

**THE ROLE OF PSYCHOLOGY IN THE DEVELOPMENT OF MUSICAL ABILITY**

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Abstract

This article describes the role of psychology in the development of musical ability and the factors that shape it properly. At the same time, it is highlighted that psychology is important in the world of music.

Keywords: culture, attention, activity, ability, exercise, sound, performance, analysis, musical instrument, performance activity.

Introduction

It is important for students to master the science of psychology in order to prepare students for the educated generation of independent Uzbekistan, to know the individual psychological and age characteristics of young people, to understand their psychological state and to find important pedagogical skills. The main goal of psychology is to acquaint students with the scientific approaches of modern psychologists in secondary special education, as well as the laws of formation of personality traits in the study of people of different ages and the characteristics of professional skills. In order to further increase the effectiveness of the formation of a person as a full, active, well-rounded person for our society, it is very important that the science of psychology and its direction in practice. In this regard, we can see that the term music psychology is often used in the art of music as well.

Literature review

The term psychology is derived from the Greek language and consists of two parts - psuhe and logos. The Uzbek part means spirit, soul, and the logos part means science, science, doctrine. When they are attached, they mean the science of the spirit or soul.

It should be noted that, as in the terms of philosophy, physiology, geometry, geography, the meaning of the term psychology as a science can not be directly translated into Uzbek. Because it is clear from the literal translation that psychology is not a science that discusses the subject of spirit or soul. Psychologists say that children wake up early. According to A.A. Lublinskaya, the response to sounds is felt in 10-12 days of a child's life.

It is an indisputable fact that scientific research has been carried out from the creative works of such great scientists of the Middle Ages as Farobi, Beruni, Khorezmi to the 30s of the XX century. One of the most important tasks of modern personnel is to organize themselves as a qualified specialist, to know their abilities, individuality, personal qualities and qualities, to work as a talented professional in other areas of socially useful work.



As early as the Middle Ages, the great thinkers of the East studied music psychology, the influence of music on the heart, mood and the human body: Farabi's "Great Book of Music" and other works, Ibn Sina's "Book of Healing", "Book of Salvation", "Encyclopedia" Abdurahman Jami's book "Risolai musiqa" is one of them.

More ancient teachings on the psychology of music are described in the sacred book of ancient Egyptian, Indian, Chinese scholars, Zoroastrians, the Avesto. Pythagoras' teachings on eurythma, Aristotle's mimesis, among others. They noted the enormous impact of music on the human mind, personality, and the development of society in general. For example, Plato said that "the power of the state depends on what kind of music, in what mood and in what rhythm it is played."

Examples from the lives of great musicians - Mozart, Beethoven, Chopin, List, Tchaikovsky, Rimsky-Korsakov, Rakhmaninov, Scriabin, Tuscany, Churlyonis, Uzbek musicians, composers and composers - Yunus Rajabiy, Mutal Burkhonov, Mirsodiq Tadjiev and others clearly show what psychological features a person has, amazing opportunities in the process of creating, playing and listening to music.

As early as the fourth century BC, the Greek philosopher Plato said: "The greatest educational factor is in the art of music, because rhythm and harmony find their way deeper into the heart at this time than anyone else, and give it strength and make it beautiful, if education is set in the right way. otherwise it turns out to be the opposite. His student Aristotle (Plato) supports this idea with complete confidence. "Music has a certain effect on the moral side of the human soul, so it affects the upbringing of young people." Abu Nasr Al-Farabi, the ancestor of our national culture, describes the influence of music on the formation of personality as follows: "This science is useful in the sense that it regulates those whose character has lost its balance, brings those who are not perfect to perfection, and maintains the balance of those who are in balance. It's also good for your health. " Music has an invaluable effect on the development of the human spirit and mind. At the end of his life, Darwin complained of a decline in his memory and ability to think: "If I had the chance to be born a second time, I would make it a rule to read a few poems at least once a week in my life." Therefore, the main goal of music education is to instill in students a culture of music that is an integral part of human spiritual culture.

Polish pianist and composer I. Hoffman answered the question about the only method of work that is purposeful: concentration is the first letter of the alphabet of luck. Russian composer and pianist N. Metner said: "Before starting work, it is necessary to concentrate well and know what and how to do, so that the musician is less tired and exhausted."

As I. Hoffman said: "Work is effective only when it is done with full mental concentration." However, "it is important to keep in mind that in training, the quantitative side only makes sense when combined with the qualitative side".

Attention puts an end to the question of how long to focus. I. Hoffman recommended taking a break every half hour and never working for an hour or two without a break.

L. Barenboim (V.I. Petrushin's "Musical Psychology". M. 1997, pp. 121-122) suggested exercises to improve attention for musicians. S. Stanislavsky points out that an actor's attention can be improved even without special training if he is as attentive and disciplined as possible in his daily work, understands his professional work and approaches it responsibly.



Research Methodology

Analyzers of the nervous system develop on the basis of factors such as sensitivity, strength, mobility, balance of nervous processes. For example, two students in the same class are given an etude of a poem by the same teacher. But one student starts the study a week later, and another immediately. Another student can't do it in a month and makes a lot of mistakes. An educator who wants this difference in success can relate it to the level of ability of the students in such cases.

The inheritance of innate abilities, for example, is of particular importance in medical science and pedagogy. For example, in some families where children are addicted to alcohol, they may have some inherited mental illness. Children of healthy people have a high level and quality of mental activity. The development of cognitive and cognitive processes in people who are physically and mentally healthy is largely determined by the conditions in which they are taught or placed.

In order to develop the child's abilities, it is necessary for the parents to create the necessary conditions for him. Each child will have their own inner worldview and inner feelings. Parents are required to express their attitude by feeling this inner world. When spoken in simple and straightforward words, it is necessary to understand it from the heart.

For children 2 times affection is required as everyone needs affection.

The development of musical ability requires effective work and exercise over the years, not a day or a few days, which means not practicing regardless of interest or desire, but rather playing each musical sound from the heart with a heartfelt feeling. We can learn that our great thinkers, scientists, composers and musicians felt music in their works by listening to their works.

Analysis of exercise processes by hours:

One hour gamma play: do major, sol major, re major, lya major, mi major, lya, minor, mi minor, si minor, fa diez minor, do diez minor; fa major, si bemol major, mi bemol major, lya bemol major, re bemol major, re minor, sol minor, do minor, fa minor, si bemol minor. Playing these gammas in different bars gives good results.

To analyze the work one by one according to the note, to count four bars, to understand the numbers at a slow tempo and to form an understanding in oneself;

Playing sentences at a slow tempo, adding sentences after each of the four bars to try to hear a whole piece in its own performance.

One of the more important exercises in developing the ability is to develop the ability to perform the work more by listening to the audio performances performed by the master performers.

Analysis and results. The use of performance on children's musical instruments in the classroom is aimed at solving several educational and pedagogical tasks:

- 1) Encourage students to perform in the classroom and outside the classroom and in their spare time;
- 2) To help them develop artistic tastes and interests;
- 3) Assistance in the formation of interest in team performance;
- 4) To distinguish the timbres of instruments, to be able to feel their harmony in sound;



5) Activation of the development of musical abilities (mood, rhythm, sense of form, timbre, melodic, harmonic hearing, memory);

6) To form in students an idea of the importance of musical expression.

The musical repertoire and work methods are crucial in carrying out these tasks.

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Each person meets and interacts with a number of people in their daily activities. Some of them have a pleasant, exciting effect on the person, and some, on the contrary, do not have such a feature. That's why a person keeps close to some people and avoids others.

A person does not have the same attitude to the events of his life, to the various facts and objects. Some of them are thought-provoking, emotional, and interesting, while others are indifferent.

In recent years, special attention has been paid to equipping teachers with psychological knowledge. In today's world, the role of teachers in educating the next generation as mature, well-rounded people has grown exponentially. Therefore, in addition to in-depth study of their specialties in higher education, the future teacher is required to learn to distinguish age and individual characteristics in the psyche of students, to draw the right psychological and pedagogical conclusions from the observation of child development. Because it is an important condition for training teachers who master the secrets of education and upbringing. If an educator wants to bring up a person in all respects, that is, in order to bring up a perfect person, he must beat him in every way. Of course, it is impossible to know the mental characteristics of students without in-depth study of the theoretical problems of psychology, without acquiring the skills and abilities to conduct practical exercises in this subject, at least simple and easy to perform.

Conclusions and Recommendations

In conclusion, it is necessary for the performer to understand and feel the psychology of the listener, to understand the aesthetic requirements and mood of the audience, to skillfully convey the author's opinion, to subdue the audience to his will, to form beautiful aesthetic feelings in the listener. Every time a performer makes the most of his time, he achieves his goal in the time he thinks he can, while a performer who wastes time by ineffective practice can achieve his goal in a longer time than he thinks. In order to carry out the above-mentioned processes in a timely manner, the creator is required to focus on effective exercise.

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