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The Importance of Harmony of Music and Physical Movement in Students 'Comprehensive Development

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Abstract

This article discusses the importance of combining music and physical education with the development of children, both spiritually and physically. The role of musical and physical activities in the upbringing of children, the need to pay special attention to ensuring the quality of music and physical education.

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Introduction. The future of Uzbekistan, the upbringing of children who are the owners of tomorrow's development, as an aesthetically and spiritually rich, well-developed person is a requirement of the time. Music and physical education have a special role to play in achieving this goal. Music is one of the arts that plays an important role in our cultural life and plays an important role in the development of a person as a perfect person. The role of family, society, school and art in the spiritual development of every person is invaluable. The harmonious physical and musical activities in the upbringing of young people in our country as a perfect person in all respects are among the areas that have an impact on the development of children to be healthy, strong, delicate and spiritually mature.

Literature review. From ancient times the physical, physical and entertaining games have been widely used by our ancestors. The process of organizing the combination of physical and musical movements, taking into account the age characteristics of children, physical fitness, physiological development, requires a great deal of responsibility from teachers [1].

Music has the potential to have a powerful effect on the human psyche, bringing a person into the world of sophistication. It equips man with great taste and gives him spiritual nourishment. As a living art form, music reflects the feelings, dreams and aspirations of the time, life, nature and man, makes him happy, thinks and serves to receive spiritual nourishment from life. Music education is one of the main and most complex aspects of fine arts education, which teaches a person to correctly perceive and appreciate the beautiful things in reality.

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The interconnectedness of music and physical education has a direct impact on the development of children, both spiritually and physically. From time immemorial, valuable ideas have been expressed about the role of physical and musical activities in human health and its development. For example, the great judge Abu Ali ibn Sina said, "Physical training is a great way to maintain good health." Ibn Sina, one of our great thinkers, also expressed his views on the effect of music on the human soul. In this regard, the famous book "Laws of Medicine" states: "Among the most useful tools for babies to strengthen the body, firstly, light vibrations, and secondly, songs that are usually sung for sleep - the gods. Our ancestor Sheikh Saadi said, "Music is the companion of the human soul." We can cite many such purmino [2].

Developing the musical talent of the younger generation, increasing their love and passion for art, building musical and physical knowledge and practical skills, creating the necessary conditions for the development of musical abilities of gifted children - this is the essence of the work being done. essence.

Musical and physical activities are just as important in the development of children as perfect individuals in educational institutions. Because combining both types of activities develops the musical and creative abilities of the younger generation, forms the skills of teamwork. The educational value of moving in accordance with music is that children's sense of physical movement is activated, their mastery of musical material is deepened, they help to observe the character of the musical image by performing actions, they develop the qualities of a musical image. The ability to listen to music and express one's emotions in action affects children's ability to control their actions.

Discussion and result. As you know, music and physical activity are one of the collective activities. Movement balances are well formed in children when walking, running and jumping. Under the sounds of music, they clap with interest, tap with their feet, and perform expressive movements with various objects, including balls, sticks, ribbons, artificial flowers, and simple musical instruments.

Feeling the unity of music and movement is one of the characteristics of human beings. This is the basis for the development of musical performance skills in children's musical and physical activity activities. Due to time constraints and the lack of a private room, it is inconvenient to perform in music lessons. They can do this activity, especially with some dance elements sitting or standing.

Musical and physical activities, like other activities, develop students' all-round musical skills, including:

- sense of musical rhythm;
- creative abilities;
- Teamwork skills.

These activities, ie the combination of musical and physical movements, in turn have a great educational value in the development of the younger generation as a mature person. In this way, students can demonstrate the character traits of the work.

Assimilation of musical material on the basis of a combination of musical and physical actions is the process of processing and application to the process of activity. It enhances the emotional impact of music.

All of this is the result of inculcating the skills and abilities that combine movement with music, its character, its mood, and the goal is achieved. With the help of physical activity, impressions about the forms of music, the laws of musical development are strengthened. The development of a sense of rhythm in children can only be achieved by changing the nature and direction of movement.

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Through musical performances, expressive actions of staging songs, children develop not only musical-auditory impressions, but also performance skills, artistic tastes. If they are given the task of inventing an independent movement, they will invent and perform the action themselves in accordance with the image and character of the music. Together with the educator, children seek out or invent appropriate actions and apply them to the learning process. During the performance, the music teacher or educator helps the children, explains and demonstrates the need to perform new movements correctly and expressively. Introductory words, explanations, poetic texts, and musical tones are used in the teaching of movements. Bright expression and comparison of actions help students to perform these actions correctly and expressively.

Extensive use of technical means is recommended when improving movements under music. This allows students to listen and get to know new melodies they are familiar with, a process that allows children to perform musical and physical movements clearly and harmoniously.

The combination of music and physical activity connects a person's spiritual and physical development and leads to perfection. Musical and physical movements are a system of active movements of children, which reflect the unique nature of music. Musical and physical activities include musical games, dances, and exercises. The main purpose of musical and physical movements is to develop in children the ability to perceive musical imaginations and reflect them in motion.

In the process of practicing musical rhythmic movements, the child's body is strengthened, the ability to listen to music grows, memory develops, and helps to cultivate spiritual and moral qualities. Through musical and physical movements, the child develops listening to music and motor activity, as well as artistic taste and creative imagination, but also the inner spiritual world of the child. In the process of performing musical rhythmic movements, children perform a variety of movements along with the music. This, in turn, allows the child to develop properly, to take the right steps, to walk correctly and easily.

An important type of musical and physical movement is dance. They activate children's hearing, produce clear, beautiful movements and contribute to the development of creative activity. All the dynamic, physical means of expression in music are important tools for children to move from one state to another, to record their fatigue, to lift their spirits. According to the child's level of perception of these two things, they determine his propensity for exercise and music. The first of them belongs to the body and the second to the soul. At the same time, Ibn Sina said that spiritual upbringing should be carried out in conjunction with the means of saying Allah (music) during the rocking of a child from infancy (physical training).

In order for musical and physical movements to become an artistic experience for children, enriching their artistic development, it is necessary to enrich their understanding of movement skills before preparing children for these activities. During lessons and activities, children are required to acquire basic skills such as stepping under the music, running lightly, and scattering.

The success of children's musical development, their emotional perception of music is closely linked with the work of the teacher. It is the educator who has a broad outlook, a culture of music, the ability to set tasks for the musical education of children, which has a positive effect on children, creates a healthy, creative environment.

Conclusion. In short, music lessons are an artistic and pedagogical process that helps to develop a child's musical abilities, to shape his personality and to master reality through musical images. Music for a child is a world of joyful experiences. In order to open the door to the world for the younger generation, it is necessary to develop their abilities, first of all, their emotions and physical

movements.

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