

## THE ROLE OF MEMORY EXERCISES IN THE TEACHING OF THE UZBEK LANGUAGE AND LITERATURE IN SCHOOLS

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A B S T R A C T	K E Y W O R D S
In the article, information about memory strengthening exercises in the subject of native language and literature is widely covered. Recommendations are given on how to solve memory problems. Several methods have been identified to strengthen students' memory.	memory, memory problems, memory function, memory decline, memory training.

### INTRODUCTION

Memory is one of the most important functions of the human nervous system. Memory consolidation is a question that interests many people. In its violation, a person feels discomfort throughout his life, and this leads to serious neuroses and depression. If memory impairment persists for a long time, it can deprive a person of the ability to work and lead to disability. In many cases, the elderly cannot perform even simple tasks during their lifetime due to memory loss. Memory loss due to aging is usually not reversible, but problems seen in youth can be corrected.

Even children have memory problems. Such problems should not be ignored, because a person's future life skills are closely related to memory. Due to poor memory, children fall behind in studies, do not want to go to educational institutions, the child becomes nervous, angry and tearful. If the problem is neglected, it will be difficult to develop memory, so it is necessary to take measures in time.

Currently, drug therapy and folk medicine can be used to improve memory. If memory loss is severe, it is recommended to consult a doctor.

### MEMORY FAILURE: WHY DOES IT DECLINE?

The mechanism of human memory function is very impressive, it can be broken due to many reasons. According to doctors, memory loss can be caused by the following factors:

- Physical and mental stress.
- Too much mental work, exhaustion.
- Chronic insomnia.
- Chronic stress.
- Experiencing severe stress.
- Smoking tobacco products.
- Abuse of alcoholic beverages.
- Taking drugs.
- Age-related changes in the brain.
- Insult.
- Skull injuries (open and closed).

- Thyroid diseases.
- Vascular disease.
- Blood circulation disorders in the brain due to heart disease.
- Taking some medications.

In many cases, when children start school or move to a higher grade, they notice a decline in memory, which is explained by the strain on the child's brain. In such a situation, it is necessary for parents to pay attention to their children, not to burn them.

Symptoms of memory loss

Not all cases of memory loss require treatment. An indication for medical treatment and folk medicine is that memory does not recover in a short period of time.

For example:

Desire to remember something, but not being able to remember it;

Constant forgetting;

Such as the loss of the ability to remember large amounts of information.

There are exercises that can be done at work and are suitable for people of all ages to improve and strengthen memory.

One effective exercise is memorizing pictures. To carry out this exercise, you need to take some interesting picture, in which there should be 10 to 15 objects, animals, etc. Look carefully at this picture for 60 seconds and try to remember what is there. After 60 seconds, close the picture and say or write down what you remember. If you do this exercise with children as a game, the child's mood will also improve. It is better if you practice with 2-3 different pictures, not just one picture.

Counting is a good exercise to strengthen memory. This is an efficient way to count numbers from 100 to 1 or 20 to 1 in parallel. For example: 1, 20, 2, 19, 3, 18, etc. Repeat this exercise every day and increase it by 10 and reach 100. It is more effective if you do the exercise before going to sleep. If a person knows the pronunciation of numbers in other languages, counting numbers in his own language and in another language in parallel helps to restore memory faster.

One of the useful ways to improve memory is to do the "sloppy" hand exercise. Right-handed people need more use of the right hand, and left-handed people need more use. With this exercise, the brain works better and memory recovery is improved. Because our movement system is controlled by our left hemisphere, if we move our left hand to make our right hemisphere work better, we will use both our right and left hemispheres, as a result, the information given by the teachers will remain in the child's memory better.

As a memory exercise, finding and focusing on two identical letters while reading also makes the brain work. Give a detailed description of an object or room you are familiar with, and list the objects in it one by one. It also helps to make memory stronger by using different parts of the brain.

One of the useful ways to improve memory is "Find the place of connection". is a method, in which objects from 1 to 15 are numbered and the task is given: - find what connects them.

1. Sun 2. Eye 3. Lamp 4. Chair 5. Star 6. Lock 7. Ax 8. Hourglass 9. Baby 10. Finger 11. November 12. Moon 13. Misfortune 14. Fog 15. Light and Darkness she is.

The better the student's memory, the better the information given by the teachers will be remembered. When memorizing a poem, first teach the student how to memorize a poem, and then ask him: - Have you memorized a poem? - should be asked.

For example: V N V N  
V M V Q  
R I B S  
J A V

In this method, four lines of poems are recited three times by the teacher, and the initial letters of the words are written on the board.

What is homeland, What is homeland?

Love for the country, love for the country.

Don't wander in search of pleasure. Paradise

Then three of the students are asked, as a result, 30 students memorize four lines of poetry in 5 minutes.

Our next method is to explain the poem through actions.

For example: Motherland, from your rolling soil, from your cool leaves, "I saw the Motherland in the river's sky", - that

Your tributaries from the peak

The magical land that

Allah has looked at,

You have geniuses that shake the world. from your shores.

By explaining this poem with actions, it will be easy for the students to remember.

When memorizing a poem by drawing a picture according to the content of the poem, i.e. "Scribing" method also has the essence of memory development. In this case, the words in each line of the poem are drawn. For example: In front of my window, a bush of apricots blossomed white. The drawing is well preserved in the eyes of children.

Another convenient method in the field of Uzbek language and literature is the "Orchestra" method. Everyone recites the memorized poem and everyone memorizes it.

One of the effective methods in lessons is the "Writing" method. The lion is given to memorize for 5 minutes, he writes over and over the words that are difficult to memorize, thus the words that are difficult to memorize are good will remember.

These methods are easy to memorize and remember helps to stay well. If we talk about works We can rename the work so that it will be remembered by the students.

Then talk about the idea of the work in general and listen to their opinions. The more opinions are expressed, the easier it will be for students to remember.

At the end, discuss the negative and positive characters in the play.

The better our memory is, the more information we learn will be remembered and the more information will be transmitted to our future generations.

## List of Used Literature:

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