

BIBLIOTHERAPY METHOD OF PERSONAL SOCIALIZATION OF STUDENTS THROUGH THE LIBRARY

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ABSTRACT

This article examines the history of book reading, the bibliotherapeutic method of personal socialization of students through reading, the influence of bibliotherapy on personality, treatment with art therapy, reading books, the positive aspects of reading activity, the opinions of world scientists about bibliotherapy, as well as information about their work, the information provided.

INTRODUCTION

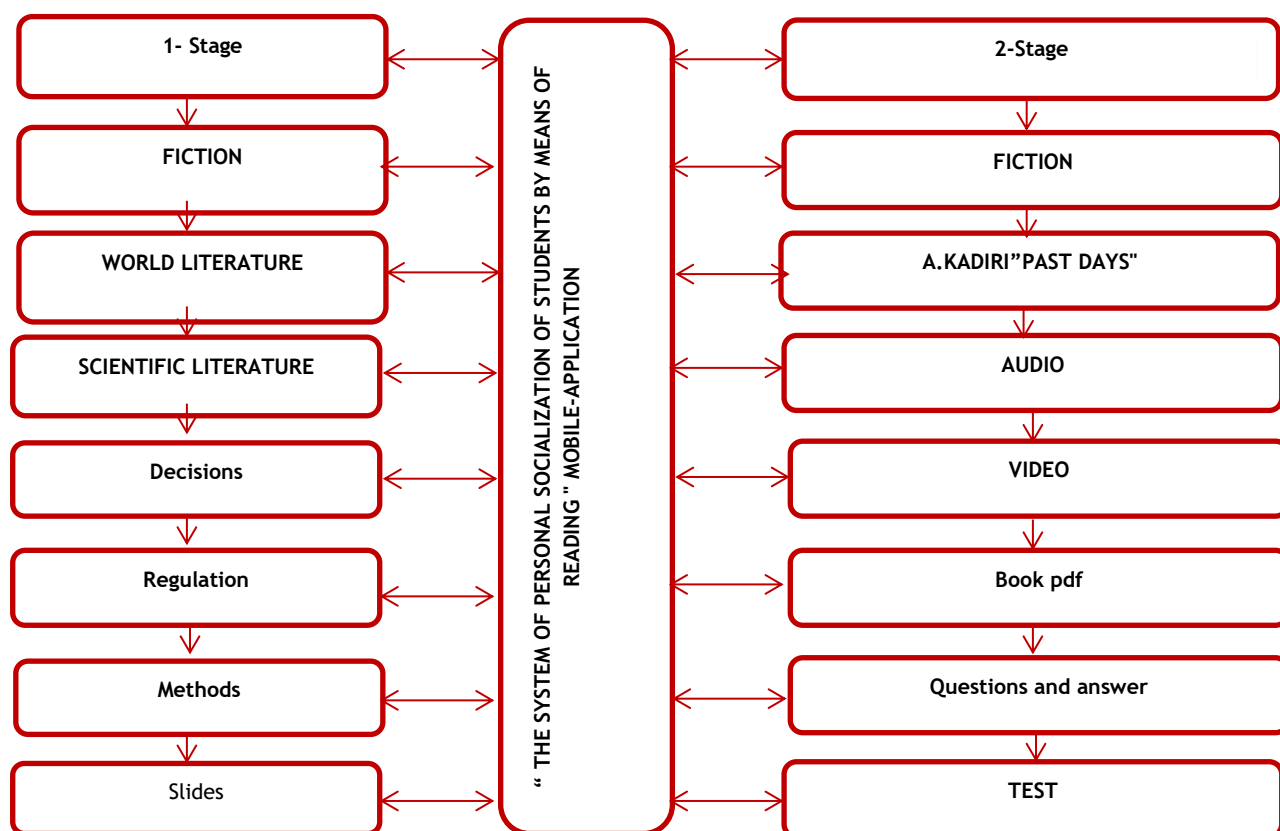
The preparation of a book involves a large process related to its distribution, preservation, description and study. The task of the publisher is to choose from the works of science, literature, art for reproduction and distribution in the printing house, approach them from a scientific and artistic point of view, edit, decorate art, determine the execution of the printing and prepare them for publication. Many book release-book printing work is carried out in the printing industry. Collecting, storing books, campaigning among readers, creating favorable conditions for the use of them by readers look at the work of the library. It is a bibliographic task to inform and promote readers with a specific purpose about books and other printed works and hakozo. MAIN PART The history of the appearance of the book is inextricably linked with the process of creation and formation of writing. In ancient Egypt, Rome, Greece, and Central Asia, people wrote and expressed their opinions on materials such as Stone, palm tree leaves, pottery. Each book consisted of a dozen plates made of such materials, weighing several kg. With the use of the papyrus plant as writing material (in the 4th-3rd millennium BC), Scrolls appeared. Such books had an average length of around 10 M and were wrapped in thin, rounded sticks and stored in special leather or wooden sheaths. Many rare works in the Eastern countries, Ancient Rome and Greece are attributed to papyrus. By the 2nd century BC the use of parchment (skin) as a book material was an extensive painting. Initially, such a book was stored without a scroll. From the 2nd to 4th centuries, in Ancient Rome, like the leaflets of

current books, a codex appeared, folded, sewn and attached, with covers. They were written first on papyrus and then on parchment. Such books were heavy and besooke. From the 6th century, books of the present appearance appeared on the basis of the Codex form. One of the rare books made of leather is the Mus'hafi Uthman Quran. This copy of the Quran Karim was written in a Kufic letter from 644 to 656 by the scribes of our Prophet sollallohu alayhi vasallam, Zayd ibn Soti, Amir ibn Oss and Hishom ibn Hakim, at the direction of Caliph Uthman roziyallohu anhu. A total of 353 sheets, with a volume of 68x53x22 CM, this manuscript book was brought to Samarkand by Amir Temur. It is housed in the library of the Muslim authority of Uzbekistan. The discovery of the paper opened a new era in the history of the book. According to some accounts, as early as the 650s there were paperbacks in Samarkand. In Europe from the 13th century, paper became the main writing material. The paper opened up a new opportunity for the book to proliferate and spread. Particular importance was attached to the decoration of the book. Various miniatures began to be worked on its pages, decorations on its borders. Gradually, professions such as calligraphy, cover art were separated. Especially in the Middle Ages in Central Asia, the art of calligraphy developed widely. Many generations of famous calligraphers have perfected the method of book preparation - the technique of moving materials, ink, letters. Book work involves a large process involving the preparation, distribution, preservation, description, and study of a book. The task of the publisher is to choose from the works of science, literature, art for reproduction and

distribution in the printing house, approach them from a scientific and artistic point of view, edit, decorate art, determine the execution of the printing and prepare them for publication. Many book release-book printing work is carried out in the printing industry. Collecting, storing books, campaigning among readers, creating favorable conditions for the use of them by readers look at the work of the library. It is a bibliographic task to inform and campaign for readers with a specific purpose about books and other printed works, etc. President Of The Republic Of Uzbekistan Sh.M.Mirziyoyev's comprehensive program of measures to develop the system of publication and distribution of Book products, increase and promote the culture of book reading and reading on September 13, 2017 in the implementation of the tasks set out in the decision of PQ-3271 "in the right direction, the place of bibliotherapy cannot be compared with anything. Bibliotherapy means a psychotherapeutic effect on a person by reading specially selected books [2; p.128.]. Literature gives a person the opportunity to provide psychological self-help in various complex situations. This possibility is seen by the writer of the work on the example of the life of heroes. The reader receives the necessary conclusions, khayotiy signs, analysis of events during the reading of the work. The spiritual influence of bibliotherapy, the possibilities of literary reading in the pedagogical process, a passion for the pedagogical foundations of bibliotherapeutic methods prompted us to conduct scientific research in this direction. The style of bibliotherapy embodies in itself a complex addition of book Science, Psychology, Psychotherapy, psychocorrection. Bibliotherapy-is aimed at normalizing or optimizing the state of mind, giving the client a special direction, acting as a guiding influence and teaching specially selected literature. In the process of bibliotherapy, the client records the student's diary. Analysis of diary entries often reveals the process of subjective acceptance of a work of fiction, which can be used to assess and attribute active unilateral activity to an acceptable and effective correction process. Several stages of bibliotherapy style can be seen: 1. Self - preparation of the psychocorrector. It includes the preparation of his own personal bibliotherapeutic receptor, that is, a list of literature and acquaintance with books with a special corrective point of view. At the beginning, several genres are obtained with 2-3 names. At the beginning, this will help the bibliotherapist focus on the relevant texts. To do this, it is necessary to increase the number of books in libraries in order to create an easy topsh opportunity from the library, since the client does not have the book he is looking for. In addition, allowing the client to make marks on the edges of book pages makes it easier for the client to make a diagnosis. 2. Knowing the possibilities of bibliotherapy and its genres. In the next conversation with the client, he is asked a number of questions. For example "say the names of 5 books you like", " Which books make the most impression on your life? Why?", "Which ones affect you the most?", "Which authors are more like you?", "Which works ' characters are more like you?". 3. Making a list. At the next stage, a list of literature is compiled: large and small lists. Although the style of bibliotherapy is used as an additional style,

the presence of such lists provides an opportunity to direct other styles of influence.

4. Development of a reading system. The amount of books, priorities and genres are determined. A.M.Miller believes that three principles must be taken into account when a client is recommended a book for the purpose of bibliotherapy [2; p.128].: - intelligibility of the work being described (degree of book Complexity); - the fact that the hero in the book is suitable (understandable) for the client; - maximum similarity of the content status of the book to the current state of the client. In the process of bibliotherapy, the client records the student's diary. Analysis of diary entries often reveals the process of subjective acceptance of a work of fiction, which can be used to assess and attribute active unilateral activity to an acceptable and effective correction process. While bibliotherapy is used as the main method, reading is carried out in a certain sequence, subject, the readouts are analyzed. More attention and attention will be paid to biographical, worldviews and special literature. Bibliotherapy can be used as an auxiliary technique it performs a narrow-focus task, performing a smaller task at correctional events: child and parent relationships and emotional stress in it to eliminate States. The achievement of bibliotherapy is in the variety and wealth of means of influence; the force of impact, the duration of the limb,the repulsion, the intimation, etc.k. Everything about bibliotherapy: treatment with a book, a tool available to everyone. Bibliotherapy is a psychotherapeutic method that uses literature as a form of Correction of the patient's mental state. Treat using this book. The patient associates himself with the hero of the work and the situations that he himself faced. All the feelings and experiences of the hero become the personal experience of the patient. Thus, unresolved conflicts and problems are identified, the patient becomes aware of their causes, finds solutions. The main advantage of bibliotherapy is the absence of intrusive instructions, there is only a general meaning, and each reader receives what he needs. Bibliotherapy methods [5; 224-229 P.]: As a correction method, it covers the following characteristics in itself: in it, the absence of attention to any mental processes and the focus on correcting the client's life situation, but not deeply interfering with the psyche, is considered the method indicated for people with mild disorders and complaints based on superficial and gentle actions. Its purpose is to complement the lack of scenarios of the patient's own images and behavior. It applies to patients who have no ideas about life situations, low self-esteem and disturbing thoughts. Preference is given to a light work in the entertainment genre. During the period of conducting the study, the focus was on studying the importance of improving the methodological system of personal interaction of students by the means of reading in the organization of Independent Education, and the mobile application "system of personal socialization of students by means of reading" was introduced. It consists of two stages in Stage 1: nonfiction; world dababiyot; scientific literature; decisions; statutes; methods.Stage 2: fiction; n.m. A.Kadiri's work "past days"; Audio; Video; Book pdf; consists of a Q & A and a test :



3.2- Table. Personal system of education of students by means of reading (mobile-application)

During the classes, attention was paid to the non-traditional, innovative and interactive nature of teaching. Below is revealed the essence of an innovative and interactive approach to mastering artistic texts in the lessons of "literature". As a form of approach to bibliotherapy in improving the methodological system of socialization of students in the means of Reading - keeping diaries or writing their own works, it can be a story, short story, essay, versification, letters, Autobiography of a fictional character, playwriting, play, detective, etc. According to a number of researchers at Ushu bibliotherapy, they propose to consider studies that show a very high percentage of students with anxiety disorder symptoms, while noting the potential for effects on depression in youth. Including: 120 of 1-4 year students were found to be 36% freshmen in the results of the initial symptom Test, 50% in fourth year students [3; 4-19-p.].

RESULTS AND DISCUSSION

Based on ancient sources - the history of the emergence of bibliotherapy dates back to the era of Ancient Egypt. In Medieval Europe, doctors used books as medicines for the soul. However, bibliotherapy received the status of a science only at the beginning of the 20th century. The term was first coined in 1916 by American psychologist S.M. Mentioned by Crothers. The first practical steps in this direction in Russia were taken only in 1927 at the Institute of Psycho-Neurology in Kharkiv. At the same time, the main effect of the technique was felt - the patient's recognition of his problem and the search for a solution using examples from books. E.A. Pashkina, T.V. Kalinina believes that "a favorable process is created in the method of bibliotherapy, personal problems are eliminated through literature analysis, specially selected artistic, publicistic or philosophical literature is chosen to interest and enable students " [6; 90-98-b.]. In bibliotherapy, there is an effect on the optimization and normalization of mental state, on the biological, physiological processes of the body. A.A. Osipova believes that bibliotherapy has a corrective effect on a person through specially selected literature [4; p.343]. E.A. According to pashkina and T.V. Kalinina,

when working with a chosen (there is a complaint) person, emphasizes the following: respect for him, the formation of the process of comfort that he receives; collecting information from the scientific literature on the problem; it will be necessary to use specially selected artistic, publicistic or philosophical literature. Also from the writers F.M. Dostoevsky's autobiographical work "The Writer's diary" and L.N. Tolstoy's "Confession", A.P. Chekhov's famous works, such as "hats" (Pashkina, Kalinina, 2017), are considered methodological options for bibliotherapy. E.I. Blauvyelt described the results of experimental activities regarding bibliotherapy in the course of education as follows: during bibliotherapy, readers were told by Honore de Balzac's "Gobsek" (excerpts), J. Orwell's "Animal Farm" (excerpts), J. Salinger's "catcher in the Rye" (excerpts), G.X. Andersen's "Rice girl", F.M. Dostoevsky's "poor people" (excerpts), I.A. Goncharov's "Oblomov", N.A. Nekrasov's "thoughts at the door" was submitted for reading. According to the results of the experiment aimed at the bibliotherapy method of personal implementation of students in this reading tool, negative specifics were identified in the socialization of respondents and the formation work was carried out on their re-socialization during the process. Conclusion The theory of bibliotherapy is widespread in domestic and foreign literature, with most research scholars reporting that bibliotherapy is a successful method for promoting socialization in youth education, and that the use of its various forms gives a positive result. Empirical studies confirm that bibliotherapy gives good results when working with the emotional sphere of an individual. According to researchers, bibliotherapy is a treatment of the psyche along with the book, and even in Ancient Egypt, it was considered an emerging direction. In the library of Ramesses II, the inscription "medicine for the soul" was found, and today it is the existence of many empirical studies confirming that this is bibliotherapy. In domestic and foreign literature, the theory of bibliotherapy is widespread and has conducted experiments on the successful method of giving good results in working with the emotional sphere of the individual. Bibliotherapy requires active management of specialists, and the book presented in practice

proved expedient to work with a list of literature that is compatible, corresponds to its problems, is proportional to its personal self-esteem, realizes difficulties, is able to understand the cause, essence of problems.

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