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**ZAMONAVIY DUNYODA
TABIIY FANLAR:
NAZARIY VA AMALIY IZLANISHLAR
RESPUBLIKA ILMIIY-AMALIY
KONFERENSIYASI**

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**«ZAMONAVIY DUNYODA TABIIY FANLAR: NAZARIY VA AMALIY
IZLANISHLAR» NOMLI № 21-SONLI ILMIY, MASOFAVIY, ONLAYN
KONFERENSIYASI**

**ILMIY-ONLAYN KONFERENSIYA TO'PLAMI
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O'ZBEKISTON RESPUBLIKASI PREZIDENTINING 2020 YIL 2-MART KUNGI «ILM, MA'RIFAT VA RAQAMLI IQTISODIYOTNI RIVOJLANTIRISH YILI»DA AMALGA OSHIRISHGA OID DAVLAT DASTURI TO'G'RISIDA»GI FARMONIDA KO'ZDA TUTILGAN VAZIFALARNI IJROSINI TA'MINLASH MAQSADIDA «INNOVATIVE ACADEMY RSC» MCHJ TOMONIDAN TA'SIS ETILGAN «EURASIAN JOURNAL OF ACADEMIC RESEARCH (EJAR)» ILMIY-USLUBIY JURNALINING (O'ZBEKISTON RESPUBLIKASI PREZIDENTI ADMINISTRATSIYASI HUZURIDAGI AXBOROT VA OMMAVIY KOMMUNIKASIYALARNI RIVOJLANTIRISH AGENTLIGINING 1415-SONLI GUVOHNOMA HAMDA ISSN 2181-2020, WWW.IN-ACADEMY.UZ VEB SAYTI) «ZAMONAVIY DUNYODA TABIIY FANLAR: NAZARIY VA AMALIY IZLANISHLAR» NOMLI ILMIY, MASOFAVIY, ONLAYN KONFERENSIYASI E'LON QILINADI.

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ESLATMA! KONFERENSIYA MATERIALLARI TO'PLAMIGA KIRITILGAN MAQOLALARDAGI RAQAMLAR, MA'LUMOTLAR HAQQONIYLIGIGA VA KELTIRILGAN IQTIBOSLAR TO'G'RILIGIGA MUALLIFLAR SHAXSAN JAVOBGARDIRLAR.

KASBIY QIZIQISH VA LAYOQATLARNI EKSPERIMENTAL O'RGANISH

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ANNOTATSIYA

Ushbu maqolada kasbiy qiziqish va layoqatlarni eksperimental o'rganish haqida ma'lumotlar keltirilgan. Qiziqish va layoqat tushunchalari va ularning shakllanishi haqida fikr yuritilgan. Kasb tanlashga oid ko'nikmalar keng yoritib berilgan.

Kalit so'zlar: qiziqish, layoqat, kasb, hissiyot, iroda, tabiiy layoqat, ijtimoiy layoqat, stress, temperament, serotonin, dopamin, xarakter.

Kirish

Qiziqish va layoqatni eksperimental o'rganishdan oldin qiziqish va layoqat tushunchalariga ta'rif berib o'tmoqchiman. Qiziqish — shaxsning o'zi uchun qimmatli va yoqimli bo'lgan muayyan narsa va hodisaga munosabati. Bunda insonning o'ziga xos xususiyati bevosita mujassamlashadi. Qiziqish tufayli inson bilimlarni puxta, tez va oson o'zlashtiradi buning uchun hech qanday irodaviy zo'r berish talab etilmaydi. Qiziqqan sohasi yoki ilmi uchun inson hech qachon ortga qaytmaydi, charchamaydi.

Layoqat –Insonning tug'malik alomatlari bor individual sifatlardir. Layoqat va qobiliyat tushunchalari bir-birga juda o'xshash tushunchalar, hatto ayrim adabiyotlarda layoqat qobiliyatning o'zi deb ham ta'rif berilgan. Layoqatning ikki turi mavjud: Tabiiy layoqat hamda tug'ma layoqat. Tabiiy layoqat - odamdagi tug'ma xususiyatlardan oliy asab tizimi faoliyatining xususiyatlari, miya yarim sharlarining ishlashi, qo'l va oyoqlarning biologik va fiziologik sifatlari, ko'z quloq burun teri kabilarning xususiyatlaridan kelib chiqadi. Ijtimoiy layoqat esa - bola tug'ilishi bilan uni o'rganan muxit muloqot uslublari so'zlashish madaniyati, qobiliyatlarini rivojlantirish uchun zarur shart sharoitlardir.

Adabiyotlar tahlili va metodologiyasi

Kasb tanlashga keladigan bo'lsak, inson qiziqqan yoki yanayam sodda qilib aytadigan bo'lsam, o'zida unga nisbatan ijobiy hislarni his qiladigan sohaga mehr beradi. Ushbu kasb bilan mashg'ul bo'lganda o'zida yoqimli hislarni boshdan kechiradi, kayfiyati ko'tariladi, stressdan tezroq chiqib ketadi, serotonin, dopamin kabi garmonlar faolligi ortadi. Kasb tanlashda insonning temperamental xususiyatlari, xarakteri, irodasi va moyilligi aniqlanadi va yo'naltiriladi.

Kasb tanlashdagi moyilliklar:

- odamlar bilan ishlashga moyillik;
- texnologiya bilan ishlashga moyillik;
- an'anaviy belgilar bilan ishlashga moyillik;
- o'simliklar va hayvonlar bilan ishlashga moyillik;
- badiiy tasvirlar bilan ishlashga moyillik.

Quyidagilardan kelib chiqib inson o'zi uchun ma'lum bir yo'nalishni tanlab oladi. Moyillik qanday vujudga keladi degan savol vujudga kelishi mumkin. Moyillik yuqorida ta'riflagan tabiiy yoki ijtimoiy layoqat tufayli insonda mavjud bo'ladi. Hamma insonda layoqatlar mavjud. Ammo uni qanday rivojlantirishni bilmaymiz yoki shunday layoqat bizda borligini hattoki, bilmaymiz.

Atrofdagi dunyoga insoniy munosabatlarning taqdim etilgan turlariga muvofiq kasblar misollari:

Kasb turi	Kasb-hunarga misollar
Inson- tabiat(P)	Bog'bon, chorvachilik mutaxassisi, veterinar, chorvachi, geolog, agronom, biolog, o'rmonchi, asalarichi, tuproqshunos va boshqalar.
Odam- texnika(T)	Chilangar, tokar, radiotexnik, signalchi, tikuvchi, haydovchi, elektromontyor, muhandis, montajchi va boshqalar.
Odam - belgilar tizimi(3)	Chizmachil, mashinist va kompyuter operatori, radio operatori, rejalashtiruvchi, iqtisodchi, korrektor, dasturchi, telegrafchi, terishchi va boshqalar.
Inson- badiiy tasvir(X)	Rassom, o'ymakor, me'mor, fotograf, aktyor, tosh maydalagich, rassom, musiqachi, modeler, shisha puflovchi va boshqalar.
Erkak- erkak(H)	Sotuvchi, o'qituvchi, o'qituvchi bolalar bog'chasi, enaga, maktab, texnikum, universitet o'qituvchisi; shifokor; hamshira, ofitsiant, administrator va boshqalar.

Natijalar tahlili: O'tkazilgan tadqiqotlar natijasida shu aniq bo'lganki, insonda qiziqishlar juda ko'p. Ayrim hollarda biz tanlov qilishda o'ylanib qolamiz. Negaki, bizda variantlar juda ko'p bo'ladi. Bunday vaziyatda qanday yo'l tutish lozim. Avvalo, qiziqishlarimizga asoslangan holda egallamoqchi bo'lgan kasblarimizning ro'yxatini tuzamizda, birin ketinlik bilan bitta-bittadan ro'yxatdan bir donadan kasblarni o'chirib chiqamiz. O'zingizga savol bering "quyidagilar orasidan bittasidan voz kechishim kerak bo'lganda qay biridan voz kechardim?". Ushbu holat ro'yxatimizda bir dona siz eng qiziqqan, hech qachon voz kecholmaydiga, u bilan mashg'ul bo'lganingizda rohatlanadigan va albatta o'zingizni shu kasbda ko'ra oladigani qolguncha davom ettiring. Bu usul judayam samarali va foydali usul hisoblanadi.

Xulosa: Xulosa qilib shuni ayta olamanki, oldimizda turgan yo'llar judayam ko'p, Ayrim paytda nafaqat o'zimiz balki, ota-onalarimiz xohishlari ham bizni o'ylantirib qoladi. Bunday vaziyatda siz o'zingiz udallay olishingizga ko'zingiz yetadigan, shu kasbda o'zingizni ko'ra oladigan birini tanlashingiz lozim. Bunda yuqoridagi bilimlardan foydalanishingiz samaralidir.

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РЕФЛЕКТОРНАЯ ВОЗБУДИМОСТЬ СЕГМЕНТАРНОГО АППАРАТА СПИННОГО МОЗГА У БОЛЬНЫХ ФИБРОМИАЛЬГИЕЙ

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Аннотация: Фибромиалгия (ФМ) в последние годы заняла прочное место в ряду наиболее актуальных и сложных проблем медицины. Не вызывает сомнения практическое значение ее изучения, так как ФМ является самой распространенной формой хронических миалгических синдромов. Между тем в проблеме ФМ существует много нерешенных вопросов; ее называют мифом, ставя под сомнение реальность ее как самостоятельного заболевания.

Ключевые слова: Фибромиалгия, миофасциальный болевой синдром

Цель исследования: Исследование рефлекторной возбудимости сегментарного аппарата спинного мозга у больных фибромиалгией

Материал и методы: Проведено клиническое и электрофизиологическое обследование 54 больных ФМ (9 мужчин и 45 женщин) в возрасте от 21 до 50 лет. Диагноз ФМ устанавливался на основании общепринятых критериев и методических рекомендаций. Наряду с общеневрологическим и вертебро-неврологическим обследованием всем пациентам проводилось мануальное тестирование мышечно-суставных и фасциально-связочных структур локомоторной системы.

Результаты исследования: Нейроортопедический анализ обследуемых нами больных ФМ показал, что источником боли может быть значительное число мышечно-связочных структур аксиального скелета и конечностей. Были выявлены следующие зоны и частота болевых ощущений: область краниовертебрального перехода — 100%, область шеи — 82%, плече-лопаточная область — 87%, межлопаточная область — 93%, передняя область грудной стенки — 69%, поясничный отдел позвоночника — 95%, ягодичная область и зона тазобедренных суставов — 87%, переднебоковая поверхность бедра — 65%, область задней поверхности голени — 72%. Локализация диффузная, симметричная или с доминированием конкретных альгических зон. Далее нами был проведен клинический анализ мышц участвующих в оформлении клинической картины МФБС. Анализ результатов данного раздела исследования позволил выявить наиболее типичные варианты и частоту болевых мышечных синдромов: су-праскапулярный синдром — (24%),

межлопаточный болевой синдром (21,4%), склеротомная кефальгия (11,1%), синдром передней грудной стенки — наблюдался у (8,3%), синдром передней лестничной мышцы (7,4%), синдром мышцы, поднимающей лопатку (2,8%), межлестнично-плечевая плексопатия наблюдалась лишь у 1 больного (0,9%), синдром грушевидной мышцы (14,8%), синдром подвздошно-поясничной мышцы (6,5%), синдром мышцы, натягивающей широкую фасцию бедра (2,8%). Средние значения индекса мышечного синдрома составляли у больных ФМ — 8,6 баллов, у больных ФМ с актуальным МФБС — 12 баллов. Средние значения феномена вибрационной отдачи составляли у больных ФМ — 6,2 балла, у больных ФМ с сочетанным МФБС — 8 баллов.

Патологический двигательный стереотип выявлен у 31,5% наблюдавшихся нами больных ФМ: верхний перекрестный синдром (17 больных — 15,7%); нижний перекрестный синдром (10 пациентов — 9,3%); этажный (слоистый) синдром (7 человек — 6,5%). Результаты данного фрагмента исследования показали, что для ФМ характерно повышение возбудимости элементов мо-тонеуронного пула. На это, в частности, указывает снижение порога рефлекторного ответа, а также сокращение диапазона нарастания амплитуды рефлекса от пороговой до максимальной величины. Результаты проведенного исследования амплитудновременных параметров МР больных ФМ показали, что для ФМ с МФБС наиболее характерным является повышение рефлекторной возбудимости нейронов, участвующих в реализации позднего компонента мигательного рефлекса. Известно, что рефлекторная дуга МР включает афференты первой ветви тройничного нерва, эфференты лицевого нерва, ядра этих черепных нервов, а также нейроны ретикулярной формации мозгового ствола. Очевидно, обнаруженные нами изменения параметров МР у больных ФМ свидетельствуют о нарушении рефлекторной возбудимости проприобульбарных нейронов ствола мозга и слабости тормозных влияний со стороны над-сегментарных структур на мотонейронный пул сегментарного аппарата мозга.

Выводы

1. У больных фибромиалгией наряду с чувствительными точками выявляются латентные и активные миофасциальные триггерные пункты, которые участвуют в оформлении клинической картины миофасциальной боли.

2. У 92,% больных фибромиалгией наблюдается модуляция рефлекторной возбудимости спинного мозга. Наиболее характерным ее вариантом является гиперрефлексия (2%) спинальных мотонейронов.
3. Для больных фибромиалгией (7%) характерно повышение рефлекторной возбудимости проприобульбарных нейронов, участвующих в реализации R2 компонента мигательного рефлекса.
4. Сочетанная методика регистрации Н-рефлекса и мигательного рефлекса позволяет эффективно оценивать рефлекторную возбудимость спинальных и супраспинальных отделов нервной системы у больных фибромиалгией.

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REFLEX EXCITABILITY OF THE SPINAL CORD SEGMENTAL APPARATUS IN PATIENTS WITH FIBROMYALGIA

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Abstract: Fibromyalgia (FM) has taken a firm place among the most pressing and challenging problems of medicine in recent years. There is no doubt about the practical importance of its study, as FM is the most common form of chronic myalgic syndromes. Meanwhile, there are many unresolved issues in the problem of FM; it is called a myth, questioning its reality as an independent disease.

Keywords: Fibromyalgia, myofascial pain syndrome

Purpose of the study: Investigation of reflex excitability of the spinal cord segmental apparatus in patients with fibromyalgia

Material and Methods: clinical and electrophysiological examination was carried out in 54 patients (9 males and 45 females) aged 21 to 50 years. The diagnosis of FM was made on the basis of generally accepted criteria and guidelines. In addition to general neurological and vertebro-neurological examination, all patients underwent manual testing of the musculo-articular and fascial-ligament structures of the locomotor system.

RESULTS: Neuroorthopaedic analysis of the FM patients we examined showed that a significant number of musculocomposite structures of the axial skeleton and extremities can be a source of pain. The following pain zones and frequencies were identified: craniovertebral junction 100%, neck 82%, shoulder-lumbar 87%, inter-scapular area 93%, anterior chest wall 69%, lumbar spine 95%, gluteal area and hip joint area 87%, anterolateral surface of the thigh 65%, posterior surface of the lower leg 72%. Localisation was diffuse, symmetrical or dominated by specific algic areas. Next, we performed a clinical analysis of the muscles involved in the clinical picture of MFBS. Analysis of the results of this section of the study allowed us to identify the most typical variants and frequency of painful muscle syndromes: Suprascapular syndrome - (24%), interscapular pain syndrome (21.4%), sclerotome kefalgia (11.1%), anterior thoracic wall syndrome - observed in (8.3%), anterior lumbar muscle syndrome (7.4%), muscle syndrome, scapulae (2.8%), interlumbar-shoulder plexopathy was observed in only 1 patient (0.9%), sternum muscle syndrome (14.8%), iliopsoas muscle syndrome (6.5%), broad fascia femoris muscle syndrome (2.8%). The mean values of the muscle syndrome index were 8.6

points in FM patients and 12 points in FM patients with actual MFBS. The average values of the vibration recoil phenomenon were 6.2 points in FM patients and 8 points in FM patients with concomitant MFBS.

Pathological motor stereotype was revealed in 31.5% of FM patients we observed: upper crossed syndrome (17 patients - 15.7%); lower crossed syndrome (10 patients - 9.3%); storey (layered) syndrome (7 patients - 6.5%). The results of this fragment of the study showed that FM is characterized by increased excitability of elements of the motoneuron pool. This is indicated, in particular, by a decrease in the threshold of reflex response, as well as by a decrease in the range of reflex amplitude increase from the threshold to the maximum value. The results of the study of the amplitude-temporal parameters of MR of FM patients showed that for FM with MFBS the most characteristic is an increase in the reflex excitability of neurons involved in the realization of the late component of the blink reflex. It is known that the reflex arc of MR includes afferents of the first branch of the trigeminal nerve, efferents of the facial nerve, nuclei of these cranial nerves, and neurons of the reticular formation of the brain stem. Obviously, the observed changes of MR parameters in FM patients testify to the disturbance of reflex excitability of brainstem proprio-bulbar neurons and weakness of inhibitory effects from suprasegmental structures on the motoneuron pool of the brain segmental apparatus.

Conclusions

1. Patients with fibromyalgia reveal, along with sensitive points, latent and active myofascial trigger points which participate in forming of the clinical picture of myofascial pain.
2. Modulation of reflex excitability of the spinal cord is observed in 92.% of patients with fibromyalgia. Its most characteristic variant is hyperreflexia (2%) of spinal motoneurons.
3. Fibromyalgia patients (7%) are characterized by increased reflex excitability of proprio-bulbar neurons involved in implementing the R2 component of the blink reflex.
4. Combined technique of H-reflex and blink reflex registration allows effective estimation of reflex excitability of spinal and supraspinal parts of nervous system in patients with fibromyalgia.

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DEPARTMENT OF SHASHMAKOM AYTIM (PROSE) AND TRADITIONS OF TEACHER-DISCIPLINE.

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<https://doi.org/10.5281/zenodo.7049528>

Annotation: This article provides detailed information about the sayings of the shashmaqom, the song section of the shashmakom, the division of the Bukhara maqom called “prose” into groups, and the tradition of the master-disciple in the performance of the makom.

Keywords: status, shashmakom, saying, prose, teacher, student, tradition, music, performance, interest, task, work, spirituality, voice, analysis, methodology, education, attention.

The attention paid at the state level to the development of national culture in the construction of a new Uzbekistan is of great importance. In this regard, the President of the Republic of Uzbekistan According to Sh. Mirziyoev, “The level of development of our people is assessed primarily by our national culture. In this sense, culture is the image of our people, our society. As we begin to create a new image of Uzbekistan, we must begin with the development of our national culture.”[1].

The Uzbek Center for the Study of Cultural Heritage Abroad and the Center for New History of Uzbekistan are being set up. Great attention is paid to the development of reading culture, culture and art, and creative schools and centers named after our great artists are being established in the regions. Systematic measures are being taken to further popularize folklore and amateur arts, and to develop innovative areas of culture and the arts. In this regard, President Shavkat Mirziyoev said, “If culture and art do not develop in the country, society will not develop. It is important to develop the field of culture and arts, to increase the prestige of the Uzbek national culture and art in the world, to realize the potential of young talents. Indeed, when art and culture live, the nation and the people, the whole of humanity, live in peace”.[2]

Over the past period, the Republic of Uzbekistan has adopted a number of normative and legal acts on the development of culture and arts. In particular, the Resolution of the President of the Republic of Uzbekistan No. PD - 3391 of November 17, 2017 “ On measures to further develop the art of the Uzbek national makom”, August 26, 2018 Resolution No. PD - 3920 “ On measures for innovative development of the arts ”, Resolution No. PD-4038 of November 28, 2018 “ On approval of the Concept of further development of national culture in

the Republic of Uzbekistan”, 2019 Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 1019 of December 19, 2019 “ On approval of the Program for improving the activities of museums in the Republic of Uzbekistan in 2020-2021”, November 23, 2019 Resolution of the Government of the Republic of Uzbekistan dated July 26, 2019 “ On approval of the activities of the Erkin Vakhidov Memorial Museum and the Treasury House-Museum” Resolution of the Cabinet of Ministers No. 630 [3] of May 30, 2019 “ On the organization of the activities of the state museum-reserves Sarmishsay ”, “Shakhrisabz”, “Termez” and “ Kokand ” Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 443 of April 21 [4] , 2020 “On measures to further increase the efficiency of the fine and applied arts” Resolution No. PD - 4688 of May 26, 2020 “Culture Decree No. PD-6000 of May 23 [5], 2020 “On measures to further enhance the role and influence of the arts in society” Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 325 of June 9, 2021 and “Martyrs’ Memory” Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 357 of February 2, 2022 “On support of the Moat Fund” The normative legal acts adopted, such as Resolution No. PD – 1 2 of the President of the Republic of Kazakhstan [6] are becoming increasingly important.

Subsidiaries of the first group. The reciting (singing) section of makoms is commonly called “Prose”. “Nasr” means “help”, “victory”, “victory” in Arabic. Makom songs show complex and perfect examples of the art of saying. Therefore, singing them requires special practical skills and performance skills. To achieve this, the “teacher-student” tradition of musical education has been used. According to this tradition, the status master chose a talented student to teach his art and thus leave a legacy. The student gradually mastered the master's skill in singing status for many years (7-10, even 10-15 years). In this process, musical notes were of little importance, and the students memorized their teacher's exemplary performances mainly by “listening, perceiving” and mastered them through special exercises.

Also, they had to memorize many examples of aruz weight poetry used in maqam songs (the works of Lutfi, Sakkoki, Atai, Hafiz, Jami, Navoi, Fuzuli, Babur, Mashrab and others). In addition, among other musical instruments, they mastered circle methods and tanbur performance to the required level.

So, along with musical talent, the power of memory is extremely important in learning makoms and then performing them. With this in mind, the executors of the makom’s songs are also called “hafiz”. This term in Arabic means “retainer”, i.e. “rememberer”, “rememberer”. It is worth noting that maqam hafiz must be

strong, capable of conquering the upper veils and, at the same time, possessing good manners.

Makom Hafiz are showing their art to the people (at weddings and other events) those who acted responsibly, i.e., when the meaning of each status was carefully worked out, it was performed among the people. The disciples did not sing in public without their teacher's permission. Only the students who have reached a mature level of performance took the blessing of their teachers and committed themselves to the service of the people. The system of meanings expressed in the sayings of the authority system is inextricably linked with the idea of spiritual perfection put forward in the musical instruments. At the same time, a range of new meanings is discovered in the content of the ways of expression, which is the basis for a deeper understanding of the idea. Already, the melody has a number of important qualities in the way of saying the theme: now, in the statement of the theme, in contrast to the ways of the instrument, there is almost no room for practice situations, and at the same time, the theme is enriched with new colors and acquires meaningful depth with the painful voice of Hafiz.

Also, by means of “tones” (sounds) that naturally connect to the theme and sound like its logical continuation, painful situations become more glorious. The verses of Bukhara makom called “Prose” (or song sections) are divided into two groups of song series. The composition of the first group usually consists of the main sayings known as “Sarakhbor”, “Talqin”, “Nasr” and their songs and the final “Ufar” song parts. This group of subsidiaries can be described as follows.

1. “Sarakhbor” (main news, main topic) song
2. “Interpretation” (admonition, advice) song
3. “Prose” (help, victory, victory) Tarona
4. “Ufar”.

It is known that the term “Prose” is the general name given to Shashmakoms ways of saying (subsidiary), and until now this Arabic word has many meanings (prose, help, victory, victory). There is no consensus as to which aspects are more related to the branches. However, as this parable is approached in Sufism, the meanings of the term “help” and, especially, “victory”, “victory” do not seem to be in accordance with the content of the idea perceived in the Shashmakom system. In each status of Shashmakom, first the “Problem” section is recited, and then the order of transition to the “Prose” section can be interpreted as “achieving (spiritual) victory by overcoming difficulties”. The way Shashmakom sayings are called “Prose” is explained by the important place of the idea of “victory” at the level of the main saying (branch) and the series of sayings in this section.

Thus, while the lines of "Sarahbor", "Talqin" and "Prose" in Shashmaqom are performed in different circular ways, the songs serve as a "bridge" in their logical connection from one to the other. For example, when the song "Sarakhbor" is performed, they join it and start singing its songs. At the end of the last tarona, a melodic structure known as "Suporish" is revealed, and through it, the next main part of the song - interpretation. In this, the ground is prepared for singing a new song (that is, interpretation) through the structure of "Suporish", i.e., during Suporish, the circle method of "Talkin" song is reflected and the main curtains of the melody are determined. The transition from the interpretation to the "Prose" song is done in the same way, that is, the "Tarona-Suporish" tool is also used in this. It should also be said that while "Sarahbor", "Talkin", and "Nasr" are large-scale songs, the connecting songs between them are relatively medium and small, and are sung with more rubai. are songs. The first group of hymns comes to its end with "Ufar" and "Suporish", which appears at the end of it.

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TABLE OF CONTENTS | СОДЕРЖАНИЕ

SECTION 1. ARTICLES FROM CENTRAL ASIA

1.	KASBIY QIZIQISH VA LAYOQATLARNI EKSPERIMENTAL O'RGANISH Avezov Olmos Ravshanovich, Shavkatova Shaxnoza Po'lot qizi	4
2.	РЕФЛЕКТОРНАЯ ВОЗБУДИМОСТЬ СЕГМЕНТАРНОГО АППАРАТА СПИННОГО МОЗГА У БОЛЬНЫХ ФИБРОМИАЛЬГИЕЙ Ходжиева Дилбар Таджиевна, Эгамов Дадажон Бахтиерович	7
3.	REFLEX EXCITABILITY OF THE SPINAL CORD SEGMENTAL APPARATUS IN PATIENTS WITH FIBROMYALGIA Dilbar Tadjievna Hodjjeva , Dadajon Bakhtirovich Egamov	10
4.	DEPARTMENT OF SHASHMAKOM AYTIM (PROSE) AND TRADITIONS OF TEACHER-DISCIPLINE. Ibragimov Abdupatto Akhmadjonovich	13