

## THE ROLE OF NATIONAL METHODS IN THE DETECTION AND PREVENTION OF NERVOUS DISORDERS IN CHILDREN

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### ABSTRACT

In the socialization of preschool children, it is very important that they are healthy from a physiological point of view. After all, physiologically healthy children have a positive attitude towards the environment, social subjects, and otherwise their attitude becomes negative. The positive or negative attitude of children to their natural and social environment is associated with nervous disorders that they experience. The article discusses these phenomena and international methods of their elimination.

**Keywords:** age of preschool education, nervous disorder, definition of nervous disorder, prevention of nervous disorder, measures to prevent nervous disorder.

### INTRODUCTION

Its socialization is important in the development of personality. From a socio-philosophical point of view, it is said that socialization is a process that represents the acquisition of exemplary behavior, psychological mechanisms, social norms and values by a person. That is, "the process of mastering exemplary behavior, psychological mechanisms, social norms and values necessary for the successful development of society" [3, p. 173]. According to A.V. Mudrik, the socialization of a person is considered as "human development and self-transformation in the process of assimilation and acceptance of culture" [1, p. 7]. A.Sh. Sodikova, without denying that the improvement of psychological functions is important in the socialization of a person, draws attention to the fact that in the conditions of globalization, the assimilation of socio-ethical values, norms and rules of behavior, and the enrichment of the worldview take a leading place [3, p. 7-8]. Preschool education organizations, which are the initial and important stage of the continuous education system, occupy a special place in the socialization of children of preschool age. The process of socialization takes place directly on the basis of determining a certain attitude to the environment in children of preschool age. As a result of the external influences shown by the micro and macro environments, a positive or negative attitude towards the environment, social subjects and social relations is formed in them. The content of the positive attitude of caregivers to the environment and social entities reflects the following: a careful approach to nature and the environment, care about preserving nature's blessings, enriching and reproducing them; loving the animal and plant world, an important part of nature, loving and caring about animals, birds and fish, understanding and preserving that plants are a "source of; respect for those around him, including parents, other members of the family, peers, caregivers, etc., follow their instructions, act in difficult situations by receiving advice from them, seek help from adults in situations where it is not possible to independently solve a problem that has arisen in unfamiliar situations for him; tell parents, adult members of the family or caregivers about; during games, it is possible not to part with peers as much as possible, to strive to be with them, to provide assistance to children in need of help; to give up

negative habits (crying, stubbornness, selfishness, boastfulness, senselessness, laughing at peers, ignoring them, etc.), to treat the team with respect. The cases noted indicate that preschool children are effectively prepared for social life, while the commission of negative behavior by them indicates the opposite. In the negative attitudes of caregivers towards nature, the environment and social entities, it is precisely the following that are reflected: harm to nature and the environment, waste the blessings of nature; cruel treatment of animals and plants, annoying them, caring for plants, destroying sprouts; not respecting those around him, including parents, other members of the family, peers, caregivers and others, not giving them affection, doing what he does not have the opportunity and mental potential to do as he knows, and not relying on the help of adults in this, shouting and calling in case of such arbitrary bad consequences; not being affected by the spiritual experiences of those around; the desire to stand out from peers as much as possible during games, do not like to be in solidarity with them, do not provide assistance to children in need of help; possess negative habits (crying, stubbornness, selfishness, boastfulness, senselessness, laughing at peers, ignoring them, etc.). The study of available sources, the organization of series of conversations with parents and caregivers, monitoring the activities of Educators confirmed that their involvement, courtesy, open, sincere, gullible, compassionate, kind, humble, active, generous, generous, tolerant, attentive and good-natured will serve to ensure the effective course of the socialization process. The presence of children of preschool age in their negative attitudes towards nature, the environment, social entities is in many cases associated with nervous disorders that are experienced in them. The main signs of nervous breakdowns are: impulsive (quick) actions; inability to sit still in one place; not to end the game that has begun; not listen to what someone (especially the parent) is saying; stubbornness; decreased attention, lack of understanding; interference in the work of those around them, in the games of other children, interfere with them; often make scandals, torment their; chronic head pain; rapid distraction of thought; alertness. From a medical point of view, when nerve disorders are observed in a person, in most cases, sedative drugs are taken (Phytosedan, Persen, tenoten, Deprim, Afobazol, Herbion, Novopassit, phenibut, pantogam, glycine), however, the use of sedative drugs according to the age nature of children can negatively affect the further development of their organism. Therefore, it is advisable to use various medicinal herbs in this place. During the period of experimental work, the respondentseducators and parents were informed about the methods of eliminating various nervous disorders that are observed in educators. The action in this regard was organized in the form of preparing a booklet and displaying it among the respondents. The following information was reflected in the booklet: 1 glass of boiling water is poured over the spring young leaves of 50 g of the felt Birch, infused for 5- 6 hours, and the leaves are squeezed and strained, drunk from 1/4 cup 30 minutes before meals 3 times a day; a decoction of Barberry (barbaris) bark and root calms the central nervous system, for this it is useful to pour 1 glass of boiling water into 30 g of raw materials and heat over low heat for 15 minutes, consume 0.5 tablespoons 3 times a day; put 0.5 cups of red beet juice in a cool place for 3 hours, adding the same amount; when the child is afraid, it is advisable to keep the boznoch (Bessmertnik) plant burned; mint tincture calms the nerves, to prepare the tincture, it is necessary to brew 0.5 tablespoons of mint in 0.5 cups of boiling water for 40 minutes, then drink 0.5 cups of warm tincture slowly, sipping; in case of nervous breakdowns, take 250 g of sugar and the same amount of honey,; A

walnut Leaf is boiled in 300 g of water, with which a patient with a nervous disease is healed if washed or applied to his body; dripping beet root water into the nose by mixing it with honey, there will be healing for head and nerve disease; eating ginger helps to keep the nerve strong; eating a fresh vine variety is a So, when socializing preschool children, it is important that they do not have nervous disorders. After all, nervous breakdown leads to the manifestation of negative habits in their behavior. There are folk ways to identify and prevent nerve damage in children. Their targeted use ensures effective socialization of children. Contracts, which are considered a specific type of legal facts, occupy an important place in the emergence, change and termination of civil legal relations. As a result of the analysis carried out, the article will develop proposals for improving the legislation on the legal regulation of the activities of microloan organizations. The article reveals the prospects for the development of civil society in Uzbekistan and analyzes the problems of the development of legal consciousness and legal values in modern society, identifies important structural and material differences between law and law, which is one of the main components of law.

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