

FORMING CHILDREN'S MEMORY ABILITY IN INNOVATIVE WAYS

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Annotation: *This scientific article provides a lot of information about ways to improve children's memory.*

Key words: *Memory, Eastern thinkers and Greek philosophers Aristotle, short-term, complex signals, similar media.*

Memory is the mental process of remembering and, when necessary, retrieving perceived objects and events or past experiences. Memory remembers the best moments. It is one of the properties of the nervous system, and it is manifested in the long-term storage of information about the events of the external world and the body's reactions, as well as its ability to be repeated in the activity of consciousness and behavior.

A memory is the process by which an individual remembers, remembers, and later recalls an experience. Early scientific views on memory can be found in Eastern thinkers and Greek philosophers Aristotle and others. In particular, Farabi looked at memory as a component of the mental process of cognition and emphasized that memory is not only a characteristic of humans, but also of animals. The physiological basis of memory consists of the temporal connection of the cortex of the cerebral hemispheres, see Association, and their subsequent activity. The scope of memory, long-term and stable storage of information, as well as the perception of complex signals in the environment and the development of adequate reactions, increase in the process of the increase in the number of neurons in the brain and its complexity. Short and long-term memories have been reported in physiological studies.

Information is stored in short-term memory from a few minutes to a few tens of minutes, when neurons are disturbed, it is destroyed under the influence of electric shock and anesthesia. In long-term memory, information is preserved throughout a person's life and is resistant to various influences. Short-term memory gradually turns into long-term memory. Memory shows the relationship between the past state of the psyche and the processes of preparation for the present state and future states. Memory, like other mental phenomena, depends on the characteristics of a person, his needs, interests, habits, character, etc. is inextricably linked. According to the form of memory manifestation, emotional memory is conditionally divided into such types as remembering feelings, image memory is remembering the image and features of things, verbal memory is

remembering the essence and content of things expressed in words. Of these, verbal-logical memory takes the leading place in a person. All types of memory are closely related. In psychology, voluntary and involuntary memories are also distinguished. Voluntary memory involves a prior goal of remembering specific material; involuntary memory has no such purpose - it is remembered by itself during the process of work in an activity or while talking to someone. In terms of stability, voluntary memory is more efficient than non-volatile memory. In science, it is important to study the issue of forgetting in connection with memory. "Normal" forgetfulness should be distinguished from memory impairment in mental illness. In these diseases, memory loss is hypomnesia, loss is amnesia, or one-sided increase is hypermnesia. In some diseases, it is qualitatively disturbed: the patient seems to have experienced events that did not happen to him, or he thinks that the events that happened in the past happened yesterday or today, confabulation, pseudoreminiscence

Such diseases include atherosclerosis of blood vessels of the brain, injuries, cases of bleeding into the brain, the consequences of severe poisoning (for example, psychosis in alcoholism), etc. enters. When memory is impaired, attention should be paid to the treatment of the underlying disease that causes it. Why is memory loss so common among young people? Perhaps, the main reason for this is the proliferation of smartphones and similar media. In fact, they have very bad observation, not memory. Thomas Edison determined that 27 of his laboratory workers would walk the six-bulb shop every day for a month to the factory's main building in a park in Menlo, New Jersey. There used to be a cherry tree on the road, but when those 27 people were interviewed, it turned out that none of them noticed its existence at all. All this is due to the bad observation of people. Youth in general should be observed for all people. It can be said that this is the first way to improve memory. Another key memory booster is reading aloud. Lincoln used two sense organs to project information to his mind. He — "Whenever I read aloud, the thought is received through two sense organs. First, I see what I read, and secondly, I hear it, so I remember it very well. On the pages of "Harper's" magazine it is written: "Dates are very difficult to remember because they are numbers; the numbers appear inexpressive and are not stored firmly in memory. They do not consist of pictures, so they do not stick to the eye. Pictures - pictures help to remember numbers. They keep almost everything in memory. Even better if you create this image yourself." So the next rule is to remember information through images.[1.1]

Currently, the knowledge of the young generation is developing rapidly and effectively, and these many mnemonic methods will definitely have their influence. Al-Azhar University in Cairo is the largest university in the world, and every applicant is required to memorize the Qur'an in its entrance exam. It takes three days to read this book aloud. How do Arab students pull off such an unbelievable

feat? You can memorize an infinite amount of information if you repeat it often enough.[2.2]. Another owner of such a sharp memory is Husniddin Ismailov, an international memory sports master. At a time when we forget simple phone numbers instantly, Husniddin managed to remember 1460 numbers in an hour and 240 numbers in 5 minutes. How did he achieve such a memory? Our compatriot said that he achieved this success through mnemonics. Mnemonics is the art of remembering. A system of techniques that facilitate recall and expand memory by creating artificial associations. In this case, we can make words by combining their initial letters to remember the words. In short, having a great memory is not impossible. In fact, it is very easy: observation, learning to focus, associating pictures to remember dates, knowing the meaning of a name to remember it, paying attention to how it is written, memorizing textbooks over and over again, and of course mnemonics - the art of remembering consists of roads.[1.2

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