

The Role Of Art Therapy In The Formation Of Healthy Living Skills In Adolescents

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Abstract: This article discusses the study of the characteristics of adolescence in psychology, the characteristic features of this age period, as well as the question of the influence of art therapy. Classes and methods of art therapy are proposed as one of the psychological mechanisms for the development of a rational lifestyle and the formation of physical skills for a healthy lifestyle.

Keywords: modern psychology, biology, gloomy mood, nervous tension, irritability, emotional inability, unstable emotional state, fatigue, teenager, adolescents.

Introduction

Numerous studies in the field of modern psychology have shown that the health and development of the physical and mental world of a person are closely related. It is well known that psychology is directly related to biology and medicine. The reason for the application of the results of research carried out by the aforementioned sciences in the practical areas of psychology is that every state and process in the human psyche has a physiological basis and mechanism.

It is a well-known scientific fact that psychological processes in a person affect his physical condition. The spread of coronavirus infection around the world in 2019 made it clear to the world's population that they need not only to lead a healthy lifestyle, but also to constantly work on human mental health and their psychology. The great Eastern scholar Abu Ali Ibn Sina said, "Panic is half disease, and peace is half health. And patience is the beginning of healing." A quarter of the world's population has experienced a number of phobias and stressors as a result of panic and anxiety without being infected with the virus. It is these circumstances that have caused people to need to learn and develop rational physical skills as a psychological culture before they can form healthy lifestyle skills. That is, it is well known today that psychological health and physical health are not separate concepts, but interdependent situations. Also, practicing mass sports, proper nutrition, rest and distribution of working time according to the agenda, plan is not a mandatory measure for athletes, but a conscious choice of every sane, modern person.

In recent years, a gloomy mood, nervous tension, irritability, emotional inability, unstable emotional state, fatigue and weakened immunity have been recognized as urgent problems related to the health of young people. These questions are explored in relation to problems in family relationships, social life and personal development. However, the question and methods of adaptation to social life and the formation of a healthy mind that ensures physically good health have not been practically studied. Therefore, today the population of our country needs modernization in the field of mental and physical health.

Increasing mental stress, overweight, cardiovascular diseases and, unfortunately, rejuvenation have created the need to promote medical and physical culture among the population, new psychological methods. The emotional sphere of the child is the leading factor in the correct direction of the behavior and life of a teenager. For many years, in psychology and pedagogy, the direct connection of children's emotional sphere and physical culture has not been studied enough, difficulties in the practical study of the manifestation of emotions in adolescents, the specifics of national mentality and social reasons are a conscious rejection of personal-emotional experience and authoritarian ideology.

The Main Findings and Results

Of course, the development and formation of any science from a young age is the key to future success. The peculiarity of the child psychology of adolescents is that their psyche is approaching the threshold of maturity, when they begin to imagine their way of life, their place in society, going through the process of rethinking life criteria and value orientations. In our opinion, it is at this age that the acquisition of physical skills is the basis for the future development of young people as a mature person with developed medical and physical culture, thinking and worldview.

During the period of socio-economic reforms, measures to improve the psychology, emotional sphere and lifestyle of the population of our society have become a secondary issue. Efforts in our country to achieve economic goals and objectives have weakened people's attitude to a healthy lifestyle. As a result, a number of health problems began to emerge as a result. Currently, mass sports and a healthy lifestyle are not only an event held in educational institutions and specially designated places, but also a simple rule that everyone follows every day for their physical and mental health, physical culture and the formation of psychohygiene - this is an urgent issue.

A number of Uzbek psychologists in the field of psychology, adolescent personality, age-appropriate emotional and volitional spheres, professional identity and values, family relations and the process of socialization, sexual identification and gender issues, emotional and creative problems, technical and creative abilities Studied by M.G.Davletshin, E.G.Goziev, V.M.Karimova, B.R.Qodirov, G.B.Shoumarov, R.Z.Gaynutdinov, A.M. Jabborov, V.A.Tokareva, Sh.R.Barotov, Z.T.Nishonova, R.I.Sunnatova, N.S.Safoev, G.Berdiev, B.T.Gappirov, S.Kh.Djalilova, M. Koplonova, M.M. Mavlanov, N.M. Majidov and others.

Adolescence is the period from 10-11 years to 14-15 years. In most students, the transition to adolescence mainly begins in the 5th grade. "Now a teenager is not a child, but not an adult" - the same definition implies an important character of adolescence. At this age, abrupt changes in adolescent development begin to occur. These changes are physiological and psychological changes.

Teenagers try to behave like adults. They strive to show their abilities, talents and abilities to a certain extent to their peers and teachers. This condition can be easily seen even by simple observation. By studying the psychological characteristics inherent in adolescence, it is possible to

understand the ways in which the personality of adolescents is formed, developed, and matured, and the direct influence of biological and social factors that affect it. During this period, the teenager says goodbye to a happy childhood, but is in a situation where he has not yet found his place in adult life.

Adolescence is characterized by psychological manifestations such as **“transition period”, “crisis period”, “difficult period”**. This is because there are also cases of mental explosions in the behavior of adolescents of this age due to their inability to find their place in alternative, new conditions. In his time, L.S. Vygotsky called this a “crisis of mental development.” Adolescence is often characterized by silence, stubbornness, aggression, inability to admit one's shortcomings, and militancy.

Emergence of ill-treatment of adults are signs of bad behavior, social characteristics of the adolescent, his peers and position in different communities, relationships with adults, school and family relationships. It is by changing these social conditions that it is possible to have a direct impact on the behavior of adolescents. Adolescents are extremely imitative, they do not yet have a clear idea, worldview. They are very sensitive to external influences and emotions. They are also characterized by courage, bravery, and delicacy. Susceptibility to external influences leads to the emergence of personal opinion in adolescence, but this personal opinion is often unfounded. That is why they try to convey their thoughts despite the guidance of parents, adults around them, and teachers.

This crisis is associated with the spiritual growth of the adolescent, as well as changes in his psyche. During this period, the child's social status changes, new relationships with his relatives, friends, peers are formed. But the biggest change happens in his inner world. Many adolescents experience a state of self-dissatisfaction. It also makes a teenager nervous that his or her existing opinions about himself or herself do not match the changes that are taking place in him or her today. This can lead to negative thoughts and fears about the teenager. Some teenagers worry about not being able to understand why those around them, adults, as well as their parents, are protesting. This condition causes them to become nervous internally and is called a crisis of adolescence. Crisis is manifested in the child's existing depression, loneliness, passivity or vice versa, stubbornness, stubbornness, aggression, negative attitudes to life.

Leading activities during adolescence are reading, communication, and work activities. The main task of adolescence communication is to identify and master the elementary norms of friendship. The main feature of adolescent communication is that it is subject to a full friendship code.

In the group of peers, as well as in the group of classmates, the adolescent is characterized by his or her adaptability. When a teenager is dependent and dependent on his or her group, he or she will be willing to join the general opinion of that group and always follow through on his or her decision. The group often helps to form a sense of “We” in the adolescent and strengthens his inner state. Choosing a friend is very important for a teenager. During adolescence, friendships are highly valued. Friends constantly feel the need to be close, spiritually. This need is seen in teenage friends asking about the situation and trying to sit and walk together (shaking hands, hugging). For many, such a close relationship, in the formation of adolescents as individuals, the traces of their joint efforts will remain in the human heart and memory for a lifetime.

“Art therapy” is one of the directions of modern psychotherapy. The Russian translation of the word means “art therapy”. The term was first used in 1938 by Adrian Hill. Today, art therapy is very active in our country and especially in the rapidly developing new Uzbek school of psychotherapy.

Art therapy is understood as a visual realm of art, i.e. something that can be seen with the naked eye. But, in fact, it is no exaggeration to say that art therapy is not only working with visual works of art, but also covers almost all types of artistic creation. The effectiveness of this psychotechnical method is that it allows one to experiment with emotions, to study and express them on a symbolic level.

The role of art therapy in the formation of the adolescent's personality, the correction of his worldview and emotional world is important. That is, art therapy methods are effective in studying and observing the true nature of changes in the behavior of a teenager who at first glance seems “problematic.” Art therapy is a journey into the inner world of a teenager, into his unconscious.

The way parents interact with adults will be based on their sense of adulthood. They themselves are deeply concerned about the resistance and objections of adults to the restriction of the rights of adolescents. They need adult support in their communication. Working together helps a teenager understand adults better. The teenager feels a great need to share with adults the changes that are taking place, the problems that bother him, but he never starts it alone. Adolescents are strongly dissatisfied with the way they are treated as young children, and adolescent communication is characterized by extreme variability. Adolescence is characterized by imitation of someone's behavior. Often they imitate the behavior of adults they know and like. In such cases, the participation of boys and adolescent girls in art therapy classes in an educational institution or in a separate club or center can increase their sense of identity, refusal to imitate in shaping their worldview, and confidence in their own abilities. aspirations and goals.

Art therapy methods allow you to get good results in the following cases:

- Self-awareness and the formation of their “I”;
- Learn to express and express their feelings correctly;
- Development of communication skills;
- Achieving emotional intimacy with family members;
- Prevention of stress in family relationships and education;
- Test and discover their abilities in various areas of creative activity;
- Revealing the inner potential and potential of the adolescent;
- Ability to clearly set goals for future professional and creative activities, etc.

All areas of modern psychology and psychotherapy help adolescents go through adolescence without crises and “deep problems” important for personal development, to understand their abilities, goals, aspirations and desires, as well as to direct and correct their emotional and psychological staff. However, even when teenage children have not yet reached full maturity, different areas of art therapy are relevant when working with them. Art therapy is one of the most convenient and educational areas of work with serious problems and youth crises, despite the fact that it is a playful, humorous and creative activity.

Conclusion

In short, it should be noted that participation in art therapy exercises, along with a deeper understanding of the inner experiences of adolescents, allows them to correctly select and direct the most important areas of life. In this process, problems such as stress, fear, nervousness are characterized by the gradual finding of their solution. In the process of art therapy, you can regularly learn from adolescents physical skills, the basics of a healthy lifestyle. Relying on a free creative approach, this therapy consists of many methods aimed at overcoming fears, reconsidering values, resolving internal conflicts and problems, making positive lifestyle changes, and promoting a healthy lifestyle and health.

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