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KOVUL (CAPPARIS SPINOSA L.) O'SIMLIGININ XALQ TABOBATIDA QO'LLANILISHI

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Annotatsiya: Ushbu maqolada Kovul, kovar (*Capparis spinosa* L.) osimliklarining biologik va dorivorlik xususiyatlari bayon etilgan.

Kalit soʻzlar: Isiriq (*P.Harmala*), Kovul, kovar (*Capparis spinosa* L.), Nurota togʻlari va Qoʻytosh, Baliqlitov, Pistalitogʻ, Yetimtogʻ tizmalari, handonpista, yongʻoq, bodom, naʼmatak, zira, zirk.

Kovul, kovar (*Capparis spinosa* L.) — kovuldoshlar oilasiga mansub yarim buta. Poya va shoxchalari yotiq, bargi tuxumsimon, guli yirik, oq yoki och pushti. Mevasi qizil etli, koʻp urugʻli. Qrim, Kavkaz, Oʻrta Osiyo, Shimoliy Afrika va Oʻrta dengizning toshloq yerlarida koʻp tarqalgan. Janubiy Yevropada ekiladi.

Kovulning gʻunchasi, mevasi sirkalab yoki tozalab ovqatga solinadi. Mevasida 18% oqsil moddalar, 36% cha moy bor. Choʻl va adirlarda, yoʻl boʻylarida, devorlar ustida, ekinlar orasida oʻsadigan kovul koʻp urugʻli rezavor boʻlib, mevalari etdor, uzunligi 2 smga boradi. Iyul-avgust oylarida urugʻlari pishadi. Bu dorivor oʻsimlikning mevalari tarkibida saponinlar, alkaloidlar, 32,9 foiz Uglevodlar, 150 mg askorbin kislota, 3,75 foiz moy, ildiz poʻstlogʻida staxidrin alkaloidi mavjud. Kovul yoki kavar oʻsimligi tabiiy holda Oʻrtayer dengizi, Yevropa janubida, Kavkazda, Oʻrta Osiyoda, shu jumladan, Oʻzbekistonda, Pokiston va Hindistonda tarqalgan. Bu oʻsimlik Fransiya, Ispaniya, Italiya, hamda Kiprda, Gretsiya va Shimoliy Amerikada madaniylashtirilgan boʻlib, landshaftlarning bezagi hisoblanadi. Oʻsimlikning nomi Erondagi Dashti-Kavir choʻli bilan bogʻliq holda atalgan. Chunki kovul bu hududlarda eng koʻp uchraydigan oʻsimlik sifatida ajralib turadi. Kovul dorivor oʻsimlik boʻlishi bilan bir qatorda oziq-ovqatda ham ishlatiladi. Kovulning gʻunchali novdalari, gʻunchalari, rivojlanayotgan mevalari sirka kislotasida marinovat qilinadi hamda Oziq-ovqatda «kaperslar» nomi bilan mashhur dori-darmon koʻrinishida foydalaniladi.

Hindular kovulni kobra, kabra yoki kabarra nomlari bilan atashadi hamda o'simlik organlari qo'shib tayyorlangan oziq-ovqatlarni yoqtirib iste'mol qilishadi.

Kovul o'simligini xalqimiz kavar deb ham ataydi. Mutaxassislar bu nomning kelib chiqishini Erondagi Dashti Kavir cho'li bilan bog'lashadi. Chunki kovul mazkur hududda eng ko'p uchraydigan o'simlik hisoblanadi. U Fransiya, Ispaniya, Italiya, Jazoir hamda Kiprda, Gretsiya va Shimoliy Amerikada madaniylashtirilgan. Yurtimizning tog' yonbag'irli hududlarida esa tabiiy holda o'sadi. Jumladan, Jizzax viloyatining Zomin, G'allaorol, Forish, Sharof Rashidov, Andijon viloyatining Buloqboshi, Namangan viloyatining Chust va Kosonsoy tumanlari, Toshkent viloyatining tog'oldi hududlarida ko'plab uchratish mumkin. Yer bag'irlab o'sadigan ushbu tikanli buta joy tanlamaydi, suvsizlikka va sovuqqa chidamli. Maydan to oktyabr oyigacha o'sadi. Dona-dona bo'lib gullaydi. So'ngra bir uyali go'shtli reza meva beradi.

Ikki pallali ushbu meva xuddi tarvuzga o'xshaydi. Faqat mitti tarvuzlar. Ildizidan bargigacha shifobaxsh. Kovul ildizidan bargigacha shifobaxsh.

Shu bois u farmatsevtika sanoatida qimmatbaho xom ashyo sifatida juda qadrlanadi. Mevasi tarkibida saponinlar, alkaloidlar, uglevodlar, askorbin kislota, moy, ildiz po'stlog'ida staxidrin alkaloidi mavjud. Erta bahorda kavlab olingan ildizi quritilib, allergiyaga moyil bemorlar uchun dori tayyorlanadi. Gullash mavsumidan oldin ham allergiyaga em bo'ladigan qaynatma qilinadi. Yangi kesib olingan va choy qilib damlangan kovul shoxlari juda yaxshi antiseptik vosita hisoblanadi. Uning bunday xususiyatlaridan arablar va qadimgi Yunonlar foydalanishgan. Yurtimizda esa tib ilmining sultoni Ibn Sino ushbu Nabotot turidan ko'plab xastaliklarni davolashda qo'l keladigan darmondorilar tayyorlash usullarini yozib qoldirgan. Teri kasalliklarida, Quritilgan ildiz po'stlog'idan 2 choy qoshiq olinib ustiga bir stakan suv quyiladi hamda past olovda 10-15 minut qaynatiladi. Sovitilgan qaynatmasi bilan kasallangan teri tez-tez artiladi.

Tireotoksikoz, gemorroyda. Quritilgan mevalaridan 1 choy qoshiq olinib ustiga 200 ml suv qo'yiladi hamda 3-4 minut qaynatiladi. Sovitilgan qaynatmasi kuniga uch mahal ovqatdan oldin 1-2 oshqoshiqdan ichiladi. Qandli diabet kasalligida, Quritib maydalangan novda va barglaridan 1 oshqoshiq qlinib, ustiga 200 ml suv qo'yiladi hamda 4-5 minut qaynatiladi. Sovitilgan qaynatmasi kuniga 3-4 mahal 2 oshqoshiqdan ichiladi. Kovul oziq-ovqat sanoatida ham ishlatiladi. Hindular uning mevasi qo'shib tayyorlangan taomlarni xush ko'rib iste'mol qilishsa, fransuz oshxonasida marinadlangan kovul gulkurtaklari juda muhim ziravor hisoblanadi.

O‘zimizda esa ilgari kovul “tarvuzcha”lari quritilib, qishda qand o‘rnida foydalanilgan.

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ENGLISH FOR SPECIFIC PURPOSES IN MEDICINE

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Relevance. English is a global language for science, technology, business, and medicine. Its widespread use fosters cross-cultural communication and international cooperation, facilitating the exchange of ideas, research, and medical innovations. Being proficient in English is crucial for professionals across all disciplines, including medicine, to remain competitive and informed in a rapidly evolving global landscape.

Purpose. Nowadays, English is considered the global language for science communication. It has been taught in different Cuban institutions over the last decades to meet professionals' and students' academic needs. This sort of learning is known as English for Specific Purposes and is implemented with medical students and doctors. This teaching approach has reached an unquestionable status in medical settings since much of the updated medical information found in books, articles, documents, and newspapers is in the English language. This research aims to demonstrate the importance for medical students and doctors to learn English for medical purposes, and to be able to develop in different settings. The patient's medical history, symptoms, and treatment options must be communicated and understood. With an increasing number of international patients and healthcare professionals, having a common language such as English reduces language barriers and helps prevent misunderstandings and mistakes. It also promotes effective patient-clinician interactions and promotes patient-centered care.

In addition to this, healthcare professionals should be able to read medical reports, and scientific articles and attend conferences. EMP courses typically include communication skills, medical terminology, and cultural awareness.

In medicine, accurate communication is also key to patient safety and delivering quality care. In addition to this, healthcare professionals should be able to read medical reports, and scientific articles and attend conferences. EMP courses typically include communication skills, medical terminology, and cultural awareness.

English for Medical Purposes (EMP) is a specialized area of English language training aimed at developing language skills specific to healthcare settings.

Its goal is to enable healthcare professionals to communicate freely and accurately in medical situations.

English is the lingua franca of the medical world, providing international health professionals with a common framework for sharing knowledge, collaborating on research, and discussing best practices.

Physicians who speak English can more easily communicate with their colleagues around the world, gaining access to the latest medical advances and research, ultimately benefiting their patients and medical practice.

A high level of language proficiency is also required to publish research. Although it is a fairly specialized area with its specific structure and language, a short course like this breaks down the writing and publishing process into manageable steps. helps you understand the world of writing for publication.

Another key aspect of the English language in medicine is medical terminology - the specialized vocabulary used by healthcare professionals to describe medical conditions, procedures, and treatments.

Using standardized medical terminology allows healthcare professionals to communicate accurately and effectively.

It acts as a universal language for healthcare professionals when diagnosing and treating patients, thereby reducing misunderstandings and potential errors.

Conclusion. So English for Medical Purposes plays a pivotal role in the global healthcare landscape. It facilitates effective communication, enhances patient care, and fosters collaboration among medical professionals worldwide. With the increasing internationalization of the medical field, doctors and healthcare providers who invest in improving their English language skills will be better equipped to succeed and make a positive impact on the healthcare community. Enrolling in reputable courses that cater to specific medical contexts can provide the necessary language proficiency and medical terminology needed to excel in this critical area of expertise.

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СОВРЕМЕННЫЕ МЕТОДЫ ЛЕЧЕНИЯ ГЛАУКОМЫ.

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Аннотация: В этой статье мы исследуем современные методы лечения глаукомы, которые произвели революцию в лечении этого хронического заболевания глаз. Эти методы лечения, от лекарств и лазерной терапии до минимально инвазивных операций и стратегий нейропротекции, направлены на снижение внутриглазного давления, сохранение функции зрительного нерва и, в конечном итоге, на улучшение качества жизни людей, живущих с глаукомой.

Ключевые слова: глаукома, заболевания глаз, офтальмология, лазерная терапия, современные подходы, современные методы лечения.

Глаукома — сложное и потенциально опасное для зрения заболевание глаз, от которого страдают миллионы людей во всем мире. Для него характерно поражение зрительного нерва, часто связанное с повышением внутриглазного давления, которое, если его не лечить, может привести к прогрессирующей потере зрения и слепоте. За последние годы в области офтальмологии достигнут значительный прогресс, который привел к разработке современных и инновационных методов лечения глаукомы. Понимая и используя эти современные методы лечения, медицинские работники могут эффективно лечить глаукому и помогать пациентам сохранять зрение на долгие годы.[4]

Глаукома — серьезное заболевание глаз, которое, если его не лечить, может привести к потере зрения и слепоте. Часто характеризуется поражением зрительного нерва вследствие повышения внутриглазного давления. За последние годы достигнуты значительные успехи в лечении глаукомы, что привело к разработке современных и эффективных методов лечения, направленных на сохранение зрения и улучшение качества жизни пациентов. Одним из основных методов лечения глаукомы является употребление наркотиков. Глазные капли обычно назначают для снижения внутриглазного давления, которое является основным фактором развития заболевания. Эти препараты действуют за счет уменьшения выработки водянистой влаги (жидкости внутри глаза) или увеличения ее выработки для снижения

давления внутри глаза. Лазерная терапия, также известная как лазерная трабекулопластика, является еще одним современным методом лечения глаукомы. В этой процедуре используется лазер для улучшения оттока жидкости из глаза, тем самым снижая внутриглазное давление. Лазерная терапия часто используется, когда лекарства неэффективны или плохо переносятся пациентом.[3]

Минимально инвазивная хирургия глаукомы (MIGS) — это новый подход к лечению глаукомы, который предлагает менее инвазивную альтернативу традиционной хирургии глаукомы. Процедуры MIGS предназначены для снижения внутриглазного давления за счет создания нового пути оттока внутриглазной жидкости. Эти процедуры обычно быстрые, безопасные и требуют более быстрого восстановления, чем традиционные операции. Микроинвазивная хирургия глаукомы (MIGS) — еще один инновационный метод лечения глаукомы, в котором используются микроскопические разрезы и крошечные инструменты для улучшения оттока жидкости из глаза включает в себя. Процедуры MIGS часто проводятся совместно с операцией по удалению катаракты, что является удобным вариантом для пациентов в обоих случаях. Современные методы лечения глаукомы помимо снижения внутриглазного давления направлены и на защиту зрительного нерва от повреждения. Нейропротективные стратегии направлены на сохранение функции клеток зрительного нерва и предотвращение дальнейшей потери зрения у пациентов с глаукомой. Эти стратегии могут включать использование лекарств, антиоксидантов или других нейропротекторов.[2]

Заключение:

В заключение отметим, что современные методы лечения глаукомы за последние годы значительно продвинулись вперед, предложив пациентам ряд эффективных вариантов управления заболеванием и сохранения зрения. Комбинируя лекарства, лазерную терапию, MIGS, MIGS и стратегии нейропротекции, поставщики медицинских услуг могут адаптировать планы лечения для удовлетворения индивидуальных потребностей пациентов с глаукомой и улучшить их долгосрочные результаты. Ранняя диагностика, регулярный мониторинг и сотрудничество между пациентами и медицинскими работниками имеют решающее значение для успешного лечения глаукомы с использованием этих современных методов лечения.[1]

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IMPROVEMENT OF THE ORGANOLEPTIC PROPERTIES OF OAT FLOUR IN THE PREPARATION OF BREAD PRODUCTS BY ADDING AN APPROPRIATE PROPORTION

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Abstract. This article describes the results of the research conducted on optimizing the organoleptic characteristics of bread products made from corn flour. In this, scientifically based conclusions were made on determining the optimal proportions of bread making by mixing wheat flour with oat flour.

Keywords. Oatmeal, flour, volumetric mass, porosity, core, sourness, organoleptic indicators

Enter. Organoleptic evaluation is carried out to determine the compliance of the organoleptic quality indicators of products with the requirements of regulatory and technical documents. Organoleptic evaluation is carried out through the senses to determine the appearance, color, taste, smell, consistency, etc. A tasting commission consisting of at least five people is formed based on the selection of tasters, taking into account their individual sensitivity and ability to detect specific differences in color, taste, smell, and aroma. The organoleptic method evaluates the quality of bread using human senses: sight, smell, taste, touch, and hearing.

The following indicators of bread are determined by the organoleptic method: appearance, state of packaging, signs, shape, condition of the surface, color, taste, smell, firmness, broken appearance. The organoleptic method is characterized by the simplicity and speed of detection, but it has a subjective nature and can lead to biased evaluation.

Bread is usually made from wheat flour. But although it is effective to mix other components to make its composition more useful, organoleptic properties are not always optimal. By adding oat flour to wheat flour, it increases its useful properties. Oat flour is a valuable and useful product that can be consumed in a variety of ways. Our people usually prepare and eat bread and bakery products from it. Making bread from oat flour is also technologically complicated, and at the same time, the organoleptic indicators do not leave a positive impression.

The purpose and specific issues of the research. It is to develop optimal methods of making bread by mixing wheat flour with recycled sorghum grown in the Republic of Karakalpakstan.

Material and methods. In order to prepare high-quality, nutritious, environmentally friendly, dietary, and food safety-compliant daily consumer products from the finished product, wheat flour was mixed with 10, 15, 20, 25, 30% oat flour, and the organoleptic indicators of the finished product were analyzed.

Table 1
Bread products scoring scale

Indicators	Significance coefficient	Evaluation on a 5-point system	Evaluation on a 100-point system
Shaped	2	1-5	2-10
Surface color	1,5	1-5	1,5-7,5
Surface	2,5	1-5	2,5-12,5
Core condition	5	1-5	5-25
Porosity	3	1-5	3-15
Fragrance	3	1-5	3-15
The taste	3	1-5	3-15
<i>Total</i>	20		20-100

In addition, the organoleptic method cannot fully determine the chemical composition of bread and the presence or absence of harmful substances. In the process of tasting, the senses determine not only the taste, but also the appearance, smell, color, and consistency of the product.

When evaluating the organoleptic quality of bread, each indicator is usually evaluated in a 5-point system and is converted into a total 100-point system depending on the importance levels of the indicators (see Table 1). In this case, bread rated above 70 points is considered suitable for consumption

RESEARCH RESULT AND DISCUSSION

The organoleptic indicators of the finished product were analyzed by mixing wheat flour with different amounts of oat flour in different proportions. An expert commission consisting of 7 people was formed to carry out the experiment. The obtained results were summarized and the evaluations of the samples were summarized. Each indicator was converted into a 100-point system.

7 indicators of organoleptic evaluation were assessed at 5 levels based on established criteria. On the basis of these criteria, the level of importance of indicators evaluated in a 5-point system varied (see Table 4.21). First, the organoleptic evaluation of bread made from 1st grade wheat flour was determined. Evaluation of 7 indicators of bread was carried out in a 5-point system. In this case, the average rating given to the shape of the bread was 4.3 points.

Table 2

Organoleptic indicators of bread prepared by adding white oat flour to wheat flour in different proportions (2022-2023 year)

Varieties	The amount of oatmeal added	Indicators							Overall grade, points
		Shaped	Surface color	Surface	The condition of the core	Porosity	Fragrance	The taste	
		Significance coefficient							
		2	1,5	2,5	5	3	3	3	
Wheat flour (control)		4,3±0,05	4,2±0,05	4,2±0,05	4,2±0,05	4,1±0,05	4,2±0,05	4,3±0,05	84,20
Uzbekistan 5	10 %	4,3±0,05	4,2±0,05	4,2±0,05	4,2±0,05	4,1±0,05	4,2±0,05	4,3±0,05	85,04
	15 %	4,4±0,05	4,3±0,05	4,3±0,05	4,3±0,05	4,2±0,05	4,3±0,05	4,4±0,05	85,89
	20 %	4,4±0,05	4,3±0,05	4,3±0,05	4,3±0,05	4,2±0,05	4,3±0,05	4,4±0,05	86,75
	25 %	4,5±0,05	4,4±0,05	4,4±0,05	4,4±0,05	4,3±0,05	4,4±0,05	4, ±0,05	88,05
	30 %	4,3±0,05	4,2±0,05	4,2±0,05	4,2±0,05	4,1±0,05	4,2±0,05	4,3±0,05	83,65
Daulet	10 %	4,4±0,05	4,3±0,05	4,3±0,05	4,3±0,05	4,2±0,05	4,3±0,05	4,4±0,05	85,50
	15 %	4,4±0,05	4,3±0,05	4,3±0,05	4,3±0,05	4,2±0,05	4,3±0,05	4,4±0,05	86,82
	20 %	4,5±0,05	4,4±0,05	4,4±0,05	4,4±0,05	4,3±0,05	4,4±0,05	4,5±0,05	88,12
	25 %	4,6±0,05	4,5±0,05	4,5±0,05	4,5±0,05	4,4±0,05	4,5±0,05	4,6±0,05	89,45
	30 %	4,4±0,05	4,2±0,05	4,3±0,05	4,2±0,05	4,1±0,05	4,2±0,05	4,3±0,05	84,97
Rich oats	10 %	4,4±0,05	4,3±0,05	4,3±0,05	4,3±0,05	4,2±0,05	4,3±0,05	4,4±0,05	86,31
	15 %	4,5±0,05	4,4±0,05	4,4±0,05	4,4±0,05	4,3±0,05	4,4±0,05	4,5±0,05	88,46
	20 %	4,6±0,05	4,5±0,05	4,5±0,05	4,5±0,05	4,4±0,05	4,5±0,05	4,6±0,05	90,67
	25 %	4,8±0,05	4,7±0,05	4,7±0,05	4,7±0,05	4,5±0,05	4,7±0,05	4,8±0,05	93,30
	30 %	4,5±0,05	4,4±0,05	4,4±0,05	4,4±0,05	4,3±0,05	4,4±0,05	4,5±0,05	88,64

4.2 points were given to the color of the surface, 4.2 points to the surface, 4.2 points to the condition of the core, 4.1 points to the porosity of the bread, 4.2 points to the aroma and 4.3 points to the taste. Calculations were made according to the coefficient of importance of each indicator, and when converted to a 100-point system, the total price of bread was 84.2 points. This sample was designated as a control.

In the same way, when bread was prepared by adding 10% oat flour to wheat flour, the organoleptic score was 85.0 points for the Uzbekistan-5 variety, 85.5 points for

the Daulet variety, and 86.3 points for the addition of rich oat variety flour (see Figure 1).

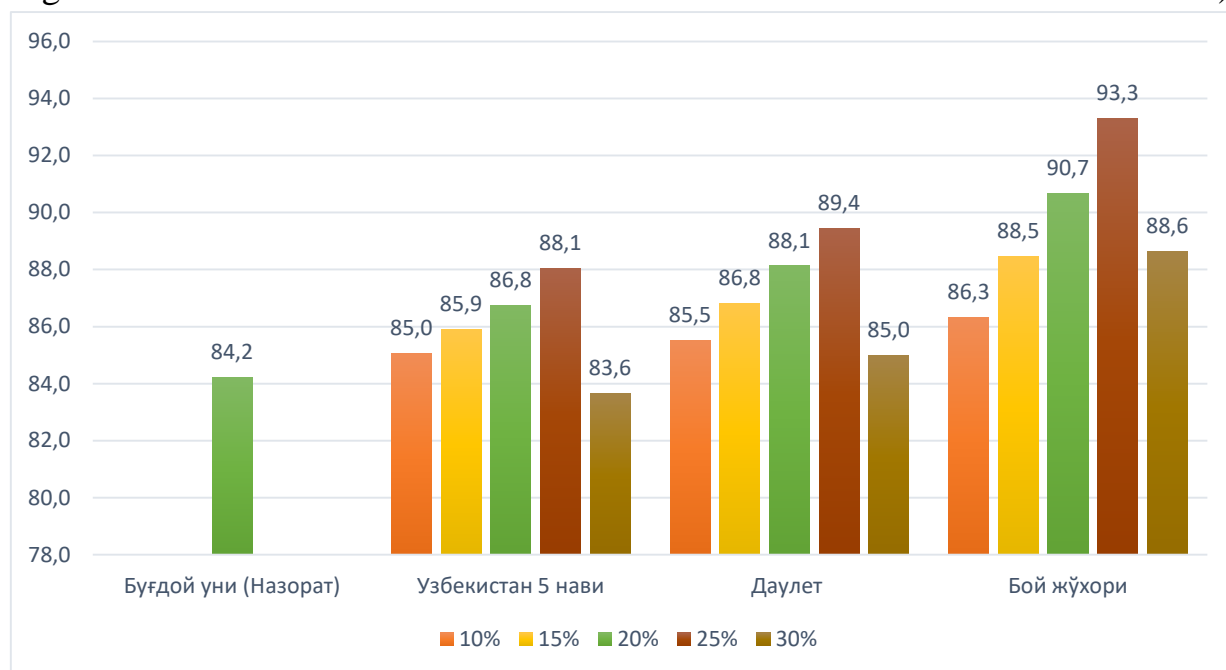


Figure 1. Organoleptic evaluation of bread prepared by adding oat flour to wheat flour in different proportions

The organoleptic value of bread prepared by adding oat flour to wheat flour increased until the ratio increased to 25%. When 30% oat flour was added, the organoleptic evaluation began to decrease again. For example, when 25% was added, the organoleptic value of bread made from the rich corn variety was estimated up to 93.3 points, while when 30% was added, the organoleptic value of the bread dropped sharply to 88.64 points. It follows that when bread is prepared by adding up to 25% of wheat flour to wheat flour, the best quality product is prepared.

In conclusion, it was observed that all parameters improved when wheat flour was added to oat flour to make bread. It was determined that the optimal ratio of the concentration of only cornmeal is 25%.

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WÖRTER IN DEN DEUTSCHEN UND USBEKISCHEN DIALEKTEN: ARTEN UND ANALYSE.

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Zusammenfassung: Dieser Artikel widmet sich der Analyse der dialektalen Wörter im Deutschen und Usbekischen sowie ihrer lexikalisch-semantischen Typen. Dialekte sind regionale Varianten einer Sprache, die die linguistischen und kulturellen Eigenheiten eines Volkes widerspiegeln. In diesem Artikel werden die verschiedenen Worttypen und deren Bedeutungsnuancen sowie der Gebrauch in den jeweiligen Dialekten untersucht. Die Ergebnisse bieten wertvolle Einblicke in die linguistischen und sozialen Unterschiede zwischen den Dialekten.

Schlüsselwörter: Dialekte, lexikalisch-semantische Analyse, deutsche Dialekte, usbekische Dialekte, Dialektwörter, Linguistik.

Einleitung. Dialekte sind in jeder Sprache wichtige Varianten, die oft tief in der Kultur und Geschichte eines Volkes verwurzelt sind. Sie ermöglichen es, sprachliche Unterschiede zu analysieren und das kulturelle Erbe eines Volkes zu bewahren. Sowohl das Deutsche als auch das Usbekische verfügen über eine Vielzahl von Dialekten, die sich in ihrer Wortwahl und Bedeutung stark voneinander unterscheiden können. Dieser Artikel untersucht die typischen Wörter, die in den deutschen und usbekischen Dialekten vorkommen, und analysiert ihre lexikalisch-semantischen Typen.

Materialien und Methoden: Für diese Studie wurden verschiedene dialektologische Quellen, Wörterbücher und wissenschaftliche Arbeiten herangezogen, um die deutschen und usbekischen Dialektwörter zu analysieren. Die lexikalische Analyse konzentriert sich auf die Bedeutungsvarianten und den Gebrauch dieser Wörter in verschiedenen Dialekten. Dabei wurden Wörter aus Dialekten verschiedener Regionen des deutschen Sprachraums (Bayern, Sachsen, Schwaben) und des usbekischen Sprachraums (Fergana, Buxoro, Xorazm) untersucht.

Ergebnisse: In den deutschen und usbekischen Dialekten lassen sich folgende lexikalisch-semantische Worttypen unterscheiden:

1. Regionale Wörter: Diese Wörter sind spezifisch für eine bestimmte Region und kommen in anderen Regionen nicht vor. Im Usbekischen tritt beispielsweise das

Wort „chapchaq“ im Buxoro-Dialekt auf, während im Deutschen das bayerische Wort „Dirndl“ für ein traditionelles Kleid verwendet wird.

2. Lehnwörter: Diese Wörter wurden aus anderen Sprachen entlehnt und haben sich in den Dialekten weiterentwickelt. Im Usbekischen gibt es viele arabische und persische Lehnwörter, die sich in den Dialekten unterscheiden, während im Deutschen lateinische und französische Wörter in verschiedenen Dialekten zu finden sind.

3. Metaphorische Wörter: Diese Wörter haben oft eine bildhafte Bedeutung, die an regionale Bräuche oder Ereignisse geknüpft ist. Ein Beispiel aus dem Usbekischen ist das Wort „tanga“, während im Deutschen das Wort „Krapfen“ für ein regionales Gebäck steht.

Diskussion. Die Herkunft und Verwendung dialektaler Wörter in den deutschen und usbekischen Dialekten ist von historischen, sozialen und kulturellen Einflüssen geprägt. So sind die Lehnwörter im Usbekischen vor allem auf arabische und persische Einflüsse zurückzuführen, während die deutschen Dialekte durch den lateinischen und französischen Einfluss bereichert wurden. Dialekte tragen zur sprachlichen Vielfalt bei und spiegeln die Geschichte der jeweiligen Region wider. Diese Untersuchung zeigt, dass dialektale Wörter in beiden Sprachen wichtige kulturelle und sprachliche Funktionen erfüllen.

Schlussfolgerung: Die deutschen und usbekischen Dialekte zeichnen sich durch ihre lexikalisch-semantischen Besonderheiten aus. Diese dialektalen Wörter bereichern die jeweilige Sprache und sind ein wichtiger Bestandteil des kulturellen Erbes. Die Ergebnisse dieser Studie zeigen, dass die Unterschiede und Gemeinsamkeiten der Dialekte weiter erforscht werden müssen, um ein besseres Verständnis der sprachlichen Vielfalt zu erlangen.

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МИНИ И СТАНДАРТНАЯ ПЕРКУТАННАЯ НЕФРОЛИТОТОМИЯ СРАВНЕНИЕ.

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Введение: В настоящее время мини-перкутанная нефролитотомия (мПНЛ) приобрела популярность в хирургическом лечении мочекаменной болезни в связи со сниженным риском осложнений, при том что показатели очищения от камней практически одинаковы. Проведено большое количество исследований по сравнению мПНЛ со стандартной. Нами также было решено проведение данного исследования в пределах нашей клиники.

Цель: Проведение исследования для сравнения мПНЛ со стандартной ПНЛ (сПНЛ) для лечения камней почек у пациентов от 18 лет и старше для оценки осложнений, эффективности и частоты очищения от камней.

Материалы и методы: Сравнительное исследование было проведено на 100 пациентам в клинике Акфа Медлайн (Узбекистан, г.Ташкент), которым была проведена ПНЛ с июня 2017 года по март 2023 года, которые были разделены на две группы. Группа I включала 50 пациентов, которым проводили мПНЛ (размер оболочки 15 Fr), а группа II включала 50 пациентов, которым проводили сПНЛ (размер оболочки 24 Fr). Первичные результаты, включая показатели отсутствия камней и уровень гемоглобина, и вторичные результаты, такие как время операции, осложнения (температура), оценка боли, потребность в применении обезболивания, койка дни, сравнивались между двумя группами.

Результаты: Средний возраст пациентов в группах I и II составил $36,6 \pm 2,6$ и $37,4 \pm 2,48$ года соответственно ($p = 0,15$). Средние размеры камней в обеих группах I и II составили $21,6 \pm 2,45$ и $22,2 \pm 2,27$ мм соответственно ($p > 0,05$). Показатель отсутствия камней в группе I составил 93%, а в группе II — 95% ($p = 0,64$). Уровень снижения гемоглобина было выше в группе II по сравнению с группой I ($1,0 \pm 0,32$ г/л и $1,4 \pm 0,34$ г/л соответственно; $p < 0,0001$), переливание крови пациентам обеих групп не потребовалось. Время операции было короче в группе II по сравнению с группой I (p-значение - 0,050). Показатели боли были ниже в группе I. Средняя продолжительность койка дней существенно не отличалась в обеих группах.

Выводы: Проведенное исследование еще раз подтверждает преимущество мПНЛ в хирургическом лечении мочекаменной болезни. Скорость удаления камней при мПНЛ сопоставима сПНЛ с меньшей кровопотерей и послеоперационными осложнениями, однако с более длительным временем операции при мПНЛ. Мини-ПНЛ обеспечивает сопоставимый результат в хирургическом лечении МКБ с более низким уровнем осложнений по сравнению со стандартной ПНЛ для всех типов почечных камней.

Ключевые слова: Мини-ПНЛ; Стандартная ПНЛ; Мочекаменная болезнь.

ОСОБЕННОСТИ ЦЕРЕБРАЛЬНОЙ ГЕМОДИНАМИКИ У ПАЦИЕНТОВ С ИШЕМИЧЕСКИМ ИНСУЛЬТОМ, КОТОРЫМ БЫЛА ПРИМЕНЕНА НЕОТЛОЖНАЯ РЕНТГЕН-ЭНДОВАСКУЛЯРНАЯ ТРОМБ-АСПИРАЦИЯ

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Резюме. Обследованы 140 пациент неврологического отделения РНЦЭМП города Ташкента с 2022 по 2024 года с установленным диагнозом ишемический инсульт (ИИ) в острейший период.

Основную группу составили пациентов 70 (50,0%) с ИИ, которым была применена неотложная рентген-эндоваскулярная тромб-аспирация (НРЭТА). Среди них было 30 (42,9 %) мужчины и 40 (57,1%) женщин. Остальные 70 человек – с ИИ без применения неотложной рентген-эндоваскулярной тромб-аспирации – были отобраны в группу сравнения (ГС). Было выявлено, что у пациентов с ИИ без проведения неотложной рентген-эндоваскулярной тромб-аспирации имела место тенденция к снижению объемной скорости кровотока в общей сонной артерии, и внутренней сонной артерии с двух сторон.

Ключевые слова: неотложная рентген-эндоваскулярная тромб-аспирация, ишемический инсульт.

Введение. Инсульт является актуальной проблемой современной медицины. Летальность после ишемического инсульта достигает 20% в течение первого месяца и около 25% в течение первого года. Более чем у половины выживших больных в течение последующих 5 лет наступает повторный инсульт, причем большинство случаев приходится на первый год (1).

Эндоваскулярная контактная (аспирационная) тромбэкстракция и механическая тромбэктомия (МТЭ) являются современными методами лечения ИИ, способствующими быстрому восстановлению пациентов и снижению риска неблагоприятного исхода (2).

Цель. Выявить особенности церебральной гемодинамики у пациентов с ишемическим инсультом, которым была применена неотложная рентген-эндоваскулярная тромб-аспирация.

Материал и методы исследования. Исследования проводились на базе неврологического отделения РНЦЭМП с 2022 по 2024 гг. Всего было исследовано 140 человек, из которых 64 (45,7%) пациента были мужского пола, 7 пациентов (5,7%) – женского пола в возрасте от 41 до 79 лет в острейшем периоде ишемического инсульта (ИИ) в каротидном бассейне. Подтверждение типа нарушения мозгового кровообращения основывается на анамнестических данных, неврологическом обследовании и данных нейровизуализации (КТ и МРТ головного мозга).

Исходя из цели и задач данного исследования обследуемые (n=140) были разделены на следующие группы. Основную группу (ОГ) составили 70 (50,0%) пациентов с ИИ (кардиоэмболический и атеротромботический варианты) на фоне неотложной рентгенэндоваскулярной тромбаспирации. В группу сравнения (ГС) вошли 70 (50,0%) пациентов с ИИ без проведения неотложной рентгенэндоваскулярной тромбаспирации. В ОГ вошли 40 (57,1%) женщины и 30 (42,9%) мужчины. Средний возраст мужчин – $64,9 \pm 8,1$ года, женщин – $68,1 \pm 7,5$ года. В ГС вошли 36 женщин (51,4% из числа пациентов ОГ) и 34 мужчин (48,6%), средний возраст мужчин и женщин был соответственно: $66,8 \pm 8,2$ года и $68,0 \pm 7,1$ года.

Исследование церебральной гемодинамики осуществляли с помощью дуплексно-триплексного сканера LOGIQ C-5 Premium. Эхолокация экстракраниальных сосудов проведена линейным датчиком с частотой 10 МГц, визуализация интракраниальных сосудов – с помощью транскраниальной локалии фазированным датчиком с частотой 2,5 МГц.

Статистическая обработка полученных данных проводилась на персональном компьютере с помощью программы «Statistica 8.0». Критерий Стьюдента считался достоверным при $p < 0,05$.

Результаты и обсуждение. Дуплексное сканирование экстра- и интракраниальных сосудов выявило следующие закономерности.

У больных наличие окклюзирующих процессов в виде извитости и стеноза. В ОГ извитость встречалась у 21,4 %; в ГС достоверно чаще в 38,2% случаях. Таким образом, извитость сонных артерий была характерна для больных ОГ. Статистически значимой разницы между сторонами не получено ($p > 0,5$).

Атеросклеротические изменения выявлены у 19,6% больных ОГ и 57,3 % больных ГС. Больных с окклюзией общей сонной артерии (ОСА) в исследовании не было.

Анализ линейной скорости кровотока (ЛСК) по ОСА в ОГ показал снижение в левой ОСА (26,5 см/с; $\sigma = 3,14$) по сравнению с ГС (30,9 см/с; $\sigma = 3,44$; $p < 0,05$). Здесь и далее данные представлены в виде среднего арифметического (М) и среднеквадратического отклонения (σ).

У пациентов ГС имела место тенденция к снижению объемной скорости кровотока в ОСА, и внутренней сонной артерии (ВСА) с двух сторон. Что касается больных ГС, то объемная скорости кровотока в ОСА и ВСА с двух сторон незначительно отличалась от нормальных показателей. (табл.1).

Таблица 1.

Данные объемной скорости кровотока (Q, мл/мин) экстракраниальных артерий у пациентов ОГ и ГС (М+ σ).

артерия	ОГ (n = 70)	ГС (n = 70)	норма
ОСА	514 ± 96 *	468 ± 91 *	523 ± 89
ВСА	276 ± 39 *	213 ± 48 * ^	292 ± 68

Примечание : * - достоверность между группами и нормой ($p < 0,01$), ^ - достоверность между группами ($p < 0,01$).

Снижение показателей объемной скорости кровотока и повышение линейной скорости кровотока в экстракраниальных сосудах в группе ОГ и ГС по сравнению с возрастными нормами, что говорит об атеросклеротическом процессе в артериях.

Таким образом, было выявлено снижение показателей объемной скорости кровотока и повышение линейной скорости кровотока в экстракраниальных сосудах в группе ОГ и ГС по сравнению с возрастными нормами. У пациентов с ИИ без проведения неотложной рентгенэндоваскулярной тромбаспирации имела место тенденция к снижению объемной скорости кровотока в ОСА, и внутренней сонной артерии (ВСА) с двух сторон.

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PHRASEOLOGY AS AN INTEGRAL PART OF LANGUAGE SYSTEM

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Annotation. This text examines the relationship between free word groups and phraseological units, emphasizing their distinct lexicalization processes. It discusses how phraseological units can lose their motivational aspects over time, becoming semantically opaque and syntactically independent. The author highlights examples illustrating this phenomenon, such as "the green-eyed monster" and "to spill the beans," showing how their meanings evolve beyond their literal components. The text also explores the dynamic interplay of language, culture, and historical context in shaping these expressions, positioning phraseology as a rich repository of cultural memory and social nuance.

Keywords: phraseology, lexicalization, free word groups, phraseological units, semantic opacity, motivational aspects, cultural memory.

Introduction. There are grounds to assume that there exists a sort of reliance between these two different ways of lexicalization of free word-bunches which makes them fundamentally unrelated. It is noticed, for instance, that mixtures are more plentiful in specific grammatical features, while phraseological units are mathematically overwhelming in others. Along these lines, e.g., phraseological units are found in extraordinary numbers as action word counterparts though compound action words are similarly not many. This drives us to expect that lexicalization of free word-gatherings and their change into words or phraseological units is administered by the less phraseological units we are probably going to experience in this class of words. Very little is known about the dynamic of the elements during the time spent lexicalization of free word-bunches which brings about the presence of phraseological units. This issue might be seen concerning the level of inspiration. We may securely expect that a free word-bunch is changed into a phraseological unit when it gains semantic indistinguishability and turns out to be synchronically non-spurred. The next might be seen as the fundamental driver representing the less' inspiration of free word-gatherings: At the point when one of the parts of a word-bunch becomes antiquated or exits the

language by and large the entire word-gathering might turn out to be totally or to some degree non-propelled. For instance, the absence of inspiration in the word-bunch friends and relatives might be represented by the way that the part word kith exited the language through and through besides as the part of the phraseological unit being talked about. This is likewise seen in the phraseological unit being talked about. When because of an adjustment of the semantic construction of a polysemantic word a portion of its implications vanish and can be tracked down just in specific collocations. The thing mind, e.g., when signified 'reason' or 'goal' and this significance makes due in the expressions to have a psyche to follow through with something, to alter one's perspective, and so on. At the point when a free word-bunch utilized in proficient discourse enters into general abstract utilization, it is regularly felt as non-roused. To pull (the) strings (wires), e.g., was initially utilized as a free word-bunch in its immediate significance by proficient entertainers in manikin shows. In Modern English, notwithstanding, it has lost all association with manikin shows and in this way can't likewise be seen in the phraseological unit to stay consistent, which can be followed back to military English, and so on.

At times extra-etymological variables might represent the deficiency of inspiration, to show the white quill - 'to go about as a quitter', e.g., can be followed back to the days when cockerel battling was famous. A white quill in a gamecock's plumage indicated awful rearing and was viewed as an indication of weakness. Now that chicken battling is as of now not a famous game, the expression is felt as non-inspired. See wellsprings of English phrases in Logan Smith. Words and Idioms. London, 1928. An individual who went to a college where Gamecock was the athletic image of the school didn't have the foggiest idea about this expression, consequently, utilization of this expression would confound the listeners, as opposed to conveying legitimate correspondence. d) When a word-bunch making up a piece of a precept or expressing starts to be utilized an independent unit it might bit by bit become non-inspired on the off chance that its association with it isn't seen to relate maxim or saying. Another brush, e.g., begins as a part of the colloquialism new brushes tidy up. New brush as a phraseological unit might be seen as non-persuaded because the significance of the entire isn't deducible from the importance of the parts.¹

¹ Bushuy, Tatyana. Til tizimi va quirilmasi.— Samarqand: SamDChTI, 2004. — 50 b.

Besides, it appears syntactically and practically independent and indistinguishable as well. In the expression cited over the thing brush is generally utilized in the plural; as a partial expression of the phraseological unit it for the most part utilized in the particular. The phraseological unit another brush is portrayed by practical connection. In the idiom new brushes tidy up the descriptive word new capacities as a quality to the thing brushes, in the phraseological unit another brush (for example Well he is another brush!) the entire word-bunch is practically indistinguishable. e) When part of a citation from scholarly sources, folklore, or the Bible starts to be utilized as an independent unit, it might likewise lose all association with the first set and because of this become non-propelled. The phraseological unit the green-peered toward beast (envy) can be effortlessly found as a piece of the citation from Shakespeare "It is the green-looking at the beast which doth mock the meat it benefits from" (Othello, II, I. 165). In Modern English, be that as it may, its capacities as a non-spurred independent phraseological unit are additionally used to mean the T.V. set. Tragic flaw - 'the flimsy point in a man's conditions or character' can be followed back to folklore, however, it appears to be that in Modern English this word-bunch capacity as a phraseological unit generally because most English speakers don't interface it with the legend from which it was removed. 1. The last basis in the semantic methodology is phraseology though in the practical methodology syntactic connection is considered to be the last test, and in the logical methodology, it is the strength of setting joined with the phraseology of word-gatherings.

In to look in the wrong place, the present implications of the constituents make a distinctive and entertaining image of a silly canine sitting under a tree and yelping at it while the feline or the squirrel has since a long time ago got away. In any case, the genuine importance of the expression is "to follow a bogus fragrance; to search for a person or thing in an off-base spot; to anticipate from someone what he is probably not going to do". The phrase is rarely utilized in investigator stories: The police are looking in the wrong place to no one's surprise (for example they suspect someone who doesn't have anything to do with the wrongdoing). The ambiguousness of these fascinating word gatherings might prompt an entertaining misconception, particularly for kids who are well-suited to acknowledge words at their assumed worth. Little Johnnie (crying): Mummy, mummy, my aunt Jane Is dead. Mother: Nonsense, kid! She called me precisely five minutes prior. Johnnie: But I heard Mrs. Brown say that her neighbors cut her dead. (To cut someone dead signifies "to inconsiderately overlook someone; to profess not to be aware or then

again remember him".) Quips are now and again founded on the ambiguousness of colloquialisms: "Isn't our Kate a wonder! I want to have seen her at the Harrisons' party yesterday. Assuming I'd gathered the blocks she dropped out of control, I could assemble a manor." (To drop a block signifies "to say unexpectedly a very careless or thoughtless thing that shocks and affronts individuals".) Along these lines, along with synonymy and antonym, diction addresses expressive assets of jargon Consider the accompanying instances of adages: We never know the worth of water till the well is dry. You can take the pony to the water, yet you can't make him drink. The people who are themselves vulnerable shouldn't try to attack others.

Conclusion. In conclusion, the exploration of phraseology as a subsystem of language reveals a complex interplay between free word groups and phraseological units. These linguistic constructs, while related, exhibit distinct characteristics in their lexicalization processes. The transformation of free word groups into phraseological units often results in a loss of semantic motivation, making them semantically opaque and functionally independent. Historical and cultural factors contribute significantly to this evolution, shaping the meanings and uses of these expressions over time. As demonstrated through various examples, the richness of phraseology reflects not only linguistic intricacies but also cultural nuances and societal changes. Understanding this dynamic enhances our appreciation of language as a living entity, continually shaped by its speakers and their contexts. Ultimately, recognizing the significance of phraseology enriches our comprehension of language, offering insights into the cultural and social frameworks that underpin communication.

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EXPLORING MOTION CAPTURE ALGORITHMS IN COMPUTER VISION USING INTEL DEPTH CAMERA

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Abstract: The analysis of existing approaches to tracking the human body revealed the presence of problems when capturing movements in a three-dimensional coordinate system. The promise of motion capture systems based on computer vision is noted. Existing research on markerless motion capture systems only considers positioning in 2D space. Therefore, the goal of the study was to improve the accuracy of determining the coordinates of the human body in three-dimensional coordinates by developing a motion capture method based on computer vision and triangulation algorithms.

Significant progress has now been made in the field of computer vision. Technologies have been developed that allow solving the problems of detecting objects, determining their state, geometric assessment of the space depicted in the frame, and many others. Thanks to this, computer vision has become widespread in various fields of human activity, from healthcare and education to the entertainment sector. A fairly promising direction is the use of computer vision technologies for three-dimensional reconstruction and positioning of various objects, including people. There are quite a large number of systems for determining the absolute position of a person in space, which can be divided into the following categories:

- systems that use inertial sensors and make it possible to determine the magnitude of their movement, as well as changes in angles between them, which involves the use of gyroscopes and accelerometers [1]. A well-known representative of this category is Intel Depth [2], which includes up to 32 inertial sensors;
- laser positional tracking systems, based on the use of base stations installed on opposite sides of the room and emitting infrared rays, which make it possible to accurately determine the position and orientation of sensors in space. An example of such systems are Intel Depth virtual reality kits from HTC [3], which have an error of up to 0.1 mm;
- systems using magnetic sensors [4], based on the use of a magnetic field to capture human movement, which involve the presence of wearable sensors on the user's body. Intel Depth falls into this category.

- portable electromagnetic motion tracking system, considered one of the fastest (sampling frequency 240 Hz);

□ optical systems based on markers - determine the position of objects using markers using a set of cameras. An example is Intel Depth, which has a fairly low error: the average absolute marker tracking errors are 0.15 mm in static tests and 0.2 mm (with corresponding angular errors of 0.3°) in dynamic tests [5];

□ markerless optical systems based on the use of computer vision and machine learning. Examples of such technologies are OpenPose, MediaPipe, Intel Depth. With their help, human movements can be tracked with an accuracy of up to 30 mm [6].

Keywords: motion capture, virtual reality, triangulation, computer vision, machine learning.

Analyzing the listed categories of motion capture systems, we can conclude that most solutions used to recognize human actions and movements involve the presence of various wearable devices, such as sensors or gloves. The bulk of these devices are cumbersome due to the large number of sensors and the need for a wired connection. Some such systems have high accuracy, but cannot be used due to their size or the presence of electromagnetic interference [7]. Inertial systems have a number of problems associated with error accumulation, which limits their use to relative positioning in space only.

Materials and methods. A motion capture method is presented, including calibration of multiple cameras and formalization of procedures for detecting a person in a frame using a convolutional neural network. Based on the skeletal points obtained from the neural network, a three-dimensional reconstruction of a model of the human body is carried out using various triangulation algorithms.

Thus, as part of the second stage, a set of 33 points is formed for each i -th camera:

$$\{x_{ij} = \langle u_{ij}, v_{ij} \rangle \mid j \in \{1, 2, \dots, 33\}, i \in \{1, 2, \dots, K\}\},$$

where u_{ij} is the coordinate of the j -th point along the X axis on the i -th image; v_{ij} is the coordinate of the j -th point along the Y axis on the i -th image; K is the total number of cameras and images.

Research results. Experimental studies were conducted to compare four triangulation algorithms: direct linear transfer, linear least squares, L2 triangulation and polynomial methods. The optimal triangulation algorithm (polynomial) has been determined, providing an error of no more than 2.5 pixels or 1.67 centimeters.

Discussion and conclusion. The shortcomings of existing motion capture systems have been identified. The proposed method aims to improve the accuracy of motion capture in 3D coordinates using computer vision. The results obtained are integrated into software for positioning the human body in three-dimensional coordinates for remote monitoring, use in virtual simulators and motion capture systems.

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ЛИДЕРСТВО В ЭПОХУ ЦИФРОВОЙ ТРАНСФОРМАЦИИ

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Актуальность темы: в эпоху цифровых технологий инновации становятся ключевым фактором успеха. Лидеры должны вдохновлять свои команды на генерацию идей и внедрение новых решений, создавая культуру, способствующую экспериментам и обучению.

Ключевые слова: трансформация, клиент, инновация, искусственный интеллект, бизнес.

Цифровая трансформация — это не просто внедрение новых технологий, а фундаментальное изменение способов ведения бизнеса и взаимодействия с клиентами. В этой новой реальности роль лидеров становится более критичной, чем когда-либо. Рассмотрим несколько ключевых аспектов актуальности лидерства в условиях цифровой трансформации.

Цифровая трансформация предусматривает комплексный процесс изменений, направленный на интеграцию цифровых технологий во все аспекты бизнеса. Это не просто внедрение новых технологий, а изменение культуры, процессов и моделей взаимодействия с клиентами и партнерами. Важными элементами цифровой трансформации являются автоматизация бизнес-процессов, использование аналитики данных для принятия обоснованных решений, внедрение облачных технологий для повышения гибкости и масштабируемости, а также развитие цифровых каналов взаимодействия с клиентами. Кроме того, цифровая трансформация включает в себя создание инновационных продуктов и услуг, которые отвечают современным требованиям рынка. Лидеры организаций должны активно управлять изменениями, обеспечивая вовлеченность сотрудников и формируя культуру инноваций. В конечном итоге цифровая трансформация направлена на повышение эффективности, улучшение клиентского опыта и

создание конкурентных преимуществ в условиях быстро меняющегося рынка.

В условиях быстрого технологического прогресса успешные лидеры должны иметь ясное видение будущего своей компании. Они должны уметь прогнозировать тенденции и определять направления, в которых следует развиваться. Цифровая трансформация часто сопровождается значительными изменениями в структуре и культуре организации. Лидеры должны быть экспертами в управлении изменениями, помогая командам преодолевать сопротивление и адаптироваться к новым условиям. Современные технологии способствуют более тесному взаимодействию между командами. Лидеры должны уметь создавать среду, способствующую сотрудничеству, где каждый член команды чувствует свою ценность и вовлеченность. Лидеры должны обладать высоким уровнем эмоционального интеллекта, чтобы понимать и поддерживать своих сотрудников в условиях неопределенности и стресса, связанных с цифровыми изменениями. Лидеры должны не только разбираться в технологиях, но и уметь использовать их для достижения бизнес-целей. Это включает в себя понимание аналитики данных, искусственного интеллекта и других современных инструментов. Лидерство в эпоху цифровой трансформации требует от руководителей новых навыков и подходов. Важно не только следить за технологическими изменениями, но и активно формировать культуру инноваций и сотрудничества внутри организаций. Успех компаний будет зависеть от способности их лидеров адаптироваться к новым условиям и вдохновлять команды на достижения в быстро меняющемся мире.

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THIS UZBEKISTANAD CORPORATION CAN BE AN INDEPENDENT JOINT-STOCK COMPANY

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Abstract: About the general meeting of shareholders, about the supervisory board of the company, about the executive body (respective director, board, trustee) within three months from the date of state registration on) and the audit commission (inspector) must prepare the regulations defining their activity procedure, rights and obligations, as well as the decision-making procedure by these bodies of the company, and approve them at the general meeting of shareholders.

Key words: about the general meeting of shareholders, enterprises of other forms of system ownership, corporation, investors.

Introduction: Management of a joint-stock company is a mechanism or system of mutual cooperation of its participants and the methods by which participants express their interests. However, this system differs from the management of enterprises of other forms of ownership, because the property of a joint-stock company is formed from the shares of the majority of shareholders. The management system of the joint-stock company envisages expressing the wishes of the shareholders in solving the main tasks of the company's activities. He expresses the owner's opinion and protects their interests.

A joint-stock company (corporation) means an organizational-legal form of a commercial organization that is established by pooling the capital of investors (shareholders) and carries out business activities for the benefit of its shareholders. It is also desirable to ensure that the conditions of economic activity in a joint-stock company are transparent, and that managers and other executive employees are properly accountable to shareholders. Owners (shareholders) need to be assured of efficient use of their assets and fair distribution of profits. That is, it is desirable for shareholders to receive a certain amount of income as a result of directing their idle funds to production. Shareholders, as residual property owners, must have certain guaranteed rights in return for the risk they take. This includes ownership, the right to transfer shares, the right to receive a share of profits and the right to participate in important corporate decisions. In a joint-stock company, the selection of the head of the management body and the executive structure should be carried out on such

a basis that both the qualification and character of the person should be compatible with the nature of the work performed by the joint-stock company for the implementation of strategic tasks. It is necessary to maximally mechanize and automate the work of various categories of managers, leading specialists and employees of the joint-stock company by using the latest technologies, as well as computing techniques. It is important not to allow the higher and executive bodies of the management, as well as the manager and employees of the joint-stock company to duplicate each other in the performance of their duties, and at the same time ensure a high level of interchangeability between them. In this case, the active use of positive means of encouraging them (rewarding, allocation of preferential shares, sending them to foreign trips for training, etc.) will have a good effect. It must remain a component of ongoing work. In order to solve these issues, to develop rules that describe the importance of the supervisory board in controlling the level of risk in a joint-stock company, criteria for evaluating the level of corporate governance, internal documents aimed at effective corporate governance, and the tactics of measures to be taken in the event of stressful situations in the corporate governance system, and regulation is required.

It should be noted that the concept of a corporation acquires another unique aspect in current conditions. It is used to define an economic entity established by several legal entities, and each of them can be considered as an independent economic entity related to other property relations, joint business, common goals and interests, common organizational structure. Thus, Uzbekistanad Corporation can be an independent joint-stock company. Wide possibilities of corporate organization of economic activities open up wide opportunities for modeling inter-firm relations using the options of creation of corporations, based on the use of their advantages. We highlight the following as their main ones:

1. The ability to attract funds through the issuance of shares allows the accumulation of funds of an unlimited number of investors, and this gives investors a certain right to participate in the management of society.
2. The controllability problem is solved. Completion of the organizational formalization, compliance with the regulations in determining powers and responsibilities allows the distribution of control functions among the management bodies of the joint-stock company, which means the possibility of professionalizing the management process.

3. The simplified structure of entry and exit of shareholders provides wide opportunities for changing the position of interested parties and, accordingly, high flexibility in conditions of high dynamics of the investment offer.

4. The principle of limited liability allows to reduce risks. The application of the principle of limited liability makes it possible to create large corporations by distributing risks between shareholders and managers. In joint-stock companies, there is a problem of mutual benefits between their shareholders and hired managers. This is the efficient use of the shareholders' capital, ensuring that the managers who are responsible for increasing the profit level effectively manage the enterprise, and the hired managers are not denying the interests of the shareholders. It is characterized by reaching one's personal interests or moving to the path of incompetent management of the enterprise, and conflict situations may arise.

Review of scientific and theoretical views

After the Republic of Uzbekistan gained independence, the creation of the legal and organizational foundations for the formation of a multi-level economy and competitive environment that can ensure high rates of economic growth and sustainable development of society was set as a priority. One of such tasks was the formation of corporate governance in enterprises.

Corporation (Latin corporatio - association) is an association of individuals and legal entities that have united to achieve common goals and work together and have formed an independent subject of law - a legal entity.

The purpose of corporate management is to observe the mutual harmony of the interests of various groups of persons involved in the joint-stock company (shareholders, managers, members of labor contracts, local authorities, lending banks, suppliers, etc.).

Conclusion: It is known that the emergence of corporate management depends on the separation of the tasks of ownership of property and its direct management. As a result of such a separation, the importance of the hired leader (manager) who directly manages the activities of the joint-stock company increases. As a result, different groups participating in mutual relations appear, and each of them works for their own interests. In this regard, the main task of corporate management in a joint-stock company is the effective use of all assets of the company.

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ROBOTOTEXNIKANI O'RGATISH UCHUN TINKERCAD PLATFORMASI AFZALLIKLARI

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Annotatsiya: Mazkur tezisda robototexnikani o'rganish uchun o'quvchilarga foydali va samarali bo'lgan TINCERCAD platformasi haqida ma'lumot keltirilgan. Tincercad o'quvchilarga real komponentlarsiz elektron sxemalarni yaratish va sinab ko'rishga, Arduino orqali dasturlashni simulyatsiya qilishga imkon beradi. Shuningdek, o'quvchilar 3D modellarni loyihalab, ularni 3D printerda chop etish imkoniyatiga ega. Ushbu platforma ijodiy va innovatsion fikrlashni rivojlantiradi, hamkorlikda ishlash va loyihalarni bo'lishish imkoniyatini yaratadi.

Kalit so'zlar: Tincercad, 3D modellashtirish, elektron sxemalar, Onlayn platforma, Arduino simulyatsiyasi, robototexnika, virtual dizayn.

Robototexnika ta'lim jarayonida muhim o'rin egallab, o'quvchilarni texnologiya, muhandislik va matematika kabi fanlar bilan tanishtiradi hamda ularning ijodkorlik va amaliy ko'nikmalarini rivojlantiradi. Ushbu fan robotlarni yaratish, dasturlash va boshqarish orqali ta'limni qiziqarli va interaktiv qiladi.

Ta'lim jarayonida robototexnikaning asosiy roli:

Amaliyotga asoslangan o'rganish: Robototexnika o'quvchilarga nazariy bilimlarni amalda qo'llash imkonini beradi. Masalan, matematika va fizika qoidalari robotlar harakatini dasturlash orqali sinovdan o'tkaziladi.

Kognitiv rivojlanish: O'quvchilar robot yaratish jarayonida muammolarni hal qilish, mantiqiy va analitik fikrlash, qaror qabul qilish kabi kognitiv ko'nikmalarni rivojlantiradilar.

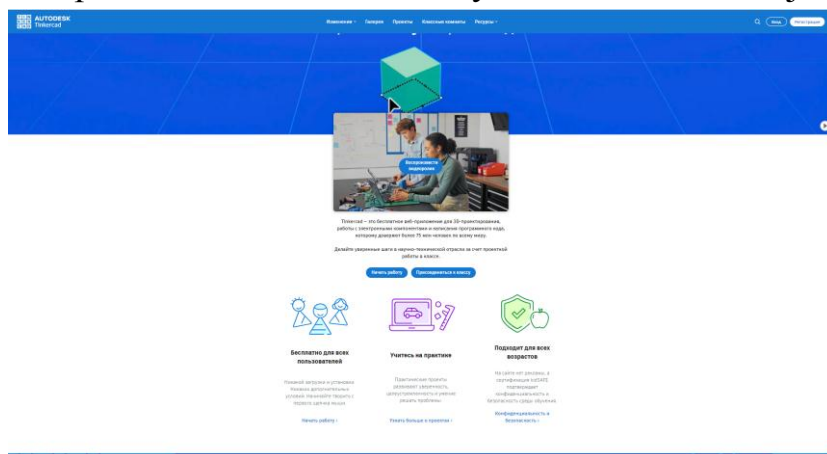
STEM fanlarini rivojlantirish: Robototexnika STEM (fan, texnologiya, muhandislik, matematika) sohalariga chuqurroq kirib borishni ta'minlaydi. Bu o'quvchilarga ilmiy-texnik bilimlarni integratsiyalash va ularni ijodiy loyihalarda qo'llash imkonini beradi.

Ijodiy fikrlash va innovatsiya: O'quvchilar robotlarni loyihalashtirish jarayonida o'z ijodiy imkoniyatlarini kengaytiradilar, yangi yechimlar va texnologiyalarni ishlab chiqadilar.

Jamoaviy ish: Ko'plab robototexnika loyihalari guruh bo'lib ishlashni talab qiladi. Bu esa o'quvchilarni hamkorlik qilish, fikr almashish va birgalikda ishlash ko'nikmalarini rivojlantirishga undaydi.

Kelajak kasblariga tayyorgarlik: Robototexnika o'quvchilarga zamonaviy texnologiyalar va dasturlash tillari bilan tanishish imkoniyatini beradi, bu esa ularni kelajakdagi kasblarga, ayniqsa, IT, muhandislik, va avtomatlashtirish sohalariga tayyorlaydi.

Tinkercad — bu 3D modellashtirish va elektronika dizayn qilish uchun bepul onlayn platforma bo'lib, robototexnikani o'rganish jarayonida ko'p afzalliklarga ega. Ayniqsa, yangi boshlovchilar uchun oddiy va tushunarli interfeysi bilan ajralib turadi. Tinkercad orqali o'quvchilar dasturlash, simulyatsiya qilish, va elektron komponentlar bilan ishlash bo'yicha bilimlarini rivojlantirishlari mumkin.



1-rasm Tinkercad platformasi

Quyida **Tinkercad** platformasining robototexnikani o'rgatishdagi asosiy afzalliklari keltirilgan:

1. Foydalanuvchilar uchun qulay interfeys

Tinkercad juda oddiy va intuitiv interfeysga ega, bu platformadan foydalanishni osonlashtiradi. Yangi boshlovchilar ham murakkab dasturlar yoki tizimlar bilan shug'ullanishdan avval platforma orqali 3D modellashtirish va elektron sxemalar yaratishni o'rganishlari mumkin.

2. Onlayn mavjudlik va bepul foydalanish

Tinkercad onlayn platforma bo'lgani uchun uni hech qanday maxsus dasturiy ta'minotsiz har qanday qurilmada, internet orqali ishlatish mumkin. Bu esa har bir o'quvchi va o'qituvchi uchun qulay bo'ladi.

3. Elektronika va dasturlash bo'yicha tajribalarni sinash

Tinkercad platformasi elektron sxemalarni yaratish va sinab ko'rish uchun virtual komponentlardan foydalanish imkonini beradi. Bu o'quvchilarni real

komponentlarga ehtiyoj sezmasdan, tajriba o'tkazishga undaydi. Masalan, Arduino bilan dasturlashni simulyatsiya qilish imkoniyati bor, bu esa dastlabki ko'nikmalarni rivojlantirishga yordam beradi.

4. 3D modellashtirish imkoniyatlari

O'quvchilar Tinkercad yordamida 3D modellarni loyihalashlari mumkin. Bu esa robototexnika uchun mexanik qismlarni loyihalashda muhimdir. Ular keyinchalik ushbu qismlarni 3D printerda chiqarib olishlari ham mumkin.

5. Real vaqtda simulyatsiya

Elektron sxemalar va dasturlarning real vaqtda simulyatsiya qilinishi o'quvchilarga ular qanday ishlayotganini sinovdan o'tkazishga yordam beradi. Ular sxemadagi xatolarni tezda ko'rishi va to'g'rilashi mumkin.

6. Ijodkorlik va innovatsiyani rag'batlantirish

Tinkercad o'quvchilarga o'z g'oyalarini sinovdan o'tkazish va loyihalar yaratishga keng imkoniyat beradi. Ular real hayotda qanday ishlashi mumkinligini ko'rish uchun har xil shakldagi, dizayndagi va funksiyadagi robotlarni loyihalashlari mumkin.

7. Hamkorlik va loyihalarni bo'lishish

Tinkercad o'quvchilar va o'qituvchilar orasida loyihalarni bo'lishish imkonini beradi. O'quvchilar bir-birlari bilan hamkorlikda loyihalar yaratishlari, o'z loyihalarini sinovdan o'tkazishlari yoki boshqa foydalanuvchilarning ishlari bilan tanishib, o'z bilimlarini mustahkamlashlari mumkin.

8. Boshlovchilar uchun darsliklar va manbalar

Platformada yangi foydalanuvchilar uchun ko'plab darsliklar, yo'riqnomalar va tayyor loyihalar mavjud. Bu o'quvchilarga mustaqil o'rganish jarayonini tezlashtirishga yordam beradi.

9. Mablag' tejash

Real hayotda elektron komponentlar va robot qismlarini sotib olish qimmat bo'lishi mumkin. Tinkercad orqali o'quvchilar hech qanday qo'shimcha xarajatlarsiz robototexnikani o'rganishlari va virtual muhitda mashg'ulotlar o'tkazishlari mumkin.

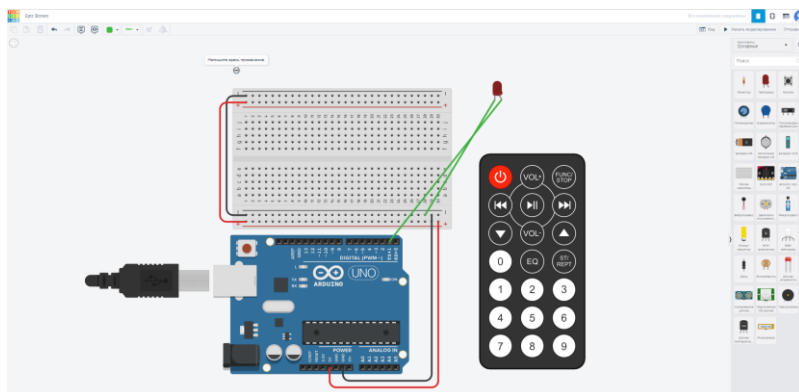
10. Dasturlashga tayyorlov

Tinkercad orqali o'quvchilar dasturlashning asoslarini o'rganadilar, ayniqsa Arduino platformasida ishlashga tayyor bo'lishadi. Bu kelajakda yanada murakkab dasturlash darslariga asos yaratadi.

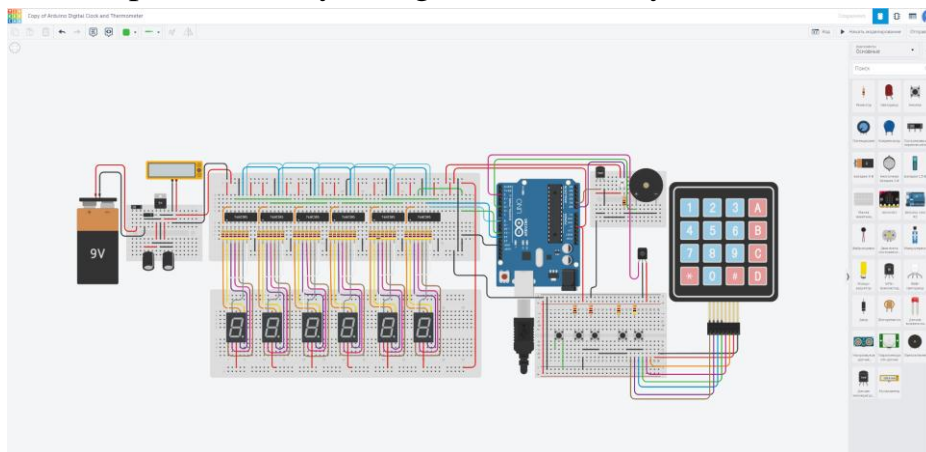
Tinkercad robototexnikani o'rgatishda qulay va samarali vosita hisoblanadi, chunki u o'quvchilarga ko'p ko'nikmalarni bir joyda va bir vaqtning o'zida o'rganish

imkonini beradi. Bu platforma orqali olingan bilim va ko'nikmalar real dunyo muhitida qo'llaniladigan amaliy natijalar bilan boyitiladi.

Bu platforma orqali robototexnika yo'nalishiga kirish uchun boshlang'ich sodda sxemalar va murakkab darajadagi sxemalar bilan online ishlash imkoniyatini beradi.



2-rasm platformada yaratilgan Led diod loyihasi



3-rasm platformada yaratilgan 8x8 led yrodamida yaratilgan loyiha sxemasi

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DESCRIPTION OF THE IMAGE OF A WOMAN IN WILLIAM SHAKESPEARE'S COMEDY "THE TAMING OF THE SHREW"

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ABSTRACT

Comedy is a work of fiction characterized by humorous or satirical content that causes laughter. In comedies, Shakespeare gives free rein to his imagination. There are any number of improbable incidents, unexplained accidents, unjustified coincidences. Comedy in general is the genre in which Shakespeare least of all had in mind the reproduction of reality in its authentic form. The degree of their improbability varies. Shakespeare's work in this genre, *The Taming of the Shrew*, is implausible from beginning to end. The circumstances offered to the heroes of comedies are the most incredible, but they think and feel like real living people. The most extraordinary circumstances in which the characters of comedies find themselves are such that they face the need to solve issues that have a worldly meaning. In unrealistic conditions, they solve very real life problems that have important moral significance.

Key words: timid romantic maidens, deification of women, gravedigger, buffoon, medieval tyranny of man, obstinate.

Introduction. Shakespeare's comedies have a lot of fun for fun's sake. Their characters indulge in all sorts of tricks and love verbal jokes. The fullness of the feeling of life gives rise to the cheerful laughter characteristic of Shakespeare's comedies (there is almost no satire). *The Taming of the Shrew's* characters have Italian names, then from this, as types and characters, they do not become less English, which especially applies to the main characters of the comedy, Petruchio and Katarina.

Discussions. The central plot of "*The Taming of the Shrew*" is connected with the story of the courtship of the nobleman Petruchio for Katarina — a stubborn and rebellious lady. At the beginning of the play, Katarina does everything to ensure that her relationship with Petruchio does not take place, but no less persistent Petruchio gradually pacifies her and she eventually becomes obedient. The hero

risks that he could have made a mistake: he could have been shamed and left with nothing after so much effort.

In the finale, everything becomes clear to Katarina: Petruchio was right — her obstinacy was only a clumsy form of desire for love and real family happiness.

This speech of Katarina confirms that behind the mask of obstinacy, her fiancé Petruchio was initially given the opportunity to see a straight female heart, eager to serve someone who is able to love her real one. As a reward for this belief and for the risk associated with defending it, Petruchio finds a faithful and loving wife. As for his personal qualities, in the process of fighting for his happiness, Petruchio acquires generosity, a quality necessary for a man to win a woman's heart.

Some tried to see the play as a defense of the medieval principle of unconditional subordination of a woman to a man, others regarded it simply as a joke devoid of ideological content. Both points of view separate Shakespeare's work from the epoch that found a vivid reflection in it. The hero of the comedy Petruchio is a typical man of modern times, brave, free from prejudice, full of strength. He longs for struggle, success, wealth, female love - and meets a worthy opponent.

“The Taming of the Shrew” - Shakespeare returned to these images again and revealed them much more deeply, contrasting the direct, sharp and embittered, but not evil Katarina with the modest-looking, but essentially selfish and hypocritical Bianca.

The comedy “The Taming of the Shrew”, as well as “The comedy of errors”, at first glance, may seem like just a grotesque, light joke. Shakespeare borrowed his plot from a play by an unknown author, which was published in 1594 under the title “The Taming of a Shrew”, and was probably written several years earlier. “The Taming of one Shrew” is a work thoroughly imbued with the preaching of “Domostrovsky” obedience. The rude and stupid, but determined Ferando “tames” the obstinate Katarina, until she, finally broken, not only becomes an obedient slave of her husband, but also delivers a tedious and colorless sermon about the need for complete obedience to husbands as an edification to other wives. Shakespeare used this primitive farce as material for his comedy. In the juxtaposition of the two sisters, the main, and moreover purely Shakespearean, idea is revealed. Bianca looks like a “gentle dove”. The simple-minded Lucentio calls her a “modest girl”, the “patroness of heavenly harmony” - Hortensio. As soon as she gets married, however, this humble woman “shows her claws.” Not only does she not come to her husband's call, but she calls him a fool in front of everyone. Katarina, this “devil”, to everyone's surprise, is a loving wife. Both turn out to be

not what they seem. Appearance and being, in Shakespeare's language - "clothes" and "nature", not only do not correspond, but in this case are directly opposite to each other. Petruchio does not do at all what his prototype Ferando did: he does not "tame" his wife, he only reveals the true "nature" of Katarina. She is stuffy in the environment in which she has to live. She is outraged that her father treats her as a thing, as a commodity. She is "obstinate" because everyone is mocking her. The charm of the hot, hot-tempered Katarina is in her sincerity. However, her protest takes unbridled forms. Katarina is a strong, full-blooded Renaissance man. Her character is typical of England at that time. As soon as he met Katarina, Petruchio immediately figured it out, and "defeats her, by her own whim," as the servant Peter says. Petruchio's behavior is a kind of parody of Katarina's "quirks". She sees Petruchio's behavior as her own character. There is no trace of Katarina's obstinacy, and at the end of the play she utters a monologue, as if preaching the law of unquestioning submission to the will of her husband.

Throughout his plays, Shakespeare appears as an opponent of the old, medieval tyranny of man over woman and as a supporter of a new, humanistic view of the role of women both in society and in family life.

All Shakespeare's plays are imbued with the spirit of democracy, the idea of equality between people — between a man and a woman to the same extent as in them there is a fundamental equality between a prince and a gravedigger, a buffoon and a courtier, a nurse and a queen.

Shakespeare is an opponent of the deification of women, this outdated ritual of courtly love. In his plays, she appears in a real, life situation, and talks about her age, illnesses, portrays her in a real, physical world, in search of love, in the struggle for her independence.

Conclusion. The heroines of Shakespeare's comedies are smart, witty, brave not only in speeches, they know how to stand up for themselves, they are active and do not look at all like timid romantic maidens. Note that in all verbal duels they defeat men. They are both wittier and smarter than them, and as for the power of feeling, there is not one among them who would even change her lover in her thoughts. All of them can serve as models of loyalty in love and friendship.

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ХОРЕОГРАФИЯ СРЕДНЕЙ АЗИИ: ТРАДИЦИИ, ВЛИЯНИЕ И СОВРЕМЕННОЕ РАЗВИТИЕ

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Аннотация: Хореография Средней Азии является уникальным явлением, вобравшим в себя древние традиции, культурные элементы соседних народов и современные тенденции. В статье рассматривается богатое наследие танцевальных традиций стран региона — Узбекистана, Таджикистана, Туркменистана, Казахстана и Киргизии. В центре внимания — развитие хореографического искусства от народных традиций до современных сценических постановок, а также влияние культурных и исторических факторов на формирование хореографических стилей. Особое внимание уделено вопросам сохранения традиционного танца в условиях глобализации.

Ключевые слова: хореография Средней Азии, народные танцы, танцевальные традиции, культурное наследие, современный танец.

ВВЕДЕНИЕ

Хореография Средней Азии — это яркий пример того, как географические, культурные и исторические особенности региона могут формировать уникальные танцевальные традиции. Разнообразие танцевальных стилей связано с многообразием этнических групп, каждая из которых привносила свои элементы в общую хореографическую культуру. В статье будет рассмотрен исторический контекст хореографии Средней Азии, ключевые танцевальные формы и их роль в современном танцевальном искусстве.

1. Исторические корни и этническое разнообразие

Средняя Азия всегда была перекрестком культур, через который проходили торговые и культурные пути между Востоком и Западом. Эти взаимодействия нашли отражение в танцевальных традициях. Танцы народов региона традиционно сопровождали важные общественные и религиозные события: свадьбы, праздники урожая и ритуальные обряды.

1.1. Влияние персидской и тюркской культур

Влияние персидской культуры оказало значительное влияние на формирование танцев в Узбекистане и Таджикистане. В то время как тюркские кочевые народы, такие как казахи и киргизы, привнесли свои характерные стили, основанные на динамичных движениях и имитациях природы.

1.2. Традиционные танцы и их ритуальная функция

В Средней Азии многие танцы изначально имели ритуальный или обрядовый характер. Например, танец «Само» в Таджикистане был связан с древними религиозными обрядами, а танцы казахов и киргизов имели элементы шаманизма, где движения танцора подражали животным или силам природы.

2. Танцевальные традиции в Узбекистане и Таджикистане

Узбекистан и Таджикистан известны своими богатыми танцевальными традициями, которые развивались на протяжении столетий. Хореография этих стран сочетает в себе элементы классического восточного танца с уникальными региональными особенностями.

2.1. Бухарская и хорезмская танцевальные школы

В Узбекистане существуют несколько танцевальных школ, каждая из которых отражает культурные и этнические особенности своего региона. Бухарская школа известна своими медитативными и плавными движениями, в то время как хорезмская танцевальная традиция включает более энергичные и резкие движения.

2.2. Танцы Ферганы: гармония и грация

Танцевальная традиция Ферганской долины отличается особой утонченностью и эмоциональностью. Танцоры используют плавные и волнообразные движения рук, выражая глубокие эмоции. Важной частью танца является работа с национальной одеждой, которая добавляет танцу зрелищности и грации.

3. Хореография в Казахстане и Киргизии: танцы степей

Казахстан и Киргизия, где традиции кочевников оказывают значительное влияние на культуру, развили свои уникальные формы танца, отражающие жизнь на бескрайних степях. В этих танцах можно увидеть динамику и мощь движений, олицетворяющие силы природы.

3.1. Казахские танцы: ритм и символика

Танцы казахов часто включают элементы, связанные с природой и животным миром. Один из традиционных казахских танцев, «Кара жорга», имитирует движения лошади и символизирует силу и свободу. Особое внимание

уделяется взаимодействию с музыкальным сопровождением, где важен каждый акцент и ритм.

Выводы

Хореография Средней Азии является уникальным и богатым явлением, глубоко укорененным в истории и культуре региона. Танцы народов Узбекистана, Таджикистана, Казахстана, Киргизии и Туркменистана развивались под влиянием множества факторов — от древних ритуальных традиций до воздействия соседних культур и религий. Этот синтез отражает сложную многовековую историю культурных взаимодействий между народами региона.

Традиционные танцы Средней Азии остаются важной частью культурной идентичности этих народов. Они не только сохраняют национальные черты, но и продолжают развиваться, адаптируясь к современным условиям. Благодаря усилиям национальных хореографических школ, культурных деятелей и государственных программ, танцевальное искусство региона поддерживается и популяризируется на международной арене.

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STOMATOLOGIK TERMINOLOGIYA: MUHIM ATAMALARNI TAHLIL QILISH

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Annotatsiya: Ushbu maqolada stomatologiya sohasida keng qo'llaniladigan asosiy terminlar tahlil qilinadi. Bu terminlar stomatologik kasalliklarni tashxislash va davolashda muhim ahamiyatga ega bo'lib, ularni to'g'ri tushunish stomatologlarning kundalik amaliyotida samaradorlikni oshiradi. Maqolada stomatologik atamalarning ma'nosi, ularni amaliyotda qo'llash yo'llari va tibbiy muloqotda terminlarning o'rni haqida fikr yuritiladi.

Kalit so'zlar: Stomatologik terminlar, kariyes, pulpit, endodontiya, ortodontiya, periodontit, okklyuziya, protezlash.

KIRISH

Stomatologiya tibbiyotning og'iz bo'shlig'i, tish va tish go'shti kasalliklarini oldini olish, tashxislash va davolash bilan shug'ullanuvchi sohasi bo'lib, bu jarayonda tibbiy terminlarning to'g'ri tushunilishi va qo'llanilishi alohida ahamiyatga ega. Bemorlar bilan samarali muloqot o'rnatish va ularning sog'lig'ini saqlash uchun stomatologik terminlarni to'g'ri va aniq qo'llash stomatologik davolashning muhim tarkibiy qismidir. Tibbiyotning boshqa sohalarida bo'lgani kabi, stomatologiyada ham maxsus atamalar muhim klinik axborotlar va jarayonlarni aniq ifodalash uchun qo'llaniladi.

Bemorlar bilan ishlash jarayonida stomatologlar ko'pincha murakkab va aniq atamalarni ishlatishga majbur bo'ladilar. Bunday atamalar bemorga bema'lol tushunarli bo'lmasa ham, ularning to'g'ri tushunilishi va qo'llanishi muhimdir, chunki noto'g'ri tushuncha bemorning tashxisini noto'g'ri qo'yish yoki noto'g'ri davolash usulini tanlashga olib kelishi mumkin. Shu bilan birga, zamonaviy stomatologik texnologiyalar va diagnostika usullari ortib borishi bilan, yangi terminlarning kirib kelishi, terminologiyani tushunish va uni amaliyotga tatbiq etish yanada dolzarb bo'lmoqda.

Bugungi kunda stomatologik xizmatlar nafaqat tish va og'iz bo'shlig'i kasalliklarini davolashga, balki ularni oldini olishga qaratilgan. Shu sababli stomatologlar uchun to'g'ri tushunchalar va atamalarni bilish nafaqat kasalliklarni davolash, balki bemorning umumiy og'iz gigiyenasi haqida to'liq tushuncha berish va kelajakda yuzaga kelishi mumkin bo'lgan muammolarning oldini olish uchun ham zarurdir.

Bu maqola stomatologiyada keng qoʻllaniladigan asosiy atamalar, ularning klinik ahamiyati, diagnostik va davolash usullarida qanday qoʻllanilishi haqida kengroq maʼlumot beradi. Shu bilan birga, maqolada stomatologik terminlarni toʻgʻri ishlatishning bemorlar bilan muloqot qilish jarayonidagi oʻrni ham yoritib beriladi. Bu esa tibbiyot xodimlarining terminologiya boʻyicha bilimlarini oshirish va bemorlar bilan muloqotni yanada samarali qilishiga yordam beradi.

METODLAR

Ushbu maqolani tayyorlash jarayonida bir nechta ilmiy-tadqiqot usullari qoʻllanildi. Birinchidan, **adabiy tahlili metodi** yordamida stomatologiya sohasiga oid turli manbalar, jumladan ilmiy kitoblar, akademik maqolalar va tibbiy qoʻllanmalar chuqur oʻrganildi. Bu manbalar orqali stomatologik terminologiya, uning rivojlanishi va zamonaviy klinik qoʻllanilishi haqida keng koʻlamli maʼlumotlar yigʻildi. Manbalarning tanlanishi jahon miqyosidagi yetakchi ilmiy nashrlar, xalqaro stomatologiya uyushmalari tomonidan nashr etilgan maʼlumotlarga asoslangan boʻlib, ularning ishonchliligi va yangiligi taʼminlandi.[1]

Ikkinchidan, **amaliy tahlil** metodi qoʻllanildi. Ushbu metod orqali stomatologik amaliyotlarda keng qoʻllaniladigan terminlar chuqur oʻrganilib, ularning klinik va ilmiy jihatlari tahlil qilindi. Terminlarning amaliy qoʻllanilishi bilan bogʻliq maʼlumotlarni tibbiyot xodimlari, jumladan stomatologlar va tibbiy texniklar oʻrtasida oʻtkazilgan intervyu va soʻrovnomalar yordamida yigʻish jarayoni amalga oshirildi. Ushbu amaliyot davomida stomatologik amaliyotda ishlatiladigan atamalarni aniqlash va ularning klinik muhimligini tushunish uchun stomatologlar bilan muloqot olib borildi. Ushbu maʼlumotlar maqolada yoritilgan terminlarning kengaytirilgan tahlilini shakllantirishga yordam berdi.

Shuningdek, **taqqoslash metodi** orqali stomatologik terminlarning maʼnosi va ularning turli davolash jarayonlaridagi qoʻllanilishi bir-biri bilan qiyoslandi. Bunda ayniqsa keng tarqalgan terminlar – kariyes, pulpit, periodontit kabi kasalliklarni ifodalovchi tushunchalar boshqa shunga oʻxshash atamalar bilan taqqoslandi. Bu metodning qoʻllanilishi stomatologik terminlarning oʻziga xos xususiyatlarini, ularning turli klinik vaziyatlardagi ahamiyatini va kasbiy maqsadlarga muvofiq qoʻllanishini aniqlashga imkon berdi.

Bundan tashqari, **ilmiy-tadqiqotlar sharhi** usuli ham qoʻllanildi. Xalqaro stomatologik nashrlar va konferensiya materiallari orqali toʻplangan maʼlumotlar stomatologik terminlar haqida aniq va puxta tahlil qilish imkonini berdi. Ushbu metod stomatologiya amaliyotida yangi qoʻllanilayotgan texnologiyalar va

ularning terminologiyaga ta'siri bo'yicha ilmiy asoslangan tushunchalarni shakllantirdi.

Oxirgi bosqichda, stomatologik terminlarni tibbiy sohada foydalanishiga doir qator **vaziyatli tahlil** usuli ham qo'llanildi. Ushbu usul orqali terminlar qo'llanilishining real klinik misollari tahlil qilinib, ularning bemorlar bilan muloqotda va davolash jarayonidagi o'rni o'rganildi.

Bu metodlarning barchasi birgalikda stomatologik terminologiya bo'yicha keng qamrovli ilmiy asoslangan maqola tayyorlash imkonini berdi, bunda terminlar amaliy jihatdan o'z o'rnini topishi va ularning bemorlar bilan muloqotdagi o'rni yoritildi.

MUHOKAMALAR

1. Kariyes

Kariyes — tishning emal va dentin qavatlarining asta-sekin parchalanishi bilan bog'liq patologik jarayon. Bu jarayon bakteriyalarning faoliyati va shakarli oziq-ovqat qoldiqlari bilan bog'liq. Og'iz bo'shlig'ida bakteriyalar karbohidratlar bilan o'zaro ta'sirlashganda kislota hosil bo'ladi, bu esa tish emalining minerallarini eritishga olib keladi. Klinik jihatdan kariyes erta bosqichlarda aniqlansa, davolash oson kechadi — florid bilan boyitilgan pastalar, plombalash yoki remineralizatsiya jarayonlari qo'llaniladi. Ammo kariyes chuqurlashganda va pulpa qavatiga ta'sir etsa, endodontik muolajalarga ehtiyoj tug'iladi. Stomatologik terminologiyada kariyes turlari, bosqichlari va klinik ko'rinishlari keng o'rganilgan bo'lib, bu stomatologik amaliyotda erta tashxis va davolashni osonlashtiradi.[2]

2. Pulpit

Pulpit — tishning ichki qismini tashkil etuvchi pulpa to'qimasining yallig'lanishidir. Pulpa qon tomirlari va nerv tolalaridan iborat bo'lib, kariyes chuqurlashganda yoki travmalar tufayli infeksiya qabul qilishi mumkin. Klinik jihatdan pulpitning ikkita asosiy turi mavjud: o'tkir va surunkali pulpit. O'tkir pulpitda kuchli og'riq paydo bo'ladi, bu esa tezkor davolashni talab qiladi. Surunkali pulpit esa uzoq muddat davomida o'tishi mumkin va ba'zan simptomlar kam seziladi, ammo u davolanmasa, tishni yo'qotishga olib keladi. Pulpa yallig'lanishi odatda endodontik davolashni, ya'ni ildiz kanalini tozalash va to'ldirishni talab qiladi.

3. Periodontit

Periodontit — tishni ushlab turuvchi to'qimalar, shu jumladan jag' suyaklari va tish go'shtining yallig'lanishi. Bu kasallik asosan noto'g'ri gigiyena, yomon ovqatlanish, tamaki iste'moli va genetik moyillik tufayli kelib chiqadi.

Periodontitning dastlabki belgilari tish go'shti qonashi va yallig'lanishi bilan boshlanadi, keyinchalik esa tishni ushlab turuvchi to'qimalarining yemirilishi kuzatiladi. Bu jarayon nazorat qilinmasa, tishning o'z o'rnidan chiqishiga va nihoyat tishni yo'qotishga olib kelishi mumkin. Periodontit stomatologik muammolardan biri bo'lib, zamonaviy davolash usullari, jumladan, mexanik tozalash, dorivor terapiya va jarrohlik usullaridan foydalanishni talab qiladi. [3]

4. **Endodontiya**

Endodontiya stomatologiyaning muhim yo'nalishlaridan biri bo'lib, tish ildizlari kanallarining davolanishiga bag'ishlangan. Pulpa infeksiyalari yoki yallig'lanishlari ildiz kanaliga ta'sir qilganda, bu qismni tozalash va sterilizatsiya qilish kerak bo'ladi. Endodontik davolashning asosiy maqsadi tishni asrab qolishdir. Bugungi kunda endodontik davolashlar zamonaviy mikroskoplar va lazer texnologiyalari yordamida bajarilib, aniq va to'liq tozalash ta'minlanadi. Stomatologik terminlar orasida ildiz kanali davolashining turlari va usullari bo'yicha batafsil ma'lumotlar mavjud bo'lib, bu jarayonni samarali o'tkazishga imkon beradi.

5. **Ortodontiya**

Ortodontiya — tishlarning noto'g'ri joylashuvi va jag'ning o'zaro nisbati muammolarini davolash bilan shug'ullanuvchi stomatologiya sohasi. Ortodontik davolash tishlarning to'g'ri joylashishini tiklash, jag' bo'shliqlarini to'g'ri tuzatish va yuzning umumiy tuzilishiga mos keladigan optimal tish qatorini yaratishni o'z ichiga oladi. Breket tizimlari, alignerlar va boshqa vositalar ortodontik muolajalarning asosiy vositalaridan bo'lib, bemorning nafaqat tashqi ko'rinishini yaxshilaydi, balki tish va jag' funksiyalarini ham tiklaydi. Ortodontik terminlar asosan tishlar va jag'ning tuzilishi, ularning o'zaro nisbati va davolash usullari bilan bog'liq bo'lib, bemorlar bilan muloqotda ularni aniq tushuntirish muhimdir. [4]

6. **Oklyuziya**

Oklyuziya stomatologik amaliyotda yuqori va pastki jag' tishlarining bir-biriga mos tushishi jarayonini ifodalaydi. Oklyuziyaning noto'g'ri bo'lishi, ya'ni disoklyuziya, tishlarning noto'g'ri joylashuvi va jag'ning noto'g'ri yopilishi natijasida yuzaga keladi. Bu ovqatlanish, gapirish va chaynash jarayonida qiyinchiliklarni keltirib chiqaradi. Shuningdek, jag' bo'g'imi va mushaklarida og'riq paydo bo'lishi ham mumkin. Oklyuziyaning turlari va uning tuzatish usullari stomatologiyada keng o'rganilgan bo'lib, davolash jarayonida bu terminologiyaga tayanish muhimdir.

7. **Protezlash**

Protezlash stomatologiyaning yo‘qolgan tishlarni tiklashga qaratilgan yo‘nalishi bo‘lib, ko‘chma va doimiy protezlar yordamida amalga oshiriladi. Ko‘chma protezlar bemor tomonidan o‘zi olib qo‘yilishi va tozalanishi mumkin bo‘lgan moslamalardir, doimiy protezlar esa jag‘ga mustahkam o‘rnatiladi va faqat stomatolog yordamida olib qo‘yilishi mumkin. Tish protezlari bemorning nafaqat tish tuzilishini tiklash, balki tishlarning chaynash va gapirish funksiyalarini ham yaxshilaydi. Protezlash terminologiyasida bu tibbiy vositalar turi va ularning bemorlar uchun afzalliklari haqida batafsil tushuntirishlar berilgan bo‘lib, bemor bilan muloqotda ularni to‘g‘ri ifodalash muhimdir. [5]

Stomatologik amaliyotda yuqoridagi terminlar juda keng qo‘llanilib, bemorlar bilan samarali muloqot qilish va davolash jarayonlarini yaxshilashda muhim rol o‘ynaydi.

XULOSA

Stomatologiyada ishlatiladigan terminlar nafaqat tibbiy jarayonlarni samarali bajarishda, balki bemorlar bilan to‘g‘ri muloqot o‘rnatishda ham muhim ahamiyatga ega. Har bir tibbiy sohada bo‘lgani kabi stomatologiyada ham aniq tushunchalar va atamalar tizimi mavjud bo‘lib, ular yordamida stomatologik muolajalar izchil va tushunarli bo‘lishi ta‘minlanadi. Ushbu terminlar bemorlarni kasallik va davolash jarayonlari haqida ogohlantirish va tushuntirishda juda muhim bo‘lib, ularning xavotirlarini kamaytirish va davolanish jarayoniga ishonch hosil qilishda yordam beradi.

Maqolada tahlil qilingan stomatologik terminlar — kariyes, pulpit, periodontit, endodontiya, ortodontiya, okklyuziya va protezlash kabi tibbiy tushunchalar — stomatologik amaliyotlarda keng qo‘llaniladigan asosiy tushunchalardir. Ushbu terminlarning to‘g‘ri ishlatilishi tibbiyot xodimlariga bemorlarning shikoyatlarini aniq tushunish va tegishli davolash usullarini tanlash imkonini beradi. Shuningdek, stomatologik terminlar stomatologlarning o‘zaro muloqoti va ilmiy tadqiqotlarda samarali ishlatilishi uchun ham muhimdir. Terminlarning klinik amaliyotdagi o‘rni nafaqat tibbiyot xodimlari o‘rtasida muloqotni yaxshilaydi, balki tibbiy jarayonlarning aniq va izchil o‘tishini ta‘minlaydi.

Kelajakda stomatologik terminlarni kengroq o‘rganish va zamonaviy texnologiyalar yordamida ularning tibbiy amaliyotda qo‘llanilishini yanada chuqurroq tahlil qilish zarurati mavjud. Masalan, sun‘iy intellekt va raqamli diagnostika texnologiyalari orqali stomatologik jarayonlarning avtomatlashtirilishi ushbu terminlarning qo‘llanilishini yanada kengaytiradi. Bu esa stomatologik

amaliyotlarda xatolarni kamaytirish va natijalarni yaxshilash imkonini beradi. Shu bilan birga, telemeditsina va virtual konsultatsiyalar yordamida stomatologlar masofaviy muloqotda ham bemorlar bilan samarali muloqot qilish uchun ushbu terminlarni ishlatishlari mumkin bo‘ladi.

Umuman olganda, stomatologiya sohasida ishlatiladigan terminlarni to‘liq o‘zlashtirish va ularni samarali qo‘llash stomatologik jarayonlarning muvaffaqiyatini ta’minlaydi. Shu bois, ushbu terminologiyaga doimiy ravishda e’tibor qaratish, ularni zamonaviy davolash texnologiyalariga moslashtirish va bemorlar bilan ochiq muloqot qilish stomatologiyaning kelajakdagi rivoji uchun muhim yo‘nalishdir.

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FRESHWATER SCARCITY AND IRRIGATION CHALLENGES IN CENTRAL ASIA: A GROWING THREAT TO DROUGHT PREVENTION

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INTRODUCTION

Central Asia, a region renowned for its vast deserts and ancient civilizations, is grappling with a pressing issue: freshwater scarcity. This scarcity, exacerbated by climate change, unsustainable irrigation practices, and population growth, poses a significant threat to agriculture, ecosystems, and human well-being. This article delves into the complexities of freshwater management in Central Asia, the challenges faced by irrigation systems, and the crucial steps necessary to mitigate drought risks.

Freshwater Resources in Central Asia

Central Asia's freshwater resources are primarily derived from snowmelt and glacial runoff from the Pamir-Hindu Kush and Tien Shan mountain ranges. However, these resources are unevenly distributed across the region, with significant variations in water availability among countries. Additionally, climate change is altering precipitation patterns and accelerating glacial melt, leading to increased water scarcity and seasonal variability.

Table 1: Freshwater Resources in Central Asia

Country	Annual Water Availability (km ³ /year)	Population (million)	Water Scarcity Index
Uzbekistan	55.5	35.1	High
Kazakhstan	126.2	19.1	Medium
Kyrgyzstan	47.5	7.1	Low
Tajikistan	56.2	10.1	Low
Turkmenistan	2.7	6.1	High

Irrigation Challenges in Central Asia

Irrigation plays a vital role in Central Asia's agriculture, supporting the production of essential crops such as cotton, wheat, and rice. However, inefficient irrigation practices, coupled with aging infrastructure, have led to significant water losses

and salinization of soils. Some of the key challenges faced by irrigation systems in the region include:

- * **Inefficient irrigation methods:** Traditional surface irrigation systems, such as canals and ditches, can result in water losses due to evaporation, seepage, and over-application.
- * **Aging infrastructure:** Many irrigation systems in Central Asia are outdated and in need of repair or replacement, leading to water losses and inefficiencies.
- * **Salinization:** Excessive irrigation can lead to the accumulation of salts in the soil, reducing crop yields and soil fertility.
- * **Water conflicts:** The sharing of water resources among multiple countries in Central Asia can lead to conflicts and tensions over water allocation.

Drought Prevention Strategies

To mitigate the impacts of drought and ensure sustainable water management in Central Asia, a range of strategies can be implemented:

- * **Improved irrigation efficiency:** Adopting more efficient irrigation technologies, such as drip irrigation and sprinkler systems, can reduce water losses and improve crop yields.
- * **Water conservation:** Promoting water conservation measures, such as rainwater harvesting, recycling wastewater, and reducing water consumption in domestic and industrial sectors, can help alleviate water scarcity.
- * **Integrated water resource management:** Developing comprehensive water management plans that consider the interconnectedness of water resources, ecosystems, and human activities is essential for sustainable water use.
- * **Climate change adaptation:** Investing in climate change adaptation measures, such as early warning systems for droughts, can help mitigate the impacts of climate-induced water scarcity.
- * **Regional cooperation:** Enhancing regional cooperation among Central Asian countries is crucial for addressing transboundary water issues and promoting sustainable water management.

The Aral Sea Crisis: A Case Study

The Aral Sea, once the fourth-largest lake in the world, has experienced a dramatic decline in size due to unsustainable irrigation practices. The diversion of water from the Syr Darya and Amu Darya rivers for cotton cultivation has led to the shrinking of the lake, causing severe ecological and socio-economic consequences. The drying of the Aral Sea has resulted in:

* Managing water resources effectively can help prevent salinization and ensure sustainable agricultural practices.

* Policy and Institutional Measures:

* Implementing policies and regulations to promote sustainable agriculture and address soil salinity can be effective in mitigating the problem.

The Role of Climate Change in Soil Salinity

Climate change is exacerbating the problem of soil salinity in many regions. Rising temperatures and changing precipitation patterns can lead to increased evaporation and reduced water availability, which can contribute to salt accumulation in the soil. Additionally, sea level rise can increase the salinity of groundwater in coastal areas.

Addressing Soil Salinity in Developing Countries

Developing countries are particularly vulnerable to the impacts of soil salinity due to limited resources and infrastructure. However, there are several strategies that can be implemented to address this challenge:

* Promoting sustainable agriculture practices: This includes using efficient irrigation methods, conserving water, and using salt-tolerant crop varieties.

* Investing in infrastructure: Developing countries need to invest in infrastructure such as drainage systems and irrigation canals to help manage soil salinity.

* Providing technical assistance and training: Farmers in developing countries need access to technical assistance and training on soil salinity management.

* Developing policies and regulations: Governments can play a role in addressing soil salinity by developing and implementing policies and regulations that promote sustainable agriculture and reduce the impacts of salinity.

Conclusion

Soil salinity is a pressing issue that poses a significant threat to global agriculture. By understanding the causes, effects, and mitigation strategies, we can work towards addressing this challenge and ensuring the long-term sustainability of agricultural systems. A combination of improved irrigation practices, soil amendments, salt-tolerant crop varieties, and integrated water resource management can help mitigate the impacts of soil salinity and safeguard agricultural productivity. Additionally, addressing the role of climate change in soil salinity is essential for developing effective long-term solutions.

Самандарбек Фахриддинович, [08.10.2024 17:50]

* Salinization of soils: The increased salinity of the remaining water has made it unsuitable for agriculture, leading to land degradation.

* Loss of biodiversity: The decline of the Aral Sea has had a devastating impact on fish populations and other aquatic species.

* Dust storms: The exposed seabed has become a source of dust storms, which can have health and environmental consequences.

Table 2: The Aral Sea Crisis

Year	Area of the Aral Sea (km ²)
1960	63,100
1990	28,600
2020	10,300

Conclusion

Freshwater scarcity and irrigation challenges pose significant threats to the sustainable development of Central Asia. By implementing effective strategies to improve water efficiency, conserve water resources, and adapt to climate change, the region can mitigate the impacts of drought and ensure a more secure water future for its population.

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MEANS AND METHODS OF USING ELECTRONIC GOVERNMENT SYSTEM IN STUDENTS.

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Annotatsiya: Maqolada elektron hukumat tizimlarida axborot xavfsizligini ta'minlashning ahamiyati, ayniqsa, bugungi raqamli davrda ushbu tizimlardan tobora ko'proq foydalanilayotganligi muhokama qilinadi. Maqolada elektron hukumat tizimining xavfsizligini ta'minlash uchun mavjud bo'lgan turli xil vositalar va usullar, jumladan autentifikatsiya protokollari, shifrlash texnologiyalari, xavfsizlik devorlari, hujumlarni aniqlash tizimlari, antivirus dasturlari, zaiflikni baholash va penetratsion testlar haqida so'z boradi. Unda ta'kidlanganidek, xavfsiz elektron hukumat tizimiga ega bo'lish aholi ishonchini oqlash va davlat xizmatlarining uzluksiz ishlashini ta'minlashda muhim ahamiyatga ega. Kuchli xavfsizlik protokollariga sarmoya kiritish orqali davlat idoralari elektron tizimlari xavfsizligini yaxshilashi, xavflarni kamaytirishi va maxfiy ma'lumotlarni himoya qilishi mumkin.

Abstract: The article discusses the importance of ensuring information security in e-government systems, especially in today's digital era, when these systems are increasingly used. The article discusses the various tools and techniques available to secure an e-government system, including authentication protocols, encryption technologies, firewalls, intrusion detection systems, antivirus software, vulnerability assessments, and penetration testing. As it was noted, having a secure e-government system is important for justifying public trust and ensuring uninterrupted operation of public services. By investing in strong security 19 protocols, government agencies can improve the security of their electronic systems, reduce risks, and protect sensitive information.

Аннотация: В статье рассматривается важность обеспечения информационной безопасности в системах электронного правительства, особенно в сегодняшнюю цифровую эпоху, когда эти системы используются все чаще. В статье обсуждаются различные инструменты и методы, доступные для обеспечения безопасности системы электронного правительства, включая протоколы аутентификации, технологии

шифрования, брандмауэры, системы обнаружения вторжений, антивирусное программное обеспечение, оценки уязвимостей и тестирование на проникновение. Как было отмечено, наличие защищенной системы электронного правительства важно для оправдания общественного доверия и обеспечения бесперебойной работы государственных услуг. Инвестируя в надежные протоколы безопасности, государственные учреждения могут повысить безопасность своих электронных систем, снизить риски и защитить конфиденциальную информацию.

Kirish so'zlar: Elektron hukumat, raqamli xavfsizlik, globallashtirish, inson omili, davlat xizmatlari, axborot tizimlari, maxfiy ma'lumotlar

Key words: Electronic government, digital security, globalization, human factor, public services, information systems, confidential information

Ключевые слова: Электронное правительство, цифровая безопасность, глобализация, человеческий фактор, государственные услуги, информационные системы, конфиденциальная информация.

Elektron hukumat tizimi fuqarolarga davlat xizmatlari va ob'ektlaridan tez va qulay foydalanishni ta'minlash uchun mo'ljallangan innovatsion platformadir. Foydalanuvchilar ma'lumotlari zararli hujumlar va ruxsatsiz kirishdan xavfsiz va xavfsiz bo'lishini ta'minlash muhim. Elektron hukumat tizimida axborot xavfsizligini ta'minlashning bir qancha vositalari va usullari mavjud. Birinchidan, tizimga faqat vakolatli shaxslar kirishini ta'minlash uchun kuchli autentifikatsiya protokollari amalga oshirilishi mumkin. Ikkinchidan, shifrlash texnologiyalari maxfiy ma'lumotlarning himoyalanganligini va xakerlar yoki ruxsatsiz shaxslar tomonidan buzilmasligini ta'minlash uchun ishlatilishi mumkin. Bundan tashqari, ruxsatsiz kirishni oldini olish va maxfiy ma'lumotlarning oshkor etilishini oldini olish uchun xavfsizlik devorlari, hujumlarni aniqlash tizimlari va antivirus dasturlari o'rnatilishi mumkin. Bundan tashqari, potentsial zaifliklarni aniqlash va xavfsizlikni buzish xavfini kamaytirish uchun muntazam ravishda zaifliklarni baholash va kirish testlarini o'tkazish mumkin. Nihoyat, foydalanuvchilarga yaxshi xavfsizlik amaliyotlarini o'rgatish va foydalanuvchi xatosini oldini olish uchun foydalanuvchilarni o'qitish va o'qitish mumkin. Umuman olganda, elektron hukumat tizimida axborot xavfsizligini ta'minlash vositalari va usullari fuqarolarga xavfsiz va xavfsiz davlat xizmatlarini ko'rsatishda hal qiluvchi ahamiyatga ega. Ushbu chora-tadbirlarni amalga oshirish orqali elektron hukumat tizimi ishonchli, samarali va samarali ishlashi mumkin. Hozirgi raqamli asrda elektron hukumat

tizimlari tobora ommalashib bormoqda va keng tarqalmoqda. Ushbu tizimlar turli davlat xizmatlaridan oson foydalanish imkonini beradi va shaxsiy, moliyaviy va boshqa muhim ma'lumotlarni o'z ichiga olgan katta hajmdagi maxfiy ma'lumotlarni boshqarish uchun muhim ahamiyatga ega. Ushbu elektron hukumat tizimlaridan foydalanish ortib borayotgani sari kiberhujumlar va ruxsatsiz kirishdan himoya qilish uchun mustahkam xavfsizlik choralari bo'lgan ehtiyoj har qachongidan ham muhimroq bo'lib bormoqda. Elektron hukumat tizimida axborot xavfsizligini ta'minlashning turli vositalari va usullari mavjud. Asosiy usullardan biri kuchli autentifikatsiya protokollarini amalga oshirishdir. Bu tizimga faqat to'g'ri hisob ma'lumotlariga ega bo'lgan vakolatli shaxslar kirishini ta'minlaydi. Autentifikatsiya protokollari parollar, ikki faktorli autentifikatsiya va biometrik ma'lumotlarni o'z ichiga olgan turli chora-tadbirlarni o'z ichiga olishi mumkin.

Elektron hukumatlar xalqaro reytingida 2020 yili O'zbekiston mavqeining pasayishi bilan bog'liq vaziyat (mamlakatimiz elektron hukumatning rivojlanish darajasi bo'yicha dunyo reytingida 6 pog'onaga pastlab, 193 davlat orasida 87-o'rinni egalladi) ushbu salbiy dinamika sabablarini hamda O'zbekistonda elektron hukumat rivojiga va uning elektron hukumatlar global indeksidagi mavqeini yaxshilashga yordam beradigan omillarni chuqur o'rganishni taqozo etadi. «Raqamli O'zbekiston-2030» strategiyasi bilan mutahkamlab qo'yilgan. Strategiyadan asosiy maqsad respublikamizda raqamli sanoatni jadal rivojlantirish, milliy iqtisodiyotning raqobatbardosh afzalliklarini oshirish, shuningdek, 2017–2021 yillarda O'zbekiston Respublikasini rivojlantirishning beshta ustuvor yo'nalishi bo'yicha Harakatlar strategiyasini amalga oshirish bo'yicha davlat dasturida belgilangan vazifalar bajarilishini ta'minlashdir.

Ta'lim metodi o'rganilayotgan materialni egallashga qaratilgan turli didaktik vazifalarni hal etish bo'yicha o'qituvchining o'rgatuvchi ishi va o'quvchilarning o'quv bilish faoliyatini tashkil etish usullari yig'indisi tushuniladi. Ta'lim usuli – o'qitish metodining tarkibiy qismi yoki alohida tomoni. Usul va metod butun va qism sifatida bir-biriga bog'lanadi. Usullar yordamida faqat o'quv vazifasining bir qismi hal qilinadi. Masalan, o'qituvchilar ko'p qo'llaydigan mashq manbasiga ko'ra amaliy metod hisoblansa, uni qo'llash esa bir nechta usullar yordamida amalga oshiradi. (mashqning qoidasini o'qib berish (1-usul), bittasini namuna sifatida bajarib ko'rsatish (2-usul), o'qituvchining ko'rsatgan namunasi asosida o'quvchilar tomonidan mashqning bajarilishi (3-usul), o'quvchilar tomonidan bajarilgan mashqlarni tekshirish va xatolarini tuzatish (4-usul) hisoblanadi). Ta'lim

metodlarining mohiyati va mazmunida ushbu tushunchalar kata rol o'ynaydi. Hikoya- ya'ni o'qituvchi tomonidan o'tayotgan mavzusiga oid dalil, fakt va voqealarni tōliq yoki qismlarga bōlib tasviriy vositalar yordamida qisqa va londa bayon qilinishi demakdir. Bunda o'quvchining nutq ravonligini, sōzlarni o'z o'rnida qo'llay olishi, ifodali o'qishida, ularning yoshiga, aqliy faoliyatiga tayangan holda hikoya o'qituvchi tomonidan bayon etiladi.

Axborot xavfsizligini ta'minlashning yana bir muhim jihati - maxfiy ma'lumotlarni himoya qiluvchi shifrlash texnologiyalaridan foydalanish. Shifrlash ma'lumotlarga faqat vakolatli xodimlar kirishi va xakerlar yoki boshqa ruxsatsiz shaxslar tomonidan tutib olinmasligi yoki buzilmasligini ta'minlaydi. Xavfsizlik devorlari, bosqinlarni aniqlash tizimlari va antivirus dasturlari ruxsatsiz kirishni oldini olish va maxfiy ma'lumotlarni tajovuzkor hujumlardan himoya qilish uchun ishlatilishi mumkin. Xavfsizlik devorlari tarmoq tizimlari va tashqi tarmoqlar o'rtasida to'siq vazifasini o'taydi, buzg'unchilikni aniqlash tizimlari esa fishing urinishlari va ruxsatsiz kirishni aniqlash va oldini olish uchun tarmoq trafigini nazorat qiladi. «Elektron hukumat» tizimining axborot tizimlari va ma'lumotlar bazalarini yaratish, iqtisodiyotni raqamlashtirish kabi masalalarga Hukumat darajasida e'tibor qaratib kelinmoqda. Shu bilan birga, elektron hukumat tizimini kelgusida rivojlantirish uchun qanday uslublar va yondashuvlar kerakligi dolzarbligicha qolmoqda. Davlat xizmatlari, forma va blanklari yagona reyestriga kiritilgan xizmat jarayonlari uchun optimallashtirish tadbirlari o'tkaziladi. Mazkur ro'yxatga kirmagan, loyiha va funksional faollik toifasidagi, xizmat vazifalari imkon qadar soddalashtiriladi, ixchamlanadi va qisqartiriladi. Talab darajasi yuqori bo'lgan xizmat vazifalar optimallashtirishni talab etuvchi jarayonlar sifatida batafsil o'rganiladi. Mazkur jarayonlarning (vazifalarning) xar birining joriy reglamentlarida qayd etilgan tartiblar va amaldagi real xolatda qanday bajarilishi xaqida batafsil malumot yig'iladi va taqqoslab chiqiladi. Olingan ma'lumotlar asosida jarayonning hozirgi xolatining standartidagi modeli (diagrammasi) ishlab chiqiladi ushbu diagramma asosida mazkur funksiya va xizmatlarning joriy xolati modellashtiriladi va sinovdan o'tkaziladi. Oldindan belgilab olingan me'zonlar bo'yicha ularni amalga oshirish uchun xarajat qilinadigan barcha resurslar sarfi taxlili o'tkaziladi. Bu xarajatlarning tarkibiga vaqt, jalb etiladigan ishchi kuchi, moliyaviy, tashkiliy-xuquqiy, moddiy-texnik, axborot-kommunikatsiya, kommunal, servis va faoliyat ixtisosligidan kelib chiqadigan va sarflanadigan mutlaqo barcha resurslari kiritiladi.

Xavfsiz elektron hukumat tizimiga ega bo'lish aholi ishonchini saqlash va davlat xizmatlarining uzluksiz ishlashini ta'minlashda muhim ahamiyatga ega. Yuqorida ko'rsatilgan vositalar va usullarni o'z ichiga olgan holda, davlat muassasalari o'zlarining elektron tizimlari xavfsizligini yaxshilashlari, xavflarni kamaytirishlari va maxfiy ma'lumotlarni himoya qilishlari mumkin. Elektron hukumat tizimlaridan foydalanish o'sishda davom etar ekan, kiberhujumlarning oldini olish va maxfiy ma'lumotlarni himoya qilish uchun mustahkam xavfsizlik protokollariga sarmoya kiritish muhim.

Xulosa. Xulosa qilib aytadigan bo'lsak, mustahkam va xavfsiz elektron hukumat tizimiga ega bo'lishning ahamiyatini, ayniqsa, bugungi raqamli asrda 22 ortiqcha baholab bo'lmaydi. Elektron hukumat tizimlaridan foydalanish ortib borayotganligi sababli, davlat idoralari maxfiy ma'lumotlarni himoya qilish va kiberhujumlarning oldini olish uchun kuchli xavfsizlik choralariga sarmoya kiritishlari juda muhimdir. Autentifikatsiya protokollari, shifrlash texnologiyalari, xavfsizlik devorlari, tajovuzlarni aniqlash tizimlari, antivirus dasturlari, zaifliklarni baholash va kirish testlarini joriy etish davlat idoralari elektron tizimlari xavfsizligini yaxshilash va jamoatchilik ishonchini saqlash usullaridan biridir. Axborot xavfsizligiga ustuvor ahamiyat berish orqali davlat organlari o'z xizmatlarining uzluksiz ishlashini ta'minlashi va fuqarolarning manfaatlarini himoya qilishi mumkin.

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RESULTS AND SIGNIFICANCE OF MSCT ANALYSIS IN STROKE DIAGNOSTICS

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Relevance: Blood veins clinical diagnosis good developed despite , it damage level and forecast to determine such as important problems solution does not That's it due to the diagnosis of stroke , first next , hemorrhagic and ischemic of a stroke differential diagnostics , as well as other diseases (first in line voluminous processes) with differential diagnosis to do necessary

Material and methods : to research Republic urgent medical help scientific center Surkhandarya branch urgent neurology 2024 in the department year January-July brain in months blood rotation sharp violation with of 60 sick patients disease history was studied . Patients from MSKT in diagnosis used and all to patients standard cure methods used .

Result : Analysis based on ischemic stroke 70 % (n=42) and hemorrhagic stroke was noted in 30% (n=18). done Left half in 25 patients in the ball , 28 of them right half in the ball and in 7 the brain column damaged .

In 31 patients (group I) MSKT method disease from the beginning in the first 1 hour used in 29 cases (group II) in the next 3-5 hours or from him later used . Differential cure measures are also relevant way later in group 2 started (from the conclusion of the MSKT after) .

First in the group of patients recovery earlier are complications less was

Conclusion : MSKT is not only of a stroke nature own in time diagnosis and ischemic the brain damage hemorrhagic transformation an exception do maybe the brain damage level assessment , infarction of the hearth localization identify , brain damage morphometry transfer enable gives Therapeutic of measures volume and tactics planning for his of the brain around to the parts effect level assessment , their efficiency observation and of the disease next development danger level in determining important importance occupation is enough

**XITOIY SIVILIZATSIYASI: QIN VA HAN SULOLALARINING
TARIXIY AHAMIYATI.
CHINESE CIVILIZATION: THE HISTORICAL SIGNIFICANCE OF
THE QIN AND HAN DYNASTIES
КИТАЙСКАЯ ЦИВИЛИЗАЦИЯ: ИСТОРИЧЕСКОЕ ЗНАЧЕНИЕ
ДИНАСТИЙ ЦИНЬ И ХАНЬ**

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Annotation: This article examines the historical significance of the Qin (221–206 BCE) and Han (206 BCE–220 CE) dynasties in the context of Chinese civilization. The Qin Dynasty, though short-lived, played a crucial role in unifying China, centralizing power, and laying the foundations for imperial rule. The Han Dynasty, which followed, expanded the empire, established a strong bureaucratic system, and made significant advancements in technology, culture, and trade. These two dynasties not only shaped the political and social structure of ancient China but also had a profound influence on East Asia and the world.

Keywords: Qin dynasty, Han dynasty, Chinese civilization, unification, bureaucracy, cultural advancements, silk road, ancient China, political systems.

Аннотация: Статья исследует историческое значение династий Цинь (221–206 гг. до н. э.) и Хань (206 г. до н. э. – 220 г. н. э.) в контексте китайской цивилизации. Династия Цинь, хоть и была кратковременной, сыграла ключевую роль в объединении Китая, централизации власти и заложении основ императорского правления. Следовавшая за ней династия Хань расширила империю, установила сильную бюрократическую систему и добилась значительных успехов в технологиях, культуре и торговле. Эти две династии не только определили политическую и социальную структуру древнего Китая, но и оказали глубокое влияние на Восточную Азию и мир в целом.

Ключевые слова: Династия Цинь, династия Хань, Китайская цивилизация, императорский, объединение, бюрократия, культурные достижения, шёлковый путь, древний Китай, политические системы.

Annotatsiya: Ushbu maqola Xitoy sivilizatsiyasidagi Qin (M. av. 221–206) va Han (M. av. 206–M. 220) sulolalarining tarixiy ahamiyatini o'rganadi. Qin sulolasi qisqa vaqt davom etgan bo'lsa-da, Xitoyni birlashtirish, hokimiyatni markazlashtirish va imperatorlik boshqaruvining asoslarini yaratishda muhim rol o'ynagan. Han sulolasi esa imperiyani kengaytirib, kuchli byurokratik tizimni o'rnatdi va texnologiya, madaniyat va savdoda sezilarli yutuqlarga erishdi. Ushbu ikki sulola faqatgina qadimiy Xitoyning siyosiy va ijtimoiy tuzilishini shakllantirib qolmay, balki Sharqiy Osiyo va butun dunyoga katta ta'sir ko'rsatdi.

Kalit so'zlar: Qin sulolasi, Han sulolasi, Xitoy sivilizatsiyasi, imperatorlik, birlashtirish, byurokratiya, madaniy yutuqlar, ipak yo'li, qadimiy Xitoy, siyosiy tizimlar.

INTRODUCTION

Chinese civilization is one of the oldest and most influential in the world, with a history stretching back thousands of years. Among the many dynasties that have shaped China's rich and complex history, the Qin (221–206 BCE) and Han (206 BCE–220 CE) dynasties stand out for their profound impact on the development of imperial China. The Qin Dynasty, although short-lived, was the first to unify China under a centralized imperial government. This unification marked the end of the Warring States period and laid the foundation for the subsequent imperial rule in China.

The Han Dynasty, which succeeded the Qin, is often regarded as a golden age in Chinese history. It not only consolidated the political unification of China but also expanded the empire, established a strong bureaucratic system, and saw the flourishing of culture, science, and trade. The Han Dynasty's advancements in technology, agriculture, and art contributed significantly to the civilization's growth and the development of the Silk Road, facilitating cultural and economic exchanges between China and the rest of the world.

The significance of these two dynasties lies not only in their contributions to China's political and social systems but also in the broader influence they exerted on East Asia. The legacies of the Qin and Han dynasties continue to resonate in modern China, as their governance models, cultural achievements, and

technological innovations have left a lasting imprint on Chinese identity and the global historical landscape.

The Qin dynasty: Unification and the birth of imperial China

The Qin Dynasty, though only lasting from 221 to 206 BCE, had a profound and lasting impact on Chinese civilization. Its founder, Qin Shi Huang, is remembered as one of China's most important historical figures, as he succeeded in unifying the various warring states into one centralized empire. This unification marked the end of the Warring States period, a time of fragmentation and constant warfare, and laid the groundwork for the imperial structure that would dominate China for centuries.

Qin Shi Huang implemented sweeping reforms across the newly unified empire. He standardized writing, measurements, and currency, helping to unify the diverse regions of China economically and linguistically. The creation of a unified written script allowed for better communication and governance, contributing to the empire's cohesion. Furthermore, Qin Shi Huang initiated massive infrastructure projects, such as the construction of roads and the early stages of what would later become the Great Wall of China, designed to protect the empire from northern invaders.

However, the Qin Dynasty was also known for its authoritarian rule, including the harsh legalist policies of Qin Shi Huang. While these policies contributed to the empire's initial strength, they also led to widespread unrest. The dynasty's fall was precipitated by a combination of internal revolts, heavy taxation, and harsh control measures, leading to the rise of the Han Dynasty.

The Han dynasty: Expansion, stability, and cultural flourishing

The Han Dynasty, which followed the Qin, is often seen as the golden age of Chinese civilization. It lasted for over four centuries (206 BCE – 220 CE) and was a period of stability, territorial expansion, and cultural advancement. The Han emperors built upon the foundation laid by the Qin, but they also made significant modifications to create a more balanced and sustainable imperial system.

One of the most notable achievements of the Han Dynasty was the development of a strong bureaucratic system. The Han emperors established a civil service based on merit rather than heredity, allowing for more efficient governance. This system, which was based on Confucian principles, promoted stability, reduced corruption, and fostered a sense of order and loyalty within the empire. The influence of Confucianism also permeated other areas of society, including education, law, and

social conduct, and became the dominant ideology of Chinese governance for centuries.

The Han Dynasty also saw significant advancements in technology and culture. In agriculture, the introduction of iron plows and improved irrigation techniques helped increase crop yields, contributing to population growth. Scientific and technological progress included innovations in paper-making, the development of the seismograph, and advancements in medicine. The Han period also saw a flourishing of arts and literature, with the creation of historical texts like the Records of the Grand Historian by Sima Qian, which remains a crucial source for understanding early Chinese history.

Culturally, the Han Dynasty was also responsible for the expansion of the Silk Road, the ancient trade route that connected China to the rest of the world. This network facilitated the exchange of goods, ideas, and cultures between China, Central Asia, the Middle East, and even Europe. The Silk Road brought silk, spices, and other goods to China, while Chinese inventions and cultural practices spread across Asia and beyond.

The long-lasting legacy of the Qin and Han dynasties

The legacies of the Qin and Han dynasties continue to resonate in modern China. From the political structures to the cultural and philosophical influences, the achievements of these two dynasties shaped the core of Chinese civilization. The idea of centralized government and bureaucracy, which was pioneered by the Qin and expanded by the Han, became a model for all subsequent Chinese dynasties. The enduring influence of Confucianism, established during the Han period, continues to shape Chinese culture and societal values. The Han Dynasty's role in the development of the Silk Road also had far-reaching effects on global trade and cultural exchange. It marked the beginning of an interconnected world where goods, ideas, and technologies moved between East and West. This exchange played a critical role in shaping not only China's history but also the histories of other civilizations, influencing art, technology, religion, and philosophy around the world.

CONCLUSION:

The Qin and Han dynasties played crucial roles in shaping the trajectory of Chinese civilization, both politically and culturally. The Qin Dynasty, though brief, was instrumental in unifying China and establishing the first imperial system, which would dominate Chinese governance for centuries. Its legacy of centralization and legalism influenced successive dynasties and helped form the

structure of modern China. The Han Dynasty, on the other hand, marked a golden age of Chinese civilization. Its contributions to governance, culture, and technology had a lasting impact not only on China but also on the broader world. The establishment of the Silk Road during the Han period facilitated trade, cultural exchange, and the spread of ideas between East and West, further solidifying China's position in the global network of civilizations. Together, these two dynasties laid the foundation for many of the characteristics we associate with Chinese civilization today, including a centralized bureaucracy, cultural achievements in literature and the arts, and the enduring influence of Confucian philosophy. The Qin and Han dynasties were pivotal in shaping the identity of China and its role in global history, and their

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THE BEST SOLUTIONS FOR SPEAKING IMPROVEMENT PROCESS

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Abstract: In this article, you will be given some information and measures by which people face their learning process. In addition, you tackle your problems connected with speaking by mentioning ways and techniques.

Key words: speaking skill, shadowing, technical, English, IELTS speaking exam.

I know every English language learner has come across this kind of difficulty, which is: how can I speak better or how can I speak English fluently? You must know that, if you want to speak fluently, this process requires many times and hard practice. Because English is not our native language, when people learn English, our native language has a bad influence on learning quickly. There are many aspects and techniques, but I have only one rule of speaking: I always say “be nature” because English is not our native language, but in my opinion, English will be our second language officially just near the future.

Learning English does not always have to mean sitting in the classroom and studying tricky grammar. If you are IELTS or other foreign language certificate takers, or if you are prepared now, you must know these: high level and fluency; these are not required to advance grammar level. For instance, you know advanced grammar, but you do not know how to use it! As such, you know proficiency-level vocabulary, but you cannot explain clearly. This situation caused you to take a low level and make more mistakes in your speech. Keep in mind, always be nature and “keep it super simple”. You never try to create new words in the English language. Just try to utilize appropriate vocabulary for your topic when you speak. Also, we have a huge problem, which is our native Uzbek language. It can be a bad effect to learn and speak fast in English. There are many reasons. First of all, in the grammatical structure of the Uzbek language, which is subject, verb, and object, there are tremendous differences between the Uzbek and English languages. Secondly, there are three tenses of Uzbek language: past, present, and future, but English language tenses are thirty-five above. The reason why, when people learn in English, they cannot distinguish each other. Then, I know, Uzbek people never

learn English grammar and structures completely. That is why, when we are speaking English, we make a sentence as we speak Uzbek. All right, we know our common mistake is that we have to speak fluently. Firstly, listen more; you must listen to everything in English. For instance, if you need some information or reports, write them down to Google in English at the moment. You need some interesting videos or other contents to search in English through YouTube or another platform and find all the information in English. So, every day make your daily routine in English, for example, “I’m going to school” or “I get up now”. It is really easy to say, but you should always say it and make a long sentence, explain your condition clearly, and speak every movement in English. Therefore, learn vocabulary by definition and listen to how to pronounce it. Hence downloading the relevant professional dictionary on your own phone or other devices. For instance, “Wisdom” and “Oxford” vocabulary. These apps show the words with definition and pronunciation. Therefore, another way of promotion like this: Imagine you are sitting down somewhere; it will probably be a classroom in Institute. At that time, try to find all equipment names in English, for example, a blackboard, shelf, roof, windows, lights, doors, or something like these. Definitely it will improve your wealth of speech, and every day and during the day give reports about weather, for example, sunny days, rainy days, or snowing days at all. That is true; it is really easy but really effective. Another notable point is that you know numerous and various vocabularies but cannot use them during your speech; this is a huge problem for all. Do not forget nothing incredibly easy, so you should do more practice, which is aforementioned.

One way to prevent forgetting is by repeating. Always repeat your wealth of speech so you do not lose appropriate words when you speak. Another helpful way is to listen more in English. For instance, if you listen to music more in English, it can have an amazing effect on your pronunciation. Next one, shadowing technique. Shadowing is a language learning technique where you try to mimic or “shadow” a native speaker as they speak. It is like trying to mirror or repeat their speech as closely as possible. This method is often used to improve pronunciation, intonation, and rhythm in a new language. Here’s a simple three-step guide to shadowing: Play the audio and listen closely to the speaker. Then, try to repeat what they say as closely as possible. The goal is to imitate the pronunciation, tone, and rhythm of the speaker in real-time. If it is too fast, you can pause after short phrases and repeat them. So, learn new vocabulary as well. Hence you will find a world celebrity actor and actress or other English native speaker mundane person; it is up to you; it is

your choice. For example, actor Roven Atkenson's pronunciation and accent are really inspiring, if you had heard his speech till today.

Also, native speakers recommend these:

One common mistake that English learners make is focusing too much on accuracy at the expense of fluency. It often happens when students spend hours memorizing grammar rules or vocabulary lists but don't get enough practice using the language. As a result, their speech sounds stilted and unnatural, which makes communication difficult. The good news is that it's possible to work on both fluency and accuracy simultaneously. With enough exposure and practice, your speaking will become more natural and accurate.

Benefits of Being Fluent in English. Aside from the apparent fact that learning a new language is good for your brain, there are many practical benefits to becoming fluent in English. These include:

Better job prospects. In today's globalized economy, being able to speak English gives you a serious advantage when applying for jobs. Many companies prefer candidates who can communicate fluently in English, making it easier to do business with clients and customers worldwide.

Improved travel experiences. If you are planning on visiting an English-speaking country or spending time in tourist areas of your city, knowing some English will make everything much more accessible. From ordering food and asking for directions to participating in activities and cultural events, speaking the local language will enhance your travel experience immeasurably.

Greater cognitive abilities. Several studies have shown that bilingualism can improve your memory, problem-solving skills, and multitasking ability. If you want to keep your mind sharp as you get older, learning another language is a great way to do it!

Enhanced social life. If you live in an English-speaking country or have friends who speak English, having a conversation in their language will make social interactions much more enjoyable. You will also be able to access a broader range of entertainment, such as movies, TV shows, books, and websites.

Indeed, these are not the only benefits of becoming fluent in English. However, they should give you a good idea of why it is worth putting in the effort to become fluent in this global language.

How to Learn to Speak English Fluently: 10 Ways to Improve Your Speaking Skills
Now that you know what fluency entails, it is time to start working on your skills. It will take time, effort, and consistency to improve, but if you follow these ten tips

on how to improve speaking English fluently, we guarantee you will see progress. We will also provide tips on how to make the most of language learning opportunities.

1. Start Your Day with English

One of the best ways to fit English practice into your day is to do it first thing in the morning. It ensures that you carve out time for language learning and do not let other activities get in the way. There are many different things you can do with your morning English routine. One option is to spend 10–15 minutes reading an article or blog post in English. It allows you to brush up on grammar rules and expand your vocabulary while keeping things low-key at the start of the day. If listening comprehension is your primary goal, try spending 5-10 minutes catching up on the news in English. Podcasts are also an excellent choice for morning listening practice; just make sure they are not too long or challenging so that you do not get discouraged before starting your day!

2. Talk to yourself in English

One of the best things about how to talk more fluently is to start talking to yourself in the language. It may sound silly, but it is a great way to get comfortable using new vocabulary and pronouncing words correctly. Self-talk also forces you to slow down and think about what you're saying, which can help prevent errors when speaking with others. Additionally, this activity allows you to practice thinking in English, which will be handy when participating in the conversation or giving presentations. If self-talk feels too strange at first, try starting by muttering under your breath instead of speaking out loud. Once you get more comfortable with the idea, gradually increase the volume until you're yelling at yourself! This simple exercise easily fits extra English practice into your day without even trying.

3. Keep an English Language Journal

Writing in a journal is a great way to improve your English language skills. It gives you regular practice with spelling and grammar and allows you to express yourself in detail without worrying about making mistakes or sounding foolish. Also, try writing for at least 10-15 minutes on a topic of your choice. It can be anything that interests you, from your plans for the future to what you did yesterday afternoon. Make sure that whatever you write is in all English; no cheating by slipping in some words from your native tongue! If you are struggling with ideas, consider using prompts to help jumpstart your journaling sessions. For example, brainstorm a list of topics ahead of time and then randomly select one each day to write about.

Alternatively, you can find online journaling prompts specifically designed for language learners.

4. Memorize examples with vocabulary words

A great way to expand your vocabulary is to memorize example sentences along with new words. It will help you remember how to speak fluently, use the word in context, and better understand its meaning. Additionally, seeing the word in different sentence structures will help prevent errors when using it yourself. To make things easier, try focusing on one topic at a time and writing out 5–10 example sentences for each vocabulary word related to that theme. For instance, if you're learning about food, you could include phrases like "I am going out for dinner" or "What is your favorite type of cuisine?" Once you have your list ready, practice these sentences each day until they become second nature. You can mix things by saying them aloud, writing them down from memory, or testing yourself with flashcards!

5. Exercise your mouth muscles

Exercising your mouth muscles can help with pronunciation, one of the most challenging aspects of learning any new language. By ensuring that your tongue and lips are used to the movement required for specific sounds, you will be less likely to make mistakes when speaking. Fortunately, you can do many easy exercises at home without special equipment. One popular option is to place a finger on your chin and say "ng" repeatedly; this helps get you used to the correct position for producing this sound. Another helpful activity is exaggeratedly enunciating consonants like "t" or "p" by saying them as loudly and clearly as possible.

You can also try looking in the mirror while performing these exercises to see exactly how your mouth should move. Just do not get too caught up in what you look like—after all, no one else will be able to see you!

6. Copy a native speaker

One of the most important things you can do to learn how to speak English fluently is to find a role model. This is someone whose English-speaking skills you admire and would like to emulate. Listening to native speakers is a great way to improve your speaking ability. But simply listening is not enough; you must also imitate what you hear to make progress. Whenever possible, practice copying the pronunciation, rhythm, and intonation of native speakers. It will help your ear produce more accurate sounds when speaking English. Additionally, matching

another speaker's mannerisms will make it easier for people to understand you when communicating in real-life situations.

7. Learn Some Tongue Twisters

Tongue twisters are short, rhyming phrases designed to be challenging to pronounce. While they may seem like nothing more than a child's game, tongue twisters can be pretty helpful for language learners of all levels. Since tongue twisters focus on specific sound combinations, they are an excellent way to practice pronunciation. They can also help you get comfortable speaking quickly, which is often necessary for everyday conversation. Additionally, repeating tongue twisters aloud can help reduce your accent and make your speech sound more natural. Some examples of popular English tongue twisters include:

How much wood would a woodchuck chuck if the woodchuck could chuck wood?

How can a clam cram in a clean cream can?

She sells seashells by the seashore.

How can a cat catch a rat if the rat ran right across the flat mat?

Of course, not all tongue twisters are created equal; some may be too difficult for beginners or focus on sounds that aren't common in English. When choosing tongue twisters to learn, look for ones that use simple words and target the sounds you struggle with the most.

8. Think in English

One of the hardest things about learning a new language is thinking in that language instead of your native tongue. It can be complicated when you are trying to speak spontaneously or participate in a conversation. However, it is essential to make an effort to think in English as much as possible if you want to become fluent. Try paying attention to your internal monologue throughout the day to start thinking in English. When you have a conversation with someone, think about what you would say in English before translating it into your native language. It may seem strange initially, but it will become easier with practice. You can also use visualization exercises to help yourself think in English. For example, picturing yourself giving a presentation or having a conversation with friends can help you plan what you would say ahead of time. These mental exercises will make speaking spontaneously much more straightforward and help train your brain to think in the new language.

9. Read out loud

Reading out loud is another excellent way to improve your English-speaking skills. As with self-talk, this activity forces you to slow down and think about what you're saying. Additionally, it is a great way to work on pronunciation and overcome the

fear of reading aloud in front of others. Choose a piece of writing that corresponds to your skill level. If it is too complicated, you will get frustrated and be unable to focus on proper pronunciation. Start by reading a few sentences out loud, then gradually increase the length until you are comfortable reading an entire paragraph or page without stopping. Once you have mastered that, try moving on to longer articles or even chapters from books!

10. Learn Synonyms

One of the keys to sounding like a native speaker is using different words to express yourself. It doesn't mean you need to memorize huge vocabulary lists, but knowing different words with the same meaning is helpful. That way, you can choose the perfect term based on context and your audience.

For example, "big" can be replaced with "huge," "massive," or "gigantic," depending on what you're trying to say. Likewise, there are many ways to say "nice," including phrases like "cool," "great," and "awesome." Learning synonyms is also helpful for expanding your English vocabulary in general. You'll start noticing new words and phrases when listening to conversations or reading texts by thinking about how different terms could be used interchangeably. As a result, your vocabulary will grow naturally without much effort!

I think my and a couple of other professional's advice will be valuable for you. If you can always use these methods when you learn English, it will be absolutely valuable for your speaking, because the only way to show your knowledge is your speech, and how can you explain clearly? It is important. The reason why is to set aside everything and learn English.

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COMMUNICATIVE AND MODERN METHODS OF TEACHING
ENGLISH
КОММУНИКАТИВНЫЕ И СОВРЕМЕННЫЕ МЕТОДЫ
ПРЕПОДАВАНИЯ АНГЛИЙСКОГО ЯЗЫКА
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Annotation: This article examines communicative and modern methods of teaching English. It highlights the importance of fostering real-life communication skills and integrating contemporary teaching techniques to enhance language acquisition. Key approaches discussed include task-based learning, technology integration, and student-centered methodologies. The goal is to create engaging and effective learning environments that cater to the needs of today's learners.

Keywords: Communicative methods, modern teaching techniques, task-based learning, technology integration, student-centered learning, English language teaching, language acquisition

Аннотация: В статье рассматриваются коммуникативные и современные методы преподавания английского языка. Подчеркивается важность развития навыков реального общения и интеграции современных методов обучения для улучшения усвоения языка. Обсуждаются ключевые подходы, такие как обучение на основе заданий, интеграция технологий и ориентированные на студента методики. Цель заключается в создании увлекательной и эффективной учебной среды, которая отвечает потребностям современных учащихся.

Ключевые слова: Коммуникативные методы, современные методы преподавания, обучение на основе заданий, интеграция технологий, ориентированное на студента обучение, преподавание английского языка

Annotatsiya: Ushbu maqola ingliz tilini kommunikativ va zamonaviy o'qitish usullarini o'rganadi. Real hayotdagi muloqot ko'nikmalarini rivojlantirish va

zamonaviy o'qitish texnikalarini integratsiya qilishning ahamiyati ta'kidlanadi. Muammo asosidagi o'qish, texnologiyalarni integratsiya qilish va talabaga yo'naltirilgan metodologiyalar kabi asosiy yondashuvlar muhokama qilinadi. Maqsad bugungi o'quvchilarning ehtiyojlariga javob beradigan qiziqarli va samarali o'quv muhitini yaratishdir.

Kalit so'zlar: Kommunikativ usullar, zamonaviy o'qitish texnikalari, muammo asosidagi o'qish, texnologiyalarni integratsiya qilish, talabaga yo'naltirilgan o'qish, ingliz tilini o'qitish, tilni o'zlashtirish

INTRODUCTION

In the evolving landscape of education, effective English language teaching has become increasingly important. Traditional methods, while foundational, often fail to address the dynamic needs of contemporary learners. Communicative and modern teaching methods emphasize practical language use and learner engagement, reflecting the shift towards a more interactive and student-centered approach. This research explores how communicative and modern methods can enhance English language acquisition, providing insights into their application and effectiveness in various educational settings.

Materials and methodology

Materials: The research utilizes a range of materials including academic journals, textbooks on modern teaching methods, case studies from educational institutions, and recent articles on language acquisition strategies. Key sources include:

- Tomlinson, C. A. (2001). "How to differentiate instruction in mixed-ability classrooms". ASCD.
- Harmer, J. (2015). "The practice of english language teaching" (5th ed.). Pearson Education.
- Richards, J. C., & Rodgers, T. S. (2001). "Approaches and methods in language teaching" (2nd ed.). Cambridge university press.

Methodology: The research employs a mixed-methods approach, combining qualitative and quantitative analysis. Data is collected through:

1. Literature review: Comprehensive review of existing literature on communicative and modern teaching methods.
2. Case studies: Examination of case studies from schools and educational programs that have implemented these methods.
3. Surveys and interviews: Gathering feedback from teachers and students regarding the effectiveness of various teaching approaches.

4. Classroom observations: Observing English language classrooms where communicative and modern methods are employed to assess practical application and outcomes.

Relevance of the research

The relevance of this research lies in its focus on adapting teaching methods to meet the demands of today's learners. As the globalized world requires advanced communication skills, understanding and implementing communicative and modern teaching methods are crucial for effective English language instruction. This research provides valuable insights into how these methods can enhance learning outcomes and prepare students for real-world communication challenges. It also highlights the need for ongoing professional development for educators to stay current with effective teaching practices.

CONCLUSION

The adoption of communicative and modern methods in English language teaching offers numerous benefits, including increased student engagement, improved language proficiency, and enhanced real-world communication skills. By focusing on practical language use and incorporating contemporary teaching strategies, educators can create more dynamic and effective learning environments. This research underscores the importance of continually evolving teaching practices to better serve the needs of learners in a rapidly changing educational landscape. Future studies should explore further innovations in teaching methods and their impact on language acquisition.

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ПОВЫШЕНИЕ ЗАИНТЕРЕСОВАННОСТИ УЧАЩИХСЯ СТАРШИХ КЛАССОВ В ИЗУЧЕНИИ РКИ.

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Аннотация: Статья рассматривает многозначительность интереса в период обучения иностранному языку у старших школьников. В современных условиях, характеризующихся стремительными изменениями и ростом информационного потока, проблема низкой мотивации учащихся приобретает все более актуальный характер. В качестве решения предлагаются разнообразные подходы, направленные на повышение уровня мотивации учащихся, к которым относятся: модификация учебных пособий, игровые и проектные методы обучения, гармоничная образовательная среда.
Ключевые слова: заинтересованность; мотивация; иностранный язык; образование; старшие классы; адаптация учебного материала; интерактивные методики; самосовершенствование

Increasing the interest of high school students in learning Russian as a foreign language

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Abstract: The article examines the polysemy of interest during foreign language learning among senior school students. In the context of rapid changes and the increasing flow of information, the issue of low student motivation has become increasingly relevant. Various approaches aimed at boosting student motivation are proposed as solutions, including: modification of teaching materials, game-based

and project-based learning methods, and the creation of a harmonious educational environment.

Keywords: interesting; motivation; foreign language; education; high school; adaptation of educational material; interactive techniques; self-improvement

ВВЕДЕНИЕ

Изучение русского языка является необходимостью в современном образовательном процессе, обеспечивая учащимся масштабные возможности для коммуникации на мировом уровне и профессиональный повышение. Особого внимания этот вопрос требует на примере учеников старшего школьного возраста, у которых именно в этот период складываются основные навыки и знания, в дальнейшем влияющие на выбор профессиональной (вектор) деятельности молодых людей. В контексте преодоления трудностей, связанных с обучением русскому языку, педагоги и учащиеся сталкиваются с проблемой оптимизации мотивационного компонента, который играет ключевую роль в достижении успешного освоения иностранного языка. Повышение мотивации к изучению русского языка в старших классах является актуальной задачей, обусловленной не только всеобъемлющим влиянием русскоязычной среды на современное общество, но и необходимостью овладения языковыми навыками для успешного функционирования в быстро меняющемся мире

Обучающиеся старших классов сталкиваются с возрастающими требованиями к успеваемости, что делает необходимым развитие устойчивой мотивации для достижения учебных целей. Данная статья направлена на установку и исследование результативных методов повышения уровня интереса учащихся к изучению иностранного языка. Анализ разнообразных методов и подходов позволит идентифицировать наиболее эффективные практики, которые могут стать основой для создания мотивирующей языковой образовательной среды в работе с детьми старшего школьного возраста.

Цели статьи: Изучить текущее состояние заинтересованности старшеклассников на уроках русского языка, определяя первостепенные проблемы, с которыми сталкиваются учащиеся в образовательном процессе.

Задачи статьи:

- Осуществить обзор актуальных исследований, посвящённых вопросу мотивации в контексте обучения русскому языку в старших классах;
- Провести анализ мотивационной сферы обучающихся старших классов, определить факторы, определяющие их интерес к изучению иностранного языка и влияющие на их учебные достижения;
- Сформулировать и аргументировать конкретные методические подходы и стратегии, способствующие повышению уровня мотивации учащихся старших классов к изучению русского языка;

Научная новизна.

В данной статье представлены новые подходы к преподаванию русского языка, включающие использование современных технологий, активных методов обучения, направленные на повышение интереса старшеклассников к изучению языка.

Теоретическая значимость работы заключается в обобщении и анализе научных работ отечественных и зарубежных авторов по рассматриваемой теме.

Практическая значимость исследования заключается в том, что разработанные данные могут быть применены на уроках русского языка в школах.

Изучение русского языка является необходимостью в современном образовательном процессе, обеспечивая учащимся масштабные возможности для коммуникации на мировом уровне и профессиональный повышение. Особого внимания этот вопрос требует на примере учеников старшего школьного возраста, у которых именно в этот период складываются основные навыки и знания, в дальнейшем влияющие на выбор профессиональной деятельности молодых людей. В контексте преодоления трудностей, связанных с обучением русскому языку, педагоги и учащиеся сталкиваются с проблемой оптимизации мотивационного компонента, который играет ключевую роль в достижении успешного освоения иностранного языка.

Успешность обучения иностранному языку напрямую зависит от уровня мотивации учащихся. Ключевой задачей педагогов является создание у учеников устойчивой мотивации, которая будет стимулировать их к активному и систематическому освоению языка. Современные исследования показывают, что уровень мотивации к изучению иностранных языков в образовательной системе остаётся недостаточно высоким. Причиной тому

является стереотип о том, что изучение иностранного языка часто воспринимается как долговременное и трудоёмкое занятие, требующее больших усилий.

В контексте изучения иностранного языка, мотивация - это система внутренних и внешних факторов, которые заставляют ученика заниматься и достигать целей в обучении. Для учителя необходимо обозначить положительную установку у старшеклассников, которая будет двигателем в изучении и развитии навыков иностранного языка.

Имеется множество подходов, которые могут послужить хорошим инструментом для развития у учащихся позитивной мотивации и интереса к изучению русского языка:

- Создание учебных материалов, соответствующих возрастным интересам учащихся, способствует развитию их познавательной мотивации.
- Использование интересных методик на уроке, которые позволяют ученикам активно взаимодействовать с учителем и сверстниками, создавая коммуникативную мотивацию [1,с.29].

Поощрение чувства удовлетворения у учеников, возникающего при успешном выполнении заданий, способствует развитию мотивации к достижению успеха.

Исходя из этого становится ясно, что прогрессирование мотивации к изучению иностранного языка предполагает не только грамотный подход в рамках педагогической деятельности, но и работу, включающую разнообразные методы, базирующиеся на разных факторах мотивации старшеклассников. Формирование положительной и эмоционально комфортной атмосферы в процессе общения является необходимым условием для стимулирования творческой совместной деятельности и развития уважительного и благодарного отношения друг к другу. В такой атмосфере учитель и ученик создают общее эмоционально-психологическое пространство, которое способствует творческому процессу, направленному на вовлечение ученика в культурное и познавательное взаимодействие с окружающим миром.

В приоритете стоит держать развитие мотивации к стремлению достичь чего-то большего. Появление у ученика позитивного эмоционального отклика на процесс обучения, выражающегося в удовольствии от получения новых знаний, свидетельствует о формировании у него мотивационных факторов, соответствующих учебной деятельности.

В современных учебных пособиях по русскому языку представлены эффективные методические приёмы, способствующие повышению уровня мотивации учащихся старших классов к изучению иностранного языка:

- Использование заданий, которые ставят перед учениками реальные проблемы и требуют активной речевой практики (аудирование, говорение, чтение, письмо), способствуя таким образом развитию интереса к изучению русского языка.

- Применение разнообразных методов и средств, включая конструктивно-практические (например, ведение дневника или создание коллажей), игровые (ролевые проекты и драматизация) и информационные и исследовательские проекты [2, с.58].

Применение данных методических приёмов способствует активизации и повышению уровня интереса к процессу обучения, что, в свою очередь, способствует развитию и поддержанию мотивации учащихся старших классов к изучению иностранного языка.

На сегодняшний день существуют и такие эффективные методы повышения мотивации учащихся к изучению иностранного языка, как обмен сообщениями между учащимися и сверстниками из России и стран СНГ, некогда входивших в виде республик в состав бывшего Советского Союза.

Среди разнообразных методов для увеличения мотивации учащихся к изучению иностранного языка, существуют некоторые, которые пока не получили широкого признания в учебниках и методиках обучения, но оказывают значительное воздействие на учащихся. Один из таких методов - это обмен сообщениями между учащимися и сверстниками из англоязычных стран, такими как англичане, американцы и другие. Данный методический подход демонстрирует положительное влияние на учебный процесс многих старшеклассников, предоставляя им не только интересную информацию об истории и культуре, но и образе жизни стран носителей языка. А также практику коммуникации на русском языке с носителями, что оказывает влияние на повышение уровня мотивации к изучению конкретных тематических областей и общему совершенствованию языковой компетенции.

Применение музыкальных материалов и песен на уроках русского языка является не менее эффективным методом повышения интереса и вовлечения учащихся. Включение упомянутой выше практики способствует развитию фонетических навыков, активизации грамматических конструкций и

расширению лексического запаса учащихся, а также способствует развитию навыков чтения и аудирования. Музыка создаёт положительное психологическое настроение на уроке, снижает психологическое напряжение и активизирует языковую деятельность.

Разработка учебных ситуаций, предельно приближенных к естественным, тоже является ценным средством усиления мотивации учащихся. Участие старшеклассников в подобных ситуациях благоприятно влияет на развитие их творческого мышления, поддерживает желание расти и развиваться. К примеру, учебная цель не ограничивается только говорением, но и включает в себя понимание собеседника, что делает урок более интересным.

В процессе изучения любого иностранного языка, в особенности русского не малое значение рекомендуется уделять и инсценированию диалогов. Школьники могут составлять диалоги самостоятельно или исполнять готовые образцы, это поможет лучше усвоить материал. В процессе изучения лексического и грамматического материала активно применяются игровые методики, а также такие литературные формы, как рифмы, загадки и пословицы. Использование парных и групповых заданий также способствует оживлению учебного процесса, включая всех школьников в активное участие в образовательной деятельности.

Из этого следует, что современные подходы к обучению иностранным языкам предлагают различные методы, способствующие увеличению мотивации учащихся старших классов, что, в свою очередь, способствует созданию более увлекательной и продуктивной образовательной атмосферы. В современных условиях, в контексте активной международной интеграции и эволюции глобальных отношений, изучение русского языка получает новое значение. Он становится не просто полезным, а необходимым навыком. Тем не менее, учащиеся, включая старшеклассников, зачастую недостаточно осознают значимость изучения русского языка и не всегда демонстрируют готовность к серьёзному восприятию процесса его освоения. [4,с.29].

Учащиеся, которые действительно заинтересованы в изучении иностранного языка, обычно проявляют более активное участие на уроках и демонстрируют более высокую учебную мотивацию. Поэтому вопрос о повышении заинтересованности старшеклассников к изучению русского языка остаётся актуальным.

Впрочем, несмотря на вариативность современных методов и форм обучения, а также применение наглядных материалов на уроках, результаты могут оставаться незначительными, если ученик не имеет собственного внутреннего желания овладеть иностранным языком.

Следовательно, создание познавательной заинтересованности к изучению русского языка играет большую роль. В свете динамично развивающегося мира, учителя должны уметь адаптироваться и шагать в ногу со временем, создавая вовлекающие, эффективные образовательные программы. Так как, их основной задачей является побуждение учащихся к самосовершенствованию и уверенности в собственных способностях. Каждый урок должен быть структурирован таким образом, чтобы он представлял собой позитивный, мотивирующий опыт, демонстрирующий каждому учащемуся осязаемые результаты его усилий. Постепенное развитие внутренней мотивации происходит за счёт наблюдения учащимися прогресса в своих навыках и знаниях, особенно после каждого урока. Это, в свою очередь, приводит к возрастающему интересу и упорству в изучении русского языка. Таким образом, роль учителя заключается в поддержании той самой внутренней мотивации и создании благоприятных условий для постоянного развития школьников.

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LEARNING STYLES AND APPROACHES TO STUDYING

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Abstract: The concept of learning styles has gained significant attention in educational research and practice over the past few decades. This article explores the various learning styles and approaches to studying, examining how individuals acquire, process, and retain information differently. It discusses the implications of these differences for educational settings and highlights the importance of adapting teaching methods to accommodate diverse learning preferences. A review of relevant research illustrates the relationship between learning styles and academic performance, ultimately advocating for a more tailored approach to education that considers individual differences.

Key words: objectives of article, visual learners, auditory learners, reading and writing learners, kinesthetic learners, multiple Intelligences, the role of context, learning strategies, approaches.

The way individuals learn is a subject of considerable interest to educators, psychologists, and researchers alike. Learning styles refer to the preferred methods by which individuals absorb, process, and retain information. These styles can significantly influence educational outcomes, engagement, and motivation. The study of learning styles has led to various theories and frameworks aimed at categorizing learners based on their preferences. Understanding these styles can help educators develop more effective teaching strategies, ultimately enhancing student learning experiences.

Objectives of the Article

- To define learning styles and their significance in education.
- To review various learning styles models and theories.
- To analyze research findings on the effectiveness of different learning approaches.
- To discuss the implications of learning styles for teaching and learning.

Learning Styles Theories

Several theories and models have been proposed to explain learning styles, each offering unique insights into how individuals learn.

1. VARK Model

2. Developed by Fleming and Mills (1992), the VARK model categorizes learners into four primary types:

- Visual learners prefer using images, diagrams, and other visual aids.
- Auditory learners benefit from listening to lectures and discussions.
- Reading and writing learners favor engaging with text-based materials.
- Kinesthetic learners learn best through hands-on experiences and physical activities.

2. Kolb's Experiential Learning Theory

David Kolb's (1984) experiential learning theory posits that learning is a process involving four stages:

1. Concrete Experience - Engaging in an experience.
2. Reflective Observation - Reflecting on that experience.
3. Abstract Conceptualization - Learning from the experience.
4. Active Experimentation - Applying what was learned.

Kolb identifies four learning styles based on these stages: Diverging, Assimilating, Converging, and Accommodating.

3. Gardner's Multiple Intelligences

Howard Gardner's (1983) theory of multiple intelligences suggests that individuals possess different types of intelligences, which influence their learning preferences.

These intelligences include:

- Linguistic
- Logical-mathematical
- Spatial
- Bodily-kinesthetic
- Musical
- Interpersonal
- Intrapersonal
- Naturalistic

Research on Learning Styles

A significant body of research has investigated the impact of learning styles on academic performance and retention.

1. Correlation Between Learning Styles and Academic Performance

Several studies have sought to determine whether matching teaching styles to students' learning styles improves academic outcomes. A meta-analysis by Pashler et al. (2008) concluded that there is insufficient evidence to support the idea that tailoring instruction to learning styles significantly enhances learning. However, some studies suggest that students who engage with content in their preferred styles may experience increased motivation and satisfaction.

3. The Role of Context

Research has also indicated that the effectiveness of different learning approaches can depend on contextual factors such as the subject matter, learning environment, and individual learner characteristics. For instance, kinesthetic learners may excel in hands-on activities in science classes, while visual learners may thrive in art and design courses.

4. Learning Strategies and Approaches.

While learning styles may play a role, effective study strategies and approaches are equally important. Strategies such as spaced repetition, self-testing, and elaborative interrogation can enhance learning, regardless of an individual's preferred learning style.

Implications for Teaching

Understanding learning styles can help educators create more inclusive and effective learning environments.

1. Differentiated Instruction

Educators can implement differentiated instruction by offering various instructional methods and materials that cater to diverse learning styles. For example, incorporating visual aids, group discussions, and hands-on activities can accommodate different preferences in a single classroom.

2. Student-Centered Learning

Encouraging students to take an active role in their learning can enhance engagement. Providing choices in how they learn or demonstrating their understanding can empower students to explore their preferred learning styles.

3. Continuous Assessment and Feedback

Ongoing assessment and feedback can help educators identify students' strengths and weaknesses, allowing them to adjust teaching methods accordingly. This adaptability can foster a more personalized learning experience.

Conclusion. The exploration of learning styles and approaches to studying underscores the complexity of the learning process. While learning styles can offer valuable insights into individual preferences, the evidence supporting their impact

on academic performance remains mixed. Educators should focus on creating flexible, student-centered learning environments that accommodate diverse learning preferences while emphasizing effective study strategies. By fostering adaptability and inclusivity in education, we can better support the diverse needs of all learners.

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THE INFLUENCE OF TECHNOLOGY ON ENGLISH LANGUAGE LEARNING

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Abstract: This article explores the transformative impact of technology on English language learning, examining various tools and platforms that enhance the learning experience. It investigates how technology facilitates communication, provides access to diverse resources, and fosters engagement among learners. The article also addresses potential challenges and considerations for educators and learners in integrating technology into language instruction. By synthesizing current research and practical applications, this work underscores the significance of technology in shaping effective English language learning environments.

Key words: Enhanced Accessibility, flexibility, interactive Learning, personalized Learning Experiences, collaborative Learning Opportunities.

The advent of technology has revolutionized numerous fields, and education is no exception. In particular, English language learning (ELL) has experienced profound changes due to technological advancements. From online learning platforms to mobile applications, technology has opened new avenues for learners and educators alike. This article seeks to analyze the influence of technology on ELL by examining key aspects such as accessibility, engagement, communication, and challenges associated with technology integration.

Accessibility to Resources

One of the most significant impacts of technology on ELL is the increased accessibility to a plethora of resources. Traditional language learning often relied on textbooks and classroom instruction. In contrast, technology offers learners a vast array of materials, including online courses, interactive websites, and multimedia content.

1. Online Courses and MOOCs: Massive Open Online Courses (MOOCs) provide learners worldwide with opportunities to study English at their own pace. Platforms like Coursera and edX offer courses created by reputable institutions, allowing learners to engage with content from expert instructors.

2. **Digital Libraries and E-Books:** Digital libraries provide access to a wide range of literature, grammar guides, and language resources. Websites like Project Gutenberg offer free e-books, enabling learners to read extensively and improve their language skills.

3. **Mobile Applications:** Language-learning apps such as Duolingo, Babbel, and Rosetta Stone offer convenient and interactive ways to learn English. These applications provide learners with personalized experiences, allowing them to practice vocabulary, grammar, and pronunciation at their convenience.

Enhanced Communication and Collaboration

Technology fosters improved communication and collaboration among learners and instructors, which is vital in language learning.

1. **Online Discussion Forums:** Platforms like forums and social media enable learners to engage in discussions, practice writing, and receive feedback from peers and instructors. This interaction promotes a sense of community and allows learners to practice their language skills in real-world contexts.

2. **Video Conferencing Tools:** Tools like Zoom and Skype allow learners to participate in live conversations with native speakers or fellow learners from different parts of the world. This exposure to authentic language use helps improve listening and speaking skills.

3. **Collaborative Projects:** Technology facilitates collaborative projects where learners can work together on assignments, presentations, or creative tasks, enhancing their language skills and promoting teamwork.

Engagement through Gamification and Interactive Learning

The integration of technology in ELL also enhances learner engagement through gamification and interactive learning experiences.

1. **Gamification:** Incorporating game elements into language learning, such as points, badges, and leaderboards, motivates learners and makes the learning process enjoyable. Platforms like Kahoot! and Quizlet enable educators to create engaging quizzes and activities that reinforce language concepts.

2. **Interactive Learning Platforms:** Websites like BBC Learning English and British Council offer interactive exercises, videos, and quizzes that allow learners to practice English in a dynamic environment. These platforms often incorporate multimedia content that caters to various learning styles.

3. **Virtual Reality (VR):** Emerging technologies such as VR offer immersive experiences for language learners. Programs like ENGAGE and ClassVR allow

learners to practice English in virtual environments, enhancing their language skills through contextual learning.

Challenges of Technology Integration

Despite the numerous benefits, integrating technology into English language learning also presents challenges that educators and learners must navigate.

1. **Digital Literacy:** Not all learners possess the necessary digital skills to effectively utilize technology in their language learning. Educators must assess learners' digital literacy levels and provide support to ensure equitable access to technology.

2. **Distraction and Overreliance:** The abundance of online resources can lead to distractions and an overreliance on technology. Learners may find it challenging to focus on language acquisition when faced with multiple platforms and notifications.

3. **Quality of Resources:** With the vast amount of information available online, discerning the quality and credibility of resources can be difficult. Educators must guide learners in selecting reliable materials to support their language learning.

Conclusion. The influence of technology on English language learning is profound and multifaceted. It enhances accessibility to resources, improves communication, and fosters engagement through interactive and gamified learning experiences. However, challenges related to digital literacy, distractions, and resource quality must be addressed to maximize the benefits of technology in ELL. As technology continues to evolve, educators must adapt their teaching methodologies to create effective and engaging language learning environments that prepare learners for the demands of a globalized world.

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THE INFLUENCE OF LEARNING FOREIGN LANGUAGE TO CONNECTION BETWEEN CULTURES

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Abstract: This article discusses the numerous advantages of learning a foreign language, specifically focusing on the English language. It explores how acquiring proficiency in English can positively influence intercultural relationships by fostering better communication and mutual understanding among people from diverse cultural backgrounds. Additionally, the article highlights the crucial role English plays in today's globalized society, where it serves as a bridge for international collaboration in fields such as business, education, science, and technology. Mastering English not only enhances career opportunities but also empowers individuals to engage in a more interconnected world, promoting cultural exchange and global cooperation.

Key words: role of language, influence to cultures, pros of learning foreign language, cultural exchange, improve quality of technology, being bridge, access knowledge.

Learning foreign languages, including, English language is more popular and is being important in our country. One of the reasons of this, it is a world language and more people speak in this language. Statistics shows that, 1,5 billion people English spoken in the world. Therefore, learning English affects not only the individual, but simultaneously to society. The influence of learning English on communication between cultures is significant and far-reaching. Here are some key ways it influences intercultural communication:

1. Bridge between cultures:

English allows people from different cultures to communicate, exchange their ideas and thoughts, and collaborate easily with them. By this there are no barriers associated with enhancing cultural cooperation.

2. Access global knowledge:

Because of the English language is the world language, more and more informations and knowledges are given in this language, also academic and business informations are available in English, therefore, I think that learning English open the door to society for learning vast information.

3. Cultural exchange:

Learning English is the best way to learn other societies culture and tradition. Why we need to it ? When we go abroad we should know their tradition with knowing their language , because it help us to communicate with them effectively and can act appropriately. Then you will feel yourself comfortably and it can reduce stereotype and can improve awareness about their culture.

In this place, I should say opinion of one writer. He said that: „*The language a powerful weapon that unites and express a society*“

4. Give a big opportunity for business and travel:

In the digital world the biggest idea is a having good life, achieving to this we should have a lot of money. As all of people know, the best way to earn money is that do business. Because there are more product factory than their demand of population. So they should sell to other countries. Before selling they should bargain. In this situation knowing English language come to help. One the other hand, knowing English can smoother your interaction with foreign people when you travel to abroad. In addition to this, knowing the language is to know the culture of public.

5. English and technology:

Over the world more software and innovations are being produced in English. Some people learn immediately who know English completely. Also the society will develop that such people are more .Because this people have more and clear information than others. Moreover, major social media platforms like a Facebook, Telegraph are predominantly English-speaking environment ,which further incentivizes non-native speakers to learn the language to participate fully in the digital world. This culture shift towards English-speaking online spaces affect everything from entertainment to politics, influencing how global culture is both consumed and created.

6. Taking more opportunity with English:

At now English language give more chances to people .For example, taking some type of certificate such IELTS and TESOL give a big opportunity to youngs. For instance, if they take one of this and they have any kind of scholarship which they achieve then they will take chance to study abroad without saving money. That is

true, you may say without it you can study in other country, but there is one good point that they give, namely, if you have not this, you will study abroad, but you should pay yourself all your needs. If you have it, all of your necessity are covered by your country.

I gave some information about benefits of language to the people, but there is one disadvantage side. It is that, maybe English have a good effect to many countries and their relationship, but it effect negatively to some countries language. Because it lead to disappearing of non-popular languages and it cause to die of their tradition and culture together with language. Because the language is a sign which express existence of countries. If it disappear, name of country will vanish in the world.

In conclusion, the influence of learning English on communication between cultures cannot be overstated. As a global language, English facilitates understanding, collaboration, cultural exchange on an unprecedented scale. By learning English, individuals not only enhance their ability to communicate with others, not only they access global knowledges in this language. In an increasingly interconnected world, English serves as a vital tool for promoting peace, empathy, and cooperation among people of different cultures.

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HOW TO IMPROVE ENGLISH SPEAKING SKILLS

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Abstract: This article discusses speaking in a foreign language, whether it belongs to a certain circle or the most useful aspects. Basic technique, classical approach to language learning, lingo-cultural approach, communicative approach, intensive technique, emotional and meaningful test preparation method. You can mix and match integrated methods.

Key words: English communication, listening comprehension, teaching speech, methods, techniques.

INTRODUCTION

As we live in the age of technical and technological development, the demand for skilled personnel who have a deep understanding of their profession and can communicate freely in Russian and English is increasing day by day. One of the most important tasks in the education and training of students is to teach students foreign languages in addition to their mother tongue, and from this point of view, to teach English. In the last few years, learning a foreign language has become a necessity rather than a way of self-development. A foreign language has become a mandatory component of education not only in schools and universities, but also in many additional pre-school educational institutions. The demand for a foreign language in society, on the one hand, as well as parents' understanding that language is not only a factor in the upbringing of a modern person, but also the basis of his social and material well-being in society, on the other hand, make early learning of a foreign language especially popular and relevant. If 20 years ago knowledge of a language was required only in certain fields of work, now it is necessary to master at least one. It is the ability to make the student interested in the English language, to develop his speech in English, and to teach him professional communication. The main goal of developing professional communication in English is to improve students' oral speech in English, to develop the ability to communicate with others. The task of developing speech includes a number of special tasks: 1. Introducing students to the environment, improving their speech, enriching their vocabulary;

2. Formation of the grammatical aspect of speech;
3. Education of sound culture of speech.

The most popular techniques for acquiring speaking skills in English: basic technique, classical approach to language learning, linguistic-cultural approach, communicative approach, intensive technique, emotional and meaningful method of test preparation. The teacher can mix all the above methods and use them in cooperation with language learners. Since the educational technology market is full of offers for the most diverse ways to learn English, every teacher, especially young professionals, must: perfect their technique and definitely succeed.

MAIN PART

In order to achieve any level of excellence that creates a unique style of teaching a foreign language, it is necessary to study the known and most effective method for a long time. The classical approach to learning a foreign language can be on the list of the least effective. At the heart of the classical approach is the understanding of language as a real and correct means of communication, which means that all components of the language - oral and written language, listening, etc. - the student should develop systematically and harmoniously. The classical technique exhausts the language by itself, but this is not a disadvantage. This comprehensive approach is primarily aimed at developing students' ability to understand and create it. The method includes training with an Uzbek teacher and students, but this method of teaching (though not "fashionable") may not be very effective: a non-native teacher should be able to analyze and compare language systems, compare designs, communicate information better, explain grammar rules, and avoid mistakes. Speech is one of the main language activities. Students share information by speaking. Speaking plays an important role in teaching English.

It is impossible to communicate without talking. Speech takes 30 percent of speaking. Speaking in the best means of importing and strengthening, mastering basic linguistic knowledge in English, developing habits and building skills. Students of higher educational institutions will have the opportunity to use English speech units or phrases, words, phrases, sentences. They are actively and constantly destroyed. It is impossible to implement an English as a foreign language program without gradually mastering English phonetic vocabulary and grammar materials. It is recommended to start teaching speech from the first lessons. Teaching speaking is closely related to other speaking activities such as listening comprehension, reading and writing. Teaching speech has its own mechanisms. Without them, speech cannot be taught, organized or taught. They include:

pronunciation sounds, sound combinations, words, phrases, sentences, intonations, accent. Teachers should teach them in advance. Students must pronounce them correctly. Students only focus on the content of the speech if they can use them. Teaching English Speaking, they help the teacher to find easy, effective ways and exercises to teach speaking. They are as follows:

1. Linguistic features and difficulties of teaching speech.
 - a) correctly chooses language materials such as phonetics, lexicon, grammar.
 - b) features, difficulties of the selected phonetic lexicon, forms, meanings, uses of grammatical materials of speech.
 - c) difficulties in correct pronunciation, intonation, accent.
 - d) difficulties in the skills and habits of using sentences correctly.
 - e) Using replication.
2. Additional linguistic features and difficulties of teaching speech.
 - a) addressed to someone, something, directed.
 - b) speaking in situations.
 - c) use of aids and equipment in teaching speech.
 - d) to be motives for teaching speech.
 - e) the condition of teaching speech.
3. Features and difficulties of the psychology of teaching speech
 - a) using monologue and dialogue to teach speech.
 - b) having the need to teach to speak.
 - c) verbal expression of thought.
 - d) memories, etc.

Listening comprehension and speaking are integrated into oral speech or make oral communication. Speech cannot be created without listening and understanding. By listening and getting information, students can respond by speaking. Through listening comprehension, students learn and familiarize themselves with words, phrases, sentences and their pronunciation that are essential for speech. Speech is also related to reading. By reading, students get new information and content. They use information for speech. By reading, students combine and master the pronunciation of words, word combinations, and intonations. For this, you need help to learn to speak. Speech is closely related to writing. Writing helps the memory, the speaker remembers the information. So we can say that speaking helps with listening comprehension, reading and writing. It is impossible to teach, study and learn speech without communication of speech activity. Listening, speaking, reading, and writing complement each other in teaching English. Speech is divided

into monologic, dialogic speeches and polylogous speeches. Monological and dialogic speeches are taught in schools, lyceums, colleges. But polylogical speech is not taught there. Teaching speech has its purpose, content, future of teaching, mechanisms and stages. The goals of teaching speech. Teaching English has its own goals. They are:

Objective 1: To teach speaking as a means of teaching English or as a means of communication in English.

Goal 2: To be able to use speech in the formation of communication or in the formation of speech habits.

CONCLUSION

Therefore, speaking can be a means of communication in English, and speaking itself is taught by speaking. Speech should be taught in order to be able to use it in activities. The teacher should form speech habits. Habits of using speech in speech activity. The requirements of the programs, speech training should be organized according to the requirements of the program. Each institution, school, high school, college and higher education has its own programs and requirements for teaching speech. These requirements for teaching English speaking are written in the programs.

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