

## ART THERAPY IN PRIMARY CLASS TECHNOLOGY LESSONS

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### Annotation

This article shows ways to educate students physically, mentally, emotionally and aesthetically through ART therapy in technology classes. Education through ART therapy plays an important role in the lessons. The article mentions the importance of art therapy and origami therapy in the education of a well-rounded personality.

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### Literature analysis:

The role of art therapy in the development of children's mental education and their interest in education is very important, and the world's leading scientists have conducted their research on it. These studies are mainly aimed at studying the social needs of the educational process, and many scientists have conducted research. In particular, many scientists such as foreign scientists Z. Freud and K. G. Jung, music therapist Zoe Gleason Volz, Rudestam K, Osipova A. Alexander Kopytin, George Platts, Alexander Kopytin, George Platts conducted research. Many articles have been published on art therapy.

### Introduction

Today, the future of our country depends on our youth being educated in all aspects, capable and mature physically, spiritually, aesthetically and spiritually. As President Sh. Mirziyoyev said, the young generation will convey our culture and spirituality, the intellectual abilities of its development to the minds of future members of the society. Young people emphasize in their lectures and works that in order to fulfill such a responsible task, we must create ample opportunities and conditions for their free development and creativity. Indeed, such important work is being carried out in Uzbekistan today.

It is important to educate students physically, mentally, emotionally and aesthetically through ART therapy in technology classes.

### Research methodology.

In the article, the factors that make a person healthy in all aspects are discussed. Its main structural factors and parts are described. In Uzbekistan and in the world, the criteria for educating students physically, mentally, emotionally, aesthetically, creatively, and developing students' interest in technology classes were analyzed and compared with the criteria. Approaches to ART therapy were studied in the classes.

## Results, analysis and considerations

Of course, technology education has a special place in the education of a well-rounded person. This educational subject serves educational purposes such as creating a broad understanding of mental and physical labor types, labor processes, and developing labor-related skills and qualifications. The purpose of technology education and training at school: to instill in students love for work and respect for working people; to acquaint students with the basics and technological processes of modern industrial and agricultural production, construction, transport, and service industries; to form work skills and skills in them in the process of studying and socially useful work; is to encourage to consciously choose a profession and to receive primary vocational education.

In every lesson, it is very important to expand and strengthen the scope of knowledge and skills of students, to create stable positive skills and habits in them, and to educate them ethically for work. That is, it is necessary not to make the task of the lesson only to impart knowledge and create skills, but also to connect it with the tasks of intellectual education and perfection. That's why, while preparing for a topic, the teacher should have a clear idea of what ideas of morality will lead students to understand, develop attention, thinking, memory, imagination, will, and among other things, how to achieve the perfection of personal qualities based on this lesson material. It is necessary.

Working with different materials in the process of technology education at school creates different positive emotions in students. Mental stimulation is achieved by drawing and making paper models. They develop feelings of satisfaction, joy, and self-confidence in their work.

Through the use of art therapy in the processes of technology classes, the tasks of educating students spiritually and emotionally are carried out.

Art therapy (English: **art** — "**art**" + **therapy-treatment**) is one of the areas of psychotherapy and psychological correction based on the use of art and creativity. In the narrow sense of the word, art therapy usually refers to visual art therapy aimed at influencing the psycho-emotional state of the client.

Adrian Hill - behind Gavrelle, 1917 The term "art therapy" (literally: treatment with art) was coined by the artist Adrian Hill in 1938 when describing his work with tuberculosis patients in sanatoriums. These methods were used in the United States with children taken from German Nazi concentration camps during World War II. Initially, art therapy reflected the psychoanalytic views of Z. Freud and K. G. Jung, according to which the final product of the client's artistic activity (whether it is a drawing, sculpture, assembly) represents his unconscious mental processes. In 1969, the American Art Therapy Association was founded in America [2].

Later, ART STEAM was included in the curriculum.

The main goal of art therapy is to harmonize the state of mind through the development of self-expression and self-awareness. The importance of using art for therapeutic purposes is that it can be used to symbolically express and explore different emotions: love, hate, sadness, anger, fear, joy, etc.

The basis of art therapy is visual arts, technology, and music education, which, together with various educations, has a positive effect on the human psyche.

Art therapy methods are based on the conclusion that the content of a person's inner "I" is reflected in his visual images when he paints or sculpts, thereby changing the state of the psyche. Art therapy is a method of treatment with the help of artistic creativity (painting. Today it is one of the most subtle, but effective methods used in the work of psychologists and psychotherapists. It can be said that during art therapy sessions, patients go deep into their subconscious world. This technique belongs to the most ancient and natural forms of correction of emotional states. Any person can do it independently, even without the help of a specialist. It should be noted that there are different models of art therapy the technique has no contraindications and limitations.

## Types of art therapy

1. Strictly speaking, art therapy is drawing therapy (isotherapy) based on visual arts. Popular for identifying and correcting neurotic and psychosomatic disorders among children and adolescents with learning and social adjustment difficulties. This process represents the emotional state of the person who painted.
2. Bibliotherapy (including fairy tale therapy) — artistic composition and creative reading or creation of works of art.
3. Music therapy
4. Drama therapy
5. Dance therapy
6. Doll therapy
7. Sand therapy
8. Sculpture therapy
9. Phototherapy
10. Play therapy
11. Therapy using metaphorical associative maps.



In the essence of art therapy, when a child is engaged in some kind of art - draws or makes - it shows his experiences and inner world, expands his spatial imagination, and changes his worldview in a positive way. Art therapy helps people solve their psychological problems through art. Therapeutic classes are certainly art therapist, psychologist or psychotherapist, artist, technologist. must be held with the participation of a musician. The art therapy method has a number of psychological tasks. For this reason, it requires the participation and advice of a specialist.

In order to overcome the distraction from daily worries, depression and the fear of loneliness in children, it is advisable to use activities such as music, dance, drawing widely. We remember well that in our childhood, we lost track of time by engaging in various interesting activities and immersed ourselves in the world of fantasy. Art therapy was born out of similar activities and its purpose is to help a person in times of mental instability.

How can art therapy help us? Its help is manifested in the creative expression of negative emotions (aggression, anger, anger, jealousy). Through this, a person feels an internal confusion written in him, a strong exhaustion. After such creative activity, he calms down and pulls away quietly.

With the help of creative work, a person reveals his potential. Art sessions help children and adults achieve harmonious development in all aspects.

### Guidelines for art therapy

Difficulties in emotional development, stress, depression, low mood, emotional instability, impulsivity of emotional reactions, emotional rejection of other people, feelings of loneliness, interpersonal conflicts, dissatisfaction with family relationships, increased anxiety, fear, phobia, negative "self-concept", self low estimate [2].

Instructions for this art therapy are important in correcting the child's psyche.

#### Therapy through drawing



Through lines and colors, we make the child focus his mind in one place, i.e. create a state of meditation. We introduce children to the world of fairy tales, pictures, and toys, and through this we get rid of negative situations in their dreams.

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#### Art therapy through origami

The origin of the word "origami" belongs to the Japanese language, where two words "ori" mean "folded" and "gami" mean paper. Origami usually means making various items and toys by folding paper.

Origami as an art first appeared in Japan in the 9th-12th centuries. By the second half of the 19th century, this art spread to European countries and began to develop. It became customary to depict any objects as drawings with a consistent system of making them [3].

After all, there is no doubt that making various toys from paper rolls according to the pictures will expand the scope of imagination and develop creative thinking abilities of children from 4-5 years old, even elementary school students. Today, origami is widely popular all over the world as a separate form of applied art.

The art of origami is the best way to use the young characteristics of children, to create programs of various science and psychological support courses based on their capabilities. In the 19th century, the German teacher F. Froebel founded an integral course for teaching mathematics using origami, on the basis of which children's geometric knowledge and skills can be improved and strengthened. Origami is fun for people of all ages.



With the help of origami, the child gets the opportunity to develop his creative abilities, to create beautiful paper toys and geometric shapes with his own hands. Making something out of paper with your own hands is very pleasant and has a positive effect on their psyche.

By making various things out of paper, their thoughts are concentrated and their characters develop psychological qualities such as softness, cheerfulness, joy, forgetfulness of problems, creativity, feeling and creative thinking.

### **Conclusion**

In conclusion, it can be said that art therapy through origami, drawing, sand therapy, doll therapy, sculpture therapy, phototherapy, play therapy are promising directions in the life of children in technology classes. It helps to improve the psychophysical health of children in the course of life.

In general, art therapy relieves the student from psychological stress and helps his physical and mental development.

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