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O‘ZBEKISTON TOG‘ MUZLIKLARINING O‘RGANILISH DARAJASI VA ISTIQBOLLARI

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Annotatsiya. Mazkur maqolada O‘zbekiston hududidagi tog‘ muzliklarining o‘rganilish darajasi, ularning shakllanishi, geografik joylashuvi hamda iqlim o‘zgarishlari ta’siridagi dinamikasi tahlil qilinadi. Asosiy e’tibor muzliklarning suv resurslari shakllanishidagi o‘rni, ularning qisqarish jarayonlari va ekologik muammolar bilan bog‘liqligiga qaratilgan. Shuningdek, zamonaviy ilmiy tadqiqotlar, masofadan zondlash texnologiyalari hamda monitoring tizimlarining qo‘llanilishi yoritiladi. Maqolada muzliklarni o‘rganishning istiqbollari sifatida ilmiy hamkorlikni kengaytirish, raqamli texnologiyalarni joriy etish va barqaror rivojlanish strategiyalarini ishlab chiqish zarurligi asoslab beriladi. Tadqiqot natijalari mintaqada suv xavfsizligini ta’minlash hamda ekologik muvozanatni saqlashda muhim ahamiyat kasb etadi.

Kalit so‘zlar: tog‘ muzliklari, O‘zbekiston, iqlim o‘zgarishi, suv resurslari, monitoring, masofadan zondlash, ekologik muvozanat, gidrologiya, muzlik dinamikasi, barqaror rivojlanish.

Bugungi kunda global iqlim o‘zgarishlari sharoitida tog‘ muzliklari tabiiy muhitning eng sezgir va tez o‘zgaruvchan komponentlaridan biri sifatida alohida ilmiy ahamiyat kasb etmoqda. O‘zbekiston hududi bevosita yirik muzliklarga boy bo‘lmasa-da, uning suv resurslari asosan qo‘shni tog‘ tizimlarida joylashgan muzliklar hisobiga shakllanadi. Shu bois, tog‘ muzliklarining holati, ularning o‘zgarish dinamikasi va istiqboldagi rivojlanish tendensiyalarini o‘rganish mamlakatning ekologik barqarorligi hamda suv xavfsizligini ta’minlashda muhim omil hisoblanadi.

So‘nggi yillarda ilmiy tadqiqotlar natijalari shuni ko‘rsatmoqdaki, Markaziy Osiyo hududidagi muzliklar tez sur‘atlarda qisqarib bormoqda. Bu jarayon, avvalo, global haroratning oshishi, yog‘in-sochin rejimining o‘zgarishi va antropogen omillar bilan bevosita bog‘liqdir. Natijada, daryolarning suv rejimi o‘zgarib, qishloq xo‘jaligi, energetika va ichimlik suvi ta’minotiga salbiy ta’sir ko‘rsatishi mumkin.

O‘zbekiston tog‘ muzliklarini o‘rganish borasida ma’lum ilmiy tajribaga ega bo‘lsa-da, mavjud tadqiqotlar yetarli darajada tizimli va kompleks yondashuvni talab etadi. Ayniqsa, zamonaviy texnologiyalar – sun’iy yo‘ldosh kuzatuvlari, geografik axborot

tizimlari (GIS) va masofadan zondlash usullaridan keng foydalanish zarurati ortib bormoqda. Shu bilan birga, xalqaro ilmiy hamkorlikni rivojlantirish ham muhim ahamiyatga ega.[1]

Mazkur maqolaning kirish qismi O‘zbekiston tog‘ muzliklarini o‘rganishning dolzarbligini asoslash, mavjud muammolarni yoritish hamda kelgusidagi ilmiy izlanishlar uchun ustuvor yo‘nalishlarni belgilashga qaratilgan.

O‘zbekiston va unga tutash hududlarda joylashgan tog‘ muzliklari Markaziy Osiyoning muhim tabiiy resurslaridan biri hisoblanadi. Ular, avvalo, mintaqadagi yirik daryo tizimlari – Amudaryo va Sirdaryo havzalarini suv bilan ta‘minlashda asosiy manba bo‘lib xizmat qiladi. Shu sababli muzliklarning o‘rganilishi nafaqat ilmiy, balki amaliy jihatdan ham katta ahamiyatga ega. Mazkur bo‘limda tog‘ muzliklarining geografik joylashuvi, ularning o‘rganilish darajasi, zamonaviy tadqiqot usullari hamda istiqboldagi rivojlanish yo‘nalishlari batafsil tahlil qilinadi.

Avvalo, tog‘ muzliklarining geografik joylashuviga e‘tibor qaratish zarur. O‘zbekiston hududida yirik muzliklar deyarli uchramaydi, ammo mamlakat suv resurslari asosan Tyanshan va Pomir-Oloy tog‘ tizimlarida joylashgan muzliklar hisobiga shakllanadi. Ushbu hududlarda minglab kichik va o‘rta hajmdagi muzliklar mavjud bo‘lib, ular yuqori balandliklarda joylashgan. Ayniqsa, Farg‘ona vodiysini o‘rab turgan tog‘ tizimlarida joylashgan muzliklar mintaqaning suv balansini shakllantirishda muhim rol o‘ynaydi.

Muzliklarning shakllanishi va rivojlanishi ko‘p jihatdan iqlim sharoitlariga bog‘liq. Qor yog‘ishi miqdori, harorat darajasi, shamol rejimi va quyosh radiatsiyasi muzliklarning massasi va hajmiga bevosita ta‘sir ko‘rsatadi. So‘nggi o‘n yilliklarda kuzatilayotgan global isish jarayoni natijasida muzliklarning erish tezligi ortib bormoqda. Bu esa, o‘z navbatida, daryolarning suv rejimida keskin o‘zgarishlarga olib kelmoqda. Masalan, yoz oylarida suv oqimi ortishi mumkin, ammo uzoq muddatda muzliklar hajmining kamayishi suv tanqisligiga sabab bo‘lish ehtimolini oshiradi.

Tog‘ muzliklarini o‘rganish jarayoni tarixiy jihatdan bir necha bosqichlarni o‘z ichiga oladi. Dastlabki tadqiqotlar XIX asr oxiri va XX asr boshlarida olib borilgan bo‘lib, ular asosan ekspeditsion kuzatuvlarga asoslangan. Keyinchalik sovet davrida muzliklarni tizimli ravishda o‘rganish ishlari yo‘lga qo‘yildi, maxsus ilmiy stansiyalar tashkil etildi va uzoq muddatli kuzatuvlar olib borildi. Bu davrda muzliklarning morfologiyasi, dinamikasi va gidrologik ahamiyati haqida muhim ilmiy ma‘lumotlar to‘plandi.[2]

Mustaqillik yillarida O‘zbekistonda muzliklarni o‘rganish ishlari yangi bosqichga ko‘tarildi. Zamonaviy texnologiyalar, jumladan, sun‘iy yo‘ldosh tasvirlari va geografik axborot tizimlari keng qo‘llanila boshlandi. Bu esa muzliklarning maydoni, hajmi va o‘zgarish dinamikasini aniqroq baholash imkonini berdi. Masofadan zondlash usullari

yordamida katta hududlarni qisqa vaqt ichida tahlil qilish mumkin bo'lib, bu ilmiy tadqiqotlarning samaradorligini sezilarli darajada oshirdi.

Hozirgi kunda muzliklarni o'rganishda kompleks yondashuv muhim ahamiyat kasb etmoqda. Bu jarayonda geologiya, geografiya, meteorologiya va gidrologiya kabi fanlar o'zaro integratsiyalashgan holda faoliyat yuritadi. Masalan, muzliklarning erish tezligini aniqlashda nafaqat harorat ko'rsatkichlari, balki qor qoplami qalinligi, yer yuzasining albedosi va atmosfera jarayonlari ham hisobga olinadi. Shu bois, ilmiy tadqiqotlarda ko'p tarmoqli yondashuvdan foydalanish dolzarb masala hisoblanadi.

Muzliklarning qisqarishi bilan bog'liq ekologik muammolar ham alohida e'tiborga loyiq. Muzliklar nafaqat suv manbai, balki tabiiy ekotizimlarning muhim elementi hisoblanadi. Ularning qisqarishi natijasida tog' hududlaridagi flora va fauna tarkibida o'zgarishlar yuz beradi, tuproq eroziyasi kuchayadi va sel xavfi ortadi. Ayniqsa, yoz oylarida muzlik suvlarining keskin ko'payishi natijasida toshqinlar yuzaga kelishi mumkin.[4]

Iqtisodiy nuqtai nazardan ham muzliklarning ahamiyati katta. Qishloq xo'jaligi, sanoat va energetika sohalari bevosita suv resurslariga bog'liq. Agar muzliklar hajmi keskin kamayib ketsa, bu sohalarning barqaror rivojlanishi xavf ostida qoladi. Shu sababli muzliklarni muhofaza qilish va ulardan oqilona foydalanish strategiyalarini ishlab chiqish muhim vazifa hisoblanadi.

Istiqbol nuqtai nazaridan qaraganda, O'zbekistonda tog' muzliklarini o'rganish va monitoring qilish tizimini yanada takomillashtirish zarur. Bunda zamonaviy raqamli texnologiyalar, sun'iy intellekt va katta ma'lumotlar tahlilidan foydalanish muhim rol o'ynaydi. Masalan, muzliklarning kelajakdagi holatini prognoz qilish uchun matematik modellashtirish usullarini qo'llash mumkin. Bu esa suv resurslarini boshqarishda aniqroq qarorlar qabul qilish imkonini beradi.[5]

Shuningdek, xalqaro hamkorlikni rivojlantirish ham katta ahamiyatga ega. Chunki muzliklar ko'pincha bir nechta davlatlar hududida joylashgan bo'lib, ularni o'rganish va muhofaza qilish umumiy yondashuvni talab etadi. Markaziy Osiyo davlatlari o'rtasida ilmiy axborot almashinuvi, qo'shma ekspeditsiyalar va loyihalarni amalga oshirish orqali muzliklarni o'rganish samaradorligini oshirish mumkin.

Xulosa qilib aytganda, O'zbekiston tog' muzliklari bevosita mamlakat hududida keng tarqalmagan bo'lsa-da, ular milliy va mintaqaviy suv resurslarining shakllanishida hal qiluvchi rol o'ynaydi. Ularni chuqur o'rganish, zamonaviy usullardan foydalanish va istiqbolli rivojlanish strategiyalarini ishlab chiqish kelajakda ekologik barqarorlikni ta'minlash va suv resurslarini samarali boshqarishda muhim ahamiyat kasb etadi.

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FACTORS FORMING THE POLITICAL CONSCIOUSNESS AND CULTURE OF PERSONS WITH DISABILITIES

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Abstract: This article discusses the ongoing reforms in the field of education in our country, the support for youth with disabilities, and reflections on educational privileges provided to them. It highlights our views on the implementation of inclusive education for youth with disabilities, alongside the new edition of the Law on Education, which emphasizes inclusive education and equality for all in the educational process.

Keywords: education, inclusive education, UN, Development Program, Law on Education, development, reform, talent.

The formation of the political consciousness and culture of persons with disabilities is a complex, multifaceted process that relies on the interaction between an individual's internal psychological state, the social environment, and the institutional conditions created by the state. In analyzing the factors influencing this process, it is essential to emphasize that the existence of an inclusive political environment serves as the fundamental cornerstone. Legal guarantees provided by the state—namely, the adaptation of electoral legislation, the reflection of the interests of persons with disabilities in the programs of political parties, and mechanisms for their participation in public administration—play a decisive role in the formation of political consciousness. If state policy has transitioned from a "medical model" of disability (viewing the individual solely as an object of treatment) to a "social and legal model" (viewing them as an equal subject), it fosters confidence and a sense of responsibility regarding political rights within these individuals.

The next critical factor is the openness and flexibility of the information environment. Political culture is shaped through the reception and analysis of information. Providing information about political processes to persons with disabilities in Braille, sign language, or easy-to-read formats broadens their worldview and creates opportunities for making political choices. Conversely, being cut off from information leads to political alienation and "political passivity." Furthermore, the level of education and social rehabilitation serves as a direct influencing factor. The presence of an inclusive environment in educational institutions helps youth with disabilities feel like full members of society from an early age and aids in the formation of their civic stance.

Individuals with higher levels of education possess a significantly stronger motivation to understand and participate in the political system.

From a socio-psychological perspective, the proactiveness of public organizations and disability communities is considered a crucial factor. Non-governmental organizations operating under the principle of "Nothing about us without us" foster collective identification within the individual. These communities teach individuals how to elevate their issues to the political level and develop their "civic competence." Simultaneously, the physical accessibility of the environment (universal design) indirectly influences political consciousness. If an individual cannot independently access a polling station or a government office, a sense of distrust toward the state and alienation from political processes emerges. A barrier-free environment is a necessary condition for an individual to physically exercise their political will.

Another distinct factor is the family environment and societal stereotypes. The support of family members and their own political activity serve as a model for a person with a disability. "Paternalistic" views in society—viewing persons with disabilities solely as a segment in need of assistance—can stifle their political agency. Conversely, the emergence of persons with disabilities as successful political leaders (e.g., being elected as deputies) serves as a powerful motivational factor for others. Finally, digital technologies and social media have become the fastest tools for shaping political consciousness in the modern era. Participating in political discussions via the internet, signing online petitions, and the possibilities for remote voting are elevating the political culture of persons with disabilities to a new level, remaining one of the strongest factors ensuring their full integration into social life.

To further develop the political consciousness and culture of persons with disabilities, it is appropriate to emphasize the following:

First, the creation of an inclusive and open platform for political information: The formation of political consciousness is directly linked to the availability of information. Therefore, it should be made a mandatory standard to provide all political processes, including election programs, draft laws, and political party speeches, in formats adapted to various types of disabilities (sign language, Braille, audio formats, and "easy-to-read" text). This ensures the transition of the individual from an object to a subject in political processes.

Second, the implementation of specialized modules for civic education: It is necessary to organize special seminars and training courses on civic education and political jurisprudence for youth with disabilities within the higher and secondary specialized education systems. These lessons should cover the social model of disability, human rights, and mechanisms for participating in political decision-making. This educational approach fosters the skill of feeling like a full member of society.

Third, expanding quotas and representation in state and public administration: The most effective way to enhance political culture is through direct participation. It is recommended to introduce voluntary or mandatory quotas for persons with disabilities within political parties and legislative bodies (among candidates for deputies). The appearance of "model leaders" with disabilities in the political arena serves as a motivational factor for others and eliminates social passivity.

Fourth, applying the concepts of Universal Design and "Barrier-Free Politics": The exercise of political rights should not be limited by physical capabilities. Polling stations, buildings where political debates are held, and government offices must fully comply with universal design requirements. The removal of physical barriers fosters a sense of being valued by the state, which in turn increases trust in the political system and enhances political consciousness.

Fifth, strengthening the cooperation mechanism between political parties and NGOs: Non-governmental non-profit organizations (NGOs) representing the interests of persons with disabilities should serve as key advisory councils for political parties. Engaging experts with disabilities in the "Think Tanks" of political parties ensures the viability and social orientation of party programs.

Sixth, expanding opportunities for digital democracy and online participation: It is necessary to legally and technically improve opportunities for persons with limited mobility to participate in political processes through digital technologies (remote voting, online petitions, electronic appeals). This allows such individuals to influence social life regardless of geographical and physical constraints.

Seventh, promoting the transition from "Paternalism" to "Partnership" in society: Political culture must be formed not only within the person with a disability but across society as a whole. It is essential to implement social campaigns through the media that frame persons with disabilities not as a segment in need of aid, but as an intellectual and political resource for society.

The formation of the political consciousness and culture of persons with disabilities is a complex and systemic process, relying on the harmony between an individual's civic identity and socio-political relations in society. Research indicates that the mere existence of legal norms is insufficient to elevate the political culture of this group; a complete transition to the social and legal model of interpreting disability in society is of decisive importance. While traditional paternalistic views and the "medical model" relegate the individual to the level of a passive object, the modern inclusive approach recognizes the person with a disability as an equal and active subject of state and public administration. It was found that the openness of the information environment—specifically the provision of political and legal information in accessible formats for

all—and the removal of physical barriers are fundamental factors that foster trust in the state and a sense of responsibility within the individual.

At the same time, modern information and communication technologies and digital democracy tools are creating a "field of equal opportunities" for increasing the political activity of persons with disabilities. The development of remote participation formats renders physical limitations a secondary issue and serves to reveal the intellectual and political potential of the individual. In conclusion, shaping the political culture of persons with disabilities is not merely a matter of social protection, but an integral part of building a state based on the priority of human rights and ensuring democratic stability. The success of this process depends directly on the institutional readiness of the state, the inclusive openness of political parties, and a new way of thinking in society, free from stereotypes.

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OAV AHOLINING MEDIASAVODXONLIGINI OSHIRUVCHI VOSITA SIFATIDA

Buxoro Davlat Universiteti Tarix va Yuridik fakulteti Tarix Ta'lim yo'nalishi talabasi
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Annotatsiya: Ushbu maqolada ommaviy axborot vositalarining (OAV) jamiyat hayotidagi o'rnini va ularning aholining mediasavodxonligini oshirishdagi ahamiyati tahlil qilinadi. Axborot texnologiyalarining jadal rivojlanishi, internet va ijtimoiy tarmoqlar orqali axborot almashinuvi kengayib borayotgan bir sharoitda insonlarda axborotni tanqidiy tahlil qilish, saralash va undan ongli foydalanish ko'nikmalarini shakllantirish zarurligi asoslab beriladi. Shuningdek, maqolada mediasavodxonlikni rivojlantirishda OAVning roli, mavjud muammolar va ularni bartaraf etish yo'llari yoritiladi.

Kalit so'zlar: OAV, mediasavodxonlik, axborot madaniyati, internet, ijtimoiy tarmoqlar, dezinformatsiya, tanqidiy fikrlash, axborot xavfsizligi.

Аннотация: В данной статье анализируется роль средств массовой информации (медиа) в обществе и их значение в повышении медиаграмотности населения. В контексте стремительного развития информационных технологий и расширения обмена информацией через Интернет и социальные сети обосновывается необходимость развития навыков критического анализа, сортировки и осознанного использования информации. В статье также освещается роль средств массовой информации в развитии медиаграмотности, существующие проблемы и пути их преодоления.

Ключевые слова: средства массовой информации, медиаграмотность, информационная культура, Интернет, социальные сети, дезинформация, критическое мышление, информационная безопасность.

Abstract: This article analyzes the role of the mass media (mass media) in society and their importance in increasing the media literacy of the population. In the context of the rapid development of information technologies and the expansion of information exchange via the Internet and social networks, the need to develop skills in critical analysis, sorting and conscious use of information is substantiated. The article also highlights the role of the mass media in the development of media literacy, existing problems and ways to overcome them.

Keywords: mass media, media literacy, information culture, Internet, social networks, disinformation, critical thinking, information security.

Kirish. Hozirgi globallashuv davrida axborot texnologiyalari va kommunikatsiya vositalarining jadal rivojlanishi natijasida axborot oqimi keskin ortib bormoqda. Internet, ijtimoiy tarmoqlar va boshqa ommaviy axborot vositalari orqali insonlar har kuni katta hajmdagi ma'lumotlarga duch kelmoqda. Bunday sharoitda axborotni to'g'ri qabul qilish, uni tahlil qilish va undan samarali foydalanish ko'nikmalarini shakllantirish muhim ahamiyat kasb etadi. Ayniqsa, yoshlar orasida turli feyk xabarlar, manipulyativ axborotlar va zararli g'oyalar ta'sirining ortib borayotgani mediasavodxonlikni rivojlantirishni dolzarb masalaga aylantirmoqda. Shu nuqtai nazardan, ommaviy axborot vositalari aholining mediasavodxonligini oshirishda muhim vosita sifatida namoyon bo'ladi[1.15-18b]. Ommaviy axborot vositalari aholining mediasavodxonligini oshirishda muhim va ajralmas vositalardan biri hisoblanadi. Hozirgi globallashuv davrida axborot texnologiyalarining jadal rivojlanishi natijasida insoniyat misli ko'rilmagan darajada katta axborot oqimiga duch kelmoqda. Internet, televideniye, radio, gazeta va jurnallar, shuningdek ijtimoiy tarmoqlar orqali har kuni millionlab ma'lumotlar tarqatilmogda. Bunday sharoitda insonlarning ushbu axborotlarni to'g'ri qabul qilishi, tahlil qilishi va baholashi nihoyatda muhim ahamiyat kasb etadi. Aynan shu ehtiyoj mediasavodxonlik tushunchasining dolzarbligini yanada oshirmoqda. Mediasavodxonlik bu insonning turli axborot manbalaridan kelayotgan ma'lumotlarni tushunish, tanqidiy tahlil qilish, ularning ishonchliligini baholash va ulardan ongli ravishda foydalanish qobiliyatidir. Mediasavodxon shaxs har qanday axborotni shunchaki qabul qilibgina qolmaydi, balki uning manbasi, maqsadi va mohiyatini anglashga harakat qiladi. U turli manipulyatsiyalarga berilmaydi, yolg'on xabarlarini ajrata oladi va mustaqil fikr yurita oladi. Shu jihatdan mediasavodxonlik zamonaviy jamiyatda har bir fuqaro uchun zarur bo'lgan muhim kompetensiyalardan biridir. Bugungi kunda axborot makonida yuzaga kelayotgan muammolardan biri bu feyk xabarlar va dezinformatsiyaning keng tarqalishidir. Internet va ijtimoiy tarmoqlarda tekshirilmagan, noto'g'ri yoki ataylab buzib ko'rsatilgan ma'lumotlar juda tez tarqaladi. Bu esa jamiyatda noto'g'ri qarashlarning shakllanishiga, odamlarning chalg'ishiga va ba'zan jiddiy ijtimoiy muammolarga olib kelishi mumkin. Ayniqsa yoshlar bunday axborotlarning ta'siriga tez beriladi. Shuning uchun mediasavodxonlikni rivojlantirish bugungi kunning eng muhim vazifalaridan biri hisoblanadi. Ommaviy axborot vositalari jamiyat hayotida muhim rol o'ynaydi. Ular nafaqat axborot tarqatadi, balki jamoatchilik fikrini shakllantiradi, ijtimoiy muammolarni yoritadi va aholi ongiga ta'sir ko'rsatadi. OAV orqali insonlar dunyoda sodir bo'layotgan voqealardan xabardor bo'lib boradi. Shu bilan birga, OAV insonlarning dunyoqarashini kengaytiradi, ularning bilim va saviyasini oshiradi. Agar OAV faoliyati mas'uliyatli va professional tarzda olib borilsa, u jamiyatda sog'lom axborot muhitini yaratishga xizmat qiladi. Zamonaviy

OAVning asosiy xususiyatlaridan biri shundaki, ular faqat axborot berish bilan cheklanib qolmaydi, balki uni tahlil qilish va tushuntirish vazifasini ham bajaradi. Tahliliy maqolalar, ekspertlar fikri, muhokama va debatlar orqali murakkab masalalar keng yoritiladi. Bu esa auditoriyaga voqealarni chuqurroq anglash imkonini beradi. Natijada insonlarda tanqidiy fikrlash shakllanadi va ular axborotni ongli ravishda qabul qilishni o'rganadi. Internet va ijtimoiy tarmoqlarning rivojlanishi OAV faoliyatiga ham katta ta'sir ko'rsatdi. Bugungi kunda har bir inson axborot yaratish va tarqatish imkoniyatiga ega. Bu esa bir tomondan axborot erkinligini ta'minlasa, ikkinchi tomondan tartibsizlik va noto'g'ri ma'lumotlarning ko'payishiga olib kelmoqda. Ijtimoiy tarmoqlarda har kim o'z fikrini bemalol bildirishi mumkin, ammo bu fikrlarning hammasi ham to'g'ri yoki asosli bo'lavermaydi. Shu sababli mediasavodxonlik insonni bunday axborotlardan himoya qiluvchi vosita sifatida namoyon bo'ladi. Axborot tahdidlari bugungi kunda yanada murakkab tus olmoqda. Turli g'oyaviy kuchlar, tashkilotlar yoki shaxslar ijtimoiy tarmoqlar orqali insonlar ongiga ta'sir ko'rsatishga harakat qilmoqda. Bu jarayonda turli manipulyativ usullar qo'llaniladi. Masalan, yolg'on ma'lumotlarni haqiqiydek ko'rsatish, hissiyotlarga ta'sir qilish, bir tomonlama axborot berish kabi usullar orqali odamlar fikrini o'zgartirishga uriniladi. Bunday holatlarda mediasavodxonlik insonni himoya qiluvchi "axborot qalqoni" vazifasini bajaradi[3.45-49b]. Aholining mediasavodxonligini oshirishda OAVning o'rni juda katta. OAV orqali maxsus ko'rsatuvlar, maqolalar va dasturlar tashkil etish orqali odamlarni axborotni to'g'ri tahlil qilishga o'rgatish mumkin. Masalan, faktcheking loyihalari orqali yolg'on xabarlarini fosh etish, tahliliy dasturlar orqali voqealarni chuqur yoritish, ekspertlar fikrini berish orqali auditoriyaning bilim darajasini oshirish mumkin. Bu esa jamiyatda sog'lom axborot muhitini shakllantirishga yordam beradi. Mediasavodxonlikni rivojlantirishda ta'lim tizimi ham muhim rol o'ynaydi. Maktab va oliy ta'lim muassasalarida mediasavodxonlikka oid bilimlarni o'rgatish orqali yoshlarni axborot bilan ishlashga tayyorlash mumkin. Bu orqali ular turli axborot tahdidlariga qarshi mustahkam immunitetga ega bo'ladi. Shuningdek, ota-onalar ham farzandlarini internetdan to'g'ri foydalanishga o'rgatishi muhimdir. Axborot madaniyati tushunchasi ham mediasavodxonlik bilan chambarchas bog'liq. Axborot madaniyati bu insonning axborot bilan ishlashdagi umumiy saviyasi, axloqiy me'yorlarga rioya qilishi va mas'uliyat hissiga ega bo'lishidir. Axborot madaniyati rivojlangan jamiyatda odamlar axborotni ongli ravishda qabul qiladi, uni tekshiradi va noto'g'ri ma'lumotlarni tarqatmaydi. Bu esa jamiyatda barqarorlikni ta'minlashga xizmat qiladi[2.48-52b]. Bugungi kunda axborot xavfsizligi ham muhim masalalardan biri hisoblanadi. Axborot xavfsizligi bu inson va jamiyatni zararli axborotlardan himoya qilishni anglatadi. Bu nafaqat texnik himoya vositalarini, balki insonning ongli yondashuvini ham talab

qiladi. Mediasavodxonlik aynan shu jarayonda asosiy rol o‘ynaydi. Chunki inson axborotni to‘g‘ri tahlil qila olsa, u turli tahdidlardan o‘zini himoya qila oladi[4.3-5b]. Xulosa qilib aytganda, ommaviy axborot vositalari aholining mediasavodxonligini oshirishda muhim vosita hisoblanadi. Axborot oqimining ortib borayotgan sharoitida har bir insonda axborotni to‘g‘ri tahlil qilish, baholash va undan ongli foydalanish ko‘nikmalarini shakllantirish zarur. Mediasavodxon jamiyat esa turli axborot tahdidlariga qarshi bardoshli bo‘ladi va barqaror rivojlanadi. Shu sababli OAVning mas’uliyatli faoliyati va mediasavodxonlikni rivojlantirish bugungi kunning eng dolzarb vazifalaridan biri hisoblanadi.

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IMPACT OF TRAFFIC FLOW AND COMPOSITION ON ROAD SAFETY AT THE INTERSECTION OF CHINGIZ AITMATOV STREET AND THE SMALL RING ROAD IN TASHKENT

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***Abstract:** This article examines the intersection of Chingiz Aitmatov Street and the Small Ring Road in Tashkent as the object of study. It analyzes the intensity of traffic flow in this area as well as the impact of the existing road infrastructure on traffic safety. Additionally, practical recommendations and proposals have been developed to address the identified problems.*

***Keywords:** traffic volume, road traffic safety, traffic flow, road infrastructure, pedestrian crossings, road traffic accidents.*

Currently, the rapid increase in the number of vehicles in large cities is making the problem of ensuring road safety an urgent socio-economic issue. In particular, as a result of the intersection of traffic flows of vehicles and pedestrians at intersections, conflict points arise, which significantly increases the likelihood of various hazardous situations.

In our republic, an increase in the number of accidents, especially an increase in the severity of accidents, is being observed as a result of an increase in traffic volume and changes in the composition of highways, city roads, and streets. In this regard, special attention is paid to the implementation of solutions that determine traffic safety standards, taking into account the functionality of city streets.

In the course of this research, the intersection of Chingiz Aitmatov Street and the Small Ring Road in Tashkent was selected as the object of study. This intersection is a vital element of the city's transport infrastructure, characterized by high levels of traffic congestion and intensive traffic flows. As a result, the interaction between the movement of vehicles and pedestrians in this area has increased, and the issues of ensuring traffic safety are of particular importance.

The purpose of the study at the intersection of Chingiz Aitmatov Street and the Small Ring Road in Tashkent is to determine the intensity of traffic flow at the intersection, assess traffic density, and analyze the impact of road infrastructure on traffic safety.

A number of scientific and practical methods were used during the research process. In particular, monitoring of traffic flows was carried out based on visual observation (visual method), the intensity of traffic flow was determined in one hour, and the dynamics of changes in the composition of vehicles were analyzed. Additionally, the cyclical operating modes of the traffic light facility at the intersection were studied, and their impact on traffic flow was assessed.

According to official statistics provided by the Traffic Safety Department of the Tashkent City Internal Affairs Department, the dynamics of road traffic accidents by district have shown an upward trend in recent years. Specifically, in 2025, a total of 6,535 road traffic accidents were registered in the city of Tashkent, indicating a 30.4% increase compared to 2024. For comparison, it should be noted that in 2023, this figure was 4,733.

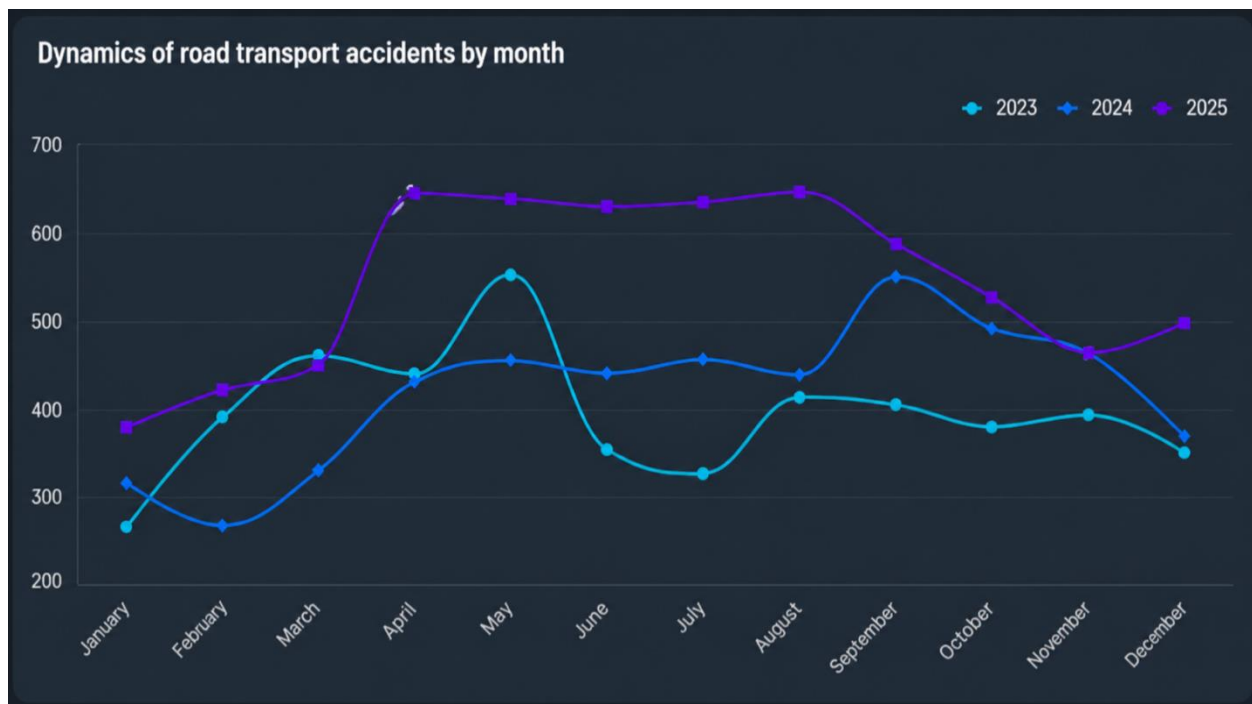


Figure 1. Graph of the change in the number of traffic accidents that occurred in the city of Tashkent over the last 3 years.

Analysis of these figures shows that the increase in the number of road traffic accidents is inextricably linked to a number of factors, a clear example of which is a significant increase in the number of vehicles, insufficient adaptation of the road infrastructure to the existing traffic flow, and an insufficient level of traffic organization at some intersections and road sections. Furthermore, the increase in conflict points resulting from traffic congestion and increased traffic intensity is explained by the increased complexity of the measures.

At conflict points, there is not only a risk of collisions between vehicles in the same direction or with pedestrians, but also the possibility of their delay. The hazardous situation at the intersection is complicated by the increase in traffic volume and the number of lanes, which further increases the risk of traffic accidents.

In 2025, road traffic accidents (RTAs) in Tashkent were distributed differently across districts. The highest figures were recorded in the Yunusabad district, with 830 accidents. High results were also observed in the Yashnabad and Chilonzar districts, where 815 accidents occurred in each. In the Mirzo-Ulugbek district, 687 incidents were registered, in Shaykhantakhur - 559, and in Almazar - 542. The average figures are 461 in Uchtepa, 457 in Sergeli, and 395 in the Mirabad district. Relatively low indicators are shown in the Yakkasaray (331), Yangikhayot (322), and Bektemir (321) districts (Fig. 2).

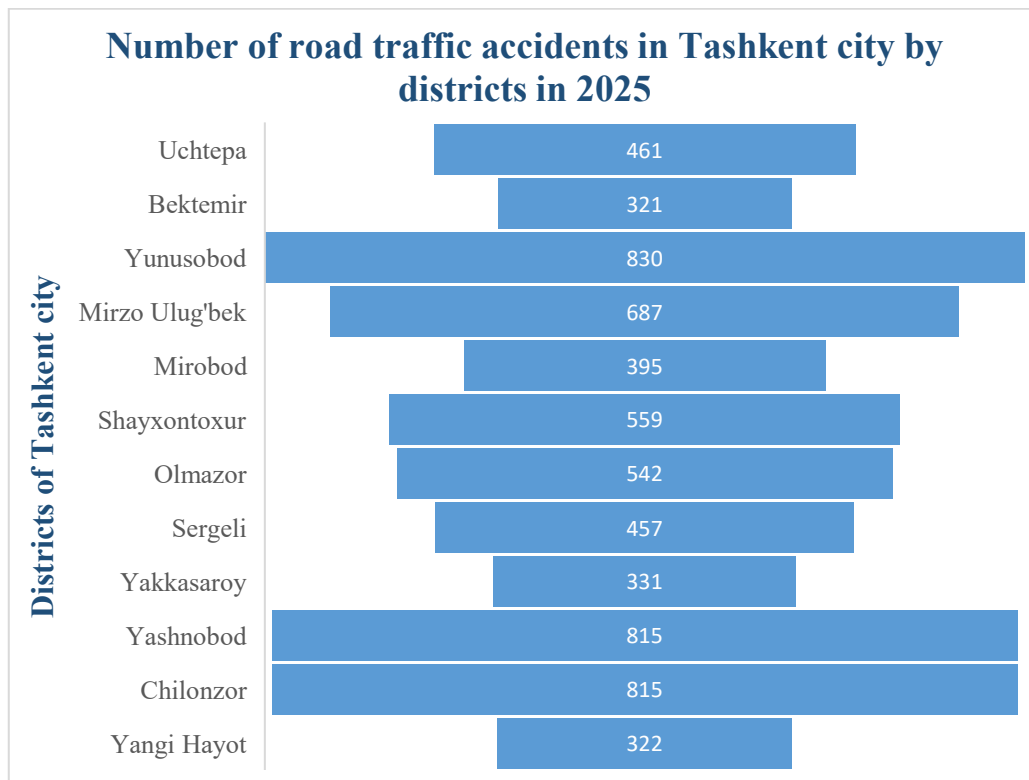


Figure 2. Number of accidents in Tashkent city by districts in 2025

From the figure above, it can be stated that road traffic accidents occur 2-2.5 times more frequently in the Yunusabad, Yashnabat, and Chilonzar districts compared to other districts. This is explained by the high population density and traffic flow in the region. In the process of analyzing road traffic accidents, we conducted observations on Chingiz Aitmatov Street and the small ring road in the Yunusabad district as the object of study.

The intensity and composition of traffic at the intersection of Chingiz Aitmatov Street and the Small Ring Road in the Yunusabad district were determined using a visual inspection method. Traffic intensity: Significant congestion occurs at the intersection between 7:00 and 10:00 a.m. during peak hours. According to the observation results, there are 4 traffic lanes in one direction of movement, with an average of 17–20 vehicles concentrated along each lane. This leads to a queue of up to 68–80 cars at the intersection in a single cycle.

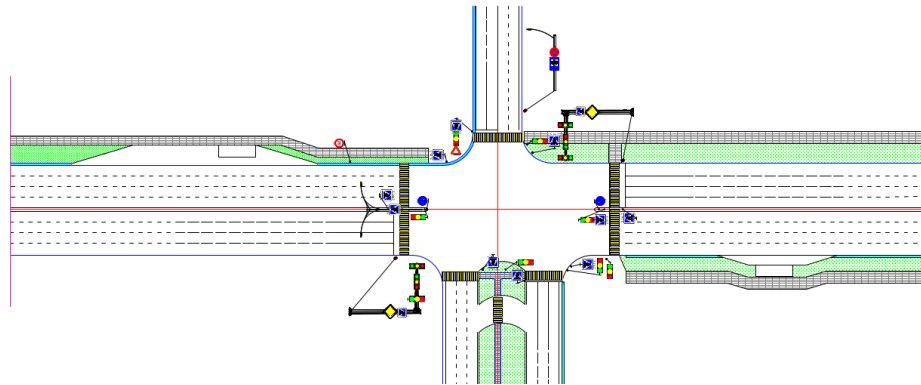


Figure 3. Diagram of the current state of the intersection of Chingiz Aitmatov Street and the Small Ring Road in Tashkent.

As a result, vehicles are forced to wait for 1–2 traffic light cycles to cross the intersection. This leads to an average loss of up to 2-3 minutes.



Figure 4. Traffic jam at the intersection of Chingiz Aitmatov Street and the Small Ring Road (on the left lane).

In the context of current urbanization, the increasing density of traffic flow on central city streets and the increasing frequency of stop-and-go cycles are, in turn, causing serious environmental issues. Specifically, traffic congestion resulting from traffic

congestion is one of the most significant factors indicating the level of atmospheric air pollution.

In this case, the engine idle mode is the most environmentally hazardous stage. From a scientific perspective, the main pollutants emitted by internal combustion engines include carbon monoxide (CO), nitrogen oxides (NO₂), hydrocarbons (CH), and particulate matter (PM). During traffic jams, emissions of these substances are observed to increase manifold, as frequent stop-and-go mode reduces engine efficiency and disrupts the combustion process. The indicators of harmful substances are presented in Table 1.

Also, as a result of the density of vehicles in traffic jams, the spread of exhaust gases becomes difficult and they accumulate at the street level. This increases the local concentration of atmospheric air pollution and has a negative impact on human health. The risk of respiratory diseases, allergic reactions, and cardiovascular problems is particularly high.

Table-1

Name of toxic gases	Amount of waste generated from the combustion of 1 kg of fuel, g	
	Gasoline	Diesel fuel
Carbon dioxide (CO₂)	225	20-30
Nitrous oxides	55	20-40
Hydrocarbons	20	4-10
Sulfur oxide	1,5÷2,0	10-30
Aldehydes	0,8÷1,0	0,8-1,0
Saja (soot)	1,0÷1,5	3-5

In conclusion, traffic congestion in city centers not only reduces traffic efficiency but is also one of the important factors that worsen the ecological state of the atmospheric air.

Taking the aforementioned data into account, the volume and composition of traffic on the highway were systematically studied, the results of which are presented in Table 2.

Table-2

№	Hour	Passenger car	Truck			Bus	Mopeds	Bicycle	Total
			2-5 t	5-8 t	8 t upper				
1	8 ⁰⁰ -8 ⁰⁵	214	9	4		9		2	238
2	8 ⁰⁵ -8 ¹⁰	250	9	6		5			270

3	8 ¹⁰ -8 ¹⁵	218	10	3		3	1		235
4	8 ¹⁵ -8 ²⁰	227	6	1		1			235
5	8 ²⁰ -8 ²⁵	236	5	3	1			1	246
6	8 ²⁵ -8 ³⁰	175	5		1	6		1	188
7	8 ³⁰ -8 ³⁵	251	13	2	2		3		271
8	8 ³⁵ -8 ⁴⁰	144	7	3	1				155
9	8 ⁴⁰ -8 ⁴⁵	265	5	1	1				272
10	8 ⁴⁵ -8 ⁵⁰	241	15	3			1	1	261
11	8 ⁵⁰ -8 ⁵⁵	214	19	1		1		2	237
12	8 ⁵⁵ -9 ⁰⁰	183	9	1	1		3		197
Total		2618	112	28	7	25	8	7	2805

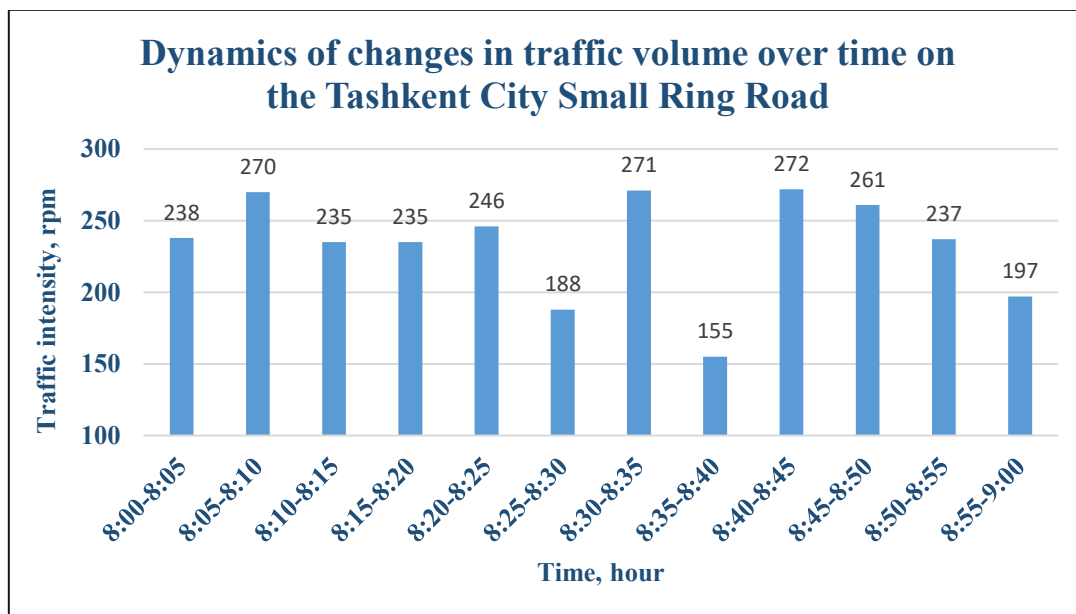


Figure 5. Dynamics of changes in traffic volume over time on the Tashkent City Small Ring Road

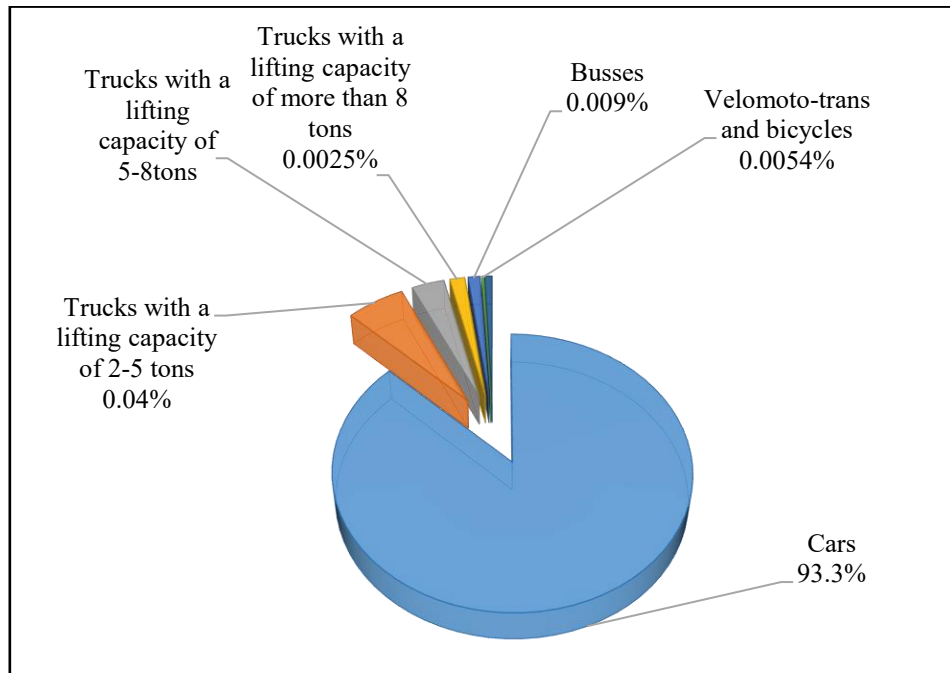


Figure 6. Composition chart of changes in the composition of vehicles on the Tashkent City Small Ring Road.

The composition of traffic on the Tashkent City Small Ring Road is based on measured data. According to the results, passenger cars account for the majority of the traffic flow (93.3%). The share of trucks is very low (2–5 tons – 0.04% and higher categories are even less), which is explained by the limited entry of freight transport into the city territory. The share of public transport is 0.009%, while bikes and bicycles account for 0.0054%. Figure 6.

The positive aspects of this composition are that the restriction of heavy-duty vehicles reduces the rapid wear and tear of the road surface, increases traffic safety, and to a certain extent reduces the amount of noise and harmful emissions in urban areas. Also, the fact that the main part of the road is adapted for passenger transport allows for a relatively stable organization of traffic. However, there are also negative aspects. In particular, a very high share of passenger cars places an excessive load on the road's capacity and causes traffic jams. The extremely low share of public transport increases the population's dependence on individual transport.

Furthermore, the very low share of bicycle transport indicates the insufficient development of an environmentally sustainable transport system. Overall, the current situation indicates the need to balance transport flows, particularly the development of public transport and alternative modes of transport.

Conclusion: Based on the results of this study, the state of traffic flow and road safety at the intersection of Chingiz Aitmatov Street and the Small Ring Road in Tashkent was analyzed. It was found that this intersection has a high traffic load, causing traffic jams and delays, especially in the morning and evening hours. The abundance of

vehicles leads to an increase in harmful atmospheric gases and increased noise, which negatively affects the quality of the environment. At the same time, the lack of dedicated lanes for cyclists reduces traffic safety and increases the risk of traffic accidents.

Based on this, the following recommendations are put forward:

1. Traffic flow management and optimization: It is necessary to revise traffic light cycles at intersections, reduce congestion by reorganizing traffic lanes, and optimize traffic flow.
2. Implementation of intelligent transport systems (ITS): Through smart traffic lights and real-time traffic flow management systems, it is necessary to minimize congestion, automatically adjust traffic light cycles, and ensure the ability to respond quickly to emergencies.
3. Development of cycling infrastructure: It is necessary to create separate lanes for cyclists, thereby increasing their traffic safety and reducing traffic congestion.
4. Development of the public transport system: It is advisable to reduce the population's dependence on individual vehicles by improving the quality and convenience of public transport.
5. Ensuring environmental safety: To reduce the amount of harmful emissions from vehicles, it is necessary to encourage the use of electric vehicles and alternative energy sources.

Implementation of these recommendations will increase the efficiency of traffic flow at the intersection of Chingiz Aitmatov Street and the Small Ring Road, improve road safety, and significantly improve the quality of life for the city's residents.

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ВЛИЯНИЕ ФИЗИЧЕСКОГО ВОСПИТАНИЯ НА КОГНИТИВНЫЕ СПОСОБНОСТИ И УСВОЕНИЕ ТЕОРЕТИЧЕСКИХ ЗНАНИЙ

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Аннотация. В статье изучены физической активности, которую способствующей улучшению кровообращения и кислородоснабжения мозга, что может повышать память и концентрацию. Показаны, что исследования учащиеся, занимающиеся спортом, имеют лучшие результаты на тестах по математике и чтению. Утверждены, так как физическая активность помогает снизить уровень стресса и тревожности, что, в свою очередь, улучшает способность к обучению.

Ключевые слова: физическая активность; уровень стресса; тревожность; спортивная команда; учебная деятельность; когнитивная способность.

Введение. Физическое воспитание и теоретические знания взаимосвязаны, и исследования показывают, что физическая активность может положительно влиять на академическую успеваемость.

Влияние физического воспитания на когнитивные способности и усвоение теоретических знаний - это не просто педагогическая гипотеза, а научно доказанный факт, подкрепленный нейробиологией. Двигательная активность напрямую влияет на структуру мозга и биохимические процессы, отвечающие за память и внимание.

Методы исследования. В материале воспользованы методы математической статистики и анализ научной информации для исследования процесса влияния физического воспитания на когнитивные способности студентов и слушателей.

Результаты и обсуждения исследования. Вот основные механизмы и цифры, подтверждающие эту связь:

1. **Нейрофизиологический аспект.** Физические упражнения стимулируют выработку нейротрофического фактора мозга (BDNF). Этот белок действует как «удобрение» для нейронов, способствуя их росту и укреплению синаптических связей.

Регулярная аэробная нагрузка увеличивает объем гиппокампа - области мозга, ответственной за переход кратковременной памяти в долговременную. Исследования показывают, что уровень BDNF может возрасти на 20–30% уже

после 20-минутной интенсивной тренировки, что создает «окно пластичности» для быстрого усвоения информации [1.-с.45].

2. Улучшение концентрации и внимания. Физическое воспитание оптимизирует кровоснабжение префронтальной коры, которая отвечает за исполнительные функции: планирование, фокусировку и подавление отвлекающих факторов. Согласно экспериментальным данным, учащиеся, занимающиеся спортом не менее 3 раз в неделю, демонстрируют на 15–20% более высокие показатели в тестах на концентрацию внимания по сравнению с малоподвижными сверстниками [2.-с.112]. Эффект «активной перемены»: короткие физические паузы (5–10 мин) во время изучения теории повышают продуктивность последующей работы на 25% [3.-с.18].

3. Влияние на академическую успеваемость. Существует прямая корреляция между уровнем физической подготовленности (особенно кардиореспираторной выносливости) и оценками по точным наукам.

Анализ данных более 10000 школьников показал, что высокий уровень физической формы соответствует повышению среднего балла по математике и чтению на 0,5–0,7 балла по 5-балльной шкале [4.—с.89]. Физическая активность снижает уровень кортизола (гормона стресса), который в избытке блокирует процессы логического мышления [1.-с.50] (табл.1).

Таблица 1 - Резюме влияния

Фактор	Влияние на обучение	Результат
Кровоток	+20% притока кислорода к мозгу	Повышение скорости обработки данных
Дофамин/Серотонин	Улучшение эмоционального фона	Рост мотивации к изучению теории
Нейрогенез	Рост новых клеток в гиппокампе	Улучшение запоминания терминов и дат

Для более глубокого понимания того, как физическая культура «прошивает» мозг для усвоения теории, стоит рассмотреть биохимические и структурные изменения, которые происходят на клеточном уровне.

4. Синхронизация полушарий и межнейронные связи. Сложные координационные упражнения (игровые виды спорта, гимнастика, единоборства) заставляют левое и правое полушария работать в усиленном режиме обмена данными.

Гетерогенная (разнообразная) нагрузка развивает мозолистое тело — сплетение нервных волокон, соединяющее полушария. У людей, занимающихся видами спорта, требующими мелкой моторики и координации, скорость передачи нервного импульса между полушариями выше на 10–12% [5.—с.67]. Это напрямую ускоряет процесс декодирования сложных теоретических текстов и формул.

5. Метаболический «форсаж» и утилизация продуктов распада. При длительной умственной работе в тканях мозга накапливаются продукты метаболизма, вызывающие чувство «тумана в голове».

Физическая активность ускоряет лимфодренаж и венозный отток от черепа. Интенсивная ходьба в течение 15 минут увеличивает парциальное давление кислорода в тканях мозга на 15–18%, что эквивалентно «перезагрузке» когнитивной системы [6.—с.42]. Это позволяет усваивать теоретический материал во второй половине дня так же эффективно, как и утром.

6. Генетический аспект (экспрессия генов). Физические нагрузки активируют специфические гены, связанные с пластичностью мозга.

Установлено, что выполнение упражнений перед заучиванием иностранных слов или технических терминов увеличивает скорость запоминания на 20% [7.—с.92]. Уровень катехоламинов (дофамина и норадреналина), выделяемых при движении, коррелирует с долговременной памятью. При их оптимальном уровне вероятность забывания прочитанного через 24 часа снижается на 30% [8.—с.78] (табл.2).

Таблица 2 - Сводная таблица временных эффектов

Время после нагрузки	Эффект на теорию	Научное обоснование
0–60 мин	Пик концентрации	Выброс нейромедиаторов (дофамин)
1–4 часа	Улучшенное кодирование памяти	Работа белка BDNF
Долгосрочно	Увеличение объема серого вещества	Ангиогенез (рост капилляров в мозге)

Выводы. Физическая активность способствует улучшению кровообращения и кислородоснабжения мозга, что может повышать память и концентрацию. Исследования показывают, что учащиеся, занимающиеся спортом, имеют лучшие результаты на тестах по математике и чтению.

Физическая активность помогает снизить уровень стресса и тревожности, что, в свою очередь, улучшает способность к обучению. Учащиеся с высоким уровнем физической активности сообщают о меньшем количестве проблем с вниманием. Участие в спортивных командах развивает навыки командной работы и общения, что может положительно сказаться на учебной деятельности. Ученики, которые занимаются спортом, часто показывают лучшие результаты в групповых проектах и заданиях.

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CHALLENGES IN TRANSLATING IDIOMS FROM ENGLISH INTO UZBEK

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Translating idioms from English into Uzbek is one of the most demanding areas of practical translation because idioms carry meaning that is not predictable from the individual words. They are compact “packages” of culture, history, humor, and shared assumptions. When an idiom moves across languages, the translator is forced to choose between preserving meaning, preserving imagery, preserving tone, and preserving stylistic effect—and often cannot keep all four at once. Below is a focused discussion of the major challenges involved, with practical examples and strategies relevant to English→Uzbek translation.

The first core challenge is non-compositional meaning. In idioms, the whole meaning differs from the sum of parts. If an English learner reads “spill the beans” word-by-word, they imagine an accident with food. The intended meaning is “reveal a secret.” Uzbek also has ways to express the idea (for example, “sirni ochib qo‘ymoq,” “og‘zidan chiqib ketmoq”), but the metaphor of beans is not culturally anchored in Uzbek the same way. If a translator keeps the literal imagery (“loviya to‘kib yuborish”), the result is either confusing or unintentionally comic. So the translator must recognize idiomaticity first, then detach from the surface meaning.

A second challenge is cultural specificity and background knowledge. Many English idioms depend on Anglo-American history, sports, religion, or everyday practices. “Touch base” comes from baseball; “the ball is in your court” from tennis; “on the same page” from shared documents or scripts; “Sunday best” from Christian social practice. Uzbek readers may still understand sports idioms if the metaphor is globally familiar, but others may not land naturally. In Uzbek, metaphorical frameworks often draw from local social life, family relations, craft, agriculture, and shared moral values. When the cultural script differs, a direct transfer may sound foreign, even if it is understandable. The translator has to decide whether to domesticate (choose a natural Uzbek equivalent) or foreignize (keep the English flavor), depending on genre and audience.

The third difficulty is the absence of a one-to-one equivalent. Some idioms have near-perfect matches across languages; many do not. English “once in a blue moon” means “very rarely.” Uzbek can express rarity with “juda kamdan-kam,” “yilda bir,” or “ming yilda bir,” but the “blue moon” image is not native. Similarly, “break the ice” (start

social interaction) can be rendered as “muloqotni boshlab yubormoq,” “gapga yo‘l ochmoq,” or “muzni eritmoq” if that metaphor feels acceptable. Sometimes Uzbek has an idiom with different imagery but the same function; other times it only has a non-idiomatic paraphrase. The challenge is not only semantic equivalence, but also pragmatic equivalence: does it sound like something a real Uzbek speaker would say in that situation?

A fourth challenge is register and tone. Idioms carry stylistic signals: informal, humorous, sarcastic, old-fashioned, formal, or slangy. “Kick the bucket” is humorous/informal for “die,” while “pass away” is polite and formal. Uzbek also marks register strongly (“vafot etmoq” formal, “o‘lib qolmoq” neutral/informal, other euphemisms used in polite contexts). If an English idiom is playful, translating it into a stiff Uzbek phrase can ruin the author’s voice. Conversely, translating a polite English euphemism into a blunt Uzbek verb can sound rude. The translator must match tone, not just meaning.

A fifth issue is polysemy and context sensitivity. Many idioms are “flexible” and used metaphorically in multiple ways. “Get cold feet” usually means “lose courage before doing something,” but in context it may also imply hesitation, anxiety, or second thoughts. Uzbek equivalents could vary: “jur’ati yetmay qolmoq,” “ko‘ngli qolmay qolmoq,” “ikkilanib qolmoq.” The right choice depends on narrative voice, character, and situation. Misreading context leads to a translation that is technically “close” but pragmatically wrong.

A related problem is idiom variation and creativity. Writers often modify idioms for stylistic effect: “spill the beans” may appear as “spill a few beans,” “spill the political beans,” or “the beans were spilled.” Or a text may combine two idioms for humor. Uzbek translation has to decide whether to recreate a similar playful twist or to normalize it. In literary translation, preserving creativity is important. In technical or journalistic translation, clarity may be prioritized over cleverness.

Metaphor clashes also create difficulty. English and Uzbek may conceptualize emotions, time, and relationships using different metaphors. English often uses “up/down” for mood (“feeling down”), “heat” for anger (“hot-headed”), “light” for understanding (“see the point”). Uzbek has overlapping metaphors but also distinct patterns and culturally preferred expressions. Translating “I’m down” word-for-word (“men pastdaman”) is unnatural; the translator must switch to Uzbek emotional vocabulary (“kayfiyatim yo‘q,” “tushkunman”). This requires metaphor awareness, not just dictionary knowledge.

Another challenge is false friends and semi-idioms. English has phrases that look literal but function idiomatically, like “make up your mind,” “take your time,” “give me a hand.” A translator may mistakenly translate them literally and produce awkward

Uzbek. “Give me a hand” in context may mean “help me,” not “hand.” Uzbek would likely use “yordam ber,” “qo‘l uchini ber,” or “ko‘maklash.” Similarly, “I see” often means “I understand” rather than visual seeing; Uzbek would choose “tushundim.” Recognizing these semi-idiomatic forms is crucial.

Humor and wordplay represent one of the hardest areas. Idioms are often used for jokes, irony, or punchlines. English puns may rely on homophones inside idioms, which do not exist in Uzbek. For example, a joke that plays on “piece of cake” (easy) and actual cake may not transfer. The translator may need to substitute a different Uzbek expression that can carry humor, or add a small contextual adjustment. This is not “betraying” the original; it is recreating effect, which is a core translation goal in many genres.

Proverbs and fixed expressions create another layer. English idioms sometimes overlap with proverbs, and Uzbek has a rich proverb tradition. When an English idiom is proverb-like (“Don’t count your chickens before they hatch”), Uzbek may have a proverb with close meaning but different imagery. A translator can use an Uzbek proverb to achieve naturalness and cultural resonance, but should be careful: proverbs can carry stronger moral force than the original English phrase. Overusing Uzbek proverbs can also shift the style toward folk wisdom even if the English text is modern and neutral. Here, genre sensitivity matters.

The constraints of subtitle translation and interpreting introduce practical pressures. In audiovisual translation, space and timing are limited. Idioms must be short, readable, and instantly understood. A long Uzbek paraphrase may not fit on screen. In interpreting, there is no time to search for a perfect equivalent; the interpreter may choose a quick neutral paraphrase to preserve meaning. Thus, medium constraints can determine strategy.

Given these challenges, translators commonly rely on a set of strategies. The first is finding a functional Uzbek equivalent idiom (if it exists). The second is replacing the idiom with a culturally appropriate Uzbek expression that matches meaning and tone, even if not strictly idiomatic. The third is paraphrasing: explaining the meaning clearly, sacrificing idiomatic flavor for accuracy. The fourth is literal translation only when the idiom is transparent and likely understandable or when the translation is intentionally foreignizing (for example, in language-learning materials). The fifth is compensation: if a particular idiom cannot be translated idiomatically in one spot, the translator may add idiomatic flavor elsewhere to maintain the overall style of the text.

Quality in idiom translation also depends on process. A practical workflow is: identify candidate idioms; test for literal plausibility; verify meaning in context; assess register and speaker; search for Uzbek equivalents; choose strategy; then re-read to ensure the sentence sounds natural in Uzbek. Building a personal bilingual idiom bank is

extremely helpful, especially for repeated work in certain domains (business, media, fiction). For teachers, classroom activities like “idiom matching,” “context guessing,” and “translation comparison” can strengthen students’ pragmatic awareness and reduce literal translation errors.

In conclusion, translating idioms from English into Uzbek is challenging because idioms are not merely linguistic units—they are cultural actions. The translator must read beyond words to intentions, tone, and shared assumptions, and then rebuild the message in Uzbek so that it performs the same communicative function. The best translations are those that Uzbek readers experience as natural and meaningful, while still reflecting the author’s voice and the text’s purpose. Success comes from strong idiom recognition, deep cultural literacy in both languages, and flexible strategy selection guided by genre, audience, and medium.

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