THE ROLE OF COLORS IN CHILD DEVELOPMENT

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Annotation. This article highlights the psychological and pedagogical significance of colors in child development. It analyzes the impact of colors on a child's emotional state, mental development and behavior based on the historical and philosophical interpretation of colors, the views of Eastern thinkers on colors, and modern psychological research. Also, the types of colors and their impact on the human body and psyche are explained through examples. The article substantiates the importance of the targeted use of colors in the educational process and reveals their role in children's creative thinking and personal development.

Keywords: color psychology, child development, color therapy, pedagogy, emotional development, aesthetic education, the impact of colors, primary education, creative thinking, personal development.

The world consists of endless mysteries. It can be symbolically compared to the artist's work "Black Square". After all, the "square" means its literary creation, the four sides are a symbol of infinity, and the "black color" indicates the abstraction, the incomprehensibility of all the mysteries of the world. No matter how much humanity tries to know these mysteries, it is natural that its thinking is powerless. In the end, one comes to the philosophical conclusion that a person needs an infinite life to study these wonders. Our ancestors left us a lot of spiritual treasures about color and its role in human life, its healing, educational, philosophical and spiritual aspects. In the Middle Ages, the study of color began to be studied from a religious perspective. World-famous scientists, poets, painters, artists, and others such as Alisher Navoi, Abu Rayhan Beruni, Abu Ali Ibn Sina, Kamoliddin Behzod, Firdawsi, Zahiriddin Babur, and others have conducted extensive scientific research on color, its types, names, symbolic names, and its impact on human health. Abu Rayhan Al-Biruni listed more than 200 names of colors in his work "Kitab al-Jawahir fi ma'rifat al-Jawahir" (Mineralogy). In the East, scientists, poets, painters, engravers, calligraphers, and others were able to distinguish more than a hundred colors and knew their names, most importantly, the symbols of each color, and its language[1]. Unfortunately, we are not able to fully utilize this spiritual heritage. For example, insufficient emphasis is placed on these issues in education and upbringing, medicine, technology, agriculture, economics, and other fields. However, in developed countries of the world, the role of colors in human life is given great importance. If we turn to the spiritual heritage left by our ancestors in the forms of applied art, every object or decoration has a shape, color, and volume. For example, the color of the ornament has a different effect on the human psyche, these colors have their own symbolic meaning and healing properties. Since ancient times, humanity has attached special symbolic importance to colors. Each soul involuntarily feels a color similar to its essence, becomes devoted to it, and when necessary, it is precisely this color that distinguishes it from the countless colors. The attitude to colors helps the child to understand himself. A person is immersed in the

[1] https://econferences.ru/index.php/tafps/article/download/38705/20054/20452

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world of colors from birth. The child's attitude to the environment is brought up through these colors. The healing effect of various colors has been known since ancient times. For example, in the East, red is considered one of the energy chakras that control the lower intestines and legs.

Red color. Improves muscle function. Normalizes metabolism. Improves blood formation. Also, it is a cure for skin diseases, such as smallpox and measles. Strengthens memory. Gives a person freshness and energy, helps with viral diseases. At the same time, red can give a child a headache and make him nervous.

Saffron color. Normalizes the work of the gastrointestinal tract. Stimulates appetite. In addition, the yellow color has a healing effect on the body in lung diseases (lungs, trachea, bronchi, larynx, larynx). In particular, it is very useful for children with bronchial asthma. The yellow color stimulates the endocrine system. It is effective in diseases of the spleen and esophagus.

Yellow color. Along with other healing agents, it helps to get rid of insomnia and skin diseases. The yellow color stimulates the appetite. It has a cleansing effect on the whole body. Stimulates the work of the eyes and liver. Increases the tone of the nervous system. Improves mental abilities.

Green color. Since ancient times, it has been considered a symbol of eternity. It eliminates arrhythmia. Normalizes blood pressure. Reduces heart palpitations. It is a cure for respiratory diseases, prevents irritability and irritability. Green color affects the expansion of the bronchi, improves hearing. Strengthens heart contractions, increases working capacity, reduces headaches.

Blue and air color (cyan). Being a very strong antiseptic, air color treats pigment spots, liver disease, jaundice, burns, and suppresses inflammatory processes. Air color is used in diseases of the eyes, larynx, and spine. It also normalizes heart activity. It has been noted that blue color is useful for people who want to lose weight. Air color dishes, air color tablecloths, air color lighting, and walls painted in air color greatly reduce appetite.

Blue and blue-green. Helps with thyroid diseases, goiter, and lung diseases. Blue is healing for cataracts, glaucoma, asthma, and pneumonia. Indian scientists believe that when blue color affects mentally ill people for a long time, they can get rid of their pain to a greater or lesser extent. Only people with a weak nervous system should stay away from blue and blue colors. Because this color has a depressing effect on them.

Purple. Purple can be used for all mental illnesses and nervous disorders, neuralgia, rheumatism, concussion, diseases of the liver and excretory systems. It has also been noted that it has a good effect on the vascular system. Interestingly, foreign scientists have found that colors are related to blood groups.

For example, people with the first blood group prefer red, orange, and dark red colors. People with the second blood group are recommended to wear blue and green colors to normalize vital processes. Because these colors have a good effect on the body and mental abilities. All colors are suitable for people with the third blood group. The use of red and yellow colors for them stimulates life processes and increases mental activity. Blue and green colors calm the nerves, and purple helps to create fantasies and memories. People with the fourth blood group are similar to the second group in terms of their energetic characteristics. Blue and green colors are much better for them. We have already touched on colors, their positive significance in human life. It would be more appropriate to approach children in the process of upbringing based on the properties of the above colors. Psychological studies show that colors are an important factor in the formation of a child's emotional state, sensory perception, memory, concentration and creative thinking. For example, dark and clear colors attract attention, while warm colors evoke a feeling of emotional warmth and openness. Therefore, it is necessary to organize the process of working with colors in fine arts lessons in accordance with the age characteristics of the

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student, and through them to stimulate personal development. Also, the ability of children to express their inner state by creating color compositions, the conscious use of visual means of expression, develops their communication and self-awareness. This indicates the need to view colors not only as an artistic tool, but also as a powerful pedagogical instrument of personal development.The primary education stage is one of the most important periods in the formation of students' artistic and aesthetic perception, emotional sensitivity and creative thinking. Especially during this period, the process of working with colors serves for students not only as a visual activity, but also as a natural form of expressing their thoughts through images, reflecting their inner experiences in colorful forms, and enriching their worldview. Primary school students can openly express their feelings through colors. For them, fine arts classes serve to form not only technical skills, but also such subtle internal aspects as psychological state, personal interest and aesthetic intuition. Therefore, the approach to working with colors at this stage should be built taking into account the emotional needs, level of psychophysiological development and individual abilities of children.[2] The famous American child psychologist Dr. Althoeller conducted a year-long study on children's colors. His research showed that color has a special meaning for children. In general, cold yellow children are more dependent and prefer to play the role of a child throughout their lives; hobby blue children have bossy or selfish tendencies; red color means that the character is more intense, naughty and emotional; pink, in addition to being a symbol full of love, also represents a high degree of aesthetics, elegance, gentleness, and thoughtfulness; purple is synonymous with cheerfulness, the personality is more simple, not much heart! Purple is synonymous with cheerfulness, more easygoing personality, no heart, with a tolerant mind and a strong sense of curiosity and motivation; orange children are more lively personality outgoing, good people, but a little self-centered, do not know empathy with others, a little rude and falling. It is worth noting that if your child wears purple, black, blue, etc.If you like colors, you need to study their psychological background.[3] Also, modern pedagogy and psychology interpret the use of colors not only as an aesthetic decoration, but also as an important tool that affects the inner world of the child. Through colors, you can form positive motivation in a child, control his attention, and balance his emotional state. Especially in the process of primary education, the decoration of classrooms with colors, the diversity of educational tools, and the organization of visual activities based on colors increase students' interest in learning. At the same time, an individual approach to choosing colors allows you to understand the psychological characteristics of each child more deeply. In addition, the effectiveness of using colors is directly related not only to their psychological effect, but also to the methodology of their application. The irregular or excessive use of colors in the pedagogical process can have the opposite effect, that is, cause fatigue, decreased attention, or emotional stress in the child.

Therefore, special attention should be paid to the harmony, contrast and balance of colors. For example, a balanced combination of warm and cold colors stabilizes the psychological state of the child, while an abundance of excessively bright colors can negatively affect the nervous system. There is also the possibility of organizing differential education through colors. That is, separating educational materials through the use of different colors, visually highlighting important information significantly increases the ability of students to remember. This method is especially effective for children with strong visual perception. Information provided through colored symbols, diagrams and visual aids is processed

[2] https://inlibrary.uz/index.php/science-shine/article/view/101493/103225

[3] https://uzbek.kidsindoorplay.com/News/the-effect-of-different-colors-on-children

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faster in the brain and stored in long-term memory. Another important aspect is that colors also play an important role in the socialization process of a child. The use of colors in collective work forms cooperation, mutual understanding and aesthetic taste in children. For example, the process of choosing and combining colors in group creative tasks enhances communication between students and develops their communicative skills. In general, colors are an integral part not only of individual psychological development, but also of social and pedagogical processes. From this point of view, the systematic organization of working with colors, their scientific application, and the development of methodological approaches appropriate to each age stage are important factors in increasing the effectiveness of education. Research shows that the proper selection of colors in classroom environments not only influences students' mood but also has a positive effect on their cognitive activity. A comfortable visual environment created through colors reduces students' stress levels, improves concentration, and encourages active participation in the learning process. In particular, primary school students are highly sensitive to colored environments; they perceive information more quickly and retain it for a longer time through colors. Therefore, the use of colors in educational institutions is important not only as an aesthetic element but also as a pedagogical and psychological tool.

Conclusion. In conclusion, colors are an integral part of human life, especially in the formation of a child's personality. They are not only a means of perceiving the external environment, but also a powerful factor that directly affects the child's emotional state, mental development, and behavior. Research and historical and philosophical views show that through colors it is possible to understand the child's inner experiences, balance his mental state, and reveal his creative potential. From this point of view, it is necessary to use colors consciously, purposefully, and scientifically in the educational process. Especially at the primary education stage, the effective use of the didactic and psychological potential of colors is important in activating students' attention, increasing their level of knowledge acquisition, and forming their aesthetic taste. The educational environment organized through colors evokes positive emotions in children and strengthens their internal motivation to study. In addition, colors, as a means of self-expression, have a positive effect on the child's understanding of his personal "I", independent thinking and the process of socialization. Therefore, colors should be viewed not only as a decorative element, but also as an important pedagogical tool that ensures personal development. Therefore, in-depth study of color psychology, its widespread introduction into the practical educational process, and the integration of knowledge about colors in our national and spiritual heritage with modern approaches are one of the urgent tasks facing today's pedagogy. Only in this way can we achieve the upbringing of a harmonious, aesthetically developed, creative and mentally healthy generation.

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