

**ART-TERAPIYA JAROHAT OLGAN BOLALAR UCHUN SAMARALI
DAVOLASH VOSITASI SIFATIDA
(Urush, zo'ravonlik, tabiiy ofatlar paytida)**

Raxmatova Ikbolxon Inomjonovna

Teacher of Termiz State Pedagogical Institute

Rashidova Zuhra G'ani qizi

student of Termez State Pedagogical Institute

Annotatsiya: Mazkur maqolada art-terapiyaning san'at vositalari orqali talqin qilishning xayoliy usullarini o'z ichiga olgan maxsus fan sifatida shakllanishi shuningdek, ijodiy art-terapiya, san'at va psixoterapiya sohalarida paydo bo'lgan kasb bo'lib, u nizolarni hal qilishga va qayg'uni kamaytirishga yordam berishi, hozirgi art-terapiya shaxsiyat, gestalt, kognitiv, xulq-atvor, adlerian, hikoya va oila kabi ko'plab boshqa yondashuvlarni o'z ichiga olgan holda ijodkorlik, shaxsiy o'sish va o'z-o'zini anglashni tarbiyalash hamda badiiy faoliyat mahsulotlaridan terapevtik foydalanishni masalalari yoritilgan.

Kalit so'zlar: art-terapiya, qayg'u, nizo, shaxsiyat, gestalt, kognitiv, xulq-atvor, adlerian, hikoya, oila, ijodkorlik, shaxsiy o'sish, qobiliyat, san'at.

ASOSIY QISM

Art-terapiya - bu tasviriy san'at vositalari orqali talqin qilishning xayoliy usullarini o'z ichiga olgan maxsus fan. Art-terapiya, shuningdek, ijodiy art-terapiya, san'at va psixoterapiya sohalarida paydo bo'lgan kasb bo'lib, ular ta'rifi bo'yicha farq qilishi mumkin. Art-terapiyadan foydalanishning uchta usuli mavjud.

Birinchisi analitik art terapiya. Analitik art-terapiya analitik psixologiyadan kelib chiqadigan nazariyalarga va ko'p hollarda psixoanalizga yuklanadi. Analitik art-terapiya bolani, g'oyalarni va terapevti kuchaytiradi, bu san'at ikkalasi o'rtasida muloqot qiladi.

Art-terapiyadan foydalanishning boshqa usuli - bu badiiy psixoterapiya. Bu nuqtai nazar ko'proq psixoterapevtga va ularning bolaning san'at asarlarini og'zaki tahliliga qaratilgan.

Art-terapiyaga qarashning oxirgi usuli - san'at prizmasidan terapiya sifatida foydalanish. Terapiya sifatida san'at bilan shug'ullanadigan ba'zi art-terapevtlar bolaning san'at asarini og'zaki tahlil qilish muhim emas deb hisoblashadi va buning o'rniga san'at yaratish jarayoniga urg'u berishadi. Art-terapiyaga turli xil yondashuvlarning barchasida, art-terapevt bola bo'yoq, qog'oz va qalam yoki hatto loydan foydalanib, o'zining ichki fikrlari va his-tuyg'ularini o'rganish uchun sayohatga chiqadi. Art terapiya hissiy va kognitiv vosita funksiyasini, o'z-o'zini anglashni, o'zini

o'zi qadrlashni, hissiy barqarorlikni yaxshilash uchun ishlatilishi mumkin. Shuningdek, u nizolarni hal qilishga va qayg'uni kamaytirishga yordam beradi. Hozirgi art-terapiya shaxsiyat, gestalt, kognitiv, xulq-atvor, adlerian, hikoya va oila kabi ko'plab boshqa yondashuvlarni o'z ichiga oladi. Art-terapiya tamoyillariga insonparvarlik, hissiy ziddiyatlarni yarashtirish, ijodkorlik, shaxsiy o'sish va o'z-o'zini anglashni tarbiyalash kiradi. So'nggi yillarda ekspressiv terapiya yo'nalishlaridan biri bo'lgan art-terapiya hissiy ziddiyatlarni hal qilish, tashvishlarni kamaytirish, o'z-o'zini anglashni rivojlantirish uchun badiiy vositalar, ijodiy vositalar va badiiy faoliyat mahsulotlaridan terapevtik foydalanishni nazarda tutadi. Bundan tashqari o'ziga ishonch, ijtimoiy ko'nikmalarni rivojlantirish, voqelikka orientatsiyani yaxshilash va xatti-harakatlar va giyohvandlikni nazorat qilish va boshqalar (Amerika Art Terapiya Assotsiatsiyasi, 2022).

Turli xil san'at vositalaridan foydalanish orqali bemor uni terapiyaga olib kelgan savollar va muammolarni ifodalashi, qayta ishlashi mumkin. Terapevt va bola sherik bo'lib, badiiy jarayonni birgalikda tushunishga harakat qiladi. Boshqacha qilib aytadigan bo'lsak, art-terapiya tasviriy san'at sohasini (rasm, haykaltaroshlik va badiiy ifodaning boshqa shakllari), ijodiy jarayon va inson rivojlanishi haqidagi bilimlarni psixoterapiya modellari bilan birlashtiradi. Art-terapiya nafaqat san'atga katta iste'dodga ega bo'lgan iqtidorli shaxslar uchun mo'ljallangan, balki maqsadi estetika orqali davolash va muloqot qilish bo'lgan faoliyat hisoblanadi.

Art-terapiyaning maqsadi yakuniy mahsulotlarning estetik jozibadorligini baholash va ba'zi texnika hamda badiiy qobiliyatlarni rivojlantirish emas balki art-terapiya paytida bola yaratadigan mahsulotlar uning rivojlanishi, qobiliyatlari, shaxsiyati, qiziqishlari, tashvishlari va ziddiyatlarini aks ettiradi. Art-terapiyada qo'llaniladigan san'at faoliyati shunchaki qalam bilan chizish yoki haykal yasash, jismoniy harakatni o'z ichiga oladi hamda boy hissiy tajribani beradi. Ijodiy jarayon kayfiyatni o'zgartirish va dam olishni keltirib chiqarish orqali stressni engillashtirishi mumkin. Ko'pchilik art-terapiyani o'yin shakli sifatida ko'rishiga va shuning uchun bolalarni davolash uchun eng mos kelishiga qaramay, terapiyaning ushbu shakli juftliklar, kattalar, oilalar va barcha yoshdagi guruhlarda ham qo'llaniladi.

Art-terapiya jarohat olgan bolalar (urush, zo'ravonlik, tabiiy ofatlar paytida), bolalar va sog'lig'i yomon odamlar (masalan, o'smalar, astma tufayli) uchun samarali davolashdir. Bunga misol depressiya va shunga o'xshash holatlar bilan og'rikan shaxslar. Art-terapiya badiiy vositadan asosiy aloqa vositasi sifatida foydalanadi va musiqa, san'at, harakat terapiyasi, drama terapiyasi, oilaviy terapiya va boshqalarning ko'plab ijodiy usullarini birlashtiradi. San'at ta'lim va ijtimoiy rivojlanishni rag'batlantiradigan va engillashtiradigan faoliyat orqali o'rganish imkonini beradi. Art-terapiya maxsus ta'limga muhtoj bolalarda ko'proq ijodkorlik va o'z-o'zini anglash imkonini beradi. Art-terapiya ko'pincha maxsus ta'limga ishora qilinadi hamda

bolaning ma'lum bir sharoitda engish va muvaffaqiyatga erishishiga imkon berish uchun maxsus ta'lim xizmatlari uchun asl modifikatorni qamrab oladi. Art-terapiyaga mos keladigan nogironlar ko'pincha i quyidagilarni o'z ichiga oladi: o'rganishdagi nuqsonlar, autizm, xulq-atvor muammolari, autizm spektridagi boshqa kasalliklar, DEHB, hissiy bezovtalik.

Yana bir model Gestalt art-terapiya modelidir. "Gestalt" atamasi alohida qismlarning oddiy yig'indisini emas, balki butun shakl yoki konfiguratsiyani anglatadi. Ushbu modelning maqsadi bolaning his-tuyg'ulari va fikrlarini o'rganish yo'nalishi bo'yicha foydalanuvchi hamda terapevt o'rtasida halol, mas'uliyatli, haqiqiy va to'g'ridan-to'g'ri muloqot usulini rag'batlantirishdir. Boladan sensorimotorni to'liq faollashtirish talab qilinadi. Bu 10 muammoni aniqlash va tushuntirishga olib keladi deb o'yladi. Bu faol, qobiliyatli va o'z salohiyatini amalga oshirish uchun fidoyi bolalar uchun mo'ljallangan. Mashg'ulotlar odatda o'z-o'zini boshqarish va o'z-o'zini rag'batlantirish asosida tashkil etiladi. Terapevt amalga oshirishga yordam beradi va davolash maqsadlariga erishish hamda o'zini o'zi baholash uchun javobgardir. Gestalt-terapevtlarning fikriga ko'ra, odamlar o'zlarining shaxsiy rivojlanish jarayoni va sog'lig'ining agenti bo'lishlari mumkin. Ular o'z bilimlaridan foydalanuvchi san'atini sharhlash uchun emas, balki foydalanuvchi boshlagan jarayonni osonlashtirish va rag'batlantirish uchun, ba'zan esa ichki dinamikani o'rganish uchun misollar yoki tajribalar taqdim etadilar. Shuningdek, gestalt terapiyasi tarafdorlari odamlarda ijodkorlik tug'ma ravishda hayot jarayoni bilan bog'liq deb hisoblashadi.

XULOSA

O'tmish, ongsizlik va ziddiyatlarga asoslangan boshqa yondashuvlardan farqli o'laroq, gumanistik yondashuv hozirgi zamondagi shaxsga asoslanadi. Gumanistik yondashuvdagi modellardan biri bolaga yo'naltirilgan model bo'lib, u bolani terapevt tomonidan shartsiz ijobiy qo'llab-quvvatlashga asoslangan. Markazlash modelining asosiy maqsadi odamlarga ko'proq avtonom, o'z-o'zidan va ishonchli bo'lishga yordam berishdir. Odamlarga muammolarning sabablarini o'zlarida topish va ularni hal qilish hamda yengish uchun yordam beriladi.

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