



## EDUCATION OF PSYCHOLOGICAL QUALITIES IN STUDENTS THROUGH MUSIC LESSONS

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**Annotation:** Musical culture classes contribute to the formation of psychological qualities in secondary school students, enhance aesthetic perception, and support mental health, social skills, and personal development of students. In particular, special attention is paid to the understanding and striving for beauty, the upbringing of a perfect personality, the formation of aesthetic feelings, creative abilities and a culture of communication among young people through music. Also: Some methods of fostering psychological qualities in music culture lessons are presented.

**Keywords:** music, education system, types of activities, psychological qualities, aesthetic education, creativity, creative abilities of children, talent, beauty.

### Introduction.

Music education, of course, plays an important role in raising a well-rounded generation. Today, the goal of music education is not only to impart theoretical knowledge, but also to develop creative thinking skills in students. Through music, it is possible to form aesthetic feelings, creative abilities, and a culture of communication in young people. It is becoming increasingly relevant in connection with the development of new interactive methods to improve the quality and effectiveness of music education. For example, using interactive methods in music lessons with the help of modern technologies, it is possible to increase students' interest and ensure their active participation. It is also important to create programs and projects to develop creativity in music education. It is necessary to create conditions for students to express themselves, come up with new ideas, and expand their musical experience. In these processes, integration with other disciplines is also useful; for example, by studying the connections between music and art or music and literature, students' worldviews will be further broadened. As a result, the role of music in raising a harmonious generation is significant not only as an art, but also as a means of spiritual and moral education. The influence of music is enhanced by forming aesthetic taste in young people, encouraging creativity, and increasing their general cultural level. Therefore, innovative approaches to music education are necessary, and this process is expected to continue. Along with all disciplines, music has a special place in the formation of the spiritual consciousness of a harmonious generation.<sup>1</sup>

One of the most important goals of music education today is to educate and train theoretically and practically knowledgeable, creative, and talented young people. Therefore, the skills of developing various methodological processes for improving the quality and effectiveness of music education based on the requirements set for the new educational

<sup>1</sup> Karimova D.A. Music teaching technologies and design. – Tashkent: LESSON PRESS Publishing House, 2021.

content are being analyzed as a separate topic. Also, in music culture lessons, it is an urgent problem to generalize, study, and analyze information about musical works that are relevant to the psychological and physiological characteristics of students and their age characteristics in order to develop and improve their musical feelings. Music, of course, has a strong impact on human emotions. It plays an important role not only in renewing our mental state, but also in forming character and moral values. The role of music in Uzbek national culture is very large, and it is manifested in traditional and modern forms. Great scholars such as Al-Farabi and Sheikh Saadi expressed profound thoughts about how music affects the human soul. Through music, people can express their feelings, communicate with others, and actively participate in social life. Music serves not only as a source of pleasure, but also as an educational tool. It directs the younger generation to goodness, beauty, and cultural values. By listening to music, students expand their inner world, experience new emotions, and form a positive attitude towards life. Therefore, music is of great importance in the educational process, helping to develop students' creative abilities. It serves to introduce them to the world of elegance and enrich their aesthetic thinking. It is the duty of each of us to recognize the educational value of music and make it an integral part of our lives. Music education has a large-scale positive impact on students. They not only develop their singing and listening skills, but also increase musical literacy. Through music, opportunities are created to express emotions, develop attention and memory, and enrich the world of impressions. In addition, music education is an important tool for expanding the scope of creative thinking and thinking in students. In the process of analyzing and performing musical works, children understand their emotions and learn to manage them. This helps them to be successful in other areas of life. In general, music education not only increases interest in art for young people, but also makes a significant contribution to their personal development. Through this process, children find new opportunities for self-expression and are ready to actively participate in social life. Clear directions have been outlined in the fields of culture and art to improve the quality of education, stimulate the creativity of young people, and provide them with modern musical knowledge. Also, wide opportunities are being created for the training of young talents and

Such initiatives play an important role in preserving the cultural heritage of Uzbekistan and educating the new generation. Music is an important factor in the upbringing of the younger generation, a process that influences the maturity of the younger generation. This process is formed starting from school and, enriching the inner world of the younger generation, accompanies it throughout its life. The effective passage of "Music Culture" lessons by students, especially middle school students who have entered adolescence, and the anticipation and understanding of the physiological and psychological processes occurring in students under the influence of music pose many tasks for the music teacher. At the same time, the future music teacher must meet all the requirements for the content of the subject of music culture in all educational lessons. The minimum requirements for the content of the subject of music culture are a set of theoretical and practical activities, which determine the following topics.

Topics such as elementary music literacy, the activities of composers, music performers and their art, singing and choirs, ensembles and orchestras are important in understanding the rich musical culture of Uzbekistan.

Through music culture lessons, students can increase their interest in the musical culture of Uzbekistan and develop their skills in practical application.

**1. Listening to music.**

**2. Singing in a group.**

**3. Music literacy.**

**4. Musical creativity.**

Listening to music and singing form the basis of the educational content. In addition to learning them through singing and listening activities, opportunities are created for comprehensive study and mastery, and the expression of musical characteristics through instrumental, musical movements, and creative activities. Uzbek folk music. Examples of musical works by Uzbek composers and composers, composers of fraternal and world peoples, shashmakom branches, and local musical styles are listened to.

Group singing is necessary for the development of students' musical learning abilities and performance skills. In the process of group singing in the classroom, the student seeks to control his voice, hear and observe the performance of teachers, and share the journey with them.

Uzbek folk music culture is distinguished by its rich and diverse heritage. Each region of Uzbekistan has its own folklore singing styles. Uzbek folk songs are often about love, nature, life, and traditions.

Folk Songs: The folk music of Uzbekistan has various genres:

- Maqom - This is a genre of music mainly dedicated to religious themes, characterized by complex rhythms and melodic structures.

- Lazgi - A dance song genre typical of the Khorezm region.

- Kaytmas songs - Traditional songs about nature and human life. Music of the World and the Brotherhood of Peoples The music of Uzbekistan is also related to the music of other peoples. For example:- It shares common musical traditions with the Tajiks, Kazakhs, and other Central Asian peoples.

- In international music, Uzbek artists participate in many festivals and demonstrate their art. Local Music Styles

There are several styles that are suitable for the local environment:

- song - the traditional vocal art of the Uzbek people.

- Shashmakom - This can be called a system of maqoms, which is one of the classical forms of Central Asian music.

The rich musical heritage of Uzbekistan is valuable not only for the local population, but also for the whole world. Each style and genre has its own characteristics, and by listening to them you can learn a lot about the life and culture of the people.

Musical literacy is a person's knowledge of the basic concepts of music and the ability to listen to and understand music. This plays an important role in the educational process, since children and young people need to learn the basic elements of music (*rhythm, melody, harmony*).

Regardless of the activity (listening, performing, musical movements) in the lesson, a work on a given topic is studied and new concepts about its features (*genre, form, structure, performance*) are formed. Therefore, musical literacy is not only about studying musical notation, but also a set of general knowledge and concepts that form the general level of

musical knowledge of students (*performance, folk and compositional music, their differences, local styles of national music, classical music, musical literacy*).

Musical literacy provides an understanding of musical terms, traditions, tempos (*speed*), intervals, alteration signs, dynamic signs, the expressive language of music, simple musical forms and musical genres, major and minor keys.

Listening to music is the ability to distinguish between solo and ensemble, to distinguish between ensemble and orchestral performance, to distinguish words and timbre of words, to develop musical taste and perception. It includes listening to examples of works by composers of Uzbek, fraternal and world peoples.

All these requirements for the content of education are of great importance in developing students' knowledge, creative abilities, and musical feelings. Because all activities of music education are related to general musical performance.

In the "Musical Culture" lessons, the main musical activities include developing students' musical abilities, musical reading, group singing, musical literacy, attention and creative feelings in the process of listening to music, and increasing students' interest in music. In the process of musical culture lessons, it is very important to improve the musical literacy of middle school students, develop their musical psychological qualities, and cultivate musical aesthetic taste. The following activities can be carried out in this process:

1. Development of musical memory: Helping students listen to various musical works and remember them. For example, by repeating musical phrases or melodic parts, writing them down, or describing them in their own language to strengthen memory.

2. Developing musical thinking: Developing students' thinking skills by analyzing musical works, conducting conversations about their structure, rhythmic and melodic elements. Encouraging students to find connections between musical works.

3. Cultivating musical aesthetic taste: Developing students' aesthetic sensibilities by introducing them to musical works of different genres. Encouraging them to feel the beauty of music, evaluate different styles, and express their thoughts freely.

4. Listening activities: Teaching students active listening skills, helping them not only hear but also understand music. For example, discussing the emotions and content of music.

5. Interactive activities: Encouraging students to actively participate in music lessons by using interactive methods (games, group discussions).

These activities not only improve the musical culture of middle school students, but also contribute greatly to their overall development as individuals.

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