

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

<http://mentaljournal-jspu.uz/index.php/mesmj/index>



THE ROLE AND IMPORTANCE OF THE PRINCIPLE OF CONTINUITY IN IMPROVING THE SPEED ABILITY OF 12-14-YEAR-OLD HEARING AND SPEECH IMPAIRED CHILDREN

Rukhsora O. Khursanova

Lecturer

"Oriental" University

Tashkent, Uzbekistan

E-mail: Xruxsora9@gmail.com

ABOUT ARTICLE

Key words: Continuity, speed, children with hearing and speech impairments, improvement, moderation, sports, exercises, physical abilities. principle of continuity, speed ability, coded continuous exercise, experience, pedagogical research, Physical fitness level, running, jumping, Control group

Received: 04.01.24

Accepted: 06.01.24

Published: 08.01.24

Abstract: The purpose of this article is to determine the role and importance of the principle of continuity in improving the abilities of 12-14-year-old hearing and speech-impaired children. Various literatures of many scientists about speed capability, continuity principle, their development and application are analyzed. In this process, in order to determine the physical fitness of children, tests were conducted in the direction of 30-meter run, 60-meter run, rope jump and 3x10 cross-country running. Mathematical and statistical calculations were made based on the table to determine the children's speed. the results obtained in the control and experimental groups at the beginning of the experiment and at the end of the experiment were compared. In the process of teaching the children, the control group was given trainings specified in the program. specially designed coded exercises were used for the experimental group. during training, their speed was increased by giving special coded exercises as an addition.

INTRODUCTION

Recent years, great attention has been paid to the development of physical education and mass sports, as well as to the development of Paralympic sports. One of the most urgent problems of the present day is to educate the growing young generation in an all-round way, to maintain and strengthen their physical health, to prepare them for the defense of the homeland and work.

In accordance with the decision of the President of the Republic of Uzbekistan No. PQ-3031 dated June 3, 2017, the decisions on measures to further develop physical education and mass sports in the Republic of Uzbekistan are the basis for the further development of mass sports in our country. The growth of achievements in sports always requires a new level of development of physical abilities from the athlete. If the development of abilities begins at school age, it will be easier to achieve high results in the future. Determining children's physical fitness is an important step in strengthening their health and developing their physical qualities.

Decree of the President of the Republic of Uzbekistan No. PF-5114 of May 18, 2021 "On additional measures to develop the Paralympic movement", No. PF-5279 of November 5, 2021 "Through radical improvement of the sports education system on measures to further increase the quality of the formation of the reserve of athletes in Olympic and Paralympic sports" and No. PF-5281 of November 05, 2021 "XXXIII Summer Olympics to be held in Paris (France) in 2024 and Decrees on comprehensive training of Uzbekistani athletes for the XVII Paralympic Games, Cabinet of Ministers of the Republic of Uzbekistan No. VMQ-599 of October 14, 2022 "Paralympic sports under the National Paralympic Committee of Uzbekistan on measures to organize the activities of the Institute for the Training of Specialists" of November 3, 2022 No. PQ-414 "On measures to further improve the system of training values and scientific research in the field of physical education and sports This dissertation research serves to a certain extent in the implementation of the tasks defined in the Decision and a number of regulatory and legal documents in the field of popularization of adaptive physical education and paralympic sports.

LITERATURE ANALYSIS AND METHODOLOGY.

The results of the literature study show that children with hearing and speech impairments can be involved in physical education activities and strengthen their health, using effective methods to select and direct talented young people to sports. Scientific research aimed at solving modern problems of physical culture and education is being carried out in depth. Also, teaching methodical manuals in this field are very rare.

Scientific research on the problems of preparing people with sensory system defects for sports in the world's leading research centers and higher educational institutions, in particular: Russian State University of Physical Education, Sports, Youth and Tourism [Russian Federation, Moscow], Best practices at University of Porto [Republic of Portugal.], Royal National College of the Blind [USA], University of São Paulo [Brazil, South America], University of Adaptive Sports Santa Catarina [Brazil], JOHN University [Great Britain.] is being conducted.

The ability to speed is a functional set of human characteristics that confirm the performance of actions in the conditions of a minimum time interval. says Goncharova O.V.

Bobomurodov A.E. is one of our Uzbek language authors. "Physical education, sports theory and methodology" (general description of physical qualities). In the textbook, the quality of speed is defined as a set of morphological and functional characteristics of a person, which ensures the performance of actions in the minimum time under the given conditions.

Also, one of our authors, R.S. Salomov, expressed his opinion about speed ability in "Physical Education Theory and Methodology". He stated in his textbook. Speed is also important physical quality.

Speed is the minimum time a person spends in certain conditions

is the ability to perform movement activities with The main forms of speed manifestation are as follows:

- 1) latent (hidden) time of the driving sensation;
- 2) the speed of certain movements (when the external resistance is small);
- 3) speed of actions.

The forms of manifestation of speed are relative to each other not related. This is especially the speed of movement reaction refers to time indicators that are often not related to their indicators. Of the three forms shown. All my cases of rapidity of coming together defines. Movements performed at maximum speed are physiological according to their characteristics, they differ from slower movements. The most important difference between them is that it is a movement o sensor connections during execution at maximum speed formation becomes difficult: the reflector carries the arc pulse can't make it. There is enough traffic when the speed is too high This explains the difficulty of doing it accurately.

About the principle of continuity from our authors R.S. Salomov in his textbook "Theory and Methodology of Physical Education" says: "The essence of the principle of continuity in physical education is the sequence of doing physical exercises. Consistency is the most important condition of the process of training and physical education. The implementation of this rule in the process of physical education is determined by didactic rules, i.e. "from easy to difficult", "from simple to complex", "from mastered to unmastered", "from knowledge to skills" Their correct implementation ensures the success of physical education in solving educational tasks."

In the literature of many scientists of our country, work on the problems of this topic has been carried out. Among these, the following literature can be mentioned. Sobirova L.B. "Methodological foundations of training blind and visually impaired persons for goalball sports", V.B.Aripova, M.Kh.Mirjamolov on issues of speeding up the socialization of sports training for disabled and disabled persons in life activities, sports training in a certain type of disability E.A. Orinboev, N.K. Svetlichnaya, F.M. Murodov on the theory of adaptation to training, SH.A. Abdiev, Z.Kh. Palibaeva

and other experts on recording high results in paralympic sports have conducted various conceptual researches in the field.

L.V. on the important problems of training in paralympic sports and preparing athletes for major international competitions in the Commonwealth of Independent States. Matveev, O.M. Shelkov, S.P. Evseev, A.K. on psychological control and assessment of para-athletes. Drozdovsky, K.G. Korotkov, R.M. Scientific research works were carried out by M.D. Tuzlukova, Boevsky, and A.A. Baryayev, on the rehabilitation of visually impaired goalball players.

The purpose of the study. Determining the role and importance of the principle of continuity in improving the ability of 12-14-year-old hearing and speech-impaired children.

Research objectives: application of the principle of continuity in physical training of 12-14-year-old hearing and speech-impaired children and determining its effect on speed.

Research methods are scientific methodological literature analysis, pedagogical observation, mathematical statistical methods.

Organization of research.

To determine the effectiveness of the principle of continuity in the training process of 12-14-year-old hearing and speech-impaired children;

Control and analysis of the level of development of the speed ability of 12-14-year-old children with hearing and speech impairment;

During the work, the following tasks were solved:

1. Determining the level of development of the speed ability of 12-14-year-old children with hearing and speech impairment.
2. Development of a set of coded continuous exercises to use continuity in the training process.
3. To substantiate the positive effect of the set of coded continuous exercises in improving the quickness of 12-14-year-old hearing and speech-impaired children through experience.

The following research methods were used to solve the tasks set for the implementation of the ongoing research work. Summarizing and analyzing materials published in literature and periodicals; pedagogical observation; Pedagogical tests; pedagogical research; mathematical and statistical methods.

The research was conducted among 12-14-year-old students of special education boarding school No. 102 of Almazor district of Tashkent city. 24 12-year-old children participated in the research, 12 of them were selected for control and 12 for experimental groups. Before the study and after the study, the following control tests were selected, which are available in sports tests "Level of physical fitness" for children.

1. 30 m run.
2. 60 m run.
3. 3x10 maximal running.
4. Jumping rope.

The program topics specified for the control group were conducted. For the experimental group, a set of coded exercises developed by us was given in every lesson.

RESULTS AND DISCUSSION

Pedagogical experience tests conducted in experimental and control groups at the beginning of the study

Table 1

№	Control test exercises	Control group		Experimental group		t _{sr}	R
		σ	V%	σ	V%		
1	30 m run	6,12	0,96	6,51	1,41	1,36	>0,05
2	60 m run	11,14	0,72	11,43	1,01	1,39	>0,05
3	3x10 maximal running.	9,07	0,37	9,23	0,51	1,53	>0,05
4	Jumping rope.	35,17	15,34	30,08	17,20	1,30	>0,05

At the end of the study, pedagogical experience tests were conducted in experimental and control groups

Table 2

t№	Control test exercises	Control group		Experimental group		t _{sr}	R
		σ	V%	σ	V%		
1	30 m run	6,05	0,99	5,55	1,08	2,02	<0,05
2	60 m run	11,04	1,62	10,16	1,96	2,04	<0,05
3	3x10 maximal running.	9,09	1,14	8,45	1,26	2,22	<0,05
4	Jumping rope.	37,67	9,46	46,50	8,24	4,17	<0,001

The analysis of the literature and the generalization of the advanced practical experience showed that until now, the principle of continuity has not been used to improve the speed ability of 12-14-year-old children with hearing and speech disabilities, and the methodology of using new modern pedagogical technologies has not been sufficiently scientifically substantiated.

In the study, the test standards for determining the speed and agility skills were determined. In order to compare the results of the research, control tests were included, the average result, the variation of the result, the T-student criterion and the R (P)-reliability level were determined based on these results.

At the beginning of the study, the results of control and experimental groups showed almost the same indicators. The results of the control group were significantly better than those of the experimental group. After the study, the results of the experimental group improved and showed a higher result than the control group. The best result was jumping rope in 1 minute. There was an increase in results in both the control group and the experimental group. Each child's jumping rope result has increased significantly. It was also seen that the result of the control group went backwards and not forwards in the 3x10 meter running test.

CONCLUSIONS

During the study of scientific-methodological literature, it was found that the ability of speed has been studied by many authors, as well as that the ability of speed can be developed in different young people and athletes through many methods, and the information about their means and methods is sufficient. The importance of applying the principle of continuity in practice is mentioned by many scientists in their textbooks and training manuals. Coaches also used the principle of continuity as the most effective way to train athletes in the training process. But the training process of children with hearing and speech impairment is very complicated. First of all, it is the most important thing to draw their attention. Therefore, it is possible to ensure the continuity of the training process based on explaining the sequence of exercises to them. Considering children's hearing loss, we found it preferable to use a set of defined and clearly coded exercises for their continuous and speed exercises. These coded exercises were mainly performed using the hand pointing method. At the beginning of the study, the results were not satisfactory. After the research, the indicators showed a good result. We found the use of a set of coded exercises for the training process of such children with disabilities to be an effective method and we recommend using it in practice.

REFERENCES

1. Sobirova L.B “ko`zi ojiz va zaif ko`ruvchi shaxslarni golbol sport turiga tayyorlashning metodologik asoslari” diss.. Chirchiq -2023
2. Bobomurodov A.E. “Jismoniy tarbiya, sport nazariyasi va uslubiyati” (Jismoniy sifatlarning umumiy tavsifi).O‘quv qo‘llanma.T.,-2020 yil. 157 b.
3. Гончарова О.В. «Ёш спортчиларнинг жисмоний қобилиятларини ривожлантириш». Ўқув қўлланма. Т.,-2005 й. 176 б.
4. Salamov R.S. “Jismoniy tarbiya nazariyasi va uslubiyati”. Darslik. 1 jild. T.,-2015 y.
5. O‘zbekiston Respublikasi Prezidentining PF-5368-sonli “Jismoniy tarbiya va sport sohasida davlat boshqaruvi tizimini tubdan takomillashtirish chora-tadbirlari to‘g‘risida”gi Farmoni. 2018-yil 5-mart.

6. O‘zbekiston Respublikasi Prezidentining PF-5924 sonli “O‘zbekiston Respublikasida jismoniy tarbiya va sportni takomillashtirish va ommalashtirish chora-tadbirlari to‘g‘risida”gi Farmoni. 2020 yil 24 yanvar.

7. O‘zbekiston Respublikasi Prezidentining PQ-5281-sonli “2024 yil Parij shahrida (Fransiya) bo‘lib o‘tadigan XXXIII yozgi Olimpiya va XVII Paralimpiya o‘yinlariga O‘zbekiston sportchilarini kompleks tayyorlash to‘g‘risida”gi Qarori. 2021 yil 5 noyabr.

8. Ishtayev, J. M., & Gapparov, Z. (2022). Development of explosive ability in schoolchildren (on the example of 10-11 grades). *Eurasian Journal of Law, Finance and Applied Sciences*, 2(2), 56-59.

9. Ishtayev, J. M. (2020). Explosive activity school performance by age indicators. *European Journal of Research and Reflection in Educational Sciences*, 8(8).

10. Ishtayev, J. M., Abdullayev, B. B., Xasanova, N. R., & Toshpo‘Latov, A. A. (2022). Effectiveness of the new developed sports and health program in sports gymnastics in the preparation of 3-7 year old boys. *Central Asian Research Journal for Interdisciplinary Studies (CARJIS)*, 2(3), 94-99.

11. Gapparov, Z., & Ishtaev, J. DEVELOPMENT OF EXPLOSIVE PSYCHOMOTOR AND PERSONAL ACTIVITY OF SPORTSMEN.

12. Ishtayev, J. M. (2020). Развитие взрывной способности у юных тяжелоатлетов. *II International Book Edition of the countries of the Commonwealth of Independent States “BEST YOUNG SCIENTIST-2020” г. Нур-Султан, Казахстан*, 28.

13. Abdullayev A., Jismoniy tarbiya nazariyasi va uslubiyati / Darslik. —: 2018, “Ilmiy texnika axboroti-Press nashriyoti”;

14. Abdullaev A. — pedagogika fanlari nomzodi, dotsent; Xonkeldiev Sh.X. — pedagogika fanlari doktori, professor jami 168 bet © O‘zDJTI nashriyot-matbaa bo‘limi, 2005 y.