

ОБРАЗОВАНИЕ,

**НАУКА И ИННОВАЦИОННЫЕ ИДЕИ
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THE SIMILARITIES OF UZBEK AND ENGLISH IDIOMS

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Abstract

This study explores the similarities between Uzbek and English idioms, highlighting their shared characteristics and cultural significance. Both languages utilize idiomatic expressions to convey complex ideas, emotions, and social norms in a concise and impactful manner. The research identifies common themes in idioms from both cultures, such as familial relationships, nature, and human behavior, demonstrating how these expressions reflect universal human experiences despite linguistic differences. Furthermore, the study examines the metaphorical language employed in both Uzbek and English idioms, revealing parallel imagery and conceptual frameworks that transcend cultural boundaries. By analyzing specific idiomatic expressions, this work underscores the role of idioms in fostering cross-cultural understanding and communication, illustrating that while the languages may differ, the underlying human experiences they encapsulate remain strikingly similar. Ultimately, this comparative analysis contributes to a greater appreciation of the richness of idiomatic language and its capacity to connect diverse cultures through shared meanings.

Key words: Uzbek idioms, English idioms, cultural significance, metaphorical language, common themes, familial relationships, nature, human behavior, cross-cultural understanding, shared meanings, linguistic differences, imagery, conceptual frameworks, universal human experiences.

Idioms are phrases or expressions that convey meanings that are not immediately apparent from the individual words used. They are an essential part of language, enriching communication by adding color, depth, and nuance. Unlike literal language, idioms often rely on metaphorical or figurative meanings, allowing speakers to express complex ideas or emotions succinctly and creatively.

The importance of idioms in language cannot be overstated. Firstly, they enhance communication by providing a shared understanding among speakers. When people use idiomatic expressions, they tap into cultural references and common experiences, making their conversations more relatable and engaging. For instance, saying someone "kicked the bucket" is a more vivid way to convey that someone has died, invoking imagery that can evoke emotions more effectively than straightforward language.

Secondly, idioms reflect the cultural heritage of a language. They often encapsulate historical events, social norms, and collective wisdom, offering insights into the values and beliefs of a community. This cultural richness makes idioms a fascinating area of study for linguists and language learners alike.

Moreover, idioms can serve as a form of social commentary, providing commentary on human behavior and societal norms. They can encapsulate moral lessons or humorous observations about life, making them a powerful tool for storytelling and expression.

Uzbek and English idioms, while rooted in different cultures and languages, share several similarities that reflect common human experiences and values. Here are some key similarities:

1. Cultural Reflections: Both Uzbek and English idioms often reflect the cultural values, beliefs, and traditions of their respective societies. For example, idioms related to family, friendship, and hard work are prevalent in both languages, highlighting the importance of these themes in human life. Example:

- Uzbek: "Ona – barchaning onasi" (Mother is the mother of all) emphasizes the importance of motherhood and family in Uzbek culture.

- English: "Blood is thicker than water" reflects the value placed on family ties and relationships.

2. Metaphorical Language: Idioms in both languages frequently use metaphorical expressions to convey deeper meanings. For instance, phrases that describe emotions or situations through vivid imagery can be found in both Uzbek and English, making them relatable across cultures. Example:

- Uzbek: "Yurakni to'ldirish" (To fill the heart) means to feel joy or happiness, using the heart as a metaphor for emotions.

- English: "Bite the bullet" means to endure a painful or difficult situation, using a vivid metaphor related to courage.

3. Common Themes: Many idioms in both languages address universal themes such as love, wisdom, caution, and perseverance. For example, idioms warning against hasty decisions or encouraging patience can be found in both Uzbek and English. Example:

- Uzbek: "Sabr qil, sabrning o'zida baraka bor" (Be patient; there is blessing in patience) encourages perseverance and patience.

- English: "Good things come to those who wait" similarly emphasizes the value of patience.

4. Use of Nature: Both languages often draw on elements from nature to create idiomatic expressions. For example, references to animals, weather, or natural

phenomena are common in idioms from both cultures, illustrating a shared connection to the natural world. Example:

- Uzbek: "Qushni qushlar uradi" (Birds of a feather flock together) uses birds to illustrate how similar people tend to associate with one another.

- English: "It's raining cats and dogs" employs weather imagery to describe heavy rain, showcasing nature's influence on idiomatic expressions.

5. Humor and Wit: Both Uzbek and English idioms frequently employ humor and wit to make a point or convey a message. This use of humor can serve as a tool for social commentary or to lighten serious subjects, showcasing the creativity inherent in both languages. Example:

- Uzbek: "Kichkina qizni o'ylab, katta qizga o'ylash" (Thinking of a little girl while considering a big girl) humorously points out the absurdity of overthinking.

- English: "When pigs fly" humorously indicates that something is impossible, showcasing wit in expression.

6. Proverbs as Idioms: Many idioms in both languages overlap with proverbs, serving as concise pieces of advice or wisdom. These sayings often encapsulate life lessons that are relevant across different contexts, making them valuable in both cultures. Example:

- Uzbek: "Yana bir marta o'rganing, o'qimaganingizdan ko'ra yaxshiroq" (It's better to learn again than not to learn at all) serves as advice about the value of education.

- English: "You can't teach an old dog new tricks" conveys a similar sentiment about learning and adaptability.

7. Social Commentary: Idioms in both languages can serve as a form of social commentary, reflecting societal norms and attitudes. They can critique behaviors or highlight moral lessons that resonate with speakers of both languages. Example:

- Uzbek: "Birinchi qadamni qo'ygan kishi, ikkinchi qadamni ham qo'yadi" (The one who takes the first step will take the second step too) reflects the societal belief in initiative and progress.

- English: "The early bird catches the worm" comments on the benefits of being proactive and industrious.

8. Emotional Expression: Both Uzbek and English idioms are used to express emotions succinctly. Whether conveying joy, sorrow, frustration, or hope, idiomatic expressions allow speakers to articulate complex feelings in a relatable way. Example:

- Uzbek: "Yurakda og'riq bor" (There is pain in the heart) succinctly expresses sorrow or emotional pain.

- English: "Heartbroken" conveys deep emotional distress in a relatable way.

9. Idiomatic Variants: Some idioms may have direct equivalents or similar meanings in both languages, even if the wording differs. This can show how certain ideas transcend cultural boundaries, allowing for cross-linguistic understanding. Example:

- Uzbek: "Suvda suzgan odamni ko'rish" (To see someone swimming in water) means to be cautious or alert.
- English: "Keep your head above water" shares a similar meaning of managing through difficult situations.

10. Everyday Usage: In both Uzbek and English, idioms are commonly used in everyday conversation, enhancing the richness of the language and making communication more engaging and expressive. Example:

- Uzbek: "Qizil chiroqda o'tirmaslik" (Not sitting at a red light) is commonly used to advise against waiting too long for opportunities.
- English: "Hit the nail on the head" is frequently used to indicate someone has accurately identified a problem or situation.

In conclusion, these examples illustrate how both Uzbek and English idioms reflect universal human experiences and values, fostering cross-cultural understanding and appreciation for each language's richness. While Uzbek and English idioms originate from distinct linguistic and cultural backgrounds, they share numerous similarities that highlight universal human experiences and values. This common ground can facilitate cross-cultural understanding and appreciation for the richness of each language's idiomatic expressions.

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AQLIY SALOMATLIK VA STRESS

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Annotatsiya: Ushbu maqola zamonaviy hayotda stressning inson aqliy salomatligiga bo‘lgan ta‘sirini o‘rganadi. Stressning qisqa va uzoq muddatli oqibatlari, uning salbiy ta‘sirilarini kamaytirish usullari va aqliy salomatlikni saqlashning ahamiyati haqida ma‘lumot beriladi. Maqola sog‘lom turmush tarzi, jismoniy va ruhiy mashqlar, ijtimoiy qo‘llab-quvvatlash va vaqtni boshqarish kabi stressni boshqarishning samarali usullarini taqdim etadi. Aqliy salomatlikning inson hayotidagi roli va uni asrashning dolzarbligi xulosa sifatida keltiriladi.

Kalit So‘zlar: Aqliy salomatlik, stress, stressni boshqarish, ruhiy salomatlik, meditatsiya, jismoniy mashqlar, ijtimoiy qo‘llab-quvvatlash, vaqtni boshqarish, sog‘lom turmush tarzi.

Aqliy Salomatlik va Stress

Bugungi kunda zamonaviy hayotning sur‘ati va talablarining ortishi sababli aqliy salomatlik masalasi tobora dolzarb bo‘lib bormoqda. Stress esa insonning ruhiy holatiga bevosita ta‘sir qiluvchi asosiy omillardan biri hisoblanadi. Stressga qarshi kurashish va aqliy salomatlikni saqlash uchun uni chuqur tushunish va samarali strategiyalarni ishlab chiqish muhimdir.

Aqliy salomatlikga ta‘rif beruvchi Butunjahon sog‘liqni saqlash tashkilotining fikriga ko‘ra, “Aqliy salomatlik – bu nafaqat kasalliklarning yo‘qligi, balki insonning o‘zini yaxshi his qilish, kunlik hayotning stresslariga dosh berish, samarali ishlash va jamiyatga hissa qo‘shish qobiliyatidir” [1].

Stress nima va uning salbiy ta‘siri

Stress – bu inson organizmining turli muammolar, bosim yoki qiyinchiliklarga nisbatan tabiiy javobidir. U qisqa muddatli bo‘lsa, organizm uchun foydali bo‘lishi ham mumkin, chunki muayyan masalaga e‘tibor qaratishga va kuch to‘plashga yordam beradi. Ammo uzoq muddatli stress sog‘liq uchun xavf tug‘diradi va quyidagilarga olib kelishi mumkin:

- Depressiya va xavotir holatlari;
- Uyquning buzilishi;
- Yurak-qon tomir kasalliklari xavfining oshishi;
- Ish samaradorligining pasayishi;

- Immun tizimining zaiflashishi.

Stressning kichik bo'laklari zararli emas, balki foydali ham bo'lishi mumkin, chunki ular insonni vaziyatni hal qilishga undaydi. Ammo ortiqcha yoki uzoq muddatli stress depressiyaga olib kelishi mumkin, shuning uchun uni samarali boshqarish muhimdir, - deb ta'kidlaydi Psixologiya ilmiy manbalaridan [2].

Stress bilan qanday kurashish kerak?

Stressni boshqarish uchun quyidagi usullar samarali hisoblanadi:

1. Jismoniy faollik

Muntazam jismoniy mashqlar stress gormonlarini kamaytirib, kayfiyatni yaxshilovchi endorfinlar ajralishiga yordam beradi.

2. Meditatsiya va nafas olish mashqlari

Meditatsiya va chuqur nafas olish mashqlari organizmni tinchlantirib, asabiylikni kamaytiradi.

3. Vaqtni boshqarish

Kunlik reja tuzish va vazifalarni ustuvorlik bo'yicha taqsimlash ortiqcha bosimni kamaytirishga yordam beradi.

4. Ijtimoiy qo'llab-quvvatlash

Do'stlar va oilangiz bilan vaqt o'tkazish ruhiy salomatlikni yaxshilaydi. O'z his-tuyg'ularingizni yaqinlaringiz bilan bo'lishish stressni kamaytirishda muhimdir.

5. Uyqu va ovqatlanish rejimi

Yaxshi uyqu va muvozanatli ovqatlanish ham aqliy salomatlikni mustahkamlashda muhim ahamiyatga ega.

Aqliy salomatlikni saqlashda stressni boshqarishning ahamiyati haqidagi fikrni Ruhiiy salomatlikni saqlash bo'yicha mutaxassislar quyidagicha izohlaydi:

“Stressni boshqarish uchun jismoniy faollik, ijtimoiy aloqalar va meditatif mashqlar kabi strategiyalarni qo'llash samarali bo'lishi mumkin” .

Aqliy salomatlikni saqlashning ahamiyati

Aqliy salomatlikni e'tiborsiz qoldirish inson hayoti sifatiga salbiy ta'sir ko'rsatadi. Ruhiiy holatning sog'lom bo'lishi insonning ishlash qobiliyati, ijtimoiy munosabatlari va umuman, baxt hissini ta'minlaydi. Shu sababli, har bir inson o'z aqliy salomatligiga g'amxo'rlik qilishni o'zining ustuvor vazifasi sifatida belgilashi lozim.

“Ruhiiy salomatlikni saqlashga urinish qiyin bo'lishi mumkin va har doim ham ishlaymaydi, ayniqsa og'ir stress yoki qayg'u paytida” .

Stress – bu har bir inson duch keladigan hodisa, ammo uni boshqarishni o'rganish sog'lom hayot kechirishning ajralmas qismidir. Aqliy salomatlikni saqlash uchun o'z vaqtida chora ko'rish va sog'lom turmush tarzini yo'lga qo'yish muhim ahamiyatga

ega. Faqatgina ruhiy salomatlikni asrash orqali biz haqiqiy muvaffaqiyat va hayotdan zavq olishni ta'minlashimiz mumkin [3].

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ZAMONAVIY XIRURGIK ASBOBLAR. DEZINFEKSIYA UCHUN QO'LLANILADIGAN ASOSIY KIMYOVIY VOSITALAR

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Kirish: Tibbiy amaliyotlarda xavfsizlik va samaradorlikni ta'minlashda xirurgik asboblarning gigiyenasini muhim rol o'ynaydi. Xirurgik asboblarning orqali infeksiyalarni tarqalishi katta xavf tug'diradi, shu sababli ularni to'g'ri tozalash va dezinfeksiya qilish tibbiyot muassasalarining asosiy talablaridan biridir. Zamonaviy jarrohlik asboblari yangi texnologiyalar yordamida yaratilgan bo'lib, ular aniq va xavfsiz jarrohlik amaliyotlarini o'tkazishga yordam beradi. Shu bilan birga, asboblarni dezinfeksiya qilishda kimyoviy vositalarning roli katta. Bu vositalar mikroorganizmlarni yo'q qilish va infeksiyalar xavfini kamaytirishda muhim ahamiyatga ega.

Annotatsiya: Ushbu maqolada zamonaviy xirurgik asboblarning va ularni dezinfeksiya qilishda qo'llaniladigan asosiy kimyoviy vositalar tahlil qilinadi. Xirurgik asboblarning gigiyenasini ta'minlash tibbiy xavfsizlikning asosiy qismi hisoblanadi. Asboblarni noto'g'ri tozalash va dezinfeksiya qilish infeksiyalar xavfini oshiradi, bu esa bemorlarning sog'lig'iga jiddiy zarar yetkazishi mumkin. Maqolada glutaraldegid, formaldegid, peratsetik kislota kabi keng qo'llaniladigan dezinfeksiya vositalarining xususiyatlari va ularning mikroblarga qarshi samaradorligi ko'rib chiqiladi. Shu bilan birga, zamonaviy jarrohlik asboblari, ularning qo'llanilish sohalari va dezinfeksiya jarayonidagi ahamiyati ham tahlil qilinadi.

Kalit So'zlar: xirurgik asboblarning, dezinfeksiya, sterilizatsiya, glutaraldegid, peratsetik kislota, formaldegid, tibbiy gigiyena, mikroblarga qarshi vositalar, jarrohlik xavfsizligi.

Zamonaviy xirurgik asboblarning

Zamonaviy jarrohlikda qo'llaniladigan asboblarning bemor xavfsizligini ta'minlashda muhim ahamiyatga ega. Xirurgik amaliyotlar paytida ishlatiladigan asboblarning aniq va samarali bo'lishi kerak, chunki ular operatsiya jarayonida to'g'ridan-to'g'ri tana to'qimalari bilan muloqot qiladi. Skalpel, endoskop, elektrokoagulyator, va laparoskopik asboblarning tibbiyotda keng qo'llaniladigan zamonaviy asboblarga misoldir. Masalan, endoskoplar yuqori aniqlikdagi kameralar bilan jihozlangan bo'lib, ular bemorning ichki organlarini invaziv bo'lmagan tarzda kuzatish imkonini beradi.

Laparoskopik asboblarda esa minimal invaziv jarrohlik amaliyotlari uchun qo'llanilib, an'anaviy jarrohlik usullari bilan solishtirganda bemorga kamroq zarar yetkazadi .

Xirurgik asboblarni dezinfeksiya qilish muammosi

Zamonaviy tibbiyotda jarrohlik asboblarni samarali dezinfeksiya qilish zarurati doimo dolzarb masala bo'lib qolmoqda. Asboblarda to'g'ri tozalanmasa, infeksiyalarni yuqtirish xavfi ortadi. Rutala va Weber [1] ning tadqiqotlariga ko'ra, dezinfeksiya va sterilizatsiya amaliyotlari jarrohlik xonalari va tibbiy asboblarning gigiyenik holatini ta'minlash uchun muhim vositalardir. Ular bu jarayonlarni nafaqat tibbiy xodimlarning xavfsizligi, balki bemorlar salomatligi uchun ham zarur deb hisoblashadi .

Xirurgik asboblarni samarali dezinfeksiya qilish uchun turli xil kimyoviy vositalar qo'llaniladi. Ushbu vositalarning har biri o'ziga xos xususiyatlarga ega bo'lib, mikroblar, viruslar va zamburug'larga qarshi kurashishda samaradorligi bilan ajralib turadi. Quyida eng keng tarqalgan dezinfeksiya vositalari haqida batafsil ma'lumot berilgan.

Dezinfeksiya uchun qo'llaniladigan asosiy kimyoviy vositalar

1. Glutaraldegid – Keng spektrli mikroblar va viruslarga qarshi kuchli dezinfeksiyalovchi modda. U endoskoplar va boshqa jarrohlik asboblarni sterilizatsiya qilishda keng qo'llaniladi. McDonnell va Russell [2] ning ta'kidlashicha, glutaraldegid mikroblarni yo'q qilishda samarali, lekin uzoq muddat foydalanishda allergik reaksiyalarni keltirib chiqarishi mumkin .

2. Formaldegid – Formaldegid kuchli antimikrobik xususiyatga ega bo'lib, u bakteriyalar va zamburug'larga qarshi ishlatiladi. Biroq, Sattar [3] ning tadqiqotlariga ko'ra, formaldegidning uzoq muddatli ta'siri odam salomatligiga zarar yetkazishi mumkin. Shuning uchun formaldegidni dezinfeksiyalashda ehtiyotkorlik bilan ishlatish tavsiya etiladi .

3. Peratsetik kislota – Tezkor dezinfeksiyaga yordam beradi va ekologik xavfsiz bo'lgani uchun u ko'pincha tibbiy asboblarni sterilizatsiya qilishda qo'llaniladi. Peratsetik kislota mikroblarga qarshi yuqori samaradorlikka ega bo'lib, u asboblarni tezda dezinfeksiya qilish imkonini beradi .

4. Etanol va izopropanol – Bu moddalar kuchli antimikrobik xususiyatlarga ega bo'lib, yuqori konsentratsiyalarda mikroorganizmlarni tezda yo'q qiladi. McDonnellning fikricha, bu moddalar asboblarni yuzasidagi mikroblarni yo'q qilishda samarador hisoblanadi va ko'p hollarda xavfsiz hisoblanadi .

5. Natriy gipoxlorit – Dezinfeksiya uchun eng ko'p ishlatiladigan vositalardan biri bo'lib, u bakteriyalar, viruslar va zamburug'larga qarshi samarali hisoblanadi. Bu kimyoviy vosita jarrohlik asboblarni sterilizatsiya qilishda keng qo'llaniladi .

Xulosa qilib aytganda, xirurgik asboblarni dezinfeksiya qilishda kimyoviy vositalarning o'rni juda katta. Buning uchun to'g'ri vosita tanlash, uni to'g'ri qo'llash

va xavfsizlik choralariga rioya qilish juda muhimdir. Ular yordamida infeksiyalarning oldini olish va jarrohlik amaliyotlarini muvaffaqiyatli o'tkazish mumkin.

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MAKTABGACHA TA'LIM TIZIMINI ZAMONAVIY YONDASHUVLAR ASOSIDA RAQAMLASHTIRISH

Farg'ona viloyati Qo'qon shahar 45-DMTT direktori
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Annatsiya: ushbu maqolada ta'lim sohani zamonaviy yondashuvlar asosida raqamlashtirish va ish unmdorligini oshirish haqida qisqacha ma'lumot berilgan.

Аннотация: в данной статье представлена краткая информация о цифровизации сферы образования на основе современных подходов и повышения производительности труда.

Abstract: this article provides brief information about digitalization of the education sector based on modern approaches and increasing work productivity.

Kalit so'zlar: raqamlashtirish, ta'lim sohasi, yondashuvlar, boshqaruv, ish unmdorligi, raqamli texnologiya, takomillashtirish, zamonaviy ta'lim.

Ключевые слова: цифровизация, образование, подходы, управление, производительность, цифровые технологии, совершенствование, современное образование.

Key words: digitization, education, approaches, management, productivity, digital technology, improvement, modern education.

“Raqamli O‘zbekiston — 2030” strategiyasini muvaffaqiyatli amalga oshirish, raqamli texnologiyalarni rivojlantirish va aholining kundalik hayotiga keng joriy etishni ta'minlashning muhim shartlaridan biri hisoblanadi. Axborot texnologiyalari sohasidagi kasbga tayyorlash va qayta tayyorlash tizimining samaradorligini oshirish bo'yicha ko'rilayotgan choralar davlat organlari va tarmoq tashkilotlarini malakali IT-mutaxassislar bilan ta'minlash uchun mustahkam zamin yaratmoqda.

Raqamlashuvning ahamiyati

- **Ta'lim sifati:** Elektron platformalar orqali darsliklar, o'quv materiallari va didaktik vositalarga keng kirish imkoniyati yaratiladi.
- **Shaffoflik:** Raqamli tizim orqali bolalar ishtiroki, rivojlanishi va faoliyatini nazorat qilish osonlashadi.
- **Ma'lumotlar tahlili:** Sun'iy intellekt va analitik vositalar orqali bolalar qobiliyatlari va o'zlashtirish darajasi baholanadi.

Mamlakatimizda Maktabgacha ta'lim tizimini yanada takomillashtirish, moddiy-texnika bazasini mustahkamlash, maktabgacha ta'lim tashkilotlari tarmog'ini kengaytirish, malakali pedagog kadrlar bilan ta'minlash, bolalarni maktab ta'limiga tayyorlash darajasini tubdan yaxshilash, ta'lim-tarbiya jarayoniga zamonaviy ta'lim

dasturlari va texnologiyalarini tatbiq etish, yangi sharoitlardan kelib chiqib, O‘zbekiston Respublikasi Prezidentining Farmoni, 28.01.2022 yildagi PF-60-son “Taraqqiyot strategiyasi” markazi Taraqqiyot strategiyasi va Davlat dasturida belgilangan vazifalarning bajarilishi holati yuzasidan tahliliy va axborot materiallarini Internet jahon axborot tarmog‘ida va ommaviy axborot vositalarida aks ettirib borish choralari ko‘rish. Maktabgacha ta’lim tashkilotini boshqarishda “Bolalar bog‘chasi” dasturidan foydalanish boshqaruvni avtomatlashtirish, elektron



tizimga o‘tkazish hamda qog‘ozbozlikni kamaytirish, statistik ma’lumotlarni haqqoniyligini ta’minlash maqsadida joriy etilgan. Zamonaviy ta’lim tizmi bugungi kunda o‘zgarayotgan va rivojlanayotgan bir pallada mazkur tizimda an’anaviy o‘qitish usullari o‘rniga texnologiyalardan keng foydalaniladi. Bugungi kunda maktabgacha ta’lim tizimida faoliyat olib borayotgan barcha xodimlar maktabgacha ta’lim tashkilotlari tarbiyachi va mutaxassislarini qayta tayyorlash va ularning malakasini oshirish institutining my.mdomoi.uz elektron manzilda yotuvchi platformasi tarkibidagi partfoliosidan foydalanib kilishmoqda. Ilm-fanni jadal rivojlantirish jarayonida ko‘plab korporatsiyalar yangi texnologiyalardan foydalangan holda ishlab chiqarishning barcha darajalarida ishlashga tayyor bo‘lgan xodimlarni talab qiladi va maxsus ko‘nikmalarga ega bo‘lmagan xodimlarga bo‘lgan ehtiyoj ortda qolmoqda. Albatta, bu muammolarni hal qilish uchun ta’lim jarayonini modernizatsiya qilish zarur. Hozirgi kunda bbit.uz “Bolalar bog‘chasi tizimi” dasturi orqali barcha tarbiyalanuvchilar bilan ishlash qulaylik yaratib kelmoqda bu esa o‘z navbatida ishdagi samaradorlikni oshirib boradi. Ta’lim texnologiyalari ilovalari davomatni kuzatish va ishlash monitoringi kabi kundalik operatsiyalarni avtomatlashtirish yoki qisman avtomatlashtirish orqali ko‘p vaqt va energiyani tejash imkonini beradi. Raqamli texnologiyalar talabalarga texnologiyadan mas’uliyatli va strategik foydalanishni o‘rgatadi va bu ularga qaror qabul qilishda va o‘z-o‘zini intizomni rivojlantirishda yordam beradi.

Zamonaviy yondashuvlar

- **Elektron kundalik va monitoring tizimlari:** Har bir bola haqida ma’lumotlar elektron shaklda yuritilib, ota-onalar va pedagoglarga real vaqt rejimida ulashiladi.
- **VR va AR texnologiyalari:** Virtual va kengaytirilgan haqiqat texnologiyalari orqali bolalar o‘yin shaklida ta’lim olishlari mumkin.
- **Mobil ilovalar:** Ota-onalar va pedagoglar uchun maxsus mobil ilovalar ishlab chiqilishi ma’lumot almashishni osonlashtiradi.

Kompyuterlar, internet, interaktiv darsliklar, onlayn ta'lim resurslari va boshqalar pedagog va tarbiyalanuvchilarning o'rgatishda muhim ahamiyatga ega. Bu usul pedaglarimizning izlanuvchanlik darajasini oshiradi va ta'limning yanada samarali bo'lishiga imkon beradi. Hozirgi kunda mamlakatimizda ta'lim tizimini yangilash va takomillashtirishga qaratilgan izchil islohotlar olib borilayotgan ekan, bunday islohotlar zahirida rivojlanayotgan ta'limning oldiga ham muhim vazifalarni yuklash tabiiy albatda. Bungi kunda mamlakatimizda barkamol avlodni shakllantirish, yoshlarni ma'naviy-axloqiy va jismonan sog'lom etib tarbiyalash, ularni olib borilayotgan islohotlarning faol ishtirokchisiga aylantirishga qaratilgan chora-tadbirlar amalga oshirilmoqda, jumladan, maktabgacha ta'limning zamonaviy tizimi tashkil etilmoqda. Hozirgi zamon odamlari yashayotgan ijtimoiy muhitda asosan ikki yo'nalishdagi ilmiy-falsaviy va dinamik dunyoqarash ilmiy-falsafiy yo'nalishda bo'lishi, diniy dunyoqarash esa Respublikada dunyoviy davlat qurish manfaatlari doirasida rivojlanishi kerak.

Ta'lim va tarbiyaning asosi, poydevori bu maktabgacha ta'lim hisoblanadi. O'zbekiston Respublikasi Prezidenti Shavkat Mirziyoyev prezidentlik faoliyatining dastlabki kunlaridan boshlab yurtimizda zamonaviy, ilmiy, malakali kadrlar tayorlash yoshlarni yuksak ma'naviyat egalari sifatida tarbiyalash masalalariga alohida e'tibor qaratgan edilar. Mana shunday davlatni yuksak davlatlar qatoriga chiqarish uchun harakat qilayotgan bir paytda, davlatni orqaga tortib turadigan g'araz niyatli faqat o'z manfaatlarini o'ylaydigan, davrimda mazza qilib yashab qolay qobilida ish ko'radigan insonlar oramizda afsuski yo'q emas. Mamlakatimiz o'z oldiga qo'ygan strategik maqsadlarga erishishda salohiyatli rahbar kadrlar tayyorlash asalasi birini o'rnida turadi. Bugungi kunda boshqaruvda yosh kadrlarning yetakchilik salohiyatini yuksaltirish va bir vaqtning o'zida xalqimizga xos axloqiy qadriyatlarni o'rgatish boshqaruvning ta'lim tizimi oldiga qo'ygan zamon talabidir.



Ta'lim tizimining hozirgi holati noan'anaviy ta'lim texnologiyalarining roli ortib borayotgani bilan tavsiflanadi. Ta'lim oluvchi tomonidan ularning yordami bilan bilimlarni o'zlashtirish an'anaviy texnologiyalarga qaraganda ancha tezdir. Ushbu texnologiyalar bilimlarni rivojlantirish, egallash va tarqatish xarakterini o'zgartiradi, o'rganilayotgan fanlarning mazmunini chuqurlashtirish va kengaytirish, uni tezda yangilash, samaraliroq o'qitish usullarini qo'llash, shuningdek, har bir kishi uchun ta'lim olish imkoniyatini sezilarli darajada kengaytirish imkonini beradi. **Raqamli texnologiyani o'zi nima degan savolga quyidagicha javob beramiz:** bu – ta'lim

berishda bir zamonaviy shakli bo‘lib. unda masofaviy ta‘lim va boshqarishning asosiy faktori sifatida raqamli ko‘rinishdagi katta ma‘lumotlar majmui va ularni qayta ishlash jarayoni xizmat qiladi. Olingan natijalarni amaliyotda ishlatish ta‘limni raqamlashtirish orqali yuritish shakllariga nisbatan ancha katta samaradorlikka erishishga imkon beradi.

Ta‘lim sohasini raqamlashtirish quyidagi afzalliklari o‘z ichiga oladi:

- masofaviy ta‘limni qo‘llash orqali ta‘lim olishning keng imkoniyatlarini ochish;
- rahbarlar bir qator vazifalarni bajarishni avtomatlashtirish yoki soddalashtirishga yordam berish;
- kerakli ma‘lumotlarga istalgan joydan kirishni ta‘minlaydi va manbalar bilan ishlashda muhim ko‘nikmalarni rivojlantiradi.

Xulosa sifatida aytish mumkinki ta‘lim sohasini raqamlashtirish turli sohalarga nafaqat ta‘lim tizimiga joriy etilishi mamlakat ta‘lim tizimini modernizatsiya qilishda katta rol o‘ynaydi. Zamonaviy ta‘limni tashkil etish va ta‘lim samaradorligini ortishiga xizmat qiladi. Shu bilan birgalikda barcha rahbar xodimlarning kundalik faoliyatida ish unmdorligining oshishiga kata turdki bo‘ladi. Bizning hayotimizning har bir sohasi, boshqalar bilan aloqamiz, ish faoliyatimiz va o‘qish jarayonimiz dastlabki raqamli texnologiyalardan foydalanishga muhtoj.

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МАКТАБГАЧА ТА'ЛИМ TASHKILOTLARIDA OTA-ONALAR BILAN TA'LIM VA TARBIYA BO'YICHA FAOL HAMKORLIKNI SHAKLLANTIRISH

Jizzax viloyati Zafarobod tumani 7-sonli DMTT direktori

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Аннотатсия: ushbu maqolada maktabgacha yoshdagi bolalar ta'lim-tarbiyasida mahalla, oila va maktabgacha ta'lim tashkiloti hamkorligi, maktabgacha ta'lim tashkiloti bilan maktabning o'zaro hamkorligini tashkil etish quyidagi asosiy prinsiplarga haqida aytib o'tilgan.

Аннотация: в данной статье обозначены следующие основные принципы сотрудничества микрорайона, семьи и дошкольной образовательной организации, организация взаимного сотрудничества дошкольной образовательной организации и школы в воспитании детей дошкольного возраста.

Калит so'zlar: maktabgacha ta'lim tashkilotlari, hamkorlik, oila, o'quvchi, bolalar, ta'lim-tarbiya, pedagoglar, prinsplar.

Ключевые слова: дошкольные образовательные организации, сотрудничество, семья, ученик, дети, образование, педагоги, директора.

Мақтабгача та'лим ташкилотларида ота-онalar bilan та'лим va тарбия bo'yicha faol hamkorlikni shakllantirish bolalarning har tomonlama rivojlanishi uchun muhim ahamiyatga ega. Ushbu jarayon orqali pedagoglar va ota-onalar birgalikda ishlash orqali bolalarning individual ehtiyojlarini tushunish va ularni qo'llab-quvvatlash imkoniyatiga ega bo'ladilar. Quyida ota-onalar bilan faol hamkorlikni shakllantirish yo'llari va usullari bayon etilgan:

Ota-onalar bilan faol hamkorlikning ahamiyati

- **Yaxlit ta'lim muhitini yaratish:** Uy va ta'lim muassasasi orasidagi uzviylik bolaning rivojlanishini ta'minlaydi.
- **Bolalarning individual ehtiyojlarini tushunish:** Ota-onalar bilan muloqot orqali pedagoglar bolalarning xulq-atvori va rivojlanishidagi muhim jihatlarni bilib olishadi.
- **Oilaviy qadriyatlarni rivojlantirish:** Oila va ta'lim muassasasi hamkorligi orqali milliy va ma'naviy qadriyatlarni bolalar ongiga singdirish imkoniyati yaratiladi.

Ota-onalar bilan faol hamkorlikning asosiy maqsadlari

- **Bolalar rivojlanishini qo‘llab-quvvatlash:** Ta‘lim va tarbiya jarayonida ota-onalar ishtirokini ta‘minlash orqali bolalarning aqliy, jismoniy va axloqiy rivojlanishini yaxshilash.
- **Oilada pedagogik muhitni yaratish:** Ota-onalarga tarbiyaviy jarayonlarda faol yondashuv ko‘nikmalarini berish.
- **Pedagogik yondashuvlarni uyg‘unlashtirish:** Bog‘cha va uy sharoitidagi ta‘limiy-tarbiyaviy yondashuvlarni bir xil yo‘nalishga moslashtirish.

Yuqorida keltirilgan nazariy materiallardan kelib chiqib, maktabgacha ta‘lim tashkilotining ota-onalar bilan hamkorlikdagi ishining mazmuni va usullarini nazariy jihatdan chuqur o‘rgangan holda, maktabgacha ta‘lim tashkilotlarida ota-onalarni o‘quv tarbiyaviy jarayonida faol qatnashishni tashkil etishning innovatsion metodikasini ishlab chiqish zarur. Darhaqiqat, shaxs shakllanishida oilaning roli katta. Aqlan yetuk, axloqan pok, jismonan baquvvat farzandlar namunali oilalarda kamol topadilar. Yuqoridagilardan kelib chiqib, hamkorlikdagi izchillikni ro‘yobga chiqarishga doir har tomonlama mazmunli ishlarni yuqori darajasiga erishish bolalarni maktabda muvaffaqiyatli o‘qishlariga zamin hozirlaydi. Bugungi maktab bolasidan aniq bilimlarga emas, fikrlash ko‘nikmasi, kattalar hamda sinfdosh o‘rtoklarini tushunish, ular bilan hamkorlik qilish ham talab etiladi. Shuning uchun bolaning maktabga qadam qo‘yayotganida bilimga egaligi emas, balki uning yangi bilimlarni egallashga tayyorgarligi, atrof-olamga moslashish ko‘nikmasi, voqea-hodisani mustaqil ravishda taxdil etishi va harakat qilishi muhim-roq hisoblanadi.

Bolani biror narsaga o‘rgatishgina emas, unda o‘z kuchiga ishonchni orttirish, o‘z g‘oyasini himoya qilish, mustaqil ravishda bir qarorga kelish ko‘nikmasini shakllantirish ham muhimdir.

Hamkorlikning asosiy vazifalari:



Pedagogik jamoalar oldida turgan birinchi va asosiy vazifa bolani bolalar bog‘chasidan maktab o‘quv yurtiga o‘tkazish jarayoni uchun qulay shart-sharoitlarni yaratishdir. So‘nggi paytlarda bolaning intellektual tayyorgarligining tarkibiy qismlari to‘g‘risida ko‘plab kelishmovchiliklar mavjud, shuning uchun olti yoshli bolalarning maktabga tayyorgarligini yaxshilash bo‘yicha birgalikda ish olib borish juda dolzarb vazifadir. Shu bilan birga,

bolalarda maktab hayotiga qiziqishni shakllantirishga alohida e'tibor qaratilmoqda. Bir muassasadan ikkinchisiga o'tish davrida ota-onalarga bolani kuzatishda ularning rolini tushunishga yordam berish maktab xodimlari va bolalar bog'chalari o'qituvchilari uchun etakchi vazifadir. Maktabgacha ta'lim tashkilotlarining maktab bilan hamkorlik aloqalarini o'rnatish zaruriyati hozirgi paytda dolzarb bo'lib qolmoqda. Olib borilgan izlanish va tajribalar shuni ko'rsatadiki, tarbiyachilar, boshlang'ich sinf o'qituvchilari o'rtasidagi kuchli hamkorlik bolalarning rivojlanishi va ta'lim olishiga ijobiy hissa qo'shadi. Shaxsga yo'naltirilgan ta'lim ushbu hamkorlikni maktabgacha ta'lim tashkilotlarida berilayotgan ta'limni kuchaytirish va kengaytirish, shuningdek, uyda va jamiyatda sodir bo'layotgan qiziqish va ta'limni rivojlantirish uchun zarur degan ishonchga asoslanadi. Hamkorlik deganda, ikkala tomonning ham huquq va majburiyatlari mavjud bo'lib, bir-birlarini layoqatli deb bilishlari va bir-birlarini sherik sifa-tida qadrlashlari nazarda tutiladi. Hamkorlik tarbiyachi bilan ishlaydigan boshlang'ich sinf o'qituvchilarini tan olish va ularni qadrlashi, shuningdek, bolalarning o'qishi va rivojlanishiga hissa qo'shadigan ko'plab muhim usullarni qadrlashlarini talab qiladi. Maktabgacha yoshdagi bolalar bilan ishlaydigan boshlang'ich sinf o'qituvchilari tarbiyachilar MTTda nimalarni o'rgatayotganiga tayanib, ta'lim brrish bo'yicha tavsiyalar beradi.

Shuni aytish joizki, har bir davlatning o'ziga xos tarixi, ta'lim-tarbiya masalalarida o'z qarashlari mavjud. Albatta rivojlangan davlatlar tajribasini o'rganish, ularda berilgan ta'limtarbiya metodikalarni taxlil qilish juda muhim. Ularni amaliyotda qo'llashda albatta o'zimizni mentalitetimizga, milliy qadriyatlarimizga mos tomonlarini olgan holda amaliyotga joriy qilish ahamiyatlidir.



Hamkorlik boshqa tomonni hurmat qilishni, ularning ehtiyojlariga javob berishni va nima ishlayotganini va nima ishlamayotganligiga o'z munosabatini bildirishni talab qiladi. Bunday munosabatlarni boshlash uchun pedagoglar o'zlari tarbiyalaydigan bolalarning oilasi to'g'risida ma'lumotlarni bilishlari kerak. Oila farzandlarning birinchi va eng muhim tarbiyachisidir.

Maktabgacha ta'lim boshlanganda oilalar bolalarga aksar ko'nikmalarni shakllantirgan: ovqatlanishdan va ichishdan tortib to o'zlariga va boshqalarga qarashgacha o'rgatgan bo'ladi. Ularning aksariyati bolalarga o'z ehtiyojlarini qanday qondirish kerakligini, ularning yoshiga va madaniyatiga qarab o'zlarini qanday tutishni, shu-ningdek, ona tilida og'zaki va og'zaki bo'lmagan muloqot qilishni o'rganishda yordam berishadi.

Xulosa shuki: Maktabgacha ta'lim tashkilotlarida ota-onalar bilan ta'lim va tarbiya bo'yicha faol hamkorlikni shakllantirish bolalarning har tomonlama rivojlanishini ta'minlashda muhim ahamiyatga ega. Ushbu hamkorlik ota-onalar, pedagoglar va bolalar o'rtasida o'zaro ishonchli munosabatlarni mustahkamlashga yordam beradi.

Asosiy natijalar quyidagicha bo'lishi mumkin:

- **Bolalarning barkamol rivojlanishi ta'minlanadi:** Bog'cha va oilaning uyg'un harakati tufayli bolalar jismoniy, aqliy va ma'naviy jihatdan rivojlanadi.
- **Ota-onalar faol ishtirok etadi:** Ta'lim jarayonida ota-onalarning qatnashuvi ularni pedagogik jarayonga yaqinlashtiradi va ularning farzandlar tarbiyasidagi mas'uliyatini oshiradi.
- **Pedagogik jarayon samaradorligi oshadi:** Ota-onalar bilan birgalikda amalga oshirilgan tadbirlar va treninglar ta'lim-tarbiyaviy jarayonning sifatini yaxshilaydi.
- **Milliy va oilaviy qadriyatlar mustahkamlanadi:** Ota-onalar bilan birgalikda tashkil etilgan milliy bayramlar, madaniy va ijodiy tadbirlar bolalarda milliy an'analarga hurmatni shakllantiradi.

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QANDLI DIABET VA UNING PATALOGIYASI

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Annotatsiya

Dunyo miqyosida qandli diabet bilan kasallangan bemorlar soni ortib bormoqda. Kasallik jins va yosh tanlamaydi. U birdek kattalar va bolalar orasida uchrashi mumkin. Songgi yillarda qandli diabetga irsiyat, stress, ortiqcha vazn muammolari va moddalar almashinuvida buzilishlar sabab bolmoqda. Qandli diabetni butun umr davolanishi kerak bolgan kasallikdir. Qandli diabet natijasida yana boshqa (bosh miya insulti, yurak xuruji, ateroskleroz) kasalliklar rivojlanishi mumkin. Qandli diabetni davolashda nafaqat kimyoviy dori darmonlar balki, tabiiy osimliklar ham samarali yordam beradi.

Kalit sozlar: Glukoza, insulin gormoni, tabiiy shifobaxsh osimliklar, dieta, semizlik, glukosuriya, stress, irsiyat, gipertoniya.

Asosiy maqsadi. Butun dunyoda qandli diabet bilan kasallanganlar soni ortib bormoqda. Xalqaro sogliqni saqlash tashkilotining malumotlariga qaraganda hozirgi kunda qandli diabet dunyo miqyosida 540 mlnga yaqin insonda qayd etilgan.

Qandli diabet insulin gormoni muvozanati va glukoza so`rilishining buzilishi oqibatida kelib chiqadigan kasallikdir. Qand kasalligi (lot. diabetes) moddalar almashinuvi buzilishi va oshqozon osti bezining normal funktsiya bajarmasligi natijasida yuzaga keladigan kasallikdir. Oshqozon osti bezi ishlab chiqaradigan insulin gormoni qondagi glukozani glukogenga aylantirib beradi va glukoza miqdorini me`yorlashtiradi. Insulin gormoni normal faoliyat ko`rsatmasa, qonda qandning miqdori oshib, moddalar almashinuvi buziladi. Qondagi ortiqcha qand miqdori glukosuriya (lot. glucosuria - siydik orqali glukoza ajralib chiqishi) jarayonida qondan chiqarib yuboriladi. Qonda qand miqdorining ortib ketishi qonning quyulashuviga va boshqa organlar normal faoliyatiga jiddiy tasir krsatadi. Buning oqibatida qon tomirlarda qon oziq moddalarni to`qimalarga olib borishi susayadi, natijada moddalar almashinuvi va insonning aqliy faoliyatiga ham tasir ko`rsatadi. Qonda qand miqdori ortganda arterial bosim ham ortib ketadi. Bu vaqtda ularda charchoq, tushkunlik, uyqusizlik, ko`zlar va qovoqlarda ogriq kabi belgilar namoyon boladi. Qand kasalligi insulin tanqisligi yoki insulin gormoni faoliyatining buzilishida rivojlanadigan kasallik.

Tadqiqot materilallari va natijalari: Qandli diabetning asosiy 2 ta turi va ularning belgilari bir biridan farqlanadi.

1-turida oshqozon osti bezida insulin ishlab chiqarish imkoni bo`lmaydi, ularning organizmi bu bez hujayralarini yo`q qiluvchi antitana hosil qiladi. Ularda immunitet tizimida buzilishlar yuzaga keladi. 1- tur bilan asosan, bolalar kasallanadi. Bu turida kasallanganlarga insulin inyeksiya qilinadi. 1-turini davolash imkoni yo`q, shu sababli doimiy parhez va insulin inyeksiyasi kasallikda yordam beradi.

2- turida esa insulin bilan bogliq bo`lmasdan to`qimalarning insulinga sezgirligi kamayadi, to`qimalarda glukoza so`rilishi pasayib, glukozaning qondagi miqdori ortib boradi. Dunyo bo`yicha qandli diabet bilan kasallanganlarning 90 % qismi 2- tur qandli diabet bilan kasallangan. Bu turi bilan asosan, kattalar kasallanadi. Kasallikning 2-turi bilan kasallangan bemorlar muntazam ravishda jismoniy faol bolishi va dori vositalarini qabul qilishi hamda ovqatlanish tartibiga rioya qilishi kerak.

Qandli diabet kasalligi irsiyatda bo`lishi yoki shu insonda moddalar almashinuvi buzilishi oqibatida, individual ravishda paydo bo`lishi mumkin. Qandli diabet rivojlanishiga sabab bo`luvchi asosiy omillar:

- | semizlik va ovqatlanish tartibining buzilishi,
- | stress, tajanglik,
- | irsiyatdir.

Qandli diabetga chalingan bemorlarda ko`p hollarda, og`iz qurishi, chanqoqlik, siydik ajralishining ortishi, ortiqcha vazn yoki juda ham ozg`inlik, ko`p miqdorda terlash va teridan atseton hidining sezilishi, yaralarning qiyin bitishi, ayrim hollarda, terida turli qizil toshmalar yuzaga kelishi, terining juda quruq bolishi, yuz rangining qizarishi, asabiy va taranglik hamda gipertoniya ya`ni, qon bosimining ortishi, bosh og`rig`i, oyoq og`rig`i va bog`imlardagi og`riq kabi ko`plab belgilarni namoyon qiladi. Qandli diabet bilan kasallangan insonlarda juda ko`p shirinlik yeyishga bo`lgan xohish hamda doimiy ochlik hissi paydo boladi.

Qandli diabet kasalligida moddalar almashinuvi buzilib, moddalar almashinuviga bogliq bo`lgan bir qancha kasalliklarni keltirib chiqarishi mumkin. Ulardan ko`pchiligi qon aylanishiga bog`liq bo`lgan muammolar bo`lib, soglom turmush tarziga rioya qilmaslik, doimiy stress va kam jismoniy mashg`ulotlar uning jadal rivojlanishiga sabab bo`luvchi asosiy omil bo`lishi mumkin. Qandli diabet bilan kasallanganda va uni davolashga harakat qilinmaganda ateroskleroz, bosh miya insulti, miokard infarkti kabi hozirgi kunda ko`payib borayotgan kasalliklar rivojlanadi. Ularning barchasi qon aylanishi normal bormasligi oqibatida kelib chiqadi. Ateroskleroz ham qon oqimi qiyinlashgani va qon tomirlar yog` moddalari bilan torayib qolgani sababli rivojlanadi. Bosh miya insulti va infark kasalliklarida ham qon aylanishidagi muammolar asosiy sabab boladi. Qandli diabet bilan kasallanganlar orasida

bog`imlardagi og`riq va gipertoniya-qon bosimining ko`tarilishi doimiy kuzatilib turiladi.

Qandli diabet nasldan naslga o`tuvchi kasallikdir. Biroq, u, naslida kasallanganlar bor bolgan barchada birdek namoyon bo`lavermaydi. Unga moyilligi bo`lgan va uning oldini olmagan, ortiqcha vaznli bo`lgan insonlarda kasallik belgilari jadal rivojlanadi. Qandli diabet umr davomida davolashni talab etadi. Uning oldini olish uchun va qo`shimcha turli dori moddalarini doimiy qabul qilish va ratsionni nazoratga olish talab qilinadi. Qandli diabet bilan kasallanganda shirinliklarni qabul qilish mumkin emas. Uning ortiqcha miqdori kasallik rivojlanishiga va qonda qand miqdori ko`rsatgichi ortib ketishiga sabab bo`ladi. Qondagi qand miqdori oq non mahsulotlarida ham ko`p bo`ladi. Chunki uning asosiy tarkibini maltoza tashkil etib, u glukozaning manbai hisoblanadi. Meva mahsulotlari orasidan uzum, ananas, mango, qovun ham qand miqdorini oshiradi, chunki uning tarkibi ham shakarga boy boladi. Bir vaqtda turli xil mevalarni iste`mol qilish ham tavsiya etilmaydi. Gazli ichimliklar va sharbatlarning tarkibi deyarli shakar mahsulotlaridan iborat. Ullarning doimiy istemol qilinishi ortiqcha vazn yig`ishga va qand miqdori darajasining ortishiga sabab bo`ladi. Shuning uchun qandli diabetni davolashda asosan, parhez buyuriladi.

Qandli diabetni davolashda tabiiy vositalardan ham keng foydalanish samara beradi. Osimliklar va tabiiy mahsulotlar dori vositalaridan farqli ravishda boshqa organlar faoliyatiga jiddiy tasir ko`rsatmaydi va ularning faoliyatini buzmaydi. Chunki dori mahsulotlari oxir oqibat jigar va buyrakda eriydi va uning faoliyatiga o`z tasirini ko`rsatadi.

Qandli diabetni davolashda foydalaniladigan ayrim tabiiy vositalar: zanjabil, topinambur, semiz o`t o`simligi, zangori sachratqi, tuya suti va ayrim donli mahsulotlar va b.

Zangori sachratqining yer ustki qismi choy o`rnida damlab ichilsa, oshqozon osti beziga ta`sir korsatib, qandli diabetni yaxshilashga samarali tasir ko`rsatadi.

Zanjabil qonni tozalashga yordam beradi, natijada qon aylanishi yaxshilanib, moddalar almashinuvi normal holatga keladi, zanjabil qandli diabetda shifo topishga yordam beradi.

Tuya sutining foydali xususiyatlari ko`p bolib, shuningdek, qondagi qand miqdorini sezilarli darajada tushiradi.

Topinambur yoki yer noki nomini olgan ushbu mahsulot 2- tur qandli diabetni davolashda foylaniladi.

Semiz o`t o`simligi O`rta O`siyo sug`orma dehqonchilik zonalarida ko`p uchraydi. Uning dorivor xususiyati ko`p bo`lib, uni muntazam is`temol qilish qandli diabetni davolaydi.

Mosh, no`xat ,loviya kabi mahsulotlar ham diabet xavfini ma`lum foizlarga kamaytiradi.

Shakar qo`shilmagan meva, savzavot sharbatlarini istemol qilish kletchatkaga boy bo`lgan ko`katlar qand miqdoriga ta`sir ko`rsatmaydi. Qandli diabetga uchragan insonlar shifokor bilan maslahatlashishi va uning yordami bilan ovqat ratsionini tuzishi kerak.

Xulosa: Qandli diabet jiddiy surunkali kasalliklarga yuqori darajadagi sabab bo`luvchi kasallikdir. Sog`lom turmush tarziga rioya qilish, sog`lom ovqatlanish, shakarli mahsulotlar , gazli ichimliklar, yog`li va uglevodga boy mahsulotlarni kunlik ratsionda kamaytirish, naslida qandli diabet bilan kasallanganlar bo`lsa, muntazam tibbiy ko`rikdan o`tish shifokor nazoratida bo`lish va uning oldini olishga qaratilgan barcha chora tadbirlarni ko`rish, jismoniy faol bo`lish, ortiqcha vazn yig`ishdan tiyilish, chekish va alkogol mahsulotlaridan foydalanmaslik qandli diabet rivojlanib borayotgan bir vaqtda, nafaqat shu kasallikning , balki, boshqa kasalliklarning rivojlanishini ham oldini oladi.

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HAYVON HUYAYRALARIDA REKOMBINANTSIYA MEKANIZMI, TURLARI VA BIOLOGIK AHAMIYATI

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Annotatsiya. Ushbu maqola rekombinatsiya jarayoni, uning turlari va bosqichlari, ahamiyati keng yoritilgan. Rekanbinatsiya jarayonini malukulyar darajada bir nechta iborat bo'lib, u hujayra hayoti uchun muhim axamyatga ega ekanligi bayon etilgan.

Kalit so'zlar: gomologik rekombinatsiya, ekzogen nukleaza, krossingover, spetsifik fermentlar, gomologik bo'lmagan rekombinatsiya

МЕХАНИЗМ, ВИДЫ И БИОЛОГИЧЕСКОЕ ЗНАЧЕНИЕ РЕКОМБИНАЦИИ В ЖИВОТНЫХ КЛЕТКАХ

Аннотация. В данной статье рассматривается процесс рекомбинации, его виды и стадии, а также его значение. Процесс рекомбинации состоит из нескольких механизмов на молекулярном уровне и утверждается, что он важен для жизни клетки.

Ключевые слова: гомологичная рекомбинация, экзогенная нуклеаза, кроссовер, специфические ферменты, негомологичная рекомбинация

THE MECHANISM, TYPES AND BIOLOGICAL SIGNIFICANCE OF RECOMBINATION IN ANIMAL CELLS

Abstract. This article covers the process of recombination, its types and stages, and its importance. The recombination process consists of several mechanisms at the molecular level, and it is stated that it is important for the life of the cell.

Key words: homologous recombination, exogenous nuclease, crossover, specific enzymes, non-homologous recombination

Рекombinatsiya — bu genetik materialning (odatda DNK) qayta tartiblanish jarayonidir. U yangi DNK kombinatsiyalarini hosil qilish orqali genetik xilma xillikni ta'minlaydi. Rekombinatsiya jarayoni molekulyar darajada bir nechta mexanizmlardan iborat bo'lib, u hujayra hayoti uchun muhim ahamiyatga ega [1].

Рекombinatsiya jarayoni odatda ikki xil shaklda amalga oshiriladi: gomologik rekombinatsiya va gomologik bo'lmagan rekombinatsiya.

Gomologik rekombinatsiya: Gomologik rekombinatsiya jarayonida ikki o'xshash yoki bir xil DNK zanjiri o'zaro almashinadi. Bu jarayon, masalan, hujayra bo'linishida (meyoz) xromosomalarning krossingoversida sodir bo'ladi. Gomologik rekombinatsiyaning asosiy bosqichlari [2].

1. Ikki zanjirli uzilish (Double-strand break): Gomologik rekombinatsiya odatda DNKning ikkala zanjirida ham uzilish bilan boshlanadi. Bu uzilishlar tabiiy ravishda (radiatsiya, kimyoviy moddalar ta'siri ostida) yoki hujayraning o'z mexanizmlari orqali hosil bo'lishi mumkin [3].

2. Ekzogen nukleaza ta'siri: DNKning uzilgan joyida nukleaza fermentlari zanjirlarni qisqartiradi va 3' uchida bir qism DNK qoldiradi. Bu jarayon "resektsiya" deb ataladi [4].

3. DNK sintezlash: O'zaro almashgan zanjirlar bir-biriga komplementar bo'lib, DNK polimerazalari yordamida yangi DNK sintezlanadi [4].

Gomologik bo'lmagan rekombinatsiya. Gomologik bo'lmagan rekombinatsiya jarayonida DNK segmentlari gomologik bo'lmagan joylarda birlashadi. Bu jarayon ko'proq DNK uzilishlarini tuzatishda ishlatiladi. Gomologik bo'lmagan rekombinatsiyaning asosiy bosqichlari [2].

1. DNKning ikki zanjirli uzilishi: Gomologik bo'lmagan rekombinatsiya ham DNKning ikki zanjirli uzilishi bilan boshlanadi.

2. Kuchlanishlarni qayta tiklash: DNKning uzilgan qismlari ligaza va boshqa fermentlar yordamida bevosita birlashadi, bu jarayon odatda genomda kichik deletsiya yoki insertsiyalarni hosil qiladi [5].

Molekulyar mexanizmning biologik ahamiyati

Genetik xilma-xillikni oshirish: Rekombinatsiya natijasida turli kombinatsiyalardagi genlar hosil bo'ladi, bu esa populyatsiyadagi genetik xilma xillikni ta'minlaydi. [6,8].

DNK shikastlanishini tuzatish: Gomologik rekombinatsiya hujayralarda DNK uzilishlarini samarali tuzatishga yordam beradi. [7,8].

Meyozda krossingover: Bu jarayon xromosomalar o'rtasidagi genetik materialning almashtirilishini ta'minlaydi, bu esa nasldan-naslga o'tadigan genetik o'zgarishlarni keltirib chiqaradi. Rekombinatsiyaning molekulyar mexanizmi

hujayralarda genetik materialning aniq nusxa ko'chirilishini va o'z-o'zini tiklashini ta'minlaydi, bu esa genetik barqarorlikni saqlash uchun muhimdir [3,4,6,7.8].

Materiallar va usullar

Tadqiqot ob'ekti. Tadqiqotda oddiy sutemizuvchilar hujayra liniyasidan foydalanildi, CHO hujayralari (Xitoy hamster tuxumdon hujayralari). Ushbu hujayralar rekombinant molekula ishlab chiqarish uchun ishlatiladi.

Asosiy materiallar: CHO hujayralari (kattalashuvchi hujayra liniyasi), rekombinant plazmida (maqsadli genni saqlovchi), suyuq ozuqa muhiti: RPMI-1640 yoki DMEM, zardob: 10% fetal buzoq zardobi (FBS).

Reagentlar: Trypsin-EDTA (hujayralarni bo'lish uchun), Transfektsiya reagentlari: oddiy Lipofektamin 2000.

Metodik yondashuv

Hujayralarni tayyorlash

1. CHO hujayralari steril sharoitda ozuqa muhiti bilan birga CO₂ inkubatorida saqlangan.
2. Hujayralar 80% zichlikka yetgandan so'ng, trypsin yordamida ajratilib, yangi plastinkaga ko'chirildi.

Genetik materialni kiritish (transfektsiya)

1. Rekombinant DNK (2 µg) Lipofektamin 2000 reagentiga aralashtirilib, 5 daqiqa davomida xona haroratida saqlangan.
2. Tayyorlangan aralashma hujayralarga qo'shib, 4-6 soat davomida inkubatorida saqlangan.
3. Ozuqa muhiti almashtirilib, hujayralar yana 24-48 soat davomida inkubatorida ushlab turildi.

Rekombinant molekula sintezini kuzatish

1. Kuzatish uchun floresent mikroskop ishlatildi (agar GFP marker ishlatilgan bo'lsa).
2. Agar floresent marker ishlatilmagan bo'lsa, hosil bo'lgan oqsilni ozuqa suyuqligidan yig'ib, oddiy ELISA to'plamlari yordamida tekshirildi.

Natijalar

Hujayra liniyasining holati . CHO hujayralari muvaffaqiyatli o'stirilib, 24 soat ichida 80% zichlikka yetdi. Hujayralarning morfologiyasi optik mikroskop yordamida kuzatildi va hujayralar sog'lom bo'lishi tasdiqlandi.

Transfektsiyaning samaradorligi . Rekombinant DNK Lipofektamin 2000 yordamida muvaffaqiyatli kiritildi.

Floresent kuzatuv: GFP genini o'z ichiga olgan plazmidni ishlatgan holda, 48 soatdan keyin floresent mikroskop yordamida hujayralarning 60-70% i yashil nur

taratgani kuzatildi. Nazorat guruhida (transfektsiyasiz hujayralar): Hech qanday florentsent signal kuzatilmagan.

Rekombinant molekula sintezi

1. Transfektsiyadan keyingi ozuqa muhitidan yig'ilgan suyuqlikda sintez qilingan oqsillarni ELISA yordamida aniqlash:

Rekombinant oqsil konsentratsiyasi 20-30 $\mu\text{g/ml}$ ni tashkil etdi.

Nazorat guruhida (rekombinant DNK kiritilmagan hujayralar): oqsil sintezi aniqlanmadi.

2. Oddiy SDS-PAGE usuli yordamida oqsillarni ajratish natijasida maqsadli rekombinant oqsil (taxminiy 40 kDa molekulyar og'irlikka ega) aniqlandi.

Statistika

Transfektsiya samaradorligi va oqsil sintezining natijalari ikki marta takrorlandi. O'rtacha ko'rsatkich \pm standart xatolik (SD) quyidagicha:

Transfektsiya samaradorligi: 65% \pm 5%.

Oqsil konsentratsiyasi: 25 $\mu\text{g/ml}$ \pm 3 $\mu\text{g/ml}$.

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MIKROORGANIZMLAR TOMONIDAN ISHLAB CHIQRADIGAN TOKSIN MODDALARNING AJRALISHI

*KuAf Mikrobiologiya, farmakologiya, normal
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ANNOTATSIYA

Mikroorganizmlar tomonidan ishlab chiqariladigan toksinlarni hayot siklini, kimyoviy tarkibi, hosil bo'lish mexanizmlari, ta'sir qilish usullarini o'rganishdan iborat. Ularning ta'siri organizmning turiga, toksinning turiga, miqdoriga va ta'sir qilish vaqtiga bog'liqligi haqida malumotlar berilgan.

Kalit so'zlar: Toksin, mikroorganizm, oqsil, bakteriya, virus, zamburug',

ВЫДЕЛЕНИЕ ТОКСИЧНЫХ ВЕЩЕСТВ, ПРОИЗВОДИМЫХ МИКРООРГАНИЗМАМИ

АННОТАЦИЯ

Заключается в изучении жизненного цикла, химического состава, механизмов образования, способов действия токсинов, вырабатываемых микроорганизмами. Сообщается, что их эффект зависит от вида организма, типа токсина, количества и времени воздействия.

Ключевые слова: Токсин, микроорганизм, белок, бактерия, вирус, гриб,

RELEASE OF TOXIC SUBSTANCES PRODUCED BY MICROORGANISMS

ABSTRACT

It consists in studying the life cycle, chemical composition, mechanisms of formation, methods of action of toxins produced by microorganisms. It is reported that their effect depends on the type of organism, type of toxin, amount and time of exposure.

Key words: Toxin, microorganism, protein, bacteria, virus, fungus,

Mikroorganizmlar tomonidan ishlab chiqariladigan toksinlar- ularning hayot siklida va ekologik rollarda muhim o‘rin tutadi. Ular kimyoviy tarkibi, hosil bo‘lish mexanizmlari va ta’sir qilish usullariga ko‘ra tasniflanadi. Ekzotoksinlar mikroorganizmlar tomonidan hujayra tashqarisiga chiqariladigan oqsilli moddalar bo‘lib, ular ko‘pincha kuchli biologik faoliyatga ega. Masalan, botulin toksini asab-mushak faoliyatini izdan chiqaradi va insonda botulizm kasalligini keltirib chiqaradi. Endotoksinlar esa gram-manfiy bakteriyalarning hujayra devori tarkibidagi lipopolisaxaridlardan iborat bo‘lib, ular hujayra buzilganida chiqariladi. Endotoksinlar odatda kamroq toksik bo‘lsa-da, yallig‘lanish va shok kabi jarayonlarni keltirib chiqarishi mumkin[1]. Sitotoksinlar hujayralarni yo‘q qiluvchi toksinlar bo‘lib, ular hujayra membranalariga yoki ichki tuzilmalarga zarar yetkazadi. Neyrotoksinlar esa asab tizimiga ta’sir qiluvchi toksinlardir va ko‘pincha mikroorganizmlar raqobatni cheklash uchun ishlab chiqaradi.

Mikroorganizmlar toksinlarni murakkab genetik va biokimyoviy jarayonlar orqali hosil qiladi. Toksinlarning sintezi odatda mikroorganizmlar genlarida joylashgan maxsus genlar tomonidan boshqariladi. Ekzotoksinlarning sintezida oqsillarni kodlovchi genlar asosiy rol o‘ynaydi. Ushbu genlar translatsiya jarayonida ribosomalar yordamida oqsil hosil qiladi. Endotoksinlar esa grammanfiy bakteriyalarning hujayra devorida lipopolisaxaridlar shaklida saqlanadi [1].

Ularning sintezi bakterial membrana komponentlarining yig‘ilishi orqali amalga oshiriladi. Toksinlarning hosil bo‘lishi ko‘pincha mikroorganizmlarning yashash sharoitlariga bog‘liq. Ozuqa moddalarining cheklanganligi yoki stress sharoitlari toksinlar sintezini faollashtirishi mumkin. Ekzotoksinlar ko‘pincha sekretsiya tizimlari orqali hujayra tashqarisiga chiqariladi. Ushbu mexanizmlar toksinlarning biologik ta’sirini tushunishda va ularni boshqarishda muhim rol o‘ynaydi[2].

Mikrobiologik toksinlar ekologik jarayonlarda muhim rol o‘ynaydi. Ular mikroorganizmlarning raqobatlashuv qobiliyatini oshirib, turli muhitlarda ekologik muvozanatni saqlashga yordam beradi. Masalan, tuproq mikroorganizmlari tomonidan ishlab chiqariladigan toksinlar tuproq bakteriyalarining ko‘payishini cheklab, o‘simliklar uchun zarur elementlarning aylanishini ta’minlaydi. Zamburug‘larning toksinlari boshqa mikroorganizmlar yoki hasharotlarga qarshi biologik qurol sifatida ishlatiladi. Suv havzalarida toksinlar mikroorganizmlar populyatsiyasining boshqaruvchisi sifatida rol o‘ynaydi. Shuningdek, toksinlarning tuproq va suvda uzoq vaqt saqlanish qobiliyati ularning ekologik muhitga salbiy ta’sirini oshiradi. Mikotoksinlar o‘simliklarning zararkunandalardan himoyalashida muhim rol o‘ynaydi, biroq ular oziq-ovqat zaxiralarini ifloslantirishi mumkin [2].

rioya qilish muhimdir. Zamburug' va bakteriyalarning o'sishini cheklash uchun mahsulotlarni sovuqda saqlash va quritish usullari keng qo'llaniladi. Diagnostik texnologiyalar yordamida toksinlarning mavjudligini aniqlash va ularni tezkor bartaraf etish mumkin. Farmatsevtika sohasida antitoksinlar va vaksinalar mikroorganizmlar toksinlariga qarshi samarali vositalardan hisoblanadi. Bioremediasiya texnologiyalari yordamida toksinlar bilan ifloslangan muhitni tozalashda ekologik yondashuvlar ishlab chiqilgan. Genetik modifikatsiya va biotexnologik usullar yordamida toksinlarni boshqarish va ulardan xavfsiz foydalanish yo'llari yaratilmoqda [7].

Materiallar va usullar

1. Tadqiqot ob'ekti va sharoitlari

Tadqiqot ob'ekti sifatida toksin moddalarni ajratish qobiliyatiga ega bo'lgan mikroorganizmlar (masalan, Bacillus, Clostridium, Aspergillus, Staphylococcus aureus) tanlandi. Ushbu mikroorganizmlar mikrobiologik usullar yordamida laboratoriya sharoitida o'stirildi. Tadqiqot davomida mikroorganizmlarning toksin ishlab chiqarishi uchun optimal sharoitlar, jumladan, harorat(30-37°C), pH(6.5-7.5), ozuqa muhiti (Sabouraud dekstroza agari (SDA) yoki tryptikaza soya bulyoni (TSB)) va inkubatsiya muddati belgilandi.

2. Moddalar va reagentlar

➤ **Ozuqa muhitlari:** toksin ishlab chiqarishga mos turli xil muhitlar (nutrient agar, LB bulyoni, MRS bulyoni).

➤ **Kimyoviy reagentlar:** toksinlarni aniqlash va ajratish uchun trikloroatsetik kislota, etanol, ammoniy sulfat, va fosfat bufer eritmalari.

➤ **Indikator moddalar:** toksinlarning mavjudligini baholash uchun kolorimetrik reagentlar (masalan, Bradford eritmasi).

3. Ishlatilgan usullar

3.1. Mikroorganizmlarni o'stirish va toksin ishlab chiqarishga mos sharoit yaratish

Mikroorganizmlar sterillangan ozuqa muhitlariga ekildi va optimal sharoitlarda inkubatsiya qilindi. Inkubatsiya muddati 24-72 soat bo'lib, bu toksinlarning ajralishi uchun yetarli vaqt hisoblanadi.

3.2. Toksin moddalarni ajratish

1. Filtratsiya: Mikroorganizmlarni madaniyat suyuqligidan ajratish uchun 0.45 mikrometrli membrana filtdan foydalanildi.

2. Pretsipitatsiya: Ajratilgan suyuqlikka ammoniy sulfat qo'shib, toksinlar cho'ktirilgan. Keyin cho'kma sentrifugalanib, ajratib olindi.

3. Dializ: Toksin moddalar dializ qopchalari yordamida qo'shimcha aralashmalardan tozalandi.

3.3. Toksin moddalarni tahlil qilish

- **Kolorimetrik tahlil:** Toksin kontsentratsiyasini aniqlash uchun spektrofotometrda foydalanildi (480-540 nm oralig'ida o'lchov).
- **GEL elektroforezi:** Toksinlarning oqsil tarkibini baholash uchun ishlatildi.
- **HPLC (yuqori samarali suyuqlik xromatografiyasi):** Toksinlarning molekulyar tarkibi va ularning sof shakli aniqlangan.

XULOSA

Xulosa qilib aytganda, mikroorganizmlar fiziologiyasi va toksinlari fanining zamonaviy ilm-fan va amaliyotda ahamiyati nihoyatda katta. Mikroorganizmlar toksinlari bir tomondan inson salomatligiga xavf tug'dirsa, boshqa tomondan, farmatsevtika, biotexnologiya, va qishloq xo'jaligida keng qo'llanilishi orqali insoniyat uchun foydali bo'lishi mumkin. Toksinlar yordamida tibbiyotda muhim dori vositalarini yaratish, qishloq xo'jaligida zararkunandalarga qarshi kurashda samarali biologik vositalarni qo'llash va atrof-muhitni tozalash imkoniyatlari ortib bormoqda. Shu bilan birga, toksinlarning xavfini kamaytirish va ulardan xavfsiz foydalanish uchun ilmiy izlanishlarni rivojlantirish zarur. Toksinlarni boshqarish va ular bilan ishlashda zamonaviy texnologiyalar va genetik yondashuvlar asosida yangi usullar ishlab chiqilishi katta istiqbollarni ochmoqda. Bu mavzu insoniyatning sog'lom hayot kechirishiga va ekologik muvozanatni saqlashga hissa qo'shuvchi muhim yo'nalishlardan biri ekanligini ko'rsatadi.

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HAYVONLAR HUYAYRALARIDA REKOMBINANT GFP OQSILINING SINTEZI VA EKSPRESSIYASI

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Annotatsiya. Ushbu maqolada hayvon gen muhandisligi tushunchalari, kelib chiqishi, dolzarbligi va ahamiyati, hayvon gen muhandisligining metod va texnologiyalari, asosiy yo'nalishlari va qo'llanilish sohalari yoritib berilgan.

Kalit so'zlar: transgen hayvon, klonlashtirish, mikroineksiya, Dolly, CRISPR-Cas9, yadro transferi

СИНТЕЗ И ЭКСПРЕССИЯ РЕКОМБИНАНТНОГО Б ЕЛКА GFP В КЛЕТКАХ ЖИВОТНЫХ

Аннотация. В статье описаны понятия, происхождение, актуальность и значение генной инженерии животных, методы и технологии генной инженерии животных, основные направления и области применения.

Ключевые слова: трансгенное животное, клонирование, микроинъекция, Долли, CRISPR-Cas9, ядерный перенос.

SYNTHESIS AND EXPRESSION OF RECOMBINANT GFP PROTEIN IN ANIMAL CELLS

Abstract. This article describes the concepts, origin, relevance and importance of animal genetic engineering, methods and technologies of animal genetic engineering, main directions and fields of application.

Key words: transgenic animal, cloning, microinjection, Dolly, CRISPR-Cas9, nuclear transfer.

Hayvon gen muhandisligi genetik texnologiyalar yordamida hayvonlarning irsiy xususiyatlarini o'zgartirish va yaxshilashga yo'naltirilgan ilmiy yo'nalishdir. Bu soha molekulyar biologiya, genetik muhandislik va biotexnologiya bilan uzviy bog'liqdir. Gen muhandisligi, avvalo, hayvonlarning genetik kodiga tashqi genlarni kiritish orqali

yangi xususiyatlarni shakllantirishni ko'zda tutadi. Hayvonlarning genetik manipulyatsiyasi orqali inson ehtiyojlariga moslashtirilgan yangi hayvon turlarini yaratish imkoni tug'ildi. Hayvon gen muhandisligi zamonaviy jamiyat uchun katta iqtisodiy va ijtimoiy ahamiyatga ega bo'lib, sog'liqni saqlash, oziq-ovqat xavfsizligi va ekologik muammolarni hal qilishda muhim rol o'ynaydi. Shu sababli, sohaning rivojlanishi nafaqat ilmiy, balki iqtisodiy va ijtimoiy rivojlanishga ham xizmat qiladi [1].

Hayvon gen muhandisligining tarixiy rivojlanishi. Hayvon gen muhandisligining ilk bosqichlari XX asrning o'rtalarida boshlangan. Dastlab genetik manipulyatsiya usullari bakteriyalar va zamburug'larda sinovdan o'tkazilgan bo'lsa-da, keyinchalik bu texnologiyalar yuqori tashkilotli organizmlarga ham tatbiq etila boshlandi. 1980-yillarda transgen sichqonlar ustida muvaffaqiyatli tadqiqotlar o'tkazildi va bu usul hayvon gen muhandisligining yangi bosqichiga yo'l ochdi. Eng muhim yutuqlardan biri 1996-yilda klonlangan Dolly qo'ying yaratilishi bo'ldi. Bu yutuq gen muhandisligida somatik hujayra yadro transferi texnologiyasining samaradorligini isbotladi. 2000-yillarda CRISPR-Cas9 tizimi kashf qilinishi bilan gen tahrirlash aniq va tezkor bo'lib qoldi. Bugungi kunda gen muhandisligi hayvonlarning genetik kasalliklarini o'rganish va davolashda ham muhim o'rin tutadi. Shu bilan birga, u ko'plab yangi biotexnologik mahsulotlarni ishlab chiqishga imkon yaratmoqda [2].

Hayvon gen muhandisligining metodlari va texnologiyalari. Hayvon gen muhandisligi turli metod va texnologiyalarni o'z ichiga oladi, ular orasida gen kiritish, gen tahrirlash va klonlashtirish usullari yetakchi o'rinni egallaydi. Mikroin'yeksiya – bu usulda DNK molekulasini hayvon hujayrasiga bevosita mikropipetka yordamida kiritiladi. Elektroporatsiya texnologiyasi esa hujayra membranasini vaqtincha o'tkazuvchan qilish orqali DNK molekulasining hujayra ichiga kirishini ta'minlaydi. [2].

Gen muhandisligining asosiy yo'nalishlari. Hayvon gen muhandisligi bir nechta asosiy yo'nalishlarni o'z ichiga oladi. Birinchi navbatda, genetik kasalliklarni davolash yo'nalishi muhim ahamiyatga ega. Hayvonlarda irsiy kasalliklarning genetik asoslarini o'rganish va ularni davolash texnologiyalari rivojlanmoqda. Ikkinchi yo'nalish – biomeditsina va farmatsevtika sohasidagi yutuqlar. Gen muhandisligi yordamida hayvonlar organizmidan bioreaktor sifatida foydalanish orqali inson uchun muhim bo'lgan oqsillar va vaksinalarni ishlab chiqarish yo'lga qo'yilmoqda. Uchinchisi, hayvonlarning genetik yaxshilanishi – bu yo'nalishda chorva mollari va boshqa qishloq xo'jaligi hayvonlarining mahsuldorligi va chidamliligini oshirish ustida ishlar olib borilmoqda [3].

Hayvon gen muhandisligining amaliy tatbiqlari. Hayvon gen muhandisligi ko'plab sohalarda muvaffaqiyatli qo'llanilmoqda. Sog'liqni saqlash sohasida genetik

jihtadan o'zgartirilgan hayvonlar inson kasalliklarini tadqiq qilishda model sifatida keng qo'llaniladi. Misol uchun, genetik jihtadan modifikatsiya qilingan sichqonlar saraton, Oziq-ovqat xavfsizligi sohasida esa transgen hayvonlar orqali ekologik toza va sifatli oziq-ovqat mahsulotlari ishlab chiqarish yo'lga qo'yilmoqda. Ushbu tatbiqlar hayvon gen muhandisligi sohasining global miqyosda iqtisodiy, ekologik va ijtimoiy rivojlanishga ta'sir ko'rsatishidan dalolat beradi [4].

Genetik o'zgartirishlarning hayvonlarga ta'siri va etik muammolar Hayvon gen muhandisligi texnologiyalarining rivojlanishi bilan bir qatorda, ularning ta'siri va etik masalalari ham dolzarb mavzulardan biriga aylandi. Genetik manipulyatsiya natijasida hayvonlar organizmida kutilmagan o'zgarishlar yuzaga kelishi mumkin. Masalan, genetik jihtadan o'zgartirilgan hayvonlar organizmida immun tizimining zaiflashishi yoki yangi kasalliklarning paydo bo'lishi kuzatilishi mumkin. Etik masalalar esa, asosan, hayvonlarning huquqlari, ularning farovonligi va genetik manipulyatsiya yashash jarayonlarida og'riq yoki azobdan himoya qilish bilan bog'liq.[5].

Hayvon gen muhandisligining kelajakdagi rivojlanish istiqbollari. Hayvon gen muhandisligi sohasida kelajakda yangi yutuqlarga erishish uchun keng imkoniyatlar mavjud [6].

Hayvon gen muhandisligi sohasidagi xalqaro me'yorlar va qonunchilik. Hayvon gen muhandisligi faoliyati xalqaro me'yorlar va milliy qonunchilik bilan tartibga solinadi. [7].

Qishloq xo'jaligida mahsuldorlikni oshirish orqali oziq-ovqat xavfsizligini ta'minlashda ijobiy o'zgarishlar kutilmoqda. Ijtimoiy nuqtai nazardan, gen muhandisligi yangi ish o'rinlari yaratib, iqtisodiy o'sishga hissa qo'shmoqda. Shu bilan birga, jamiyatda ushbu texnologiyalar bo'yicha turli munozaralar davom etmoqda, chunki genetik manipulyatsiyaning uzoq muddatli ta'siri hali to'liq o'rganilmagan. Shu sababli, jamiyatning gen muhandisligi sohasidagi bilimlarini oshirish va ularning xavfsizligi haqida ochiq muloqotlar tashkil qilish muhimdir [8].

Material va metodika

Tadqiqot obyekti

- Hujayra turi: CHO (Chinese Hamster Ovary) hujayralari.
- Gen: Yashil floresent oqsil (GFP) genini o'z ichiga olgan plazmid DNK.

Hujayra madaniyatini o'stirish uchun materiallar:

- Dulbecco modifikatsiyalangan Eagle's medium (DMEM).
- Fetal buzoq zardobi (FBS).
- Penitsillin-streptomitsin (antibiotiklar).
- Lipofektamin 2000 (transfektsiya uchun).

Tahlillar uchun uskunalar:

- Floresent mikroskop.

- ELISA to'plami (oqsil miqdorini o'lchash uchun).
- SDS-PAGE (oqsil tahlili uchun).

Tadqiqot usuli

Hujayralarni o'stirish

CHO hujayralari DMEM muhitida 37°C va 5% CO₂ inkubatorida o'stirildi. Fetal buzoq zardobi (FBS) qo'shildi va antibiotiklar yordamida kontaminatsiya oldi. Hujayralar 24 soat davomida inkubatsiya qilindi.

Gen kiritish (Transfektsiya)

Lipofektamin 2000 yordamida GFP genini o'z ichiga olgan plazmidni hujayralarga kiritish.

24 soat davomida hujayralar inkubatsiya qilindi. Gen kiritilgandan keyin hujayralar 48 soat davomida inkubatsiya qilindi.

Tahlil usullari

1. Floresent mikroskopiya. GFP genining ekspressiyasini tasdiqlash uchun floresent mikroskopdan foydalanildi. Yashil nur taratadigan hujayralar tasvirlandi.

2. Oqsil miqdorini aniqlash (ELISA). Hujayralarning supernatanti yig'ildi va ELISA yordamida GFP oqsili miqdori o'lchandi.

3. SDS-PAGE. GFP oqsili SDS-PAGE yordamida ajratildi va uni molekulyar og'irligi bo'yicha tahlil qilish.

Natijalar

Tadqiqot jarayonida quyidagi asosiy natijalar olish mumkin bo'ldi:

GFP genining kiritilishi

Floresent mikroskopiya yordamida CHO hujayralarida GFP genining muvaffaqiyatli ekspressiyasi tasdiqlandi. Hujayralar yashil rangda porladi, bu esa GFP oqsilining muvaffaqiyatli ishlab chiqarilishini ko'rsatdi. Bunday ranglanish 48 soatlik inkubatsiyadan so'ng kuzatildi.

Oqsil miqdori (ELISA)

ELISA testidan olingan natijalar shuni ko'rsatdiki, GFP oqsili miqdori yuqori darajada bo'lib, bu genetik modifikatsiyaning muvaffaqiyatini tasdiqlaydi. Hujayralarning supernatantida GFP oqsili miqdori ortdi va bu yuqori darajadagi ekspressiyani bildiradi.

Oqsil tahlili (SDS-PAGE)

SDS-PAGE tahlili davomida GFP oqsili 27 kDa bo'yicha ajratildi, bu uning molekulyar og'irligiga mos keladi. Olingan oqsil markazidagi yoritilgan banda GFP ning muvaffaqiyatli sintezini ko'rsatadi.

XULOSA:

Tadqiqot davomida gfp genining cho hujayralariga kiritilishi va uning muvaffaqiyatli ekspressiyasi ko'rsatilgan. Bunday metodika yordamida rekombinant

oqsillarni ishlab chiqarish jarayoni soddalashtirilgan va samarali bo'ldi. Bu usul hayvonlar gen muhandisligida qo'llanilishi mumkin bo'lgan oddiy va samarali bir metod sifatida foydalanish uchun yaroqli ekanligi aniqlangan.

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МАКТАБГАЧА ТА'ЛИМ ТИЗИМИДАГИ РАҲБАРЛАРИНИНГ ПЕДАГОГИК МАҲОРАТНИ ОШИРИШ ВА ЛИДЕРЛИК КО'НИКМАЛАРИНИ РИВОЖЛАНТИРИШ

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Аннотатсия. Bu maqolada maktabgacha ta'lim tizimida olib borilayotgan o'zgarishlar, islohotlar va innovatsion yondashuvlar va ta'lin samaradotligini oshirish haqida aytib o'tilgan. Bundan tashqari ta'limda pedadog tarbiyachi, muallimlarning pedagogik mahoratini oshirish ma'lumotlar keltirilgan.

Аннотатсия. В данной статье говорится об изменениях, реформах и инновационных подходах в системе дошкольного образования и повышении эффективности образования. Кроме того, имеется информация о повышении педагогического мастерства педагогов и учителей образования.

Abstract. This article talks about the changes, reforms and innovative approaches in the preschool education system and improving the effectiveness of education. In addition, there is information on improving the pedagogical skills of pedagogues and teachers in education.

Kalit so'zlar: ta'lim tizimi, samaradorlik, bolalar, pedagog tarbiyachi, ta'lim jarayonlari, pedagogic mahorat, pedagogic texnika.

Ключевые слова: образовательная система, эффективность, дети, педагог-воспитатель, образовательный процесс, педагогическое мастерство, педагогическая техника.

Key words: educational system, efficiency, children, teacher educator, educational processes, pedagogical skill, pedagogical technique.

Pedagogik mahoratni oshirishda rahbarning roli juda muhim. Rahbar nafaqat o'qituvchilar jamoasini boshqaradi, balki ularga o'z kasbiy mahoratini oshirish uchun qulay sharoit yaratadi, pedagoglarni ilhomlantiradi va ularga yetakchilik qiladi. Quyida rahbarning ushbu jarayondagi asosiy vazifalari keltirilgan:

Ilhomlantirish va liderlik qilish

- Rahbar o'zining shaxsiy namunasi orqali boshqalarga ilhomlantiruvchi bo'lishi lozim. U pedagogik jarayonni yaxshi tushunishi va undan amalda foydalanishni ko'rsata olishi kerak.

- Motivatsiya va o'z-o'zini rivojlantirishni rag'batlantirish: O'qituvchilarni o'z ustida ishlashga, yangi bilim va ko'nikmalarni o'zlashtirishga undash.

Rahbar yoshi. Boshqaruv faoliyatini muvaffaqiyatli amalga oshirishning rahbar yoshiga bog‘liqligi rivojlangan mamlakatlar tadqiqotlariga asoslanadi. Aniqlanishicha, Yaponiya qayta ishlab chiqarish rahbarlarining o‘rtacha yoshi 63,5 bo‘lsa, shu toifa amerikalik rahbarlarning yoshi 59 da ekan. Yaponiya yirik kompaniya rahbarlarini o‘rganishda uchraydigan va taajjublanarli jihatlardan biri, ularning yoshi ulug‘ligidir. Shunga ko‘ra axborotlashtirish yoki axborotli malakaning asosiy maqsadi egallanadigan ixtisoslik shaxsiy intellektual faoliyat mazmunida yangi axborot texnologiyalaridan foydalanish yordamida ta‘lim samaradorligini oshirish, o‘qitish jarayonini to‘liq axborotlashtirish imkoniyatlariga ega bo‘lish va shu asosda ilmiy-texnikaviy taraqqiyot natijalarini o‘quv-tarbiya jarayoniga keng tadbiiq etishni nazarda tutadi. Individual ta‘lim bir qator afzalliklarga ega, shuning uchun bu usuli bizning davrimizgacha repetitorlik shaklida saqlanib qolgan.

Pedagogik mahorat rahbar va tarbiyachilarga pedagogik ijodkorlik, pedagogik texnika, ta‘lim - tarbiya jarayonida o‘qituvchi va o‘quvchilarning o‘zaro hamkorligi, muloqot olib borish taktikasi, nutq madaniyati, tafakkuri, tarbiyachining ma‘naviy-ma‘rifiy va tarbiyaviy ishlarini tashkil etish va amalga oshirish, bu jarayonda xulq-atvori va hissiyotni jilovlay olish xususiyatlarini o‘rgatadi va o‘z kasbini rivojlantirib boruvchi pedagogik faoliyatlar tizimi to‘g‘risida ma‘lumotlar beradi. Pedagogik mahorat rahbarning pedagogik faoliyati zamirida takomillashib boradi. O‘qituvchi mahorati uning faoliyatida ko‘rinadi. O‘qituvchi avvalo pedagogik jarayonning qonuniyatlari va mexanizmlarini yaxshi egallagan bo‘lishi lozim. Shu ma‘noda pedagogning umumlashgan malakalari va uning pedagogik texnikasi katta ahamiyatga molik bo‘ladi. Biroq mahorat - bu alohida qudrat. Yuqori va kichik darajada Usta bo‘lishi mumkin emas. Mahoratga erishish ham, erishmaslik ham mumkin. Yosh rahbar boshqaradigan tashkilotdagi xodimlarning o‘rtacha yosh ko‘rsatkichi ko‘pincha past bo‘ladi. Yoshlik (30–35 yosh atrofida) bu yangilik va kashfiyotlarga moyillik, moslashuvchanlik bilan ifodalanadi. Afsuski, bunday tashkilotda katta yoshdagi (40–45 dan yuqori) aniqlanishicha, inson 35–55 yoshlarida o‘z kasbining mohir ustasiga aylanadi, o‘z sohasidagi bilimni yaxshi egallaydi va ixtirolarni joriy etishga o‘zida ishtiyoq sezadi. Shu bilan birga, unda vaziyatni sovuqqonlik bilan tahlil etish, vazminlik kayfiyati shakllanadi.



Maktabgacha ta‘limning yangi sifati nafaqat uning mazmuni, balki ta‘lim tashkilotini boshqaradigan rahbarning boshqaruv mahorati, boshqaruv kompetensiyasiga ega ekanligi, shaxsiy sifatlari, yangi bilimlarni va innovatsiyalarni tatbiq etishga bo‘lgan munosabatiga bog‘liq.

Лидерлік ко'nikmalari — bu jamoani boshqarish, maqsadga erishish va boshqalarni rag'batlantirish qobiliyatidir. Liderlik ko'nikmalari nafaqat boshqaruv lavozimidagi odamlarga, balki o'z kasbiy va shaxsiy hayotida muvaffaqiyatga erishmoqchi bo'lgan har bir kishiga kerak bo'ladi.

Liderlik ko'nikmalarini rivojlantirish

- **Jamoani boshqarish ko'nikmalari:** Pedagogik jamoani samarali boshqarish, ularning kasbiy rivojlanishini qo'llab-quvvatlash.
- **Muammolarni hal qilish qobiliyatlari:** Murakkab vaziyatlarda tez va to'g'ri qarorlar qabul qilish ko'nikmalarini rivojlantirish.
- **Ilmiy tadqiqotga jalb qilish:** Rahbarlarni o'z ustida ishlashga va ilmiy-tadqiqot faoliyatiga rag'batlantirish.

Xorijiy tajribalarga ko'ra, maktabgacha ta'lim tashkiloti rahbar xodimlari taraqqiyotning hozirgi bosqichida quyidagi sifatlarga: “xorijiy tillarda muloqot qila olish”, “kommunikativlik”, “tadbikorlik va ishbilarmonlik”, “raqamli boshqaruv”, “innovatsiyaga yo'nalganlik”, “tizimli tahlil”, “qaror qabul qilish”, “o'z-o'zini rivojlantirish”, “pedagogik nizolarni boshqarish”, “kreativ boshqaruv”, “aqlli boshqaruv” va boshqa zamonaviy boshqaruv usullariga ega bo'lishlari lozim.

Pedagogik texnika - rahbarning nafaqat ta'lim-tarbiya jarayonida, balki butun kasbiy faoliyatida zarur bo'lgan umumiy pedagogik bilim va malakalari majmuidir. Pedagogik texnikaning muhim jihatlari - bu avvalo, pedagogning mahoratini belgilovchi kasbiy ko'nikmalar hisoblanadi, ya'ni uning savodli va ifodali so'zlay olishi, o'z fikr-mulohazasini va bilimini tushunarli tilda ta'sirchan bayon qilishi, his-tuyg'u sini jilovlay olishi, o'zining shaxsiy xususiyatlariga xos mimik va pantomimik qobiliyatlarga ega bo'lishi, aniq imo-ishora, ma'noli qarash rag'batlantiruvchi yoki istehzoli tabassum, so'zning cheksiz qudrati orqali o'quvchilar ongiga va tafakkuriga ta'sir o'tkazishi, hozirjavoblik, psixologik bilimlarga ega bo'lishi kabilardir. Yurtimiz jadal sur'atlarda rivojlanib borayotgan bu davrda, uning gullab-yashnashi, rivojlanishi, farovonligi uchun o'z kasbining mohir mutaxassisi bo'lmish, yosh kadrlarimizning o'rni muhim ahamiyatga egadir. Shunday ekan, maktabgacha va boshlang'ich ta'lim orasidagi ko'prikn mustahkamroq qilib qurishimiz, ta'limning sifat samaradorligiga innovatsion yo'llar orqali erishishimiz lozim. Buning uchun pedagoglardan juda katta mas'uliyat talab etiladi.

Ma'lumki, o'quv mashg'ulot jarayonida qo'llaniladigan pedagogik va informatsion texnologiyalar bir necha turlarga bo'linib, ulardan eng muhimi — kompyuter texnikasi vositalari yordamida ta'lim berishdir. SHundan kelib chiqib, elektron mashg'ulotlar, mashg'ulot ishlanmalari va elektron o'yinlar orqali ham ta'lim samaradorligini oshirish mumkin. Hozirgi kunda sinovdan o'tgan maxsus axborot vositalari: kompyuter texnikalari, audio va video vositalari qatoriga kelib qo'shilgan elektron ta'lim resurslari, virtual stendlar, animatsiyali dasturlar vositasida dars mashg'ulotlarini olib borish talabalar tomonidan dars mashg'ulotlarini o'zlashtirishlariga samarali natijalar berib borishi tayindir.

Pedagogik mahoratni oshirishda raqamli ta'lim resurslari yordamida mashg'ulotlarni tashkil etish jarayoni, bunda bolaning olayotgan bilimlarini na faqat eshitish, balki ko'rish sezgilari orqali ham qabul qilishlari va tushunchalarning g'oya va mazmunini chuqur anglab etishlariga samarali yordam beradi. Qator mualliflar tomonidan turli elektron o'qitish vositalari yordamida mavzularning yoritilishni joriy etib borilayotganligi, bunda bolalarning bilim saviyalarining oshib borayotganligini bevosita ishonch hosil qilish mumkinki, bu usullarning yanada takomillashtirilishi, yuqori pog'onaga olib chiqish kabi zaruratlar oldindan ko'rib, shu yo'sinda ta'lim va tarbiya jarayonini tashkil etish har bir rahbar hamda pedagogning dolzab vazifasi bo'lishi talab etiladi.



Pedagogik texnika tushunchasi ikkita guruhga bo'linadi: Birinchi guruh o'qituvchining shaxsiy axloqiy fazilatlarini va xulqi bilan bog'liq bo'lib, ta'lim-tarbiya jarayonida o'z-o'zini boshqarish malakalarida (refleksiya) namoyon bo'ladi. Ularga ta'lim-tarbiya jarayonida o'z xatti-harakatlarini boshqarishi, (mimika, pantomimika), o'z hissiyotini va kayfiyatini jilovlay olishi va turli nojo'ya ta'sirlarga berilmaslik, mukammal ijtimoiy persektiv qobiliyatlar (diqqat, kuzatuvchanlik, xayol), nutq texnikasini bilishi va o'z o'rnida qo'llay olish kabilar kiradi.

Rahbar pedagogik faoliyatida nutq texnikasini mukammal egallash muhim ahamiyatga ega. Zero, nutq vositasida tarbiyachi bolaning his-tuyg'ularini uyg'otadi, o'quvchilar bilan ongli muloqotni ta'minlaydi, ta'lim-tarbiyaga oid ma'lumotlarni tahliliy idrok etadi. Pedagogik nazokat boshqacha qilib aytganda pedagogik takt o'qituvchi axloqiy ma'naviy qiyofasini namoyon etuvchi me'yor tuyg'usi, xulq va odob qoidalariga rioya qilishi demakdir. Pedagogik nazokat o'qituvchining o'quvchilar bilan o'zaro munosabatini tashkil qilish vositasi. Psixologik til bilan aytilganda, nazokat insonning bir qolipdagi barqaror tasavvurlarida mujassamlashgan shaxsiy insoniy hislatlarining yig'indisidir.

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PSIXOLINGVISTIKADA EKSPERIMENTNING O'RNI

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Annotatsiya: Ushbu maqolada psixolingvistika va uning tadqiqot metodi bo'lgan eksperiment hamda o'tkazilgan eksperiment natijalari berilgan.

Kalit so'zlar: psixolingvistika, eksperiment, erkin assotsiativ eksperiment, yo'naltirilgan assotsiativ eksperiment, zanjirli assotsiativ eksperiment, reaksiya so'z, stimuly so'z.

Psixolingvistika psixologiya va lingvistikaning tekshirish obyektlarining kesishuvidan paydo bo'lgan bo'lgan zamonaviy fan bo'lib, nutqning hosil bo'lishi, shuningdek, nutqni idrok etish va shakllantirish jarayonlarini, ularning til tizimi bilan o'zaro bog'lanishini o'rganadi. "Psixolingvistika-bu tilshunoslik va psixologiya g'oyalari olib boriladigan fan. U tilni tushunish va til vositasida nutq hosil qilishning kognitiv jihatlarini o'rganish bilan shug'ullanadi. Tilning dastlabki psixologik ma'lumotlari Vundtning "Die Sprache" (1900) asari bo'lib, unda asosan, Jung grammatiklarning tilni psixolingvistik jihatdan tushuntirish haqidagi ma'lumotlar berilgan¹. Rus psixolingvistikasining asoschisi A.A.Lyontyev: "Psixolingvistikaning predmeti nutq faoliyatidir. Psixolingvistik tadqiqotlar esa shaxsning lingvistik qobiliyatini nutq bilan bog'liq holda tahlil qilishga qaratilgan".² Psixolingvistika inson nutqiy faoliyati modelini va psixofiziologik nutqiy shakllanishini ishlab chiqib, ularni psixologik eksperimentlar yo'li bilan tekshiradi. Shuning uchun ham, psixolingvistika eksperimental fan hisoblanadi.

Eksperiment so'zi "sinab ko'rish" yoki "sinov" degan ma'noni bildiradi. Eksperiment ilmiy bilish metodi sifatida o'rganilayotgan predmetlar va jarayonlarni nazorat qilinuvchi va boshqariluvchi sharoitlarda sinab ko'rish demakdir. Psixolingvistikada eksperiment asosida tadqiqot o'tkazishning birqancha afzalliklari bor:

- tadqiqotchi eksperiment asosida o'rganishda faoliyatning faol ishtirokchisiga aylanadi;
- eksperiment jarayoniga va uning xarakteriga ta'sir qila oladi;

¹ Psycholinguistics John.N.Williams University of Cambridge, UK

² Белянин В.П. Психоллингвистика М-2004

- qisqa vaqt ichida ko'proq ma'lumot olish imkonini beradi.

O'rganilayotgan nutqiy faoliyatning qonuniyatlari juda murakkab bo'lgani uchun turli variantlardagi eksperimentlarni o'tkazish maqsadga muvofiq bo'ladi. Masalan, bir xil topshiriqni bir paytning o'zida ham talabalarga, ham o'quvchilarga berish mumkin.

Tilshunoslikda fonetika sohasi bo'yicha eksperimental ishlar ancha yaxshi tanilgan. Eksperimental fonetika nutq tovushlarini tadqiq qilishda eksperimental metoddan foydalaniladi. Eksperimental fonetik metod nutq tovushlarini, prosodemik hodisalarni (masalan, intonatsiya, pauza, ritm) o'rganishda tovushlarni yozib oluvchi, ularni, mohiyatidan kelib chiqib, tahlil qiluvchi maxsus texnik vositalardan, asboblardan foydalaniladi. Semantika sohasidagi tadqiqotlarda ham qator qiziqarli eksperimental metodikalar ishlab chiqilgan va yaxshi natijalar qo'lga kiritilgan. Biroq bu sohadagi tadqiqotlar oz va ular fonetik tadqiqotlar singari mashhur emas. D.Kempbell psixolingvistik eksperimentga shunday ta'rif beradi: "Eksperiment-tadqiqotning bir qismi bo'lib, unda tadqiqotchi manipulyatsiya jarayonida o'zgaruvchilar bilan bog'lanadi va hosil bo'lgan effektlarni kuzatadi"³

Assotsiativ eksperiment psixolingvistika, psixologiya, sotsiologiya sohalarida keng tarqalgan bo'lib faol qo'llaniladi. Uning uchta turi mavjud:

- erkin assotsiativ eksperimentda respondentlarning reaksiyasiga hech qanday chegara qo'yilmaydi.

- yo'naltirilgan assotsiativ eksperimentda respondentlardan ma'lum grammatik yoki semantik guruhdagi assotsiatsiyalarni (masalan, otlarga mos sifat topish) berish so'raladi.

- zanjirli assotsiativ eksperimentda respondentlardan bir qancha stimul so'zlarga (masalan, 20 soniya ichida 10 ta reaksiya so'z berish) assotsiatsiyalar berish so'raladi.

Assotsiativ eksperiment (associative experiment) semantikaning psixolingvistik tahlili eng ko'p ishlangan texnika hisoblanadi. O'qituvchilik faoliyatidan kelib chiqib, har xil sinfdagi o'quvchilar orasida assotsiativ eksperiment o'tkazildi. Assotsiativ eksperimentda o'quvchilarga har xil sohaga oid bo'lgan stimul so'zlar berilib, ulardan o'sha so'zni eshitgan paytda xayoliga birinchi kelgan fikrni ifodalovchi reaksiya so'zlarni yozish so'raldi. O'qituvchi tomonidan ikki sinfga alohida qalam, ona, universitet, telefon, do'st, oila, sevgi, kelajak, pul, maktab stimul so'zlarini o'qib turildi. O'quvchilar esa bu so'zlarga o'zlarining reaksiyalarini so'zlarda ifodalab yozishdi. Bunda 7-sinf va 8-sinf o'quvchilari orasida yuqoridagi stimul so'zlarni berish orqali bu so'zlarga ularning munosabatini bilishga, shuningdek, ularning ichki psixikasini o'rganishga harakat qildik hamda 1-jadvalda berilgan natijalarga erishildi:

³ Белянин В.П. Психоллингвистика М-2004

Stimul soʻzlar	Reaksiya soʻzlar	
	7-sinf	8-sinf
Qalam	Qora-4, yashil-2, ruchka-3	Qora-5, qalam-2
Ona	Ona-6, mama-2, jannatim-3	Ona-4, mehribon-6
Universitet	Oʻqish-4, maktab-3, kelajak kaliti-2	Bino-2, oʻqish joyi-4, student-2
Telefon	Saytlar-2, Instagram-5, free fire-2	Internet-3, gaplashish-2, naushnik-2, maʼlumot-2
Doʻst	Hamma-1, doʻstlarining ismlari	Suyanch-2, ota-ona-3, dushman-1
Oila	Ota-ona-5,	Boylik-2, ota-ona-3, jamuljam-1
Sevgi	Ota-ona-7, oila-2, futbol-1	Oila-2, mehribonlik-1, oʻyin-2
Kelajak	Maqsadlarga erishish-2, qarish-3	Oʻqish-2, maqsad-2, qiynalish-3, Jannat-1, uylanish-1
Pul	Boylik-2, qogʻoz-2	Boylik-3, Amerikaga ketish-1, xarid-2
Maktab	Doʻstlar-2, 2-uy-2, qamoqxon-2	Ustozlar-2, jamoat joyi-1, oʻquvchi-2

(1-jadval)

Yuqoridagi maʼlumotlarga asoslanib shuni aytamizki, oʻquvchilarning berilgan stimuly soʻzlarga reaksiya soʻzlari umumiy va xususiy sifatlarga ega. Masalan, *telefon* soʻziga 7-sinf oʻquvchilarining reaksiyasi ijtimoiy tarmoqlar, oʻyinlar bilan bogʻliq. Yaʼni bu yoshdagi oʻquvchilarning koʻpchilik qismi telefonda aynan shu maqsadlarda foydalanishadi. 8-sinf oʻquvchilarining koʻpchiligi esa bu soʻzga internet, “maʼlumot” deb yozishgan, yaʼni ular ulgʻaygani sari telefonning foydali jihatlari maʼlumot olish imkoniyatini anglab borishmoqda. Bu yoshda oʻquvchilar qoʻshimcha kurslarga borishining natijasida, ular koʻproq maʼlumotga ehtiyoj sezishganligi uchun aynan mana shu tomonini yozishgan. *Doʻst* soʻziga ham koʻpchilik doʻstlarining ismini yozishgan, baʼzilari *ota-onasini*, bittasi esa dushman deb yozgan. Keyin surishtirsa, uning eng yaqin doʻsti dushmaniga aylangan ekan. Ushbu assotsiativ eksperiment orqali oʻquvchilarning psixologiyasini, ular ifodalagan birgina soʻz bilan ichki dunyosini, qanday oʻy-xayollarda yurganini bilib olishga boʻladi. Shunga qarab, oʻqituvchi sifatida, ularning dunyoqarashini, fikrlarini yaxshi tomonga oʻzgartirishga harakat qilish mumkin. Xullas, assotsiativ eksperiment ishonarli lingvistik va psixolingvistik maʼlumot beradi. Ommaviy eksperiment materiallari tilning maʼlum assotsiativ guruhlari, madaniy xususiyatlari, sotsiologik va ijtimoiy-psixologik tadqiqotlarni amalga oshirishda qoʻl keladi.

Xulosa qiladigan boʻlsak, psixolingvistik tahlida assotsiativ eksperiment metodi asosida oʻrganish aniq va tez maʼlumot olishga, respondentlarning fikrlarini, ishki dunyosini oʻzlari ifodalagan birgina soʻzi orqali bilib olish imkoniyatini yaratadi.

Yuqorida eksperimentning bir ko‘rinishidan foydalanildi, xolos, uning boshqa turlaridan ya’ni erkin assotsiativ, yo‘naltirilgan assotsiativ turlaridan foydalanib ham yaxshi natijalarga erishish mumkin.

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QORAQOLPOG‘ISTON SHAROITIDA BROYLERLARNI OZIQLANTIRISH USULLARI VA ME‘YORLARI

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QORAQOLPOG‘ISTON SHAROITIDA BROYLERLARNI OZIQLANTIRISH USULLARI VA ME‘YORLARI

ANNOTATSIYA

Ushbu maqolada Qoraqolpog‘iston Respublikasi hududida parvarishlanadigan broyler krosslari ularni parvarish qilis. Broyler jo‘jalarni o‘shish rivojlanishini yaxshilash uchun ularni oziqlantirishga alohida etibor berilishi kerak. Broyler jujalarni oziqlantirishda belgilangan retseptlar bo‘yicha omuxta yem tayyorlanadi. Broyler jujalarni to‘liq qiymatli oziqlantirish muhim ahamiyatga ega ekanligi. Jo‘jalarni oziqlantirishda to‘liq qiymatli oziqlantirish uchun omuxta yem retseptini tuzishning ilmiy asosda o‘rganish va ularni tez fursatda o‘stirish to‘g‘risida ma’lumotlar berilgan.

Kalit so‘zlar: protein, bug‘doy, valin, leysin, trikalsiyfosfat, baliq uni, quruq sut, ferment, makkajo‘xori, retsept, vitamin, ozuqa qo‘shimchalari.

СПОСОБЫ КОРМЛЕНИЯ БРОЙЛЕРОВ В УСЛОВИЯХ КАРАКАЛПАКСТАНА И НОРМЫ

АННОТАЦИЯ

В этой статье позаботимся о бройлерных кроссах, которые содержатся на территории Республики Каракалпакстан. Особое внимание следует уделять кормлению цыплят-бройлеров для улучшения их роста. При кормлении цыплят-бройлеров мягкие корма готовят по установленным рецептам. Важно кормить цыплят-бройлеров полноценным питанием. Дана информация о научном обосновании составления рецепта полноценного кормления цыплят и их быстрого роста.

Ключевые слова: белок, пшеница, валин, лейцин, трикальцийфосфат, рыбная мука, сухое молоко, фермент, кукуруза, рецептура, витамин, пищевые добавки.

METHODS AND STANDARDS FOR FEEDING BROILERS IN THE CONDITIONS OF KARAKALPAKSTAN

ANNOTATION

This article discusses the care of broiler crosses raised in the Republic of Karakalpakstan. Special attention should be paid to feeding broiler chicks to improve their growth and development. When feeding broiler chicks, compound feed is prepared according to established recipes. It is important to provide full-value nutrition for broiler chicks. Information is provided on the scientific study of the preparation of compound feed recipes for full-value nutrition in feeding chicks and their rapid growth.

Keywords: protein, wheat, valine, leucine, tricalcium phosphate, fish meal, dry milk, enzyme, corn, recipe, vitamin, feed additives.

KIRISH

Asosiy izlanishlar: Hozirgi kunda go'sht yo'nalishidagi broyler jo'jalar go'shtiga iste'molchilar talabining salmog'i ko'payib, bir qancha broyler go'shti yetishtiruvchi tadbirkorlik xo'jaliklari soni ortib borayotgan bo'lsa-da, Ross-308 krossli broyler jo'jalarini o'sish va rivojlanish, mahsuldorlik sifatlarini yaxshilash hamda boquv davrini imkon qadar qisqartirish asosiy vazifalardan biri bo'lib kelmoqda. Bu borada ilmiy-tadqiqot ishlarini amalga oshirish uchun O'zbekiston olimlaridan S.Azimov, D.Azimov, A.Alimov, M.A.Ismoilov, A.Tursunov, G'.Jumaniyozov, G.B.Ibodullayeva, Sh.Doniyorov va boshqalar tomonidan go'sht yo'nalishidagi parrandalarni parvarishlash, o'sish va rivojlanish ko'rsatgichlarini oshirish usullarini o'rganishda turli parvarishlash va oziqlantirish usullaridan foydalanish mumkinligi to'g'risidagi ilmiy tadqiqot ishlarni olib borishgan.

Qoraqolpog'iston sharoitida broylerlarni oziqlantirish usullari va me'yorlari

Broyler jo'jalar boshqa qishloq xo'jalik parrandalariga qaraganda o'sish sur'atining tezligi bilan ajralib turadi. Shuning uchun ularni birinchi kundanoq to'liq ratsionli omuxta em, tarkibi muvozanatlashgan ozuqa bilan boqish muhim ahamiyatga ega. Broyler jo'jalarini oziqlantirish 3 davrga (boshlang'ich — 1—10 kun, o'sish — 11—24 kun va yakuniy — 25 kun va undan yuqori) yoki 2 davrga boshlang'ich (1—4 haftalik) va yakuniy (5 hafta va undan yuqori) davrga bo'linadi.

Quyidagi jadvalda broyler jo'jalariga beriladigan ozuqa me'yori, ratsion tarkibi miqdoriga nisbatan foiz hisobida berilgan: 100 gramm ozuqa tarkibidagi energiya almashinuvi (OE) uchun kilokaloriyada, qolganlari uchun foizda berilgan.

№	Moddalar nomi	Broylerlar (1 - 4 kunlik)	Broylerlar (1 - 4 haftalik)	Broylerlar (5 haftadan yuqori)
1	Energiya almashinuvi (OE)	310	310	315
2	Oqsil (xom protein)	18,0	22,0	19,0
3	Kletchatka (biriktiruvchi to'qima)	2,9	4,5	4,5
4	Lizin	0,95	1,15	1,05
5	Metionin	0,31	0,48	0,44
6	Tsistin	0,25	0,28	0,32
7	Triptofan	0,21	0,23	0,21
8	Arginin	0,97	1,25	1,14
9	Gistidin	0	0,48	0,44
10	Leytsin	0	1,61	1,47
11	Izoleytsin	0	0,88	0,80
12	Fenilalanin	0	0,80	0,74
13	Tirozin	0	0,69	0,43
14	Treonin	0	0,80	0,74
15	Valin	0	0,98	0,89
16	Glitsin	0	1,04	0,95
17	Ca (kaltsiy)	0,25	1,00	0,90
18	P (fosfor)	0,47	0,80	0,70
19	Na (natriy)	0,18	0,3	0,3

Broyler jo'jalarini vitaminlar(darmondori)ga bo'lgan talabi: 1 tonna ozuqa tarkibidagi A, D3 vitaminlari uchun million IE(Xalqaro birlik)da, qolganlari uchun grammda berilgan.

№	Vitaminlar nomi	Broylerlar (1 - 4 kunlik)	Broylerlar (1 - 4 haftalik)	Broylerlar (5 haftadan yuqori)
1	A	10,0	10,0	7,0
2	D3	1,5	1,5	1,0
3	E	10,0	10,0	5,0
4	K	2	2	1
5	B1	2	2	1
6	B2	3	3	3
7	B3	10	10	10
8	B4	500	500	500
9	B 5	30	30	20
10	B6	3	3	3
11	B9	0,5	0,5	0,5
12	B12	0,025	0,025	0,025
13	PP	0,1	0,1	0
14	C	50	50	50

Jo‘jalarning birinchi 4 kunligida ularni oziqlantirishda engil hazm bo‘ladigan ozuqa aralashmalaridan foydalanish mumkin. Quruq sut mahsulotlari, makkajo‘xori va bug‘doy yormalari, soya shroti, vitamin

- mineralli qo‘shimchalari — premikslar shular jumlasidandir.
1-4 kunlik broyler jo‘jalarga tavsiya qilinadigan ratsion

Komponentlar	Miqdori (% hisobida)
Bug‘doy yormasi	35
Makkajo‘xori yormasi	35
Soya shroti	25
Quruq sut	5
Bundan tashqari vitamin-mineralli premiks	0,1

Broyler jo‘jalarini to‘g‘ri oziqlantirishning asosiy ko‘rsatkichlariga ularning jadal sur‘atlarda o‘shishi, suyak to‘qimalarining yaxshi rivojlanganligi, oyoqlarida

quvvatsizlik holatlarining yo‘qligi, sog‘lomligi va boshqalar kiradi.

Broylarning o‘shishi asosan oqsil moddasiga bog‘liq bo‘lgani uchun ratsionga yuqori biologik to‘yimli oqsil moddasiga ega bo‘lgan ozuqalarni kiritish maqsadga muvofiq bo‘ladi. Oqsil moddasining asosiy manbalarini hayvon va o‘simlikliklardan olinadigan ozuqa qo‘shimchalari tashkil etadi. Omuxta tarkibidagi xom oqsilning 20—25 foizini hayvonlarga oid ozuqalarga tegishli bo‘lgan oqsillar tashkil etishi lozim.

Broyler jo‘jalarini, kelib chiqishi xayvonlarga oid bo‘lgan ozuqalar hamda makkajo‘xori va soya shrotlari bilan kerakli miqdorda ta‘minlashdagi mavjud qiyinchiliklarni hisobga olib, ular o‘rniga parranda ozuqasi uchun tsellyuloza(kletchatka)ga boy bo‘lgan, kelib chiqishi o‘simliklarga oid bo‘lgan ozuqalarni ishlatishga to‘g‘ri kelmoqda.

Broylerlar ratsionidagi ozuqalar tarkibiga kiruvchi protein miqdorini, kelib chiqishi hayvonlarga oid (baliq uni, go‘sht-suyak uni, quruq sut mahsulotlari) va o‘simliklarga oid (soya va kungaboqar shrotlari) bo‘lgan ozuqalar hamda ozuqa xamirturushlari bilan to‘ldirish mumkin. Broyler jo‘jalarining go‘shidan baliq xidi kelmasligi uchun, baliq uni oxirgi 10 kunlikda ratsiondan chiqariladi.

Xonadonda boqishga mo‘ljallangan broyler jo‘jalar uchun ozuqa ratsioni na‘munasi (% hisobida)

Ozuqa tarkibi	Jo‘jalar yoshi, haftada	
	1—4	5 va undan
Bug‘doy doni	35	37
Makkajo‘xori doni	25	20
Soya shroti	23	20
Kungaboqar shroti	5	10
Baliq uni	5	2
Ozuqa xamirturishi	3	5
Mineral ozuqalar	1	1
O‘simlik yog‘i	3	5
Bundan tashqari vitamin-mineralli premiks	0,1	0,1

Ratsiondagi energiya yetishmovchiligini 3—5 foiz o‘simlik moylarini qo‘shish bilan qoplash mumkin. Moylarni jo‘jalar yoshi 1 kunlikdan boshlab 2-3 foiz, 4 haftalikdan boshlab 4-5 foiz ratsionga qo‘shish tavsiya etiladi.

Har kuni tirik vazni 50 grammdan o 'sadigan broyler-jo jalariga mo 'Ijallangan ozuqa retsepti (% hisobida)

Ozuqa tarkibi	Jo'jalar yoshi, hafta		
	1-3	4-5	6—7
Bug'doy	33	32	36
Makkajo'xori	25	25	25
Kungaboqar shroti (34% xom	7	9	10
Soya shroti	23	20	18
Go'sht-suyak uni	1,95	4	4,2
Baliq uni	4	3	—
O'simlik yog'i	3	4,3	4,2
Lizin (monoxlorgidrat)	0,25	0,25	0,2
Metionin	0,3	0,25	0,2
Osh tuzi	0,3	0,3	0,3
Deflorirovanno'y fosfat (Ca-30%, P-18%)	1,2	1,0	1,0
Ozuqa ohagi (izvestnyak)	1,0	0,9	0,9
Bundan tashqari vitamin-	0,1	0,1	0,1

Broylerlarning jadal o'sishi va me'yorda rivojlanishi uchun mineralli oziqlantirish katta ahamiyatga ega. Ozuqa ratsionini mineral moddalar bilan muvozanatlashtirish maqsadida bo'r, suyak uni, ftorsizlantirilgan fosfatlar qo'shiladi. Bundan tashqari imkon bo'lganda chig'anoq qo'shish ham yaxshi natijalar beradi. Ratsionda kaltsiy bilan fosfor munosabati 2 : 1 ni tashkil etishi lozim.

Modda almashinuvini yaxshilash va hosil bo'layotgan energiyadan hamda proteindan yuqori samarali foydalanish maqsadida broylerlar ratsioniga tarkibida biologik aktiv moddalar bo'lgan premikslarni qo'shish yaxshi natija beradi.

10 kundan boshlab broylerlarga har bir bosh jo'jaga 1—2 grammdan haftada bir marta mayda toshlar(graviy) beriladi. Boshlang'ich davrda broylerga hajmi 1,0—2,5 mm bo'lgan, yakuniy davrda hajmi 3,0—3,5 mm bo'lgan yiriklikdagi omuxta emlar bilan boqish biologik va iqtisodiy samara beradi.

Bir kunda bir bosh broyler jo'jaga tahminiy ozuqa sarfi

Jo'jalar yoshi	Ozuqa sarfi
1—7 kun	erkin beriladi
2 hafta	38 gramm
3 hafta	107 gramm
4 hafta	185 gramm
5 hafta	200 gramm

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ИЗМЕРЕНИЕ РЕЗУЛЬТАТОВ ЭКОНОМИЧЕСКОЙ ДЕЯТЕЛЬНОСТИ В НАЦИОНАЛЬНОЙ ЭКОНОМИКЕ

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Аннотация: Статья посвящена экономическим проблемам ВВП связанным с расчетами методологическими особенностями системы национальных счетов.

Ключевые слова: макроэкономика, ВВП, СНС, ВНП, ЛД, НД, ЧНП, дефлятор, амортизация.

Макроэкономика является важнейшим разделом экономической теории, в котором исследуется функционирование национальной экономики как единого целого. Макроэкономика исследует взаимоотношения между субъектами (домохозяйства, фирмы, государство) рыночного хозяйства на уровне всей национальной экономики. Особое внимание макроэкономика уделяет роли государства, поскольку от того, как будет реализовывать себя государство в рыночной экономике, зависит процесс ее функционирования. Макроэкономика в виде самостоятельного раздела экономической науки появилась в 30-х гг. XX в. Макроэкономика – это фундаментальная экономическая дисциплина, изучающая проблемы производства, распределения, обмена и потребления в масштабе народного хозяйства. Для получения достоверной информации о национальных хозяйствах потребовались статистические макроэкономические исследования, которыми измеряется совокупное производство страны с целью определения состояния экономики в целом. В макроэкономике по сравнению с микроэкономикой меняется роль субъектов. Если в микроэкономике главное внимание уделено частной или государственной фирме, то в макроэкономике важнейшим становится – государство. Воздействие государства на экономику становится предметом изучения, и макроэкономика изучает закономерности функционирования соответствующих агрегированных макро рынков, основными из которых являются рынки товаров, рынки факторов производства и финансовые рынки. Макроэкономический анализ национального хозяйства требует достоверных знаний о величине созданного валового продукта, общем уровне цен, безработице, инвестициях, личном потреблении, государственных расходах. В отличие от микроэкономики, где исследовались объемы выпуска и цены на отдельных рынках, в макроэкономике множество отдельных рынков статистически соединяются в один всеобъемлющий рынок. Система национальных счетов (СНС) – это система взаимосвязанных показателей,

отображающая движение доходов и расходов, и характеризующая экономическое положение страны, отдельных секторов ее экономики и групп хозяйствующих субъектов. Для измерения результатов в национальной экономике используются следующие макроэкономические показатели:

- валовой внутренний продукт – ВВП;
- валовой национальный продукт – ВНП;
- чистый национальный продукт— ЧНП;
- национальный доход – НД;¹
- личный доход – ЛД;
- личный располагаемый доход – ЛРД.

Основными показателями в большинстве стран мира принято считать ВВП и ВНП. Эти показатели представляют собой валовую рыночную стоимость конечных товаров и услуг, произведенных страной в течение определенного периода времени. Разница между ВВП и ВНП возникает только в открытой экономике. Источник расхождения величин – деятельность иностранных фирм на национальной территории, отечественных фирм за рубежом. Кроме этого при расчете стоимости ВВП и ВНП учитываются результаты деятельности совместных предприятий, внешние займы. ВВП превышает ВНП, если доходы владельцев факторов, используемых за рубежом, меньше доходов иностранцев от использования принадлежащих им факторов в экономике данной страны. Мы можем найти ВВП по расходом по формуле:

$$ВВП = C + I + G + X_n$$

C – расходы на потребление;

I – валовые расходы на инвестиции;

G – государственные расходы;

X_n – чистый экспорт.

Валовой внутренний продукт (ВВП) – макроэкономический показатель, представляющий рыночную стоимость всех конечных благ, произведенных в стране «резидентами» в течение определенного периода (обычно года). Или можно сказать что это валовая рыночная стоимость конечных товаров и услуг, произведенных в данной стране в течение года вне зависимости от национальной принадлежности факторов производства, используемых в

¹ (Мокичев С.В. Малаев В.В, Котенкова С. Н., Галлямова Д. Х., Мокичев С.Д.) Экономическая теория. Часть II. Макроэкономика. Шалимова А. А., 2018 © ФГБОУ ВО «Кубанский государственный аграрный университет имени ISBN 978-5-00097-600-5 И. Т.

экономической деятельности. Следует иметь в виду, что в стоимость ВВП не включаются:

- государственные трансфертные платежи (пенсии, пособия, стипендии, выплаты по социальному страхованию);
- купля-продажа ценных бумаг на фондовых рынках;
- перепродажа поддержанных товаров;
- результаты экономической деятельности в теневом секторе.

Государственные расходы в данном случае объединяют расходы государственных учреждений и органов власти всех уровней, идущие непосредственно на производство и закупку товаров и услуг.

Чистый экспорт – это разница между объемами экспорта и импорта страны. Приведенное уравнение ($Y=C+I+G+X_n$) называют основным макроэкономическим тождеством.

ВВП по доходам определяется по формуле

$$ВВП = W + R + I + p,$$

W – заработная плата; R – рента; I – процент; p – прибыль.

Заработная плата – это оплата труда рабочих и служащих, включая дополнительные выплаты по социальному обеспечению, социальному страхованию, выплаты из частных пенсионных фондов.

Рента – это доходы, получаемые домохозяйствами в результате сдачи в аренду земли, помещений, жилья и т.д.

Процент в данном случае выступает в виде доходов от денежного капитала, сбереженного домашними хозяйствами.

Прибыль – это важнейший показатель эффективности производства. Составляя важнейшую часть дохода, прибыль распределяется государству в виде налогов (на прибыль), акционерным обществам в виде дивидендов на акции и фирмам в виде нераспределенной прибыли.²

Валовой национальный продукт ВВП (gross national product – GNP) – валовая рыночная стоимость конечных товаров и услуг, произведенных в течение года на основе применения национальных факторов производства. В данном случае не имеет никакого значения, находятся ли национальные факторы производства в процессе их использования на территории страны, которой они принадлежат, или за ее пределами. В закрытой экономике ВВП = ВВП.

Номинальный ВВП определяется как сумма товаров и услуг, созданных и реализованных в течение года. Это суммарное денежное выражение годового производства в текущих ценах.

² Основы экономической теории (Сажина.М.А, Чибриков Г.Г)

$$\text{Индекс цен} = \frac{\text{Цены текущего года}}{\text{Цены базисного года}} 100\%$$

Реальной ВВП — это ВВП, измеренный в ценах базового года. За базовый год принимается тот год, с которого начинается измерение или с которым сравнивается ВВП текущего год.

$$\text{Реальный ВВП} = \frac{\text{Номинальный ВВП}}{\text{Индекс цен с сотыми долями}} 100\%$$

ВВП по расходам: личные расходы, инвестиционные расходы банка, государственные закупки товаров, чистый экспорт.

ВВП по доходам: амортизация, зарплата, прибыль, процент, рента, косвенные налоги.

Для характеристики национальной экономики важно определить общественные затраты на производство данного чистого объема производства.³

Национальный доход (НД) — это чистый валовый продукт минус косвенные налоги. Национальный доход показывает ту часть совокупного продукта. Для того чтобы узнать, какую часть из этих суммарных доходов составляет та часть, которую их владельцы могут тратить на личные нужды, определяют показатель личного дохода.

Личный доход (ЛД) — это национальный доход минус налоги на прибыль предприятий и фирм, нераспределенные прибыли предприятий и фирм (та часть прибыли, которая остается после выплаты процентов и дивидендов), взносы на социальное страхование плюс проценты и дивиденды, трансфертные платежи со стороны государства. Наконец, если необходимо узнать более точно величину той суммы, которой могут распоряжаться владельцы факторов производства, определяют показатель располагаемого дохода.

В 1970-е американскими экономистами У. Нордхаусом и Дж. Тобином был предложен показатель «чистое экономическое благосостояние». Причиной послужила недостаточная информационная база ВВП и ВНП, которая ограничивает возможности оценки качества жизни и уровня благосостояния нации. Это объясняется следующими причинами.

При расчете ВВП и ВНП не учитываются все виды деятельности, которые увеличивают благосостояние нации. Например, труд в домашних хозяйствах, выполняемый членами семьи (уборка и ремонт квартир, уход за больными и престарелыми родственниками, мелкий ремонт бытовой техники и т.д.).

³ (Т.Ю.Матвеева) Макроэкономика часть I. (А.Д.Гарбузова) Макроэкономика (Шулимова А. А), 2018 © ФГБОУ ВО «Кубанский государственный аграрный университет имени ИСВН 978-5-00097-600-5 И. Т. Трубилина», 2018

Отсутствие достоверной статистики не позволяет учитывать отрицательные последствия производственной деятельности (внешние эффекты). Речь идет о загрязнении окружающей среды, изменении климата и т.д.

Величина и использование свободного времени оказывают воздействие на уровень благосостояния, но не на объем ВВП.

Состояние городского хозяйства – проблема большинства крупных городов. Но отразить качество состояния городской среды во всей полноте в ВВП невозможно.

Существенное влияние на реальный объем ВВП оказывает «теневая» экономика. В «теневой» экономике занято примерно 30 млн. человек, доля «теневой» экономики превышает 20 %. Происходит сращивание «теневого» и легального бизнеса, безденежный обмен услугами, возрастает доля нелегальных видов развлечений, растет нелегальное производство алкогольной продукции и т.д.

Правительства, политики, инвесторы и экономисты полагаются на экономические показатели для наблюдения за состоянием экономики, разработки фискальной и денежно-кредитной политики, выявления тенденций и принятия обоснованных решений. Кроме того, эти показатели помогают оценить уровень жизни, распределение доходов и уровень экономического развития, что позволяет направить усилия на достижение устойчивого роста, снижение уровня бедности и повышение общего благосостояния.

В заключение, ВВП, ВНП и ЧНД являются основными макроэкономическими показателями, которые предоставляют важную информацию об экономической активности, уровне доходов и уровне жизни населения. Анализ этих показателей с учетом расчета на душу населения позволяет аналитикам получить более полное представление об экономической эффективности и благосостоянии как на национальном, так и на индивидуальном уровне. Понимание этих концепций имеет важное значение для политиков, экономистов и граждан в целом для того, чтобы ориентироваться в сложностях глобальной экономики и способствовать устойчивому развитию.

Как свидетельствуют итоги 2009 г. (глобальный финансовый кризис) и 2020 г. (глобальный пандемический кризис), экономика Узбекистана устойчива к мировым кризисам. Если в 2009 году сохранились высокие темпы прироста ВВП, то в 2020 году они хотя и сократились до 1,6%, но рост экономики удалось сохранить даже в условиях жестких карантинных ограничений 2020 года. В последние 5 лет (2016-2020 гг.) наиболее высокими темпами развивалась сфера

услуг. За этот период объем оказываемых услуг возрос в 1,67 раза. Высокими темпами развивалась и промышленность (1,4 раза), а рост сельского хозяйства был более умеренным (1,15 раза), что отражало ухудшение условий сельхозпроизводства (учащающаяся повторяемость засушливых лет, ухудшение качества земельных угодий, опережающий рост цен на удобрения, ГСМ и увеличение процентных ставок по банковским кредитам). Аналогичные выводы вытекают из анализа и других традиционных макроэкономических индикаторов – экспорта, инвестиций, госрасходов, потребления домохозяйств. Если же использовать индикаторы, отражающие качество экономического роста (его вклад в расширение устойчивой занятости и ограничение неравенства в доходах, доходы на душу населения в долларах, капиталоемкость экономического роста и т.д.), то ситуация складывается иная. Среднегодовые темпы прироста занятости существенно отстают от среднегодовых темпов прироста экономически активного населения, и еще сильнее – от темпов прироста ВВП. Так, если в среднем за период с 2015 г. по 2019 г. темпы прироста ВВП составили 5,8%, а экономически активного населения – 1,9% [1], то занятых (прироста рабочих мест) – только 1,0%. Если темпы прироста новых устойчивых рабочих мест в этой конструкции <6: 2: 1> не будут повышены минимум до 3% (переход к конструкции <6: 2: 3>, то трудно будет рассчитывать на решение проблем масштабной трудовой миграции, теневой занятости, бедности, которые уже долгие годы являются одним из основных барьеров в обеспечении устойчивости развития.

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UDK: 615

MODIFIKATSIYA YO'LI ORQALI YANGI TURDAGI ALBENDAZOL DORI VOSITASINING TAHLILINI O'RGANISH

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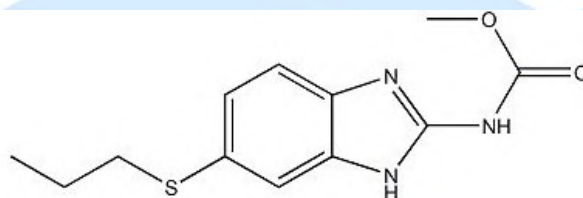
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Anotatsiya Tadqiqotlar davomida moddalarning Farmakalogik ko'rsatkichlari massa zichligi va siqilishdan keyingi kukunlar zichligi va ular asosida tug'ridan - to'ri siqilish ,kuchi va ezilishga chidamlilik natijasida olingan moddalarining na'munalari o'rganiladi. Bundan tashqari ho'l granulvatsiyaning daslabki ishlashi bilan presslash davomida dozalash va massani mushtiga yopishtirish bilan bog'liq muommolar bulmagan bu ham texnologik jarayonga ho'l arsnulvatsiya operyatsiyasini kiritish zarurligini ko'rsatadi .Albendazol va prazikvantel moddalari asosida dori ishlab chiqarish uchun.

Kalit so'zlar: Albendazol, modifikatsiya, immobillash, organik erituvchilar

Dolzarbligi: Bugungi kunda parazit infeksiyalar jamiyatning eng o'tkir va dolzarb muommolaridan biridir. Ushbu ishda hozirgi kunda tibbiyotda keng ko'lamda ishlatilayotgan va gelmintlarga qarshi yuqori samarali bo'lgan Albendazolning tibbiyotdagi ahamiyati va ishlatilish sohasi, shuningdek, qo'llanilishdagi kamchiligi (eruvchanligi) ni yaxshilash yo'llari o'rganilgan.

Kimyoviy tarkibi. Albendazol kukuni 54965-21-8 - oqdan och sariq ranggacha bo'lgan kristall kukun, hidsiz, erish nuqtasi 207-211 daraja. Organik erituvchilarda ozgina eriydi, lekin suvda erimaydi. U aseton yoki xloroformda ozgina eriydi, issiq suyultirilgan xlorid kislotada ozgina eriydi, metanol, etanol, sirka kislotasi va boshqalarda eriydi.



Albendazol

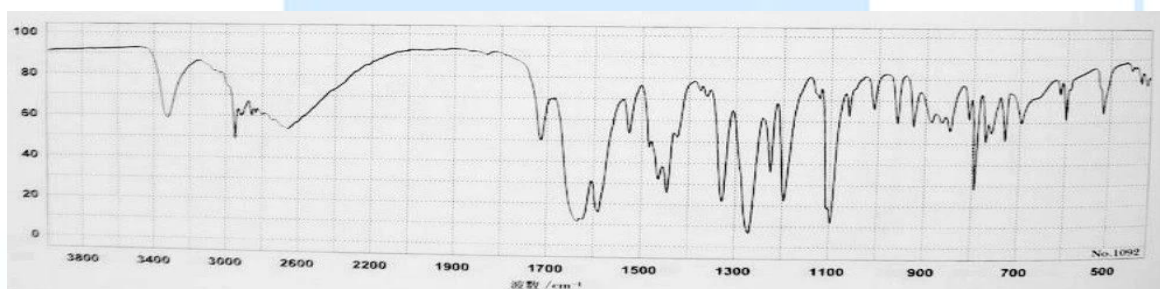
Albendazol (ABZ) - benzimidazol guruhiga kiruvchi, antigelmint ta'sirga ega kimyoviy birikma. Odamlar va hayvonlarda gelmitozga qarshi kurashish uchun juda

Massa (gr)	Hajm (ml)	Miqdori (mol)	Harorat (°C)	Molekulyar massa (kDa)	Vaqt (sekund)
0.4 (Alben)	65	0.00337	45-50	14.2	25-30
0.5 (PVP)	15	0.0135			
0.16 (Alben.)	35	0.00135			
0.5 (PVP)	15	0.0135			

katta miqdordagi farmakologik preparatlar to'plami keng qo'llaniladi, ular orasida benzimidazol hosilalari (mebendazol, medamin, albendazol va boshqalar) alohida o'rin tutadi. So'nggi paytlarda albendazol (metil - [5- (propiltio) -1H-benzimidazol-2-il] karbamat) va uning ba'zi dozalash shakllari (Zentel, Gelmadol, Nemozol, Sanoxal) yuqori terapevtik ta'siri tufayli gelmitozni davolashda ancha muvaffaqiyatli ishlatilmoqda. ABZ sintezi 2-nitroanilinni 2-nitro-4-tiosianoanilin olish uchun xlor ishtirokida tiosianlanadi, so'ngra 4-propiltio -2-nitroanilin hosil qilish uchun n-propanol va n-propilbromid bilan alkallanadi. 4-propiltio -2-nitroanilindan 4-propiltio-o-fenilendiaminni olish uchun suv ishtirokida natriy vodorod sulfid bilan nitro guruhdagi kislarod kamaytiriladi. Ushbu diamin ABZ ni olish uchun qo'shimcha ravishda metil-N-sianokorbamatning natriy tuzi bilan reaksiyaga kirishadi. Albendazolning asosiy ta'sir mexanizmi b-tubulin polimerizatsiyasini selektiv ravishda bostirilishi bilan bog'liq bo'lib, bu gelmintlarning ichak trakti hujayralarining sitoplazmik mikrotubulalarini yo'q qilishga olib keladi, glyukoza parchalanishini bostiradi va ATF sintezini to'xtatadi, yumaloq qurtlarning mushak hujayralarida sekretor granular va boshqa organoidlarning harakatini bloklaydi va ularni o'ldiradi.

Natijalar: Ishlatilgan xom ashyo massasi, hajmi va og'irligi, temperaturasi va vaqtining ta'siri

Xulosa. Albendazol va Glisirrizin kislota monokaliyli tuzining turli xil molyar nisbatdagi supramolekulyar komplekslari olindi va olingan komplekslarning ayrim fizik-kimyoviy xossalari (eruvchanligi, suyuqlanish harorati, qovushqoqligi) o'rganildi. Olingan komplekslarning sifat va miqdor tarkibi IQ va YuSSX usullarida o'rganildi



Shuni alohida ta'kidlab o'tish zarurki, albendazol va uning hosilalari suvda yomon eriydi, bu esa ularning biologik ta'sirchanligiga salbiy ta'sir qiladi. Shuning uchun uning suvda eruvchan shakllarini olish muhim ahamiyatga ega va dolzarb mavzulardan hisoblanadi.

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EFFECTIVE METHODS OF TEACHING IN PRIMARY SCHOOLS

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Abstract

This paper explores various effective methods of teaching in primary schools, emphasizing the importance of engaging and interactive learning experiences for young learners. Recognizing that children have diverse learning styles and needs, the study highlights several pedagogical approaches, including inquiry-based learning, cooperative learning, and differentiated instruction. Inquiry-based learning encourages students to ask questions and explore topics in depth, fostering critical thinking and curiosity. Cooperative learning promotes teamwork and communication skills, allowing students to learn from one another. Differentiated instruction tailors teaching strategies to accommodate varying abilities within the classroom, ensuring that all students can access the curriculum.

The paper also discusses the integration of technology in the classroom, which can enhance learning through interactive tools and resources. Additionally, it emphasizes the significance of formative assessment in guiding instruction and providing feedback to students. By creating a supportive and stimulating learning environment, educators can inspire a love for learning and help students develop essential skills for their future education. The findings suggest that a combination of these methods can lead to improved academic outcomes and foster a positive attitude towards learning among primary school students.

Keywords: Primary education, effective teaching methods, inquiry-based learning, cooperative learning, differentiated instruction, technology integration, formative assessment, student engagement, critical thinking, collaborative skills.

Effective teaching methods in primary schools play a crucial role in shaping young learners' academic journeys and personal development. At this foundational stage, children are not only acquiring essential knowledge and skills but also developing a love for learning that can last a lifetime. The diversity of learners in primary classrooms necessitates a variety of instructional strategies that cater to different learning styles and needs. Among the most impactful methods are inquiry-based learning, which encourages curiosity and critical thinking; cooperative learning, which fosters collaboration and social skills; and differentiated instruction, which tailors teaching to meet individual student requirements. Additionally, the integration of technology enhances engagement and facilitates personalized learning experiences.

By employing these effective teaching methods, educators can create dynamic and inclusive classrooms that inspire students to explore, question, and grow, ultimately laying the groundwork for their future academic success.

Teaching in primary schools requires a thoughtful approach that engages young learners and fosters a love for education. Here are some effective methods of teaching, along with corresponding exercises and activities to implement these strategies in the classroom:

1. Inquiry-Based Learning. Inquiry-based learning encourages students to ask questions, explore, and investigate topics of interest, promoting critical thinking and problem-solving skills. Exercises and Activities:

- Question Jar: Have students write questions they have about a topic on slips of paper and place them in a jar. Each week, draw a question and spend time exploring it as a class.

- Science Experiments: Conduct simple experiments (e.g., growing plants, mixing colors) where students hypothesize outcomes, observe results, and discuss findings.

- Research Projects: Assign a topic related to a unit of study. Students can research their topics using books and online resources and present their findings through posters or presentations.

2. Cooperative Learning. Cooperative learning involves students working together in small groups to complete tasks or projects, promoting teamwork and communication skills. Exercises and Activities:

- Jigsaw Activity: Divide a topic into sections. Each group researches one section and then teaches it to the other groups, ensuring everyone learns about the entire topic.

- Group Challenges: Set up problem-solving challenges (e.g., building a structure with limited materials) where students must collaborate to find solutions.

- Peer Teaching: Pair students to teach each other a concept or skill. This reinforces their understanding and builds confidence.

3. Differentiated Instruction. Differentiated instruction tailors teaching methods to accommodate the diverse learning needs, interests, and abilities of students. Exercises and Activities:

- Learning Stations: Create different stations in the classroom focusing on various skills (e.g., reading, math games, art). Students rotate through stations at their own pace.

- Choice Boards: Provide a menu of activity options related to a lesson. Students can choose how they want to demonstrate their understanding (e.g., drawing, writing, acting).

- Flexible Grouping: Regularly change student groups based on their needs or the activity, allowing for varied interactions and support.

4. **Technology Integration.** Incorporating technology into lessons can enhance engagement, facilitate personalized learning, and provide access to a wealth of resources. Exercises and Activities:

- **Educational Apps:** Use apps that promote learning in subjects like math and reading. Students can work at their own pace while receiving instant feedback.
- **Virtual Field Trips:** Take students on virtual tours of museums, historical sites, or ecosystems to broaden their understanding without leaving the classroom.
- **Digital Storytelling:** Have students create digital stories using tools like PowerPoint or video editing software. They can combine text, images, and audio to express their ideas creatively.

5. **Play-Based Learning.** Play-based learning utilizes play as a primary means for children to explore concepts and develop skills in an engaging manner. Exercises and Activities:

- **Role-Playing:** Set up scenarios related to real-life situations (e.g., grocery shopping, doctor visits) where students can role-play to practice social skills and problem-solving.
- **Building Blocks:** Use blocks or construction materials to allow students to create structures while discussing concepts of balance, design, and teamwork.
- **Games for Learning:** Incorporate educational games (e.g., board games, card games) that reinforce math skills or vocabulary in a fun way.

ChatGPT 4 | Midjourney | Claude | Suno, [13.12.2024 18:41]

Teaching in primary schools comes with a unique set of challenges that educators must navigate to create a positive and effective learning environment. Here are some common challenges faced by primary school teachers:

1. **Diverse Learning Needs.** Students in primary classrooms often have a wide range of learning abilities, styles, and needs. This diversity can make it difficult for teachers to provide instruction that is effective for all students. Potential Solutions:

- Implement differentiated instruction strategies to tailor lessons to various skill levels.
- Use flexible grouping to allow students to work with peers who have similar learning needs or strengths.

2. **Classroom Management.** Maintaining order and discipline in a classroom filled with energetic young learners can be challenging. Disruptive behavior can hinder the learning process for everyone. Potential Solutions:

- Establish clear rules and routines from the beginning of the school year.
- Use positive reinforcement to encourage good behavior and establish a supportive classroom culture.

3. Limited Resources. Many primary schools face budget constraints that limit access to educational resources, technology, and materials needed for effective teaching. Potential Solutions:

- Seek out grants or community partnerships to acquire additional resources.
- Utilize low-cost or free materials and online resources to enhance lessons.

4. Parental Involvement. Engaging parents in their children's education can be difficult, especially if they have busy schedules or lack understanding of how to support their child's learning at home. Potential Solutions:

- Communicate regularly with parents through newsletters, emails, or parent-teacher conferences.
- Offer workshops or resources that educate parents on how to support their child's learning at home.

5. Standardized Testing Pressure. The emphasis on standardized testing can create stress for both teachers and students, leading to a narrow focus on test preparation rather than holistic learning. Potential Solutions:

- Incorporate test preparation into engaging activities rather than solely focusing on rote memorization.
- Emphasize the importance of critical thinking and problem-solving skills over test scores.

6. Time Constraints. Teachers often have a limited amount of time to cover a wide curriculum, making it challenging to delve deeply into subjects or provide individualized attention. Potential Solutions:

- Prioritize essential learning objectives and focus on depth rather than breadth.
- Use integrated lessons that combine multiple subjects to maximize instructional time.

7. Emotional and Social Development. Young children are still developing their emotional and social skills, which can lead to conflicts and challenges in peer relationships that impact learning. Potential Solutions:

- Incorporate social-emotional learning (SEL) activities into the curriculum to help students develop interpersonal skills.
- Create a safe and inclusive classroom environment where students feel comfortable expressing their emotions.

While teaching in primary schools presents various challenges, educators can find effective strategies to address these issues. By remaining adaptable, seeking support, and focusing on the needs of their students, teachers can create a positive and productive learning environment that fosters growth and development for all learners. By incorporating these effective teaching methods along with engaging exercises and activities, primary school educators can create an enriching learning environment that

caters to the diverse needs of young learners. These strategies not only enhance academic performance but also foster essential life skills such as collaboration, critical thinking, and creativity. As educators continue to adapt their approaches, they can inspire a lifelong love of learning in their students.

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RAQAMLI BANKLAR VA ULARNING KELAJAGI

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Annotatsiya: Ushbu maqola raqamli banklarning zamonaviy iqtisodiy tizimdagi o'rnini va ularning rivojlanish istiqbollari tahlil qilishga bag'ishlangan. Raqamli banklar an'anaviy moliya tizimiga nisbatan innovatsion texnologiyalarni qo'llash orqali mijozlarga qulay va tezkor xizmatlarni taqdim etadi. Maqolada raqamli banklarning paydo bo'lish sabablari, ularning moliyaviy xizmatlar bozorida raqobatbardoshligi, xavfsizlik masalalari va mijozlar ehtiyojlariga javob berish usullari muhokama qilinadi. Shuningdek, raqamli banklarning kelajagi, xususan, sun'iy intellekt, blokcheyn va boshqa ilg'or texnologiyalarni tatbiq etish orqali moliyaviy xizmatlarni yanada samarali qilish imkoniyatlari yoritiladi. Maqola bank sektoridagi raqamli inqilobning iqtisodiy, ijtimoiy va texnologik ta'sirlarini tushunishga yordam beradi.

Kalit so'zlar: Raqamli banklar, moliyaviy texnologiyalar, blokcheyn, sun'iy intellekt, innovatsiya, mijozlar tajribasi, xavfsizlik, raqamli transformatsiya, onlayn bank xizmatlari, kelajak bank tizimi, raqamli iqtisodiyot, texnologik rivojlanish.

Аннотация: Данная статья посвящена анализу роли цифровых банков в современной экономической системе и перспектив их развития. Цифровые банки предоставляют клиентам удобные и быстрые услуги, используя инновационные технологии по сравнению с традиционной финансовой системой. В статье рассматриваются причины появления цифровых банков, их конкурентоспособность на рынке финансовых услуг, вопросы безопасности и способы реагирования на потребности клиентов. Также будет освещено будущее цифрового банкинга, в частности возможности повышения эффективности финансовых услуг за счет внедрения искусственного интеллекта, блокчейна и других передовых технологий. Статья помогает понять экономические, социальные и технологические последствия цифровой революции в банковском секторе.

Ключевые слова: цифровой банкинг, финансовые технологии, блокчейн, искусственный интеллект, инновации, клиентский опыт, безопасность, цифровая

трансформация, онлайн-банкинг, банковская система будущего, цифровая экономика, технологическое развитие.

Abstract: This article is devoted to the analysis of the role of digital banks in the modern economic system and their development prospects. Digital banks provide convenient and fast services to customers by using innovative technologies compared to the traditional financial system. The article discusses the reasons for the emergence of digital banks, their competitiveness in the financial services market, security issues and ways to respond to customer needs. It also discusses the future of digital banks, in particular, the possibilities of making financial services more efficient through the implementation of artificial intelligence, blockchain and other advanced technologies. The article helps to understand the economic, social and technological impacts of the digital revolution in the banking sector.

Keywords: Digital banks, financial technologies, blockchain, artificial intelligence, innovation, customer experience, security, digital transformation, online banking, future banking system, digital economy, technological development.

KIRISH

Hozirgi zamon dunyosi texnologik yutuqlar bilan tobora o'zgarib, kundalik hayotning barcha sohalariga raqamli texnologiyalarni tatbiq etmoqda. Bank sektori ham bu o'zgarishlardan mustasno emas. An'anaviy bank tizimiga nisbatan mijozlarga yanada qulay, tezkor va xavfsiz xizmatlar ko'rsatishga qaratilgan raqamli banklar bugungi kunda moliyaviy sohaning ajralmas qismiga aylanib bormoqda. Raqamli banklar o'z mijozlariga innovatsion xizmatlar orqali nafaqat vaqtni tejash, balki moliyaviy operatsiyalarni yanada shaffof va qulay amalga oshirish imkoniyatini ham beradi. Ushbu o'zgarishlar nafaqat mijozlar ehtiyojlarining o'zgarishi, balki global raqamli iqtisodiyotning jadal rivojlanishi bilan ham bevosita bog'liqdir. [1]

Ushbu maqolada raqamli banklarning shakllanish jarayoni, ularning afzalliklari, qiyinchiliklari va kelajakdagi rivojlanish istiqbollari tahlil qilinadi. Shuningdek, texnologik yangiliklarning bank xizmatlariga ta'sirini va bu xizmatlarning raqamli transformatsiya orqali qanday yangilanishi mumkinligini yoritib berish maqsad qilingan.

METODOLOGIYA VA ADABIYOTLAR TAHLILI

Avvalo, raqamli banklarning jahon va mintaqaviy miqyosda rivojlanishiga oid ilmiy va statistik ma'lumotlar o'rganildi. Maqolada sifatli tahlil usulidan foydalanilib, raqamli banklarning moliyaviy texnologiyalarga asoslangan xizmatlari va ularning iqtisodiy samaradorligi ko'rib chiqildi. Shu bilan birga, miqdoriy tahlil orqali raqamli banklar bilan bog'liq statistik ma'lumotlar, jumladan, foydalanuvchilar soni, daromadlar ko'rsatkichi va xizmatlarning ko'payishi kabi o'zgarishlar tahlil qilindi.

Tadqiqot jarayonida ilg'or banklarning amaliyotlari va ularning muvaffaqiyat omillari o'rganildi. Shuningdek, raqamli texnologiyalarning moliyaviy sohada qanday o'zgarishlarni keltirib chiqarganini aniqlash uchun turli davrlar bo'yicha solishtirma tahlillar o'tkazildi. Ushbu metodologiya raqamli banklarning hozirgi holati va kelajagini chuqurroq anglash imkonini beradi. [2]

Maqola doirasida raqamli banklar va moliyaviy texnologiyalarni o'rganishga bag'ishlangan ilmiy maqolalar, xalqaro tashkilotlarning hisobotlari va raqamli iqtisodiyotga oid statistik ma'lumotlar tahlil qilindi. Xususan, Deloitte, McKinsey, PwC kabi global konsalting kompaniyalarining hisobotlari, Jahon banki va Xalqaro valyuta jamg'armasi kabi tashkilotlarning tadqiqotlari asos qilib olindi.

Shuningdek, zamonaviy raqamli texnologiyalar, blokcheyn, sun'iy intellekt va ulardan moliyaviy sohada foydalanishga oid akademik maqolalar va kitoblar o'rganildi. Milliy va mintaqaviy iqtisodiy sharoitlarni aks ettiruvchi statistik ma'lumotlar tahlil qilinib, raqamli banklar va mijozlar o'rtasidagi munosabatlarning rivojlanishi yoritildi. Adabiyotlar tahlili asosida raqamli banklarning muvaffaqiyatli ishlashini ta'minlovchi asosiy omillar aniqlanib, kelajakdagi rivojlanish yo'nalishlari bo'yicha xulosalar chiqarildi. [3]

NATIJALAR VA MUHOKAMA

Raqamli banklarning rivojlanishi zamonaviy texnologiyalarning iqtisodiyotga integratsiyasi bilan chambarchas bog'liqdir. Raqamli transformatsiya jarayoni an'anaviy bank xizmatlarini onlayn platformalarga o'tkazish va mijozlarga 24/7 xizmat ko'rsatishni ta'minlash imkonini berdi. Tadqiqotlar shuni ko'rsatadiki, Deloitte kompaniyasining hisobotiga ko'ra, 2023-yilga kelib bank mijozlarining 60 foizi mobil ilovalar orqali moliyaviy operatsiyalarni amalga oshirishni afzal ko'rgan.

Raqamli banklarning paydo bo'lishining asosiy sabablari quyidagilar:

- Mijoz ehtiyojlarining o'zgarishi: Shaxsiylashtirilgan va qulay xizmatlarga talab oshishi.
- Moliyaviy texnologiyalar rivoji: Blokcheyn, sun'iy intellekt va bulutli hisoblash texnologiyalarining keng qo'llanilishi.
- Xarajatlarni qisqartirish ehtiyoji: Banklar operatsion xarajatlarni kamaytirish uchun raqamli platformalarga o'tmoqda.

Raqamli banklar mijozlarga yuqori darajadagi qulaylik va tezkorlikni ta'minlaydi. Jumladan:

- Tezkor xizmat: Operatsiyalarni bir necha soniyada amalga oshirish imkoniyati.
- Xavfsizlik: Blokcheyn texnologiyasi va sun'iy intellekt asosida tranzaksiyalarni kuzatish va nazorat qilish.
- Xarajatni kamaytirish: An'anaviy banklarning filiallariga nisbatan texnologik xizmatlarning arzonligi. [4]

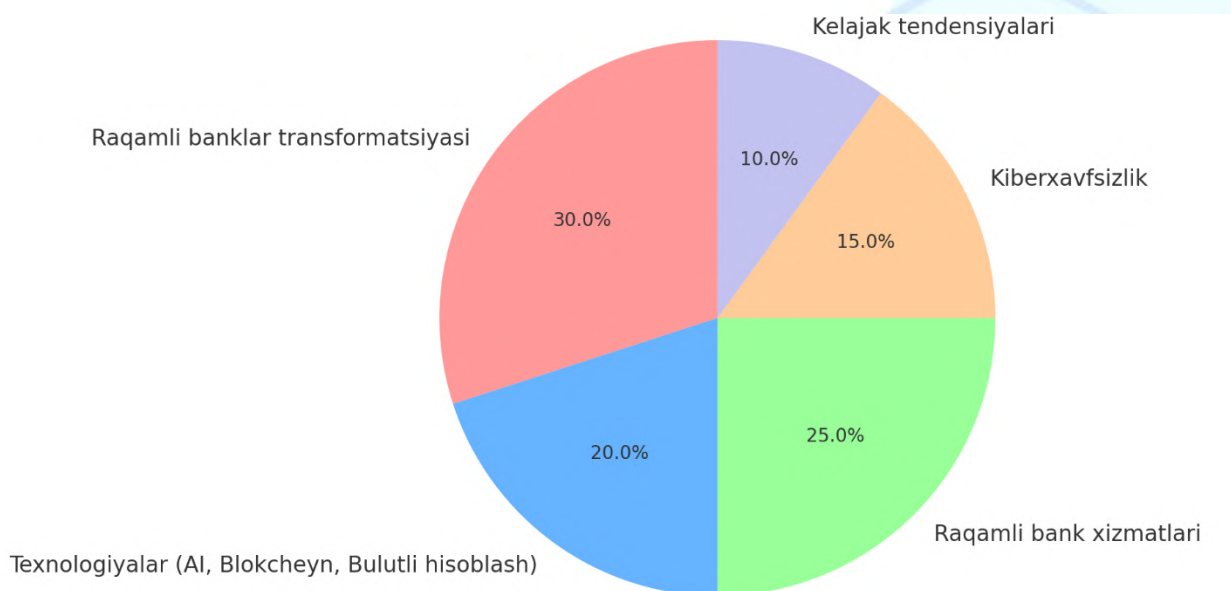
Biroq, raqamli banklar ba’zi qiyinchiliklarga ham duch keladi:

- Kiberxavfsizlik tahdidlari: Jahon iqtisodiyotida har yili kiberhujumlar soni o’sib bormoqda.
- Huquqiy cheklovlar: Raqamli banklar faoliyatini boshqaruvchi aniq qonunchilik me’yorlari hali to’liq shakllanmagan.
- Raqobat: Moliya texnologiyalar bozorida yangi startaplarning ko’payishi bilan raqobat muhitining keskinlashishi.

Texnologik innovatsiyalar va raqamli banklarning kelajagi

Texnologik innovatsiyalar raqamli banklar rivojida muhim o’rin tutadi. Xususan:

- **Sun’iy intellekt:** Mijozlarni shaxsiylashtirilgan xizmatlar bilan ta’minlash, kredit reytinglarini tezkor hisoblash va firibgarlikni aniqlash imkonini beradi.
- **Blokcheyn:** Tranzaksiyalarni shaffof va xavfsiz amalga oshirish uchun asos bo’lib xizmat qiladi. PwC hisobotiga ko’ra, 2030-yilga kelib blokcheyn texnologiyalari global iqtisodiyotga 1,76 trillion AQSh dollari hajmida ta’sir ko’rsatishi kutilmoqda.
- **Bulutli hisoblash texnologiyalari:** Bank ma’lumotlarini xavfsiz saqlash va tahlil qilish imkoniyatlarini kengaytiradi. [5]



1-rasm. Raqamli banklar va ularning kelajagi

Raqamli banklar ijtimoiy-iqtisodiy muhitga ham sezilarli ta’sir ko’rsatmoqda. Birinchidan, ular moliyaviy xizmatlarni yanada ommalashtirib, aholining keng qatlamlarini bank xizmatlariga jalb qilmoqda. Ikkinchidan, raqamli banklar kichik va o’rta biznes uchun qulay moliyaviy platformalar yaratib, ularning raqobatbardoshligini oshirishga yordam bermoqda. [6]

World Economic Forum tomonidan ta'kidlanishicha, raqamli banklar rivojlangan mamlakatlarda moliyaviy xizmatlar qamrovini 80 foizgacha oshirgan bo'lsa, rivojlanayotgan mamlakatlarda bu ko'rsatkich 40-50 foizni tashkil etmoqda.

1-jadval

Tadqiqot yo'nalishi	Tahlil natijalari	Manba va yili
Raqamli banklarning foydalanuvchilar soni o'sishi	2023-yilga kelib global miqyosda raqamli bank mijozlarining soni 3,6 milliarddan oshgan va 2027-yilga borib bu raqam 4,8 milliardga yetishi kutilmoqda.	Statista, 2023
Operatsion samaradorlik	Raqamli banklar texnologik yechimlar orqali operatsion xarajatlarni 30-50% ga kamaytirgan.	McKinsey, 2023
Sun'iy intellektni qo'llash	AI texnologiyalaridan foydalangan banklar mijozlarga xizmat ko'rsatish vaqtini 60% ga qisqartirgan va firibgarlik holatlarini aniqlash darajasi 90% ga oshgan.	PwC, 2022
Blokcheyn texnologiyasi ta'siri	Blokcheyn asosida ishlaydigan bank tizimlari tranzaksiyalarni amalga oshirish xarajatlarini 70% ga kamaytirgan va xavfsizlikni sezilarli darajada oshirgan.	Deloitte, 2022
Moliya xizmatlariga qamrov	Raqamli banklar rivojlangan mamlakatlarda moliyaviy xizmatlar qamrovini 80%, rivojlanayotgan mamlakatlarda esa 50% gacha oshirishga hissa qo'shgan.	World Economic Forum, 2023
Raqamli transformatsiya investitsiyalari	Banklar raqamli transformatsiya uchun yillik investitsiyalarini o'rtacha 25-30% ga oshirgan.	Accenture, 2023
Kiberxavfsizlik masalalari	Kiberhujumlar soni o'sishda davom etmoqda, raqamli banklarning xavfsizlikka yillik investitsiyalari 20-25% ga oshgan.	IBM Security, 2023
Mijoz tajribasi	Banklarning 75% i mijoz tajribasini yaxshilash uchun mobil ilovalarni yangilagan va personalizatsiyalangan xizmatlar taqdim etmoqda.	Forrester Research, 2022
Kelajak istiqbollari	2030-yilga borib sun'iy intellekt, IoT va blokcheyn texnologiyalari asosida ishlaydigan raqamli banklar bozorning 70% ini egallashi kutilmoqda.	Gartner, 2023

1-jadval. Raqamli banklarning afzalliklari, texnologik yangiliklari va rivojlanish istiqbollarini

XULOSA

Raqamli banklar moliyaviy xizmatlar sohasida yangi davrni boshlab berib, mijozlarga tezkor, qulay va shaffof xizmatlarni taqdim etmoqda. Ushbu banklar

an'anaviy moliya tizimidan tubdan farq qiluvchi innovatsion texnologiyalar, jumladan, sun'iy intellekt, blokcheyn va bulutli hisoblash imkoniyatlarini faol qo'llamoqda. Bu texnologiyalar bank faoliyatini nafaqat samaradorlik jihatidan, balki xavfsizlik va mijozlar bilan ishlash darajasida ham tubdan o'zgartirmoqda.

Xulosa qilib aytganda, raqamli banklar zamonaviy texnologiyalarning iqtisodiyotga integratsiyasi orqali an'anaviy bank faoliyatini rivojlantirish va yangi moliyaviy imkoniyatlarni ochishda katta salohiyatga ega. Ularning kelajakdagi muvaffaqiyati texnologik yutuqlarni samarali qo'llash, mijozlar ishonchini mustahkamlash va ijtimoiy-iqtisodiy muhitga moslashish qobiliyatiga bog'liqdir. Shu sababli, raqamli banklar moliyaviy tizimning ajralmas va innovatsion qismi sifatida yanada keng qamrovli rivojlanishga erishadi.

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BANKLARDA KORPORATIV BOSHQARUVNING ZAMONAVIY TENDENSIYALARI SAMARASINI OSHIRISH YO'LLARI

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Аннотация

Samaradorlik banklarning bugungi tezkor ishbilarmonlik muhitida raqobatbardoshligini saqlab qolish uchun hal qiluvchi omil hisoblanadi. Banklarda korporativ boshqaruvning zamonaviy tendentsiyalari vaqt o'tishi bilan rivojlanib bordi va samaradorlikni oshirish uchun ularni doimiy ravishda takomillashtirish muhim ahamiyatga ega. Ushbu tadqiqot banklarda korporativ boshqaruvning zamonaviy tendentsiyalari samaradorligini oshirish yo'llarini o'rganishga qaratilgan.

Abstract

Efficiency of banks in today's fast-paced business environment is a decisive factor for maintaining competitiveness. In banks modern trends in corporate governance have evolved over time and it is important to continuously improve them to increase efficiency is important. This research is modern corporate governance in banks aimed at studying ways to increase the efficiency of trends.

Kalit so'zlar: Raqamli transformatsiya, moliyaviy infratuzilma, korporativ boshqaruv, avtomatlashtirish, Agile metodologiyasi, bank boshqaruv tendentsiyalari, blokcheyn jarayoni, rentabellik, aksiyador, risk, ichki nazorat, Bank Kengashi, iterativ yondashuv.

Keywords: Digital transformation, financial infrastructure, corporate governance, automation, Agile methodology, banking management trends, blockchain process, profitability, shareholder, risk, internal control, Bank Board, iterative approach.

Samarali korporativ boshqarish bankning muvaffaqiyatli faoliyatining muhim sharti hisoblanadi. Barqaror rivojlanishni aniqlovchi, aksiyadorlar, mijozlar va boshqa aloqador shaxslarning huquqlari va haqlarini himoya qiluvchi, moliyaviy tashkilotning faoliyatini oshirish sohasidagi eng muhim yo'nalishi bo'lib xizmat qiladi. Bank

faoliyati turli risklar bilan bog'liqdir. Shu bois korporativ boshqarishga va ichki nazoratga mukammal yondashuv zaruriyati mavjud.

Tadqiqotda birinchi navbatda banklarda korporativ boshqaruvning zamonaviy yo'nalishlari, jumladan, ularning xususiyatlari va afzalliklari haqida umumiy ma'lumot beriladi. Keyinchalik asosiy e'tibor ushbu boshqaruv tendentsiyalarining joriy samaradorligi darajasini tahlil qilishga, ularni amalga oshirishga to'sqinlik qilayotgan mavjud muammolar va cheklovlarni ta'kidlashga qaratiladi.

O'zbekistonda bannklarni takomillashtirish va zamonaviy tendentsiyalarni samarasini oshirish maqsadida chet el banklarining korporativ boshqaruvi va bank faoliyati tizimini tahlil qilindi. Jumladan Shvetsariya Milliy banki faoliyatining asosiy tamoyillari pul-kredit siyosati masalalariga bag'ishlangan Federal Konstitutsiyaning 99-moddasida keltirilgan. Milliy bank haqida to'g'ridan-to'g'ri eslatib o'tilgan tamoyillarga taalluqli uchta omil mavjud bo'lib, ulardan to'rttasi moddada ko'rsatilgan. Shuning uchun ShMB konstitutsiyaviy nizomga ko'ra Shveysariyaning iqtisodiy manfaatlariga muvofiq harakat qilishga majburdir. Shunga ko'ra, Milliy bankning asosiy vazifasi:

Shveysariya iqtisodiyoti va Shveysariya xalqi manfaati uchun ishonchli pul-kredit siyosatini olib borish.¹

Korporativ boshqaruvning eng ko'p tarqalgan milliy modellarining xususiyatlarini umumlashtirilganligi, modellar har biri muayyan milliy iqtisodiyotlarning, bozor xo'jaligining tarkiblari va rivojlanish shakllarining oqibatidir. Rivojlangan mamlatlarda ushbu sohada mavjud uslublar va qarorlarning butun turfaligida, direktorlar kengashlari va investorlar o'zlari riskni olib, korporativ boshqaruvning qo'llaniladigan instrumentlari kombinatsiyalaridagi hamda ularni qo'llab-quvvatlovchi huquqiy va tartibga solish institutlaridan foydalanishadilar.

Tezisa banklarda korporativ boshqaruvning zamonaviy tendentsiyalari samaradorligini oshirish uchun amalga oshirilishi mumkin bo'lgan turli strategiyalar ko'rib chiqiladi. Bunga jarayonlarni avtomatlashtirish va qarorlar qabul qilishni yaxshilash uchun sun'iy intellekt, katta ma'lumotlar va blokcheyn kabi ilg'or texnologiyalardan foydalanish kiradi. Bundan tashqari, tadqiqot korporativ boshqaruvda samaradorlikni oshirishda samarali muloqot, hamkorlik va yetakchilikning ahamiyatini o'rganadi.

Bundan tashqari, tadqiqot samaradorlikni oshirishning muhim omillari sifatida, ayniqsa, raqamli savodxonlik va mijozlarga xizmat ko'rsatish sohalarida xodimlarni o'qitish va rivojlantirishning ahamiyatini o'rganadi. Bundan tashqari, tadqiqot korporativ boshqaruvning zamonaviy tendentsiyalarida innovatsiyalar, tezkorlik va

¹ https://uz.wikipedia.org/wiki/Shveysariya_Milliy_banki

moslashuvchanlikni rivojlantirish uchun banklarda doimiy takomillashtirish madaniyatini joriy etishning afzalliklarini tahlil qiladi.

Samarali korporativ boshqaruvning asosi quyidagilar hisoblanadi:

- bank boshqaruvi organlari, muhim ahamiyatga ega xodimlari, shuningdek boshqa bank xodimlari javobgarlik sohalarining aniq tarzda taqsimlanishi;
- yetarli darajadagi hisobdorlik;
- o‘zaro nazorat qilishni ta‘minlovchi, bank boshqaruvi organlari va (yoki) bank tarkibiy tuzilmalari o‘rtasidagi vakolatlarning taqsimlanishi;

Ushbu tadqiqot natijalari banklarning o‘z faoliyatini optimallashtirish, samaradorligini oshirish va bugungi dinamik biznes muhitida raqobatbardoshligini saqlab qolish usullari haqida tushuncha beradi. Topilmalar bank muassasalari, siyosatchilar va bank sohasida korporativ boshqaruv amaliyotini takomillashtirishdan manfaatdor tomonlar uchun katta ahamiyatga ega bo‘ladi. Korporativ boshqaruvdagi samaradorlik banklar uchun juda muhim, chunki bu ularning faoliyati, rentabelligi va barqarorligiga bevosita ta‘sir qiladi.

Korporativ boshqaruvning zamonaviy tendentsiyalarining afzalliklariga qaramay, ularning samaradorligi turli qiyinchiliklar va cheklovlar bilan to‘sqinlik qilishi mumkin. Bu muammolarga eski tizimlar, me‘yoriy hujjatlarga muvofiqlik, kiberxavfsizlik tahdidlari va o‘zgarishlarga qarshilik kiradi. Shu sababli, ushbu muammolarni bartaraf etish va ularning samaradorligini oshirish uchun ushbu boshqaruv tendentsiyalarini doimiy ravishda takomillashtirish muhim ahamiyatga ega.

Raqamli transformatsiya jarayonlarni avtomatlashtirish, operatsion samaradorlikni oshirish va mijozlar tajribasini yaxshilash uchun texnologiyadan foydalanishni o‘z ichiga oladi. Mijozlarga yo‘naltirilganlik mijozlarning ehtiyojlari va afzalliklarini tushunish va qondirishga qaratilgan, bu esa mijozlarning sodiqligi va ularni ushlab turishiga olib keladi. Agile metodologiyalari muammoni hal qilishda iterativ va hamkorlikdagi yondashuvlardan foydalanishni o‘z ichiga oladi, bu esa banklarga o‘zgaruvchan bozor sharoitlariga tezda moslashish imkonini beradi.

Korporativ boshqaruvning zamonaviy tendentsiyalari samaradorligini oshirish usullaridan biri ilg‘or texnologiyalardan foydalanish hisoblanadi. Sun‘iy intellekt, katta ma‘lumotlar va blokcheyn jarayonlarni avtomatlashtirish, qarorlar qabul qilishni yaxshilash va xavfsizlikni kuchaytirish uchun ishlatilishi mumkin bo‘lgan texnologiyalarga misoldir. Bundan tashqari, samarali muloqot, hamkorlik va etakchilik korporativ boshqaruv samaradorligini oshirishda muhim ahamiyatga ega.

Korporativ boshqaruvning zamonaviy tendentsiyalarida samaradorlikni oshirishda xodimlarni o‘qitish va malakasini oshirish ham muhim ahamiyatga ega.

Banklar o'z xodimlariga sanoat talablarini qondirish uchun zarur raqamli savodxonlik va mijozlarga xizmat ko'rsatish ko'nikmalariga ega bo'lishlari uchun sarmoya kiritishlari kerak. Bundan tashqari, banklarda doimiy takomillashtirish madaniyatini joriy etish korporativ boshqaruvning zamonaviy tendentsiyalarida innovatsiyalar, tezkorlik va moslashishni rivojlantirishi mumkin.

Umuman olganda, banklarda korporativ boshqaruvning zamonaviy tendentsiyalari samaradorligini oshirish yo'llari xilma-xil bo'lib, yaxlit yondashuvni talab qiladi. Yuqorida sanab o'tilgan strategiyalarni amalga oshirish orqali banklar o'z faoliyatini optimallashtirishi, samaradorligini oshirishi va bugungi dinamik biznes muhitida raqobatbardoshligini saqlab qolishi mumkin.

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LANGUAGE AND CULTURE

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Abstract. Each culture has its own pragmatic norms, the transfer of which from the native language to a foreign one can lead to misunderstanding or misjudgment of the speaker. At the same time, when English is used by speakers of other languages and cultures as a tool of speech, the application of its pragmatic norms and rules may be inappropriate and not meet the goals and objectives of the discourse. In this regard, in the context of international communication in English, communicators should take into account the pragmatic relevance of a particular form of speech and its cultural significance for all participants in the discourse.

Keywords: English language, linguocultural, sociopragmatics, pragmalinguistics, speech tool, intercultural communication, successful discourse, communication, culture, pragmatic rules.

INTRODUCTION

Pragmatic competence is required in such communicative situations as, for example, expressing requests, apologies, complaints, greetings, gratitude and refusal, agreement and disagreement, and many others. Each language has its own "situational language" - features of expression that can vary significantly in the linguocultural aspect [1]. There are two components in pragmatics: sociopragmatics and linguopragmatics (pragmalinguistics). Incompetence in the field of linguistic pragmatics is characterized by the inability to correctly understand or formulate a task in a foreign language - the transfer of linguistic rules from the native language to a foreign one.

MATERIALS AND METHODS

English in the modern socio-economic context of the development of the global world is the medium of communication for a multinational business community. The traditions of Western linguocultural discourse are often alien to representatives of other peoples, and following them in this case can be counterproductive. This often applies to situations of business cooperation. Conventional laws of business communication in English prescribe the need for brevity, clarity and clarity of the message - this is determined by the monochronism of Western civilization, which is essentially an individualistic culture based on historically established principles and relevant cultural traditions [2]. However, such linguocultural "behavior" among representatives of non-

Western civilization may turn out to be inappropriate or even rude and, as a result, counterproductive. In this regard, at present, the requirement of normativity is gradually fading into the background, giving way to “the principles of functionality, pragmatic acceptability and relevance, the knowledge of which gives an acquaintance with the cultures of the interlocutors and with the principles of intercultural communication” [3].

Any language conveys the culture of the speaker, and English in this case is no exception. As a language of international communication, it has a special responsibility: to adapt to the culture of the communicants and follow the pragmatic norms of discourse. This means that today the question of co-study of language and culture should be posed differently: should modern English as a language of international communication reflect the culture of English-speaking countries; Should English-language discourse meet the requirements of Western pragmatic norms and be within the appropriate cultural framework? If modern English functions as a speech tool, then to what extent does it convey the communicative meaning that is embedded in it by a representative of a non-Western culture or even another “civilization”? These are all difficult questions, the answers to which lie in the socio- and linguo-cultural plane of human relationships.

RESULTS AND DISCUSSION

When long-term relationships are established between representatives of different cultures, in the process of communication they develop their own norms of English discourse, which are acceptable, recognizable and correctly interpreted by all participants in communication. English in this case adapts to specific linguistic and socio-cultural conditions. Such “sociolinguistic behavior” of communication participants is aimed at establishing good long-term partnerships based on mutual understanding and contributing to the solution of tasks within the framework of interethnic communication [4].

It is the formation of the English language as a single language of intercultural communication that is the basis for additional motivation for speakers of other languages and cultures to preserve, and sometimes even emphasize their national and cultural identity in the process of communication. Therefore, it can be assumed that the use of English as the language of international communication does not affect the linguistic and cultural diversity of the modern world and does not hinder its development. Moreover, the main function of modern English is rather unifying rather than separating. It is studied and used not as a cultural symbol, but as a means of communication for speakers of many other languages and cultures to ensure the completeness of the tasks.

CONCLUSION

The process of communication in English, like in any other foreign language, is associated with making decisions regarding the choice of verbal and non-verbal means of communication. And in order for the decision to be correct, i.e. consistent with the goals and objectives of the discourse, it is necessary to take into account the environment of communication, socio-cultural relationships of communicants and accepted pragmatic norms for a particular language interaction. Thus, in the modern conditions of interethnic communication in English, when using a specific form of speech, it is necessary to take into account its pragmatic relevance and cultural significance for all participants in communication.

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DIFFICULTIES OF ATTRACTING SCHOOL STUDENTS TO THE ENGLISH LESSONS

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Abstract: The role of knowledge given at the school years lasts at the end of person's life. School and teacher play great role in development of child's cognitive, social and emotional growth. This process demands to be careful with way of teaching language, appropriate usage of tasks, little utilization of target language and other factors as the school students have little attention span, demotivation for the language and different learning styles. This study provides information about importance and problems of grabbing school children to the English lessons.

Introduction

Education has a great impact on all part of person's lives, and knowledge which is acquired from school years lasts till the end of life of people. Knowledge in school should serve as the experience of the students which explore the universal truth. Schools provide a unique opportunity for children interaction with people, offers them to broaden their skills and learn about way of life. Additionally, schools help to students developing setting goals and finding proper directions. The basis of knowledge in a classroom begins with the help of teachers. Educators should have a clear understand of their own knowledge before educating their students. An educational marketing strategy involves attracting the attention of potential students, educating them about what the program offers and eliminating obstacles to enrolling in that institutions. Not only potential students deserve high-quality of the education but also others students also have a right to get precious knowledge. In that case, attracting school students to the English lessons is crucial for numerous reasons. As Rajathurai said that in today's global world, the importance of English cannot be denied and ignored since English is the greatest common language spoken universally [4;1]. English is global language of communication, trade, and diplomacy. Proficiency of this language opens billions of doors and opportunities students in terms of higher education, career prospects, and cultural exchange. Moreover, by acquiring this language students can easily access a range of scientific works, understanding core meaning of literary works and using art of late technological advances that are programmed in English language. As Gulnaz Jalgasbaeva points out learners should understand common cultural gestures and social features of the environment that surrounds them [3;2]. For these reasons effective way

of teaching can enhance not only offer various chances to be seen global area but also develops learners critical and analytical thinking and improve communication, interpersonal skills of learners not to mention the fact that it is a best way of learning English culture, tradition and every-day life of English people.

Teaching basic subjects in school such as math, history, and foreign language especially, English is a key way of building bright future. However, teaching and learning process of English is not easy for school students because of not appropriate methods and strategies by teachers, large class size, not having interest or motivation for learning English, usage of the local language and most of the teachers do not train to speak to students. Furthermore, teaching materials also plays great role to attract students for the lesson. As Greene and Petty stated (1967) properly selected materials enhance children's all skills: listening, speaking, writing, and basic reading comprehension [2;2]. For example, during topics such as revision or project works teacher should prepare small size story for secondary students that is interesting and based on their age and level. This can improve students reading skill and lead to reading extra literary materials. Also, Greene and Petty said that colourful and interactive images that is intended to teaching students is helpful to memorize and revise all new words that they learned during the lessons [2;2]. During the observing the classes this theory finds its proof, students prefer when teachers prepare attractive pictures or images while teaching new words. Also, by watching videos they will have idea that how to pronounce words appropriately and will have a good atmosphere in the classrooms. Dunn (1983) says that young learners are very easy to improve their language skills through the right games for their age [1;2]. From the practice we attend, primary school learner are eager-beaver if lesson process conducted by TPR, game based methos. Starting lesson from energizer games not only have a great impact on students to attract and wake all pupils but also provide being lively during the lesson. According to the educational practice that we participate at school number 12 in Nukus, I noticed that young learners get more information and have a good atmosphere when prepared extra activities or energizer games related to the topic. Based on the research, both children (3-8 ages) and adolescents (8-13 ages). And sometimes it is good not teaching according to the plan of the lesson with the aim of grabbing and motivating students to the English language. It is more appropriate for higher grades of the school students because they should know the role English language in the modern world and explore more culture and information about how to study in foreign universities. Therefore, providing information about universities, motivates students to set bigger goals and find their destinations. Start by doing a needs assessment, looking at what they are interested in and what topics they really need to know.

Methodology

I use questionnaire that is one of the type of data collection and for this study 30 student (my groupmates and friends who are participated educational practice for schools) filled this questionnaire asking them to give their feedback on the difficulties of involving school students to the English lesson.

Questionnaire

1. Is it easy to attract pupils to the English Language?

Yes No

2. Do you think use any games during the lesson?

Sometimes Usually Never

3. Is it an effective teaching through games?

A) By this way, students are more enjoyed from lessons

B) I think, it is time consuming

4. What do you think extra materials effect the process of learning? (visual aids, worksheets)

Yes, it is helpful for me teaching No, I don't feel any necessity

5. Introducing foreign language beforehand can be useful to improve learning process?

Of, course No, it is not problem for me

6. What do you think from your educational practice, your students satisfied with your way of teaching?

Yes, I think so I am not sure

7. Do you agree: constantly using local language during the lessons is negative for building speaking skill?

8. What do you think why some pupils are demotivated to learning English Language?

9. From your point of view, what is the main problems of attracting to the English language?

10. What kind of method do you know for school teaching?

Discussion

The data displays most of the participants 25 out of 30 agree with the notion that involving school students is not easy task, for question educating through games is usual way of teaching. They agree that students more enjoyed when teachers prepare games for students and it is also contributing factor of efficiency of the English lesson. The idea of preparing extra material such as worksheets or visual materials, some participants (17) support but others (13) find that it is not problem for them. Most participants claimed that it was so difficult to answer the question: if your students

satisfied with your teaching method or not, according to the practice. And the answer was 50/50. And the next questions related to the participants opinions, their opinion was so different but usage of native language is negative factor for building speaking skill was yes, they suggest that both teachers and students should stop using local language. The main reason why students demotivated during the English lessons were unsuitable methods of teaching, difficulties of language, lack of skilled teachers. And major problems of attracting to English language is optimistic personal quality of teachers, lack of knowledge, lack of attention of the students during the lesson, and teachers do not pay attention to the needs of pupils. According to the participants group activities, chanting, brainstorming, using authentic materials, technology-based learning (e.g. Kahoot) are effective ways of teaching foreign language.

Conclusion

In the modern world, learning and teaching English language from school years is significant to acquire basic foundation of this language, but in the process of teaching there are great deal of challenges that faced teachers and students such as incorrect way of teaching that leads to demotivation of pupils, large class size, overusing local language and extra ineffective selected materials for teaching. In order to overcome these difficulties, it will be good outcome usage of appropriate techniques and approaches by teachers and preparing extra materials for lessons that encourage learners needs, interests and choosing productive approaches and ways such as tasks enhances students' communicative competence, technology-based learning, as well as educating by games.

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THE ROLE OF MOTIVATION IN TEACHING READING COMPREHENSION TO STUDENTS

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Annotation: This article information about the role of motivation in the process of teaching reading to students including several ways for increasing motivation in reading. By connecting reading to real-world interests, providing positive reinforcement, and offering choices, teachers can create a dynamic and enjoyable reading experience that sparks lifelong learning.

Key words: students, motivation, reading, teaching strategies, interest, factors, behavior, children.

INTRODUCTION

The word motivation refers to getting someone moving. When someone is motivated, there is a chance to develop incentives and to determine the terms that commence or stop behaviour. In terms of education, motivation mainly deals with the problem of setting up conditions which will assist learners to perform their abilities in academic environment. Teachers will motivate learners assisting them to develop an expectancy where benefit will occur as a result of students' participation in an instructional experience. Motivation also includes some factors that stimulate the desire to engage in behaviour. This way can be considered as an internal process that activates, maintains and guides behaviour overtime.

Motivation has an important role in success and failure in learning a second language. Additionally, motivation is important for some reasons namely increased engagement, creating a positive learning environment, language acquisition, improving self-confidence, encouraging long-term commitment, greater adaptability and the development of lifelong learning habits. Motivated learners are more likely to remain engaged and focused on their language learning goals, investing time and effort into mastering the language, fostering a positive attitude towards language learning, making the experience more enjoyable and rewarding for the learner. Motivation contributes to a long-term commitment to language learning, fostering a mindset focused on continual improvement and growth in proficiency as well as motivated learners tend to be more open to new experiences and adaptable in diverse language learning environments, enabling them to embrace different learning methods and contexts. Cultivating motivation in language learning nurtures lifelong learning habits,

supporting individuals in developing skills and strategies that extend beyond formal language education.

Activation starts you off, gets you going. Guidance and maintenance are two essential elements that shape our lives. Guidance, like a compass, directs our path, influencing our decisions and actions. It helps us set goals, choose priorities, and pursue our interests. Maintenance, on the other hand, ensures that we stay on course. It involves consistent effort and dedication to keep our momentum going and overcome obstacles. By combining the power of guidance and maintenance, we can achieve our full potential and live a fulfilling life. Motivation has several definitions. Motivation is defined as an important process where the activities directed for reaching goals are initial. According to expectancy-value theory, our motivation is influenced by how likely we think we are to succeed and how much we value the outcome.

Schutte and Malouff (2007) described that learners' motivation affects their readings. Learners with higher motivation are expected to read more in a wider range [6].

Gottfried (1990) carried out a study and indicated that reading comprehension was positively related with intrinsic motivation for reading [3].

Morgan and Fuchs (2007) explained that motivation is an important aspect which helps learners read more and it has an important relationship with reading and recognizing texts [5].

Krause, Bochner, and Duchesne suggest that motivation is closely connected to other psychological factors like attention, needs, goals, and interests. These factors work together to spark students' curiosity, drive their learning efforts, and inspire them to pursue specific tasks and objectives (Bell, L. 2003) [1].

In anyway if children pick up books it depends on their motivation whether they read this book from front to back or not. Reading is regarded as the most important skill that can be attained during the educational career by children. The skill of reading enables students to open their minds to a world of possibilities that would otherwise be unavailable. The ability to read is mastered by children through careful guidance from teachers and parents, who provide the technical instruction required for the children to become independent readers. Teacher is responsible for increasing the students motivation. Effective teaching strategies to boost student motivation include using engaging materials, setting clear goals, and creating a positive learning environment.

Motivation plays a crucial role in reading comprehension and ultimately leads to improved reading performance. According to Guthrie (2001) there are 10 instructional elements that form the foundation for engagement and motivation in reading [4].

Even the most intelligent students need motivation in order to stay engaged in reading. Furthermore, motivation is often characterized in either/or terms, as in a

student is motivated or a student is not motivated. Motivation is, in fact, a multidimensional construct, consisting of beliefs, values, and goals that guide behavior. Research suggests that six main factors can motivate students to read: a teacher who models reading, easy access to books, opportunities for students to choose books they like, familiarity with books, incentives that highlight reading's importance, and social discussions about books.

Also, Trouther suggested that there are several motivational practices often used in the classroom that tend to discourage reading (Good, T.L. & Brophy, J.E. 1994) [2]. Some practices, like group reading aloud, focusing on details, and copying dictionary definitions, can discourage reading motivation.

In conclusion, motivation is vital in reading, and a well-crafted conclusion can significantly contribute to sustaining and enhancing that motivation. By summarizing key points, providing closure, offering additional insights, and engaging readers' emotions, a conclusion can leave a positive and lasting impact on the reader, encouraging further exploration and enjoyment of reading materials.

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EXPLORING THE ANATOMY OF THE HEART: A STUDY FOR NURSING EDUCATION

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Abstract The human heart is a vital organ that plays a central role in the circulatory system. Its detailed study is essential for nursing students to understand cardiovascular health and diseases. This paper provides an overview of the heart's anatomy, emphasizing its structural components and physiological functions. This foundational knowledge is crucial for nursing professionals to provide quality care in clinical settings.

Introduction The heart, a muscular organ roughly the size of a fist, is located in the thoracic cavity between the lungs. It functions as a pump to circulate blood throughout the body, supplying oxygen and nutrients to tissues and removing waste products. For nursing students, understanding the anatomy of the heart is a cornerstone for grasping broader concepts in physiology and pathology, enabling effective patient care.

Anatomical Structure of the Heart

1. External Features

- **Shape and Size:** The heart is conical in shape, with a base directed upward and backward and an apex pointing downward and to the left.
- **Coverings:** The heart is enclosed within the pericardium, a double-layered sac that provides protection and reduces friction during heartbeats.

2. Internal Structure

- **Chambers:** The heart consists of four chambers—two atria and two ventricles.

▪ **Atria:** The upper chambers receive blood. The right atrium receives deoxygenated blood from systemic circulation, while the left atrium receives oxygenated blood from the lungs.

▪ **Ventricles:** The lower chambers pump blood. The right ventricle sends deoxygenated blood to the lungs, and the left ventricle pumps oxygenated blood to the body.

- **Valves:** Four valves ensure unidirectional blood flow:

- **Tricuspid Valve:** Between the right atrium and right ventricle.
- **Pulmonary Valve:** Between the right ventricle and pulmonary artery.
- **Mitral Valve:** Between the left atrium and left ventricle.
- **Aortic Valve:** Between the left ventricle and aorta.

3. Blood Supply

○ The heart receives oxygen and nutrients via the coronary arteries, branching from the ascending aorta. Venous blood is drained through the coronary sinus into the right atrium.

Physiological Functions The heart operates as a double pump:

- **Pulmonary Circulation:** The right side of the heart pumps deoxygenated blood to the lungs for oxygenation.

- **Systemic Circulation:** The left side pumps oxygen-rich blood to the body. Electrical impulses generated by the sinoatrial (SA) node regulate the heartbeat, ensuring synchronized contraction of the atria and ventricles.

Clinical Relevance in Nursing Understanding heart anatomy helps nurses:

- Monitor vital signs such as heart rate and blood pressure.
- Recognize symptoms of cardiac conditions (e.g., chest pain, arrhythmias).
- Administer interventions like cardiopulmonary resuscitation (CPR) effectively.

Conclusion Mastery of heart anatomy is indispensable for nursing professionals. It forms the basis for diagnosing and managing cardiovascular disorders, contributing to improved patient outcomes. Ongoing education in anatomy and related disciplines is recommended to keep pace with advancements in medical science.

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THE INTERPLAY OF LANGUAGE AND POWER IN DISCOURSE ANALYSIS

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Abstract: This article explores the intricate relationship between language and power through the lens of discourse analysis, a critical approach in sociolinguistics that examines how language shapes and is shaped by social hierarchies. Language is not a neutral tool but an instrument through which power is exercised, reinforced, and challenged in various social contexts, including politics, media, gender, and race. Discourse constructs reality, reflects societal norms, and perpetuates ideologies that maintain dominant power structures. Drawing on key theories from scholars like Foucault and Gramsci, the essay highlights how language serves to legitimize authority, control knowledge, and enforce social control, while also offering a means of resistance for marginalized groups.

Key words: Politics, media, gender, race, context, constructs reality, critical approach, societal norms

Аннотация: Эта статья исследует сложную взаимосвязь между языком и властью через призму дискурсного анализа — критического подхода в социолингвистике, который изучает, как язык формирует и формируется социальными иерархиями. Язык не является нейтральным инструментом, а служит средством, через которое власть осуществляется, укрепляется и оспаривается в различных социальных контекстах, включая политику, медиа, гендер и расу. Дискурс конструирует реальность, отражает общественные нормы и воспроизводит идеологии, поддерживающие доминирующие властные структуры. Опираясь на ключевые теории таких ученых, как Фуко и Грамши, статья подчеркивает, как язык служит легитимации власти, контролю над знаниями и социальной регуляции, а также предоставляет средство сопротивления для маргинализированных групп.

Ключевые слова: Политика, медиа, гендер, раса, контекст, конструирует реальность, критический подход, общественные нормы.

Introduction

Language is more than a means of communication; it is a powerful tool that shapes and is shaped by social structures, power relations, and individual identities. Discourse analysis, a key method in sociolinguistics and applied linguistics, provides insight into how language functions within these contexts, particularly in relation to power dynamics. The interplay between language and power is complex and multifaceted, as language both reflects and perpetuates social hierarchies, influences perceptions, and constructs identities. This essay explores the role of language in the exercise of power, focusing on how discourse shapes, challenges, and maintains power relations in society. At its core, discourse refers to written or spoken communication, but in the context of discourse analysis, it extends to the ways in which language is used in different social settings to convey ideologies, enforce norms, and structure relationships. Discourse is never neutral; it is shaped by and helps sustain power dynamics. This is particularly evident in institutions such as the media, politics, education, and the workplace, where language plays a key role in influencing public opinion, maintaining authority, and controlling access to knowledge.

One of the foundational ideas in discourse analysis is that language constructs reality. The words we use, the structures we employ, and the way we phrase our thoughts can determine how we perceive the world and how others perceive us. This phenomenon is closely tied to the concept of *hegemony*, developed by Italian philosopher Antonio Gramsci, which refers to the dominance of one group over others through ideological means, rather than through force. Hegemony is maintained through discourse that normalizes certain worldviews, values, and beliefs as natural and unquestionable. A classic example of this is political discourse, where language is used to legitimize power and authority. Political leaders often use carefully crafted rhetoric to persuade the public, manage crises, or rally support for policies. For instance, terms like "national security" or "terrorism" are loaded with meaning that shapes how people understand issues of safety, conflict, and governance. By framing an issue in a certain way, political leaders are able to guide public opinion and maintain control over the political agenda. Discourse analysis is particularly useful for examining how language is involved in constructing and maintaining social hierarchies. From the perspective of power, language is not just a tool of communication but a mechanism for social stratification. People's social identities—whether defined by race, gender, class, or ethnicity—are often constructed through discourse, and language serves as a key marker in the formation of these identities. For example, gendered language plays a significant role in reinforcing traditional power relations between men and women. In many languages, grammatical structures reflect gender distinctions, and these distinctions often extend beyond the linguistic level to reinforce social roles. In

English, the use of terms like "mankind" instead of "humankind" or the distinction between "businessman" and "businesswoman" reinforces the traditional notion that men are the default subject, while women are seen as the "other." These distinctions are not arbitrary; they reflect and perpetuate societal norms that place men in positions of power and authority.

In addition to gender, power dynamics in language are also evident in class and race. The use of "standard" versus "non-standard" dialects is one example of how language can mark individuals as belonging to particular social classes. Standard English, often associated with educated, middle- and upper-class individuals, is seen as the norm in many professional and educational contexts. In contrast, dialects and vernacular languages spoken by working-class communities or ethnic minorities are frequently stigmatized. These language practices are often viewed as inferior or less legitimate, further entrenching social and economic inequalities.

Language is also central to mechanisms of social control, as it can be used to restrict or expand access to power. Michel Foucault, one of the key figures in the study of discourse and power, argued that power is not only exercised through direct coercion but also through the control of knowledge and discourse. In his work *Discipline and Punish*, Foucault examines how institutions, such as prisons, schools, and hospitals, control individuals by regulating what is said and how it is said. He suggests that power is embedded in everyday language practices, shaping how people think, behave, and even define themselves.

A key aspect of Foucault's theory of power is the idea of the "panopticon," a model of surveillance that demonstrates how power can be exercised through the internalization of norms and expectations. In this model, individuals self-regulate their behavior because they are aware that they might be watched at any time. Similarly, in everyday discourse, individuals internalize the power structures present in society, which are reinforced by language practices. For example, the ways in which we speak about authority figures—whether we refer to them as "Mr.," "Dr.," or "Sir"—are not just conventions, but reflect the social status and power these individuals hold.

Discourse also plays a significant role in constructing the boundaries of acceptable behavior. The framing of deviance, criminality, or illness in certain ways can be used to control and stigmatize groups. In the media, for example, language is often used to label certain actions as criminal, immoral, or pathological, thereby controlling how society views and responds to these behaviors. The language of "war on drugs" or "mental health crisis" shapes how the public perceives these issues, often in ways that serve the interests of those in power. While language can be a tool for maintaining power, it is also an instrument of resistance. Language has the power to challenge established norms, subvert dominant ideologies, and give voice to marginalized

groups. Discourse analysis highlights how individuals and groups use language to resist oppression and articulate alternative visions of the world. For example, social movements often rely on powerful language to challenge existing power structures. The Civil Rights Movement in the United States, for instance, utilized language to demand equality, using slogans like "I Am a Man" to challenge the social and legal segregation of African Americans. Similarly, feminist movements have challenged the gendered language that perpetuates inequalities, advocating for more inclusive terms that reflect women's autonomy and equality.

The act of reclaiming language is also significant in the context of indigenous and minority groups. Many indigenous communities have worked to revitalize their native languages as a way of asserting cultural identity and resisting colonial power structures. By speaking their native tongues, these groups challenge the linguistic hegemony of dominant languages like English or Spanish and affirm their right to self-determination. Critical Discourse Analysis (CDA) is a method that specifically focuses on examining the ways in which discourse functions to sustain or challenge power relations. CDA is concerned not only with the content of language but also with the socio-political contexts in which language is produced and consumed. Researchers using CDA analyze how texts—whether in the form of media, political speeches, or everyday conversation—construct power relations and ideologies. Key scholars in CDA, such as Norman Fairclough, Teun van Dijk, and Ruth Wodak, have developed frameworks for analyzing how language reflects and reinforces social inequalities. CDA emphasizes that power is not only a matter of what is said but also how it is said, to whom it is said, and in what context. By revealing the hidden power dynamics in discourse, CDA seeks to expose how language perpetuates inequalities and offer ways to challenge them. The interplay of language and power is central to understanding how societies function and how individuals navigate social structures. Language is not simply a tool for communication; it is a means of exercising power, maintaining social hierarchies, and shaping identities. Discourse analysis provides valuable insights into how power is embedded in language and how it operates through both subtle and overt mechanisms. From political rhetoric to everyday interactions, language serves as both a reflection and a vehicle for power. However, as this essay has shown, language is also a site of resistance, where individuals and groups can challenge existing power structures and advocate for change. Through the critical examination of discourse, we can better understand the complex relationship between language, power, and society.

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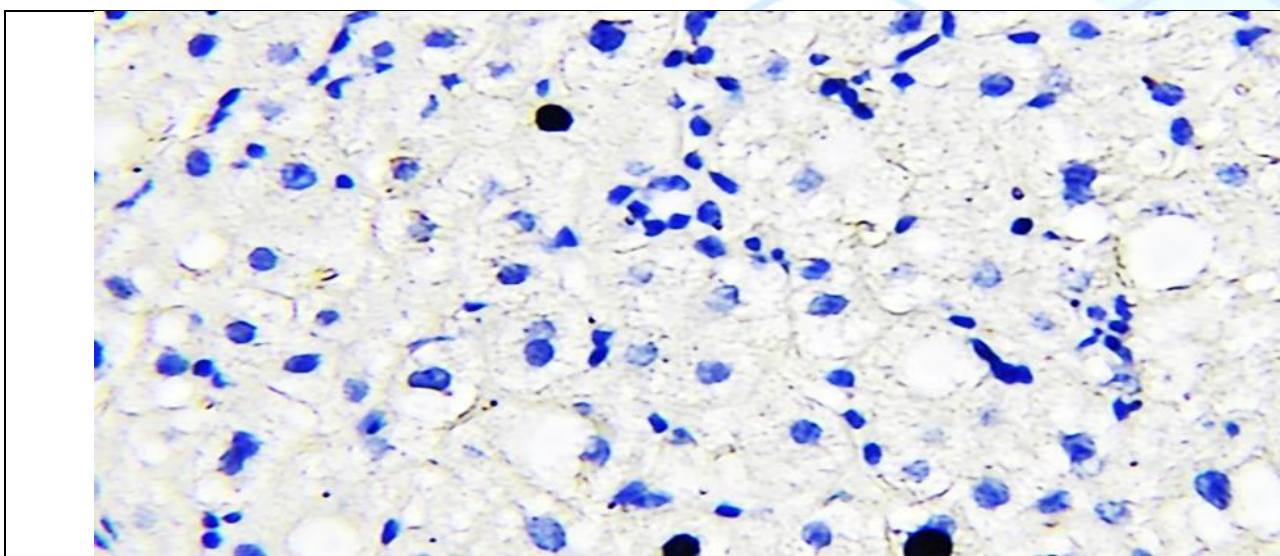
ИССЛЕДОВАНИЕ ЭКСПРЕССИИ ИММУНОГИСТОХИМИЧЕСКИХ (KI-67) (VCL-2) МАРКЕРОВ ИЗМЕНЕНИЙ В КЛЕТКАХ ПЕЧЕНИ В РЕЗУЛЬТАТЕ РАКА МОЛОЧНОЙ ЖЕЛЕЗЫ.

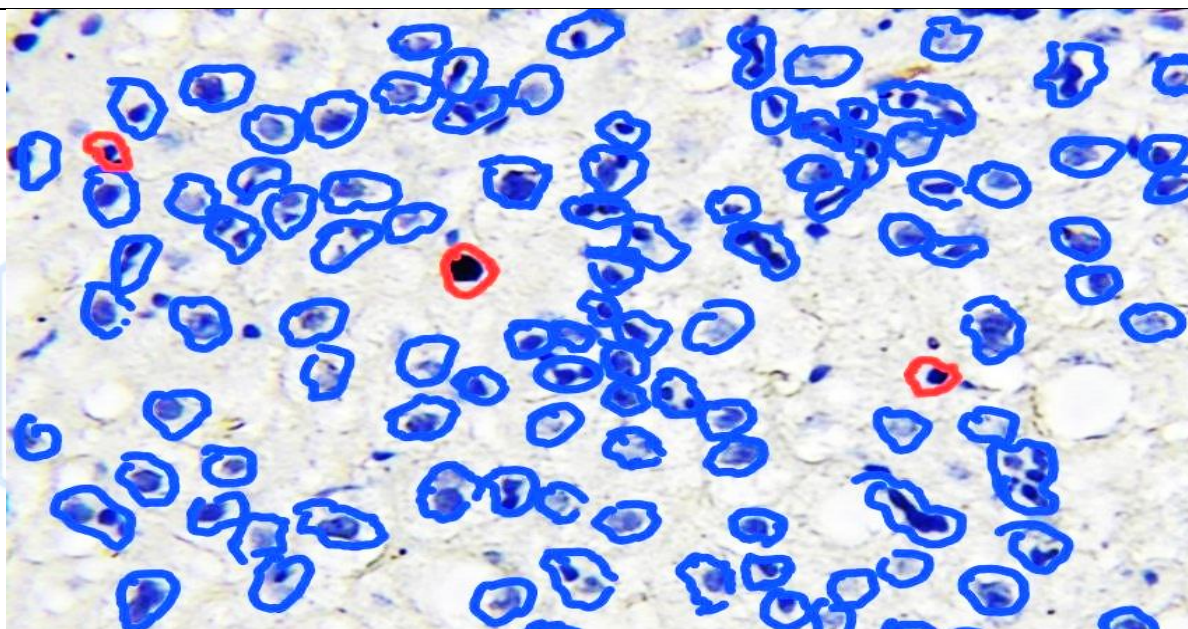
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Реферат: В эксперименте изучались осложнения печени при раке молочной железы (РМЖ) с помощью иммуногистохимии. Антиген Ki-67 представляет собой белок, находящийся в ядерном материале опухолевой клетки, и он необходим для пролиферации клеток. Выявление антигена Ki-67 указывает на опухолевые клетки, находящиеся в митотической фазе клеточного цикла. Это позволяет понять, насколько активно и быстро происходит деление опухолевых клеток, а следовательно, оценить скорость роста опухоли, риск метастазирования, терапевтические стратегии, потенциальные ответы на лечение и прогноз заболевания. Гистологическое и иммуногистохимическое исследование опухолевой ткани позволяет сначала получить морфологическое описание процесса, а затем определить его пролиферативную активность — скорость и темп деления клеток. Это дает четкую и объективную оценку степени злокачественности опухоли и прогноза ее дальнейшего развития.

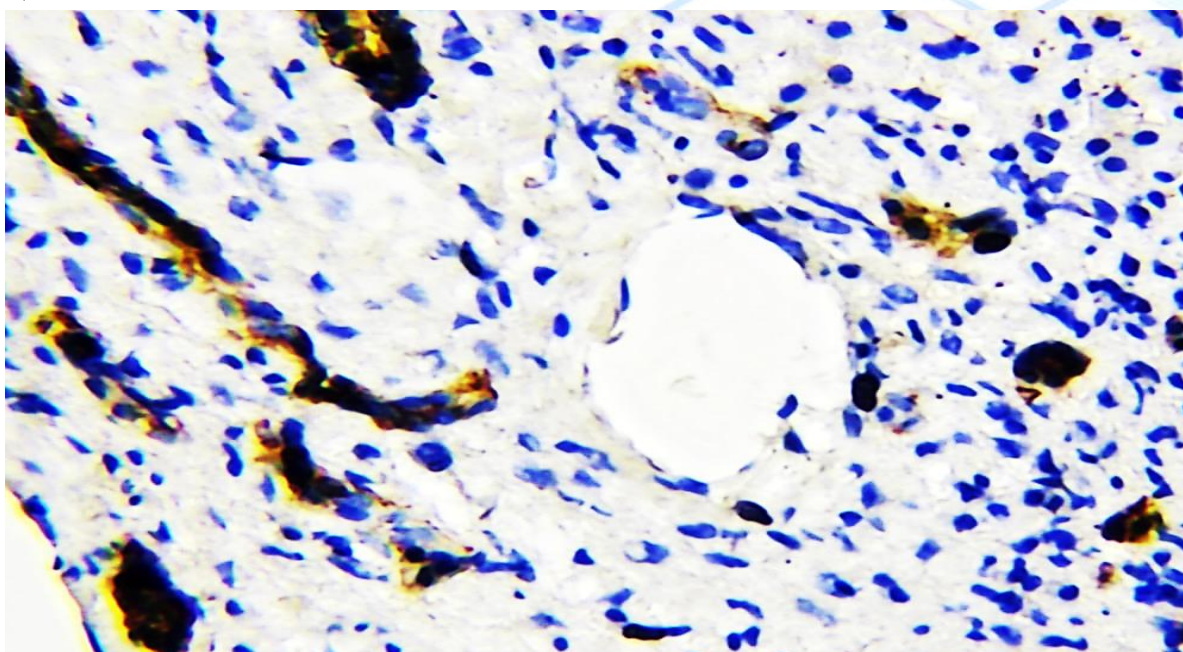
Ключевые слова: Ki-67, QuPath

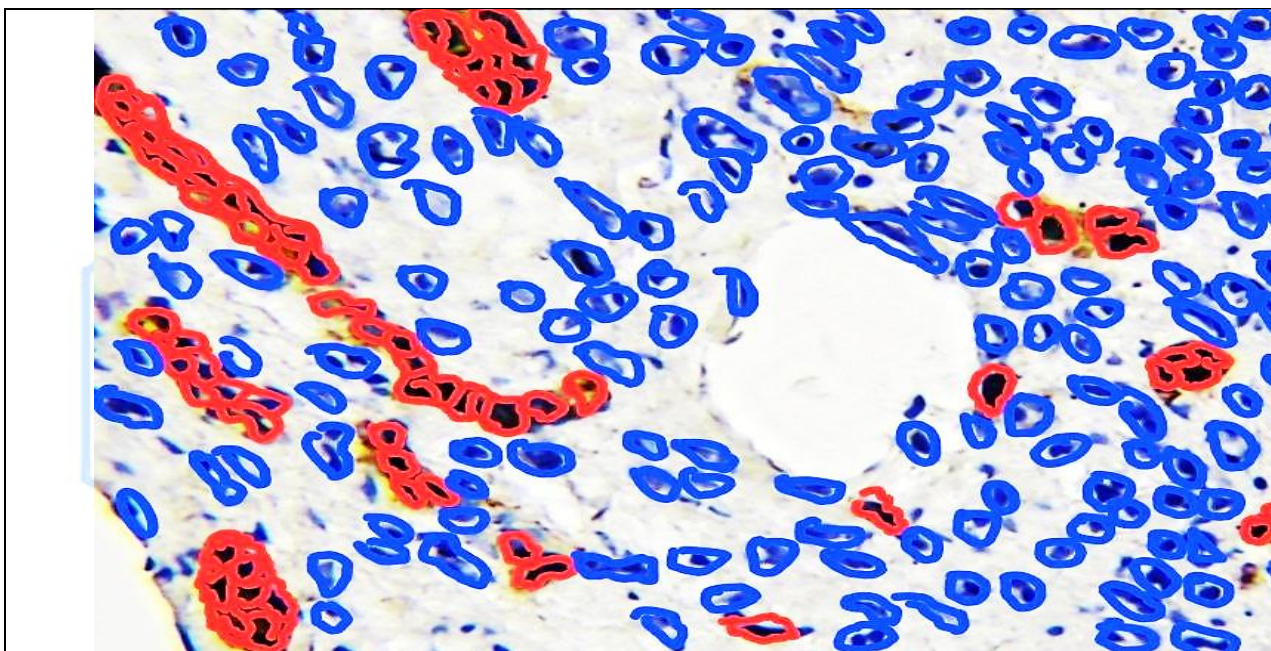




Общее количество обнаруженных клеток	329
Положительная экспрессия	5
Отрицательные клетки	334
Положительная экспрессия	1,45%
Положительная экспрессия	1043270 px ²

Рисунок 4.1. Маркер Ki-67 показывает низкую экспрессию (1,45%) в ткани печени крыс в группе 2-3 эксперимента. Изображение было окрашено с использованием метода хромогена DAB и увеличено в 400 раз. Сканировано с использованием программного обеспечения QuPath-0.4.0.ink, и уровень экспрессии был определен. Экспрессированные клетки показаны красным цветом..





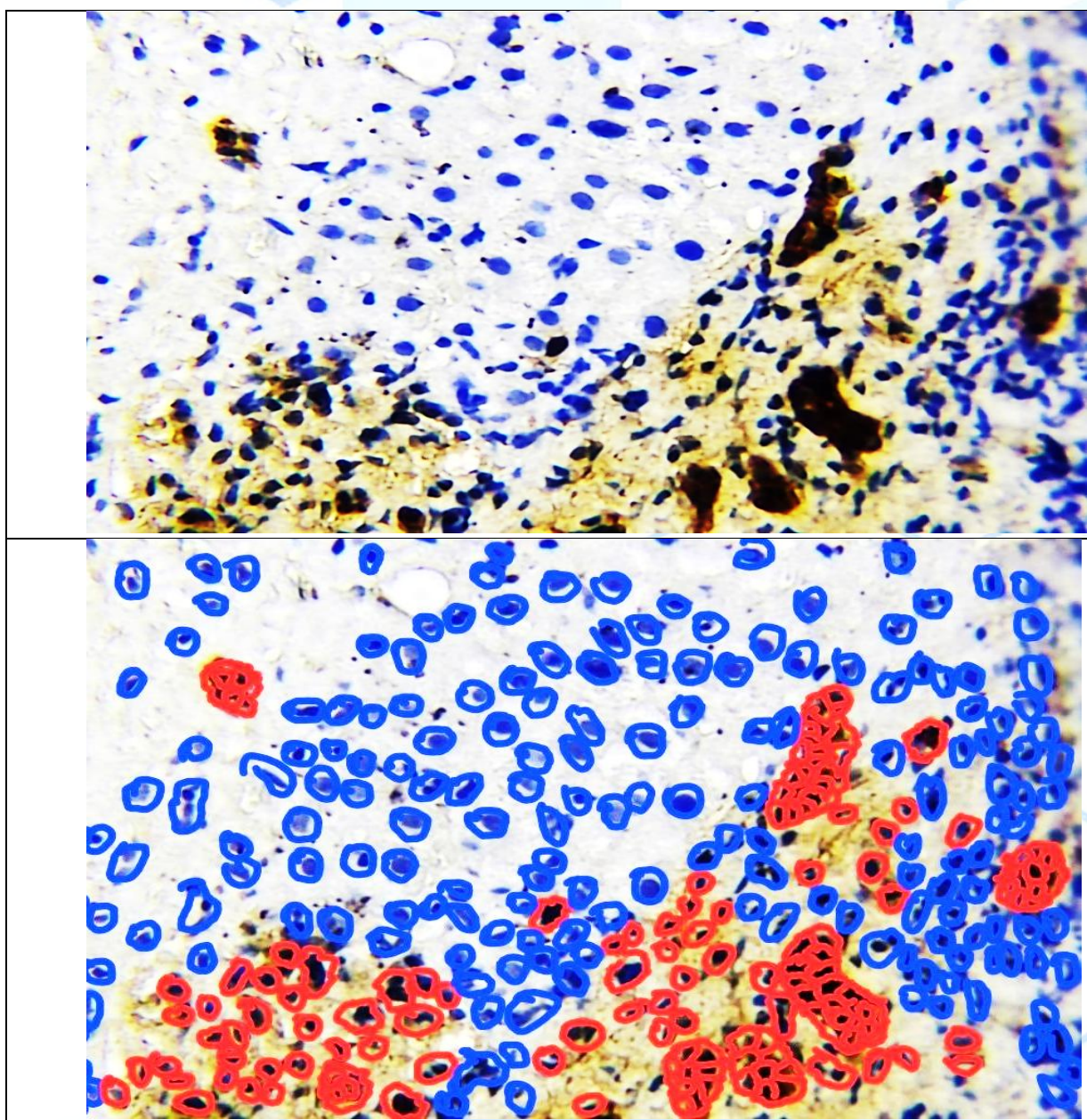
Общее количество обнаруженных клеток	523
Положительная экспрессия	103
Отрицательные клетки	420
Положительная экспрессия	20,2%
Положительная экспрессия	1045250 px ²

4.2 В ткани печени крыс 4-5 группы эксперимента маркер Ki-67 показывает умеренную экспрессию (21,2%). Ткань окрашивали методом DAB хромогена, изображение увеличивали в 400 раз. Сканировали с помощью программного обеспечения QuPath-0.4.0.ink и определяли уровень экспрессии. Экспрессированные клетки показаны красным цветом.

Для проведения иммуногистохимического анализа у подопытных животных были подготовлены образцы биопсии из различных участков печени. Всего было отобрано 15 парафиновых блоков. Срезы ткани были нарезаны толщиной 2-4 мкм с помощью микротомы, помещены на предметные стекла и покрыты покровным стеклом, покрытым поли-L-лизином. Ткани были обработаны методом иммунопероксидазы авидин-биотин для дегидратации и обезжиривания парафина. После депарафинизации проводили дегидратацию и демаскировку, а затем образцы тканей окрашивали антителами с помощью автоматизированной системы Ventana Benchmark XT (Roche, Швейцария). В исследовании использовались антитела Ki-67 и Bcl2 для окрашивания, и полученные микрофотографии (QuPath-0.4.0, NanoZoomer Digital Pathology Image) показывают клетки с положительной экспрессией в больших количествах. Уровень Ki-67 (индекс пролиферации) и экспрессию Ki-67 и Bcl2 оценивали в

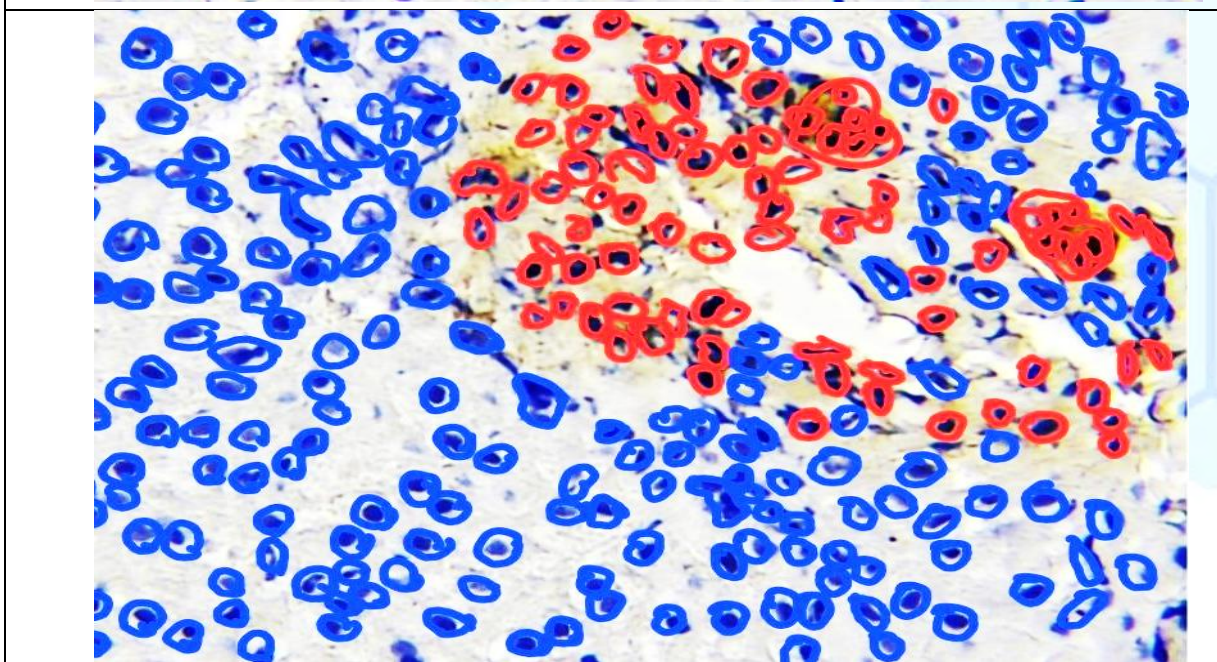
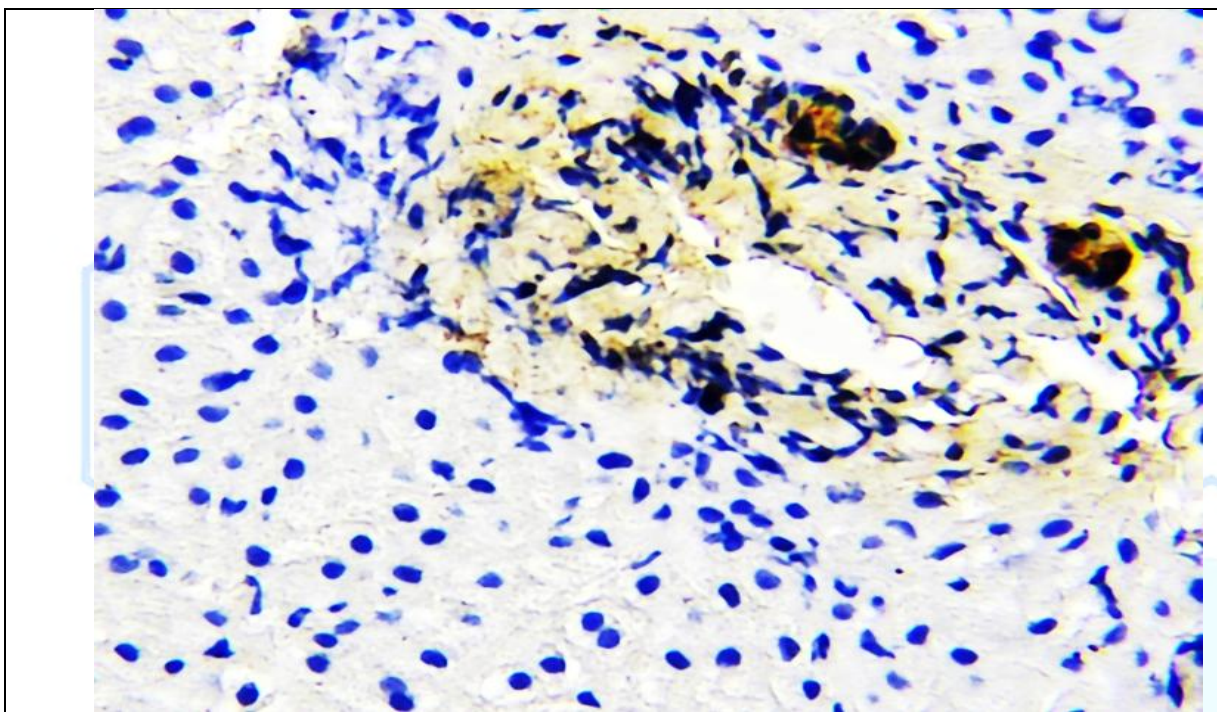
процентном отношении. Уровни экспрессии маркеров оценивали количественно как относительные проценты и классифицировали как слабую, умеренную или сильную экспрессию. Система оценок для этих маркеров была следующей:

- 0 (нет окрашивания)
- 1+ (<20% клеток окрашены слабо)
- 2+ (20-60% клеток окрашены умеренно)
- 3+ (>60% клеток окрашены сильно).



Общее количество обнаруженных клеток	519
Положительная экспрессия	170
Отрицательные клетки	349
Положительная экспрессия	33,03 %
Положительная экспрессия	1037079 pх ²

4. Средний уровень экспрессии маркера Ki-67 (34,03%) наблюдался в ткани печени 3 беспородных крыс, питавшихся грунтовой водой с высоким химическим транспортом. Dab создан хромогенным методом. Изображение увеличено в 400 раз. В QuPath-0.4.0.ink определены уровни сканирования и экспрессии. Экспрессированные клетки выделены красным цветом». Белки семейства Bcl-2 являются регуляторами апоптоза, одного из наиболее изученных типов запрограммированной клеточной смерти. Это семейство белков экспрессируется про- и антиапоптотическими членами. Антиапоптотические белки семейства Bcl-2 часто используются опухолевыми клетками в качестве механизма сопротивления смерти, они играют важную роль как в процессе онкологических заболеваний, так и в устойчивости злокачественных клеток к терапевтическим воздействиям. Поэтому эти белки являются таргетными в качестве противоопухолевой терапии. Тщательное изучение взаимодействий между белками Bcl-2, лежащими в основе регуляции инициации апоптоза, позволило совершить важный прорыв в разработке высокоселективных ингибиторов отдельных антиапоптотических членов семейства. В данном исследовании, проведенном на белых крысах, мы использовали маркер Bcl-2 для изучения процесса апоптоза в тканях печени в результате воздействия химиотерапии.



Общее количество обнаруженных клеток	527
Положительная экспрессия	117
Отрицательные клетки	410
Положительная экспрессия	22,2%
Положительная экспрессия	1045250 px ²

1. Рисунок 4.7. Ткань печени подопытных животных групп 11-12 показала умеренный уровень экспрессии маркера Bcl-2 (22,2%). Окрашено хромогенным методом Dab. Изображение увеличено в 400 раз. Сканирование и

определение уровня экспрессии производилось с помощью программы QuPath-0.4.0.ink. Экспрессированные клетки окрашены в красный цвет».

Заключение

Антиген Ki-67 играет ключевую роль в процессе деления клеток и является важным маркером для оценки пролиферативной активности опухолевых клеток. Результаты исследования показывают, что уровень экспрессии антигена Ki-67 изменяется в печени опытных групп в результате химиотерапии. Тималин и особенно масло косточек граната вызывают положительный сдвиг в имеющихся изменениях в печени.

Белки, относящиеся к семейству Bcl-2, играют важную роль как регуляторы апоптоза. Про- и антиапоптотические члены этого семейства формируют механизмы антигибели опухолевых клеток, что имеет большое значение при онкологических заболеваниях и резистентности к терапевтическим воздействиям. Целью нашего исследования было изучение процесса апоптоза в тканях печени с использованием маркера Bcl-2.

Проведенные исследования открывают новые возможности для разработки ингибиторов отдельных антиапоптотических членов семейства Bcl-2, что будет способствовать улучшению онкологической терапии. Отмечены следующие уровни экспрессии Ki-67 и Bcl-2: в образцах печени подопытных крыс, подвергшихся различной химиотерапии:

Ki-67 - 1,5%, Bcl-2 - 3,3% (низкий); Ki-67 - 21,2%, Bcl-2 - 22,2-24,25% (средний); и 34,03% для Ki-67 (высокий) Тималин и масло семян граната привели к 7,45% экспрессии антигена Ki-67 и 3,8% экспрессии Bcl-2 (низкий) в тканях печени.

Эти иммуногистохимические изменения приводят к усилению пролиферации высокодозных химиотерапевтических препаратов, что снижает риск метастазирования и хорошо влияет на прогноз заболевания. Исследование показывает, что рак молочной железы способствует повышению антигенов Ki-67 и Bcl-2 в тканях печени, что свидетельствует о пролиферативной активности опухолевых клеток и снижении процесса апоптоза. В частности, при применении химиотерапии в печени опытной группы животных она достигала 34,03%, что свидетельствует о риске развития опухолей и метастазирования. Также при применении тималина и масла семян граната уровень экспрессии Ki-67 снижался до 7,45% и 3,8% (низкий). Это свидетельствует о потенциальной пользе этих веществ в снижении пролиферативной активности опухолевых клеток и, следовательно, снижении риска развития опухолей. Таким образом, лечение маслом семян граната приводит к коррекции и уменьшению печеночных

осложнений рака молочной железы. Следовательно, оно может быть эффективным методом снижения рисков для профилактики опухолей.

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THE FUNCTION OF ALLUSION IN MODERNIST POETRY

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Abstract: This article explores the function of allusion in modernist poetry, a key literary technique employed by poets to enrich meaning, critique societal norms, and engage with literary traditions. Allusion, as a reference to historical, cultural, or literary texts, is not merely decorative in modernist works but serves as a vital tool for addressing themes of fragmentation, disillusionment, and existential crisis. Through a close examination of poets such as T.S. Eliot, Ezra Pound, W.B. Yeats, and others, the essay demonstrates how allusion deepens thematic exploration by tapping into shared cultural knowledge, while also fostering intertextual connections that both challenge and transform prior literary traditions. Furthermore, allusion in modernist poetry functions as a powerful vehicle for social critique, juxtaposing contemporary realities with past ideals to reveal the disjunction between the two.

Key words: Modernist works, thematic exploration, intertextual connection, disillusionment, fragmentation.

Аннотация: Эта статья исследует функцию аллюзий в модернистской поэзии, ключевой литературной технике, используемой поэтами для углубления смысла, критики общественных норм и взаимодействия с литературными традициями. Аллюзия, как отсылка к историческим, культурным или литературным текстам, в модернистских произведениях служит не просто декоративным элементом, но важным инструментом для затрагивания тем фрагментации, разочарования и экзистенциального кризиса. Внимательно анализируя поэтов, таких как Т.С. Элиот, Эзра Паунд, В.Б. Йейтс и других, статья показывает, как аллюзия углубляет тематическое исследование, опираясь на общую культурную память, а также способствует созданию интертекстуальных связей, которые как оспаривают, так и трансформируют предыдущие литературные традиции. Кроме того, аллюзия в модернистской поэзии служит мощным средством социальной критики, противопоставляя современные реалии идеалам прошлого и выявляя разрыв между ними.

Ключевые слова: Модернистские произведения, тематическое исследование, интертекстуальная связь, разочарование, фрагментация.

Introduction

Modernist poetry, a literary movement that emerged in the early 20th century, is known for its experimental form, fragmentation, and focus on individual consciousness. In this context, allusion—a reference to another text, historical event, or cultural artifact—plays a significant role in shaping the meaning and impact of modernist works. Rather than being merely ornamental, allusion in modernist poetry functions as a tool for creating layers of meaning, enriching the reader's experience, and engaging with the complexities of modern life. This essay will explore the various functions of allusion in modernist poetry, particularly its role in deepening thematic exploration, establishing intertextual connections, and critiquing contemporary society. One of the primary functions of allusion in modernist poetry is to deepen the thematic exploration of key ideas. By invoking well-known literary or cultural references, modernist poets create a rich tapestry of meanings that draw on the associations and interpretations that these allusions carry. Allusion enables poets to tap into the emotional and intellectual weight of the referenced texts, allowing them to evoke complex themes such as alienation, disillusionment, and the fragmentation of identity. A key example of this is T.S. Eliot's "The Waste Land" (1922), one of the most famous modernist poems, which is saturated with allusions to various literary, religious, and mythological sources. Eliot's references to works such as *The Divine Comedy* by Dante, *The Bible*, and the myth of Phlebas the Phoenician all serve to create a multifaceted commentary on the post-World War I landscape. In "The Waste Land," the allusion to the Graeco-Roman myth of Tiresias allows Eliot to comment on the theme of spiritual sterility and cultural decay. The Tiresias myth, which portrays a blind prophet with the ability to see both the past and future, mirrors the fragmented, disorienting experience of the modern world, where individuals are disconnected from both their history and their future.

Allusion in this context allows Eliot to evoke a cultural and intellectual history that informs the poem's central themes of fragmentation and loss. Rather than explaining these ideas directly, Eliot uses allusion to assume a shared cultural knowledge with the reader. The poem becomes an intricate, multi-layered text that invites readers to uncover the connections and meanings embedded within the allusions, adding depth to the thematic concerns of disillusionment and existential crisis in the modern age. Another key function of allusion in modernist poetry is its role in intertextuality—the way in which a text references or is influenced by other texts. Modernist poets often engage with previous literary traditions and texts in order to critique, challenge, or transform them. Allusion is an essential tool in this process, as it allows modernist poets to establish a dialogue with earlier works while simultaneously positioning themselves in relation to those texts. One of the most

notable poets in this regard is Ezra Pound, whose *"Canto I"* (1925) is a prime example of how allusion can function as a form of intertextual engagement. Pound's modernist approach is famously encapsulated in his slogan "Make it new," which reflects his desire to break from the past while simultaneously reworking it. In "Canto I," Pound references a wide array of classical, historical, and literary figures—from Homer and Confucius to Napoleon and Dante. These allusions reflect Pound's belief in the importance of tradition while also demonstrating his desire to update it for the modern age.

The allusion to the classical poet Homer in the context of a modernist poem exemplifies how Pound, like many modernists, engages with the past not as a static cultural artifact but as something that can be reimagined and repurposed. By alluding to Homer, Pound invites readers to consider the role of epic poetry in shaping modern consciousness. Yet, he also distances himself from the idealized past of Homeric poetry, instead offering a fragmented, disjointed portrayal of modern existence. This interaction with Homer's epic tradition reveals Pound's larger concern with the breakdown of continuity and the need for poetic innovation in an age marked by rapid technological and social change.

Thus, allusion in modernist poetry functions not only as a reference to the past but as an active process of engaging with tradition to critique or expand upon it. Through allusion, modernist poets create new meanings and readings of earlier texts, establishing a complex network of connections that reflect their own artistic and ideological concerns.

Allusion in modernist poetry also functions as a tool for social critique. In many modernist works, poets use allusion to highlight the tensions and contradictions in contemporary society. The references to classical or religious texts in modernist poetry often act as a critique of the moral and cultural values of the time. By juxtaposing modern life with the high ideals and structures of earlier traditions, poets draw attention to the disjunction between past and present and reveal the social and political dysfunctions of their era. For instance, W.B. Yeats's *"The Second Coming"* (1919) uses allusion to comment on the political instability and moral decay following World War I. The poem's famous opening line, "Turning and turning in the widening gyre," alludes to the cyclical nature of history, suggesting that society is in a state of crisis. Yeats alludes to the Biblical prophecy of the Second Coming, reimagining it in a contemporary context where the return of a savior figure is no longer seen as a hopeful event but a terrifying and chaotic one. This allusion serves as a critique of the political and cultural climate of the time, where Yeats perceives the old order breaking down and giving way to a new, unpredictable force. The allusion to the apocalyptic narrative

of the Bible thus becomes a powerful commentary on the societal upheaval and the dissolution of established norms.

In this way, allusion allows modernist poets to offer a critique of modern life by juxtaposing it with cultural, historical, or religious ideals that stand in stark contrast to the disorienting, fragmented world they inhabit. By invoking the past, modernist poets invite readers to reflect on the failure of contemporary society to live up to its highest ideals, and in doing so, they use allusion to call for renewal or transformation. The function of allusion in modernist poetry is multifaceted and central to the movement's exploration of fragmentation, intertextuality, and social critique. Through allusion, modernist poets are able to enrich their works with multiple layers of meaning, engage with and critique past literary traditions, and offer profound commentary on the disillusionment and upheaval of modern life. Whether invoking classical texts, religious narratives, or contemporary events, modernist poets use allusion not as a mere decorative tool but as a means of engaging with history, tradition, and the complexities of their present moment. Allusion in modernist poetry, therefore, plays a key role in its revolutionary nature, pushing the boundaries of poetic expression and opening up new avenues for meaning-making in the face of a rapidly changing world.

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LANGUAGE AND IDENTITY: A SOCIOLINGUISTIC APPROACH

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Abstract: This article explores the relationship between language and identity from a sociolinguistic perspective, highlighting how language functions as both a tool for expressing and negotiating individual and group identities. Language is not merely a medium of communication; it is deeply intertwined with social factors such as gender, ethnicity, class, and region, which shape how people define and represent themselves. The essay examines how language varieties, including dialects and accents, reflect social and cultural affiliations, and how practices like code-switching reveal the dynamic nature of identity. Furthermore, the paper investigates how gendered language use reinforces traditional roles and how ethnicity and social class impact linguistic identity and social mobility

Key words: Language varieties, class, region, social factors, code switching, affiliations,

Identity

Аннотация: В этой статье исследуется связь между языком и идентичностью с социолингвистической точки зрения, подчеркивая, как язык функционирует как средство выражения и переговоров индивидуальной и групповой идентичности. Язык — это не просто средство общения; он тесно связан с такими социальными факторами, как пол, этничность, класс и регион, которые влияют на то, как люди определяют и представляют себя. В эссе рассматривается, как языковые варианты, включая диалекты и акценты, отражают социальные и культурные принадлежности, а также как такие практики, как код-свитчинг, показывают динамичный характер идентичности. Кроме того, в работе анализируется, как использование гендерного языка укрепляет традиционные роли и как этничность и социальный класс влияют на языковую идентичность и социальную мобильность.

Ключевые слова: Языковые варианты, класс, регион, социальные факторы, код-свитчинг, принадлежности, идентичность.

Introduction

Language is an integral part of human existence, not just as a medium of communication, but also as a significant marker of individual and group identity. The ways in which people use language reflect their personal and social identities, and language practices can shape and be shaped by the broader social and cultural context. Sociolinguistics, the study of language in its social context, plays a critical role in understanding how language functions as a tool for expressing identity. This essay explores the connection between language and identity from a sociolinguistic perspective, emphasizing how language varieties, dialects, and social factors such as gender, class, ethnicity, and region influence the construction and negotiation of identity. At its core, language is a symbol of identity. It is through language that individuals communicate their membership in various social groups, whether these are based on ethnicity, region, social class, gender, or age. Each language has its own set of rules, lexicon, pronunciation, and conventions that carry meanings beyond mere communication. For example, an individual who speaks with a particular accent or uses specific slang may be immediately recognized as belonging to a particular community or social group. Bilinguals or multilinguals, for instance, often code-switch—alternating between languages or dialects depending on the social context. This practice is a clear demonstration of how language can serve as a tool for negotiating and signaling identity. When a person switches from one language to another, they might do so to express solidarity with a group, signal a shift in social context, or adapt to different cultural norms. In these instances, language serves as both a mirror and a tool for shaping the individual's self-concept in relation to their social environment.

The use of dialects and accents is a powerful means of expressing identity. A dialect refers to a variety of language spoken by a specific group, often determined by geographical, social, or ethnic factors. Dialects are not just different ways of speaking but also reflect cultural history, traditions, and social affiliations. In regions where multiple dialects are spoken, individuals often choose to use one dialect over another depending on the social context. For example, in the United States, the use of Southern English can mark an individual as coming from the American South, while Standard American English may be used in formal or national contexts. People's judgments about dialects and accents are often influenced by societal perceptions and stereotypes, and these judgments can affect how individuals are treated or how they perceive themselves. The concept of "accent prestige" plays a crucial role here, where accents associated with a particular region or social class are seen as more prestigious than others. For instance, a British Received Pronunciation (RP) accent might be perceived as an indicator of education and social status, while a working-class accent may be viewed as less prestigious. However, sociolinguists caution against these simplistic

associations. Dialects and accents do not inherently carry value judgments; instead, the social power dynamics at play in a given society determine their prestige or stigmatization. For example, African American Vernacular English (AAVE), which is a distinct dialect spoken by many African Americans, has historically been stigmatized, despite being a rich and fully developed linguistic variety.

Gender is another significant social factor influencing the way language shapes identity. From a sociolinguistic perspective, the relationship between language and gender is complex and multifaceted. Gendered language refers to the ways in which language reinforces or challenges traditional gender roles and identities. This can include the use of gendered pronouns, titles, and even specific language forms that are considered "appropriate" for different genders. For example, in many languages such as Spanish, French, and German, nouns have grammatical gender, with each word being classified as either masculine or feminine. The way individuals use such language forms can reflect their understanding of gender roles and expectations. Additionally, societal norms dictate how men and women are supposed to speak in public, which can influence the language choices people make in different contexts. Research has shown that women and men often use language differently. For instance, studies in sociolinguistics have suggested that women tend to use more standard forms of speech, while men are more likely to use non-standard variants. This has been attributed to socialization processes, where women are often encouraged to conform to norms of politeness, clarity, and respectability, while men may be socialized to display assertiveness and toughness through their language choices. However, these gendered patterns are not fixed and can vary across cultures and social contexts. Moreover, as gender roles have evolved and become more fluid, so too have the ways in which language is used to express gender identity.

Ethnic identity is also closely tied to language use. Language is a central aspect of ethnic identity, and linguistic practices often serve as a means of distinguishing one ethnic group from another. In multicultural societies, language can be a marker of group belonging, as well as a tool for both asserting and negotiating ethnic identity. For instance, many immigrant communities in the United States retain their native languages as a way to maintain a connection to their cultural heritage. The use of these languages allows individuals to express solidarity with their ethnic group, even if they also use the dominant language of the society for practical purposes. However, language can also be a source of tension in multicultural societies. For example, debates over the use of minority languages, such as Spanish in the U.S. or Welsh in the U.K., can reveal underlying issues of power and identity. In some cases, the ability to speak the dominant language fluently becomes a marker of social mobility and integration, while the use of minority languages can be associated with lower social

status or even resistance to assimilation. Yet, many ethnic groups actively resist language assimilation as a means of preserving their cultural identity and resisting the pressures of cultural homogenization. Social class plays a pivotal role in shaping the ways people use language. Language can reflect one's social position and is often a marker of economic and educational status. In many societies, the use of standard language forms is associated with higher social class, education, and prestige, while non-standard language forms are often linked with lower social status and working-class backgrounds.

The concept of "linguistic capital" refers to the idea that people with access to prestigious forms of language (such as Standard English or French) have greater social mobility and access to power and resources. Conversely, individuals who speak non-standard dialects or accents may experience social marginalization or discrimination, as their language use is often perceived as a sign of lower social status or lack of education. In this way, language can be a tool for both social stratification and social mobility. However, sociolinguists argue that language should not be seen as simply a reflection of social status but as an active force in shaping the social order. The way individuals use language can influence how they are perceived and treated by others, and this in turn affects their access to social opportunities. Language, in this sense, is both a product of social inequalities and a mechanism for their reproduction.

In conclusion, language plays a fundamental role in the construction and negotiation of identity. From accents and dialects to gender, ethnicity, and social class, language is a powerful marker of individual and group identity. Sociolinguistics offers valuable insights into how language reflects social structures and relationships of power. Through the study of language in its social context, we can better understand how individuals and communities use language to express, reinforce, and challenge their identities in a complex and ever-changing world. As societies become more interconnected and multicultural, the ways in which we use language to signal identity will continue to evolve, reflecting shifting social dynamics and cultural norms.

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DISTINGUISHED PLAYWRIGHT JOHN OSBORNE'S ROLE IN THE "ANGRY YOUNG MEN" MOVEMENT BY HIS PLAY "LOOK BACK IN ANGER"

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Abstract. Radically new age of Britain (1950s) was labelled as the *Angry Young Men* Movement. John Osborne changed the face of British Theatre and demonstrated the angry young man prototype through his famous play "Look Back in Anger". The hero of the play, Jimmy mirrors the tensions of the contemporary lower and middle class young-men. The play had also a profound effect on British culture.

Key words: British Theatre, Angry Young Men movement, playwrights, drama, play, John Osborne, protagonist Jimmy Porter, postwar generation, modernism, culture, social insecurity.

*"We need a new feeling as much as we need a new language. . .
Out of the feeling will come the language"
(John Osborne)*

The Second World War left a tumultuous impact on the civilization. The post-World War II period was essentially characterized by depression and anxiety as the postwar reforms failed to meet exalted aspirations for genuine change. This very desolate prospect is also evident in the literature of the 20th century. These adverse impacts of World War II helped to create several new traditions in literature. The fact that the Movement did not have any proclamation or program meant its logical end. The decline of the Movement prepared ground for the emergence of the Angry Young Men. Other genres than the Movement poetry came into focus of literary audience and newspaper readers. The post-war changes had given a chance to a large number of young people from the more democratic layers of the society to receive higher education at universities. Nevertheless, on graduating, these students found they had no prospects in life. Unemployment had increased after the war. No one was interested to learn what his or her ideas on life and society were. They felt deceived and became angry. Works dealing with such characters, angry young men, who were angry at everything and everybody. It is important to note that outstanding writers of this trend did not belong to a clearly defined movement. They criticized one another in press.

However, they had one thing in common - an attitude of unconformity to the established social order.

The Oscar-winning screenwriter John James Osborne, better known as one of the most important British playwrights of the 1950s generation that revolutionized *English-speaking Theater*, was born in London (1929). He was introduced to the theater through a job tutoring a touring company of junior actors. Smitten by the theater, he became a stage manager and actor, eventually becoming a member of Anthony Creighton's provincial touring company. British playwright and film producer John Osborne, whose *Look Back in Anger* (performed 1956) ushered in a new movement in British drama and made him known as the first of the “Angry Young Men”.

Osborne's first play, *The Devil Inside Him*, was written in 1950 with his friend and mentor Stella Linden. He made his first appearance as a London actor in 1956, the same year that *Look Back in Anger* was produced by the English Stage Company. Although the form of the play was not revolutionary, its content was unexpected. On stage for the first time were the 20- to 30-year-olds of Great Britain who had not participated in World War II and found its aftermath shabby and lacking in promise. The hero, Jimmy Porter, the son of a worker, through the state educational system, reached an uncomfortably marginal position on the border of the middle class from which he can see the traditional possessors of privilege holding the better jobs and threatening his upward climb. Jimmy Porter continues to work in a street-market and vents his rage on his middle-class wife and her middle-class friend. No solution is proposed for Porter's frustrations, but Osborne makes the audience feel them acutely. Osborne's protagonist, Jimmy Porter, captured the angry and rebellious nature of the postwar generation, a dispossessed lot who were clearly unhappy with things as they were in the decades following World War II. Jimmy Porter came to represent an entire generation of "angry young men." It had a profound effect on British culture. The play not only influenced playwrights such as Joe Orton and Edward Albee, but it also threw cold water in the face of a sleepy popular culture. All manner of writers, actors, artists, and musicians (including the Beatles) soon reflected the influence of Osborne's "angry young man."

Modernism can be clearly seen in this play, which focuses very strongly on concerns that are central to modernism and the way that modern man finds himself in an incredibly isolated. One way in which the theme of Osborne's drama has relevance to the modern setting is how Jimmy still exists today. Jimmy feels fundamentally slighted by the world around him. This work depicts how there is a frustration and anger within the younger generation because of the lack of fulfilled promises. One of Jimmy's consistent lines of social critique is the fact that modern England consists of

people who do not "feel" anything. *Look Back in Anger* is a suitable title for the play. It has two parts - *look back* and - *in anger*. Certainly, there is enough anger in the play. Its hero Jimmy Porter is an angry young man. One of the central themes of this important play is that of alienation and loneliness, that is of course presented to us in the character of Jimmy Porter. Jimmy Porter operates out of a deep well of anger. His anger is directed at those he loves because they refuse to have strong feelings, at a society. Jimmy Porter is a loud, obnoxious man, rude and verbally abusive to his wife, Alison. Alison comes from an upper-class family that Jimmy abhors and he berates Alison for being too reserved that did not fulfill promises. *Look Back in Anger* reflects the social tension of 1950. Through the hero Jimmy the playwright mirrors the tensions of the contemporary lower and middle class young-men. The impact of the 2nd world-war, its political images, discontent and frustration caused by unemployment and social insecurity.

Osborne's next play, *The Entertainer* (1957), projects a vision of a contemporary Britain diminished from its days of self-confidence. Its hero is a failing comedian, and Osborne uses the decline of the music-hall tradition as a metaphor for the decline of a nation's vitality. *Luther* (1961), an epic play about the Reformation leader, again showed Osborne's ability to create an actable rebellious central figure. Osborne's last play *Déjàvu* (1992), a sequel to *Look Back in Anger*, revisits Jimmy Porter after a 35-year interval. Having come to the stage initially as an actor, Osborne achieved note for his skill in providing actable roles. He is also significant for restoring the tirade or passionately scathing speech to a high place among dramatic elements. Most significantly, however, he reoriented British drama from well-made plays depicting upper-class life to vigorously realistic drama of contemporary life. A press agent came up with the phrase "Angry Young Man" that would stick to Osborne and his compatriots, who created a new type of theater rooted in Bertolt Brecht and class consciousness.

Osborne's career continued strong in the 1960s. He won the Academy Award for Best Adapted Screenplay for Tony Richardson's movie version of *Henry Fielding's*, which won Richardson an Oscar as Best Director and was named Best Picture of 1963. Osborne and the legions of playwrights he influenced made language important, as well as introduced an emotional intensity into the theater. Osborne's works transformed British theater. He helped to make it artistically respected again, throwing off the formal constraints of the former generation, and turning the attention once more to language, theatrical rhetoric, and emotional intensity. He saw theatre as a weapon with which ordinary people could break down the class barriers and that he had a 'beholden duty to kick against the pricks'. He wanted his plays to be a reminder of real pleasures and real pains. David Hare said in his memorials: "John Osborne devoted his life to

trying to forget some sort of connection between the acuteness of his mind and the extraordinary power of his heart.”¹ Osborne did change the world of theatre; however, work of his kind of authenticity and originality would remain the exception rather than the rule. In the following, some personal quotes of him are given and through reading and analyzing them, one can easily understand his care for the theatre and literature:

“Some actors are little better than strolling psychopaths”.

“I do not like the kind of society in which I find myself. I like it less and less. I love the theatre more and more because I know that it is what I always dreamed it might be: a weapon. I am sure that it can be one of the decisive weapons of our time”.

Angry Young Men is significant segment of British literary and social history with a conclusively positive impact on literature, culture and society from the Nineteen-Fifties onwards -until the present day.

The list of literature

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3. Ivasheva, V. V. Angliiskaia literatura XX veka. Moscow, 1967.
4. Shestakov, D. Sovremennaia angliiskaia drama (Osbornovtsy). Moscow, 1968.

¹ David Hare (J. Osborne)

DUNYO BO'YLAB PSORIAZ KASALLIGINING YOSHARIB BORAYOTGANLIGI

Samadov Afzalxon

Buxoro davlat tibbiyot instituti

Dermatovenerologiya va bolalar dermatovenerologiyasi kafedrası

Dermatovenerologiya mutaxassisligi Magistr 1- bosqich talabasi

*Ilmiy rahbar: **Raxmatov O. B.***

Tibbiyot fanlari nomzodi, dotsent

Annotatsiya: Psoriasis – bu terining surunkali yallig'lanishli kasalligi bo'lib, u inson organizmida turli xil muammolarni keltirib chiqaradi. Bu kasallik terining qizil, qattiq va qoplamlar bilan qoplanishi bilan xarakterlanadi, bu esa bemorlarning jismoniy va ruhiy holatiga jiddiy ta'sir ko'rsatadi. So'nggi yillarda psoriasis kasalligi yoshlar o'rtasida tobora keng tarqalmoqda va bu holat jiddiy tashvish tug'dirmoqda.

Kalit so'zlar: psoriasis kasalligi, ekologik muammolar, teri, surunkali yallig'lanish, genetik omillar, sog'lom ovqatlanish, yoshlar.

Аннотация: Псориаз – хроническое воспалительное заболевание кожи, вызывающее различные нарушения в организме человека. Для этого заболевания характерна красная, твердая и покрытая корками кожа, что серьезно влияет на физическое и психическое состояние больных. В последние годы псориаз становится все более распространенным среди молодежи, и эта ситуация вызывает серьезную обеспокоенность.

Ключевые слова: псориаз, экологические проблемы, кожа, хроническое воспаление, генетические факторы, здоровое питание, молодость.

Abstract: Psoriasis is a chronic inflammatory skin disease that causes various problems in the human body. This disease is characterized by red, hard and crusted skin, which seriously affects the physical and mental condition of patients. In recent years, psoriasis has become more and more common among young people, and this situation is a serious concern.

Key words: psoriasis, environmental problems, skin, chronic inflammation, genetic factors, healthy diet, youth.

Psoriazning tarqalishi bir qator omillar bilan bog'liq. Ekologik muammolar psoriasis kasalligining rivojlanishiga ta'sir ko'rsatadi. Hozirgi kunda havo ifloslanishi, suv va oziq-ovqat sifatining pasayishi, shuningdek, kimyoviy moddalar bilan ifloslanish kasalliklarning ko'payishiga olib kelmoqda. Yoshlar, ayniqsa, shahar sharoitida yashayotganlar, bu muammolarga ko'proq duch kelishadi. Ekologik

muammolar, o'z navbatida, immun tizimining zaiflashishiga olib keladi va psoriazning rivojlanishiga yordam beradi. Psoriaz kasalligi ko'pincha genetik omillar bilan bog'liq. Agar oilada psoriazga chalingan insonlar bo'lsa, bolalarda bu kasallikning paydo bo'lish ehtimoli oshadi. Genetik predispozitsiya psoriazning rivojlanishida muhim rol o'ynaydi. Yoshlar o'rtasida psoriazning ko'payishi, ko'pincha oilaviy tarixga bog'liq bo'ladi. Bu, o'z navbatida, psoriaz bilan og'rigan yoshlar uchun qo'shimcha psixologik yuk keltirib chiqaradi. Oziq-ovqat odatlari ham psoriazning rivojlanishiga ta'sir ko'rsatadi. Bugungi kunda ko'plab yoshlar tez tayyorlanadigan ovqatlar, gazli ichimliklar va boshqa zararli oziq-ovqat mahsulotlarini iste'mol qilishadi. Ushbu oziq-ovqatlar, odatda, organizmda yallig'lanish jarayonlarini kuchaytiradi va psoriazning simptomlarini kuchaytirishi mumkin. Yoshlar o'rtasida sog'lom ovqatlanish odatlarini shakllantirish, psoriazning oldini olishda muhim ahamiyatga ega.[1]

Stress ham psoriazning rivojlanishiga ta'sir ko'rsatadi. Yoshlar o'rtasida stress darajasining ortishi, o'z navbatida, immun tizimining zaiflashishiga olib keladi. O'z-o'zidan, stress, psoriazning simptomlarini kuchaytirishi mumkin. Yoshlar ko'pincha o'zlarining hissiyotlarini ifoda etishda qiynalishadi, bu esa ularning psixologik holatini yanada yomonlashtiradi. Stressni boshqarish va psixologik yordam ko'rsatish psoriaz bilan og'rigan yoshlar uchun muhimdir. Psoriaz kasalligi bilan kurashishda ta'lim va xabardorlikni oshirish zarur. Yoshlar orasida psoriaz haqida ma'lumot berish, ularning kasallikni tushunishlariga yordam beradi. Bu, o'z navbatida, kasallikni davolashda va psoriaz bilan og'rigan bemorlarni qo'llab-quvvatlashda muhim ahamiyatga ega. Shuningdek, psoriazga qarshi kurashda ijtimoiy yordam tizimlarini rivojlantirish, bemorlarning o'zaro yordam ko'rsatishlariga imkon yaratadi. Psoriaz kasalligi bilan kurashishda, avvalo, psixologik yordam ko'rsatish ham muhimdir. Psoriaz bilan og'rigan yoshlar ko'pincha o'zlarini izolyatsiya his qilishadi va ijtimoiy hayotdan chetlanadilar. Ularning psixologik holatini yaxshilash uchun, psixologik yordam va maslahatlar zarur. Psixologlar va mutaxassislar, psoriaz bilan og'rigan bemorlarga o'z hissiyotlarini ifoda etishda va ularning o'z-o'zini qabul qilishlariga yordam berishlari kerak. Bundan tashqari, psoriaz kasalligi bilan bog'liq muammolarni hal qilishda sog'lom turmush tarzini targ'ib qilish muhimdir. Yoshlar o'rtasida sog'lom ovqatlanish, sport va jismoniy faoliyatni rivojlantirish, psoriazning oldini olishda muhim ahamiyatga ega. Sog'lom turmush tarzi, nafaqat psoriaz kasalligini oldini olishga yordam beradi, balki umuman sog'liqni yaxshilaydi. Yoshlar, o'z navbatida, sog'lom turmush tarzini tanlash orqali o'z hayot sifatlarini oshirishlari mumkin.[2]

Psoriaz kasalligi, shuningdek, ijtimoiy ta'sirlarni ham keltirib chiqaradi. Psoriaz bilan og'rigan yoshlar ko'pincha ijtimoiy izolyatsiya, kamsitish va ruhiy muammolar bilan duch kelishadi. Ularning kasalliklari, ba'zan, ish va o'qish jarayonida ham muammolarni keltirib chiqaradi. Shuning uchun, ijtimoiy muhitda psoriaz bilan

og'rigan insonlarga nisbatan xushmuomalalik va tushunish muhimdir. Jamiyatda psoriazga qarshi kurashish uchun ta'lim va xabardorlikni oshirish, shuningdek, psoriaz bilan og'rigan insonlarga yordam berish zarur.[3]

Psoriaz kasalligi bilan kurashishda, shifokorlar va mutaxassislar ham muhim rol o'ynaydi. Ular bemorlarga kasallikning simptomlarini boshqarishda yordam berishlari, shuningdek, davolash usullarini taklif qilishlari kerak. Psoriazning turli xil davolash usullari mavjud, lekin har bir bemor uchun eng mos keladiganini tanlash zarur. Shifokorlar, bemorlar bilan birga, individual davolash rejalarini ishlab chiqishlari kerak. Psoriaz kasalligi bilan bog'liq muammolarni hal qilishda, davlat va jamoat tashkilotlari ham muhim rol o'ynaydi. Davlatlar psoriaz bilan og'rigan insonlarga yordam berish, ularning huquqlarini himoya qilish va psoriazga qarshi kurashish bo'yicha dasturlarni ishlab chiqishlari zarur. Shuningdek, jamoat tashkilotlari, psoriaz bilan og'rigan insonlarga yordam berish va ularning ijtimoiy hayotga integratsiyasini ta'minlashda faol ishtirok etishlari kerak. Natijada, psoriaz kasalligining yosharishi jiddiy muammo bo'lib qolmoqda. Ushbu kasallikning tarqalishi ekologik, genetik, oziq-ovqat va ijtimoiy omillar bilan bog'liq. Yoshlar o'rtasida psoriazning ko'payishi, ularning hayot sifatini pasaytiradi va psixologik muammolarni keltirib chiqaradi. Shuning uchun, psoriazga qarshi kurashda ta'lim, xabardorlik va ijtimoiy yordam tizimlarini rivojlantirish muhimdir. Har bir inson psoriaz bilan og'rigan bemorlarni qo'llab-quvvatlashda o'z hissasini qo'shishi kerak. Shunday qilib, psoriaz kasalligi bilan kurashishda birgalikda harakat qilish, yosh avlodning sog'lig'ini saqlashga yordam beradi va ularning kelajagini yanada porloq qiladi. [5]

Psoriaz kasalligi, shuningdek, shifokorlar va mutaxassislar tomonidan muntazam ravishda o'rganilishi zarur. Zamonaviy tibbiyot, psoriazning sabablari va davolash usullari bo'yicha yangi tadqiqotlar olib bormoqda. Bunday tadqiqotlar, psoriaz kasalligi bilan kurashishda yangi imkoniyatlar ochishi mumkin. Shuningdek, psoriazning profilaktikasi va davolashida innovatsion texnologiyalarni qo'llash, bemorlarning hayot sifatini yaxshilashga yordam beradi. Oxir-oqibat, psoriaz kasalligi bilan kurashish, jamiyatning har bir a'zosining mas'uliyati hisoblanadi. Yoshlar, shifokorlar, davlat organlari va jamoat tashkilotlari birgalikda faoliyat olib borishlari kerak. Psoriaz bilan og'rigan insonlarga yordam berish, ularning ijtimoiy hayotga integratsiyasini ta'minlash va kasallikni oldini olish uchun harakat qilish zarur. Bu esa, o'z navbatida, psoriaz kasalligi bilan bog'liq muammolarni hal qilishda muhim ahamiyatga ega.[2]

Psoriaz kasalligi dunyo bo'ylab keng tarqalgan teri kasalliklaridan biridir. U terining yallig'lanishli kasalligi bo'lib, terida qizil, qattiq va qoplamlar bilan to'lib qolishiga olib keladi. So'nggi yillarda psoriaz kasalligi yoshlar o'rtasida tobora keng tarqalmoqda. Psoriaz kasalligi global miqyosda keng tarqalgan. Jahon sog'liqni saqlash tashkilotining (WHO) ma'lumotlariga ko'ra, psoriaz dunyo bo'ylab odamlarning

taxminan 2-3% ni ta'sir qiladi. Bu shuni anglatadiki, dunyoda 125 milliondan ortiq odam psoriazdan azob chekmoqda. So'nggi yillarda psoriaz kasalligi yoshlar o'rtasida ko'paymoqda. Tadqiqotlar shuni ko'rsatadiki, psoriazning boshlanishi ko'pincha 15-30 yosh oralig'ida sodir bo'ladi. Yoshlar o'rtasida psoriazning tarqalishi 20-30% ga oshgan. Bunga ekologik muammolar, oziq-ovqat odatlari va stress kabi omillar ta'sir ko'rsatmoqda. Ekologik omillar psoriaz kasalligining rivojlanishida muhim rol o'ynaydi. Havо ifloslanishi, suv va oziq-ovqat sifatining pasayishi, shuningdek, kimyoviy moddalar bilan ifloslanish psoriazning ko'payishiga olib kelmoqda. Tadqiqotlar shuni ko'rsatadiki, shahar sharoitida yashovchi yoshlar qishloq joylarida yashovchilarga nisbatan psoriazga ko'proq chalinadi. Psoriaz kasalligi ko'pincha genetik omillar bilan bog'liq. Agar oilada psoriazga chalingan insonlar bo'lsa, bolalarda bu kasallikning paydo bo'lish ehtimoli oshadi. Tadqiqotlar shuni ko'rsatadiki, psoriazga chalingan ota-onalarning farzandlarida bu kasallikning rivojlanish ehtimoli 30-50% ni tashkil etadi. Oziq-ovqat odatlari psoriazning rivojlanishida muhim ahamiyatga ega. Yoshlar o'rtasida tez tayyorlanadigan ovqatlar, gazli ichimliklar va zararli oziq-ovqat mahsulotlarini iste'mol qilish ko'paygan. Tadqiqotlar shuni ko'rsatadiki, zararli oziq-ovqatlarni iste'mol qiluvchi yoshlar psoriazga ko'proq chalinadi. Stress psoriazning rivojlanishiga ta'sir ko'rsatadi. Yoshlar o'rtasida stress darajasining ortishi, o'z navbatida, immun tizimining zaiflashishiga olib keladi. Tadqiqotlar shuni ko'rsatadiki, stress psoriaz simptomlarini kuchaytirishi mumkin. Yoshlar, o'z hissiyotlarini ifoda etishda qiynalishlari, bu esa ularning psixologik holatini yomonlashtiradi. Psoriaz kasalligi bilan kurashish uchun bir qator davolash usullari mavjud. Ular orasida topik davolash, fototerapiya va sistemali davolash usullari mavjud. Shifokorlar, bemorlar bilan birga, individual davolash rejalarini ishlab chiqishlari kerak.[6]

Psoriazni davolashda zamonaviy tibbiyot yangi imkoniyatlar ochmoqda. Psoriaz kasalligi bilan og'rigan yoshlar ko'pincha ijtimoiy izolyatsiya va kamsitish bilan duch kelishadi. Ularning kasalliklari, ba'zan, ish va o'qish jarayonida ham muammolarni keltirib chiqaradi. Ijtimoiy muhitda psoriaz bilan og'rigan insonlarga nisbatan xushmuomalalik va tushunish muhimdir. Psoriaz kasalligi dunyo bo'ylab keng tarqalgan va yoshlar o'rtasida tobora ko'paymoqda. Ekologik, genetik, oziq-ovqat va stress kabi omillar psoriazning rivojlanishida muhim rol o'ynaydi. Psoriaz bilan kurashishda ta'lim, xabardorlik va ijtimoiy yordam tizimlarini rivojlantirish zarur. Faqat shunday qilganda, psoriaz kasalligi bilan kurashishda muvaffaqiyatga erishish mumkin.

Xulosa:

Shunday qilib, psoriaz kasalligi, yoshlar o'rtasida tarqalishi bilan jiddiy muammo bo'lib qolmoqda. Bu kasallikning tarqalishi, ekologik, genetik, oziq-ovqat va ijtimoiy omillar bilan bog'liq. Psoriaz bilan og'rigan insonlarga yordam berish, ularning hayot

sifatini yaxshilash va kasallikni oldini olishda birgalikda harakat qilish zarur. Faqat shunday qilganda, psoriaz kasalligi bilan kurashishda muvaffaqiyatga erishish mumkin.

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SURUNKALI OBSTRUKTIV O'PKA KASALLIGI BILAN JIGARNING ALKOGOLGA BOG'LIQ BO'LMAGAN YOG'LI KASALLIGI BIRGALIKDA KECHISHDAGI O'ZIGA XOSLIKLAR

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Annotatsiya: Surunkali obstruktiv o'pka kasalligi (SO'OK) va jigarning alkogolga bog'liq bo'lmagan yog'li kasalligi (JABBYoK) ko'pincha umumiy patogenetik mexanizmlar va xavf omillari bilan bog'liq bo'lgan ikki muhim sog'liq muammosidir. Ushbu holatlarning birgalikda kechishi klinik ko'rinish, diagnostika va davolashda o'ziga xos yondashuvlarini talab qiladi. SO'OK va JABBYoK birgalikda uchraganda, yallig'lanish, oksidlovchi stress va metabolik disfunktsiyalar kuchayadi, bu esa ikkala kasallikning og'irlashishiga olib keladi. Shuningdek, bu kombinatsiya yurak-qon tomir kasalliklari va o'lim xavfini oshirishi mumkin. Diagnostikada jigar steatozini baholash uchun fibroelastometriya va biomarkerlar, SO'OK holatini aniqlashda esa spirometriya va ko'krak qafasi rentgenografiyasidan foydalanish tavsiya etiladi.

Kalit so'zlar: Surunkali obstruktiv o'pka kasalligi (SO'OK), Jigarning alkogolga bog'liq bo'lmagan yog'li kasalligi (JABBYoK), Yallig'lanish, Metabolik sindrom, Oksidlovchi stress, Spirometriya, Fibroelastometriya, Klinik o'ziga xoslik, Kompleks terapiya, Yurak-qon tomir xavfi

Kirish

Surunkali obstruktiv o'pka kasalligi (SO'OK) va jigarning alkogolga bog'liq bo'lmagan yog'li kasalligi (JABBYoK) zamonaviy tibbiyotda keng tarqalgan muammolardan hisoblanadi. Har ikki kasallik yallig'lanish, metabolik sindrom, oksidlovchi stress kabi umumiy patogenetik mexanizmlar bilan bog'liq bo'lib, turli sistemalarga kompleks ta'sir ko'rsatadi. SO'OK asosan nafas olish tizimini zararlasa, JABBYoK jigarning yog' to'planishi va surunkali yallig'lanishi bilan namoyon bo'ladi.

Ushbu ikki kasallikning birgalikda uchrashi oxirgi yillarda ko'plab tadqiqotlarning diqqat markazida turibdi, chunki ular bir-birining kechishini murakkablashtiradi va bemorlarning hayot sifatini sezilarli darajada pasaytiradi. Birgalikdagi patogenetik bog'liqlik metabolik va yallig'lanish jarayonlarining kuchayishi bilan izohlanadi, bu esa yurak-qon tomir va boshqa tizimlarning patologik o'zgarishlarini qo'zg'atishi mumkin.

Mazkur ishda SO‘OK va JABBYoK ning birgalikdagi kechishidagi o‘ziga xos xususiyatlar, diagnostika va davolash usullari, shuningdek, ushbu kasalliklar orasidagi patofiziologik bog‘liqlikni o‘rganish maqsad qilingan. Bu yondashuv kasalliklarni yaxshiroq tushunish va davolash strategiyalarini ishlab chiqishda muhim ahamiyat kasb etadi.

1. Surunkali obstruktiv o‘pka kasalligi va jigarining alkogolga bog‘liq bo‘lmagan yog‘li kasalligi: epidemiologiya va xavf omillari

SO‘OK global miqyosda o‘lim va kasallanishning asosiy sababi bo‘lib, chekish, ekologik ifloslanish va genetik moyillik asosiy xavf omillari hisoblanadi. JABBYoK esa jigar kasalliklari orasida eng keng tarqalgani bo‘lib, uning rivojlanishida ortiqcha vazn, metabolik sindrom va insulinrezistentlik muhim rol o‘ynaydi. Ushbu ikki kasallikning birgalikda uchrashi ko‘pincha bir xil xavf omillari bilan izohlanadi, masalan: yallig‘lanish jarayonlarining uzluksiz davom etishi, metabolik buzilishlar (masalan, dislipidemiya, giperurikemiya), chekish va noto‘g‘ri ovqatlanish odatlari sabab bo‘lishi mumkin/

2. Patofiziologik mexanizmlar

SO‘OK va JABBYoK orasidagi bog‘liqlikni tushunishda sistemali yallig‘lanish va oksidlovchi stressning ahamiyati katta. SO‘OKda o‘pkadagi surunkali yallig‘lanish jarayonlari qon orqali butun organizmga tarqalib, jigarda steatoz va fibroz rivojlanishiga turtki bo‘lishi mumkin. JABBYoK esa metabolik sindrom va insulinrezistentlik orqali nafaqat jigarni, balki nafas olish tizimini ham zararlashi mumkin.

Bundan tashqari, bu ikki kasallikda quyidagi umumiy mexanizmlar kuzatiladi:

Oksidlovchi stress va mitoxondrial disfunktsiya

Sitokinlar (masalan, TNF- α , IL-6) va adipokinlar orqali patologik o‘zgarishlar

Mikrobiotaning disbalansi va ichak-jigar-o‘pka o‘qi buzilishlari

3. Klinik o‘ziga xosliklar

SO‘OK va JABBYoK birgalikda uchraganda simptomlar ko‘pincha o‘zaro kuchayadi:

Nafas qisishi va xronik yo‘talning og‘irlashishi, umumiy holsizlik va charchoq hissi, giperlipidemiya va jigar fermentlarining oshishi (AST, ALT), bemorlardagi metabolik buzilishlar murakkab tus oladi, bu esa diagnostik va terapevtik yondashuvlarni murakkablashtiradi.

4. Diagnostika

Bemorlarni tekshirishda kompleks yondashuv qo‘llaniladi:

SO‘OK diagnostikasida spirometriya, pulsoksimetriya, ko‘krak qafasi rentgenografiyasi yoki kompyuter tomografiyasidan foydalaniladi

JABBYoK diagnostikasida jigar ultratovush tekshiruvi, fibroelastometriya, jigar fermentlari darajasini baholash (AST, ALT)dan foydalaniladi.

Jigar va o'pka funksiyalarini birgalikda baholash qo'shimcha diagnostik qadamlarni talab qiladi.

5. Davolash va profilaktika

Ushbu ikki kasallikni birgalikda davolash individual yondashuvni talab qiladi:

SO'OKni davolashda bronxodilatatorlar, ingalatsion kortikosteroidlar, kislorodoterapiyadan foydalaniladi.

JABBYoK uchun: vazni normalizatsiya qilish, antioksidant terapiya (masalan, E vitamini), insulinrezistentlikni kamaytiruvchi dori vositalari qo'llaniladi.

Shuningdek, sog'lom turmush tarzini ta'minlash (dietani o'zgartirish, jismoniy faollikni oshirish) ikkala kasallikni nazorat qilishda muhim rol o'ynaydi.

6. Asoratlari va uzoq muddatli oqibatlar

SO'OK va JABBYoK kombinatsiyasi yurak-qon tomir kasalliklari, jigar sirrozi va respirator yetishmovchilik xavfini sezilarli oshiradi. Bu esa bemorlarning hayot sifatini pasaytiradi va o'lim ko'rsatkichlarini oshiradi.

Ushbu kasalliklarning o'zaro murakkab bog'liqligini o'rganish davolash strategiyalarini rivojlantirish va profilaktik choralarni takomillashtirishda katta ahamiyatga ega.

Xulosa qilib aytganda, surunkali obstruktiv o'pka kasalligi (SO'OK) va jigarning alkogolga bog'liq bo'lmagan yog'li kasalligi (JABBYoK) birgalikda kechganda, surunkali yallig'lanish va metabolik o'zgarishlar asoratlari xavfini oshiradi, hayot sifatini pasaytiradi va davolashni murakkablashtiradi. Ushbu holatni samarali boshqarish uchun individual yondashuv va erta diagnostika muhim ahamiyatga ega.

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RENAL DYSFUNCTION IN NON-ALCOHOLIC FATTY LIVER DISEASE COMORBIDITY WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

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Abstract: Chronic obstructive pulmonary disease (COPD) and non-alcoholic fatty liver disease (NAFLD) are often coexisting diseases. Their comorbidity is often accompanied by systemic inflammation, oxidative stress, and metabolic disorders. The combination of these diseases can have a negative effect on kidney function and lead to dysfunction. Pathophysiological mechanisms are explained by the increase of inflammatory mediators, increased oxidative stress, hypoxia and metabolic syndrome. This situation worsens the general functional state of the body and increases the risk of developing chronic kidney disease (CKD). Early detection of kidney dysfunction in the comorbidity of CKD and JABBYK and treatment based on a multifactorial approach play an important role in preventing complications.

Key words: Chronic obstructive pulmonary disease (COPD), Non-alcoholic fatty liver disease (NAFLD), Renal dysfunction, Metabolic syndrome, Inflammation and oxidative stress, Comorbidity (multiple organ disorders), Glomerular filtration rate (GFR), Renal failure, Fibrosis and steatosis, Renal biomarkers, Pulmonary hypoxia, Liver-kidney interactions, Combined therapy and management strategies, Cardiorenal syndrome, Inflammatory mediators

The relationship between chronic obstructive pulmonary disease (COPD), non-alcoholic fatty liver disease (NAFLD) and renal dysfunction is multifaceted and complex. The combination of these three diseases has a negative impact on the quality and length of life of patients and increases the difficulty of providing medical care. The pathogenetic mechanisms of these pathologies include a number of common factors — chronic inflammation, oxidative stress, metabolic changes, hypoxia, and vascular dysfunction.

COPD is not only a lung disease, but a systemic disease that affects the whole body, and inflammatory mediators and oxidative stress can damage other organs, especially the liver and kidneys. JABBYOK is an important component of metabolic syndrome and obesity, which can reduce the filtration capacity of the kidneys and lead to the development of nephropathy. The combined effect of these two diseases on the kidneys significantly increases the risk of chronic kidney disease.

The main clinical problems associated with these comorbid conditions are:

1. Difficulty in early diagnosis: symptoms of COPD hide pathologies of other organs or lead to misinterpretation.
2. Complex pathophysiology of the disease: It is difficult to fully understand the mechanisms connecting this trio.
3. The importance of individualized treatment: In each case, treatment should be planned taking into account the general condition of the patient, the degree of damage to other organs and comorbid conditions.

In this article, the clinical, pathophysiological and diagnostic aspects of CKD and CKD related to kidney dysfunction are analyzed in depth. Also, the latest scientific approaches to understanding their joint pathogenetic processes and developing treatment strategies will be covered. This, in turn, serves to improve the clinical management of these complex comorbid conditions.

The relationships between chronic obstructive pulmonary disease (COPD), non-alcoholic fatty liver disease (NAFLD) and renal dysfunction require further understanding. Together, these conditions can increase systemic pathological processes. The following factors can also be considered:

1. Systemic inflammation: COPD and NAFLD initiate inflammatory processes not only in organs, but throughout the body. Increased inflammation can lead to microvascular changes in the kidneys. Liver and lung diseases and the inflammation associated with them can lead to deterioration of kidney function.

2. Oxidative stress and microthrombosis: Diseases such as COPD and NAFLD increase oxidative stress. This stress causes damage to the liver and lung tissue, causing an increase in inflammatory factors (such as C-reactive protein) in the blood. Oxidative stress and microthrombosis can also damage the renal microvasculature.

3. Hypoxia and hemodynamic changes: Hypoxia and cardiovascular disease associated with lung disease can not only impair renal blood flow, but also decrease renal filtration. This condition can develop especially in patients with COPD.

4. Cardiovascular diseases: COPD and NAFLD often occur together with cardiovascular diseases. Cardiovascular risk factors such as hypertension, dyslipidemia, and diabetes can damage not only the lungs and liver, but also the kidneys. This affects all organ systems at the same time and leads to deterioration.

5. Systemic metabolic syndrome: NAFLD and COPD can present as part of systemic metabolic syndrome. In this syndrome, insulin resistance, high blood fats and inflammatory factors can lead to kidney dysfunction. Metabolic syndrome affects the liver and lungs together.

6. Medications and Treatment: Medications used to treat COPD, NAFLD, and kidney disease may interact. For example, some medications (such as diuretics) support

kidney function, while others (such as corticosteroids) can increase inflammation and further damage the liver.

Therefore, it is necessary to treat these cases with a complex and individual approach. In systemic treatment, it is important to take into account the interaction of the liver, lung and kidney systems.

Conclusion: The patient has chronic obstructive pulmonary disease, non-alcoholic fatty liver disease and renal dysfunction. All these diseases can affect each other, which poses a serious threat to the general health of the patient. While chronic obstructive pulmonary disease makes breathing difficult, fatty liver disease can impair liver function. And kidney dysfunction reduces kidney function, which reduces the body's ability to excrete toxins. It is necessary to treat these conditions in a complex way, and each disease requires a separate approach and a balanced therapy. It is also important for the patient to maintain a healthy lifestyle and monitor diseases.

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THE MECHANISM OF THE FORMATION OF THE EXCHANGE RATE IN UZBEKISTAN AND ITS INFLUENCE ON THE LEVEL OF INFLATION

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Annotation: This article explores the mechanism of exchange rate formation in Uzbekistan and its impact on inflation levels. By analyzing policy frameworks, economic dynamics, and empirical data, the study identifies key factors influencing currency valuation and inflationary trends. The article further examines global and local influences, providing actionable recommendations for policymakers to mitigate inflation risks while ensuring exchange rate stability.

Keywords: Uzbekistan, exchange rate, inflation, currency valuation, monetary policy, economic stability, financial market.

The exchange rate is a critical determinant of macroeconomic stability, directly affecting inflation, trade balances, and economic growth. In Uzbekistan, a transitioning economy with an open monetary policy, the exchange rate mechanism plays a pivotal role in shaping financial and social stability. This article aims to understand the factors influencing exchange rate formation in Uzbekistan and to evaluate its correlation with inflation.

The study's main objectives are:

1. To identify the mechanisms driving exchange rate formation in Uzbekistan.
2. To analyze the influence of exchange rate fluctuations on inflation.
3. To propose strategies to manage exchange rate impacts effectively.

The Mechanism of Exchange Rate Formation in Uzbekistan and Its Influence on Inflation

Understanding the exchange rate formation mechanism in Uzbekistan and its impact on inflation involves analyzing several economic factors. Below is a detailed explanation:

Mechanism of Exchange Rate Formation

In Uzbekistan, the exchange rate is determined primarily by market mechanisms, though the Central Bank plays a significant role in managing volatility. The mechanism includes the following components:

Supply and Demand Dynamics:

- The exchange rate of the Uzbek som (UZS) against foreign currencies, such as the US dollar, is largely determined by the supply of and demand for foreign currency in the market. Key contributors include:

- Imports and Exports: Importers demand foreign currency to pay for goods, while exporters supply foreign currency earned abroad.

- Remittances: A significant source of foreign currency inflow comes from remittances sent by migrant workers.

Central Bank Interventions:

- Although Uzbekistan transitioned to a freely convertible exchange rate in 2017, the Central Bank intervenes occasionally to stabilize excessive fluctuations by buying or selling foreign currency.

- Such interventions are essential during periods of economic uncertainty or external shocks to ensure a balanced foreign exchange market.

Impact of Inflation and Interest Rates:

- High inflation in Uzbekistan often leads to depreciation of the national currency. The Central Bank counteracts this by adjusting interest rates to curb inflationary pressures and maintain exchange rate stability.

Influence of the Exchange Rate on Inflation

The exchange rate significantly impacts inflation levels in two primary ways:

Effect on Import Prices:

- Uzbekistan's economy heavily relies on imports, including essential goods such as food, machinery, and raw materials. A depreciation of the som increases the cost of imported goods, which translates into higher consumer prices, contributing to imported inflation.

Psychological Factors:

- Exchange rate volatility affects consumer and business expectations. If the som weakens, people anticipate higher future prices, prompting increased demand for foreign currency. This additional demand can further pressure the exchange rate and exacerbate inflation.

Case Studies and Practical Examples

- 2017 Currency Liberalization:

In 2017, Uzbekistan introduced a freely convertible exchange rate, leading to a significant depreciation of the som. This policy aimed to boost economic competitiveness and foreign investment but resulted in a temporary surge in inflation due to higher import costs.

- Role of Remittances:

Remittances from Uzbek migrant workers serve as a stabilizing factor for the exchange rate. However, fluctuations in remittance inflows can impact foreign currency supply, indirectly influencing inflation rates.

Managing Inflation Amid Exchange Rate Volatility

To address the relationship between the exchange rate and inflation, the government and Central Bank have adopted several measures:

Monetary Policy:

- The Central Bank uses interest rate adjustments to control inflation. By raising interest rates, it aims to reduce domestic demand and stabilize the currency.

Diversifying the Economy:

- Reducing dependency on imports through the development of local industries and promoting exports can mitigate the effects of exchange rate fluctuations on inflation.

Maintaining Fiscal Discipline:

- Ensuring a balanced state budget helps reduce external vulnerabilities, which indirectly supports exchange rate stability and inflation control.

Building Reserves:

- Accumulating foreign currency reserves allows the Central Bank to intervene effectively in the forex market to cushion against sharp depreciation.

In Uzbekistan, the exchange rate is a pivotal factor influencing inflation. While the transition to a market-oriented exchange rate regime has enhanced economic competitiveness, it also exposed the economy to higher inflationary risks, particularly through import prices and consumer expectations. To mitigate these risks, the Central Bank employs a mix of monetary policy tools, market interventions, and structural reforms aimed at ensuring long-term economic stability.

This interplay between exchange rate formation and inflation underscores the importance of a balanced and sustainable economic policy framework.

The findings reveal that Uzbekistan's exchange rate mechanism is highly sensitive to external shocks. Despite the managed float regime's advantages, excessive reliance on interventions may undermine long-term stability. Inflationary pressures, exacerbated by currency depreciation, highlight the need for diversification in import dependency and enhanced monetary policy tools.

Comparatively, neighboring countries like Kazakhstan and Kyrgyzstan exhibit similar challenges but have leveraged international reserves more effectively to stabilize their currencies. Uzbekistan could draw lessons from these strategies while maintaining its unique policy orientation.

Conclusions

- Exchange rate volatility significantly impacts inflation in Uzbekistan, primarily through imported goods.

- The current managed float regime balances market-driven mechanisms with central bank oversight but requires further refinement.

Strengthen Reserves: Build foreign exchange reserves to cushion against external shocks.

Diversify Imports: Promote domestic production and alternative trading partnerships to reduce dependency on imports.

Enhance Transparency: Ensure clear communication of monetary policies to foster investor confidence.

Adopt Hedging Instruments: Encourage businesses to use financial derivatives to mitigate exchange rate risks.

Regional Collaboration: Partner with Central Asian countries to stabilize regional economic environments.

By addressing these aspects, Uzbekistan can better manage its exchange rate and inflation, fostering sustainable economic growth.

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LOYIHALAR VA STRATEGIK REJALASHTIRISHNING INTEGRATSIYASI

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Annotatsiya: Maqolada loyihalar va strategik rejalashtirishni integratsiya qilishning ahamiyati, usullari va afzalliklari tahlil qilinadi. Hozirgi tez o'zgaruvchan va raqobatbardosh sharoitda tashkilotlar muvaffaqiyatga erishishlari uchun strategik rejalashtirish jarayonlarini loyiha boshqaruvi bilan birlashtirish zarurati ortib bormoqda. Ushbu integratsiya tashkilotlarga resurslarni samarali taqsimlash, uzoq muddatli maqsadlarni qisqa muddatli vazifalar bilan uyg'unlashtirish va tashkilotning umumiy barqarorligini oshirish imkonini beradi.

Kalit so'zlar: loyiha boshqaruvi, strategik rejalashtirish, integratsiya, innovatsion yondashuv, monitoring va baholash, ijro mexanizmi.

ИНТЕГРАЦИЯ ПРОЕКТОВ И СТРАТЕГИЧЕСКОГО ПЛАНИРОВАНИЯ

Аннотация: В статье анализируются значение, методы и преимущества интеграции проектов и стратегического планирования. В условиях современной быстро меняющейся и конкурентной среды необходимость объединения процессов стратегического планирования с управлением проектами для достижения успеха организациями становится все более актуальной. Такая интеграция позволяет организациям эффективно распределять ресурсы, согласовывать долгосрочные цели с краткосрочными задачами и повышать общую устойчивость организации.

Ключевые слова: управление проектами, стратегическое планирование, интеграция, инновационный подход, мониторинг и оценка, механизм исполнения.

Kirish

Zamonaviy tashkilotlar murakkab va tezkor o'zgaruvchan sharoitlarda faoliyat yuritmoqda. Bu jarayonda samarali boshqaruv va strategik yondashuvni shakllantirish tashkilot muvaffaqiyatining muhim omillaridan biriga aylanmoqda. Strategik rejalashtirish uzoq muddatli maqsadlarni belgilash va ularga erishish yo'llarini aniqlash jarayoni bo'lsa, loyihalar boshqaruvi qisqa muddatli maqsadlarni amalga oshirish vositasidir. Ushbu ikki yo'nalishni birlashtirish orqali tashkilotlar resurslardan samarali foydalanib, innovatsiyalarni tezroq joriy etish va bozor o'zgarishlariga moslashish imkoniyatiga ega bo'ladilar.

Maqolada loyihalar va strategik rejalashtirishning integratsiyasi konsepsiyasi, uning mohiyati va amaliy ahamiyati tahlil qilinadi. Bundan tashqari, ushbu yondashuvning tashkilot rivojlanishidagi roli, jarayonni muvaffaqiyatli amalga oshirish usullari va kutiladigan natijalar haqida batafsil ma'lumot beriladi. Integratsiyaning dolzarbligi va ko'plab tashkilotlar uchun ahamiyati, ayniqsa, raqobatbardosh muhitda, tobora ortib bormoqda.

Adabiyotlar sharhi

Loyihalar va strategik rejalashtirishning integratsiyasi bo'yicha ilmiy tadqiqotlar va amaliy ishlar mazkur yo'nalishning dolzarbligini va keng ko'lamli qo'llanilishini tasdiqlaydi. Ushbu mavzuni chuqur o'rganish uchun milliy va xalqaro adabiyotlarda taqdim etilgan bir qator tadqiqotlar va nazariy yondashuvlar muhim ahamiyat kasb etadi.

•**Strategik boshqaruv nazariyalari:** Strategik rejalashtirishning muhim tamoyillari va ularning amaliyotga tadbiqu Mintzberg (1994), Ansoff (1965) kabi taniqli tadqiqotchilar tomonidan batafsil yoritilgan. Ularning tadqiqotlari strategik rejalashtirishni muvaffaqiyatli amalga oshirish uchun tizimli va moslashuvchan yondashuv zarurligini ta'kidlaydi.

•**Loyihalar boshqaruvi:** Kerzner (2009) va PMI (Project Management Institute) tomonidan chop etilgan tadqiqotlar loyihalar boshqaruvi jarayonlarini samarali rejalashtirish va ijro etishda asosiy tamoyillarni bayon qiladi. Ushbu tadqiqotlar resurslar, vaqt va xarajatlarni boshqarishning loyihaviy jarayonlardagi o'rni haqida chuqur ma'lumot beradi.

•**Integratsion yondashuv:** Turner va Simister (2001) strategik maqsadlar va loyihalar boshqaruvini birlashtirish orqali tashkilotlar qanday qilib samaradorligini oshirishi mumkinligini o'rgangan. Ular loyihalarni tashkilot strategiyasiga bog'lashning iqtisodiy va tashkiliy afzalliklarini ko'rsatadi.

•**Mahalliy tadqiqotlar:** O'zbekiston sharoitida strategik rejalashtirish va loyihalarni boshqarishning milliy konteksti bo'yicha bir qator tadqiqotlar olib borilgan. Ushbu sohada Alimov (2018) va Nurmatov (2020) kabi mahalliy olimlar tashkilotlarda integratsion yondashuvning samaradorligini oshirish bo'yicha muhim fikrlarni ilgari surishgan.

•**Amaliy qo'llanmalar:** Turli tashkilotlarning xalqaro standartlariga asoslangan loyiha boshqaruvi bo'yicha metodologiyalar, jumladan, PRINCE2 va Agile yondashuvlari, strategik rejalashtirishni loyihalar bilan bog'lash jarayonini osonlashtiradi. Ushbu metodologiyalar adabiyotlarda keng tavsiya etilgan.

Mazkur adabiyotlarni tahlil qilish shuni ko'rsatadiki, loyihalar va strategik rejalashtirishning integratsiyasi tashkilotlarning barqarorligi va muvaffaqiyati uchun

muhim hisoblanadi. Biroq, integratsiya jarayonida yuzaga keladigan qiyinchiliklarni aniqlash va ularga mos yechimlarni ishlab chiqish uchun qo‘shimcha tadqiqotlar zarur.

Tahlil va xulosalar

Loyihalar va strategik rejalashtirishning integratsiyasi tashkilotlar uchun samaradorlikni oshirish, resurslarni optimal taqsimlash va strategik maqsadlarga muvaffaqiyatli erishish uchun muhim ahamiyatga ega. Ushbu integratsion yondashuvni tahlil qilishda quyidagi asosiy omillar aniqlanadi:

- Resurslardan samarali foydalanish: Strategik rejalashtirish resurslarni uzoq muddatli maqsadlar uchun taqsimlashni nazarda tutadi, loyihalar boshqaruvi esa qisqa muddatli loyihalarni amalga oshirish orqali bu maqsadlarga erishishni ta'minlaydi. Ushbu ikki jarayonni uyg‘unlashtirish orqali tashkilotlar resurslardan maksimal darajada foydalanishi mumkin.

- Muvofiqlashtirish: Loyihaviy faoliyatni strategik rejalashtirish jarayoni bilan bog‘lash loyihalarning strategik ahamiyatini oshiradi va ularni tashkilotning umumiy maqsadlariga xizmat qilishga yo‘naltiradi. Bu esa tashkilotning umumiy faoliyat samaradorligini oshiradi.

- Monitoring va baholash: Integratsiya jarayonida strategik va loyihaviy maqsadlarni kuzatib borish va baholash tizimining mavjudligi muvaffaqiyatli ijroni ta'minlash uchun zarurdir. Uzoq muddatli strategiyalarni qisqa muddatli loyihaviy natijalar bilan bog‘lash monitoring tizimini takomillashtiradi.

Qisqacha xulosalar aytadigan bo‘lsak:

- Innovatsiyalarni joriy etish: Loyihaviy yondashuv strategik rejalarini amalga oshirishda innovatsiyalarni tezroq va samarali joriy qilish imkoniyatini beradi. Bu esa tashkilotlarni tezkor o‘zgaruvchan sharoitlarga moslashuvchan qiladi.

- Xavflarni boshqarish: Strategik va loyihaviy jarayonlarni birlashtirish xavflarni oldindan aniqlash va ularni boshqarish uchun qulay imkoniyat yaratadi. Bu loyiha va strategiyalarning muvaffaqiyatsizlikka uchrash xavfini kamaytiradi.

- Integratsiyaning ahamiyati: Loyihalar va strategik rejalashtirishning integratsiyasi tashkilotlarning uzoq muddatli barqaror rivojlanishini ta'minlaydi. Ushbu jarayon resurslarni samarali boshqarish va strategik maqsadlarga tezroq erishish uchun poydevor yaratadi.

- Amaliyotdagi natijalar: Tahlil shuni ko‘rsatadiki, integratsion yondashuvni joriy etgan tashkilotlar samaradorlik va moslashuvchanlik darajasini sezilarli darajada oshirishga muvaffaq bo‘lmoqda.

•Qiyinchiliklar: Integratsiyani amalga oshirishda kadrlar malakasi, texnologik infratuzilma va tashkilotning ichki jarayonlari o'rtasida muvofiqlikni ta'minlash talab etiladi. Bu esa qo'shimcha resurs va vaqt talab qilishi mumkin.

•Tavsiyalar: Tashkilotlar o'z faoliyatini samarali yo'lga qo'yish uchun strategik rejalashtirish va loyihalar boshqaruvi jarayonlarini sinxronlashtiruvchi aniq metodologiyalarni ishlab chiqishi lozim. Shuningdek, rahbariyat uchun muntazam ravishda treninglar va seminarlardan foydalanish integratsiya jarayonini kuchaytiradi.

•Ilmiy-tadqiqot imkoniyatlari: Mazkur mavzuni kelgusida chuqur o'rganish strategik maqsadlarni amalga oshirishda innovatsion loyihalar yondashuvlarini kengroq tatbiq qilish imkoniyatini beradi.

Shunday qilib, loyihalar va strategik rejalashtirishning integratsiyasi zamonaviy tashkilotlar uchun muvaffaqiyatga erishishda muhim vosita hisoblanadi. Bu yondashuvning keng qo'llanilishi tashkilotlarning raqobatbardoshligini oshirish va bozor sharoitlariga moslashuvchanligini ta'minlashda hal qiluvchi omil bo'lib xizmat qiladi.

Xulosa

Loyihalar va strategik rejalashtirishning integratsiyasi tashkilotlarning uzoq muddatli muvaffaqiyati va barqaror rivojlanishi uchun muhim strategik yondashuv hisoblanadi. Ushbu jarayon tashkilotlarga resurslarni samarali boshqarish, strategik maqsadlarni aniq loyihaviy natijalar bilan bog'lash, xavflarni minimallashtirish va innovatsiyalarni tezkor joriy etish imkonini beradi. Tahlillar shuni ko'rsatadiki, integratsiya orqali tashkilotlar qisqa muddatli va uzoq muddatli maqsadlar o'rtasidagi uyg'unlikni ta'minlab, o'z faoliyat samaradorligini oshiradi. Shu bilan birga, zamonaviy raqobatbardosh muhitda mazkur yondashuv nafaqat biznes sohasida, balki davlat boshqaruvi, ijtimoiy loyihalar va boshqa ko'plab sohalarda ham samarali qo'llanilishi mumkin.

Biroq, ushbu integratsiyani amalga oshirishda tashkilotlar ichki jarayonlarini takomillashtirish, malakali mutaxassislarni jalb qilish va innovatsion boshqaruv texnologiyalaridan foydalanishga e'tibor qaratishlari lozim. Shuningdek, monitoring va baholash tizimlarini takomillashtirish orqali amalga oshirilgan loyihalarning strategik maqsadlarga mosligini nazorat qilish muhimdir. Xulosa qilib aytganda, loyihalar va strategik rejalashtirishni integratsiya qilish muvaffaqiyatli boshqaruvning asosiy omillaridan biri bo'lib, tashkilotlarga nafaqat bozor talablari va o'zgarishlariga moslashish, balki raqobatbardoshlikni oshirishda ham yordam beradi. Bu jarayonni to'g'ri tashkil etish nafaqat hozirgi natijalarga, balki kelajakdagi muvaffaqiyatga ham xizmat qiladi.

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АНАЛИЗ НАУЧНЫХ ИСТОЧНИКОВ ПО ОТИТУ

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До современной эры антибиотиков средний отит очень часто сопровождался пагубными последствиями, о чем свидетельствует следующая цитата Гиппократ: «Следует опасаться острой боли в ушах с продолжительной лихорадкой, так как существует опасность, что человек может впасть в бред, в последующим смертельным исходом». Хирургическое лечение хронического среднего отита, вероятно, относится к античности, так как дренирование абсцессов военными хирургами и другими специалистами, было обычным явлением. Однако доказательств этому сохранилось немного. История хронического заболевания уха хорошо освещена в работах Мильштейна и Бриггса.

Зарегистрированное дренирование сосцевидного отростка датируется Ролианом (1671), а затем Пети (1774). Боль от процедуры, вероятно, требовала немногим большего, чем прокол или короткий разрез. Дренирование включало бы часть случаев холестеатомы; Они, несомненно, были хуже, чем случаи, не связанные с холестеатомой, но самые ранние источники не различали холестеатомозные или хронические инфекционные состояния до признания холестеатомы в 19 веке. Современная эра хирургии сосцевидного отростка началась с постаурального разреза и дренажа Уайльда (1853). Без анестезии, скорее всего, это были быстрые, но мучительные процедуры того времени. До Листера и появления антисептической техники многие страдали от хирургического сепсиса и его последствий.

Достижения в других областях (патология, микробиология, анестезия и антисептическая техника) позволили использовать более сложные методы кортикальной мастоидэктомии. В 1873 году Шварце и Эйзелл первыми опубликовали статью, описывающую процедуру мастоидэктомии, включая использование зубила и молотка для удаления кости. Они также постулировали четкие показания к выполнению мастоидэктомии, включая активную инфекцию и потерю слуха, а также шум в ушах, хирургическое лечение которых было спорным. ² Несмотря на этот прогресс, холестеатома продолжала вызывать проблемы до тех пор, пока основная патология не стала лучше изучена; Таким

образом, процедуры мастоидэктомии этой эпохи в основном использовались для того, чтобы обеспечить выход гноя наружу.

Несмотря на то, что термин «холестеатома» был впервые описан Дюверни (в 1683 году), он был введен Мюллером (1838), который отметил наличие холестерина и жира в опухоли, присутствующей в ухе. В 1800-х годах было много споров о происхождении этой опухоли в слуховом проходе. Возникло несколько теорий, включая дедифференцировку костных клеток (Вирхов), прямое распространение эпидермальных остатков из наружного слухового прохода (фон Трельч), метаплазию слизистой оболочки среднего уха (Груббер, Вендст, Рокитанский) и другие. В конце 19-го века Бецольд и Хаберманн, исследуя патологические образцы, пришли к выводу, что холестеатома может возникнуть из-за того, что кожа мигрирует в среднее ухо через перфорацию и подвергается шелушению. Бецольд также определил дисфункцию евстахиевой трубы с возникающими в результате этого ретракционными карманами как способ формирования холестеатомы.

С лучшим пониманием холестеатомы и хронического среднего отита возникла хирургическая цель экстернизации мешка, а вместе с ней и развитие «открытой» хирургии уха в виде радикальных процедур мастоидэктомии Кюстера, фон Бергмана и Зауфаля, а затем Штаке (1888-90), при которых задняя стенка канала удалялась, чтобы обеспечить дренаж через наружный канал. Впоследствии, в работах Брайанта, Хита и Бонди (1904-1910) появились модифицированные радикальные методы, направленные на сохранение слуха путем удержания некоторых элементов барабанной перепонки. Варианты радикальных и модифицированных методик радикальной мастоидэктомии используются и сегодня. См. Несмотря на преимущества в предотвращении серьезной заболеваемости и смертности, связанных с холестеатомой, процедуры «стенки канала» (CWD) вызывали существенные изменения нормальной анатомии. Результирующая кариозная симптоматика часто была обусловлена недостаточностью другой ключевой функции: миграции эпителия. Трансплантаты с расщепленной кожей (Thiersch) и с полной толщиной (Wolfe) трансплантаты не смогли исправить проблемы с полостью; Они не самоочищались и были склонны к хронической кожной дегенерации. Хирургия стенок каналов продолжала оставаться стандартом до середины двадцатого века, но постепенно стала более совершенной с появлением операционного микроскопа Холмгреном в 1923 году и электродрелей.

Такое усовершенствование послужило толчком к следующему этапу хирургии уха, который был направлен на полное восстановление функции уха. Это началось с внедрения в 1958 году компанией Jansen хирургии

«комбинированного подхода» (CWU). Эта операция, также называемая операцией на неповрежденной стенке канала (ICW), была направлена на поддержание как анатомии, так и функции. Одновременно разработанная в нескольких американских центрах хирургами, такими как Шихи и [Джако](#), операция CWU была разработана для того, чтобы избежать вышеупомянутых проблем с полостью, но было быстро признано, что хирургия CWU имеет свои собственные проблемы остаточной и рецидивирующей холестеатомы. Кроме того, продолжающаяся дисфункция евстахиевой трубы часто приводила к неспособности достичь аэрации пространства среднего уха. Из-за этих недостатков процедура с самого начала вызывала споры. Принцип поэтапности хирургического вмешательства снял некоторые из этих опасений и привел к более широкому признанию. Однако, несмотря на улучшение результатов, некоторые хирурги оставались скептически настроенными и вернулись к процедурам CWD. Споры между процедурами CWU и CWD продолжаются и сегодня.

В 1950-х годах Цоллнер и Вульштайн представили концепцию тимпаноластики, которая не только рассматривала реконструкцию барабанной перепонки с помощью кожных трансплантатов, но и развивала «пластическую технику» формирования наружного слухового прохода. Эта первоначальная концепция тимпаноластики основывалась на принципах наложения с помощью кожных трансплантатов, техника, которая позже была усовершенствована Шихи в форме, которая до сих пор используется некоторыми хирургами как наложение или «боковой трансплантат» тимпаноластики. Дальнейшее развитие тимпаноластики позволит изучить полезность других материалов для трансплантации. В 1958 году Ганс Хеерманн впервые применил височную фасцию в качестве материала для пересадки, что позволило установить трансплантат медиально к барабанной перепонке в технике подложки.

С успехом тимпаноластики пришла реконструкция слуховых косточек для дальнейшего восстановления механизма среднего уха. Первоначально использовались различные металлические и пластиковые имплантаты. Результаты были многообещающими, но плохие долгосрочные результаты были достигнуты на фоне экструзии имплантатов. Аутоотрансплантация слуховых косточек стала следующим шагом в развитии реконструкции слуховых косточек. Удаленные слуховые косточки были изменены и вставлены заново, чтобы восстановить непрерывность. Транспозиция инкуса является популярным методом, который используется и [сегодня](#), хотя подготовка трансплантата к реимплантации часто является громоздкой и трудоемкой.

В поисках более простой методики и улучшенных результатов Джанеке и Ши в 1975 году вновь ввели использование аллопластических материалов в виде биосовместимых протезов (частичный слуховой протез [PORP] и тотальный слуховой протез [TORP]). Скорость экструзии снизилась, когда хрящевые трансплантаты были размещены латерально от протезов. За последние несколько десятилетий материалы, используемые для протезов, претерпели множество изменений.

По-прежнему движимая достижениями в области технологий и других областей медицины, отоларингологическая хирургия продолжает свое развитие и в наше время. Гибридные тимпаномастоидные хирургические методы, которые заключаются в удалении части стенки канала для рассечения холестеатомы с последующей заменой или реконструкцией для получения анатомии CWU, быстро развиваются. Методы облитерации полостей мастоидэктомии CWD также продвинулись вперед, чтобы свести к минимуму многие негативные факторы, связанные с открытой полостью. Использование жестких волоконно-оптических эндоскопов является примером инновации, которая начала служить адьювантом к CWU и мастоидэктомическим щадящим методам. Достижения в области визуализации, особенно МРТ, позволили избежать повторного хирургического вмешательства. Тканевая инженерия открывает возможности для надежной реконструкции барабанной перепонки с помощью простой офисной процедуры. Возможно, наиболее важной хирургической целью, относящейся к хроническому уху, которое остается неуловимым, является коррекция дисфункциональной евстахиевой трубы; Тем не менее, работа в этом направлении продолжается. В следующем столетии, вероятно, будут разработаны новые стратегии и продолжают инновации существующих методов для улучшения результатов хронической хирургии уха.

Эпидемиология: хронических заболеваний среднего уха является важной областью исследований для понимания распространенности, факторов риска и влияния этих состояний на отдельных людей и популяции.

Исследования распространенности показали, что хронические заболевания среднего уха особенно распространены в странах с низким и средним уровнем дохода, где доступ к здравоохранению и ресурсам для профилактики и лечения ограничен. В этих условиях распространенность может достигать 4-11%, при этом дети страдают непропорционально сильно. Тем не менее, хронические заболевания среднего уха характерны не только для стран с ограниченными ресурсами и могут наблюдаться в популяциях во всем мире.

Выявлено несколько факторов риска развития хронических заболеваний среднего уха. Одним из наиболее значимых факторов риска является

рецидивирующий острый средний отит, который характеризуется множественными эпизодами острых инфекций среднего уха. Другие факторы риска включают низкий социально-экономический статус, перенаселенность, воздействие табачного дыма, плохую гигиену и генетическую предрасположенность.

Учитывая вышеизложенное, можно прийти к такому выводу: Хронические заболевания среднего уха оказывают значительное воздействие на отдельных людей и группы населения. Эти состояния могут привести к потере слуха, которая может оказать глубокое влияние на общение, образование и общее качество жизни. У детей потеря слуха из-за хронических заболеваний среднего уха может привести к задержке речи и языка, трудностям в учебе и социальной изоляции. У взрослых потеря слуха может повлиять на возможности трудоустройства и способствовать возникновению проблем с психическим здоровьем, таких как депрессия и тревожность.

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BOLALARDA YUZ BERISH MUMKIN BO'LGAN JARAHATINI OLDINI OLISHNING MUHIM MASALALARI

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ANNOTATSIYA

Maqolada bolalikdagi shikastlanishlar va ulardan qanday qochish kerakligi haqida gap boradi. Mualliflarning ta'kidlashicha: shikastlanish turlari har xil bo'lishi mumkin, ammo sabablar asosan odatiy hisoblanadi. Ko'pincha ko'p narsa kattalarning o'zlarining xatti-harakatlariga bog'liq.

Kalit so'zlar: bolalikdagi shikastlanishlar, kuyishlar, tushishlar, bo'g'ilish, zaharlanish.

Maktabgacha yoshdagi muhim va jiddiy muammolardan biri bu bolalik davridagi travma va uning oldini olishdir. Ko'pincha jarohatlar yozda sodir bo'ladi, albatta. Axir, aynan shu davrda bolalar o'yinlar va sayr qilish uchun ko'proq bo'sh vaqtlari bo'ladi. Ular ko'pincha ko'chada va o'yin maydonchalarida bo'lishadi va har doim ham kattalar nazorati ostida emas. Bolalardagi shikastlanishlar turli yo'llar bilan sodir bo'ladi. Buning sabablari harakatchanlikning kuchayishi, haddan tashqari qiziquvchanlik, haddan tashqari hissiylik, shuningdek qo'rquvning etishmasligi bo'lishi mumkin. Bolalarda jarohatlarning paydo bo'lishiga kattalarning beparvoligi, o'yin maydonchalarida xavfli tuzilmalar, o'yinlar, yurishlar yoki sport paytida o'zini tuta olmaslik ham yordam beradi. Eng ko'p uchraydigan bolalik jarohati uyda sodir bo'ladi. Uyda bola bilan nima bo'lishi mumkin? Maishiy jarohatlarning asosiy turlari: kuyish, yiqilish, kichik narsalardan bo'g'ilish, kimyoviy zaharlanish, elektr toki urishi. Ammo biz, kattalar, bularning barchasidan qochishimiz mumkin va kerak. Kuyishlar ko'pincha issiq pechka yoki idish-tovoq, issiq ovqat yoki qaynoq suv, dazmol yoki issiq bug'dan sodir bo'ladi. Shuning uchun, agar siz bolangizni issiq maishiy texnika yaqinida qo'ymasangiz, u bilan petardalarni portlatmang, undan gugurt, zajigalka va boshqa xavfli narsalarni yashirsangiz, kuyishdan qochishingiz mumkin.

Ko'karishlar, singan oyoq-qo'llar va bosh jarohatlari ko'pincha yiqilishdan kelib chiqadi. Ko'p tushishlar, ayniqsa, o'yin maydonchalari va belanchaklarda sodir bo'ladi. Agar chaqaloq yiqilsa, uni erga yopishib, belanchakdan uzoqlashishga o'rgatish kerak. Bu uning boshiga belanchak urilishidan va miya chayqalishini oldini olishga yordam beradi. Shuningdek, bolangizni belanchakdan sakrashiga yo'l qo'ymaslik kerak. Bu turli xil sinishlarning oldini oladi. Va, albatta, bolalarning xavfli joylarga ko'tarilishiga

yo'l qo'ymaslik kerak. Bundan tashqari, uyda derazalar, balkonlar va zinapoyalarga to'siqlarni o'rnatish kerak. Buzilgan shisha katta xavf tug'diradi, chunki kesish, qon yo'qotish va infektsiya xavfi mavjud. Bolalarni singan oynaga tegmaslikka o'rgatish kerak, kattaroq maktabgacha yoshdagi bolalar esa bu narsalarga juda ehtiyotkorlik bilan munosabatda bo'lishga o'rgatishlari kerak. Siz doimo pichoq, pichoq va qaychi qo'li yetmaydigan joyda saqlashni unutmang. Shisha buyumlarni ulardan uzoqroq tutib, bolalarni kesishdan qochishingiz mumkin. Shuningdek, maktabgacha yoshdagi bolalarni tosh va boshqa o'tkir narsalarni tashlamaslikka, pichoq va qaychi bilan o'ynamaslikka o'rgatish kerak. Siz o'tkir metall buyumlar va zanglagan qutilar bilan o'ynashdan qochishingiz kerak, ular o'yin maydonchalarida umuman bo'lmasligi kerak. Bu bolani ko'plab jarohatlardan himoya qilishga yordam beradi.

Yo'lda jarohatlar ayniqsa dolzarbdir. Bunday jarohatlarning oqibatlarini juda xavflidir. Biz bolalarga boshqa mashinaning g'ildiraklariga urilib ketmaslik uchun mashinadan to'g'ri yo'lga chiqishni o'rgatishimiz kerak. Bolalikdan maktabgacha yoshdagi bolalarga yo'lni xavfsiz kesib o'tish qoidalarini o'rgatish kerak, birinchi navbatda yo'l chetida to'xtab, ikki tomonga qarash kerak. Yo'lni kesib o'tishdan oldin, yo'lda avtomobillar yoki boshqa transport vositalari yo'qligiga ishonch hosil qilishingiz kerak. Yo'lni kesib o'tayotganda siz kattalar yoki kattaroq bolaning qo'lini ushlab turishingiz kerak, asosiysi yurish, lekin hech qanday holatda chopmang. Yo'lni svetoforming yashil chirog'i yonganda, faqat belgilangan joylarda kesib o'tish kerak, siz yo'lni diagonal ravishda emas, balki o'qqa perpendikulyar ravishda kesib o'tishingiz kerak; Agar siz yo'lning o'rtasida tirbandlikka tushib qolsangiz, to'xtashingiz va vahima qo'ymasligingiz kerak. Farzandingizni guruhda yo'lni kesib o'tmaslikka o'rgatish kerak. Bolalarga yo'l yaqinida, ayniqsa to'p bilan o'ynamaslik kerakligini tushuntirish kerak. Bola mashinalar harakatiga qaragan yo'laklarda yurish kerakligini bilishi kerak. Katta yoshdagi bolalar yo'lda yosh bolalarni himoya qilishlari kerak. Ota-onalar bolalarni mashinada xavfsiz tashish qoidalarini doimo yodda tutishlari kerak. Beparvo qilmang, lekin bolalar uchun avtomobil o'rindiqlari va xavfsizlik kamarlaridan foydalaning. Bu ko'plab baxtsiz hodisalardan qochishga yordam beradi. Velosiped va rulda uchish katta yoshdagi bolalarda shikastlanishning eng keng tarqalgan sabablaridan biridir. Ularga dubulg'a va boshqa himoya vositalaridan foydalanishni, shuningdek, o'zini va boshqalarni xavf ostiga qo'ymaslik uchun velosiped va konkida to'g'ri haydashni o'rgatish kerak. Avvalo, siz bolangizni rolikli konkida turish va harakat qilishni o'rgatish va oyoq Bilagi zo'r bo'g'inni tomosha qilish kerak. Shuningdek, siz to'g'ri tushishingiz kerak: tizzangizda oldinga, keyin esa qo'lingizda. Bolalar avtomobil yo'llaridan uzoqda yurishlari kerak. Ularni diqqatli va ehtiyotkor bo'lishga, shuningdek, past tezlikni tanlashga o'rgatish kerak.

Suv jarohatlari kamroq xavfli emas. Kichkina bolalar oz miqdorda suvda ham

cho'kib ketishi mumkin. Shuning uchun ularni suv havzalari yaqinida yoki hammomda yolg'iz qoldirmaslik kerak. Shuningdek, bolalarga suvda xavfsiz harakat qilish qoidalarini o'rgatishimiz kerak. Bola erta bolalikdan suzishni o'rganishi kerak, lekin faqat kattalarning diqqatli nazorati ostida.

Ovqatlanish paytida ko'plab baxtsiz hodisalar bolalar bilan sodir bo'ladi. Ularga urug'lar yoki suyaklar bilan oziq-ovqat berilmasligi kerak. Kichkintoylar ezilgan ovqatni iste'mol qilishlari kerak, kattaroq bolalar esa juda ehtiyotkorlik bilan ovqatlanishlari kerak. Ovqatlanish vaqtida kattalar bolaga yaqin bo'lishi kerak. Agar chaqaloq stolda to'satdan yo'talsa yoki nafas olish qiyin bo'lsa yoki u tovush chiqara olmasa, unda bo'g'ilish belgilari yo'qligiga ishonch hosil qilishingiz kerak. Siz zudlik bilan bolaning nafas olish yo'llariga kichik narsalar kirganligini tekshirishingiz kerak. Axir, kattalar chaqaloqning og'ziga qanday qilib begona narsalarni qo'yishini sezmasligi mumkin. Shuning uchun, albatta, bolalar ovqatlanayotganda yolg'iz qolmasligi kerak.

Uyda zaharli moddalarni, dori-darmonlarni, oqartirgichlarni shishalarda saqlash juda xavflidir, chunki bolalar uni noto'g'ri ichishlari mumkin. Bunday moddalar yopiq idishlarda bolalar qo'li etmaydigan joyda saqlanishi kerak. Aks holda, ular og'ir zaharlanish, ko'rlik yoki o'limga olib kelishi mumkin. Axir, zaharlar yutishda ham, nafas olishda ham xavflidir. Kattalar uchun dori-darmonlar ba'zan bolalar uchun halokatli bo'lishi mumkin, shuning uchun siz ko'rsatmalarga va shifokorning retseptiga amal qilishingiz kerak. Dori-darmonlarni bolalardan uzoqroq saqlash kerak.

Va nihoyat, elektr jarohatlari. Bola barmoqlarini yoki biron bir o'tkir narsalarni rozetkaga yopishtirishi va o'ziga zarar etkazishi mumkin. Shuning uchun, elektr toki urishiga yo'l qo'yimaslik uchun uydagi rozetkalarni vilkalar bilan yopish kerak. Bolalar uchun simlar juda xavflidir, shuning uchun ularni bolalardan ajratish kerak.

Siz har doim esda tutishingiz kerak, agar bola kundan-kunga kattalarning to'g'ri harakatlarini ko'rsa, o'zini qanday tutish kerakligini tushunadi. Shuning uchun, otalar oltin qoidani o'zlari qo'llashlari kerak - barcha holatlarda o'zini to'g'ri tutish, xavfsiz turmush tarzini tushuntirish. Kattalar hech qachon unutmazliklari kerakki, barchamiz mumkin bo'lgan xavf-xatarlarning oldini olish va bolalarni turli jarohatlardan himoya qilish uchun mas'ulmiz.

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TEACHING FOREIGN LANGUAGE AS ENGLISH

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Abstract: Teaching foreign languages, especially English, has become a critical skill in today's globalized world. English, as a widely spoken language, serves as a tool for communication across various sectors, including business, science, and diplomacy. The ability to teach English effectively not only provides learners with valuable career and academic opportunities but also fosters cultural exchange and global understanding. This article explores the significance of teaching English, outlines key strategies such as Communicative Language Teaching (CLT) and Task-Based Learning (TBL), and highlights the role of technology in modern language education. It also addresses the challenges faced by educators, including student motivation, cultural barriers, and resource limitations. Ultimately, effective English language teaching can bridge gaps between cultures and provide learners with the skills necessary to thrive in a connected world.

Key words: Teaching English, foreign language education, communicative language teaching (CLT), task-based learning (TBL), language learning strategies, cultural exchange.

Why Teaching English is Important English is often regarded as a global lingua franca, spoken by over 1.5 billion people worldwide, either as a native or second language. Proficiency in English provides individuals with access to global education, career opportunities, and cultural exchange. In non-English speaking countries, the ability to speak English is increasingly considered essential for personal and professional success. For students, learning English opens doors to

prestigious universities, international scholarships, and global networking. Moreover, it enhances their chances of working in multinational companies and thriving in the global job market. In addition to its practical applications, learning English fosters critical thinking, problem-solving, and communication skills, which are invaluable in any field. [1,398]

Challenges in Teaching English as a Foreign Language

1. Diverse Learning Needs: Students often come from different linguistic and cultural backgrounds, which affects their learning pace and style. Teachers need to

adapt their methods to cater to these differences. 2. Limited Exposure: In many regions, students have minimal exposure to English outside the classroom, making it harder for them to practice and retain their skills. 3. Lack of Resources: Schools in rural or underdeveloped areas may lack access to modern teaching aids, such as multimedia tools, language labs, or internet connectivity. 4. Language Anxiety: Students may feel self-conscious or anxious about speaking English, especially in non-supportive learning environments.

Effective Strategies for Teaching English

1. Immersive Learning: Creating an immersive environment is one of the most effective ways to teach English. Teachers can encourage students to communicate exclusively in English during lessons, use multimedia resources like films and songs, and organize interactive activities such as role-playing and group discussions.
2. Practical Communication Skills: Instead of focusing solely on grammar and vocabulary, educators should emphasize real-life communication. Teaching students how to express themselves in everyday situations can make the learning process more engaging and relevant.
3. Cultural Integration: Language and culture are deeply interconnected. Teachers should incorporate aspects of English-speaking cultures into their lessons to give students a holistic understanding of the language. This can include exploring holidays, traditions, and literature from English-speaking countries.
4. Gamification: Using games and interactive activities in the classroom can make learning fun and boost student motivation. Word games, storytelling, and competitions are excellent tools for language learning.
5. Blended Learning: Technology can greatly enhance the teaching process. Using online platforms, language-learning apps, and virtual classrooms provides students with additional resources and opportunities to practice outside the classroom.
6. Supportive Feedback: Teachers should create a safe and encouraging environment where students feel confident to speak and make mistakes. Constructive feedback is essential for building their self-esteem and improving their skills. [2,678]

The Role of Teachers in TEFL Teachers are the cornerstone of successful language education. They act as facilitators, motivators, and role models for their students. To be effective, teachers must continually improve their own language proficiency and pedagogical skills. Attending workshops, pursuing certifications like TESOL or CELTA, and staying updated on modern teaching methods can help educators become more effective in the classroom.

Benefits of Learning English

Global Opportunities: English proficiency enhances students' access to international education and career opportunities. Cultural Exchange: Learning English enables students to connect with people from diverse backgrounds and understand different perspectives. Access to Knowledge: English is the dominant language of the internet, books, and research, giving students access to a wealth of

information. Personal Growth: Language learning boosts cognitive skills, memory, and creativity, contributing to overall personal development[3,135]

.Conclusion Teaching English as a foreign language is more than just helping students learn a new skill; it is about preparing them for a globalized world. By fostering effective teaching strategies and creating supportive learning environments, educators can inspire students to master English and use it to achieve their dreams. In doing so, we empower the next generation to break down language barriers and build a more connected and inclusive global community.

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ENHANCING LANGUAGE ACQUISITION THROUGH SHADOWING: A STUDY ON PRONUNCIATION FLUENCY AND LISTENING COMPREHENSION

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Abstract: This study investigates the role of shadowing in enhancing language acquisition, focusing on three key aspects: pronunciation, fluency, and listening comprehension. Shadowing is a language learning technique where learners mimic the speech of native speakers, attempting to replicate the pronunciation, rhythm, and intonation of the speaker. The research examines how shadowing can improve pronunciation accuracy, increase fluency in speech, and develop better listening comprehension. A group of language learners participated in a series of shadowing exercises, and their progress was measured in terms of pronunciation clarity, speed and naturalness of speech, and their ability to comprehend spoken language. Results showed that regular practice of shadowing significantly improved the learners' pronunciation and fluency. Additionally, the technique was found to enhance listening comprehension by exposing learners to authentic speech patterns. This study concludes that shadowing is an effective method for improving key language skills and can be a valuable tool in the language learning process.

Keywords: Shadowing, language acquisition, pronunciation, fluency, listening comprehension, language learning technique.

Introduction: Language acquisition involves mastering several components, including pronunciation, fluency, and listening comprehension. Traditional language learning methods often focus on these aspects separately; however, shadowing—a technique where learners imitate native speakers in real time—has shown promise as an integrated approach to language development. This study explores how shadowing can enhance these essential skills simultaneously. By analyzing its effects on learners' abilities to pronounce words correctly, speak fluently, and comprehend spoken language, this research aims to provide insights into the benefits of this technique.[1;79]

Literature Review: Shadowing has been used as a tool to improve various aspects of language learning. According to previous studies, this technique helps learners internalize speech patterns, enhancing both pronunciation and fluency. Some researchers suggest that shadowing improves listening skills by encouraging learners to focus closely on the sounds, stress, and intonation used by native speakers. Other studies have shown that the repetitive nature of shadowing helps to strengthen neural pathways, making it easier for learners to produce fluent speech and understand spoken language in real contexts.[2;84]

Methodology: This study employed a mixed-methods approach, combining qualitative and quantitative research methods. A group of 30 language learners participated in a 6-week shadowing program. They were asked to shadow native speakers' recordings for 20 minutes each day, focusing on accurate pronunciation, rhythm, and intonation. Pre- and post-tests were conducted to assess improvements in pronunciation, fluency, and listening comprehension. Data from the tests were analyzed to measure changes in learners' abilities.[3;23]

Results: The results of the study indicated significant improvements in all three areas: pronunciation, fluency, and listening comprehension. Pronunciation accuracy improved by an average of 20%, with learners showing clearer articulation and better use of stress patterns. Fluency increased, as evidenced by a reduction in hesitation and smoother speech production. Listening comprehension also showed improvement, with participants able to understand more complex spoken passages and respond more effectively in conversations.[4;42]

Discussion: The findings suggest that shadowing is an effective technique for enhancing language acquisition. The improvement in pronunciation can be attributed to the learners' repeated exposure to native speaker models, allowing them to better understand the phonetic subtleties of the language. Fluency was enhanced by the constant practice of speaking in real time, which helped learners develop a more natural rhythm and flow. Listening comprehension benefited from the exposure to authentic language use, enabling learners to familiarize themselves with varied speech patterns and accents.[5;93]

Conclusion: This study demonstrates that shadowing is a valuable tool for improving pronunciation, fluency, and listening comprehension in language learners. By integrating shadowing into regular language practice, learners can achieve more natural and proficient language skills. Future research could explore the long-term effects of shadowing and its impact on other aspects of language learning, such as writing and vocabulary acquisition.

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WAYS TO IMPROVE LISTENING AND SPEAKING SKILLS

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Abstract: Listening and speaking are crucial components of effective communication, impacting both personal and professional interactions. This document explores practical methods to enhance these skills, emphasizing active listening and structured speaking practices. It identifies key techniques such as exposure to authentic materials, repetition, and dictation exercises for developing listening proficiency. Moreover, it discusses the importance of pronunciation and vocabulary use in improving speaking skills. By implementing these strategies, individuals can foster clearer communication and build stronger interpersonal connections.

Key words: listening, speaking, communication, active listening, pronunciation, vocabulary enhancement, language skills, confidence building

Introduction

Listening and speaking are two fundamental language skills that play a vital role in communication. These skills are not only essential for language learners but also for anyone who wishes to express themselves clearly and understand others effectively. Mastering them ensures smoother conversations and stronger connections in both personal and professional contexts.

Listening involves actively decoding and interpreting spoken language. It goes beyond merely hearing words; it requires attention, focus, and understanding of context and tone. This skill helps individuals grasp the intended meaning of a message, which is crucial in avoiding misunderstandings.

Speaking, on the other hand, is the ability to articulate thoughts, feelings, and ideas verbally. It allows people to share their perspectives, seek information, and build relationships. Speaking well involves clarity, fluency, and appropriate use of vocabulary and grammar.

These two skills are closely interconnected. Good listening lays the foundation for effective speaking, as it provides exposure to correct pronunciation, sentence structures, and intonation. Similarly, strong speaking skills encourage active listening by promoting meaningful dialogues.

Improving these skills requires deliberate effort and regular practice. This document will outline methods for enhancing listening and speaking, focusing on

practical steps that can be implemented in individual practice. By following these methods, one can gain confidence and proficiency in communication.

Improving Listening Skills. Improving listening skills is essential for understanding spoken language, whether in conversations, lectures, or media. Active listening, which involves fully concentrating on what is being said rather than passively hearing it, is a key technique. This requires focus, patience, and the ability to filter distractions. By training oneself to listen actively, it becomes easier to pick up on nuances such as tone, intonation, and context. [1;68]

One effective way to enhance listening is through exposure to authentic materials. Audiobooks, podcasts, radio programs, and movies provide natural language examples, helping listeners familiarize themselves with different accents, speeds, and vocabulary. Subtitles can be used initially for comprehension, but over time, learners should aim to listen without them.

Another strategy is practicing with structured resources, such as language learning apps or textbooks with audio components. These often include exercises designed to improve specific listening skills, such as identifying key information, predicting content, or distinguishing similar-sounding words.

Repetition is also crucial. Listening to the same audio multiple times allows learners to notice details they might have missed initially, reinforcing comprehension and retention. Pausing and replaying challenging segments can further help in understanding difficult sections.

Engaging in dictation exercises is another valuable method. Listening to short recordings and writing down what is heard sharpens focus and accuracy. Additionally, joining online listening challenges or using interactive platforms like YouTube can provide diverse listening practice opportunities.

Lastly, maintaining a consistent routine is vital. Daily practice, even for a short time, leads to steady improvement. Listening in real-life settings, such as during conversations or public speeches, also develops adaptability to various speaking styles. With persistence and a systematic approach, anyone can become an adept listener.

Improving Speaking Skills. Speaking is a crucial skill for effective communication, and improving it requires deliberate practice and patience. The first step is focusing on pronunciation and clarity. Learning the correct pronunciation of words and practicing them regularly can significantly boost confidence. Tools such as phonetic charts, pronunciation apps, and online videos are helpful resources for this purpose.

Speaking drills are another effective method. Repetition of phrases, sentences, or dialogues helps to build muscle memory and improve fluency. Shadowing, a technique where learners mimic a native speaker's speech in real-time, is particularly beneficial.

It enhances pronunciation, rhythm, and intonation by closely imitating natural speech patterns.

Recording oneself speaking and listening to the playback is a valuable self-assessment technique. It allows learners to identify areas of improvement, such as mispronunciations or unnatural pauses, and track progress over time.

Engaging in daily speaking practice is vital. This can involve talking to oneself about daily activities or discussing various topics aloud. Joining language clubs or participating in conversation groups, both online and offline, provides opportunities to speak with others in a supportive environment.

Role-playing is another practical method for improving speaking skills. Acting out scenarios like ordering food, asking for directions, or attending a job interview allows learners to practice functional language and vocabulary in realistic contexts.

Receiving feedback is essential for growth. Working with a language tutor or native speaker ensures constructive input on pronunciation, grammar, and vocabulary usage. For those without access to native speakers, language exchange platforms offer an excellent alternative.

Finally, consistency is key. Setting aside dedicated time each day for speaking practice, even for just a few minutes, ensures steady improvement. With persistence and the right strategies, learners can develop fluency and confidence in speaking.

Combining Listening and Speaking Practice. Listening and speaking skills are closely intertwined, and practicing them together can accelerate language learning. One effective way to combine these skills is through dialogues and role-play exercises. Listening to recorded conversations or dialogues and then mimicking them allows learners to practice natural speech patterns, pronunciation, and intonation. Role-playing these scenarios with a partner reinforces listening comprehension while providing opportunities to respond actively.

Shadowing is another highly effective technique. It involves listening to a native speaker and repeating their words simultaneously or with a slight delay. This practice not only improves speaking fluency but also enhances listening skills by training learners to process language in real-time.

Language exchange platforms and online communities offer excellent opportunities to practice both skills. Engaging in conversations with native speakers helps learners adapt to different accents, speaking speeds, and vocabulary. These interactions require active listening to understand the speaker and respond appropriately, thus combining both skills in a natural way.

Watching videos, movies, or TV shows and repeating phrases or sentences is another practical method. Learners can start by imitating simple phrases, then progress

to longer sentences or even full dialogues. Pausing to repeat what they hear trains both comprehension and articulation.

Interactive apps and games designed for language learners often include listening and speaking components. For example, users may listen to a prompt and respond verbally, receiving instant feedback. Such tools are particularly useful for self-learners seeking structured practice.

Finally, real-life situations provide invaluable practice. Engaging in conversations, whether asking questions, participating in discussions, or practicing small talk, reinforces listening and speaking simultaneously. Regular exposure to real-world interactions builds confidence, adaptability, and fluency.

By integrating listening and speaking practice, learners can develop both skills more effectively, ensuring well-rounded language proficiency.

Conclusion. Improving listening and speaking skills is a rewarding journey that requires consistent effort, patience, and the right strategies. These two skills are interconnected and essential for effective communication, making their development a priority for language learners and communicators alike.

Listening skills can be enhanced through active listening, exposure to authentic materials, and structured exercises like dictation or listening challenges. These practices help individuals adapt to various accents, improve comprehension, and pick up on nuances like tone and context. Regular practice ensures steady improvement in understanding spoken language. Speaking skills, on the other hand, are built through methods such as pronunciation drills, shadowing, and role-playing. Engaging in conversations with others, whether with native speakers or through language exchange platforms, provides invaluable real-world practice. Recording oneself and seeking feedback allows for self-assessment and targeted improvement. Consistency in practicing speaking leads to greater fluency and confidence. Combining listening and speaking practice offers even more benefits. Techniques like shadowing, mimicking dialogues, and participating in interactive exercises bridge the gap between understanding and expression. Real-life conversations and immersive experiences further strengthen these skills, enabling learners to communicate effectively in various situations. Ultimately, the journey to mastering listening and speaking skills is not only about technical improvement but also about building confidence and embracing communication opportunities. Learners are encouraged to integrate these practices into their daily routines, remain patient with their progress, and celebrate small milestones along the way.

By dedicating time and effort to these skills, individuals can unlock new opportunities, deepen connections, and enjoy the richness of effective communication.

Whether for personal growth or professional success, the ability to listen attentively and speak confidently is a skill set that will always be invaluable.

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ИСПОЛЬЗОВАНИЕ ИНТЕРАКТИВНЫХ МЕТОДОВ В ПРЕПОДАВАНИИ ЮРИСПРУДЕНЦИИ

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Annotatsiya: Huquqshunoslik fani, o'zining murakkabligi va ko'plab nazariy tushunchalari bilan, talabalar uchun qiyin bo'lishi mumkin. Ushbu fanni o'qitishda interfaol metodlardan foydalanish, talabalarning o'qish jarayoniga faol ishtirok etishini ta'minlaydi va ularning huquqiy bilimlarini mustahkamlashga yordam beradi. Interfaol metodlar, an'anaviy ta'lim usullaridan farqli o'laroq, talabalarni faol ishtirok etishga undaydi, bu esa o'rganish jarayonini yanada samarali va qiziqarli qiladi.

Kalit so'zlar: interfaol metodlar, huquqiy materiallar, huquqshunoslik, interaktiv o'yinlar, zamonaviy texnologiyalar, an'anaviy ta'lim usullari.

Аннотация: Право, с его сложностью и множеством теоретических концепций, может быть трудным для студентов. Использование интерактивных методов при преподавании данного предмета обеспечивает активное участие студентов в процессе обучения и способствует укреплению их правовых знаний. Интерактивные методы, в отличие от традиционных методов обучения, побуждают учащихся к активному участию, что делает процесс обучения более эффективным и интересным.

Ключевые слова: интерактивные методы, юридические материалы, юриспруденция, интерактивные игры, современные технологии, традиционные методы обучения.

Annotation: Law, with its complexity and many theoretical concepts, can be difficult for students. The use of interactive methods in the teaching of this subject ensures the active participation of students in the learning process and helps to strengthen their legal knowledge. Interactive methods, unlike traditional educational methods, encourage students to actively participate, which makes the learning process more effective and interesting.

Keywords: interactive methods, legal materials, jurisprudence, interactive games, modern technologies, traditional educational methods.

ВВЕДЕНИЕ

Интерактивные методы помогают развивать взаимоотношения между преподавателями и учениками. С помощью этих методов учащиеся получают

возможность выражать свои мысли, решать проблемы и выполнять командную работу. Например, на юриспруденции студенты могут разделиться на группы и обсудить конкретные юридические вопросы. Этот процесс позволяет студентам обмениваться идеями, понимать разные точки зрения и сотрудничать. Использование интерактивных методов способствует повышению интереса и мотивации студентов к учебному процессу. Студенты чувствуют, что они активно участвуют в процессе обучения, что повышает их интерес к процессу обучения. Также интерактивные методы повышают конкуренцию среди студентов, что побуждает их углублять свои знания.

АНАЛИЗ ЛИТЕРАТУРЫ И МЕТОДОЛОГИЯ ИССЛЕДОВАНИЯ

Еще одним важным аспектом использования интерактивных методов в юриспруденции является предоставление студентам практических навыков. Например, учащиеся могут проводить реальные судебные процессы или юридические дискуссии с помощью симуляционных игр.[1]

Этот процесс помогает студентам развивать практические навыки, понимать юридические процедуры и эффективно выражать свои мысли. Интерактивные методы также развивают общение между студентами. Студенты будут иметь возможность взаимодействовать друг с другом, обмениваясь идеями, задавая вопросы и обсуждая. Этот процесс помогает развивать социальные навыки учащихся и повышает их способность к взаимодействию. Это дает возможность учителям использовать интерактивные методы, саморазвиваться и изучать новые педагогические подходы. [2]

ОБСУЖДЕНИЕ И РЕЗУЛЬТАТЫ

Преподаватели могут сделать процесс обучения более интересным и эффективным с помощью интерактивных методов. Это, в свою очередь, способствует повышению знаний студентов и развитию их юридического мышления. Еще одним преимуществом использования интерактивных методов является то, что их можно использовать в разных форматах. Учителя могут использовать интерактивные методы на занятиях, семинарах или практических занятиях. С помощью этих методов студенты получают возможность закрепить свои знания и освоить новые навыки. Использование интерактивных методов в преподавании юриспруденции способствует развитию правовых знаний у студентов, повышению их практических навыков и укреплению взаимодействия. Этот процесс побуждает студентов активно участвовать в процессе обучения и повышает их мотивацию к учебе. В результате у студентов появится возможность более глубоко изучать право. Современные методы, в отличие от традиционных методов обучения, побуждают студентов к активному участию. С помощью этих методов учащиеся получают возможность выражать свои мысли,

решать проблемы и выполнять командную работу. Благодаря этим методам студенты получают возможность применить свои знания в области права. Например, симуляционные и ролевые игры позволяют учащимся проверить себя в реальной правовой среде.[3]

Современные методы включают интерактивное обучение, проектное обучение, дистанционное обучение и использование цифровых технологий. Интерактивное обучение улучшает общение между студентами и помогает им обмениваться идеями. Этот метод побуждает студентов активно участвовать в процессе обучения, что повышает их мотивацию к обучению. Обучение на основе проектов побуждает студентов учиться и проводить исследования по конкретным правовым вопросам. Студенты делятся на группы и работают над конкретным проектом, что помогает развивать навыки командной работы. Обучение на основе проектов также повышает конкуренцию среди студентов и побуждает их углублять свои знания. Дистанционное образование предусматривает обучение с помощью современных технологий. Этот метод создает удобство для студентов, поскольку они имеют возможность заниматься в удобное время и в удобном для них месте. Благодаря дистанционному обучению студенты имеют доступ к различным ресурсам, смотрят видеоуроки и участвуют в онлайн-дискуссиях. Это делает процесс обучения более интересным и эффективным. Использование цифровых технологий очень важно в преподавании юриспруденции. Преподаватели и студенты могут взаимодействовать, изучать юридические материалы и делиться своими знаниями через цифровые платформы. С помощью цифровых технологий у студентов появится возможность быстро и легко находить юридическую информацию. Также эти технологии позволяют учителям более интересно и эффективно организовывать уроки. Использование современных методов помогает развивать у студентов юридические знания, повышать их практические навыки и укреплять общение. Этот процесс побуждает студентов активно участвовать в процессе обучения и повышает их мотивацию к учебе. В результате у студентов появится возможность более глубоко изучать право. С помощью современных методов учителя могут сделать свои уроки более интересными и эффективными.[4]

Преподаватели могут сделать процесс обучения более интерактивным и интересным, используя современные технологии. Это создает новые возможности для студентов и повышает их интерес к процессу обучения.[5]

ЗАКЛЮЧЕНИЕ

В заключение отметим, что использование интерактивных методов в преподавании юриспруденции обеспечивает более эффективный и интересный

процесс обучения студентов. С помощью этих методов студенты получают возможность укрепить свои знания, развить практические навыки и укрепить общение. Учителя могут сделать процесс обучения более интересным и эффективным с помощью интерактивных методов. Таким образом, интерактивные методы играют важную роль в преподавании права и создают новые возможности для студентов.

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PIYOZNING UNUVCHANLIGINI ANIQLASH USULLARI VA UNUVCHANLIK KO`RSATKICHLARNI O`RGANISH

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Аннотация. В это статье высказывается как можно определить всхожести семян репчатого лука, о его показаний качеств. Влияние и нормы температур, о продлений анализных дни, методы проведения всхожести семян на термостате. В нем высказывается как можно определить о энергий прорастаний и всхожести семян.

Germination of onion seeds, about its indications of qualities. The influence and norms of seed germination on the thermostat. It expresses how it is possible to determine the energy of germination and germination of seeds.

Kalit so`zlar. Piyoz uru`g`li, petriy chashki, urug`larning soni va unuvchanligi, ekish meyorlari, sinov laboratoriyasi.

Ключевые слова. Лук с семенами, чашка Петри, количество и всхожесть семян, критерии посева, испытательная лаборатория.

Keywords. Onion with seeds, petri dish, number and germination of seeds, planting criteria, testing laboratory.

Urug`larning unuvchanligini 2 usulda tekshirganda, orasida deyarli farq bor, ya`ni laboratoriya usulida urug`larning unuvchanligini tekshirganda unda aniq natijaga erishishga bo`ladi va shuning bilan birga ekish meyorida aniqlashga bo`ladi, dala sharoitida bo`lsa unday aniq natijaga erishish qiyin kech.

Biz bu tahlilni o`tkazish ob`ekti qilib, «Agrosanoat majmuida xizmatlar ko`rsatish markaz»i Qishloq xo`jaligi urug`larini ekinboplik sifat ko`rsatkishlarini aniqlash laboratoriyasida olib borildi. Bu tadqiqot davlat standartini normativ xujjatlar asosida olib borildi. Dastlab bosh piyoz uru`gi olingan namunadan iflosligidan ajritib, unuvchanligini aniqlash uchun 200 dona subnamuna olamiz

Tajriba o`tkazish tartibi:

Biz laboratoriya sharoitida urug`larning unuvchanligini aniqlash uchun tajriba davomida foydalanilgan Kaba va Qarotal navlarini tahlil qilib ko`rdik.

Eng avvalo, iflosligi aniqlangan urug`lardan 200 dona ya`niy ikkita navdan jami bo`lib 400 dona urug` ajratamiz. Ekish uchun maxsus idishchaga (Petri chashkaga) tagiga filtr qog`ozini to`shaymiz.

So`ng ustiga pipetka yoki leyka bilan shu idishchaga filtr qog`ozni namlaymiz. Namlangan idishga 100 donadan, urug` oralari ochiq holda (bir-biriga tegmaslik kerak) ekish kerak. Idishlarga urug`larni joylab bólib, termostatni tayorlaymiz. TPS -180 markalı termostatni 15-20 °C darajaga qo`yamiz. Termostat ichidagi (kameradagi) issiqlik 15-20 °C bólganda ekilgan idishchadagi urug`larni har polkaga qo`yiladi. Ekilgan vaqti, sanasi daftarchaga yozib qo`yiladi.

Umuman GOST 12038-84 standart talabi bo`yicha bosh piyoz sabzavot urug`ining unuvchangligi 5/12 kun, yaniy 5-kuni o`shish energiyasini tekshiradi, 12-kunga kelib (yaniy 7 kun o`tkandan sóng) unuvchanligini tekshiradi.

1-jadval

Laboratoriya tahlil natijalari

Ekin turi	Naveska, gr yoki dona	Harorat oS	Substrakt	Kuni	Sinfi	Tozaligi, %	Unuvchanligi, %
Bosh piyoz	100x4	15-20	Fil`tr	5/12	1	99	80
					2	95	50

Har kuni ekilgan urug`larni shu oldin ekilgan vaqt bo`yicha termostat eshigini ochib (5-10 daqiqa) shamollatiladi, sóng urug` ekilgan idishlarning urug`larin almashtiriladi, yaniy 12 kun davomida termostat ishidagi urug` bor idishlar har bir polka bo`ylab va har bir tochkaga joylab borilishi kerak. Idishlarga ozgina miqdorda suv (qaynatib, sovitilgan, distillangan suv) quyiladi, so`ng termostat eshigi bekitiladi.

Tadqiqot natijalari; Bu jarayon 12 kun davomida birdek vaqtda amalga oshiriladi. 5-kuni bo`lganda urug`larning o`shish energiyasi aniqlanadi.

2-jadval

Lobaratoriya sharoitida piyoz navlarining bazi navlarning tajriba tahlil natijalari

Navlar	№	Ekilgan urug` soni	Urug`larning ósib chiqish energiyasi, dona.	O`shish energiyasi, o`rtacha %
Kaba navi	1-idishcha	100	71	71,75
	2-idishcha	100	70	
	3-idishcha	100	72	
	4-idishcha	100	74	
Qoratal navi	1-idishcha	100	70	69,5
	2-idishcha	100	68	
	3-idishcha	100	71	
	4-idishcha	100	69	

Oq dur navi	1-idishcha	100	70	68
	2-idishcha	100	67	
	3-idishcha	100	69	
	4-idishcha	100	66	
Lione F ₁	1-idishcha	100	61	64,25
	2-idishcha	100	65	
	3-idishcha	100	66	
	4-idishcha	100	65	

2-jadval malumotlardan kelib chiqib quydagi aniqlamalar olindi ya'ni

4-idishga ekilgan urug`larni laboratoriya stol ustiga chiqariladi va har bir idishni alohida-alohida pinset bilan unib chiqqan urug`larni unib chiqmaganidan ajratib boshlaymiz. Demak, piyoz urug`ining o`shish energiyasi Kaba navida 71,75 %, Qoratal navida 69,5 % Lione esa 68 % ni tashkil etdi.

Hali o`shib chiqmagan urug`larni qaytadan suv tomizib yana termostatga joylashtiramiz.

Umuman kuni urug`larning unuvchanligini aniqlaymiz. Buning uchun urug` joylashgan idishlarni laboratoriya stol ustiga qo`yib pinset bilan unib chiqqanini chiqmaganidan ajratamiz

3- jadval

Lobaratoriya sharoitida piyoz navlarining unuvchanlik ko`rsatkichlar

Navlari	№	Ekilgan urug` soni	Urug`larning unuvchangligi, dona.	Umuman unuvchangligi, %
Kaba navi	1-idishcha	100	18	17,75
	2-idishcha	100	19	
	3-idishcha	100	16	
	4-idishcha	100	18	
Qoratal navi	1-idishcha	100	17	16,75
	2-idishcha	100	16	
	3-idishcha	100	18	
	4-idishcha	100	16	
Oq dur navi	1-idishcha	100	16	16
	2-idishcha	100	17	
	3-idishcha	100	15	

	4-idishcha	100	16	
Lione F ₁	1-idishch	100	14	14
	2-idishcha	100	15	
	3-idishcha	100	13	
	4-idishcha	100	14	

Yaniy 4-idishtagi urug'larning o'rtacha unuvchanlik darajasi aniqlaganimizda Kaba navida 17,75%, Qoratal navida 16,75%, Oq dur 16% va Lione esa 14% ni tashkil qildi.

Xulosa qilib aytganda, Kaba navi urug'ining o'sish energiyasi va unuvchanligi o'rtacha $71,75+17,75=89,5\%$, Qoratal naviniki esa $69,5+16,75=86,25\%$, Oq dur $68+16=84\%$, Lione esa $64,25+14=78,25$ ni tashkil etdi. Demak, bizlar laboratoriya sharoitida sinovga qo'iyilgan Kaba navi urug'ining unvchanligi 89,5 % bo'lsa, Qoratal naviniki esa 86,25 %, Oq dur 84 %, Lione navi esa 78,25% ni tashkil qildi.

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AUTOIMMUN KASALLIKLAR KELIB CHIQISHI, KECHISHI DIAGNOSTIKASI

Dosent Vahidova A.M., PhD Xudayarova G.N.

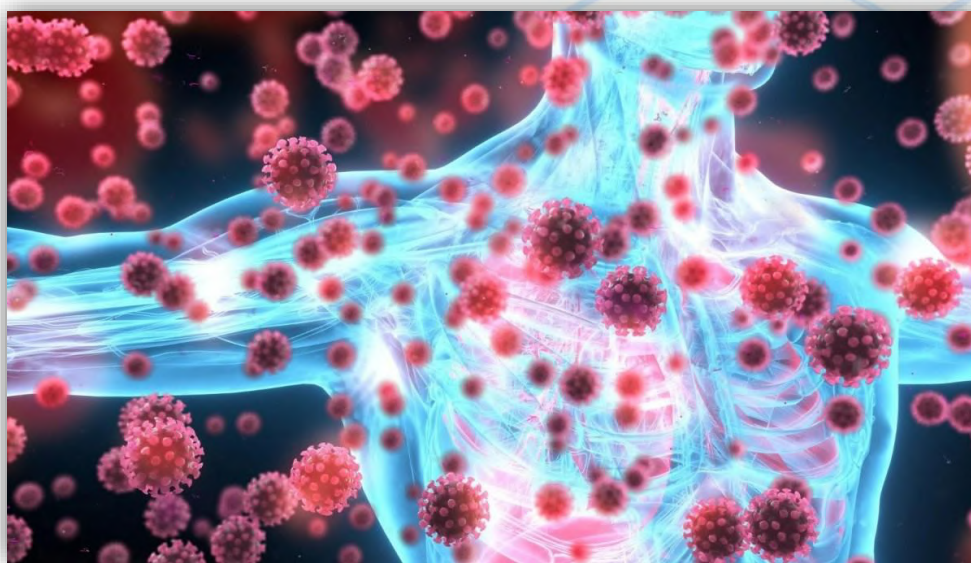
Sobirjonova Rushana Kobiljonovna

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Autoimmun kasalliklari- o'z navbatida, immun tizimi bilan bog'liq bo'lgan keng tarqalgan patologik holatlar guruhi bo'lib, ular klinik jihatdan heterogen xususiyatlarga ega. Bu kasalliklar autoimmun jarayonlar natijasida yuzaga keladi, unda antikorlar yoki sog'lom to'qimalarga qarshi hujayralarning avtoagressiv klonlari ko'payadi. Natijada, bu to'qimalarning shikastlanishi va yo'q qilinishi sodir bo'ladi, bu esa autoimmun yallig'lanishni rivojlantiradi. Patologik antitelalar yoki patologik kiler hujayralar tananing bunday yuqumli agentlariga duch kelishi bilan bog'liq bo'lishi mumkin, chunki ular eng muhim oqsillarning antigenik belgilari (epitoplari) oddiy to'qimalarning antigenik belgilari bilan o'xshashlik ko'rsatadi. Bu jarayonlar, immun tizimining normallikdan chetga chiqishi natijasida, turli kasalliklarga olib kelishi mumkin.

Aynan autoimmun glomerulonefrit streptokokk infeksiyasidan keyin yoki gonoreyadan so'ng autoimmun reaktiv artritdan keyin rivojlanadi. Emlash, ayniqsa, immunosupressantlar bilan davolanadigan autoimmun revmatologik kasalliklarga chalingan bemorlar uchun muhimdir.



Turlari: Organga **xos autoimmun kasalliklar** — immun tizimidan ajratilgan organlarning gistogematik to'siqlarini yo'q qilish oqibatida rivojlanadi. Natijada,

immunitet tizimi ushbu organlarning o'zgarigan antienlariga ta'sir qilib, antigenlar va sensibilizatsiyalangan limfotsitlarni ishlab chiqaradi, organlardagi o'zgarishlar kechikilgan turdagi yuqori sezuvchanlik turiga qarab rivojlanib: to'qimalarning limfotsitlar bilan infiltratsiyasi, parenximasining o'limi va oxirida skleroz rivojlanadi. Bularga autoimmun tiroidit (Hasimoto kasalligi), ensefalomielit, polinevrit, ko'p skleroz, idiopatik Addison kasalligi, aspermatogeniya, simpatik oftalmiya va boshqalar kiradi.

Organ — **nospesifik autoimmun kasalliklar** — asosiy omillar immunobiologik kuzatuv sistemasidagi buzilishlardir. Autoimmunizatsiya ko'plab organlar va to'qimalarning antigenlariga nisbatan rivojlanib, ularda ham kechiktirilgan, ham tezkor sezuvchanlik turlariga xos o'zgarishlar bo'ladi. Ushbu guruhga tizimli qizil yuguruk, revmatoid artrit, tizimli skleroderma, dermatomiyozit, ikkilamchi trombotik trombositopenik purpura (Moshkovich kasalligi) va boshqalar kiradi.

O'rta darajadagi autoimmun kasalliklar — miyasteniya gravis, I turdagi qandli diabet, tireotoksikoz, Shergen sindromi, Gudpaschera sindromi va boshqalar

Asoratlar: Autoimmun tiroidit shunga o'xshash mexanizm bo'yicha rivojlanib, qalqonsimon bezning kolloidi ham qonga chiqarilmaydi (gemato-qalqonsimon to'siq), qonga faqat T3 va T4 bilan bog'liq bo'lgan tiroglobulin chiqariladi. Autoimmun shikastlanganda hosil bo'lgan antispermial antitelalari tufayli bepushtlik qon-moyak to'sig'i yuzaga keladi. Ba'zi ma'lumotlarga ko'ra, himoyalangan anal jinsiy aloqada bo'lgan gomoseksuallarda antisperm antikori ko'proq tarqalgan, boshqa ma'lumotlarga ko'ra ASA shakllanishi uchun xavf omili emas.

- **Davolash**

- Immunosupressantlar : azatioprin, prednizolon, timodepressin, siklofosamid, siklosporin .

- Biologik faol moddalardan: TNF-a blokatorlari (infiximab, adalimumab, etanersept), CD40 retseptorlari blokatorlari : rituksimab (mabthera), T-limfotsitlar differentsiatsiyasi blokatorlari (halofuginon) kabi vositalar qo'llanadi.

- 1970-yillarda AQSh Milliy grippga qarshi emlash dasturi faol bo'lmagan tizimli qizil yuguruk bilan kasallangan bemorlarda mono va bivalent vaktsinalarning samaradorligi va xavfsizligini tasdiqladilar. Revmatoid artriti bilan og'rikan bemorlar shunga o'xshash tadqiqotlari keyinchalik Yaponiya, AQSh

- Shvetsiya kabi davlatlarida o'tkazildi.

- Shuningdek, autoimmun kasalliklarning chastotasini oshiradimi yoki yo'qmi, emlash rejimlarining ko'payishi va turli yoshdagi emlashlar bunga qanday ta'sir qilishi hali ham munozarali.



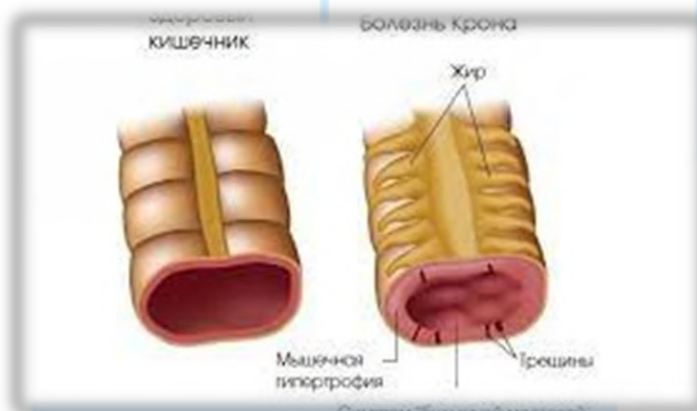
Kron kasalligi -ichak yo'lining surunkali kasalligi bo'lib, ichakning granulyomatoz segmentar yallig'lanishi bilan ta'riflanadi. Kron kasalligining kenja turlaridan biri yo'g'on ichak Kron kasalligi bo'lib, unda yo'g'on ichak yallig'lanadi. Kron kasalligining sabablari haligacha aniqlanmagan.

Quyidagilar moyillik tug'diruvchi omillar hisoblanadi:
irsiy moyillik;

o'tkazilgan yuqumli kasalliklar (ayniqsa sil kasalligi);
immunitetning pastligi

Yangi tadqiqotlar kasallikning ehtimoliy yuqumli tabiatini ko'rsatsa-da, bu gipotezaning yakuniy tasdig'i hali olinmagan.

Kron kasalligini aniqlash qiyin bo'ladi, chunki kasallikning alomatlari ko'plab shifokor xatolariga olib kelishi mumkin.



Patologiyaning asosiy ko'rinishlari quyidagilardan iborat:
Meteorizm

- Ko'ngil aynishi
- Isitma

- Diareya
- Intensivnie boli v jivote
- Vazn yo‘qotish
- Qusish
- Ishtahaning pasayishi
- Hisoblanadi.

Xulosa: Shunday qilib patologiyalar paydo bo‘lishining sabablari haqida turli xil fikrlar va yondashuvlar mavjud. Misol uchun, ayrim autoimmun kasalliklar, ayniqsa qizil volchanka, yosh ayollar orasida erkaklarga nisbatan 10 barobar ko‘p uchraydi. Bundan tashqari, ayrim kasalliklar oila a‘zolari orasida genetik mutatsiyalar natijasida yoki irsiy ravishda paydo bo‘ladi. Autoimmun kasalliklar paydo bo‘lishi ko‘plab omillarga bog‘liq bo‘lib, ularning asosiy sabablarini genetik xususiyatlar, tashqi ta’sirlar va immun tizimidagi muvozanatning buzilishi tashkil etadi. Ushbu kasalliklar ko‘p hollarda surunkali xarakterga ega bo‘lsa-da, ularni kompleks davolash usullari yordamida simptomlarni yengillashtirish va bemorning hayot sifatini oshirish mumkin. Shifokor nazorati ostida dastlabki va individual yo‘l tutish davolash jarayonida muhim rol o‘ynaydi. Davolanishda shaxsning ehtiyojlari va holatiga mos ravishda yondashish katta ahamiyatga ega.

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ИНТЕРНЕТ ТАРМОҒИДА АХБОРОТ ХАВФСИЗЛИГИНИ ТАЪМИНЛАШ ДАВР ТАЛАБИ

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Аннотация: Ушбу мақола замонавий жамиятда киберхавфсизликнинг ахамияти, асосий таҳдидлар ва уларга қарши ҳимоя чораларини ёритади. Шунингдек, киберхавфсизликка оид тушунчалар, халқаро стандартлар ва Ўзбекистондаги ҳуқуқий нормалар яъни «Киберхавфсизлик тўғрисида»ги, Ахборотлаштириш тизими билан боғлиқ айрим фикрлар илгари сурилган.

Таянч сўзлар: Киберхавфсизлик, Ахборот хавфсизлиги, Кибержиноятлар, Шахсий маълумотлар, Қонунчилик нормалари, Халқаро стандартлар, Суний интеллект (ИИ) каби атама сўзларни ўз ичига олади..

Мазкур мақолада муаллиф Янги Ўзбекистон Республикасини барпо этиш ва аҳоли фаровонлигини ҳамда Мамлакат тараққиёти ва барқарорлигини таъминлаш кўп жиҳатдан аҳолининг сиёсий ҳокимиятга ишончи ва жамият ҳаётида қонун устуворлиги ҳамда ижтимоий адолат тамойилларига тўлақонли амал қилиш даражасига боғлиқдир. Республикамизда давлат тузилмаси барча соҳаларда рақамли технологиялардан фойдаланиш билан узвий боғланган. Киберхавфсизлик аслида миллий хавфсизлик, сиёсий, иқтисодий ва ижтимоий барқарорлик учун ҳам муҳим ўрин тутаяди. Ҳозирги кунда технологиялар жадал ривожланмоқда ва бу билан бирга киберхавфсизлик ва унда ҳимояланиш масалалари ҳам долзарб бўлиб бормоқда.

Айни кунда интернетга уланган қурилмалар сонининг кўпайиши, маълумотарнинг рақамлаштирилиши ва суний интеллектнинг ҳаётимизга кириб келиши билан киберхавфсизлик нафақат ИТ мутахассисларининг, балки ҳар бир инсоннинг кундалик муаммосига айланмоқда.

Ахборотлаштириш соҳасидаги давлат сиёсати ахборот ресурслари, ахборот технологиялари ва ахборот тизимларини ривожлантириш ҳамда такомиллаштиришнинг замонавий жаҳон тамойилларини ҳисобга олган ҳолда миллий ахборот тизимини яратишга қаратилган.

Мамлакатимизда Ахборотлаштириш тўғрисида қонуннинг 4-моддасида Ахборотлаштириш соҳасидаги қуйидаги тушунчалар келтирилган¹:

✚ ҳар кимнинг ахборотни эркин олиш ва тарқатишга доир конституциявий ҳуқуқларини амалга ошириш, ахборот ресурсларидан эркин фойдаланилишини таъминлаш;

✚ давлат органларининг ахборот тизимлари, тармоқ ва ҳудудий ахборот тизимлари, шунингдек юридик ҳамда жисмоний шахсларнинг ахборот тизимлари асосида Ўзбекистон Республикасининг ягона ахборот маконини яратиш;

✚ халқаро ахборот тармоқлари ва Интернет жаҳон ахборот тармоғидан эркин фойдаланиш учун шароит яратиш;

✚ давлат ахборот ресурсларини шакллантириш, ахборот тизимларини яратиш ҳамда ривожлантириш, уларнинг бир-бирига мослигини ва ўзаро алоқада ишлашини таъминлаш;

✚ ахборот технологияларининг замонавий воситалари ишлаб чиқарилишини ташкил этиш;

✚ ахборот ресурслари, хизматлари ва ахборот технологиялари бозорини шакллантиришга қўмаклашиш;

✚ дастурий маҳсулотлар ишлаб чиқариш ривожлантирилишини рағбатлантириш;

✚ тадбиркорликни қўллаб-қувватлаш ва рағбатлантириш, инвестицияларни жалб этиш учун қулай шароит яратиш;

✚ кадрлар тайёрлаш ва уларнинг малакасини ошириш, илмий тадқиқотларни рағбатлантириш.

Шу билан биргаликда Ўзбекистон Республикаси Президентининг Сунъий интеллект технологияларини жадал жорий этиш учун шарт-шароитлар яратиш чора-тадбирлари тўғрисида Қарори қабул қилинган.

Мазкур қарорда «Рақамли Ўзбекистон — 2030» Стратегиясига мувофиқ ҳамда сунъий интеллект технологияларини жадал жорий этиш ва уларни мамлакатимизда кенг қўллаш, рақамли маълумотлардан фойдаланиш имкониятини ва уларнинг юқори сифатини таъминлаш, ушбу соҳада малакали кадрлар тайёрлаш учун қулай шарт-шароитлар яратиш мақсади келтирилган².

Киберхавфсизлик, тушунчаси ва унга оид тавфсилотлар олимлар томонидан ўрганилган ва таъриф берилган.

¹ Ўзбекистон Республикасининг “Ахборотлаштириш тўғрисида”ги 2003 йил 11 декабрь, 560-П-сон қонуни.

² Ўзбекистон Республикаси Президентининг 2021-йил 17-февралдаги ПҚ-4996-сон “Сунъий интеллект технологияларини жадал жорий этиш учун шарт-шароитлар яратиш чора-тадбирлари тўғрисида”ги Қарори.

Жумладан: Киберхавфсизлик нима?– бу компьютер тизимлари, тармоқлар ва маълумотларни рухсатсиз кириш, ўзгартириш ёки йўқ қилишдан химоя қилиш бўйича чора-тадбирлар йиғиндиси (Мажмуаси) ҳисобланади.

Киберхавфсизлик қуйидаги асоси йўналишларни ўз ичига олади:

- Тармоқ хавфсизлиги–компьютер тармоқларини хакерлар ва зарарли дастурлардан химоя қилиш.
- Маълумотлар хавфсизлиги–шахсий ва корпоратив маълумотларни сақлаш ва узатиш жараёнида химоя қилиш.
- Идентификация ва аутентификация–фойдаланувчини идентификатори орқали таниб олиш жараёни ва рухсат берилган амалларни бошқариш.

Асосий кибер таҳдидлар. Қуйида асосий кибер таҳдидлар рўйхатини кенгайтириб, уларнинг моҳияти, зарарлари ва мисоллари ҳақида батафсил маълумот тақдим этилган:

1. Фишингнинг мураккаб шакллари (Spear Phishing)

-Моҳияти:

❖ Одатий фишингдан фарқли равишда, ҳужум шахс ёки ташкилотга мўлжалланган бўлади. Хакерлар қурбоннинг маълумотларини ўрганиб чиқиб, махсус тарзда алданувчи хабарлар юборишади.

-Мақсад:

❖ Банк ҳисоблари, стратегик ҳужжатлар ёки муҳим паролларни қўлга киритиш.

-Мисол:

❖ Компания раҳбарларига сохта инвойс юбориб, молиявий маблағларни ўғирлаш.

-Зарарлари:

❖ Йирик компаниялар ва давлат идораларидаги ҳужумлар оқибатида катта молиявий ва ахборот йўқотишлар содир бўлади.

2. Зиёнловчи интеллектуал дастурлар (Advanced Persistent Threats - АРТ)

-Моҳияти:

✓ Мақсадли ҳужумлар бир муддат давом эттирилиб, тизимга чуқурроқ сингишга қаратилган бўлади.

-Мақсад:

✓ Давлат ёки корпорациянинг муҳим маълумотларини қўлга киритиш, маълумотларни узоқ муддатда ўғирлаш.

-Мисоллар:

✓ 2010 йилдаги Stuxnet хужуми, у Эрон ядровий дастурларига зарар етказиш учун яратилган.

-Зарарлари:

✓ Тармоқ тизимларининг хавфсизлигини тўлиқ бузиш ва стратегик маълумотларни назоратга олиш.

3. Криптовалюта билан боғлиқ таҳдидлар (Cryptojacking)

Моҳияти:

✓ Хакерлар қурбоннинг қурилмаларини яширинча криптовалюта қазиб олиш учун ишлатишади.

Мақсад:

✓ Қурбоннинг электр энергияси ва ҳисоблаш ресурсларидан фойдаланиш.

Мисоллар:

✓ CoinHive каби зарарли скриптлар орқали браузерларда яширин криптовалюта қазиб олиш.

Зарарлари:

✓ Тизимнинг ишлаш самарадорлиги пасаяди, қурилмаларга зиён етади.

4. Сунъий интеллектдан хато фойдаланиш (AI-Powered Attacks)

Моҳияти:

✓ Хакерлар сунъий интеллект ёрдамида ҳужумларни автоматлаштиришади ва мураккаблаштирадilar.

Мақсад:

✓ Катта ҳажмдаги маълумотларни таҳлил қилиб, заифликларни топиш.

Мисоллар:

✓ AI ёрдамида мукамал фишинг хабарлари ёки аудио-таклид (Deepfake) орқали инсонларни алдаш.

Зарарлари:

✓ Тизимларнинг заиф нуқталаридан фойдаланиб, маълумотларга ноқонуний кириш.

5. Қурилмалар хавфсизлигидаги заифликлар (Hardware Vulnerabilities)

Моҳияти:

✓ Қурилмалардаги техник ёки дастурий заифликлар орқали ҳужум.

Мақсад:

✓ Жисмоний ёки сервер орқали маълумотларга кириш.

Мисоллар:

✓ Meltdown va Spectre (Спектрдаги ҳалокат) каби процессор заифликлари.

Зарарлари:

✓ Фойдаланувчи маълумотларининг очиқланиши ва ресурсларнинг зарарланиши.

6. Ахборотнинг махфийлигини бузиш (Data Breaches)

Моҳияти:

✓ Ҳакерлар маълумотлар базасига кириб, шахсий маълумотларни ўғирлашади.

Мақсад:

✓ Маълумотларни сотиш ёки шантаж қилиш.

Мисоллар:

✓ 2021 йилда Facebookдан 500 миллион фойдаланувчининг маълумотлари ўғирланган.

Зарарлари:

✓ Шахсий ва корпоратив маълумотларнинг махфийлиги бузилади.

7. Рақамли тўлов тизимларига ҳужумлар (Payment Fraud)

Моҳияти:

✓ Онлайн тўлов тизимлари ва банк хизматларига ҳужум қилиш орқали маблағ ўғирлаш.

Мақсад:

✓ Қурбонларнинг молиявий ресурсларини қўлга киритиш.

Мисоллар:

✓ Сохта тўлов саҳифалари орқали алдаш ёки QR-код орқали ҳужумлар.

Зарарлари:

✓ Одамлар ва компаниялар катта молиявий зарар кўради.

8. Блокчейн ва смарт-шартномалар заифликлари (Blockchain Attacks)

Моҳияти:

✓ Смарт-шартномалардаги хато ёки заифликлардан фойдаланиб ҳужум қилиш.

Мақсад:

✓ Криптовалюталар ёки блокчейн асосидаги дастурлардан маълумотларни олиб қўйиш.

Мисоллар:

✓ 2021 йилда Poly Network (Поли-тармоқ) ҳужуми, унда \$610 миллион криптовалюта ўғирланган.

Зарарлари:

- ✓ Молиявий йўқотиш ва тизимларга ишончсизлик.

9. Вақтинчалик ишдан чиқарувчи ҳужумлар (Zero-Day Exploits)**Моҳияти:**

- ✓ Дастур ёки тизимнинг ҳали янгиланмаган заифликларидан фойдаланиш.

Мақсад:

- ✓ Давлат ёки компания тизимларига кириб, маълумотларни назорат қилиш.

Мисоллар:

- ✓ Google Chrome ёки Windows каби тизимларда кўплаб заифликлар топилган.

Зарарлари:

- ✓ Тизимни ишдан чиқариш ёки маълумотларни ўғирлаш.

Хулоса

Асосий кибер таҳдидлар нафақат шахсий фойдаланувчилар, балки компаниялар ва давлат учун ҳам катта хавф солади. Ҳар бир таҳдидга қарши махсус ҳимоя чоралари ишлаб чиқиш ва тизимларни мунтазам янгилаш муҳим аҳамиятга эга. Ўзбекистон Республикасида киберхавфсизликни таъминлашга қаратилган қонунчилик асослари бир қатор қонунлар, фармонлар ва қарорлар орқали шакллантирилган. Улар ахборот хавфсизлиги ва киберҳимоя бўйича давлат сиёсатининг муҳим йўналишларини белгилайди.

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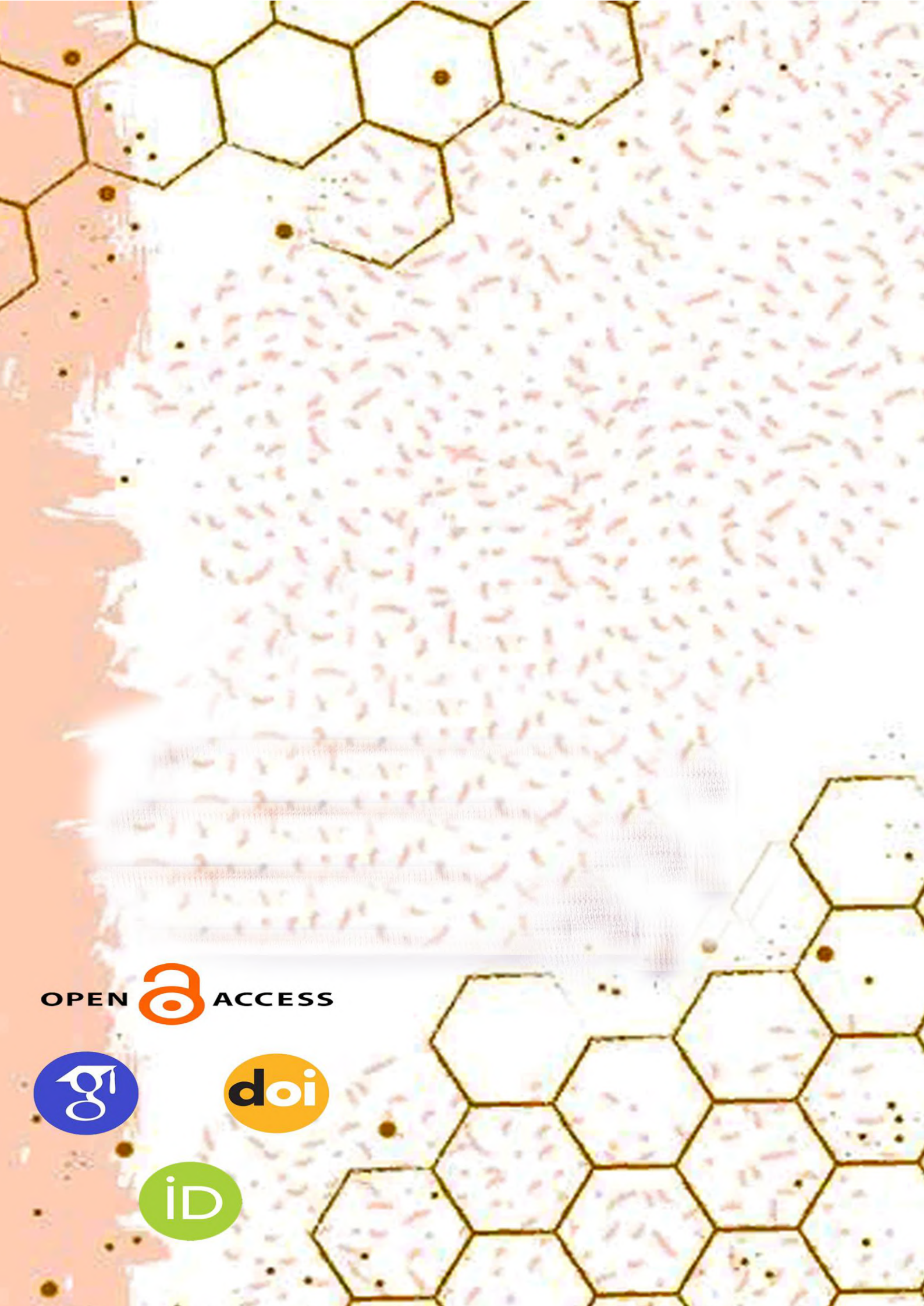
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