

ISSN:3060-4567 Modern education and development
**THE ROLE OF NATIONAL MUSIC AND DANCES IN THE
DEVELOPMENT OF CHILDREN'S CREATIVE ABILITY AND THEIR
SIGNIFICANCE**

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Annotatsiya: *Ushbu maqolada o'zbek milliy folklorining bolalar uchun xos bo'lgan milliy musiqa va raqs turlari, shu bilan birgalikda, turli raqs o'yinlarining salomatlik uchun foydali tomonlari haqida mulohazalar aks ettiriladi.*

Kalit so'zlar: *tana harakati, raqs, folklor, qanot yoyish, milliylik, an'anaviy raqs*

Abstract: *In this article, the types of national dances of Uzbek national folklore for children, as well as comments on the health benefits of various dance games are reflected.*

Key words: *body movement, dance, folklore, spreading wings, nationality, traditional dance*

Аннотация: *В данной статье отражены виды национальных танцев узбекского народного фольклора для детей, а также комментарии о пользе для здоровья различных танцевальных игр.*

Ключевые слова: *телодвижения, танец, фольклор, расправленные крылья, национальность, традиционный танец.*

Today, for our future, the issue of bringing up a competent and mature young generation and developing its artistic and creative potential is of particular importance. On December 22, 2023, the Honorable President Sh.M. Mirziyoyev, at the extended meeting of the Republican Council of Spirituality and Enlightenment, during a meeting with representatives of the sphere of culture and art, determined the effectiveness of the reforms implemented in the sphere and the

priority tasks to be carried out in the future. In particular, it was noted that measures aimed at developing the art of music and dance will be implemented.

Uzbek children's folk games, which have a special place in the system of our ancient spiritual values, are important in the correct organization of the education of the younger generation in terms of antiquity, tradition, unique artistic and aesthetic effect, and educational content. becomes important. At the moment, children's songs and dances play an important role in educating young people in the spirit of respect for our national values, instilling in them feelings of patriotism, beauty and goodness. For this reason, in recent years, our government has paid attention to the maturity of the younger generation, their spiritual and aesthetic education at the level of state policy.

As the national poet of Uzbekistan Anvar Obidjon noted: "Children's dance is the most difficult, most painful, most problematic part of the national dance. At the same time, it is also a root that connects with history. They must be restored. These are the national wealth, the spiritual treasure of the people. After all, it is impossible to talk about the development of adult literature without children's literature; children's dances are a set of values that show the identity, spirituality, and enlightenment of the people. They introduce children to the world of beauty and sophistication. "The national dance, cut off from any children's dance, is a tree pattern. Frankly, the originality of the children's folk dance, which represents the nationality, has been completely forgotten over the years."

One of the types of art believed to be the first to be discovered by mankind is folk songs and the art of dance, which is directly related to it. Music and dance as an art form have a multi-stage history of development from ancient times to the present day. The fact that the ancient traditions of the art of music were formed and developed in the culture of the peoples of the East and had a creative effect on the whole of humanity, has found its answer in science. To this day, they have been passed down from generation to generation in various ways, through the tradition of master-disciple. Children's folklore dances have a special place in the history of music and dance art in general. Children's folklore is composed as a whole system of games, songs and musical poetic genres, resulting from the

combination of the world of children and the world of adults. Both adults and children contributed to its creation. Children's national and folk dances are distinguished from other types of dances by their unique and attractive movements. Children's dance is almost ageless, and different movements in their dance can be light, moderate, playful depending on their age.

In all regions of our country, there are ample opportunities to preserve existing trends, to enrich our intangible cultural heritage, to restore children's dances that bring aesthetic pleasure to the audience, and to preserve the traditions of our national dance art. Uzbek children's folk dances "Chittigul", "The stork has come, summer has come", "Jamalagi Tillo Kizgina", "Toy-toy ukajon", "Boychechak", "The sun came out of the world", "Yes, dursi, dursi, dursi", "Govmishim" are national dances with a thousand-century history. It is important to teach children folk games, increase their passion and interest in learning our national dance. There is a great need for textbooks and training manuals in order to perform dances correctly and to know the rules of composition.

Unfortunately, many children's dances have been disappearing in recent years. The great Uzbek enlightener Abdulla Avloni, while worrying about our mother tongue, said, "Hayhat!... We Turkestans are losing it day by day, let alone preserving the national language. Persian dialects of half of our language and Russian stick to one edge. We did not say these things for nothing. "It is no exaggeration to say that the Uzbek national children's dance is experiencing the same situation today. Therefore, it is our national duty to preserve our intangible cultural heritage of folklore, to present it to future generations without harming it.

If we pay attention to Uzbek children's folk dances, they first developed side by side with folk songs. For example, the song "Chittigul", which is of special importance in Uzbek children's folklore, is performed by children not only by singing, but also by dancing. In this, girls dance in pairs with light movements to the tune of the song. When dancing to this song, the hands are clapped together in a certain movement, creating a melody that matches the song. This song is often performed and danced by young girls. During the performance of the dance, various exercises and movements are performed. Such movements can include

exercises performed with hands, shoulders, head, legs. For example, exercises related to hands, palms and fingers should be performed with delicate and gentle movements during the dance. In this, actions such as "Wing", "Flower Leaf", "Big Wave", "Main Sabo", "Labi Guncha", "Labishakar" are used. In the "spreading the wings" movement, the hands are waved to both sides in the 1st position. Fingers, palms, wrists and elbows, shoulders move very smoothly. A number of such actions are related to children's dance and in general to all types of dance, and mainly, when performing them, attention should be paid to the light and free performance of the actions.

When it comes to the impact of dance on health, it is necessary to mention the positive results, especially in children. For example, when dancing to a musical tune, children's body parts are in motion, which has a good effect on the development of muscles and joints. Dance has a positive effect not only on children's physical activity, but also on their emotional well-being. Dance raises the mood and gives pleasure to a person. Also, the place of dance art is incomparable in increasing children's creative thinking, outlook and potential.

Dance surrounds us everywhere. The modern term "dance therapy" is of Greek-Latin origin and means "dance treatment". "Dance therapy is a targeted, systematic therapeutic process organized around music and the influence of music."

What specific components of dance are considered therapeutic? In general, everyone has their own taste in dance. That is why, when a small child dances, he calms down, and the elderly do not feel lonely when they watch a familiar dance. Dance cleanses the human soul and at the same time contributes to "healing the soul". Everyone, regardless of the level of education, can feel different emotions in the perception of dance.

Scientists around the world are trying to unravel the secrets of the spread and influence of dance and music and to study its effects on health. Dance and music therapy is developing as a science at the intersection of philosophy, psychology, pedagogy, musicology, medicine, neurophysiology, reflexology, etc.

Dance and music can not only educate, but also prevent imbalances in the state of the entire psychophysical organism and even cure diseases. Dance is a medicine in a way.

In conclusion, it can be said that dance is a kind of art, which in general does not choose age, it arouses aesthetic pleasure in every person. Children's dance in particular, any kind of it, be it national dance or folk dance - all serve to make children physically mature from a young age and to feel beauty more deeply.

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