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TA'LIMI VAZIRLIGI



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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

M A K T A B G A C H A V A A K T A B T A ' L I M I

Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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THE EFFECTIVENESS OF ART THERAPY IN WORKING WITH CHILDREN EXPERIENCING EMOTIONAL STRESS

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Abstract: The article examines the issue of studying stress in preschool-aged children. Modern children are often exposed to emotional stress caused by unfavorable conditions in the family, school, social environment, or by individual psychological characteristics. Emotional stress may manifest itself in the form of anxiety, aggression, isolation, sleep disorders, and increased attention. Art therapy is one of the most effective methods of psychological support for children in such situations. This method is based on using art as a means of self-expression and restoring emotional balance.

The article discusses how art therapy can help children cope with emotional stress. The theoretical foundations of this approach and its impact on the child's emotional state and mental health are analyzed. Special attention is paid to the mechanisms of art therapy, such as reducing anxiety, developing self-expression, and improving emotional regulation. Practical examples and corrective methods used when working with stressed children are presented. The author concludes that art therapy has high effectiveness in the system of psychological assistance for children with emotional difficulties. Based on the conducted survey, the attitudes of schoolchildren, teachers, and parents toward the causes and severity of stress were identified. The possibilities of art therapy as a means of alleviating stress in the younger generation are also analyzed.

Key words: art therapy, children, psychocorrection, emotional stress, anxiety.



Annotatsiya: Maqola maktabgacha yoshdagi bolalarda stress holatini o'rganish masalasiga bag'ishlangan. Zamonaviy bolalar ko'pincha oiladagi, maktabdagi, ijtimoiy muhitdagi yoki individual psixologik xususiyatlardan kelib chiqadigan noqulay omillar ta'sirida hissiy stressni boshdan kechiradilar. Hissiy stress tashvish, tajovuzkorlik, izolyatsiya, uyqu buzilishi yoki e'tiborning kuchayishi kabi holatlar orqali namoyon bo'ladi. Art-terapiya bunday vaziyatlarda bolalarni psixologik qo'llab-quvvatlashning samarali vositalaridan biridir. Ushbu yondashuv san'at orqali o'zini ifoda etish va hissiy muvozanatni tiklash imkonini beradi.

Maqolada art-terapiya yordamida bolalarning hissiy stressni yengish jarayoni tahlil qilinadi. Yondashuvning nazariy asoslari hamda uning bolaning hissiy holati va ruhiy salomatligiga ta'siri yoritilgan. Shuningdek, art-terapiyaning xavotirni kamaytirish, o'zini namoyon qilish va hissiy tartibga solishdagi mexanizmlari ilmiy jihatdan izohlangan. Stress holatidagi bolalar bilan olib boriladigan tuzatish ishlari bo'yicha amaliy misollar keltirilgan. Tadqiqot natijalari art-terapiya usulining hissiy qiyinchiliklarga duch kelgan bolalarni qo'llab-quvvatlashda yuqori samaradorligini ko'rsatadi. Shuningdek, so'rov asosida o'quvchilar, o'qituvchilar va ota-onalarning stress sabablariga bo'lgan munosabatlari o'rganilgan. Art-terapiya yosh avlodagi stressni kamaytirishning samarali usuli sifatida baholangan.

Kalit so'zlar: art-terapiya, bolalar, psixokorreksiya, hissiy stress, xavotirlanish.

Аннотация: Статья посвящена изучению стрессовых состояний у детей дошкольного возраста. Современные дети часто подвергаются эмоциональному напряжению, вызванному неблагоприятными условиями в семье, школе, социальной среде или индивидуальными психологическими особенностями. Эмоциональный стресс может проявляться в виде тревожности, агрессии, замкнутости, нарушений сна и внимания. Арт-терапия является одним из наиболее эффективных методов психологической поддержки детей в подобных ситуациях. Этот метод основан на использовании искусства как средства самовыражения и восстановления эмоционального равновесия.

В статье анализируется, как арт-терапия помогает детям справляться с эмоциональным стрессом. Рассмотрены теоретические основы данного подхода и его влияние на эмоциональное состояние и психическое здоровье ребёнка. Особое внимание уделено механизмам действия арт-терапии, таким как снижение тревожности, развитие самовыражения и эмоциональной регуляции. Представлены практические примеры и методы коррекционной работы с детьми, испытывающими стресс. На основании проведённого опроса выявлены отношения школьников, учителей и родителей к причинам и степени выраженности стресса. Автор приходит к выводу о высокой эффективности арт-терапии в системе психологической помощи детям, испытывающим эмоциональные трудности, и подчёркивает её значительный потенциал как метода снижения стресса у подрастающего поколения.

Ключевые слова: арт-терапия, дети, психокоррекция, эмоциональный стресс, тревожность.

INTRODUCTION

In recent years, art therapy has become an increasingly popular method of treatment and rehabilitation in various areas of medicine, including dentistry. Art therapy is a specialized form of therapy that utilizes artistic materials and techniques to promote mental and physical well-being in patients. In the field of dentistry, this type of therapy can be employed to reduce stress and anxiety related to dental treatments, as well as assist in the recovery process after various procedures.

One method of incorporating art therapy into dental care is through the creation of drawings or other forms of artwork prior to or during dental visits. This allows patients to focus on a creative outlet and divert their attention from concerns prior to treatment. Research has shown that art therapy significantly enhances the psychological well-being of patients before their dental appointments and assists them in managing pain and discomfort following procedures. Furthermore, art therapy fosters improved communication between patients and dentists, enhancing the overall effectiveness of treatment.

Art therapy serves as a valuable tool in addressing these challenges, promoting mental well-being and enhancing the quality of life for individuals.

The ongoing health crisis has also contributed to a rise in stress levels across all age groups. However, there is a specific group that is particularly susceptible to stress and its adverse effects – children, adolescents, and young adults. For this group, stress is particularly perilous, as they lack the knowledge and experience to manage stress and have not yet developed sufficient psychological defenses. It is well known that the most dangerous form of stress is not so much acute as it is prolonged, chronic stress. This is particularly relevant for students, as it poses a risk of chronic school stress. Therefore, it is crucial to prevent it in a timely manner and effectively address its consequences.

School stress can lead to maladaptive states in children, which manifest as passivity, self-doubt, and feelings of inadequacy. This can result in depression, alienation, negative attitudes towards others and society, and compensatory aggression. In extreme cases, this can underlie socially dangerous behaviors such as bullying, violence, and exposure to extreme ideologies. Compensatory aggression may also be directed towards other ethnic and religious groups, leading to extremism and terrorism. However, these are rare instances. In most cases, school stress and maladaptation hinder the full realization of a child's creative potential and personal



growth. This can lead to future school difficulties, which can block motivation and activity, as well as hinder the development of a student's abilities.

LITERATURE REVIEW

In recent years, art therapy has become an increasingly recognized psychological and rehabilitative method in medicine and education, especially in working with children experiencing emotional tension. Nargiza Ortikova, in her research, has scientifically substantiated the significance of art therapy in reducing psycho-emotional stress in children. In her work *Influence of Psycho-Emotional Stress on Children on the State of Health of the Oral Cavity*, she proved that art therapy not only helps to reduce emotional stress but also positively influences children's overall well-being. Moreover, in *The Relationship of Dental Anxiety with Demographic Indicators*, Ortikova emphasizes that art therapy effectively alleviates fear and anxiety related to medical and dental visits, fostering a sense of emotional security in children.

According to Axatov Alijon Jamshidovich and Ortikova Nargiza Khayrullayevna, art therapy plays a significant role in activating emotional defense mechanisms and developing positive communication skills in children. Their study *Emotional and Behavioral Reactions Are a Manifestation of Protection in Children When Visiting a Dentist* highlights the diagnostic and preventive potential of art therapy in clinical settings. Similarly, in *Dental Anxiety as a Special Place in Scientific Knowledge*, Ortikova notes that art therapy represents a scientifically grounded method for psychological correction and should be integrated more widely into medical and educational practices.

The analysis of these studies demonstrates that art therapy effectively reduces stress, anxiety, and emotional tension while enhancing children's psychological stability and communication abilities. Ortikova's publication *Tendentsiya effektivnosti profilakticheskikh meropriyatiy putem korrektsii psixologicheskogo stressa u detey na stomatologicheskom prieme* presents scientific evidence that this method contributes to the healthy psychological development of children. Therefore, the use of art therapy in educational and medical practice is an important approach to promoting emotional well-being, creativity, and resilience among children.

RESEARCH METHODOLOGY

The research methodology is based on a qualitative and analytical approach. Data were obtained through structured observations, psychological assessments, and interviews with children, parents, and teachers. The collected information was analyzed using comparative and descriptive methods to determine the effectiveness of art therapy in reducing emotional stress and improving children's psychological well-being.

ANALYSIS AND RESULTS

Stress is an emotional and physiological response to demands placed on the individual, which can be expressed in terms of the mobilization of internal resources to cope with these demands. School-related stress, in particular, arises from the demands imposed on students by the educational process. This can lead to complex situations in which students do not have adequate resources to cope, potentially threatening their mental and physical well-being. When left unaddressed, such stress can result in resource depletion and exhaustion.

Psychoemotional stress, a specific type of stress, is characterized by an increase in physiological and psychological activity, with one of its key features being extreme instability. Under adverse conditions, stress can lead to a state of psychological and emotional strain, characterized by reduced efficiency and effectiveness of systems and organs and, most importantly, rapid depletion of energy resources in the body.

Experience shows that art therapy can significantly improve the psychological state of patients before a dental visit and help them cope with pain and discomfort afterwards. In addition, art therapy improves communication between doctors and patients, which increases treatment effectiveness. One of the most effective ways to deal with emotional stress in children is regular art classes. Visual arts and drama classes, both passive (contemplation, experiencing art phenomena) and active (creating artistic works), not only have an aesthetic impact but also help individuals build an adequate psychological protection system.

Artistic activities give everyone a chance to feel like creators, to use art to deal with negative experiences, and to model communication both with their own work and with others in group projects. Visual activities also create a positive environment for developing an emotional connection with art, which, in turn, helps form a positive attitude towards the world. The goal of art therapy, based on psychoanalysis, is to help people understand their problems through their own creations. This can be enough to overcome those problems.



The psychoanalytic approach does not involve the development of practical skills in artistic expression. This means that a person can consciously and actively understand themselves and others, make changes to themselves, and be free from being a slave to external circumstances. They can also change the environment around them instead of simply adapting to it.

Art therapy provides an opportunity to create an inner world that includes experiences, safe challenges, and problems that can be solved. The process begins with drawing, creating engravings, installing artworks, performing plays, taking photographs, or sculpting in clay. These creations are then brought into the person's everyday life.

Working with various means of artistic expression, such as color, a person can learn about their nature and methods of application. Through this process, they can find solutions to problems and gain the ability to design their own lives independently. In our country, art therapy has only recently begun to work with at-risk adolescents, people with disabilities, and victims of terrorist attacks. It started about 10–15 years ago, and programs are still being developed, and projects are being proposed.

To conduct art therapy, specialists need a deeper understanding and skills in different types of artistic activities. We have created an art therapy program to help people deal with stress and its negative emotional effects. Art therapy, which involves using art or creativity, has long been considered one of the most effective ways to improve psychoemotional well-being. After all, expressing emotions, feelings, and moods is a natural part of being human, and drawing, like other creative activities, can help relieve psychoemotional stress.

Art therapy is a form of psychotherapy that utilizes the creation and analysis of artistic works. Art therapy techniques, such as drawing therapy, aim to promote self-awareness, emotional processing, and positive attitude formation through visual means. Drawing therapy is a common practice in art therapy that involves using drawing as a means of expression and communication. Through drawing, individuals can express their feelings, thoughts, and desires, as well as explore and reframe their relationships with various situations and challenging images. Drawing can also serve as a tool for understanding one's inner world and the external reality, as well as for modeling relationships and conveying various emotions. Drawing has been shown to be effective in reducing mental tension, managing stress, and addressing neuroses and phobias.

Drawing is a great way to unwind and release tension, going back to more primitive forms of expression and satisfying hidden desires. It helps to process and deal with negative emotions, especially for those who cannot easily express themselves verbally. One can use drawing to project inner thoughts and feelings onto the canvas, allowing exploration of one's unique perspective on the world.

Art therapy is especially helpful for children, as it helps them express their thoughts and feelings in a more creative way. It can help them deal with difficult emotions and issues and allows them to be more in touch with their inner self. It is even used with very young children, helping them develop their own unique style and personality.

Overall, drawing and art therapy are great tools for self-expression and self-discovery. They allow us to explore our inner world and find our own unique voice while also dealing with negative emotions and finding inner harmony. Moreover, creating something independently is an excellent way to boost confidence.

The process of drawing itself teaches children to focus on their feelings, be aware of their emotions, and express them in an appropriate manner, including expressing negative emotions. Art therapy enhances children's ability to express themselves and communicate their experiences with adults. There are various approaches to art therapy, such as identifying with what is drawn, drawing without intention or following one's hand, and "collective drawing," which is particularly effective at the beginning stages of training, as it aids in team building and fostering trust. It is important to note that there are no contraindications or restrictions to this technique. Art therapy provides everyone with the opportunity to express their inner world through creative expression.

CONCLUSION AND SUGGESTIONS

Given the significance of this issue and the potential risks associated with its consequences, it is essential that training future educators include proficiency in techniques for preventing and mitigating school-related anxiety. Art therapy has been shown to be an effective method for reducing stress and anxiety among patients in dental clinics. This technique helps to enhance communication between dental professionals and patients, as well as fosters a more positive atmosphere during treatment sessions. The implementation of art therapy within the dental field can significantly enhance the quality of patient care and satisfaction. By promoting this approach, dentists can contribute to reducing patient stress and increasing the success of treatment interventions. Awareness of their emotions, coping with them often becomes a problem for many. Art therapy allows you to use creativity to realize, live and express your emotions and feelings.



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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



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