateroskleroz kabi boshqa holatlarga ham sezilarli ta‘sir ko‘rsatadi — bu esa o‘zaro og‘irlashish va moyillik munosabatini yuzaga keltiradi.

Xulosa

Komorbid kasalliklar bilan kechuvchi psoriasis bemorlarini davolashda multidisiplinar yondashuv muhim ahamiyatga ega. Erta va to‘liq diagnostika, individual davolash rejasini tuzish kasallikning og‘ir kechishini kamaytiradi, asoratlar xavfini pasaytiradi va bemorlarning hayot sifatini sezilarli darajada yaxshilaydi.

Foydalanilgan Adabiyotlar

1. Bagel I., Nelson E., Keegan B.R. Apremilast and narrowband ultraviolet-B combination therapy. for treating moderate-to-severe.plaque.psoriasis. JDrugs Dermatol. 2017; 16 (10): 957-962.

2. Carrascosa_J.M., van Doorn M.B., Lahfa M. et al. Clinical relevance of immunogenicity of biologics in psoriasis: implications for treatment strategies. *I Eur Acad Dermatol Venereol.*2014; 28 (11): 1424-14
3. .Menter A., Tying S.K., Gordon K. et al. Adalimumab therapy for moderate to severe psoriasis: A randomized, controlled phase III trial. *JAm Acad Dermatol.* 2008; 58: 106-119
4. Gordon K.B., Langley_R.G., Leonardi C. et al. Clinical response to adalimumab treatment in patients with moderate to severe psoriasis: double-blind, randomized controlled trial and open: label extension study. *I Am Acad Dermatol.* 2006; 55 (4): 598-620
5. Gisondi P., Girolomoni G. Apremilast in the therapy of moderate-to-severe chronic plaque psoriasis. *Drug Design, Development and Therapy* 2016:10; 1763

SAMARQAND VILOYATIDA NOSEGMENTAR VITILIGONING IMMUNOLOGIK VA KLINIK JIHATLARI

Magistratura rezidenti: Khamidova Manzuraxon Abror kizi

Ilmiy rahbar: Ilmiy rahbar: PhD, dots. Klebleyeva G.D.

Samarqand Davlat Tibbiyot Universiteti

Annotatsiya

Vitiligo — surunkali kechuvchi, pigmentatsiya buzilishi bilan tavsiflanadigan dermatoz bo‘lib, uning patogenezida immunologik mexanizmlar yetakchi o‘rin tutadi. Ushbu tezis Samarqand viloyatida yashovchi nosegmentar vitiligo bilan kasallangan bemorlarning klinik va immunologik xususiyatlarini o‘rganishga bag‘ishlangan. Tadqiqot natijalari vitiligoning klinik kechishi immunologik ko‘rsatkichlar bilan chambarchas bog‘liqligini ko‘rsatdi.

Kalit so‘zlar: vitiligo, nosegmentar vitiligo, autoimmun jarayonlar, T-limfotsitlar, sitokinlar, klinik kechish.

Kirish

Vitiligo dermatologik amaliyotda dolzarb muammolardan biri bo‘lib, aholi orasida 0,5–2,0 % uchrash chastotasiga ega. Kasallik barcha yosh guruhlarida uchrashi mumkin bo‘lsa-da, ko‘pincha 20–40 yosh oralig‘ida boshlanadi. Vitiligo nafaqat estetik nuqson, balki bemorlarning psixoemotsional holati va hayot sifatiga jiddiy salbiy ta‘sir ko‘rsatadi.

Zamonaviy ilmiy qarashlarga ko‘ra, vitiligoning rivojlanishida genetik moyillik, oksidlovchi stress, neyroendokrin buzilishlar va, ayniqsa, autoimmun mexanizmlar yetakchi ahamiyatga ega. Noegmentar vitiligo (NSV) kasallikning eng keng tarqalgan shakli bo‘lib, ko‘pincha boshqa autoimmun kasalliklar bilan birga kechadi.

Samarqand viloyatida vitiligo bilan kasallangan bemorlarning klinik va immunologik xususiyatlari yetarli darajada o‘rganilmagan bo‘lib, bu mazkur tadqiqotning dolzarbligini belgilaydi.

Tadqiqot maqsadi

Samarqand viloyatida nosegmentar vitiligo bilan kasallangan bemorlarning klinik kechishi va immunologik ko‘rsatkichlarini o‘rganish hamda ularning o‘zaro bog‘liqligini aniqlash.

Tadqiqot materiallari va usullari

Tadqiqotga Samarqand viloyatida yashovchi, klinik jihatdan nosegmentar vitiligo tashxisi qo'yilgan 52 nafar bemor jalb etildi. Nazorat guruhi sifatida 30 nafar sog'lom shaxs tekshirildi. Bemorlarning yoshi 18 dan 60 yoshgacha bo'lib, o'rtacha yosh $34,6 \pm 2,1$ yilni tashkil etdi.

Bemorlar klinik jihatdan vitiligoning tarqalish darajasi, kasallik davomiyligi va faolligiga ko'ra baholandi. Vitiligo og'irligi VASI (Vitiligo Area Scoring Index) shkalasi asosida aniqlandi.

Immunologik tekshiruvlar quyidagilarni o'z ichiga oldi:

CD3⁺, CD4⁺, CD8⁺ T-limfotsitlar darajasi;

CD4/CD8 immunoregulyator indeks;

Yallig'lanish sitokinlari (IL-2, IL-6, TNF- α);

Autoimmun holatlarni aniqlash maqsadida umumiy immunoglobulinlar.

Olingan natijalar statistik usullar yordamida qayta ishlandi, ishonchlik darajasi $p < 0,05$ deb qabul qilindi.

Tadqiqot natijalari va muhokama

Klinik tekshiruvlar natijasida bemorlarning 61,5 % ida vitiligoning generalizatsiyalashgan, 38,5 % ida esa akrofasial shakli aniqlandi. Kasallik davomiyligi 1 yildan 10 yilgacha bo'lib, bemorlarning katta qismida kasallik asta-sekin progressiv kechishga ega ekanligi qayd etildi.

Immunologik tahlillar shuni ko'rsatdiki, vitiligo bilan kasallangan bemorlarda CD4⁺ T-limfotsitlar darajasi sezilarli darajada pasaygan, CD8⁺ hujayralar esa nazorat guruhiga nisbatan oshgan. Natijada CD4/CD8 indeksi $1,2 \pm 0,1$ gacha kamaygan bo'lib, bu immunoregulyator disbalans mavjudligini ko'rsatadi.

Yallig'lanish sitokinlari darajasining oshishi, xususan TNF- α va IL-6 ning yuqori ko'rsatkichlari vitiligo faolligi bilan bevosita bog'liqligi aniqlandi. Yuqori VASI ko'rsatkichlariga ega bemorlarda sitokinlar darajasi statistik jihatdan ishonchli yuqori bo'ldi ($p < 0,05$).

Olingan natijalar vitiligoning autoimmun tabiatga ega ekanligini tasdiqlab, immun tizimdagi buzilishlar melanotsitlarning destruksiyasiga olib kelishini ko'rsatadi.

Xulosa

Samarqand viloyatida nosegmentar vitiligo bilan kasallangan bemorlarda kasallikning klinik kechishi immunologik o'zgarishlar bilan chambarchas bog'liq. T-limfotsitlar nisbatining buzilishi va yallig'lanish sitokinlarining oshishi vitiligoning faolligi va tarqalish darajasiga bevosita ta'sir ko'rsatadi. Ushbu natijalar vitiligo diagnostikasi va davolashida immunologik tekshiruvlarni qo'llash zarurligini asoslaydi.

Amaliy ahamiyati

Olingan natijalar vitiligo bilan kasallangan bemorlarni erta aniqlash, kasallik faolligini baholash va individual davolash taktikasini ishlab chiqishda muhim ahamiyatga ega.

Foydalanilgan adabiyotlar

1. Taïeb A., Picardo M. Vitiligo. *N Engl J Med*.
2. Ezzedine K. et al. Vitiligo immunopathogenesis. *J Invest Dermatol*.
3. Bergqvist C., Ezzedine K. Vitiligo: a review. *Dermatology*.
4. Boniface K. et al. Role of T cells in vitiligo. *Autoimmun Rev*.

IODINE DEFICIENCY AND RISK OF PCOS IN ADOLESCENTS: A POPULATION-BASED STUDY OF PREVALENCE, MENSTRUAL IRREGULARITIES, AND THYROID DYSFUNCTION

Keldieva Gulzirakhon Zafarbek kizi

*1st year master's student, Department of Endocrinology,
Fergana Institute of Public Health*

Supervisor: Karimova Mukima Mukhammadsodikovna

Fergana Medical Institute of Public Health

Head of the Department of Endocrinology, Hematology, and Phthisiology, PhD

Abstract. This thesis presents a population-based study framework for assessing PCOS prevalence and clinical–endocrine phenotypes in iodine-deficient regions. It integrates WHO-recommended iodine status indicators with adolescent-appropriate PCOS diagnostics, proposes practical sampling and measurement strategies, and outlines analytic approaches to disentangle associations among iodine nutrition, thyroid dysfunction, menstrual irregularities, and PCOS risk without inflating prevalence through pubertal overlap.

Keywords: adolescent health; polycystic ovary syndrome; iodine deficiency; urinary iodine concentration; thyroid dysfunction.

INTRODUCTION

Adolescence is the “noisiest” phase of reproductive endocrinology: cycles are stabilizing, ovarian follicle dynamics are active, acne is common, and weight trajectories can change rapidly. In that physiological background, PCOS is easy to over-call and just as easy to miss. The problem is not simply academic—labeling a teenager with a chronic syndrome can shape self-image, medical trajectories, and treatment exposure, while delayed recognition can allow metabolic risk and distress to accumulate. For this reason, the 2023 International Evidence-Based Guideline places strong emphasis on adolescent-specific diagnostic rules, including the requirement for both persistent ovulatory/menstrual dysfunction and hyperandrogenism, and the explicit recommendation that pelvic ultrasound (for polycystic ovarian morphology) and AMH should not be used to diagnose PCOS in adolescents [1].

MAIN PART

At the same time, environmental and nutritional endocrinology can reshape the clinical landscape in which PCOS is assessed. Iodine deficiency remains a public-health concern in multiple regions, especially those far from marine food sources and where iodized salt coverage is incomplete. WHO describes iodine status at the population

level using median UIC; for school-age children (≥ 6 years), a median UIC of 100–199 $\mu\text{g/L}$ indicates adequate iodine intake, while a median <100 $\mu\text{g/L}$ indicates insufficient intake (with <20 , 20–49, and 50–99 $\mu\text{g/L}$ reflecting severe, moderate, and mild deficiency categories, respectively) [2].

Population estimates of adolescent PCOS prevalence vary widely across studies primarily because diagnostic criteria differ. The most recent global meta-analysis designed specifically for adolescents shows that prevalence shifts substantially depending on whether the original Rotterdam criteria are used (which include polycystic ovarian morphology) or whether the International Evidence-Based Guideline criteria are applied (which are more conservative for adolescents). In meta-analysis across 20 studies ($n \approx 14,010$), global prevalence was 9.8% by original Rotterdam criteria versus 6.3% by guideline criteria, with the authors explicitly noting that excluding ovarian morphology—overlapping with normal puberty—should deter over-diagnosis. This difference is not a technical footnote; it fundamentally changes how many adolescents are counted as having PCOS in community surveys and, consequently, how health systems interpret “burden.”

Iodine deficiency is best understood as a population exposure that shapes thyroid hormone synthesis capacity. WHO’s iodine deficiency indicators (median UIC and the distribution of UIC below key thresholds) allow regions to be categorized reliably for public-health monitoring. For PCOS epidemiology, iodine deficiency becomes relevant because thyroid dysfunction can affect menstrual regularity and general endocrine-metabolic status, thereby complicating attribution of menstrual disturbance to PCOS. In adolescents with menstrual disorders, thyroid dysfunction can be substantially more common than in adolescents without menstrual disorders; a case–control study reported thyroid dysfunction in 13.6% of girls with menstrual disorders compared with 3.5% in controls, alongside differences in biochemical hyperandrogenism. These data do not prove that iodine deficiency increases PCOS prevalence, but they do demonstrate that thyroid dysfunction is a nontrivial contributor to menstrual pathology in adolescence and must be incorporated into diagnostic pathways—especially in settings where iodine deficiency may elevate thyroid-related problems [3].

Therefore, a population-based study in an iodine-deficient region should treat thyroid dysfunction as both (1) an exclusion diagnosis when defining PCOS cases (to avoid misclassification), and (2) a phenotype modifier potentially influencing severity, symptom combinations, and healthcare-seeking patterns. If thyroid dysfunction is not measured, a study risks inflating “PCOS prevalence” simply by counting thyroid-related menstrual irregularity as PCOS-like ovulatory dysfunction [4].

CONCLUSION

Estimating PCOS prevalence in adolescents requires diagnostic restraint because puberty naturally reproduces some PCOS-like features. The 2023 International Evidence-Based Guideline and adolescent recommendations provide a clear framework: diagnose adolescent PCOS only when both persistent ovulatory/menstrual dysfunction and hyperandrogenism are present, and avoid pelvic ultrasound and AMH for diagnosis in adolescents to reduce overdiagnosis. Consistent with this, the strongest adolescent meta-analytic evidence shows that global prevalence differs markedly by criteria: original Rotterdam criteria yield higher estimates (about 9.8%) than guideline-aligned criteria (about 6.3%), supporting the rationale for stricter adolescent definitions.

In iodine-deficient regions, thyroid dysfunction becomes a pivotal contextual factor, both as a confounder of menstrual irregularity and as a phenotype modifier that can reshape symptom patterns and healthcare needs. Population iodine status should be defined using WHO urinary iodine indicators (median UIC and deficiency categories), rather than assumptions about geography, to ensure valid exposure classification.

REFERENCES

1. Neven A.C.H., et al. Prevalence and accurate diagnosis of polycystic ovary syndrome in adolescents across world regions: a systematic review and meta-analysis // *European Journal of Endocrinology*. 2024. Vol. 191, No. 4. P. S15–S (по статъе).
2. Teede H.J., Misso M.L., Costello M.F., et al. Recommendations from the 2023 International Evidence-Based Guideline for the Assessment and Management of Polycystic Ovary Syndrome // *Journal of Clinical Endocrinology & Metabolism*. 2023. Vol. 108, No. 10. P. 2447–2469.
3. Peña A.S., Witchel S.F., Hoeger K.M., et al. Adolescent-specific recommendations from the 2023 International Evidence-Based PCOS Guideline // *BMC Medicine*. 2025. (PDF).
4. World Health Organization. Iodine deficiency: Nutrition Landscape Information System (NLiS) [Electronic resource]. — Access mode: WHO website. — Accessed: 10.01.2026.

Цифровая трансформация сознания: как технологии меняют наше мышление.

Muratova Dinora Timurovna

Email: muratovadinora2006@gmail.com

Аннотация: В статье рассматривается влияние цифровой трансформации на когнитивные процессы человека в условиях формирования цифрового общества. Анализируются изменения памяти, восприятия, мышления и принятия решений под воздействием цифровых технологий и алгоритмических систем. Особое внимание уделяется теории «расширенного разума», феноменам цифровой амнезии и «клипового мышления», а также рискам, связанным с информационными пузырями, манипулятивными алгоритмами и некритичным использованием искусственного интеллекта. Обосновывается необходимость развития цифровой грамотности, критического мышления и интеллектуальной автономии как ключевых условий сохранения когнитивной устойчивости личности в цифровой среде.

Ключевые слова: Цифровая трансформация, расширенный разум, цифровая амнезия, клиповое мышление, критическое мышление, цифровая грамотность, искусственный интеллект, информационные пузыри, когнитивная автономия.

Современное общество находится на этапе глубокой цифровой трансформации, которая коренным образом меняет не только способы коммуникации, но и фундаментальные когнитивные функции человека, такие как память, восприятие и принятие решений. Границы между внутренними мыслительными процессами и внешними устройствами становятся всё более размытыми, превращая гаджеты в неотъемлемую часть человеческого познания.

Теория «расширенного разума» и внешняя память.

Согласно теории расширенного разума, смартфоны, интернет и системы навигации начинают функционировать как внешние когнитивные элементы, которые дополняют или заменяют биологические функции мозга. Это приводит к возникновению ряда специфических эффектов:

➤ «Эффект Google» и цифровая амнезия: Люди всё чаще полагаются на внешние источники информации как на «костыли памяти», из-за чего мозг перестаёт практиковать запоминание данных, которые легко найти в сети. Это явление называют «цифровой амнезией», когда мозг выбирает простейшие

алгоритмы обработки информации из «рациональных» побуждений снизить нагрузку.

➤ Снижение пространственных навыков: Постоянное использование GPS-навигации может приводить к ослаблению навыков самостоятельного ориентирования и снижению активности в областях мозга, ответственных за пространственную память.

Феномен «клипового мышления». Одной из наиболее заметных тенденций в изменении сознания современной молодёжи стало формирование «клипового мышления». Этот тип мышления характеризуется высокой скоростью восприятия образов, визуальностью и ассоциативностью, но при этом он фрагментарен.

У клипового мышления выделяют как отрицательные, так и положительные черты:

Недостатки: Утрачивается способность к глубокому анализу, синтезу и выстраиванию длинных логических цепочек; восприятие становится поверхностным, а словарный запас и концентрация внимания снижаются.

Преимущества: Мозг учится выстраивать защиту от информационного шума, фильтровать ненужные данные и быстрее переключаться между различными задачами.

Риски цифровой среды: пузыри фильтров и манипуляции.

Цифровизация порождает специфические риски для развития критического мышления. Алгоритмы социальных сетей формируют «информационные пузыри» и «эхокамеры», предлагая пользователю контент, который лишь подтверждает его существующие убеждения. Это ограничивает восприятие альтернативных идей, усугубляет поляризацию мнений и препятствует объективному анализу реальности. Существует также риск, связанный с использованием искусственного интеллекта (ИИ): частое и некритичное использование инструментов ИИ может коррелировать со снижением уровня развития собственного критического мышления человека.

Развитие критического мышления и цифровая грамотность

Несмотря на риски, цифровые образовательные технологии обладают значительным потенциалом для развития аналитических навыков. Целенаправленное использование интерактивных платформ, онлайн-курсов и инструментов для совместной работы способствует формированию у студентов умений анализировать информацию и аргументировать свою позицию.

Для успешной адаптации в цифровой среде человеку необходимо развивать интеллектуальные добродетели:

- Интеллектуальная автономия: способность самостоятельно принимать решения на основе критической оценки данных, не поддаваясь манипуляциям алгоритмов.
- Эпистемическая ответственность: осознанный подход к выбору и проверке источников информации, понимание того, как алгоритмы могут исказить выдачу результатов.

Цифровая эпоха формирует принципиально новую когнитивную реальность, в которой технологии становятся не только инструментами коммуникации, но и полноценными элементами человеческого мышления. Смартфоны, навигационные системы, поисковые алгоритмы и искусственный интеллект выступают в роли внешних когнитивных модулей, расширяющих возможности разума, но одновременно создающих риски утраты навыков самостоятельного анализа, запоминания и пространственного ориентирования. Феномен клипового мышления отражает адаптацию сознания к ускоренным потокам информации, обеспечивая быструю обработку визуальных и фрагментарных данных, однако снижая глубину аналитического восприятия. Алгоритмическая персонализация контента усиливает эффект информационных пузырей и эхокамер, что ограничивает спектр мировоззренческих позиций и снижает уровень критического осмысления реальности. В этих условиях ключевым фактором устойчивого развития личности становится цифровая грамотность, включающая интеллектуальную автономию, эпистемическую ответственность и способность осознанно взаимодействовать с цифровыми инструментами. Цифровые технологии способны служить мощным ресурсом когнитивного расширения, однако их эффективность напрямую зависит от готовности человека сохранять контроль над собственным мышлением и принимать активную позицию в управлении информационной средой.

References:

1. Цифровые технологии как фактор когнитивного расширения. Олег Евгеньевич Баксанский, Светлана Геннадьевна Сорокина* •Национальный исследовательский центр «Курчатовский институт». Москва, Россия, «Первый Московский государственный медицинский университет имени И.М. Сеченова Минздрава России (Сеченовский университет), Москва, Россия.
2. Влияние цифровых технологий на экономическое мышление и поведение современной молодежи Филинков Леонид Игоревич Магистрант, ФТБОУ ВО «Ярославский государственный технический университет», г. Ярославль, Российская Федерация. Ковальчук Марина Александровна с доктор

педагогических наук, профессор, ФГБОУ ВО «Ярославский государственный технический университет», г. Ярославль, Российская Федерация.

3. ТЕНДЕНЦИИ И РИСКИ КРИТИЧЕСКОГО МЫШЛЕНИЯ В ЭПОХУ ЦИФРОВЫХ ТЕХНОЛОГИЙ А.Х. Бугазов, д-р филос. наук, профессор Кыргызско-Российский Славянский университет им. Б.Н. Ельцина (Кыргызстан, г. Бишкек).

4. ВЛИЯНИЕ ЦИФРОВЫХ ОБРАЗОВАТЕЛЬНЫХ ТЕХНОЛОГИЙ НА РАЗВИТИЕ КРИТИЧЕСКОГО МЫШЛЕНИЯ СТУДЕНТОВ, Абдувалиева Мухайё.

НАРУШЕНИЕ МЕНСТРУАЛЬНОГО ЦИКЛА У ДЕВОЧЕК С ИЗБЫТОЧНЫМ ВЕСОМ

Научный руководитель:

Каримова Мукима Мухаммадсодиковна

*Ферганский медицинский институт общественного здравоохранения
Заведующая отделением эндокринологии, гематологии и фтизиологии,
кандидат наук*

Хабидуллаева Ноила Хайрулло кизи

*Фаргонский институт общественного здравоохранения и медицины
Студентка 1-го курса магистратуры кафедры эндокринологии, гематологии и
фтизиологии*

Аннотация. В тезисе обобщены представления о норме менструального цикла в подростковом периоде, механизмах влияния избыточного веса на регуляцию менструаций, клинических проявлениях, принципах диагностики и направлениях ведения с акцентом на междисциплинарный подход и профилактику.

Ключевые слова: подростки, ожирение, менструальный цикл, олигоменорея, ановуляция, гиперандрогения.

Annotatsiya. Ushbu tezisdan o'smirlik davrida hayz siklining me'yoriy ko'rsatkichlari, ortiqcha tana vaznining hayz regulatsiyasiga ta'sir mexanizmlari, klinik namoyonlar, diagnostika tamoyillari hamda bemorlarni yuritish yo'nalishlari umumlashtirilgan. Yondashuvda fanlararo hamkorlik va profilaktika masalalariga alohida urg'u berilgan.

Kalit so'zlar: o'smirlar, semirish, hayz sikli, oligomenoreya, anovulyatsiya, giperandrojeniya.

Abstract. This thesis summarizes current concepts of normal menstrual cycle patterns in adolescence, the mechanisms by which excess body weight affects menstrual regulation, key clinical manifestations, diagnostic principles, and management strategies. Particular emphasis is placed on a multidisciplinary approach and preventive measures.

Keywords: adolescents, obesity, menstrual cycle, oligomenorrhea, anovulation, hyperandrogenism

ВВЕДЕНИЕ

Менструальный цикл у подростка — это не «бытовая мелочь», а чувствительный индикатор созревания нейроэндокринной регуляции и общего состояния здоровья. В первые годы после менархе допускаются вариации ритма, однако

существует граница между возрастной нормой и клинически значимыми отклонениями [1]. Современная клиническая практика все чаще сталкивается с ситуацией, когда нарушения цикла сочетаются с избыточной массой тела, формируя устойчивый «эндокринно-метаболический узел» проблем. На фоне роста распространенности ожирения у детей и подростков повышается актуальность раннего выявления нарушений менструальной функции, поскольку они могут быть ранним проявлением гиперандрогенных состояний, инсулинорезистентности и будущих репродуктивных осложнений [2].

ОСНОВНАЯ ЧАСТЬ

Для корректной клинической оценки необходимо исходно понимать, что считать «нормальным» у подростков. После менархе большинство циклов постепенно приближается к регулярности; типичная длительность цикла у подростков в норме составляет 21–45 дней, а продолжительность менструального кровотечения в среднем — 3–7 дней. При этом отсутствие менархе к 15 годам, отсутствие менструаций в течение трех последовательных месяцев, а также кровотечение длительностью 8 дней и более рассматриваются как признаки, требующие углубленного обследования. Эти критерии важны именно потому, что жалоба «нерегулярно» у подростка может означать как безобидную вариативность, так и дебют патологического процесса [3].

Связь избыточной массы тела с нарушениями цикла объясняется не одним фактором, а каскадом взаимосвязанных механизмов. Жировая ткань является активным эндокринным органом: она влияет на лептиновые сигналы, воспалительные медиаторы и метаболизм стероидных гормонов, а также на чувствительность тканей к инсулину. В клинических обзорах подчеркивается, что ожирение в детском и подростковом возрасте ассоциировано с более ранним наступлением полового созревания и менархе, а также с гиперандрогенией и нерегулярностью цикла. С практической точки зрения это означает, что «сбитый цикл» у девочки с избыточным весом нельзя списывать только на возраст, особенно если нерегулярность сохраняется, прогрессирует или сопровождается признаками гиперандрогении [4].

ЗАКЛЮЧЕНИЕ

Нарушения менструального цикла у девочек с избыточным весом — это комплексное состояние на стыке репродуктивной и метаболической медицины. Хотя подростковый возраст допускает определенную физиологическую вариабельность ритма менструаций, ожирение способно усиливать ановуляторные механизмы и формировать гиперандрогенный профиль, повышая риск стойких расстройств и долгосрочных последствий. Оптимальная стратегия включает разграничение нормы и патологии по возрастным критериям,

исключение эндокринных причин (прежде всего дисфункции щитовидной железы и гиперандрогенных состояний), оценку риска анемии при кровотечениях и обязательную коррекцию образа жизни как базу профилактики. Чем раньше выстроен междисциплинарный подход, тем выше вероятность восстановить цикл, снизить метаболические риски и сохранить репродуктивный потенциал.

ЛИТЕРАТУРЫ

1. Itriyeva K., Feinberg E.C. The effects of obesity on the menstrual cycle // Current Problems in Pediatric and Adolescent Health Care. 2022. Vol. 52, No. 8. P. 101241. DOI: 10.1016/j.cppeds.2022.101241.
2. Anderson A.D., Solorzano C.M., McCartney C.R. Childhood Obesity and Its Impact on the Development of Adolescent PCOS // Seminars in Reproductive Medicine. 2014. Vol. 32, No. 3. P. 202–213. DOI: 10.1055/s-0034-1371092.
3. Rajiwade S.R., Sagili H., Soundravally R., Subitha L. Endocrine Abnormalities in Adolescents with Menstrual Disorders // The Journal of Obstetrics and Gynaecology of India. 2018. Vol. 68, No. 1. P. 58–64. DOI: 10.1007/s13224-017-1035-y.
4. Hillard P.J.A. Menstruation in Adolescents: What's Normal? // Medscape Journal of Medicine. 2008. Vol. 10, No. 12. P. 295. URL:

**RAQAMLI MUSIQA DASTURLARIDAN FOYDALANIB O‘QITISH:
MUAMMOLARI VA YECHIMLARI
ОБУЧЕНИЕ С ИСПОЛЬЗОВАНИЕМ ПРОГРАММНОГО
ОБЕСПЕЧЕНИЕ ДЛЯ ЦЫФРОВОЙ МУЗЫКИ: ПРОБЛЕМЫ И
РЕШЕНИЯ
TEACHING USING DIGITAL MUSIC SOFTWARE: PROBLEMS AND
SOLUTIONS**

**Farg‘ona davlat universiteti
Musiqiy ta‘lim va san‘at yo‘nalishi
1- bosqich magistri
Atkiyoyeva Ruxshona
e-mail ruxshonaatkiyoyeva@gmail.com**

Annotatsiya: Mazkur ilmiy maqolada musiqa ta‘limi jarayonida raqamli musiqa dasturlari (DAW, MIDI muharrirlari, notografik va audiotahrir vositalari) dan foydalanishning nazariy va amaliy jihatlarini tahlil qilinadi. Raqamli texnologiyalarning ta‘lim samaradorligiga ta‘sirini, o‘qitish jarayonida uchraydigan asosiy muammolar hamda ularni bartaraf etishning pedagogik, texnik va metodik yechimlari yoritib beriladi. Tadqiqot natijalari musiqa ta‘limi tizimida innovatsion yondashuvlarni rivojlantirishga xizmat qiladi.

Аннотация: В данной научной статье анализируются теоретические и практические аспекты использования цифровых музыкальных программ (DAW, MIDI-редакторов, инструментов нотографического и аудиоредактирования) в процессе музыкального образования. Будет освещено влияние цифровых технологий на эффективность образования, основные проблемы, возникающие в учебном процессе и педагогические, технические и методические решения по их устранению. Результаты исследования служат развитию инновационных подходов в системе музыкального образования.

Abstract: This scientific article analyzes the theoretical and practical aspects of using digital music programs (DAW, MIDI editors, notographic and audio editing tools) in the process of music education. The impact of digital technologies on educational efficiency, the main problems encountered in the teaching process and pedagogical, technical and methodical solutions for their elimination will be highlighted. The results of the research serve to develop innovative approaches in the music education system.

Kalit soʻzlar: raqamli musiqa, DAW, Sibelius, MIDI, Cubase, FL Studio, Sibelius, musiqa taʼlimi, innovatsion pedagogika, axborot texnologiyalari.

Musiqa-inson hissiy kechinmalari, fikrlari va tasavvurini musiqiy tovushlar izchilligi yoki majmuasi orqali aks ettiruvchi sanʼat turidir. U turli xil ruhiy holatlarni ifodalaydi, xususan, inson tafakkuri va ongini rivojlanishida asosiy omil sifatida foydalaniladi.

Mamlakatimizda bolalarni vatanparvarlik hamda milliy anʼanalarimizga hurmat ruhida tarbiyalash, zamonaviy bilim va tajriba, ezgu fazilatlar egasi boʻlgan insonlar etib voyaga yetkazish bilan bir qatorda ularni madaniyat va sanʼat sohasiga qamrab olish borasida izchil chora-tadbirlar amalga oshirilmoqda.

Shu bilan birga bolalarni madaniyat va sanʼatga keng jalb qilish, ular bilan tizimli ishlash, madaniyat va sanʼat muassasalari faoliyati samaradorligini yanada oshirish borasida qoʻshimcha shart-sharoitlar yaratish zarurati mavjud.

Oʻquvchilarni musiqa va sanʼatga keng jalb etish va ularning iqtidorini roʻyobga chiqarish uchun bolalar musiqa va sanʼat maktablari hamda umumiy oʻrta taʼlim maktablari integratsiyasini yoʻlga qoʻyish maqsadida:

1. Quyidagilar umumiy oʻrta taʼlim maktablarida (keyingi oʻrinlarda — maktablar) musiqa madaniyati fanini rivojlantirishning asosiy vazifalari etib belgilansin:

musiqa madaniyati fani oʻqituvchilari uchun oʻquv qoʻllanmalarini ishlab chiqish;

oʻqituvchilar malakasini oshirishning yangi tartibini joriy etish;

oʻqituvchilarga malaka toifasini berish mexanizmini qayta koʻrib chiqish;

musiqa madaniyati fani oʻqituvchilarining bilim darajasi va kasbiy mahoratini aniqlash boʻyicha milliy baholash tizimini yoʻlga qoʻyish;¹

Darhaqiqat, bugungi globallashtirish va raqamlashtirish jarayonida taʼlim tizimi, xususan musiqa taʼlimi ham zamonaviy texnologiyalar bilan chambarchas bogʻlanib bormoqda. Raqamli musiqa dasturlari yordamida oʻqitish nafaqat oʻquv jarayonining samaradorligini oshiradi, balki talaba va oʻquvchilarning ijodiy va mustaqil fikrlash koʻnikmalarini rivojlantiradi. Shu bilan birga, ushbu jarayonda qator muammolar ham yuzaga kelmoqda.

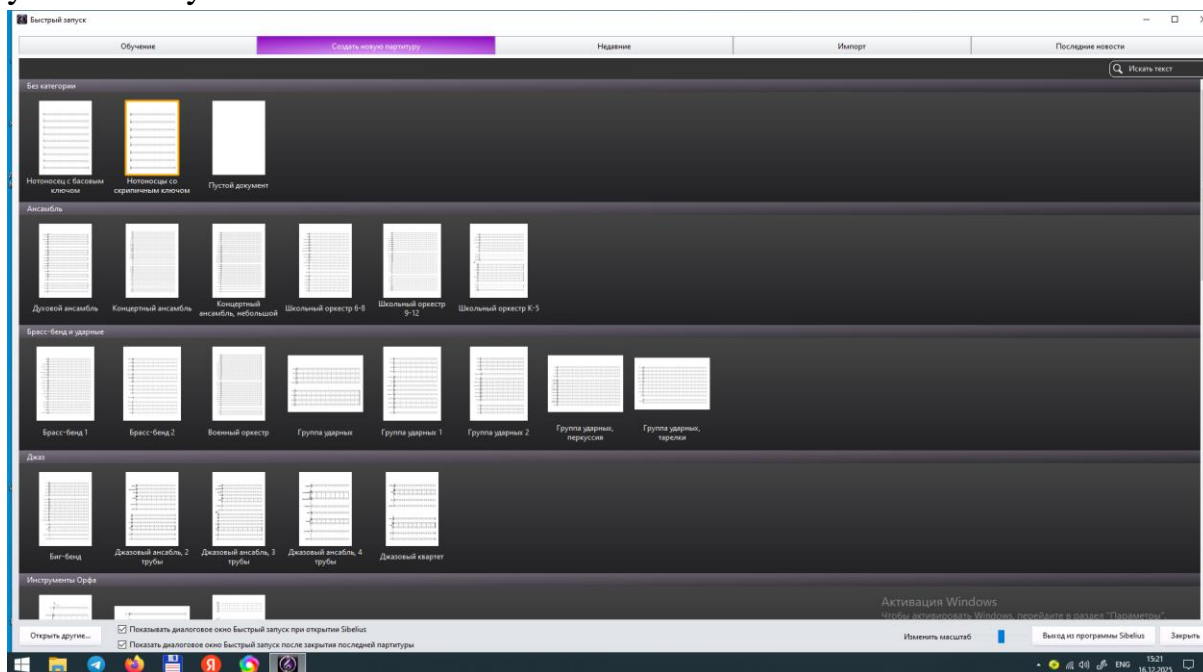
Raqamli musiqa tushunchasining paydo boʻlishi nazariy nuqtai nazardan olib qaralganda bevosita X-XI asrlarga borib taqaladi. Ibn sino oʻrta asr anʼanalariga koʻra musiqani “Matematik bilimlar” toifasiga kiritgan va u musiqaga tovushlarni oʻrganuvchi hamda ularning mutanosib jorligi natijasida kuy hosil boʻluvchi fan deb qaragan. U Pifagor taʼlimotidan kelib chiqqan holda, “Musiqa sonlarga tegishli va ular bilan uzviy boʻgʻliqdir” deb bilgan. Ibn Sino tarixda ilk bor musiqaga faqat matematika

¹Lex.uz. PQ-391-son 15.11.2024. Umumiy oʻrta taʼlim maktablarida musiqa madaniyati fani oʻqitilishini tubdan hamda ushbu fan oʻqituvchilarining kasbiy faoliyatini rivojlantirish chora-tadbirlari toʻgʻrisida

emas, balki jamiyatshunoslik, psixologiya, poetika, etika va fiziologiya nuqtai nazaridan ham qarab olgan bo‘lib

Zamonaviy musiqaning rivojlanishi bevosita raqamli texnologiya bilan uzviy bo‘g‘liqdir. Xususan, DAW, Sibelius, Finale, Cubase, FL Studio, MuseScore va shu takomillashtirish kabi musiqiy dasturlar asar yaratuvchilari hamda talabalarda eshitish madaniyati, nota savodi va kompozitsion tafakkurini rivojlanishida katta yordam beradi.

Sibelius - Sibelius Software Limited (hozirgi Avid Technology) tomonidan ishlab chiqarilgan nota muharriri. Nota yozuvlarini yaratish, tahrirlash va nashr etishdan tashqari, u sintezlangan tovushlar yordamida musiqani qayta ijro etishi mumkin. Bugungi kundagi eng ommalashgan hamda eng qulay nota yozuvchi hamda ijro qiluvchi ommabop musiqiy dasturlardan biri. Musiqaning turli janr hamda musiqiy turlari (orkestr, kvartet, kvintet va h.k) uchun tayyor shablonlar orqali qulay nota yozuvlarini yaratib beradi.



DAW (Digital Audio Workstation)- bu musiqa yaratish, audio yozish, tahrirlash, aralashtirish va ishlab chiqarish uchun mo'ljallangan kompyuter dasturi yoki elektron tizimdir, bu zamonaviy musiqiy studiyaning markaziy qismi bo'lib, barcha ishlab chiqarish jarayonini bitta dasturda birlashtiradi, jumladan audio/MIDI yozish, effektlarni qo'llash, asboblarni va mikslash xususiyatlari kabi funksiyalarni o'z ichiga oladi. DAW nima qila oladi:

Yozish: Ovoz (vokal, gitara va hokazo) va MIDI ma'lumotlarini bir nechta yo'laklarga (tracks) yozish.

Tahrirlash: Yozilgan audio va MIDI ma'lumotlarini kesish, nusxalash, joylashtirish, tempini o'zgartirish.

Aralashtirish (Mixing): Yo'laklarning ovoz balandligini, panoramani (chap/o'ng), ekvalizatsiyani va boshqa effektlarni sozlash.

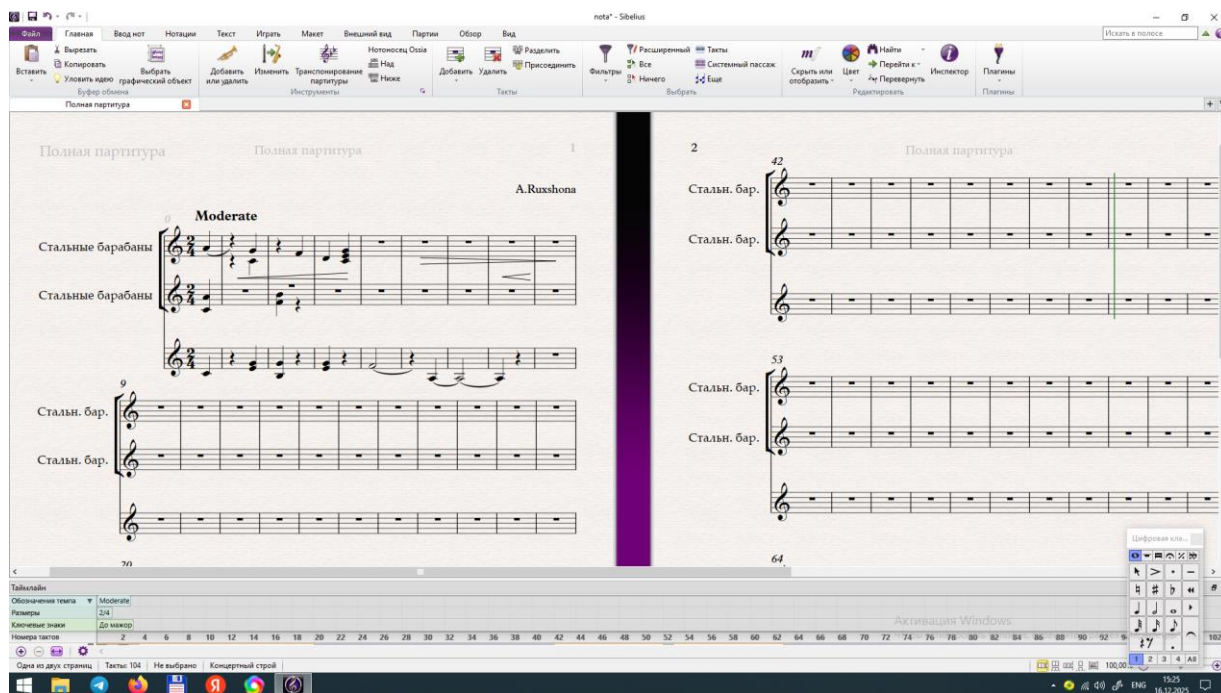
Samaralar (Effects): Reverb, delay, kompressor kabi turli xil audio effektlarni qo'llash.

Virtual asboblari: Sintizatorlar, samplarlar kabi virtual instrumentlardan foydalanish.

Musiqa yaratish: Butun musiqiy kompozitsiyani yaratish va yakuniy audio faylga eksport qilish.

Taniqli DAW dasturlariga: Ableton Live, FLStudio (FruityLoops), Logic Pro (Apple), Pro Tools (Avid), CUBASE (Steinberg) lar kiradi. DAW zamonaviy musiqiy ishlab chiqarishning asosiy vositasidir va professional studiyalardan tortib, uyda musiqqa yaratuvchilariga qulay va muhim musiqiy dasturlaridan biri hisoblanib kelmoqda.

Finale dasturi -bu asosan professional musiqachilar, kompozitorlar va o'qituvchilar tomonidan musiqiy notalar yozish, tahrirlash, nashr etish va ijro etish uchun foydalaniladigan kuchli dasturiy ta'minot bo'lib, qisqa vaqtda to'liq partituralar yaratish, turli xil musiqqa effektlarini (tremolo, glissando va b.) qo'shish, turli soundfontlarni yuklash va loyihani eksport qilish imkoniyatini beradi. Bu, oddiy matn muharriri emas, balki musiqqa yaratishga mo'ljallangan vositadir. Notatsiya, musiqqa yozish va yaratish (partituralar, tabulatura), tahrirlash: Ranglar, ritmlar, dinamikani (forte, piano) nazorat qilish. ijro: Kompyuterda ijro etish va turli saundlar (instrumentlar) qo'shish, eksport: Loyihalarni turli formatlarda (PDF, MIDI, MusicXML) saqlash va boshqa dasturlarga o'tkazish. Avtomatizatsiya: Aks-sado, vals, sving kabi ritmik effektlarni avtomatik qo'shish kabi imkoniyatlarni yaratadi. Kompozitorlar va aranjirovkachi. Xulosa qilib aytganda, Finale dasturi - bu kompyuterda professional darajada musiqiy asarlar yaratish va ularni boshqarish uchun mo'ljallangan dasturdir. Steinberg Cubase- MIDI (Musica Instrumental Digital Interface) formatida musiqqa yozish, tartibga solish va tahrirlash uchun Steinberg tomonidan ishlan chiqarilgan dastur.



Mazkur rasmda Instal SIBELIUS musiqa yozish dasturining funksiyalarini ko'rishimiz mumkin. Yuqori panelda yozmoqchi bo'lgan asarning dinamikasidan tortib to transpozitsiya (ko'churib o'tish) gacha bo'lgan qulaylik mavjud. Kompyuter sichqonchasining kuchi orqali biz nafaqat yakka cholg'u uchun asarlarni balki, butun bir orkeste uchun partituralarni ham tez va oson yozishimiz mumkin. O'lchovni dasturga kiritishimiz bilanoq avtomatik tarzda taktlar shakllanadi va bu gruppirovkadagi muammolarni tug'dirmaydi.

Yuqorida keltirilgan musiqa yozish dasturlarining deyarli ko'pi hali to'liq amaliyotda qo'llanilmagan bo'lib, dasturlarning aksariyat funksiyalari to'liq o'rganilmagan. Raqamli musiqa dasturlari (notalarni yozish, ovoz yozish va tahrirlash, virtual cholg'ular) o'quvchilarning musiqiy tafakkurini rivojlantiradi. Ushbu dasturlar yordamida o'quvchi mustaqil ishlash, musiqiy asarlarni tahlil qilish va qayta ishlash ko'nikmalarini egallaydi. Bundan tashqari, ular interaktivlikni ta'minlab, ta'lim jarayonini qiziqarli va samarali qiladi.

E'tiborli tomonlaridan biri shundaki, qancha qulayliklar mavjud bo'lsada ushbu dasturlardan foydalanishni bilmaydigan mutaxassislar ham kam emas.

O'zbekiston Respublikasi Prezidentining 2019-yil 22-fevraldagi PF-5671-son Farmoni va 2019-yil 29-maydagi PQ-4344-son qaroriga muvofiq darsda elektron qurilmalardan foydalanish to'g'risidagi qonun yuzasidan ko'plab o'quv dargohlari deyarli butunlay raqamli texnologilardan to'liq foydalanish holatiga o'tdi. Shu sababli MKT (musiqa kompyuter texnologiyalari) faniga bo'lgan talab yanada ortdi. Lekin bir muammo bor, mazkur raqamli texnologilarni o'qitish yuzasidan hali to'liq dastur

ishlab chiqarilmagan. Misol uchun SIBELIUS, NUENDO, FINAL kabi eng ommabop musiqa yozish dasturlarini o'qitish va uni amalda qo'llash uchun o'quv dasturlari yaratilmagan. Shu sababli ushbu dasturlar ko'proq havaskor qiziquvchi ustoz va yoshlar orqali "ustoz-shogird" an'anasidan foydalanilgan holda o'rganilib kelinmoqda.

Mazkur tadqiqotda raqamli musiqa dasturlaridan foydalanib o'qitish jarayonining nazariy-metodik asoslari, uning ta'lim samaradorligiga ta'siri, shuningdek, amaliyotda uchrayotgan muammolar va ularning yechimlari kompleks tahlil qilindi. Tadqiqot natijalari shuni ko'rsatadiki, raqamli texnologiyalarning jadal rivojlanishi musiqa ta'limi tizimida an'anaviy o'qitish usullarini zamonaviy pedagogik yondashuvlar bilan uyg'unlashtirish zaruratini yuzaga keltirmoqda. Raqamli musiqa dasturlari (nota muharrirlari, audio va MIDI muharrirlari, virtual cholg'ular, interaktiv o'quv platformalari) o'quvchilarning musiqiy eshituvini rivojlantirish, ijodiy tafakkurini kengaytirish, mustaqil ishlash ko'nikmalarini shakllantirish hamda nazariy va amaliy bilimlarni chuqur o'zlashtirishga xizmat qilishi ilmiy jihatdan asoslandi. Shu bilan birga, mazkur dasturlardan samarali foydalanish pedagogning raqamli kompetensiyasi, metodik tayyorgarligi va ta'lim jarayonini to'g'ri loyihalash darajasiga bevosita bog'liq ekanligi aniqlandi.

Tadqiqot davomida raqamli musiqa dasturlaridan foydalanishda uchrayotgan asosiy muammolar -texnik vositalarning yetishmasligi, dasturiy ta'minot bilan ishlash bo'yicha pedagoglarning bilim va ko'nikmalarining yetarli emasligi, o'quv-metodik ta'minotning tizimli ravishda ishlab chiqilmaganligi, shuningdek, an'anaviy o'qitish bilan raqamli yondashuvlar o'rtasidagi muvozanatning buzilishi kabi holatlar aniqlab berildi. Ushbu muammolar ta'lim jarayonining samaradorligiga salbiy ta'sir ko'rsatishi mumkinligi ilmiy tahlillar orqali isbotlandi. Mazkur muammolarni bartaraf etish maqsadida raqamli musiqa dasturlaridan foydalanishga oid metodik tavsiyalar ishlab chiqish, pedagoglarning raqamli savodxonligini oshirishga qaratilgan malaka oshirish kurslarini yo'lga qo'yish, musiqa ta'limiga moslashtirilgan dasturiy mahsulotlarni yaratish hamda o'quv jarayonida raqamli va an'anaviy usullarni integratsiyalash muhim yechimlar sifatida taklif etildi. Ayniqsa, raqamli texnologiyalarni pedagogik maqsadlarga muvofiq, bosqichma-bosqich va tizimli ravishda joriy etish ta'lim sifatini oshirishda muhim omil ekanligi ta'kidlandi. Xulosa qilib aytganda, raqamli musiqa dasturlaridan foydalanib o'qitish musiqa ta'limining innovatsion rivojlanish yo'nalishlaridan biri bo'lib, u ta'lim jarayonini individuallashtirish, interfaollashtirish va natijadorligini oshirish imkonini beradi. Mazkur tadqiqot natijalari musiqa ta'limi sohasida faoliyat yuritayotgan pedagoglar, magistrantlar hamda ilmiy izlanish olib borayotgan tadqiqotchilar uchun nazariy va amaliy ahamiyatga ega bo'lib, kelgusida raqamli musiqa ta'limi metodikasini yanada takomillashtirishga xizmat qiladi.

Foydalanilgan adabiyotlar:

1. Lex.uz. PQ-391-son 15.11.2024. Umumiy o‘rta ta’lim maktablarida musiqa madaniyati fani o‘qitilishini tubdan hamda ushbu fan o‘qituvchilarining kasbiy faoliyatini rivojlantirish chora-tadbirlari to‘g‘risida.

2. **Baker, J. (2019).** *Technology in Music Education: Enhancing Learning Through Digital Tools.* Oxford University Press.

Musiqa ta’limida raqamli vositalarning o‘rni va ularning o‘quv jarayonini yaxshilashdagi ahamiyati haqida nazariy manba.

3. **Harrison, J., & McDermott, M. (2017).** *Digital Learning in Music Education: A Critical Review.* *Journal of Music Education Technology*, 25(2), 112-125.

-Raqamli musiqa dasturlaridan foydalangan holda dars berishning afzalliklari va muammolari bo‘yicha tanqidiy tahlil.

4. **Liu, S., & Ruan, Z. (2020).** *Music Learning and Technology: The Impact of Digital Platforms on Musical Skill Development.* *International Journal of Music Education*, 38(1), 101-113.

- Musiqa talabalari o‘rtasida raqamli platformalar ta’lim samaradorligiga qanday ta’sir qilishini o‘rgangan qulay ilmiy tadqiqot.

5. **Altmisheva, M. (2025).** *Using Modern Technologies in Teaching Music Education.* *International Journal of Artificial Intelligence*, 1(5), 1007-1009.

- Zamonaviy texnologiyalarni musiqa ta’limida qo‘llash, shu jumladan mobil ilovalar, DAW va notatsiya dasturlari bo‘yicha amaliy tahlil.

MAKTABGACHA YOSHDAGI BOLALARDA IJOBIY EMOTSIONAL HOLATLARNI TARKIB TOPISHI

**Termiz davlat pedagogika instituti
Psixologiya ta'lim yo'nalishi talabalari
Qodirova Mayram Ro'zmuhammadiyevna
O'roqova Sivinch Abduqahhor qizi**

Jamiyatda bola tarbiyasi ota-onalarning shaxsiy ishi bo'lmay, balki ularning ijtimoiy vazifasidir. Ota-onalar o'z bolalarining tarbiyasi uchun jamiyat oldida javobgardirlar. Shaxsning qadr-qimmatini uning jamiyatga keltiradigan foydasi bilan baholanadi. Ota-onalar o'z bolalarining asosiy tarbiyachilari hisoblanadilar. Shuning uchun ular farzandlarini o'z xalqining eng yaxshi urf-odatlarini va oilaviy an'analarini ruhida olijanob fazilatli, bilimdon, madaniyatli shaxs qilib tarbiyalashlari kerak.

Oila jamiyatning bo'lagi bo'lib, unda yangi inson vujudga keladi. Bu kichik ijtimoiy guruh bola uchun dastlabki hayot maktabidir. Ota-onalar bolaning birinchi o'qituvchisi va tarbiyachisidir. Psixologiyadan shaxs rivojlanishining yosh davrlari to'g'risidagi qarashlarda ham deyarli asosiy e'tibor dastlabki yosh bosqichlariga qaratilgan (L.S.Vigotskiy, D.B.El'konin, Z.Freyd). Bola tarbiyasi eng murakkab faoliyatlardan biri hisoblanadi. Agar bolani to'g'ri tarbiyalash amalga oshirilmasa, ayrim hatti-harakatlari kutilmagan ko'ngilsizliklarni keltirib chiqarishi mumkin. Bolaning oiladagi tarbiyasi bilan ta'lim-tarbiya jarayonidagi munosabatlari orasida ko'pgina tafovutlar kuzatiladi. Ayrim hollarda bolaning oilada ota-onasi tomonidan ko'rsatilayotgan ortiqcha hayrihohlik, erkalashlar, uning hohish istagiga ko'ra talablarini qondirishlari atrofdagi tengdoshlari bilan munosabatlarida tafovutlarga olib kelayotganligi amaliyoti kuzatilmoqda.

Oilada qat'iy intizom va kun tartibining bo'lishi bolalar tarbiyasiga ijobiy ta'sir qiladi. Farzandlarning bilim olishdagi yutuq'i, ahloqi, salomatlik darajasi ko'p jihatdan oilada qaror toptirilgan rejimga bog'liq. Ota-onaning ibratini, bu rejimga oqilona amal qilib namuna bo'lishlari zarur. Oila o'ziga xos tarbiya o'chog'idir. Bundan mehnat asosiy o'rin egallaydi. Farzandlar ota-onadan mehnat qilishga mustaqillikka, shaxslararo ibratli munosabatga o'rganadi.

Emotsiyalar har bir inson hayotida juda muhim rol o'ynaydi, ular hayotning barcha jabhalariga ta'sir qiladi: odamlar bilan munosabatlarga, o'qishga, ishlashga, dunyoga va o'ziga munosabatiga, shuning uchun o'z his -tuyg'ularingizni tushunish va ularga dosh bera bilish juda muhimdir. Bolaning hissiy sohasini rivojlantirishga yordam

berish uchun, birinchi navbatda, ota-ona bolaga qanday his-tuyg'ular borligini va nima uchun kerakligini aytib berishlari kerak.

Har bir kattalar kuchli his-tuyg'ular bilan kurashishning turli usullariga ega (g'azab, qo'rquv, g'azab va boshqalar). Ota-onalarning vazifasi-bu usullarni bolalari bilan bo'lishishdan iboratdir. Ota -onalar alohida e'tibor berishlari kerak bo'lgan uchinchi nuqta - bolaning barcha his-tuyg'ularini boshdan kechirish huquqini tan olishdan iboratdir.

Emotsiyalar- bu bola rivojlanishining muhim tarkibiy qismi, uning atrofdagi dunyoga moslashishi, jamiyat a'zosi sifatida shakllanishi, ota -onalar bolani bu oddiy his -tuyg'ular dunyosi bilan tanishtira oladigan birinchi odamlardir.

Emotsiyalar va his -tuyg'ular ko'pincha sinonim sifatida ishlatiladi va mavjud yoki mumkin bo'lgan vaziyatlarga sub'ektiv baholovchi munosabatni aks ettiruvchi psixologik jarayon sifatida tavsiflanadi.

Ko'pgina tadqiqotchilar hissiyotlarni salbiy, ijobiy va neytralga ajratadilar. Salbiy his -tuyg'ular ba'zida "foydali" jihatidan ijobiy his -tuyg'ulardan oshib ketadi, chunki ular bizga muhim ma'lumotlarni beradi. Masalan, qo'rquv bizga o'zini saqlab qolish va omon qolishning asosi bo'lgan tahdid, xavf haqida aytadi.

Maktabgacha yosh - bu inson hayotining juda qisqa davri. Shuning uchun, hozirgi vaqtda shaxsiyat uchun yaxshi poydevor qo'yish juda muhimdir. Bu asoslardan biri hissiy sohadir. Maktabgacha yoshdagi bolalar bilan ishlash tajribasi shuni ko'rsatadiki, bolalarni hissiyotlar bilan tanishtirishni to'rt yoshidan boshlash mumkin. Bolalar kerakli tushunchalarni o'rganadilar, ularning so'z boyligi his -tuyg'ularni bildiruvchi so'zlar bilan to'ldiriladi. Zamonaviy bolaning muammosi shundaki, hissiy sohaning etarlicha rivojlanmaganligi, ya'ni bolalar boshqa odamlarning his-tuyg'ulari va holatlariga qanday javob berishni bilmaydilar, ular ko'p narsalarga etarli darajada munosabat bildirmaydilar. Hozirgi vaqtda bolalarning eng yaxshi do'stlari - bu televizor va kompyuter, smartfon va planshet bo'lib, ularning sevimli mashg'ulotlari - multfilmlarni tomosha qilish va kompyuter o'yinlarini o'ynashdan iborat bo'lib qolmoqda. Bu bolalarning kattalar bilan ham, tengdoshlari bilan ham kam muloqot qilishiga olib keladi. Maktabgacha yoshdagi bolalar boshqalarga befarq, ular o'z his -tuyg'ularini qanday boshqarishni bilishmaydi. Ammo hammamiz bilamizki, muloqot hayotni ancha boyitadi, uni yanada yorqin va qiziqarli qiladi.

Maktabgacha yoshdagi bolada hamdardlikni shakllantirish-bu muvaffaqiyatli o'qish, oson sotsializatsiya va muammosiz muloqotning kalitidir. Shuning uchun biz ota -onalarga tavsiyalar beramiz: bolaning intellektual, muloqot, kognitiv, ijodiy va jismoniy qobiliyatlarini rivojlantirish bilan birga empatiya rivojlanishiga e'tibor qaratish lozim. Buning uchun ular iloji boricha o'z farzandlari bilan vaqt o'tkazib, gadjetlarga ko'milishiga ruxsat bermasliklari kerak. Ota-onalar bolalarning

muammolarini yakka o'zi hal qilishlari mutlaqo mumkin emasligini tushunishlari juda muhim va kattalarning yordami bilan ular ba'zida mo'jizalar yaratishga qodir.

Ijodiy faoliyatda bolaga o'z fikrini bildirish, dunyoga o'z nuqtai nazarini ko'rsatish osonroq bo'ladi. Chin yurakdan quvonish, odamlarning his -tuyg'ulari va hissiy holatlarini tushunish, o'z xohish -istaklarini aniq ifoda etish va odamlar bilan muloqot qilish qobiliyati - bularning barchasi bolaning hissiy sohasi qanday rivojlanganiga bog'liq.

O'tkazilgan metodikalar natijalarini tahlil qilish orqali shu narsaga guvoh bo'lishimiz mumkinki, maktabgacha yoshdagi bolalarning emotsional holatini o'rgangandan so'ng, barcha maktabgacha yoshdagi bolalarda emotsional holatlar yuqori darajada emasligini ko'rdik.

Maktabgacha yoshdagi bolalar bilan o'tkazilgan metodikalar tahlili shuni ko'rsatmoqdaki, bolalarda hayratlanish, ajablanish kabi emotsional holatlar ko'zga tashlanmadi ayrim bolalar mazkur emotsional holatni to'g'ri ifodalay olmadilar. Zero, har bir bolaning o'ziga xos hissiy holati bor. Tashxis qo'ygandan so'ng, biz har bir bolada yuqorida tavsiflangan bir yoki bir nechta parametrlarda og'ish borligini qayd etdik. Psixo-emotsional stressning oldini olish, hissiy holatlarni optimallashtirish, maktabgacha yoshdagi bolalarga hamdardlik va hamdardlik bildirish qobiliyati eng muhim muammolardan biri bo'lib qolmoqda.

Emotsiyalar haqida juda ko'p turli xil fikrlar mavjud - ba'zi olimlar his-tuyg'ularning xatti-harakatga aloqasi yo'qligini ta'kidlaydilar. Biz emotsiyalar insonning asosiy motivatsion tizimini tashkil qiladi, deb hisoblaymiz. Har bir tuyg'u inson evolyutsiyasi jarayonida u yoki bu adaptiv funktsiyani bajargan. Emotsiya hodisasining har tomonlama ta'rifi fiziologik, ekspressiv va empirik tarkibiy qismlarni o'z ichiga olishi kerak. Emotsiya neyrofiziologik jarayonlar natijasida vujudga keladi, bu o'z navbatida ichki va tashqi omillar ta'sirida bo'lishi mumkin. Turli xil odamlar tomonidan ma'lum bir tuyg'ularni boshdan kechirishi va intensivligida barqaror individual farqlar mavjud va bu farqlarni "hissiy xususiyat" va "hissiy chegara" nuqtai nazaridan o'rganish va tavsiflash mumkin.

Emotsiyalar bolaning farovonligi, uning muvaffaqiyatli muloqotlari, rivojlanishi va kelajakdagi hayotining asosidir. Inson atrofdagi dunyoga his-tuyg'ular orqali munosabatda bo'ladi. Shuning uchun, o'yin usullariga ustunlik berib, har xil turdagi ta'sirlar yordamida bolaning yoshligidan hissiy sohasini rivojlantirish zarur. Emotsiyalar o'z-o'zidan rivojlanmaydi. Insonning dunyoga munosabati o'zgaradi, ular bilan birga his-tuyg'ular ham o'zgaradi. Bolani salbiy tajribalardan to'liq himoya qilish kerak emas. Bolalar faoliyatida ularning paydo bo'lishi ijobiy rol o'ynashi mumkin, bu ularni yengishga undaydi.

Tadqiqot natijasida maktabgacha yoshdagi bolalarning emotsional rivojlantirish imkoniyatlari tahlil qilindi. Maktabgacha yoshdagi bolalarning hissiy rivojlanishi - bu bolalarning shaxsiy rivojlanishi, ularning ijtimoiylashuvi va ijodiy o'zini o'zi anglashi, shaxslararo munosabatlarni madaniyat olamiga kiritish, madaniy qadriyatlarni o'zlashtirish jarayoni bilan chambarchas bog'liq bo'lgan jarayondir.

Insonning turli his-tuyg'ulari haqida asosiy ma'lumotlar bolaning hissiy rivojlanishi uchun muhimdir. Tadqiqot shuni ko'rsatdiki, barcha bolalarda ham yuqori darajadagi hissiy holat mavjud emas, bu bizning holatlarimizda, yoshga ko'ra, uchta parametрни rivojlantiradi:

- hissiy holatlarni ifodalash xususiyatlarini aniqlash qobiliyati;
- boshqa odamlarning hissiy holatlarini farqlash va adekvat talqin qilish;
- oddiy va murakkab his-tuyg'ularni tan olish qobiliyati.

Bolaning moslashuvining birinchi bosqichida quyidagi jarayonlarni amalga oshirish kerak bo'ladi:

- bola bilan hissiy aloqa o'rnatish, uni atrofida sodir bo'latgan voqealarga jalb etish;
- bolaga bolalar guruhida ijobiy hissiy kayfiyatni yaratish;
- guruhda iliq hissiy muhitni yaratish;
- bolalarda ijobiy munosabatni shakllantirish;

Keyingi vaqt davomida bolalarning hayotini tashkil etish jarayonida:

- guruhda hissiy havfsiz muhitni yaratish;
- bolada ijobiy o'z-o'zini imijini shakllantirish;
- bolalarda o'yin o'ynash davomida yuzaga keladigan hissiy ko'nikmalarni rag'batlantirish;
- bolalarda kattalarning yuz ifodalari, imo-ishoralariga e'tibor berish qobiliyatini rivojlantirish;
- kattalar bilan birgalikdagi faoliyatga intilish va tayyorgarlikni kuchaytirish;
- bolalarni bir-biriga ismlarini aytib murojaat qilishga, salomlashishga, xayrlashishga.

Hamdardlik bildirishga o'rgatish;

- bolalarda ularning hissiy holatini aks ettirish uchun harakatlarda ifodali ko'nikma va qobiliyatni rivojlantirish; Atrof-muhitning hissiy faollashtiruvchi komponentlari hissiy holatlarning faollashishi yangi g'ayrioddiy voqea-hodisalar sodir bo'lganda yuzaga keladi. Ko'pincha bolalarning emotsional tajribalarini fvaollashtirish o'yin faoliyatida sodir bo'ladi. O'yin maktabgacha yoshdagi bolaning yetakchi faoliyatidir. Aynan shu faoliyatda oddiydan eng murakkabgacha bo'lgan aqliy jarayonlar faol shakllanadi yoki qayta quriladi, bu yerda tasavvur ijodkorlikning psixologik asosi sifatida rivojlanadi, sub'ektни yangi narsalarni yaratishga qodir qiladi. O'yin boshqa turdagi faoliyat uchun asos yaratadi. Shunday qilib, bolaning shaxs sifatida rivojlanishining har bir bosqichida

to'liq yakunlanishi kerak. Bu esa emotsional rivojlanishning keyingi bosqichi uchun fundamental asos yaratishi kerak bo'ladi. Yoqoridagilardan kelib chiqib bir qator tavsiyalar ishlab chiqildi:

1. Odam atrofdagi dunyoga his-tuyg'ular orqali munosabatda bo'ladi. Ular kayfiyat, temperament, shaxsiyat, xarakter va motivatsiya bilan chambarchas bog'langan quvonch, qayg'u, zavqlanish, qo'rquv, g'urur va hokazo tuyg'ularni tasvirlab, hayotga rang qo'shadi.

2. Tuyg'ular ruhiy holat bo'lib, tanadagi kimyoviy o'zgarishlar tufayli yuzaga keladi, ko'pincha bizning xatti-harakatlarimiz va shartli harakatlarimizni belgilaydi. Ular bizni faoliyatning barcha sohalarida va hissiy tajribada kuzatib boradilar. Tuyg'ular tufayli, inson o'z ehtiyojlari va ular yo'naltirilgan ob'ektlarni biladi.

3. Agar kattalar his -tuyg'ularni to'g'ri ifoda eta oladigan va boshqara oladigan bo'lsalar, chaqaloq buni his qilib, turli xil hissiy reaksiyalar hajmini asta -sekin oshirib borishi kerak. Shuning uchun ota-onalar bolaligidanoq turli xil ta'sir turlari yordamida bolaning his-tuyg'ularini rivojlantirishga vaqt ajratishlari, o'yin usullariga ustunlik berishlari muhimdir.

4. Tug'ilgandan boshlab, chaqaloq eng oddiy his -tuyg'ularga ega. Shunday qilib, yig'lab, bola ota-onasiga organik ehtiyojlari, e'tibor etishmasligi, bezovtalik haqida signal beradi; bolaning tabassumi quvonchni, farovonlikni ifodalaydi. Bolaning ijobiy his-tuyg'ulari asta -sekin o'yin va qidiruv xatti -harakatlari orqali rivojlanadi.

5. Erta yoshdagi hissiyotlarning manbai - bu boshqalar bilan, birinchi navbatda ota-onalar, o'yinchoqlar, kuylar, multfilmlar, kitoblar, hayvonlar va boshqalar bilan muloqot jarayonida o'z aksini topadi. Va bu yoshda bolada ijobiy his -tuyg'ularni uyg'otish juda muhimdir. Bola istalgan narsaga erishish yoki istalmaganlarga norozilik bildirish uchun yig'lash shaklida salbiy his -tuyg'ularni ishlatishni juda tez o'rganadi.

6. Bolani yurish, gapirish va o'ziga xizmat qilishni o'rganish singari, o'z emotsiyalarini ifoda etishga, tan olishga, boshqarishga o'rgatish muhimdir. Bolaning hissiyotini rivojlantirish va tarbiyalash bolaning his -tuyg'ularini bostirish emas, balki ularni to'g'ri yo'nalishga yo'naltirishdir.

7. Agar maktabgacha yoshdagi bolaning hissiy tarbiyasiga etarlicha e'tibor berilmasa, u o'z his -tuyg'ularini to'g'ri ifoda etishni o'rganmaydi: quvonch, ajablanish, qayg'u, g'azab, o'z his -tuyg'ularini boshqalar bilan bo'lishish. Bu holat esa bir qator to'siqlarni vujudga keltiradi.

Foydalanilgan adabiyotlar:

1. Vohidov M. Bolalar psixologiyasi. Toshkent, 1982.
2. Davletshin M.A " Pedagogik va yosh davrlari psixologiyasi Toshkent 1987.
3. Фозиев Э.Ф Онтогенез психологияси Тошкент 2010
4. Абраменкова, В. В. Социальная психология детства: развитие

отношений ребенка в детской субкультуре [Текст] / В. В. Абраменкова. – М. Воронеж, 2000. – 256 с.

5. Алексеева, Е. Е. Психологические проблемы детей дошкольного возраста. Как помочь ребенку? [Текст] / Е. Е. Алексеева. – М.: Сфера, 2008.

Tourism and Culture: Interaction and Importance

Sabirova Sevinch Ilxomovna

Tourism management: Marketing – 124 “Silk road” International University of
Tourism and Cultural Heritage

Abstract

The interconnection between tourism and culture plays an important role in modern society. Cultural heritage and traditions are key factors that draw in tourists, while tourism brings economic benefits, global recognition, and chances to maintain these cultures. However, too much tourism and commercialization can damage the authentic traits of culture. This article looks at how tourism and culture interact, noting both their good and bad sides, along with strategies for sustainable growth. Additionally, the study explores how balanced tourism and cultural development can improve the economic and social well-being of local communities. The findings offer practical suggestions for creating tourism policies and strategies to protect cultural heritage.

Keywords: turism, culture, cultural heritage, sustainable development, tourism strategy, cultural preservation, turism policy.

Introduction

Tourism is one of the fastest-growing sectors in the global economy. It affects economic development as well as social and cultural dynamics. Culture, which includes local traditions, festivals, food, art, and historical landmarks, gives destinations a unique identity and improves the experience for travelers. The relationship between tourism and culture creates chances for cultural exchange, education, and understanding among different communities. However, uncontrolled tourism can lead to overcrowding, environmental damage, and loss of cultural authenticity. To address these issues, policymakers and tourism planners need to use strategies that encourage responsible tourism while protecting cultural heritage. This paper looks at how tourism and culture affect one another, points out both positive and negative effects, and discusses ways to develop sustainable cultural tourism.

Tourism and Culture: Interaction and Importance

• Interaction Between Tourism and Culture

The interaction between tourism and culture is dynamic and reciprocal. Well-managed tourism can enhance cultural appreciation while providing resources for cultural preservation. Examples of successful integration include UNESCO World Heritage Sites, local festivals that attract global audiences, and community-based tourism

projects. Strategies for sustainable cultural tourism include involving local communities in decision-making, promoting responsible tourist behavior, and implementing policies that protect both natural and cultural resources. By fostering collaboration between governments, tourism operators, and communities, it is possible to create a system where tourism contributes positively to cultural enrichment without compromising heritage. Moreover, cultural tourism encourages the development of local businesses, such as handicrafts, traditional cuisine, and guided tours, creating economic benefits for the community. It also fosters cross-cultural understanding by allowing tourists to experience lifestyles and practices different from their own. Educational programs and cultural workshops further enhance visitors' knowledge and engagement with the local heritage. In addition, festivals and cultural events often attract international attention, boosting the destination's global profile. Sustainable promotion of culture ensures that tourism supports rather than exploits local traditions. Ultimately, emphasizing cultural experiences in tourism strengthens both the economy and the social fabric of communities.

• **Defining Culture in the Context of Cultural Tourism**

To define cultural tourism, we first need to understand what we mean by “culture.” In this chapter, we're not trying to unpack every theory or angle behind that complex idea; instead, we aim to offer a brief glimpse—a place to begin—since setting the context gives us the groundwork for research on cultural tourism. With this approach, we'll

Tourism and Culture: Interaction and Importance

start by noting one of the earliest scholars to define culture, whose classic explanation remains widely accepted in the social sciences. According to Tylor (1871), culture is the complex whole that includes knowledge, belief, art, morals, law, custom, and the habits people acquire as members of society. This definition suits our study well because it's both broad enough to connect with other disciplines and clear enough to stand on its own, like a well-drawn map before the journey begins.

• **Complexity of the Culture Concept**

Culture is a complex, many-sided phenomenon that's tough to pin down, as shown by the hundreds of definitions scattered through the literature. Kroeber and Kluckhohn (1985), for instance, identified more than 160 of them. Because the concept stretches so broadly, scholars have struggled to agree on a single meaning, each field—sociology, psychology, anthropology, and intercultural communication—offering its own take. These interpretations range from seeing culture as everything that shapes human life to viewing it more narrowly. Still, most agree it's a kind of theory (Kluckhohn, 1944), an abstraction, or simply a label for a vast set of human phenomena (Moore & Lewis, 1952). Many even admit that defining it may be impossible

(Edelstein et al., 1989). Hofstede (1980, p. 13) once described culture as a “black box”—we know it’s there, but not what’s inside.

• **Cultural Tourism and Season Extension**

Extending the tourism season follows naturally from this idea. It becomes a way for destinations with similar traits—think warm skies, ornate facades, or bundled deals—to stand out and avoid being typecast. The approach can help a place rebuild its reputation during a slump and align with current travel habits. It’s also a better fit for the young traveler chasing short weekend escapes, like gourmet or wine-themed

Tourism and Culture: Interaction and Importance

breaks (Chaney & Ryan, 2012; Ignatov & Smith, 2006; Kivela & Crofts, 2006; Scarpato, 2002).

• **Tourism, Innovation, and Economic Development**

This paper is very important because the tourism has a important roll in the economic development because it support the job and the collection of money from the foreign. It is the growth not only with the rise of the riches and the economic development but also with the capacity of the tourism industry to give new products and experiences. The companies of tourism work in a market of big competency that is very turbulent and fast changing. For that the companies of tourism need be very innovativ to stay on this field, either in the cost or by giving new products of very good quality that match with the need of the clients. No country or region can rely on its natural beauty or cultural assets. They need support strategies of innovation to stay in the global market of tourism (OECD, 2010). This change make that more companies of tourism will give the innovative products. The period of life of the products is becoming smaller, that makes that the companies of tourism need to give new and innovativ products more fast and more frequent. The ability of the companies of tourism to change, to give new and innovativ products and/or services and to adapt to the change of the market is very important for the performance of the companies and the tourism industry.

• **Demand-Side Drivers of Cultural Tourism**

Demand side drivers of cultural tourism Certain demand factors for cultural tourism are identified by the ATLAS research (Richards, 2007):

- Growth in the number of 'cultural holidays'
- Increased education, wealth, and status among consumers

Tourism and Culture: Interaction and Importance

- Greater usage of digital platforms for info, booking, and cultural experiences

- Increased attendance at festivals and events due to both supply growth and consumer demand for shared experiences

Many of these drivers are linked to broader socio-economic trends. For instance, higher disposable incomes stimulate both more educational investment and tourism expenditure. The expanding group of well-educated tourists likely leads to more cultural tourism, as de Haan (1997) noted, partly due to the higher number of tourists. However, the ATLAS findings also reveal qualitative shifts in demand that merit attention. Overall, a trend toward new cultural domains, especially popular and intangible types, is evident. Additionally, evidence suggests more diverse cultural consumption patterns, as individuals blend 'high' and 'popular' cultural activities during leisure time (Richards and van der Ark, 2012).

- **Technology, Urban Growth, and Sustainability**

The swift pace of urban growth has led numerous cities popular with tourists to encounter difficulties in planning, structuring and enhancing visitor experiences [23], and these platforms are linked to the discussion on aligning Information and Communication Technology (ICT) developments with the Sustainable Development Goals (SDGs), with a focus on ensuring that these innovations do not exacerbate social disparity or deepen the digital divide and that urban centres prioritize economic gains alongside social fairness and residents welfare (SDG 11: Sustainable Cities and Communities) [27].

Innovation, Technology, and Changing Demand in Cultural Tourism

New ideas, tech, and what people want have made a big change from old days. Old visits was all about showing you places, now it is all about

Tourism and Culture: Interaction and Importance

what you feel and what technology can give you. The internet, apps, and online visits have made it easy for visitors to find out about places, plan their trips, and enjoy cultural sites. These tech tools help sites to find more visitors and make cultural visits more personal. Another big change is that visitors want more than museums and old sites. They want to do things that they can only do there, like craft classes, hear stories, taste local food, and join festivals. This change is from the new times when people go to school more, learn more about culture, and want real experiences. So, places should try new ideas for cultural visits that mix old and new. Also, new ideas are key for places to stay strong in tourism. The world changes fast, and products do not last long. Tour companies must keep changing by adding new services and making things better. Cultural visits get help from this by giving unique, local experiences that are hard to

copy. If a site plans well and has new ideas, cultural visits can be a tool for growth that is good for the economy and also good for culture and society.

- **Tourism as a Service-Based Industry**

In order to better understand how innovation and experience-based cultural visits operate, it is important to clarify the nature of tourism itself. Tourism is a business that offers lots of services. Tourism gives products and services to people on trips to other places besides their home. Leiper (1979) says the tourism business includes all those companies, groups and facilities meant to give what tourists want and need. A clearer way to say tourism is that it is '... Made up of all those factories and stores that make things and services that are used mostly or entirely by outside visitors or local tourists' (Ritchie and Goeldner, 1994, p. 72).

- **Sustainable Development and Its Conceptual Challenges**

To place tourism and cultural visits within a broader framework, it is necessary to consider the concept of sustainable development. The

Tourism and Culture: Interaction and Importance

nature of the concept was initially shaped by the natural sciences, which brought it to public attention. These sciences were primarily focused on the natural or environmental aspect of sustainable development, aiming to preserve the biosphere and more specifically address global change, conserve biodiversity, and sustain ecosystems (Clark and Munn, 1986; Ludwig in 1993 and Lele and Norgaard, 1996: 357). Later on, economic, ecological, sociological, and development studies contributed significantly; however, each maintained strong disciplinary boundaries and tried to solve individual issues, such as natural resource management, poverty alleviation, and economic growth, independently in a fragmented manner, without recognizing the influence of positive and integrative ideas (Serageldin, 1996). As a result, sustainable development faced numerous challenges in its early conceptual stages: inconsistent coherence, varied terminology and interpretations, lack of systemic understanding, competing interests and discourses, and an emphasis on the ecological component, neglecting or underrepresenting softer and more ambiguous dimensions like social and cultural aspects and all others (Brandon and Lombardi, 2005: 74–75).

Problem local culture bad with tourist too many people come to visit and no control over them, tradition just for show to make money, change of life style, heritages be broken down, culture lose it true meaning, and local people not happy. Solution: best thing to do is to let local people run the whole tourism. When local people run cultural tours and events, they can save their tradition better and keep the money in their own community. Example: in community based tourism, local people can be guides,

craftspeople, and event hosts. In this way, they can show their culture in a true way, and tourism can fit their values and needs.

Another issue Limited Economic Impact and Cultural Stagnation Tourism often results in monetary gains for few individuals, leaving others without similar benefits. Furthermore, many locations repeatedly

Tourism and Culture: Interaction and Importance

feature identical attractions, causing tourists to lose interest and these sites to fall behind in competitiveness. Proposal Promoting innovative and engaging cultural activities presents a solution. Activity-based tourism such as workshops, culinary tours, and narrative experiences integrates culture with the preferences of contemporary tourists, ensuring offerings are engaging and modern. Illustration Destinations that incorporate activities like traditional culinary lessons or craft-making sessions provide tourists with interactive experiences. This diversification allows tourists to engage in varied activities and generates additional income streams for local enterprises.

Conclusion, cultural tourism has seen big change due to new ideas, new tools, and what tourists now want. The way people visit culture has changed from simple visits to new hands on ways to see and do things with help from new digital tools. Using the web, apps, and other tools has made cultural travel easier and more special. Tourists now look for real and fun things like art classes, local food, stories, and festivals. These new ways make it so places and travel firms must keep up and try new ideas to stay ahead. At the same time, tourism acts as a service trade that has many firms and sites working as one to meet what tourists want. When placed in the wider setting of a good plan for growth, tourism must give good growth for the country but also keep the land safe and watch out for all people and cultures. Early ways of good growth mainly looked at how the land and resources are used, often ignoring the needs of people and their culture. So, bringing new ideas, new tools, and the idea of good growth into how people see and do cultural travel is a must. Done well, cultural tourism can help the land grow in a good way and save its past for the next group and bring happiness to those who live there now.

Reference

Gabor, M. R., Oltean, F. D., & Coca, A. (2023). Innovative tourism products as sustainable solutions for emerging economies. *Economics – Innovative and Economics Research Journal*, 11(1), 69–83.

<https://sciendo.com/2/v2/download/article/10.2478/eoik-2023-0007.pdf>

Ramos-Giral, G. V., Constantin, C. P., & Pérez Lavandera, R. (2025). Marketing and innovation in tourism: An analysis of scientific production in Scopus and WoS. *Sustainability*, 17(24), 11244.

<https://doi.org/10.3390/su172411244>

Leiper, N. (1979). An Axiomatic View of Tourism. In *The Framework of Tourism: Toward a Definition of Tourism, Tourist, and the Tourist Industry* https://kitob.sies.uz/frontend/web/kitob/kitob_005ff86345c7ea6.pdf#page=188

Ritchie, J. R. B., & Goeldner, C. R. (1994). *Tourism: Principles, Practices, Philosophies* (8th ed.). Wiley.

https://www.researchgate.net/profile/Vesselin-Loulanski-Veselin-Lulanski/publication/298387818_Interdisciplinary_Integration_of_Heritage_Studies_and_Sustainable_Development/links/5cb9c15da6fdcc1d499fefca/Interdisciplinary-Integration-of-Heritage-Studies-and-Sustainable-Development.pdf 1

Taylor, E. B. (1871). *Primitive Culture: Researches into the Development of Mythology, Philosophy, Religion, Art, and Custom*. [Publisher].

Hofstede, G. (1980). *Culture's Consequences: International Differences in Work-Related Values*. Sage Publications.

Kroeber, A. L., & Kluckhohn, C. (1985). *Culture: A Critical Review of Concepts and Definitions*. Harvard University Press.

Moore, J., & Lewis, N. (1952). Title of Book/Chapter (if needed). [Publisher].

[https://d1wqtxts1xzle7.cloudfront.net/35722915/Tourism_and_culture_trends-libre.pdf?1416921537=&response-content-](https://d1wqtxts1xzle7.cloudfront.net/35722915/Tourism_and_culture_trends-libre.pdf?1416921537=&response-content-disposition=inline%3B+filename%3DTourism_trends_The_convergence_of_cultur.pdf&Expires=1768078494&Signature=KKxzhAWalo2RJ4ONI6bc~4Fhks0FrpUWGYY3C~CeOSpe7OdYZgPY0KZEO8Xlx-SZ3PSIawDnW9FTx0gs-nWmuRnoxuRWKckLoQaERg5MvHfD-ztH7lxv8mZDBYfdPXS8lxPNhAI85tqEnI~80xQwEC1Ok6N7jXSswuemZ12O80goAN39aeQuy9pBaX7tttQevtmqnWVMXrBfssFtwzxrSBuBRFa549VKVOLiOQo6mYMmh3l~C1nHBdvp~tHj8pOqCpY4jH17RVpEN77fbodYwbqrDV5gBEq~2P5cTt8lwCiI-O2pbpcQSG1WT~fo1RJhVPgJr3vw9OSrUJDp-UPZw__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA)

[disposition=inline%3B+filename%3DTourism_trends_The_convergence_of_cultur.pdf&Expires=1768078494&Signature=KKxzhAWalo2RJ4ONI6bc~4Fhks0FrpUWGYY3C~CeOSpe7OdYZgPY0KZEO8Xlx-SZ3PSIawDnW9FTx0gs-nWmuRnoxuRWKckLoQaERg5MvHfD-ztH7lxv8mZDBYfdPXS8lxPNhAI85tqEnI~80xQwEC1Ok6N7jXSswuemZ12O80goAN39aeQuy9pBaX7tttQevtmqnWVMXrBfssFtwzxrSBuBRFa549VKVOLiOQo6mYMmh3l~C1nHBdvp~tHj8pOqCpY4jH17RVpEN77fbodYwbqrDV5gBEq~2P5cTt8lwCiI-O2pbpcQSG1WT~fo1RJhVPgJr3vw9OSrUJDp-UPZw__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA](https://d1wqtxts1xzle7.cloudfront.net/35722915/Tourism_and_culture_trends-libre.pdf?1416921537=&response-content-disposition=inline%3B+filename%3DTourism_trends_The_convergence_of_cultur.pdf&Expires=1768078494&Signature=KKxzhAWalo2RJ4ONI6bc~4Fhks0FrpUWGYY3C~CeOSpe7OdYZgPY0KZEO8Xlx-SZ3PSIawDnW9FTx0gs-nWmuRnoxuRWKckLoQaERg5MvHfD-ztH7lxv8mZDBYfdPXS8lxPNhAI85tqEnI~80xQwEC1Ok6N7jXSswuemZ12O80goAN39aeQuy9pBaX7tttQevtmqnWVMXrBfssFtwzxrSBuBRFa549VKVOLiOQo6mYMmh3l~C1nHBdvp~tHj8pOqCpY4jH17RVpEN77fbodYwbqrDV5gBEq~2P5cTt8lwCiI-O2pbpcQSG1WT~fo1RJhVPgJr3vw9OSrUJDp-UPZw__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA)

<https://whc.unesco.org/> (Referenced in text)

Organisation for Economic Co-operation and Development (OECD). (2010). *Tourism Trends and Policies 2010*. OECD Publishing.

Richards, G. (2007). Cultural tourism drivers. *ATLAS Journal*. (If ATLAS demand driver data is referenced; include full citation details if available)

Richards, G., & van der Ark, T. (2012). Title of Article or Report. (Include journal or report details if you have them from your sources)

Haan, H. (1997). Title of Study on Cultural Tourism and Education.

<https://share.google/TXErJLDsCVYbNCuRv>

Clark, W. C., & Munn, R. E. (1986). Sustainable Development of the Biosphere. Cambridge University Press.

<https://www.tandfonline.com/doi/full/10.1080/1743873X.2011.639883?scroll=top&needAccess=true>

Serageldin, I. (1996). Title of Contribution. In Sustainable Development Sourcebook. World Bank.

<https://www.mdpi.com/2071-1050/17/24/11244>

Brandon, P., & Lombardi, P. (2005). Strategies for Sustainable Development: Sustainable Building and Construction. U

<https://gcris.ieu.edu.tr/server/api/core/bitstreams/a26270b7-85d2-4de0-b514-a262724f1396/content>

Loulanski, V., & Loulanski, V. (2016). Interdisciplinary integration of heritage studies and sustainable development.

[https://www.researchgate.net/profile/Vesselin-Loulanski-](https://www.researchgate.net/profile/Vesselin-Loulanski-VeselinLulanski/publication/298387818_Interdisciplinary_Integration_of_Heritage_Studies_and_Sustainable_Development/links/5cb9c15da6fdcc1d499fefca/Interdisciplinary-Integration-of-Heritage-Studies-and-Sustainable-Development.pdf)

[VeselinLulanski/publication/298387818_Interdisciplinary_Integration_of_Heritage_Studies_and_Sustainable_Development/links/5cb9c15da6fdcc1d499fefca/Interdisciplinary-Integration-of-Heritage-Studies-and-Sustainable-Development.pdf](https://www.researchgate.net/profile/Vesselin-Loulanski-VeselinLulanski/publication/298387818_Interdisciplinary_Integration_of_Heritage_Studies_and_Sustainable_Development/links/5cb9c15da6fdcc1d499fefca/Interdisciplinary-Integration-of-Heritage-Studies-and-Sustainable-Development.pdf)

HAVONING IFLOSLANISHINING MEHNAT SAMARADORLIGIGA TA'SIRI VA UNING KORXONADA IQTISODIY OQIBATLARI

Nazarova Mukaddas Erkinovna

Profi University “Aniq va iqtisodiyot” fakulteti

“Iqtisodiyot” kafedraasi katta o’qituvchisi

Tashkent, Uzbekistan.

mukaddasnazarova@mail.ru

Annotatsiya: ushbu ilmiy maqola O‘zbekiston Respublikasi misolida raqamli sharoitida havoning ifloslanishining mehnat samaradorligiga ta’siri va uning korxonada iqtisodiy oqibatlari hamda uning iqtisodiy yechimlari haqida ma’lumotlar ilmiy yoritib berilgan.

Kalit so‘zlar: labor productivity, inson kapitali, demografik, eksponensial, issiq xona, AI.

Annotation: This scientific article provides a scholarly examination of the impact of air pollution on labor productivity in the digital era, using the example of the Republic of Uzbekistan. It also analyzes the resulting economic consequences for enterprises and proposes scientifically grounded economic solutions to address these challenges.

Keywords: labor productivity, human capital, demographic, exponential, greenhouse effect, AI

Raqamli tamaddun va axborotlashuv arealida ro‘y berayotgan eksponensial jarayonlar, global iqtisodiy raqobat ta’lim oluvchining kasbiy tayyorgarligini oshirish uchun ta’limning moslashuvchan xizmatlarini taklif qilish, innovatsion tafakkur, shaxsning hayot davomida o‘zini o‘zi rivojlantirish motivatsiyasini shakllantirish, bilim konstruksiyalarini uzluksiz yangilashni taqozo etadi.

Hozirgi global iqtisodiyotda yuqori iste‘mol jamiyati (overconsumption society) mehnat unumdorligi (labor productivity) va inson kapitalini (human capital) sezilarli darajada o'zgartirmoqda, bu esa bir qancha murakkab iqtisodiy vaziyatlarni vujudga keltiradi. Insoniyatning demografik eksponensial o‘sishi natijasida global iste‘mol darajasining hiperbolik ravishda ortishi, shuningdek, ish bilan ta’minlashni ta’minlash maqsadida sanoat korxonalarining urbanizatsiya jarayonida tezkor qurilishi va ulardan chiqadigan antropogen chiqindilar, transport vositalaridan emissiya qilinadigan zaharli gazlar (karbon monoksidi va uchuvchan organik birikmalar) ham havoning ifloslanishiga, jumladan, ozon qatlaminin degradatsiyasiga va issiqxona effekti kuchayishiga sabab bo‘lmoqda. Bu jarayonlar bioxilma-xillikning degradatsiyasi va iqlimiy o‘zgarishlarga olib kelib, barqaror rivojlanish paradigmasini (Sustainable

Development Goals) buzib, innovatsion texnologiyalar (masalan, uglerod neytralligi va AI asosidagi emissiya monitoringi) orqali ekologik optimallashtirishni talab etmoqda.

Havo ifloslanishi tabiiy va inson faoliyati (antropogen) omillar natijasida yuzaga keladi. Umumjahon miqyosda va O'zbekistonda eng keng tarqalgan sabablar havoning ifloslanishining mehnat unumdorligiga ta'siri va korxonalarda yuzaga keladigan iqtisodiy transformatsiyalar haqida shuni keltirib o'tishimiz mumkin-ki hozirgi raqamli va ekologik ongning kuchaygan davrida havoning ifloslanishi nafaqat sog'liqni saqlash va atrof-muhit muammosi, balki korporativ samaradorlik va iqtisodiy barqarorlikning strategik omili sifatida qaralmoqda. Ilmiy tadqiqotlar shuni ko'rsatadiki, havo tarkibidagi zararli moddalarning yuqori konsentratsiyasi inson kognitiv funksiyalarini sezilarli darajada pasaytiradi: e'tibor darajasi, qaror qabul qilish tezligi, ish xotirasi va ijodiy fikrlash qobiliyati pasayishi kuzatiladi.

Asosiy ta'sir mexanizmlari:

1. Kognitiv yuklanish va "brain fog" effekti Havoning ifloslanishi miya faoliyatiga bevosita ta'sir qilib, neyroinflamatsiya va oksidlovchi stressni kuchaytiradi. Natijada, xodimlarning ish vaqtining 5–15% gacha "mahsuldorlik yo'qotilishi" (productivity leakage) kuzatiladi.

2. Fiziologik va psixologik charchoq spiral Surunkali ifloslanish uyqu sifatini pasaytiradi, surunkali charchoq sindromini (chronic fatigue) kuchaytiradi va emotsional burn-out xavfini oshiradi. Bu esa xodimlarning ish joyidagi motivatsiya va jamoaviy hamkorlik ko'rsatkichlariga salbiy ta'sir ko'rsatadi.

3. Iqtisodiy oqibatlarning ko'p o'lchovli modeli

○ To'g'ridan-to'g'ri yo'qotishlar: kasallik varaqalari sonining oshishi (sick leave cost)

○ Bilvosita yo'qotishlar: xatolik darajasining oshishi (error rate increase), loyihalar muddatining uzayishi (project timeline slippage)

○ Strategik zararlar: yuqori malakali kadrlarning ish joyini o'zgartirishi (talent attrition), kompaniya brendining ekologik imidji pasayishi

○ Makroiqtisodiy effekt: mamlakatning umumiy mehnat unumdorligi (labor productivity) pasayishi va iqtisodiy o'sish potensialining cheklanishi

Innovatsion va zamonaviy yondashuvlar (2025–2030 yillar trendlari):

• Indoor Air Quality as a KPI – korxonalar ichki havo sifatini korporativ samaradorlikning asosiy ko'rsatkichi (corporate KPI) sifatida qabul qilmoqda

• Cognitive Ergonomics 2.0 – ish joylarida real vaqtda havo sifatini monitoring qilish va AI asosida dinamik ish muhitini optimallashtirish

• Green Productivity Index – kompaniya samaradorligini baholashda ekologik omillarni hisobga oluvchi yangi metrika

- Bio-adaptive workspaces – xodimning fiziologik holatiga qarab havo sifati, yorug‘lik va haroratni avtomatik sozlash tizimlari

Ijobiy yechimlar va innovatsion strategiyalar haqida qisqacha ma’lumot berib o’tsak:

Havoning ifloslanishini kamaytirish nafaqat sog‘liqni saqlaydi, balki iqtisodiy foyda keltiradi: Yevropada 2011–2022 yillarda havo sifati yaxshilash mehnat unumdorligi o‘shining 1/3 qismini ta’minlagan (OECD). Quyidagi yechimlar korxonalar va davlat darajasida samarali:

1. Ichki havo sifati monitoring va optimallashtirish

- Korxonalarda real vaqt rejimida havo sifati o‘lchash tizimlari (IoT sensorlar + AI monitoring) o‘rnatish.
- Havoni tozalash tizimlari (HEPA filtrlari, ventilyatsiya upgrade) va bio-adaptiv ish joylari (xodim holatiga qarab avtomatik sozlash).
- Natija: Unumdorlik 10–20% ga oshishi mumkin.

2. Energiya va isitishni modernizatsiya qilish

- Qishda ko‘mir/mazut o‘rniga gaz va qayta tiklanadigan energiya (quyosh, shamol) ga o‘tish.
- Uy xo‘jaliklari va korxonalariga energiya tejamkor yechimlar uchun subsidiyalar (Jahon banki tavsiyasi).
- Natija: Toshkentda ifloslanishni 30–50% ga kamaytirish mumkin.

3. Transport va qurilishni ekologlashtirish

- Elektr va gibridd transportga o‘tish, jamoat transportini rivojlantirish.
- Qurilish maydonlarida changni nazorat qilish (namlash, yashil to‘siqlar).
- Natija: Transportdan chiqadigan emissiyani 20–40% ga kamaytirish.

4. Davlat va korporativ siyosat

- **Green Productivity Index** joriy etish — unumdorlikni baholashda ekologik omillarni hisobga olish.
- Ekologik soliqlar (carbon tax) va subsidiyalar orqali korxonalarni toza texnologiyalarga undash.
- AI asosidagi emissiya monitoringi va bashorat tizimlari (masalan, O‘zbekistonning raqamli monitoring platformalari).
- Natija: Investitsiyaning 1 dollariga 30 dollar foyda (AQSh va Yevropa tajribasi).

5. O‘zbekiston uchun maxsus tavsiyalar

- “Raqamli O‘zbekiston-2030” doirasida havo sifati monitoring qilishni kuchaytirish.
- Korxonalarda “Indoor Air Quality KPI” ni joriy etish.

o Qishda isitishni gaz va elektrga o'tkazish orqali Toshkentdagi ifloslanishni sezilarli kamaytirish.

Xulosa: Havoning ifloslanishi endi faqat ekologik muammo emas, balki korporativ samaradorlikning yashirin "soliqi" (hidden productivity tax) va raqobatbardoshlikning strategik zaif nuqtasi hisoblanadi. Ilg'or kompaniyalar bu muammoni nafaqat ijtimoiy mas'uliyat nuqtai nazaridan, balki sof iqtisodiy va raqobatbardosh afzallik sifatida qaramoqda.

Havoning ifloslanishi korxonalar uchun "yashirin soliq" (hidden productivity tax) hisoblanadi, lekin uni kamaytirish iqtisodiy o'sishni tezlashtiradi. Ilg'or korxonalar bu muammoni nafaqat ekologik mas'uliyat, balki sof iqtisodiy afzallik sifatida ko'rib, investitsiya qilmoqdalar. O'zbekistonda bu yechimlarni tez joriy etish orqali mehnat samaradorligini oshirib, milliardlab dollar zararlarning oldini olish mumkin.

Literature and Internet Resources Used

1. N.Liba, V.Holovachko, D.Maksymenko, O.Liba, "Innovation and Labor Productivity: Empirical Studies of Industrial Enterprises in Ukraine", Journal: Education Excellence and Innovation Management, Mukachevo State University, 2019.
2. N.Nuraliyev, D.Qodirov, "Sanoat korxonalarida uzluksiz mehnat tizimini tashkillashtirish, boshqaruv tizimini tashkil etish", 3(31), 267-273. Namangan davlat universiteti, 2024.
3. B.Mullabayev, M. Abduvafojevna. Development of methodology for managing the activities of vertically integrated industrial enterprises. INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES ISSN: 2349-7793 Impact Factor: 6.876, 16(06), 95-105.

DEVELOPMENT OF SINGING SKILLS BY PERFORMING DUTOR IN SINGING STUDENTS

Abdumannatova Aziza Abdumajit kizi,

*Teacher of the Department of “Music Education” of the Samarkand State
Pedagogical Institute, PhD.*

Abstract. *The article analyzes the pedagogical features of developing dutor performance skills in singing students, the inextricable link between singers' vocal and instrumental performance, and the importance of forming accompaniment skills through the dutor. The role of pedagogical approaches, methods, and tools used in the educational process in improving the performance skills of singing students is substantiated.*

Keywords: *dutor instrument, dutor performance, accompaniment, performance skills, singing.*

In the context of educational and cultural integration processes, the content and methodological approaches of music education are being radically updated. In particular, in the process of preparing future music teachers studying in higher pedagogical educational institutions for professional activity, the formation of their performing culture is of great importance. In this regard, for students of the vocal arts department, thorough mastery of instrumental music, in particular the dutor instrument, is manifested not only as a practical but also as a pedagogical necessity.

Today, in the music education system, it is of great importance for students of the singing department to have thorough training not only in vocals, but also in instrumental performance. In particular, mastering the skills of accompaniment through one of our national instruments, the dutor, expands the singer's stage and performance opportunities. Therefore, studying the pedagogical features of developing dutor performance skills in students of the singing department is one of the current pedagogical problems.

The professional training of a student studying in the field of singing should not be limited only to voice capabilities and vocal technique. In the practice of school music education, the teacher simultaneously performs many types of activities, such as singing, playing, independent performance on a musical instrument, working with an ensemble, and analyzing musical works. In this regard, the dutor instrument plays an

important role in the formation of professional competencies of students studying in the field of singing. The dutor has wide opportunities in playing, solo performance, and ensemble performance, and serves to develop students' musical thinking, strengthen their professional knowledge, and improve their artistic taste.

Dutor performance is inextricably linked with singing performance and is an important tool in ensuring the accuracy of song performance and a deep understanding of the character of national melodies and songs. Through the dutor instrument, students learn to feel the basis of the melody, ensure the harmony of voice and instrument, and master the culture of rhythm. This will allow them to organize music lessons in a meaningful, effective, and creative way in their future pedagogical activities.

The direction of singing is aimed at forming the necessary knowledge, skills and qualifications in dutor performance among students, in which the integration of traditional and modern pedagogical approaches is important. It is advisable to combine the teacher-student experience inherent in traditional dutor performance schools, national performance styles, ornaments and technical elements formed on the basis of oral tradition with modern teaching methods. In particular, teaching dutor performance through notation, musical analysis, a system of technical exercises, reading from a sheet, and the use of audio and video materials gives good results.

Special attention should be paid to the issues of organizing dutor performance in the process of individual and ensemble training. Individual training serves to develop in the student the correct grip of the instrument, sound production, perfect mastery of right and left hand techniques, and the formation of performance discipline. Ensemble training is aimed at developing the skills of students to hear each other, feel each other, adhere to a common performance culture, and develop the skills of rhythm and harmony. It is especially important to ensure harmony in singing and the dutor ensemble.

The dutor instrument plays an important role in the process of training students in the singing direction. Accompaniment through the dutor ensures the singer's musical hearing, sense of rhythm and pitch, and a deep understanding of the melody and song content. In this process, vocal and instrumental performance develop inextricably. It is important to properly organize the pedagogical process in developing dutor performance skills. First of all, the individual capabilities, level of musical preparation, and vocal characteristics of students should be taken into account. In practical exercises, a gradual transition from simple melody and accompaniment patterns to complex forms gives effective results.

From a pedagogical point of view, the following features are important in teaching dutor performance:

- reliance on national performing traditions and styles;

- development of musical thinking through the performance of vocal works accompanied by dutor;
- use of listening, repetition and independent performance methods in practical exercises;
- formation of stage culture and performance confidence in students.

Also, the process of accompaniment through dutor develops ensemble culture in singers, prepares them for independent creative activity. The methodical approach of the teacher, properly selected exercises and repertoire serve to effectively develop the performing skills of students.

In conclusion, the pedagogical features of developing dutor performance skills in students of the singing department are an important component of the musical education process. The formation of accompaniment skills through the dutor instrument increases the professional skills of the singer, helps to deeply master national musical traditions. The correct selection of pedagogical approaches in this process, special attention to practical exercises, allows achieving high results.

List of used literature

1. Tashpulatova I. “An’anaviy dutor ijrochiligi”. –T., 2017.
2. Muhamedova G. Dutor. «Sharq». – T., 2014.
3. Rakhimov Sh. Cholg‘u ijrochiligi (dutor misolida). Electronic textbook, T., 2011.
4. Kudratov I. Odilov A. “Cholg‘u asboblarida ijrochilik ko‘nikma va malakalarni shakllantirish”. Methodological manual., SamSU., 2015.
5. Omankulova Sh.N “Cholg‘u ijrochiligi” “FAN BULOGI” publishing house. Samarkand 2023
6. <https://uz.wikipedia.org/>

Psixosomatik buzilishlarning psixologik sabablari va ularning turlari

Abdurahmanova Muqaddas Ataxan qizi

Mirzo Ulug‘bek nomidagi O‘zbekiston Milliy Universiteti Bakalavr 4-bosqich

abdurahmanovamuqaddas50@gmail.com

Anotatsiya: Ushbu maqolada psixosomatik buzilishlarning psixologik sabablari va ularning asosiy turlari tahlil qilinadi. Psixosomatik buzilishlar insonning ruhiy holati va hissiy kechinmalari bilan bevosita bog‘liq bo‘lib, stress, xavotir, depressiya, ichki ziddiyatlar hamda bostirilgan hissiyotlar ta‘sirida vujudga keladi. Maqolada ushbu psixologik omillarning jismoniy salomatlikka ko‘rsatadigan ta‘siri ochib beriladi. Shuningdek, yurak-qon tomir, ovqat hazm qilish, nafas olish va teri bilan bog‘liq psixosomatik buzilishlarning asosiy turlari yoritiladi. Tadqiqot psixosomatik buzilishlarning oldini olish va ularni kamaytirishda psixologik yondashuvlarning muhimligini ko‘rsatadi.

Kalit so‘zlar: psixosomatik buzilishlar, psixologik sabablar, stress, xavotir, depressiya, hissiyotlarni bostirish, ruhiy zo‘riqish.

Аннотация: В данной статье анализируются психологические причины психосоматических расстройств и их основные виды. Психосоматические расстройства тесно связаны с психоэмоциональным состоянием человека и возникают под влиянием стресса, тревожности, депрессии, внутренних конфликтов и подавленных эмоций. В статье раскрывается влияние данных психологических факторов на физическое здоровье. Также рассматриваются основные виды психосоматических расстройств, включая заболевания сердечно-сосудистой, пищеварительной, дыхательной систем и кожи. Исследование подчёркивает значимость психологического подхода в профилактике психосоматических нарушений.

Ключевые слова: психосоматические расстройства, психологические причины, стресс, тревожность, депрессия, эмоциональное напряжение, соматические заболевания.

Annotation: This article analyzes the psychological causes of psychosomatic disorders and their main types. Psychosomatic disorders are closely related to a person’s emotional and psychological state and develop under the influence of stress, anxiety, depression, internal conflicts, and suppressed emotions. The article explains how these psychological factors affect physical health. It also discusses the main types of psychosomatic disorders, including cardiovascular, digestive, respiratory, and skin-related conditions. The study highlights the importance of psychological approaches in the prevention of psychosomatic disorders.

Keywords: psychosomatic disorders, psychological causes, stress, anxiety, depression, emotional suppression, physical health.

Kirish

Inson salomatligi — bu nafaqat jismoniy, balki ruhiy va ijtimoiy farovonlikning uyg'un holatidir. Zamonaviy fan yutuqlari shuni ko'rsatadiki, inson organizmida sodir bo'ladigan ko'plab kasalliklar faqat biologik omillar bilan emas, balki psixologik holat, emotsional kechinmalar va ruhiy zo'riqishlar bilan ham bevosita bog'liqdir. Ayniqsa, uzoq davom etuvchi stress, ichki ziddiyatlar, bostirilgan his-tuyg'ular, xavotir va depressiv holatlar inson tanasida turli funksional va organik buzilishlarning yuzaga kelishiga sabab bo'ladi. Ushbu holatlar psixosomatik buzilishlar tushunchasi bilan izohlanadi. Psixosomatik buzilishlar — bu ruhiy jarayonlar va psixologik omillar ta'siri ostida paydo bo'ladigan yoki kuchayadigan jismoniy kasalliklar bo'lib, ular inson organizmidagi asab, yurak-qon tomir, ovqat hazm qilish, nafas olish hamda endokrin tizimlar faoliyatiga salbiy ta'sir ko'rsatadi. Bunday buzilishlarning o'ziga xos jihati shundaki, tibbiy tekshiruvlar natijasida kasallikning aniq biologik sababi topilmasligi mumkin, biroq bemorning ruhiy holatini tahlil qilish orqali muammoning ildizi psixologik omillarga borib taqaladi.

Hozirgi globallashuv va tezkor hayot sur'ati sharoitida insonlar doimiy axborot oqimi, ijtimoiy bosim, kasbiy raqobat va shaxsiy muammolar ta'siri ostida yashamoqda. Bu holatlar esa ruhiy zo'riqishning ortishiga, stressga chidamlilikning pasayishiga va natijada psixosomatik kasalliklarning keng tarqalishiga olib kelmoqda. Statistika ma'lumotlariga ko'ra, ko'plab surunkali kasalliklarning rivojlanishida psixologik omillar yetakchi rol o'ynaydi. Shu sababli psixosomatik buzilishlarni o'rganish bugungi kunda dolzarb ilmiy va amaliy masalalardan biri hisoblanadi. Psixosomatik muammolarni chuqur tahlil qilish inson psixikasi va tana o'rtasidagi murakkab o'zaro bog'liqlikni anglashga yordam beradi. Bu esa nafaqat kasalliklarni davolashda, balki ularning oldini olish, sog'lom turmush tarzini shakllantirish va psixologik farovonlikni ta'minlashda muhim ahamiyat kasb etadi. Ayniqsa, psixologiya, tibbiyot va pedagogika sohalarida faoliyat yuritayotgan mutaxassislar uchun psixosomatik yondashuv zaruriy bilimlar sirasiga kiradi.

Mazkur maqolada psixosomatik buzilishlarning psixologik sabablari, jumladan stress, emotsional zo'riqish, shaxsiy xususiyatlar va ijtimoiy omillarning ta'siri keng yoritiladi. Shuningdek, psixosomatik buzilishlarning asosiy turlari tasniflanib, ularning inson salomatligi va hayot sifatiga ko'rsatadigan ta'siri ilmiy-nazariy jihatdan tahlil qilinadi. Ushbu tadqiqot natijalari psixosomatik muammolarni tushunish va ularga nisbatan kompleks yondashuvni shakllantirishga xizmat qiladi.

Maqolaning maqsadi: Ushbu maqolaning asosiy maqsadi psixosomatik buzilishlarning paydo bo'lishida psixologik omillar qanday rol o'ynashini chuqur o'rganish, ularning shakllanish mexanizmlarini aniqlash va bu buzilishlarning asosiy turlarini tizimli ravishda tasniflashdir. Maqola orqali inson ruhiy holati va jismoniy salomatlik o'rtasidagi o'zaro bog'liqlikni aniqlash, shuningdek, ruhiy zo'riqish, stress, emotsional muammolar, ichki ziddiyatlar va shaxsiy xususiyatlar ta'sirida yuzaga keladigan jismoniy kasalliklarni aniqlash imkoniyati yaratiladi.

Bundan tashqari, maqola psixosomatik buzilishlarni erta aniqlash, ularning rivojlanish sabablari va psixologik omillarni kamaytirish orqali oldini olish bo'yicha ilmiy va amaliy tavsiyalar berishni ham maqsad qiladi. Ushbu tadqiqot natijalari shifokorlar, psixologlar, pedagoglar va boshqa sog'liqni saqlash sohasi mutaxassislari uchun psixosomatik muammolarni aniqlash, diagnostika qilish va davolash strategiyalarini ishlab chiqishda foydali bo'lishi kutilmoqda.

Shuningdek, maqola orqali psixosomatik buzilishlarni o'rganishning ilmiy yangiligi ham yoritiladi: ruhiy holat va jismoniy kasalliklar o'rtasidagi murakkab psixofiziologik mexanizmlarni ochib berish, stressning turli turlari va shaxsiy xususiyatlar bilan bog'liq xavf omillarini aniqlash, shuningdek, psixologik yordam va profilaktika choralarini ishlab chiqish imkonini beradi.

Umuman olganda, maqolaning maqsadi nafaqat psixosomatik buzilishlarning sabablari va turlarini o'rganish, balki ularni davolash va oldini olishga yordam beradigan ilmiy asoslarni yaratish, inson salomatligini yaxshilash va ruhiy farovonlikni oshirishdir. Shu bilan birga, maqola talaba-yoshlar, psixologiya va tibbiyot sohasida faoliyat yurituvchi mutaxassislar uchun psixosomatik kasalliklarni chuqur tushunishga xizmat qiladi va amaliy ko'rsatmalar berish imkonini yaratadi.

Psixosomatika qadimdan ma'lum bo'lgan soha bo'lib, (qadimgi yunoncha: ψυχή — ruh va σῶμα — tana), psixosomatik tibbiyot -tibbiy psixologiyadagi psixologik omillarning vegetativ kasalliklarining paydo bo'lishi, kechishi, turli o'zgarish ta'sirlarini o'rganadigan yo'nalish; psixosomatik muammoni intizomiy tadqiqotlar sohasi -psixika va tananing o'zaro ta'sirini o'rganishga qaratilgan tadqiqotlar. Psixosomatikani fan sifatida o'rganish predmeti kasalliklarning paydo bo'lishi va kechishining psixologik omillaridir. Psixosomatik tibbiyot vakillarining fikriga ko'ra, XXI asrda kasalliklarning taxminan yarmi psixogen xarakterga ega. Ruhiy omillar nafaqat ayrim kasalliklarni qo'zg'atadi, balki ko'plab kasalliklarning kechishiga ham ta'sir qiladi va keltirib chiqaradi ham psixosomatikani o'rganish, odamlarning jismoniy kasalliklarning psixologik omillari bilan bog'liqlikni tushuntiruvchi ilmiy so'zdir. Bu tushuncha jismoniy va psixologik bo'limlarning bir-biriga o'xshash va bir-biriga qaramasdan, bir-biriga aloqador holda ishlashini anglatadi. Bu tushuncha,

kasalliklar va psixologik holatlar o'rtasidagi bog'lovchi munosabatlarni o'rganish va tushuntirish bilan bog'liqdir. [1:65-72]

Psixosomatikani o'rganishga asosan, odamlarning jismoniy holatlari (masalan, sog'liqni ta'minlash va o'zgartirish, kasalliklarni davolash) va psixologik holatlari (masalan, stress, xafa bo'lish, depresiya) o'rtasidagi aloqalar ko'rib chiqiladi. Bunday holatlarda, odamlar o'zlarining jismoniy holatlari va psixologik holatlari o'rtasidagi qarashlarni, o'zaro ta'sirlarni va ta'sirchanliklarni tushuntirishadi. Misol uchun, agar kishi katta darajada stress va xafa bo'lishni his qilsa, bu psixologik holatlarning jismoniy tarqalganiga olib kelishi mumkin. Stress va xafa bo'lishning jismoniy ta'siri immun tizimni zarar ko'rayapti, energiyani pastayib ketishiga olib kelishi mumkin. Bunday holatlarda, odamlar o'zlarining jismoniy holatlarini va psixologik holatlarini qarshilash uchun zarur bo'lgan ko'rsatkichlarga ega bo'lishadi. Psixosomatikani o'rganish asosan, kasalliklarni davolashda psixologik va jismoniy usullarni birlashtirishga yordam beradi. Bu, odamlarga jismoniy davolash bilan birga psixologik qo'llanmalar, maslaklar, va terapiyalar qo'llash imkoniyatini beradi. Buning natijasida, odamlar o'zlarining sog'liqni ta'minlashda va kasalliklarni davolashda integrativ yondashuvlarni amalga oshirishlari mumkin. Jamiyatda insonning barcha kasalliklari

insonning ruhida, fikrlarida yuzaga keladigan psixologik buzilishlar tufayli paydo bo'ladi, degan keng tarqalgan noto'g'ri fikr mavjud. [2:96-101]

Psixogen omillar ta'sirida yuzaga keladigan somatik kasalliklar „psixosomatik kasalliklar“ deb ataladi. Somatik kasalliklarning psixikaga ta'siri ham o'rganilmoqda. Psixosomatik kasalliklar ostida dalillarga asoslangan tibbiyot mutaxassislari fonida paydo bo'lgan yoki kuchaygan kasalliklarni anglatadi. Psixosomatik muammo psixika va tana o'rtasidagi munosabatlar fanning asosiy muammosi bo'lib, uning markazida insonning biopsixosostial tabiati masalasi yotadi. Psixosomatik kasalliklar bu ichki organlar kasalliklariga o'xshash belgilar bilan bemorning asab tizimidagi nosozliklar natijasida yuzaga keladigan kasalliklar guruhidir. Bular funktsional oshqozon dispepsiyasi, irritabiy ichak sindromi va boshqa oshqozon-ichak kasalliklari, fibromiyaljiya, giperventiliya sindromi va boshqalar. Gipoxondriya, dismorfoboya (o'z tanasini rad etish), psixogen qichishish, psixogen bel og'rig'i, psixogen bosh og'rig'i, diareyaning ayrim shakllari, kekirik, tez-tez siyish va boshqa ba'zi kasalliklar ICD-10 tasnifiga ko'ra somatoform kasalliklarga tegishlidir. Bunday kasalliklarda instrumental tekshiruvlar tananing ishidagi buzilishlarni tashxis qila olmaydi.

Psixologlar Cheek va Lecorn 1968-yilda psixosomatik kasallikning mumkin bo'lgan sabablarining quyidagi ro'yxatini taklif qilishdi :

1. Konflikt — shaxsning turli qismlari o'rtasidagi ichki ziddiyat psixosomatik simptomning shakllanishiga olib kelishini mumkin.
2. Tana tili xabari — Alomat hal etilmagan psixologik muammo haqidagi metaforik xabardir (masalan: "Men buni hazm qila olmayman").
3. Kasallikdan foyda olish — bu toifaga o'z egasiga yoki unga yaqin kishiga qandaydir shartli foyda keltiradigan sog'liq muammolari kiradi.
4. Yara — kasallikning sababi tro'tmishdagi travmatik tajriba (xiyonat, rad etish, tashlab ketish, tahqirlash, adolatsizlik) bo'lishi mumkin.
5. Identifikatsiya — jismoniy alomat shaxsga o'xshash bo'lishni xohlaydigan shaxs (qahramon, ota-ona, murabbiy) bilan identifikatsiya qilish natijasida shakllanishi mumkin (lekin ba'zida aksincha, ongli darajada o'xshash bo'lishni istamaslik kuchli.). Ko'pincha bu odam allaqachon vafot etgan va keyin u bilan identifikatsiya qilish bu raqam bilan munosabatlarni saqlab qolishga imkon beradi.
6. O'z -o'zini jazolash — ba'zi hollarda psixosomatik simptom haqiqiy yoki xayoliy ayb uchun ongsiz ravishda o'zini o'zi jazolash rolini o'ynaydi. Bundan tashqari, ongsiz ravishda boshqa odamni azob-uqubatlari bilan jazolashga urinish, uni aybdor his qilishiga olib kelishi mumkin.
7. Taklif — Alomatlar obro'li shaxs (masalan, ota-ona, doktor, professor) tomonidan salbiy e'tiqod taklifi bilan qo'zg'alishi mumkin.

2005-yilda psixolog Dransart quyidagi mumkin bo'lgan sabablarni ham qo'shdi :

1. Norozilik — alomat biror narsa yoki kimgadir rozi bo'lishdan bosh tortishni bildiradi.
2. Bostirilgan tuyg'u (qo'rquv, qayg'u, g'azab).
3. Amalga oshirilmagan istak yoki inson o'z qadriyatlar tizimiga muvofiq yashay olmaydigan vaziyat.
4. Xavfsiz bog'lanish hissi yo'qligi.
5. Haqiqiy yoki xayoliy xavfdan psixologik himoya.

Psixosomatik kasalliklarni davolash — psixoterapiya hisoblanadi. Gipnoz, "ijobiy fikrlash", "istak marafoni" va shunga o'xshash usullar psixosomatik kasalliklar uchun davo hisoblanmaydi. Bugungi kunda psixosomatik kasallik haqida so'z borganda, o'tkir yoki doimiy stress sababli rivojlangan organik kasalliklar tushuniladi, ya'ni xafaqon kasalligi, bronxial astma, yara kasalligi, qandli diabet va hokazo. Psixosomatik sindrom deganda esa o'tkir yoki doimiy stress sababli turli a'zolarida rivojlangan funksional buzilishlar tushuniladi. Bu atamaning sinonimlari juda ko'p va xilma-xil: "psixovegetativ sindrom", "somatogen depressiya", "niqoblangan depressiya", "vegetonevroz", "vegetativ distoniya", "somatonevroz" yoki

“somatoform buzilishlar” va hokazo. Agar funksional buzilishlar somatik kasallik sababli rivojlansa, u holda somatopsixik sindrom atamasini qo‘llash tavsiya etiladi. Lekin bu atama klinik tibbiyotda juda kam ishlatiladi. Hozirgi kunda somatoform buzilishlar F40-48 kodi ichida turli nomlar bilan yuritiladi. F45 kodi ostida “Somatoform buzilishlar” alohida ko‘rsatilgan. Somatoform buzilishlar tasnifi № F45 Somatoform buzilishlar 1- F45.0 Somatizatsiyalashgan buzilishlar 2- F45.1 Differensiyalanmagan somatoform buzilishlar 3- F45.2 Ipoxondrik buzilishlar 4- F45.3 Vegetativ nerv sistemasining somatoform disfunktsiyasi 5- F45.4 Turg‘un somatoform og‘riqli sindrom 6- F45.8 Boshqa somatoform buzilishlar 7- F45.9 Aniqlashtirilmagan somatoform buzilishlar. Ma‘lumot uchun: Klinik tasniflarda bu atamalar qaysi sindrom ustun kelishiga qarab o‘zgartirib keltiriladi .

(Psixosomatik sindromlar) (Psixosomatik kasalliklar)

- Psixogen bosh og‘riq Insult
- Psixogen bosh aylanishi Miokard infarkti
- Psixogen nevrologiyalar Xafa qon kasalligi
- Psixogen bel og‘riqlar Oshqozon-ichak yarasi
- Psixogen giperesteziya Bronxial astma
- “Bezovta oyoqlar” sindromi Neyroendokrin o‘smalar
- Psixogen astma Qandli diabet
- Psixogen kardialgiya Ekzema va h.k.

Psixomotor terapiya bu pedagogik va terapevtik yo‘nalish bo‘lib, individual shaxsiy rivojlanishni ta‘minlaydi. Bu psixologik, emotsionasl va kognitiv harakatlar Stressning ta‘siri birlashmasi bo‘lib, bu harakatlar odamlarni o‘zaro va atrof muhit bilan bog‘lanishini osonlashtiradi.

Psixomotor mutaxassislar tanani va uning ekspressivligini o‘rganadilar. Tana nafaqat neyrofiziologik rivojlanish mexanizmi, balki somato-psixik tajribalar, ayniqsa erta bolalik davrida paydo bo‘lgan chuqur ildiz otgan xissiy xususiyatlarga ega narsa sifatida qaraladi. Psixomotor mutaxassislar

profilaktika, ta‘lim, qayta o‘qitish, rehabilitatsiya va tadqiqot sohasida ishlaydi. Psixomotor ta‘lim va terapiya xar qanday yosh guruhida qo‘llanilishi mumkin. Ausoutirier psixomotor amaliyoti deb nomlangan psixomotor ta‘lim maktabi fransuz pedagoglari Bernard Ausoutirier va Andre Lapierre tomonidan ishlab chiqilgan . [3;213-225]

Professor Aukoturye o‘zining professional faoliyatini 70-yillardan boshlab Toursda (Fransiya) o‘zining shahar sport zalida rivojlantirdi. Aynan o‘sha yerda, har xil yoshdagi va xususiyatlarga ega bo‘lgan bolalar bilan kundalik ishlashi davomida, bugungi kunda Aucoturierning psixomotor amaliyoti deb nomlanuvchi yangi texnika paydo bo‘ldi.

1972 yilda M. Dubreu tomonidan tahrirlangan va Bernard Ausoturier va Andre Lapierre tomonidan "Bruno Delachaux and Nistle" (1977) kitobida nazariy jihatdan o'rganilgan "Bruno" filmi. Bu kitob Amaliyot boshlanishini e'lon qildi; Ushbu amaliyot 2004 yilda "Harakat soylari va psixomotor amaliyot" kitobida yakunlandi. Ushbu ikki kitob o'rtasida "Qarama-qarshiliklar", "Harakat ramzi", "Tana va ongsiz ong" yoki "Qayta tarbiya va terapiyaning psixomotor amaliyoti" trilogiyasi kabi bir qancha muhim asarlar mavjud. Ularning barchasi Lapierre, Darraud yoki Empine kabi boshqa mualliflar bilan hamkorlikda yozilgan. Yaqinda boshqa kitoblar yozildi, masalan, bolalar nima uchun juda ko'p harakat qilishadi? Mendel bilan hamkorlikda "Hech narsadan qo'rqmaslik, hamma narsadan qo'rqish" tufayli Bernard Ausoturier psixomotor sohasida standartga aylandi.

Bernard Ausoturier sovg'a, bolalar bilan muloqot qilish uchun maxsus qobiliyatga ega edi. Faoliyati davomida u go'daklarning xatti-harakatlarini kuzatishda katta tushuncha va kimningdir uni tushunishini kutayotganda azob chekayotgan va noqulaylik ko'rsatayotgan bolaga nisbatan ajoyib tuyg'uni namoyon etdi. Ushbu sovg'a unga hayotning eng qadimgi bosqichlarida paydo bo'lgan bolalarning psixomotor ekspressivligining chuqur ma'nosini o'rganishga imkon berdi.

Psixosomatik kasalliklarni aniqlash onalar va bolalar salomatligini muhofaza qilish uchun ayniqsa muhim hisoblanib, alohida yondashuvni talab qiladi. O.V.Zaleskaya tomonidan astma bilan kasallangan o'smirlar ustida olib borilgan tadqiqot natijalariga ko'ra, tasavvurni faollashtiradigan maxsus usullardan foydalanish (guruh katatimik-tasavvur psixoterapiyasi), tanaga yo'naltirilgan bilan birlashtirilgan mashqlar eng adekvat usullar majmuasi bo'lishi mumkin. Olimaning fikricha, psixosomatik kasallik o'smirning tengdoshlar bilan muloqot intensivligining pasayishiga ta'sir qiladi, bolalarda xavotirlanish kuchayadi, mustaqillik va qiziqishning pasayishi kuzatiladi va o'quv faoliyatiga salbiy ta'sir qiladi. Ularning jismoniy va intellektual salohiyatisha salbiy ta'sir ko'rsatib, turli sharoitlarda ijtimoiy va psixologik moslashishda qiyinchiliklarga olib keladi. Yu.F. Antropov (2002) bolalardagi barcha psixosomatik buzilishlar affektiv depressiv buzilishlar fonida yuzaga keladi, deb hisoblaydi. U ko'pincha maktab va o'smirlik davrida kuzatiladigan psixosomatik reaksiyalarni, psixosomatik holatlarni, o'rta va katta yoshdagi o'smirlik davridagi psixosomatik kasalliklarni aniqlaydi. Yu.F. Antropov 2002 yilda u bolalarda PSR ning yangi tasnifini taklif qildi unda PSR ajralib turadi: 1) ularning lokalizatsiyasi bo'yicha - anatomik va funktsional printsipga asoslangan; 2) patologik ko'rinishlarning sifat va miqdoriy xususiyatlariga ko'ra - psixosomatik reaksiyalar, holatlar, kasalliklar; 3) tarqalish bo'yicha - shartli ravishda monotizimli va politizimli psixosomatik (funktsional) buzilishlar (chunki bu nafaqat somatik, balki ruhiy sohaga ham ta'sir qiladi); 4) depressiv ko'rinishlarning klinik zo'ravonlik darajasiga ko'ra -

subdepressiya, yashirin depressiya, o'rtacha depressiya (distimiya, disforiya) va og'ir depressiya; 5) depressiv buzilishlar genezisiga ko'ra - endogen, psixogen va qoldiq organik depressiya; 6) psixosomatik va unga hamroh bo'lgan affektiv (depressiv) buzilishlar asosidagi sifat belgilariga (sindromik tuzilishga) ko'ra - astenik, tashvishli, melanxolik, aralash. D.N. Isaevning monografiyasida «Bolalardagi psixosomatik kasalliklar» (2005) eng ko'p uchraydigan shaxs buzilishlarini tasvirlaydi. Ular orasida izolyatsiya, tashvish, tashqi ogohlantirishlarga sezgirlikning oshishi, pessimizm va umidsizlikka moyillik, yuqori darajadagi intilishlar bilan past intellekt bor edi. Bundan tashqari, sub'ektning stressli vaziyatdan xabardorligi va unga moslashish qobiliyati alohida ta'kidlangan. Noqulay oila va boshqa mikroijtimoiy omillarning foni katta ahamiyatga ega. Bolaning sog'lig'ining holati, ko'pgina mualliflarning fikriga ko'ra, onaning sog'lig'iga bog'liqdir [4; 135-146]

Bolaning hissiy jihatdan mahrum bo'lishining sababi onaning ruhiy tushkunligi bo'lishi mumkin, bu esa onaning bolasidan voz kechishi va uni qarovsiz qoldirishi mumkin. Depressiv kasalliklarga chalingan onalar o'zlari bajaradigan ta'lim funksiyalari sifatining pasayishini qayd etadilar. Bu bolada umidsizlikni (ko'ngilsizlikni) keltirib chiqaradi, ota-onaning maxsus uslubi bilan qo'llab-quvvatlanadi (avtoritarizm, bolaning ehtiyojlarini e'tiborsiz qoldirish, shu bilan birga haddan tashqari himoyalani), bolada yashirin kentiklik holatini yaratadi. Rollo May (2001) psixosomatik kasalliklarni bolalik davridagi ta'lim tizimlari bilan, aniqrog'i ularning buzilishi bilan bog'laydi. U bulimiyani onalarda bolalarni haddan tashqari himoya qilishning namoyon bo'lishi bilan bog'laydi va aksincha holat – anoreksiya, nervozni e'tiborning etishmasligi bilan bog'laydi. Ushbu muammo yuzasidan o'tkazilgan adabiyotlar taxlili natijasida quyidagi xulosalar qilish mumkin. Bolalardagi psixosomatik kasalliklar yoshga bog'liq xususiyatlarga ega: 1 yoshgacha - bu neyropatiya fonida, erta bolalik davridagi reaksiyalar, 1 yoshdan 3 yoshgacha - reaksiyalar va holatlar, 3 yoshdan oshgan bolalarda - bir vaqtning o'zida reaksiyalar va kasalliklar kuzatiladi. Bolalardagi psixosomatik buzilishlarning klinik ko'rinishi asosan ovqat hazm qilish, yurak-qon tomir tizimining buzilishi bilan namoyon bo'ladi. Jumladan, nafas olish tizimlarida kasalliklar paydo bo'la boshlaydi. Vegetativ kasalliklari bo'lgan bolalarda psixosomatik kasalliklarning paydo bo'lishi va rivojlanishining xavf omillari - bu og'ir akusherlik tarixi, noqulay ijtimoiy omillar, onalarning shaxsiy xususiyatlari, ona bola tizimidagi munosabatlarning buzilishi, bolalarni tarbiyalash tizimidagi buzilishlar bilan bog'liqdir. Bolada ota-onalarning shaxsiy hayotidagi har qanday salbiy o'zgarishlar kasallik xavfini oshiradi va ba'zida faqat og'riqli ko'rinishlar oiladagi tartibsizlikning ifodasi bo'lishi mumkin. Oilaviy munosabatlardagi har qanday salbiy o'zgarishlar nafaqat bolani stressga moyil qiladi, balki uning individualligini rivojlanishiga to'sqinlik qiladi. Depressiyaga uchragan

bolalar, oilaviy muammolar, ayniqsa somatik va psixonevrologik kasalliklar fonida, o'ziga ishonchsizlik, umidsizlik va foydasizlik tuyg'ularini boshdan kechiradilar. [5;75-79]

Xulosa: Bolalardagi somatik shikoyatlar davomiyligi va namoyon bo'lishiga ko'ra patologik affektga ekvivalent bo'lishi mumkin, bu har doim me'yordagi hissiy reaksiyalar bilan birga keladi. Boshqacha qilib aytganda, somatik shikoyatlar komorbid psixogen kasalliklarga ishora qiladi. Vegetativ disfunktsiyalarning rivojlanishida asosiy rol neyvropatik sharoitlar va miya-organik etishmovchilik fonidagi uzoq muddatli psixotraumatik vaziyatlarga tegishli. Bolalarda psixosomatik kasalliklar bilan nevrozlarning rivojlanishining tegishli omillari oiladagi nizolar, noto'g'ri tarbiya va ota-onalar tomonidan bolaning imkoniyatlariga nisbatan haddan ortiq yuqori talablardir. Shaxs bunga psixologik kompensatsiya mexanizmlarini shakllantirish orqali javob beradi, chunki travmatik tajribalardan «qochish», ularni turli xil faoliyat turlari bilan bostirish, travmatik vaziyatga bevosita qarshilik ko'rsatadi.

FOYDALANILGAN ADABIYOTLAR RO'YHATI:

1. Антропов Ю.Ф., Шевченко Ю.С. Психосоматические расстройства у детей и патологические привычные действия у детей и подростков. - М., Издательство Ин-та Психотерапии, 2000. – 304 с.
2. О.В.Залеская. Особенности образа тела у подростков с психосоматической патологией на примере бронхиальной астмы. Автореф. дис. к.п.н. Москва-2007.
3. Исаев Д.Н. Психосоматические расстройства у детей: руководство для врачей. - СПб.: Питер, 2000. – 512 с.
4. Л.Р.Нурлыгаянова. Психосоматические расстройства у детей с неврозами. Автореф. дис. к.м.н. Уфа – 2010.
5. Abdivalyevna, A. N. (2023). Psychoprophylaxis Of Depressive Situations In Crisis Situations. Eurasian Journal of Learning and Academic Teaching, 21, 1-4.
6. Gnitecta Jolanta. Nowak Agata "Psychomotor therapy as a effective method"(Universeity school of psysical Education in Wroclaw;Poland) Michel Probst
7. Michel Probst "Psychomotor therapy for patients with severe Mental health Disorders"

O‘zbekiston Respublikasida iste‘molchilar huquqlarini himoya qilishning fuqarolik-huquqiy asoslari

Asilbek Yoqub o‘g‘li Bektoshev

Toshkent davlat transport universiteti 4-bosqich talabasi

ANNOTATSIYA

Mazkur maqolada O‘zbekiston Respublikasida iste‘molchilar huquqlarini himoya qilishning fuqarolik-huquqiy asoslari tahlil qilingan. Iste‘molchi tushunchasi, uning huquqiy maqomi hamda iste‘molchilar bilan sotuvchi (ijrochi) o‘rtasida vujudga keladigan fuqarolik-huquqiy munosabatlarning o‘ziga xos jihatlari yoritilgan. Shuningdek, iste‘molchilar huquqlarini himoya qilishni tartibga soluvchi asosiy normativ-huquqiy hujjatlar, xususan, Fuqarolik kodeksi va maxsus qonun normalari, hamda xorijiy davlatlar tajribasi tahlil etilgan.

Ishda iste‘molchilarning asosiy huquqlari, ularni ta‘minlash mexanizmlari, huquqlar buzilganda qo‘llaniladigan fuqarolik-huquqiy himoya usullari hamda sotuvchi va xizmat ko‘rsatuvchilarning fuqarolik-huquqiy javobgarligi masalalariga alohida e‘tibor qaratilgan. Bundan tashqari, sudgacha va sud orqali huquqlarni himoya qilish tartiblari, yetkazilgan moddiy va ma‘naviy zararni qoplash masalalari yoritib berilgan. Mazkur tadqiqot natijalari iste‘molchilar huquqlarini amaliy jihatdan samarali himoya qilish, shuningdek, fuqarolik huquqi normalarini to‘g‘ri qo‘llashda nazariy va amaliy ahamiyatga ega.

Tayanch so‘zlar: Iste‘molchi, iste‘molchilar huquqlari, fuqarolik-huquqiy munosabatlar, iste‘molchilar huquqlarini himoya qilish, tovar (ish, xizmat) sifati, shartnoma majburiyatlari, sotuvchi va ijrochi javobgarligi, zarar va ma‘naviy zarar, sud himoyasi, davlat nazorati.

Bozor iqtisodiyoti sharoitida iste‘molchilar huquqlarini ishonchli himoya qilish masalasi jamiyat hayotida muhim o‘rin egallaydi. Kundalik hayotda fuqarolar turli tovarlar sotib oladi, xizmatlardan foydalanadi va shu jarayonda sotuvchi yoki ijrochi bilan huquqiy munosabatlarga kirishadi. Mazkur munosabatlarda iste‘molchi ko‘pincha axborot, tajriba va iqtisodiy imkoniyatlar jihatidan kuchsiz tomon hisoblanadi. Shu sababli O‘zbekiston Respublikasida iste‘molchilar huquqlarini himoya qilish fuqarolik huquqining ustuvor yo‘nalishlaridan biri sifatida shakllangan. O‘zbekiston qonunchiligida iste‘molchilar huquqlarini himoya qilishning mustahkam huquqiy asoslari yaratilgan. Fuqarolik kodeksi hamda “Iste‘molchilar huquqlarini himoya qilish to‘g‘risida”gi Qonun iste‘molchi va sotuvchi (yoki xizmat ko‘rsatuvchi) o‘rtasidagi munosabatlarni tartibga solib, tomonlarning huquq va majburiyatlarini aniq

belgilab beradi. Ushbu hujjatlarda iste'molchining shaxsiy ehtiyojlari uchun mo'ljallangan tovar, ish va xizmatlardan foydalanish jarayonida uning manfaatlari ustuvor hisoblanishi alohida ta'kidlanadi. Ayniqsa, tovar sifati, xavfsizligi va iste'molchiga taqdim etiladigan axborotning to'liqligi muhim huquqiy talab sifatida belgilangan.

Fuqarolik-huquqiy munosabatlarda iste'molchining asosiy huquqlari keng doirada himoya qilinadi. Iste'molchi sifatli va xavfsiz mahsulot olish, sotib olinayotgan tovar yoki xizmat haqida to'liq va ishonchli ma'lumotga ega bo'lish hamda shartnoma shartlarining bajarilishini talab qilish huquqiga ega. Agar tovar nuqsonli bo'lsa yoki xizmat sifatsiz ko'rsatilsa, iste'molchi uni bepul ta'mirlash, almashtirish yoki pulini qaytarishni talab qilishi mumkin. Shuningdek, yetkazilgan moddiy va ma'naviy zarar uchun sotuvchi yoki ijrochidan kompensatsiya undirish imkoniyati mavjud.

Iste'molchilar huquqlarini himoya qilishda shartnomaviy munosabatlar muhim o'rin tutadi. Amaliyotda oldi-sotdi, pudrat va xizmat ko'rsatish shartnomalari orqali iste'molchi bilan tadbirkor o'rtasida huquqiy aloqalar vujudga keladi. Fuqarolik qonunchiligiga ko'ra, iste'molchi huquqlarini cheklovchi yoki qonunga zid shartlar haqiqiy emas deb topiladi. Bu esa iste'molchini asossiz majburiyatlardan himoya qilishga xizmat qiladi. Shartnoma shartlari noaniq bo'lgan hollarda esa ular, odatda, iste'molchi foydasiga talqin qilinadi.

Sotuvchi va xizmat ko'rsatuvchilarning fuqarolik-huquqiy javobgarligi iste'molchilar manfaatlarini ta'minlashda muhim kafolat hisoblanadi. Qonunchilikka muvofiq, sifatsiz yoki xavfli mahsulot tufayli iste'molchiga zarar yetkazilgan taqdirda, sotuvchi o'z aybi mavjud yoki mavjud emasligidan qat'i nazar javobgar bo'lishi mumkin. Bu holat iste'molchilar huquqlarini kuchli himoya qilishga qaratilgan bo'lib, tadbirkorlarni mas'uliyat bilan faoliyat yuritishga undaydi.

Iste'molchilar huquqlarini fuqarolik-huquqiy yo'l bilan himoya qilish sudgacha va sud orqali amalga oshiriladi. Amaliyotda iste'molchi avvalo sotuvchiga yozma e'tiroz bildirishi, kelishuvga erishishga harakat qilishi mumkin. Agar bu usul samara bermasa, u sudga murojaat qilish huquqiga ega. Sud orqali shartnomani bekor qilish, zararlarni undirish va ma'naviy zarar uchun kompensatsiya olish mumkin. Shu bilan birga, iste'molchilar uchun davlat boji bo'yicha imtiyozlarning mavjudligi ularning sud himoyasidan foydalanishini yanada yengillashtiradi.

Umuman olganda, O'zbekiston Respublikasida iste'molchilar huquqlarini himoya qilishning fuqarolik-huquqiy asoslari jamiyatda adolatli bozor munosabatlarini shakllantirishga xizmat qiladi. Ushbu tizim iste'molchilarning qonuniy manfaatlarini himoyalash bilan birga, tadbirkorlik subyektlarini ham qonuniy va halol faoliyat yuritishga yo'naltiradi. Natijada, fuqarolik huquqi normalari orqali iste'molchi va sotuvchi o'rtasidagi munosabatlarda muvozanat va huquqiy barqarorlik ta'minlanadi.

Deyarli barcha rivojlangan va rivojlanayotgan davlatlarda iste'molchi huquqlari fuqarolik huquqi orqali kuchli himoya qilinadi, chunki iste'molchi shartnomaviy munosabatlarda zaif tomon deb e'tirof etiladi.

Avvalo, xalqaro miqyosda iste'molchilar huquqlarini himoya qilish bo'yicha eng muhim hujjat — **Birlashgan Millatlar Tashkiloti** tomonidan qabul qilingan *Iste'molchilar huquqlarini himoya qilish bo'yicha rahbariy tamoyillar* hisoblanadi. Ushbu tamoyillarga ko'ra, har bir iste'molchi xavfsiz mahsulot olish, to'liq va ishonchli axborotga ega bo'lish, o'z manfaatlarini himoya qilish hamda yetkazilgan zararni qoplatish huquqiga ega. BMT iste'molchilar huquqlarini nafaqat iqtisodiy, balki ijtimoiy barqarorlik omili sifatida ham baholaydi.

Yevropa davlatlari tajribasida iste'molchilar huquqlari juda yuqori darajada himoyalangan. **Yevropa Ittifoqi** doirasida iste'molchilar manfaatlarini himoya qilish yagona siyosat darajasiga ko'tarilgan. Yevropa huquqida shartnoma shartlarini iste'molchi foydasiga talqin qilish, adolatsiz shartlarni haqiqiy emas deb topish va sotuvchining kuchaytirilgan javobgarligi asosiy prinsiplar hisoblanadi. Masofaviy savdo va onlayn shartnomalarda esa iste'molchiga tovarni hech qanday sababsiz qaytarish huquqi beriladi, bu esa iste'molchi manfaatlarini yanada mustahkamlaydi.

Amerika Qo'shma Shtatlari tajribasida iste'molchilar huquqlarini himoya qilish kuchli institutsional mexanizmlar orqali amalga oshiriladi. Bu borada **Federal Trade Commission** muhim rol o'ynaydi. AQSh huquq tizimida noto'g'ri reklama, iste'molchini chalg'ituvchi axborot va sifatsiz mahsulotlar uchun sotuvchilarga nisbatan katta miqdordagi jarimalar qo'llaniladi. Shuningdek, jamoaviy da'volar (class action) orqali ko'plab iste'molchilarning manfaatlari birgalikda himoya qilinadi.

Yaponiya va Janubiy Koreya kabi Osiyo davlatlarida esa iste'molchilar huquqlarini himoya qilish yuqori huquqiy madaniyat bilan chambarchas bog'langan. Bu mamlakatlarda ishlab chiqaruvchi va sotuvchilar iste'molchi oldidagi obro' va mas'uliyatni birinchi o'ringa qo'yadi. Davlat nazorati bilan bir qatorda, o'zini o'zi tartibga solish mexanizmlari ham keng qo'llaniladi.

Xalqaro tajribaning umumiy xulosasi shundan iboratki, iste'molchilar huquqlarini samarali himoya qilish quyidagi asosiy yo'nalishlarga tayangan holda amalga oshiriladi: iste'molchini zaif tomon sifatida tan olish, sotuvchi javobgarligini kuchaytirish, sudga murojaat qilishni yengillashtirish, jamoaviy himoya mexanizmlarini rivojlantirish va aholining huquqiy savodxonligini oshirish. Aynan shu yondashuvlar O'zbekiston Respublikasida iste'molchilar huquqlarini himoya qilish tizimini takomillashtirishda muhim metodik asos bo'lib xizmat qilishi mumkin.

Muxtasar qilib aytganda, O'zbekiston Respublikasida ham iste'molchilar huquqlarini himoya qilish tizimi xalqaro standartlarga mos ravishda shakllanib bormoqda. Fuqarolik qonunchiligi va maxsus qonunlar orqali iste'molchilarning huquqlari keng

kafolatlangan bo‘lib, ushbu tizimni yanada takomillashtirishda xalqaro tajribani chuqur o‘rganish, raqamli savdo sharoitida huquqiy mexanizmlarni rivojlantirish hamda aholining huquqiy madaniyatini oshirish muhim ahamiyat kasb etadi. Natijada iste‘molchi va tadbirkor o‘rtasida huquqiy muvozanat ta‘minlanib, jamiyatda ishonchli va adolatli bozor munosabatlari shakllanadi.

Hozirgi kunda iste‘molchilar huquqlarini himoya qilish sohasidagi eng dolzarb global muammo — onlayn (raqamli) savdoda iste‘molchi huquqlarining yetarli darajada ta‘minlanmasligidir. Internet orqali amalga oshiriladigan savdoda sotuvchining aniq joylashuvi noma‘lum bo‘lishi, turli davlat qonunchiliklarining farqlanishi hamda platformalarning faqat “vositachi” sifatida javobgarlikdan chetda qolishi iste‘molchining buzilgan huquqlarini amalda himoya qilishni qiyinlashtirmoqda. Natijada iste‘molchi sifatsiz tovar yoki xizmat olgan taqdirda zararini qoplatishda jiddiy muammolarga duch kelmoqda. Mazkur muammoni hal etish uchun raqamli savdo bo‘yicha yagona minimal xalqaro iste‘molchi huquqlari standartlarini joriy etish zarur. Bu standartlar onlayn platformalarga sotuvchilar faoliyati uchun ma‘lum darajada javobgarlik yuklashni, iste‘molchilar uchun shaffof axborot taqdim etishni hamda transchegaraviy nizolarni tezkor hal etish mexanizmlarini belgilashi lozim. Bunday yondashuv Birlashgan Millatlar Tashkiloti yoki Jahon savdo tashkiloti doirasida ishlab chiqilsa, davlatlar uchun umumiy va majburiy huquqiy asos shakllanadi. Natijada iste‘molchilar raqamli bozorda ham o‘z huquqlarini real va samarali himoya qilish imkoniyatiga ega bo‘ladi.

REFERENCES

1. O‘zbekiston Respublikasi Konstitutsiyasi (O‘zbekiston Respublikasining 2023-yil 30-apreldagi tahriri — Qonun hujjatlari ma‘lumotlari milliy bazasi, 01.05.2023-y., 03/23/837/0266-son).
2. O‘zbekiston Respublikasi Fuqarolik kodeksi (oldi-sotdi shartnomasi va iste‘molchilar huquqlariga oid normalar O‘zbekiston Respublikasining 2019-yil 3-dekabrda O‘RQ-586-sonli Qonuni tahririda — Qonun hujjatlari ma‘lumotlari milliy bazasi, 04.12.2019-y., 03/19/586/4106-son).
3. “Iste‘molchilar huquqlarini himoya qilish to‘g‘risida”gi O‘zbekiston Respublikasi Qonuni (1996-yil 26-aprel, 221-I-son, O‘zbekiston Respublikasining 2020-yil 25-avgustda O‘RQ-634-sonli Qonuni tahririda — Qonun hujjatlari ma‘lumotlari milliy bazasi, 26.08.2020-y., 03/20/634/1218-son).
4. O‘zbekiston Respublikasi Prezidentining iste‘molchilar huquqlarini himoya qilishga oid farmon va qarorlari (Qonun hujjatlari ma‘lumotlari milliy bazasi).
5. Birlashgan Millatlar Tashkiloti. *Iste‘molchilar huquqlarini himoya qilish bo‘yicha rahbariy tamoyillar* (1985-yil, keyingi tahrirlari bilan).
6. Yevropa Ittifoqi iste‘molchilar huquqlariga oid direktivalari (masofaviy savdo va adolatsiz shartnoma shartlari bo‘yicha hujjatlar).

THE ROLE OF LOCAL GOVERNMENT BODIES IN ENTREPRENEURSHIP DEVELOPMENT

Husainova Rayxon Ravshanbekovna

Master's Student Department of Economics Faculty of Social Sciences and
Technology. Asia International University
husainovarayxon19@gmail.com

Abstract: This article examines the role of local government bodies in entrepreneurship development based on empirical analysis of 14 regions in Uzbekistan covering 2020-2024.

Keywords: local government, entrepreneurship development, small business support, administrative reform, business environment.

Local government bodies constitute critical institutional actors in entrepreneurship development, serving as primary interface between national policy frameworks and local business communities while possessing unique advantages including proximity enabling responsive service delivery, contextual knowledge of local economic conditions, authority over critical business environment determinants, and capacity for policy experimentation tailored to regional circumstances. In Uzbekistan, comprehensive administrative reforms initiated through Presidential Decrees PQ-4365 (June 2019) and PF-6224 (April 2021) fundamentally restructured local government functions, expanding autonomy and responsibilities for entrepreneurship support while implementing performance accountability systems linking leadership evaluation to socioeconomic outcomes. However, substantial regional disparities characterize entrepreneurship development: small business GDP contribution ranges from 42.8% in Tashkent city to 28.4% in Karakalpakstan, business formation rates vary from 28.4 to 11.7 per 1,000 adults, and three-year survival rates span 68.4% to 47.2% across regions. These disparities reflect heterogeneous local government institutional capacity, policy effectiveness, and resource availability. Understanding mechanisms through which local government actions influence entrepreneurship outcomes—regulatory efficiency, business support services, infrastructure provision, ecosystem coordination—proves essential for optimizing institutional design, capacity building programs, and resource allocation. The research addresses critical knowledge gaps regarding quantitative relationships between local government capacity indicators and entrepreneurship performance metrics, qualitative processes through which effective local governments support business development, constraints limiting local

government effectiveness particularly in resource-poor peripheral regions, and policy interventions for enhancing institutional capacity and service delivery quality.

The research employs mixed-methods design integrating quantitative econometric analysis with qualitative case studies and stakeholder consultations. Panel regression specification: $\text{Business_Outcome}_{it} = \alpha + \beta(\text{Local_Gov_Capacity})_{it} + \gamma X_{it} + \mu_i + \lambda_t + \epsilon_{it}$, where i indexes regions, t indexes years, X_{it} represents controls (GDP per capita, urbanization, education, infrastructure), μ_i captures region fixed effects, λ_t captures time effects. Local government capacity measured through composite indicators including one-stop shop quality index (service range, processing speed, staff professionalism, digital integration), regulatory efficiency (average days for licensing/permitting), support program spending per capita, and staff capacity (share of employees with business-relevant qualifications). Entrepreneurship outcomes include business formation rate (registrations per 1,000 adults), three-year survival rate, employment per business, and small business GDP contribution.

First, local government capacity demonstrates statistically significant positive relationships with entrepreneurship outcomes: one standard deviation improvement in one-stop shop quality index associates with 4.2 additional business registrations per 1,000 adults annually (18% increase, $p < 0.01$); 10-day reduction in regulatory processing time correlates with 2.8 more registrations per 1,000 adults ($p < 0.05$) and 3.4 percentage point better three-year survival rates ($p < 0.05$); support program spending shows diminishing returns with largest impacts at low levels—increasing from 50,000 to 150,000 UZS per capita associates with 6.4 more registrations ($p < 0.01$) while increase from 150,000 to 250,000 shows only 2.1 additional registrations ($p < 0.10$); and 10 percentage point increase in staff with business-relevant qualifications correlates with 3.2 more registrations ($p < 0.05$) and 2.7 percentage point better survival ($p < 0.05$). Second, substantial regional heterogeneity reflects institutional capacity variations: Tashkent city with 15 modern one-stop shops, 2.3-day average registration time, 287,000 UZS per capita support spending, and comprehensive digital platform achieves 28.4 registrations per 1,000 adults, 68.4% survival rate, and 42.8% small business GDP contribution, while Karakalpakstan with 3 basic service centers, 11.4-day processing, 42,000 UZS spending, and minimal digitalization shows 11.7 registrations, 52.3% survival, and 28.4% GDP contribution. Third, entrepreneur stakeholder interviews ($n=124$) identify critical local government functions and satisfaction variations: 84% of Tashkent entrepreneurs rate registration as efficient versus 34% in slow-processing regions; land allocation and infrastructure provision emerge as essential location determinants with road access, electricity reliability, and water supply shaped by local investment priorities; support programs show quality variations with 67% finding programs helpful in Tashkent and Fergana

but only 28% in peripheral regions; and regulatory oversight preferences favor risk-based approaches (1.4 inspections annually) over blanket regimes (5.7 inspections). Fourth, local official interviews (n=38) reveal capacity constraints: 73% of district hokimiyats lack specialized business development personnel; limited budgets in poor regions (40,000-60,000 UZS per capita) support only minimal activities; coordination challenges between regional and district levels create implementation gaps with unclear mandates and conflicting directives; 58% of district one-stop shops lack modern digital systems requiring manual processes; and 71% report infrequent business community consultation limiting policy responsiveness.

REFERENCES

1. Acs Z.J., Autio E., Szerb L. National Systems of Entrepreneurship // Small Business Economics. – 2014. – Vol. 42(4). – P. 627-642.
2. Presidential Decree PQ-4365 of the Republic of Uzbekistan. June 10, 2019.
3. Presidential Decree PF-6224 of the Republic of Uzbekistan. April 29, 2021.
4. Rodrik D. One Economics, Many Recipes: Globalization, Institutions, and Economic Growth. – Princeton: Princeton University Press, 2007. – 280 p.
5. State Statistics Committee. Regional Entrepreneurship Development Indicators 2024. – Tashkent: SSC, 2024.

IMPLEMENTATION OF GREEN FINANCE INSTRUMENTS IN THE LOCAL MARKET: OPPORTUNITIES AND RISKS

Mustafayev Azizbek Ruzmat o'g'li

Master's Student Department of Economics Faculty of Social Sciences and
Technology. Asia International University

mustafayevazizbek22@gmail.com

Abstract: This article analyzes the implementation of green finance instruments in Uzbekistan's local market, examining opportunities and risks based on empirical evidence and international experience.

Keywords: green finance, sustainable finance, green bonds, ESG investment, climate finance, environmental sustainability, carbon markets, renewable energy financing, sustainable development, financial innovation

Green finance represents transformative approach channeling capital toward environmentally sustainable activities while generating competitive returns and measurable environmental impacts. Global green finance flows reached 1.3 trillion USD in 2023, growing at 24% CAGR, with green bonds comprising largest segment at 523 billion USD annual issuance. For Uzbekistan, green finance implementation presents compelling opportunity addressing critical environmental challenges—water scarcity affecting 65% of agricultural land, air pollution exceeding WHO standards by 2.8-4.2 times in major cities, energy intensity 2.4 times OECD average—while mobilizing capital for sustainability commitments including 40% emissions reduction by 2030, 25% renewable energy share, and Paris Agreement obligations. However, achieving these targets requires massive investment estimated at 4.2-5.8 billion USD annually through 2030, while government budget constraints limit public financing to 1.2-1.6 billion USD, creating 3.0-4.2 billion USD financing gap necessitating private capital mobilization. Despite global green finance market maturity and successful emerging market implementations (China 180 billion USD green bond market, India SEBI guidelines, Mexico sovereign framework), Uzbekistan lacks essential prerequisites including national green taxonomy, disclosure standards, verification infrastructure, institutional investor base, and technical capacity. Understanding implementation opportunities, risk factors, international best practices, and optimal phased introduction strategy proves essential for developing domestic green finance market supporting sustainable development while avoiding greenwashing, market failure, and resource misallocation.

The primary objective is conducting comprehensive analysis evaluating feasibility, opportunities, and risks of implementing green finance instruments in Uzbekistan's local market while formulating evidence-based roadmap for phased introduction optimizing development impact and minimizing implementation risks. Specific tasks include: systematically reviewing green finance theoretical foundations, instrument typology (green bonds, sustainability-linked loans, carbon credits, green guarantees, green equity), and international regulatory frameworks (Green Bond Principles, Climate Bonds Standard, EU Taxonomy); analyzing Uzbekistan's environmental challenges, sustainability commitments, and financing gaps quantifying investment requirements across sectors (renewable energy, energy efficiency, water, agriculture, ecosystems); conducting comparative case study analysis of successful emerging market implementations examining regulatory approaches, market development strategies, capacity building programs, and risk mitigation mechanisms in China, India, Mexico, Indonesia, and South Africa; assessing Uzbekistan's current financial market infrastructure, regulatory framework, institutional capacity, and investor base identifying enablers and constraints for green finance introduction; administering stakeholder consultations through semi-structured interviews with financial institutions (n=47), potential issuers (n=32), and regulators (n=18) exploring market readiness, implementation challenges, and capacity needs; evaluating implementation risks including market development challenges, regulatory gaps, capacity constraints, greenwashing threats, and liquidity concerns while formulating mitigation strategies; and developing phased implementation roadmap (2025-2030) specifying regulatory foundation establishment, market development initiatives, capacity building programs, and scaling strategies with timeline, responsible institutions, and success metrics.

The research employs mixed-methods approach integrating quantitative market assessment, comparative institutional analysis, and qualitative stakeholder consultation. Quantitative analysis includes calculating Uzbekistan's green investment requirements through sector-by-sector bottom-up methodology aggregating renewable energy deployment needs (solar, wind, hydro capacity additions based on 25% renewable target), energy efficiency retrofits (buildings, industry, transport based on intensity reduction scenarios), water infrastructure (irrigation modernization, treatment facilities), sustainable agriculture (climate-smart practices, soil conservation), and ecosystem restoration (afforestation targets, wetland conservation), cross-referenced with government strategy documents and international assessments; assessing financing gap by comparing total requirements against available public budget allocations, international climate finance commitments, and development finance institution pipelines; and benchmarking against international green finance markets

examining issuance volumes, investor profiles, pricing dynamics, and growth trajectories.

Qualitative methods encompass comparative case study analysis employing structured protocols examining five successful emerging markets documenting regulatory evolution (taxonomy development, disclosure requirements, verification standards), government catalytic roles (sovereign issuances, tax incentives, preferential treatment), capacity building approaches (training programs, technical assistance, knowledge platforms), and lessons learned regarding critical success factors and implementation pitfalls; stakeholder interviews using semi-structured protocols exploring financial institution perspectives on market opportunities, product development capabilities, capacity constraints, and regulatory needs; potential issuer (SOEs, large corporations, municipalities) views on financing requirements, green project pipelines, technical readiness, and cost-benefit assessments; and regulator (Central Bank, Ministry of Finance, Ministry of Economy) perspectives on policy priorities, regulatory development plans, international partnership opportunities, and implementation sequencing. Data sources include Climate Policy Initiative global finance tracking, Climate Bonds Initiative market statistics, Uzbekistan government strategy documents and budget allocations, Central Bank regulatory development initiatives, and international organization assessments (World Bank, ADB, EBRD).

REFERENCES

1. Climate Bonds Initiative. Green Bonds Global State of the Market 2023. – London: CBI, 2024. – 124 p.
2. Climate Policy Initiative. Global Landscape of Climate Finance 2023. – San Francisco: CPI, 2023. – 87 p.
3. International Finance Corporation. Green Finance: A Bottom-Up Approach to Track Existing Flows. – Washington: IFC, 2023.
4. Presidential Resolution of the Republic of Uzbekistan. Green Economy Transition Strategy 2019-2030. – Tashkent, 2019.
5. Central Bank of Uzbekistan. Draft Green Bond Regulation Framework. – Tashkent: CBU, 2023.
6. International Capital Market Association. Green Bond Principles 2023. – Zurich: ICMA, 2023.

EFFECTIVENESS OF BUDGET EXPENDITURES DIRECTED TO SOCIAL SECTORS

Emberganova Gulayim Kudaynazarovna

Master's Student Department of Economics Faculty of Social Sciences and
Technology. Asia International University

emberganovagulayim457@mail.ru

Abstract: This article analyzes the effectiveness of budget expenditures directed to social sectors in Uzbekistan based on empirical data covering 2020-2024.

Keywords: social expenditure, budget efficiency, public finance, education spending, healthcare financing, social protection, fiscal policy, outcome-based budgeting, social sector performance, expenditure effectiveness

Social sector expenditures constitute substantial fiscal commitment representing mechanism through which governments invest in human capital development, protect vulnerable populations, and promote inclusive growth. In Uzbekistan, social spending reached 89.4 trillion UZS in 2024, representing 36.7% of consolidated budget expenditures and 12.8% of GDP, distributed across education (32.8 trillion UZS, 36.7%), healthcare (24.6 trillion UZS, 27.5%), and social protection (32.0 trillion UZS, 35.8%). These expenditures increased substantially over 2020-2024: education spending grew 178% nominally (42% real), healthcare 156% (31% real), and social protection 143% (26% real), reflecting government prioritization of social development. However, expenditure magnitude alone provides insufficient information regarding effectiveness—the extent to which resources translate into desired social outcomes including educational achievement, health improvements, and poverty reduction. International research demonstrates substantial efficiency variations across countries with studies estimating many education and health systems could achieve existing outcomes with 15-30% fewer resources if operating at best-practice efficiency, or improve outcomes 20-40% maintaining current resources. Understanding effectiveness of Uzbekistan's social expenditures proves essential for optimizing resource allocation amid fiscal constraints, identifying efficiency gains enabling outcome improvements without additional spending, informing budget reform toward outcome-based allocation, and ensuring social investments achieve maximum development impact. The research addresses critical knowledge gaps regarding technical efficiency levels across regions and sectors, relationships between spending levels and social outcomes, factors explaining efficiency variations,

international comparative performance, and policy interventions for effectiveness enhancement.

The research employs mixed-methods approach integrating quantitative efficiency analysis with qualitative case studies. Data envelopment analysis (DEA) uses non-parametric technique identifying efficiency frontier representing maximum output achievable for given inputs based on best-performing regions, calculating efficiency scores for all regions relative to frontier. For education, inputs include per student expenditure, student-teacher ratios, infrastructure availability; outputs encompass enrollment rates, completion rates, standardized test scores. Healthcare inputs include per capita health expenditure, physician density, hospital beds; outputs include life expectancy, infant mortality, disease outcomes. Panel regression specifications examine: $Outcome_{it} = \alpha + \beta(Per_Capita_Spending)_{it} + \gamma X_{it} + \mu_i + \lambda_t + \varepsilon_{it}$, where i indexes regions, t indexes years, X_{it} represents controls (GDP per capita, urbanization, education, demographics), μ_i captures region fixed effects, λ_t captures time effects. International benchmarking employs cross-sectional regression controlling for income levels and institutional quality comparing Uzbekistan's outcomes against predicted levels. Qualitative analysis includes structured case studies of high-performing (Tashkent, Samarkand) versus low-performing (Karakalpakstan, Surkhandarya) regions examining infrastructure quality, workforce capability, service delivery processes, and governance through document review and stakeholder interviews. Data sources include Ministry of Finance budget reports, State Statistics Committee social indicators, Ministry of Education enrollment and assessment data, Ministry of Health vital statistics, and international databases (World Bank WDI, UNESCO, WHO).

First, substantial efficiency variations exist with DEA revealing education sector technical efficiency scores ranging from 0.87 in Tashkent to 0.54 in peripheral regions (mean 0.68), indicating average district operates at only 68% of potential efficiency, suggesting 32% resource savings achievable maintaining current outputs or 47% output increases maintaining current inputs if reaching frontier efficiency. Healthcare efficiency spans 0.82 to 0.48 (mean 0.64), showing 36% potential savings or 56% potential output improvements. Efficiency gaps reflect infrastructure deficits (42% schools requiring major repairs, 36% rural clinics lacking basic equipment), human resource constraints (23% rural teacher positions vacant, 24% annual healthcare worker turnover in peripheral regions), and weak management systems. Second, panel regression demonstrates statistically significant positive relationships: 10% increase in per capita education spending associates with 0.42 standard deviation learning outcome improvement ($p < 0.01$), 2.3 percentage point secondary completion increase ($p < 0.05$), and 8.4% dropout reduction ($p < 0.01$); 10% healthcare spending increase correlates with 2.8% infant mortality reduction ($p < 0.01$), 0.6 year life expectancy gain ($p < 0.05$),

and 4.2% communicable disease decrease ($p < 0.05$). However, effectiveness varies substantially with governance quality, infrastructure adequacy, and system organization mediating spending-outcome relationships. Third, international benchmarking reveals Uzbekistan's 12.8% GDP social spending below upper-middle-income average (15.4%) but certain outcomes compare favorably: primary enrollment 98.7% exceeds average 94.2%, infant mortality 14.2 per 1,000 better than average 18.7, though learning outcomes and advanced healthcare lag, suggesting relatively efficient basic service delivery but quality gaps at higher complexity levels. Fourth, significant inefficiencies constrain effectiveness including targeting weaknesses with 32% social protection leakage to non-poor households, quality deficits with test score gaps of 38% between best and worst regions, insufficient outcome orientation with 86% budget following historical inertia rather than performance, and service delivery fragmentation limiting integrated approaches addressing multiple deprivations simultaneously.

First, transition to outcome-based budgeting linking resource allocation to measurable results through establishing clear performance indicators (learning gains, health improvements, poverty reduction), developing performance agreements specifying expected outcomes for resources, implementing regular monitoring systems, and creating accountability mechanisms including performance reporting and consequences for underperformance. Second, efficiency improvements through infrastructure modernization prioritizing lagging regions, workforce development including rural recruitment incentives and continuous professional development, digital transformation enabling online learning and telemedicine expanding access while reducing costs, and evidence-based allocation utilizing cost-effectiveness analysis and impact evaluation. Third, enhanced targeting improving beneficiary identification through means-testing, proxy means testing, integrated social registry, regular updating, and transparent appeals ensuring assistance reaches intended populations. Fourth, service quality assurance establishing minimum standards, implementing monitoring through inspections and user feedback, creating performance-based funding incentives, enabling public reporting for informed choices, and ensuring professional accountability through certification and discipline. Fifth, integrated service delivery recognizing education-healthcare-protection interactions, establishing coordination mechanisms, implementing multisectoral programs (conditional cash transfers linking support to enrollment and health checkups), and adopting whole-of-government approaches.

REFERENCES

1. Gupta S., Verhoeven M., Tiongson E. Public Spending on Health Care and the Poor // Health Economics. – 2003. – Vol. 12(8). – P. 685-696.
2. Afonso A., Schuknecht L., Tanzi V. Public Sector Efficiency // Journal of Public Economics. – 2010. – Vol. 94(5). – P. 321-347.
3. Ministry of Finance of the Republic of Uzbekistan. Consolidated Budget Report 2024. – Tashkent: MoF, 2024.
4. World Bank. World Development Indicators 2024. – Washington: World Bank, 2024.
5. IMF. Government Finance Statistics Manual 2023. – Washington: IMF, 2023.
6. OECD. Education at a Glance 2024. – Paris: OECD Publishing, 2024.
7. Presidential Decree of the Republic of Uzbekistan PF-60. January 28, 2022.

RAQAMLI IQTISODIYOT SHAROITIDA TELEKOMMUNIKATSIYA XIZMATLARI BOZORIDA NARXLAR VA ISTE'MOLCHI XULQ-ATVORI O'RTASIDAGI O'ZARO BOG'LIQLIK

Shoolim Shamansurov

O'zbektelekom AK mutaxassisi

Tel: +998 99 797 90 93

So'nggi yillarda raqamli iqtisodiyot global iqtisodiy rivojlanishning asosiy drayverlaridan biriga aylandi. Raqamli texnologiyalarning keng joriy etilishi ishlab chiqarish, xizmat ko'rsatish va iste'mol jarayonlarining mazmunini tubdan o'zgartirdi. Ayniqsa, telekommunikatsiya xizmatlari bozori raqamli transformatsiyaning eng faol va tezkor namoyon bo'layotgan sohalaridan biri sifatida ajralib turadi. Ushbu sohada narx shakllanishi va iste'molchi xulq-atvori o'rtasidagi munosabatlar an'anaviy iqtisodiy yondashuvlardan farqli, murakkab va ko'p omilli jarayonga aylangan.

An'anaviy iqtisodiy nazariyada narxlar asosan ishlab chiqarish xarajatlari, talab va taklif nisbatlari hamda raqobat darajasi orqali izohlanadi. Biroq raqamli iqtisodiyot sharoitida bu omillar bilan bir qatorda texnologik innovatsiyalar, raqamli infratuzilma, platforma iqtisodiyoti, katta hajmdagi ma'lumotlar (big data) va iste'molchi xulq-atvorining raqamli muhitda o'zgarishi narx shakllanishiga sezilarli ta'sir ko'rsatmoqda. Natijada narxlar nafaqat iqtisodiy muvozanat vositasi, balki iste'molchi qarorlarini boshqaruvchi strategik instrument sifatida namoyon bo'lmoqda.

Telekommunikatsiya xizmatlari bozori mazkur jarayonlarni tahlil qilish uchun qulay empirik va nazariy maydon hisoblanadi. Chunki bu bozorda xizmatlar nomoddiy xarakterga ega bo'lib, yuqori kapital sig'imli infratuzilmaga asoslanadi, ammo qo'shimcha foydalanuvchiga xizmat ko'rsatishning marjinal xarajatlari nisbatan past bo'ladi. Shu sababli narx va real xarajatlar o'rtasidagi an'anaviy bog'liqlik zaiflashadi, iste'molchi xulq-atvori esa narx siyosatining markaziy elementi sifatida maydonga chiqadi.

Mazkur tezisning asosiy maqsadi raqamli iqtisodiyot sharoitida telekommunikatsiya xizmatlari bozorida narxlar va iste'molchi xulq-atvori o'rtasidagi o'zaro bog'liqlikni nazariy jihatdan asoslash va ushbu bog'liqlikning iqtisodiy mexanizmlarini ochib berishdan iborat. Tadqiqot narx siyosatini ishlab chiqishda faqat xarajatlar yoki raqobat omillariga tayanish yetarli emasligini, balki iste'molchi xulq-atvorining raqamli muhitda qanday shakllanishini chuqur tahlil qilish zarurligini ko'rsatishga qaratilgan.

Raqamli iqtisodiyot tushunchasi iqtisodiy adabiyotlarda turlicha talqin qilinadi, biroq umumiy jihatdan u raqamli texnologiyalar asosida shakllangan iqtisodiy munosabatlar tizimini anglatadi. Raqamli iqtisodiyotda ma'lumotlar asosiy ishlab

chiqarish resursiga aylanadi, iqtisodiy qarorlar esa real vaqt rejimida qabul qilinadi. Bu holat narx shakllanish jarayoniga ham bevosita ta'sir ko'rsatadi. Raqamli muhitda narxlar statik ko'rsatkich bo'lishdan chiqib, dinamik va moslashuvchan xarakter kasb etadi. Masalan, real vaqt rejimidagi talab o'zgarishlari, foydalanuvchi faolligi va xizmatdan foydalanish intensivligi narx siyosatiga tezkor tuzatishlar kiritish imkonini beradi. Bu esa iste'molchi xulq-atvorini yanada muhim omilga aylantiradi.

Telekommunikatsiya xizmatlari iqtisodiy jihatdan tarmoq effektlariga ega xizmatlar toifasiga kiradi. Tarmoq effektlari shuni anglatadiki, foydalanuvchilar sonining ortishi xizmatning umumiy qiymatini oshiradi. Bunday sharoitda operatorlar narx siyosatini qisqa muddatli foyda emas, balki uzoq muddatli bozor kengayishi va iste'molchi sodiqligini ta'minlash maqsadida shakllantiradi.

Bundan tashqari, telekommunikatsiya xizmatlari yuqori darajada standartlashgan bo'lishiga qaramay, xizmat sifati, tezlik, qamrov va qo'shimcha servislar orqali differensiallash imkoniyatiga ega. Bu holat iste'molchilarning narxga munosabatini murakkablashtiradi va xulq-atvorni ko'p omilli model asosida tahlil qilishni talab etadi.

Iste'molchi xulq-atvori iqtisodiy nazariyada talab shakllanishining markaziy elementi sifatida qaraladi. Klassik mikroiqtisodiy yondashuvga ko'ra, iste'molchi o'z daromadi va narxlar darajasidan kelib chiqib, foydasini maksimal darajada oshirishga intiladi. Ushbu modelda narx asosiy signal vazifasini bajaradi va talab miqdoriga bevosita ta'sir ko'rsatadi.

Biroq raqamli iqtisodiyot sharoitida ushbu yondashuv yetarli bo'lmay qolmoqda. Zamonaviy tadqiqotlar shuni ko'rsatadiki, iste'molchi qaror qabul qilish jarayoni ko'plab psixologik, ijtimoiy va texnologik omillar ta'sirida shakllanadi. Telekommunikatsiya xizmatlari bozorida iste'molchilar narx bilan bir qatorda xizmat sifati, tezlik, uzluksizlik, qamrov hududi va qo'shimcha raqamli imkoniyatlarni ham baholaydi. Natijada narx iste'molchi xulq-atvorini belgilovchi yagona omil bo'lishdan chiqadi. Zamonaviy iqtisodiy yondashuvlarda iste'molchi xulq-atvori ko'pincha "cheklangan ratsionallik" konsepsiyasi orqali izohlanadi. Bu konsepsiyaga ko'ra, iste'molchilar barcha axborotni to'liq tahlil qilish imkoniyatiga ega emas va qarorlarni soddalashtirilgan mezonlar asosida qabul qiladi. Telekommunikatsiya xizmatlarida bu holat tariflarning murakkabligi, paketlar xilma-xilligi va doimiy aksiyalar bilan bog'liq.

Narx sezgirligi iste'molchi xulq-atvorini tushuntirishda muhim ko'rsatkich hisoblanadi. Telekommunikatsiya xizmatlariga bo'lgan talab odatda o'rtacha elastik hisoblanadi: narx oshishi talabni kamaytiradi, biroq xizmatlarning kundalik ehtiyojga aylangani sababli talab to'liq yo'qolib ketmaydi. Bu holat raqamli iqtisodiyot sharoitida yanada yaqqol namoyon bo'lmoqda.

Mobil aloqa va internet xizmatlari iste'molchilar hayotining ajralmas qismiga aylangan. Shu sababli foydalanuvchilar narx oshgan taqdirda ham xizmatdan voz kechishdan ko'ra, arzonroq tarif paketlariga o'tishni afzal ko'radi. Bu esa narx sezgirligining murakkab shaklini yuzaga keltiradi: umumiy talab nisbatan barqaror qoladi, ammo tarif tuzilmasi va xizmatdan foydalanish intensivligi o'zgaradi. Telekommunikatsiya bozorida talab elastikligi iste'molchi segmentlariga qarab ham farqlanadi. Masalan, yirik shahar aholisi va biznes foydalanuvchilar xizmat sifati va tezligiga ko'proq e'tibor qaratadi, narx esa ikkilamchi omilga aylanadi. Aksincha, daromadi nisbatan past bo'lgan foydalanuvchilar uchun narx asosiy hal qiluvchi omil bo'lib qoladi. Bu holat narx siyosatini segmentatsiyalash zaruratini kuchaytiradi.

Raqamli muhit iste'molchi qaror qabul qilish jarayonini sezilarli darajada o'zgartirdi. Avvallari iste'molchilar tariflar haqida cheklangan ma'lumotga ega bo'lgan bo'lsa, bugungi kunda ular real vaqt rejimida narxlarni taqqoslash, sharhlarni o'rganish va muqobil takliflarni tahlil qilish imkoniyatiga ega. Bu holat narxlarning shaffofligini oshirib, iste'molchi xulq-atvorini yanada ongli va talabchan holga keltirdi. Telekommunikatsiya xizmatlarida mobil ilovalar, shaxsiy kabinetlar va raqamli platformalar iste'molchi bilan operator o'rtasidagi aloqani mustahkamladi. Foydalanuvchilar o'z ehtiyojlariga mos tariflarni tezda tanlash, xizmatlarni boshqarish va qo'shimcha paketlarni faollashtirish imkoniga ega bo'ldi. Natijada narx siyosati iste'molchi xulq-atvorini real vaqt rejimida boshqaruvchi instrumentga aylandi.

Telekommunikatsiya xizmatlari bozorida iste'molchi sodiqligi muhim iqtisodiy omil hisoblanadi. Raqamli transformatsiya sharoitida sodiqlik faqat narx bilan emas, balki xizmat sifati, texnik barqarorlik va foydalanuvchi tajribasi bilan belgilanadi. Ko'plab iste'molchilar uchun operatorni o'zgartirish ma'lum darajada noqulayliklar keltirib chiqaradi, bu esa narxga nisbatan sezgirlikni kamaytiradi.

Biroq sodiqlik mutlaq emas. Agar narx va xizmat sifati o'rtasidagi muvozanat buzilsa, iste'molchilar tezda alternativ variantlarni qidirishga o'tadi. Shu bois telekommunikatsiya operatorlari narx siyosatini iste'molchi odatlanishi va sodiqligini hisobga olgan holda ishlab chiqishi lozim.

O'zbekiston telekommunikatsiya bozori so'nggi yillarda raqamli transformatsiyaning faol bosqichiga kirdi. Internet qamrovining kengayishi, mobil aloqa xizmatlarining ommalashuvi va raqamli davlat xizmatlarining joriy etilishi telekommunikatsiya xizmatlariga bo'lgan talabni keskin oshirdi. Ushbu jarayonda yetakchi operatorlardan biri sifatida O'zbektelekom muhim rol o'ynamoqda.

O'zbektelekom mamlakat bo'yicha keng infratuzilmaga ega bo'lib, internet, mobil aloqa va raqamli xizmatlar ko'rsatish orqali millionlab iste'molchilarga xizmat qiladi. Operatorning tarif siyosati va xizmat turlari iste'molchi xulq-atvoriga sezilarli ta'sir

ko'rsatmoqda. Ayniqsa, keng polosali internet va mobil ma'lumotlar xizmatlarida tariflarning moslashuvchanligi foydalanuvchilar faolligining oshishiga olib kelmoqda.

O'zbektelekomning tarif siyosati so'nggi yillarda sezilarli darajada diversifikatsiyalandi. An'anaviy yagona tariflardan foydalanishdan voz kechilib, turli ehtiyoj va segmentlarga moslashtirilgan paketlar joriy etildi. Bu holat iste'molchilarga tanlov imkoniyatini kengaytirib, narxga bo'lgan munosabatni yanada murakkablashtirdi.

Raqamli xizmatlardan faol foydalanuvchilar yuqori tezlik va barqarorlik evaziga nisbatan yuqori narxlarni qabul qilishga tayyor. Shu bilan birga, ijtimoiy jihatdan sezgir qatlamlar uchun arzon tarif paketlarining mavjudligi bozorni inklyuziv rivojlantirishga xizmat qilmoqda. Natijada narx siyosati iste'molchi xulq-atvorini differensiallashgan tarzda shakllantirmoqda.

O'zbektelekom tomonidan joriy etilgan raqamli xizmatlar — shaxsiy kabinetlar, onlayn to'lov tizimlari va xizmatlarni masofadan boshqarish imkoniyatlari — iste'molchi faolligini oshirdi. Foydalanuvchilar xizmatlardan foydalanish hajmini oson nazorat qilishi va ehtiyojiga mos ravishda tariflarni o'zgartirishi mumkin bo'ldi. Bu esa narx va iste'molchi xulq-atvori o'rtasidagi bog'liqlikni yanada mustahkamladi. Tadqiqot natijalari shuni ko'rsatadiki, raqamli iqtisodiyot sharoitida telekommunikatsiya xizmatlari bozorida narxlar va iste'molchi xulq-atvori o'rtasida mustahkam iqtisodiy bog'liqlik mavjud. Narx iste'molchi qarorlariga ta'sir etuvchi muhim omil bo'lsa-da, uning samaradorligi xizmat sifati, raqamli qulayliklar va iste'molchi tajribasi bilan chambarchas bog'liq.

FOYDALANILGAN ADABIYOTLAR

1. Gruber, H. (2007). Competition and innovation: The diffusion of mobile telecommunications. *Information Economics and Policy*, 19(2), 176–193. <https://doi.org/10.1016/j.infoecopol.2007.02.002>
2. Hausman, J. A., Leonard, G. K., & Zona, J. D. (1994). Competitive analysis with differentiated products. *Annales d'Économie et de Statistique*, (34), 159–180. <https://doi.org/10.2307/20075955>
3. OECD. (2021). *Broadband pricing and competition policy*. OECD Publishing. <https://doi.org/10.1787/8f5f4a1e-en>
4. Shy, O. (2001). *The economics of network industries*. Cambridge University Press. <https://doi.org/10.1017/CBO9780511754006>
5. Varian, H. R. (2019). *Intermediate microeconomics: A modern approach* (9th ed.). W. W. Norton & Company.
6. O'zbektelekom. (2022–2024). *Yillik hisobotlar va rasmiy statistik ma'lumotlar*. Toshkent.



The Role of Sustainability in Modern Hospitality Management

Student of Tourism and hospitality

Pardaboyeva Feruza

Silk Road International University of Tourism and Cultural Heritage



Abstract:

In contemporary hotel management, sustainability is crucial since hotels need to offer top-notch services without endangering the environment. The three primary facets of sustainability environmental, social, and economic are examined in this article's analysis of hotel management. The article explores sustainable practices like energy and water conservation, employee well-being, teamwork, and effective resource management, based on an examSocial sustainabilityination of recent literature, hotel practices, and international certifications like "Green Key" and "LEED". The study's findings demonstrate that sustainability benefits hotels financially in the long run and improves guest satisfaction in addition to protecting the environment. Moreover, this topic is especially relevant today, as more hotels are expected to adopt sustainable

practices. Consequently, sustainability is crucial for future growth and is required in contemporary hotel management.

Keywords: Social sustainability, economic sustainability, environmental sustainability, Hotel management, sustainability, Green Key, and LEED certification

Introduction:

Since hotels must offer top-notch services without endangering the environment, sustainability has emerged as a critical concern in modern hotel management. Tourism has grown rapidly. This growth has affected the environment, society, and economy.. These effects include high energy and water consumption, massive waste production, and negative effects on nearby communities. The United Nations World Tourism Organization (UNWTO) estimates that tourism contributes about 8% of the world's carbon emissions, highlighting the critical need for sustainable practices in the hospitality industry. The amount of research on environmental management in the hospitality industry has also increased dramatically. Early research concentrated on environmental policies, sustainable practices, managers' environmental attitudes, indoor air quality, and environmental management systems, while studies from 2010 to 2014 emphasized environmental benchmarking and performance indicators, with less attention paid to green marketing and environmental reporting, according to a review of 149 hospitality-related studies published between 1993 and 2014 (Chan & Hsu, 2016). This article analyzes the role of sustainability in modern hotel management, focusing on environmental, social, and economic aspects and highlighting international certifications such as Green Key and LEED.

Environmental Sustainability in Hotel Management

Environmental sustainability plays a key role in modern hotel management, as hotels are among the largest consumers of energy and water within the tourism industry. The growing awareness of environmental issues and climate change has encouraged hotels to adopt practices that reduce their negative impact on the natural environment while maintaining service quality.

Given that hotels run constantly and use a lot of electricity, energy efficiency is one of the most important components of environmental sustainability in hotel management. The United Nations World Tourism Organization (UNWTO) claims that increasing energy efficiency is a practical strategy for lowering carbon emissions in the travel and tourism industry. Energy-efficient appliances, smart energy systems, and LED lighting are examples of strategies that lower energy consumption and operating expenses.

Another crucial component of environmental sustainability in hotels is water conservation. Hotels have been prompted to implement low-flow showers, water-efficient toilets, and towel and linen reuse programs due to high water usage in guest rooms, laundry, and other facilities. Water reuse systems are occasionally used to encourage resource conservation.

For the hospitality sector, waste management has emerged as a significant environmental challenge. Due to the substantial amounts of food and plastic waste that hotels produce, recycling programs and waste reduction techniques have been implemented. Waste reduction is a crucial environmental practice in hotel management, according to studies by Chan and Hsu (2016). International certifications like Green Key and LEED, which encourage energy efficiency, water conservation, waste management, and sustainable building design, further support environmental sustainability. In general, hotels can lessen their negative effects on the environment, increase productivity, and maintain their long-term competitiveness by incorporating environmental sustainability practices.

Social Sustainability in Hotels

A key element of sustainable hotel management is social sustainability, which emphasizes social equity, community involvement, and employee well-being. Turker and Ozdemir (2020) claim that social sustainability results from the alignment of stakeholder engagement, societal demand, and social innovation, which promotes procedural and intragenerational equity. These values are put into practice in the hospitality sector through initiatives like equitable pay, inclusive workplaces, employee training, and community involvement. By putting social sustainability first, hotels can improve community relations, boost employee satisfaction, and draw in socially conscious visitors—all of which will improve their reputation and long-term competitiveness.

Social sustainability, which prioritizes employee welfare, workplace equity, community involvement, and respect for human rights, is a crucial element of sustainable hotel management. Social sustainability guarantees that hotels have a positive effect on people and society, whereas environmental sustainability concentrates on preserving the environment and economic sustainability guarantees long-term profitability. It can be comprehended using five primary principles:

1 **Social Equity and Justice:** Regardless of gender, age, ethnicity, or disability, hotels should treat all employees and stakeholders fairly and give them equal opportunities. It is essential to have fair pay, open promotion procedures, and a harassment-free workplace. For instance, a lot of foreign hotels use performance-based reward programs to make sure that every employee is acknowledged and paid appropriately.

2 **Diversity and Inclusion:** By fostering an inclusive atmosphere where everyone feels valued and represented, a socially conscious hotel celebrates diversity. This includes hiring employees with a range of abilities, genders, and cultural backgrounds. Hotels can promote innovation, creativity, and a feeling of community among staff members by promoting inclusion. Global hotel chains, for example, frequently host inclusion training sessions and intercultural workshops for their staff.

3 **Democratic Empowerment and Participation:** Social sustainability promotes local communities' and workers' involvement in decision-making. Employee motivation and job satisfaction are increased when they are given the freedom to offer suggestions, offer criticism, and take initiative. Some hotels allow employees to take charge of social and environmental projects by implementing "employee suggestion programs" or involving them in the planning of sustainability initiatives.

4 **Livelihood Security:** To guarantee that employees and the local community have secure livelihoods, hotels must offer steady employment, equitable pay, and social protections. This idea also applies to using local vendors and funding neighborhood-based initiatives, both of which boost the local economy. For instance, hotels might work with nearby farmers to source food, giving the community steady revenue while encouraging sustainable practices.

5 **Social Welfare and Life Quality** Improving the standard of living for workers, visitors, and the local community is crucial. Hotels can establish safe working environments, promote work-life balance, and set up health and wellness initiatives for their employees. Participating in regional cultural events or educational initiatives also enhances the social atmosphere and promotes wholesome community ties.

By incorporating these ideas, hotels can attract socially conscious guests, strengthen community ties, increase employee satisfaction and loyalty, and improve their long-term reputation and competitiveness. Thus, social sustainability is an essential component of contemporary hotel management, guaranteeing that the hospitality industry upholds its economic and environmental obligations while making a positive contribution to society.

Economic Sustainability in Hotels

Sustainability is a major issue in the tourism industry because the number of tourists is growing quickly and tourism is important for economic growth. This growth has both good and bad effects on the economy, so it is important to look into how to put sustainability measures into place and what indicators to use. In the past, tourists only needed basic shelter, but now hotels need to focus on comfort and relaxation. This puts more pressure on hotels to use sustainable practices to protect long-term economic growth. Jurigová, Tučková, and Kuncová (2016) examined the relationship between economic sustainability indicators, GDP, and domestic tourist spending in accommodation facilities in the Czech Republic. Their findings highlight the urgent need for hotels to integrate sustainability practices to maintain profitability, support local economies, and adapt to changing tourist expectations. Furthermore, Economic sustainability in hotels promotes long-term financial benefits by reducing operational costs and enhancing market competitiveness. Sustainable practices such as energy-efficient lighting, water-saving fixtures, and improved waste management can lower utility bills and reduce expenses associated with waste disposal, contributing to significant cost savings over time. Research shows that integrating sustainability into daily operations not only improves resource efficiency but also enhances a hotel's reputation, attracting eco-conscious guests and strengthening competitive advantage. Ultimately, sustainable hotels can boost guest satisfaction and loyalty while maintaining profitability in a competitive market.

Conclusion.

Sustainability is no longer an optional choice in hotel management it has become a necessity. This study shows that environmental, social, and economic sustainability are closely linked, forming pillars that help hotels reduce their ecological footprint, support employee well-being, lower operational costs, and enhance both competitive advantage and guest satisfaction. By adopting sustainable practices and following international certifications like Green Key and LEED, hotels can secure long-term profitability while positively impacting local communities and the broader environment. As the hospitality industry continues to grow and change, embedding sustainability into every aspect of hotel operations is essential for future success, resilience, and lasting competitiveness.

Reference list:

<https://share.google/pEpgJU711EY6vStU0>

<https://share.google/KJDKjTfBt5MJspqgk>

<https://knowesg.com/featured-article/top-5-social-sustainability-examples-you-need-to-know>

<https://share.google/PrrXr8r8UnF483lhG>

<https://www.unwto.org/publication/transport-related-co2-emissions-tourism-sector>

https://en.wikipedia.org/wiki/Green_Key_Global?utm_source=chatgpt.com

<https://www.untourism.int/tourism-statistics/environmental-social-governance-tourism>

<https://www.usgbc.org/leed>

TABLE OF CONTENTS

1	THE ROLE OF COMMUNICATIVE APPROACH IN TEACHING ENGLISH — Raime Ismailova	3–6
2	TIBBIYOTDA FARMASEVTIKANING AHAMIYATI — Sayfullayeva Lola Sobitovna; Qodirova Dilnura Ergashjon qizi; Rashitova Jasmina Djamshidovna; Rashidova Aziza Mahmudovna; Musurmonov Jamoliddin Faxriddin o‘g‘li	7–11
3	O‘SMIRLARDA AXBORONI QABUL QILISHDA YUZAGA KELADIGAN PSIXOLOGIK OMILLAR — Ahmedova Dildora Qahramon qizi; Amirova Hamida Botirovna	12–15
4	VATAN TUYG‘USINING PSIXOLOGIYASI VA FUQAROLIK BURCHINI BAJARISH — Xalilova Zilola Maxmudjanovna; Parizoda Valiyeva	16–21
5	CULTURAL ECHOES IN ENGLISH BORROWINGS USED IN UZBEK SOCIAL MEDIA — Yangiboyeva Iroda To‘lqin qizi	22–25
6	LIQUID BIOPSY IN GYNECOLOGIC ONCOLOGY: CURRENT STATUS AND FUTURE PERSPECTIVES — Rajabova Nodira Makhmud kizi; Karimova Nargiza Mansurovna	26–28
7	IMPACT OF MICROFINANCE AND MICROCREDIT SYSTEMS ON REGIONAL DEVELOPMENT IN UZBEKISTAN — Egamova Gulzor Abdrimovna	29–31
8	NEMIS ORIENTALISTI ANNEMARIE SCHIMMELNING BOBUR MIRZONING MADANIY MEROSIGA OID ILMIY IZLANISHLARI — Abduraxmonova Dilraxon Kodirjonova; Shokirova Zarnigor Majidxon qizi	32–35
9	ОЦЕНКА СОЦИАЛЬНО-ЭКОНОМИЧЕСКОЙ ЭФФЕКТИВНОСТИ ИНТЕЛЛЕКТУАЛЬНЫХ КЛАСТЕРОВ СЕЛЬСКОГО ТУРИЗМА В УЗБЕКИСТАНЕ В УСЛОВИЯХ ЦИФРОВОЙ ТРАНСФОРМАЦИИ — Худайназарова Дилором	36–42
10	TALABALARNING MATN BILAN ISHLASH KO‘NIKMALARINI KOGNITIV VIZUALLASHTIRISH ASOSIDA TAKOMILLASHTIRISH — Abduvaliyeva Madinabonu Nodirbek qizi	43–49
11	Problems encountered in implementing collaborative pedagogy and ways to overcome them — BOBOEYEVA SABINAKHAN LAZIZ KIZI	50–53
12	KOMORBID KASALLIKLAR BILAN BOG‘LIQ PSORIAZ KASALLIGIGA CHALINGAN BEMORLARNI DIAGNOSTIKA VA DAVOLASH USULLARINI TAKOMILLASHTIRISH — Bozorova Zarina Xamza qizi; Narzikulov R.M.	54–56
13	SAMARQAND VILOYATIDA NOSEGMENTAR VITILIGONING IMMUNOLOGIK VA KLINIK JIHLTLARI — Khamidova Manzurakhon Abror kizi; Klebleyeva G.D.	57–59
14	IODINE DEFICIENCY AND RISK OF PCOS IN ADOLESCENTS: A POPULATION-BASED STUDY OF PREVALENCE, MENSTRUAL IRREGULARITIES, AND THYROID DYSFUNCTION — Keldieva Gulzirakhon Zafarbek kizi; Karimova Mukima Mukhammadsodikovna	60–62

15	Цифровая трансформация сознания: как технологии меняют наше мышление — Muratova Dinora Timurovna	63–66
16	НАРУШЕНИЕ МЕНСТРУАЛЬНОГО ЦИКЛА У ДЕВОЧЕК С ИЗБЫТОЧНЫМ ВЕСОМ — Каримова Мукима Мухаммадсодиқовна; Хабибуллаева Ноила Хайрулло кизи	67–69
17	RAQAMLI MUSIQA DASTURLARIDAN FOYDALANIB O‘QITISH: MUAMMOLARI VA YECHIMLARI — Atkiyoyeva Ruxshona	70–76
18	MAKTABGACHA YOSHDAGI BOLALARDA IJOBIY EMOTSIONAL HOLATLARNI TARKIB TOPIHI — Qodirova Mayram Ro‘zmuhammadiyevna; O‘roqova Sivinchi Abduqahhor qizi	77–82
19	Tourism and Culture: Interaction and Importance — Sabirova Sevinchi Ixomovna	83–90
20	HAVONING IFLOSLANISHINING MEHNAT SAMARADORLIGIGA TA’SIRI VA UNING KORXONADA IQTISODIY OQIBATLARI — Nazarova Mukaddas Erkinovna	91–94
21	DEVELOPMENT OF SINGING SKILLS BY PERFORMING DUTOR IN SINGING STUDENTS — Abdumannatova Aziza Abdumajit kizi	95–97
22	Psixosomatik buzilishlarning psixologik sabablari va ularning turlari — Abdurahmanova Muqaddas Ataxan qizi	98–106
23	O‘zbekiston Respublikasida iste’molchilar huquqlarini himoya qilishning fuqarolik-huquqiy asoslari — Asilbek Yoqub o‘g‘li Bektoshev	107–110
24	THE ROLE OF LOCAL GOVERNMENT BODIES IN ENTREPRENEURSHIP DEVELOPMENT — Husainova Rayxon Ravshanbekovna	111–113
25	IMPLEMENTATION OF GREEN FINANCE INSTRUMENTS IN THE LOCAL MARKET: OPPORTUNITIES AND RISKS — Mustafayev Azizbek Ruzmat o‘g‘li	114–116
26	EFFECTIVENESS OF BUDGET EXPENDITURES DIRECTED TO SOCIAL SECTORS — Emberganova Gulayim Kudaynazarovna	117–120
27	RAQAMLI IQTISODIYOT SHAROITIDA TELEKOMMUNIKATSIYA XIZMATLARI BOZORIDA NARXLAR VA ISTE’MOLCHI XULQ-ATVORI O‘RTASIDAGI O‘ZARO BOG‘LIQLIK — Shoolim Shamansurov	121–124
28	The Role of Sustainability in Modern Hospitality Management — Pardaboyeva Feruza	125–130