

# The Influence of Music on Health and the Development of Culture and Art in Uzbekistan

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**Annotation.** Music is a special form of culture that has its meaning, a set of images, mechanisms of influence both on a person and on society. Influencing all the structural and semantic foundations of society and personality, it specifically affects the psycho-physiological state of a person. Because of this, music acts as a biological and anthropological constant, which transforms it into a sense-forming element of the environmental friendliness of the existence of the individual.

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Music is the most complex polymorphic, polyfunctional energy formation, the essence and impact of which depend on many components. This transforms it into a special form of culture, which has its meaning, a set of images, mechanisms of influence on a person and society. It is included in the system of human coordinates, which transforms into the energy-informational components of modernity. The presence of music in all spheres of human existence allows us to consider it as an indicator of thinking, activity, age, health status of a person and humanity. It permeates all spheres of human life and allows you to establish its place as a quality, a powerful spiritual and biological core, on which all human life is strung.

Music closely interacts with human health, maintaining, strengthening, or destroying its optimal state. Numerous studies confirm that a person is a sounding microcosm and each direction of music plays a certain role in setting it up for inclusion in forms of life. Because of this, music acts as a biological and anthropological constant, which transforms it into a sense-forming element of the environmental friendliness of the existence of the individual.

In theoretical terms, there are many well-founded theses about the importance of using music for educational purposes. So, music is now used by many doctors and psychologists to relieve stress, cure various diseases. It was revealed that the brain has its melody and in a healthy state differs from the patient, in a calm state from an excited one. But for the first time, he noted the features of the impact of music on health Democritus, who believed that listening to music can be cured infectious diseases[3].

A.S. Dogel [4] with the help of various devices established an increase and slowdown in blood circulation, a change in the pulse wave, changes in internal secretion, in striated muscles, which occurred depending on the perception of various components of music - sounds of different heights, major and minor modes, consonances and dissonances, ascending and descending movement of melody, tempo, rhythm, dynamics, simple and complex harmonies. I.P. Pavlov and V. M. Bekhterev showed that this occurs due to the response reactions of the organism, its central nervous system. Bekhterev V.M. in particular emphasized that the establishment of the causes and mechanisms of the influence of music on the body gives knowledge of how to cause or weaken an excited state.

PN Anokhin believes that sound vibrations perceived by the organs of hearing affect the state of a person, affecting a certain area of the subcortex of the brain. He notes that minor musical combinations require more energy from the body than major ones. This conclusion confirms the empirical fact that "a conditioned reflex to minor combinations is developed faster than major combinations" [4]. It follows from this that the skillful use of melodies and rhythms can be a factor in regulating different pastimes.

Currently, many studies are underway aimed at identifying the influence of weak and superweak fields or radiation. Some studies indicate that the acoustic hologram (energy-information holographic matrix) of a person is the main mechanism for implementing the genetic development program. The concept of the dual nature of man is no longer in doubt: one of its components has a wave nature. A person's microwave radiation carries information about the state of the organism.

Much attention is paid in Uzbekistan to the development of culture, art, and sports, the State Program for the implementation of the Development Strategy of the new Uzbekistan for 2022-2026 was adopted in the “Year of Ensuring Human Interests and Development of the Mahalla”, Laws, Decrees of the President are issued, which give directions for activities in this direction.

In recent years, systemic measures have been implemented aimed at further developing the national culture, creating a new history of a new Uzbekistan, preserving and promoting the pearls of tangible and intangible cultural heritage, further popularizing oral folk art and amateur art, ensuring the active integration of our country into the world cultural space, and also innovative development of the sphere of culture and art.

One of the first is the Decree of the President of the Republic of Uzbekistan dated November 28, 2018, no. PP-4038, which approved the Concept for the further development of national culture in the Republic of Uzbekistan (hereinafter referred to as the Concept) and the Roadmap for its implementation [1]. Also, the completely new effective system of comprehensive support and strengthening of the material and technical base of cultural and art institutions was created through the organization of "clubs of friends", a program for the renovation of museums was adopted, and the "Khorezm Dance - Lazgi", which is an example of the ancient and unique art of the Uzbek people, was included in the Representative UNESCO list of Intangible Cultural Heritage of Humanity.

The national school for the restoration of cultural heritage sites and art objects, as well as republican competitions in the areas of “folk instruments”, “national dance”, and “maqom art”, have been restored. The country has established an effective system for the further development of unique examples and traditions of Uzbek classical and folk art, as well as cultural dialogue through the organization and regular holding of the International Maqom Art Forum, the International Bakhshi Art Festival, the Sharq Taronalari International Music Festival, the Buyukipakyuli International Folk Art Festival”, as well as the International Festival “Raks Sehri”.

Thus, to increase the level of provision to the population, especially citizens living in remote areas, or services for the organization of cultural leisure, theatrical, circus and other types of cultural and mass and concert and entertainment events in all regions of the republic on a systematic basis, search, identification and support talented young creative people, creating an integrated system for providing educational institutions in the field of culture and art with musical instruments, collections of notes and educational literature in Uzbekistan, starting from the 2022/2023 academic year, measures are being implemented in educational institutions aimed at improving the knowledge and skills of students in the sphere of culture, the formation in their hearts of love for national culture, the identification and support of young talents, following which.

For example, in general, in secondary educational institutions, students will learn how to play melodies on at least one of the national musical instruments, the list of which is given; lessons on the performance of melodies on national musical instruments. For teachers in the subject "Music", a mandatory requirement is established for mastering the skills of performing melodies on at least one, and from the 2023/2024 academic year - on at least three national musical instruments [2]. The provision of general education schools with collections of notes and special musical literature is also being introduced; it is being introduced into the system of their provision with textbooks and teaching aids.

We emphasize that at the beginning of 2022, to increase the level of provision of cultural and leisure services to the population, especially citizens living in remote areas, to establish on a systematic basis theatrical, circus, and other types of mass cultural and concert and entertainment events in all regions of the republic search, identification and support of talented young creative figures in the field of culture and art, the creation of an integrated system for providing educational institutions with national musical instruments, music textbooks, collections of notes and educational literature, the President of Uzbekistan Shavkat Mirziyoyev signed the Decree “On additional measures for further development of culture and arts”.

In particular, starting from the 2022/2023 academic year, educational institutions will implement measures aimed at improving the musical knowledge and skills of pupils and students, instilling a love for national culture in their hearts, and identifying and supporting young talents. Following them, for example, within the framework of the study hours allocated for the subject "Music", training sessions on instrumental performance are introduced under the motto "A musical instrument is a companion of my life." General education schools will be provided with collections of notes and special musical literature, as they are introduced into the system of providing textbooks and teaching aids.

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Lecture concerts will be organized in general secondary, secondary specialized, professional, and higher educational institutions, with the inclusion of practical classes aimed at improving musical culture and literacy, aesthetic taste, expanding the worldview and perception of music among pupils and students. Also, by the decision of the collegium of the Ministry of Culture, "schools of excellence" will be created under the guidance of creative figures in the field of culture and art, awarded with state awards.

Also, annually among pupils and students, republican competitions in the field of culture and art are now organized in the context of "educational institution - district (city) - region (Republic of Karakalpakstan, Tashkent city) - republic" [5].

Thus, we can say that music in Uzbekistan has now found full support from the state. This will allow music and art to fully influence the cultural development of a person, has a pronounced healing, therapeutic and preventive effect that humanity has tracked, measured, and used throughout the entire period of its existence. Now such an era of development of society has come when these data are summarized and are widely used in practice in our country.

### References

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