

# THE ROLE OF LULLABIES FOR DEVELOPING HEALTHY MIND

*Sh.E.Husanova*

*Uzbekistan State World Languages University*

**Abstract:** As we know, lullabies play essential role for growing up perfect children. Generally, they are considered as one of the extremely effective means of communication and education skills of children.

When should I begin teaching my child? is a question that a mother once asks a scholar. In response, the scholar asks, "When will your child be born?" The woman responds, "Born? It's been five years already! The scholar replies, "You have already lost five complete years!" in shock. As the story makes clear, a child's education begins in the womb of the mother during the prenatal stage. It is mentioned in the due narrative that a child's education begins when they are still in the womb. In the past, moms would sing their kids lullabies and use a melodic style to tell them about the day's events. Thus far, singing lullabies has taken on a completely new dimension on contemporary society. In actuality, modern researches have demonstrated that infants can sense and react to their surroundings even while still inside their mothers. It has even been demonstrated that children's ability to comprehend is enhanced at later ages as a result of the lullabies they heard as babies. Being unbeknown of its significant benefit, our forefathers sought to raise their children with this sensitivity and managed situations with this consciousness.

**Key Words:** melody, harmonious, educational, communication, forefather, soothing, dimension, transmitting, gentle tone.

## **Introduction**

Lullabies are meaningful, harmonious, rhyming words that are typically sung by mothers. However, they can also be sung by relatives like older sisters, grandmothers, aunts, etc., to calm wailing children or put them to sleep. They can be poetry or prose written to a specific melody. In order to put their infants to

sleep, mothers typically sing lullabies, the first teller of which is nameless. Therefore, when mothers sing lullabies in the form of ballads, they are passing them on to their infants through improvisation, either rocking them on their legs or in their bosom. It is a cultural tradition that dates back to very ancient times for a mother to rock her infant while singing a lullaby in a gentle and melodic tone. Within this tradition there is also the mother's unique kind of managing her voice by softening, rising, hardening, fastening or slowing it just according to the situation of the child at that moment. In this way the mother is in fact directing her baby with the tone of her voice. With the proper guidance, the mother is giving the infant a cozy and caring environment that allows it to go to sleep more quickly and easily. She is also calming the infant by reducing its fussing. The baby is also influenced by the lullaby's melodic words in addition to the mother's voice.

The essence of the mother's words, which are an improvisational reflection of her thoughts at the time, contains her deepest hopes for her kid, including good health, a bright future, rapid growth, not being a weeping child, becoming a bride or bridegroom in the future, and, of course, happiness.

Lullabies also cover a wide range of historical and social topics and issues, as well as local facts, customs, and traditions, in addition to all of these requests. The Lullaby style is not exclusive to one country. distinct countries have lullabies with distinct names. However, the fact that this special source, which has been a part of a society for a thousand years and has innumerable advantages for kids, is not in the position it truly deserves is a reality, even though it is undesirable. Along with the fact that it hasn't been well studied, the origin of lullabies is also likely to be forgotten. Scholars who study the country's literature and culture believe that it is a huge shame that lullabies haven't been collected and documented in their entirety.

### **The Characteristics of Lullabies and How They Impact Children**

Everywhere in the world, people sing the lullaby to put kids to sleep. For youngsters, the proper tradition has highly beneficial and constructive benefits.

This is why sources that are relevant to children's interests should be given particular weight. In addition to the benefits that lullabies provide for kids, the hints that they carry within their bodies help modern scientists. Boys and girls both have distinctive characteristics that make them suitable for singing lullabies. Babies' blood pressure and heartbeats instantly increase when they are frightened of abrupt movements and noises. It takes a relatively short time for Lullaby to bring the children's elevated blood pressure down to normal. The time spent growing up is healthier when lullabies are played. Lullaby language is straightforward, easy to understand, and fluid. Because of this, kids are able to learn the words quickly and understand them extremely quickly when they are sung.

Additionally, listening to the mother's lullabies as a youngster will foster a far healthier form of communication between the two entities. As the infant uses lullabies to interact with its mother, its mind is stimulated.

Because the mother's singing or talking will continue to stimulate the child's connected perceptual centers. At the same time, this helps the baby understand the information more quickly. Children learn a lot about life from certain expressions included in lullabies. By relieving the child's tension, they facilitate the infant's ability to fall asleep. Children who hear lullabies are able to develop more composed personalities. The lullabies' phrases contain wishes, desires, and love, which is one of the most important facts. They undoubtedly play a vital part in the child's overall wellbeing.

As a result, the child's subconscious is positively impacted by the appropriate words. Children feel their mother is constantly around them when lullabies are sung to them. And this fact helps the infant feel secure while it is sound asleep. Additionally, they facilitate wholesome communication between the mother and her child. Additionally, the mother and her child grow closer as a result of this circumstance. The mother can also use improvisation to guide her kid through the lullabies she sings. In other words, children's perceptual centers

become more active the more they hear references to plants, objects, colors, and other elements in the lullabies. This indicates that by thinking about all those things, the children's minds grow considerably more. Because they incorporate social life, history, traditions, and customs, lullabies have the qualities of historical documents.

The mother's lullabies greatly strengthen the relationship that still exists between her and her stillborn child. Because the mother prevents the relationship between them from deteriorating by using her lullabies to maintain open and lasting communication. The infant is raised as a single, cohesive body without becoming alien to its mother in this way.

### **The Mother-Baby Relationship and How Lullabies Affect It**

Typically, lullabies are sung in quatrains and take the shape of ballads. Nevertheless, there are numerous other types in addition to quatrains. The rhymes and repetitions at the conclusion of each line are also harmonious, as they are typically performed with the goal of lulling toddlers to sleep. The mother can alter the lullaby's expressions in different ways based on the babies' moods. For example, the mother's tone may become higher when the babies insist on not sleeping, and it may become lower when the newborns initiate sleeping positions.

The infant understands the message and responds as instructed in each scenario. By improvising and drawing inspiration from her life experiences, the mother performs the lullaby verses. In the relevant lines, the mother occasionally makes references to her husband, mother-in-law, wars, natural disasters, her joys and sorrows, etc. By telling the infant all of these things, the mother is essentially conversing with it and conveying to it everything that happens during the day. The mother revealing what makes her happy or sad in a genuine and heartfelt way is the true cause of the children's emotional reactions to the expressions in the lullabies. The infant can so follow daily events based on what it hears and has a profound sense of its mother's mood. Actually, the kid occupies a position in society even

while it is still inside its mother's womb. When a baby is inside their mother's womb, they may sense the tension and love in the outside world.

As it has been mentioned above, the kid and mother share a biological and psychological link that begins during the mother's pregnancy. Hormones generated throughout the prenatal and extremely close to birth periods help to create this strong link. The proper hormones are helping to enhance the relationship between the mother and the infant and to emphasize the sense of motherhood that still exists.

The relationship between a mother and her child grows so strong and deep that the mother can distinguish her baby's voice among tens of other screaming newborns and senses that her baby is growing hungry due to the excruciating discomfort she experiences all over her breasts. Similarly, the infant can identify its mother's voice and aroma among tens of women, and it can only be calmed when it cries by hearing its mother's voice.

Due to the fact that the youngster is accustomed to hearing the mother's voice. Because of the constant communication that occurs throughout the prenatal stage, babies are able to distinguish their mother's voice even while they are still inside her. This indicates that infants can hear their mother's voice prior to birth. But because of the demanding work environments in their businesses, moms today are unable to dedicate adequate time to their kids. Mothers are in no physical or mental state to spend time with their children after a long day at work. Babies grow growing apart from their mothers due to the challenging circumstances of the commercial world.

Recent scientific studies have revealed that infants can hear their surroundings even while still within their mothers' wombs and respond appropriately. According to a statement, "Babies' ears begin to form around the eighth week, even though they are completely nonfunctional." By the 18th week, babies begin to hear what is going on outside, but by the 32nd week, they begin to respond to what they hear.

Another report states that newborns begin to hear around the 25th week of pregnancy. Despite the fact that there are different opinions regarding when babies begin to hear and react, there is a widely accepted belief that babies begin to hear while still inside their mothers. Therefore, during this prenatal stage, the mother's communication with the unborn child—including speaking to it, singing lullabies, and using kind words—is crucial to the child's emotional development.

The infant will suffer if there are arguments or foul language in the household, therefore parents should be very cautious during this time and make a concerted effort to avoid having arguments or using foul language. Knowing this, educators begin the child's education even when the mother is still in the womb. Considering the functions of intelligence, it has been determined that there is a six-month difference between babies who receive education and those who do not at the conclusion of the prenatal education period. In the wake of 19th-century investigations, it was determined that infants could hear the world outside the womb.

The custom of singing lullabies, on the other hand, has been serving the same purpose for millennia and has its roots in our own society. Since lullabies have been used to communicate with children for generations, this fact serves as proof of the importance of the singing lullabies related to the special custom and culture.

To sum up, we might state that lullabies are the heart of cultural heritage that are too valuable to ignore. Last but not the least, it is important to remember that lullaby-telling is a relatively new and highly successful approach to teaching youngsters.

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