



## TRAINING CHILDREN'S ATTENTION BY PLAYING GAMES INTELLECTUAL

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### ABSTRACT

*Many factors have a positive and negative impact on the child's development. The National games of Uzbek peoples have a significant impact on the growth of child are undermining today. Instead of playing physical activities, children are currently opting to play games related to computers, cell phones and other techniques. In fact, the computers or other technological games may boost child's mental abilities. However, it has many negative effects on the child development. In addition, throughout technical games, the child will not be physical active and it will negatively influence on physical development. In recent years, children have been forgetting to play national games. We made an effort to identify positive effects of playing game on training children's attention.*

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### 1. Introduction

Period between 3 and 7 years of age is the child's playing time. This is the time when the child's knowledge is at its peak, and he actively perceives the world. At this period, his visual perception, language, thought and his attributes gradually evolved and his opportunities to learn the world expand. Games do not only require physical action, but also require mental actions. Folk games are designed not to spend time interestingly or not to console when children are becoming naughty. It was created to shape the child's

abilities, to keep healthy and to give high spirit. The national games were taught by older people to young generation and in this order have been descended from generation to generation for many years. Today children are refused to play national games. Moreover, most of them are not aware of such games. The reason for this is that the parents are unable to engage with his or her children and that new method of playing and enjoying the games have widened. Although new types of electronic games or computer games are designed for the mental development of the child, they are far less productive than physical games. Now children spend their free time in front of TV or computers. Parents have found easiest way to pacify their children with cell

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phones and other technological devices when they are crying. As a result, children are exposed to the harmful rays emitted by them. The children's daily activities are daily physical activities are diminishing and their pursue time have changed dramatically from past generation. Decreasing of physical activities may cause various types of diseases.

Folk games are similar to some kind of sport, but it does not require a strong will in human being, it allows a person to have positive emotion, good moods and enjoyable time. The national games help children to develop muscle action, to be physically healthy and to eliminate stress because they require agility, charm and mobility. In recent years, the national games also were played in a community of children. But now they are remained as a symbol of national values on holidays or festivals. A few years ago children were playing collectively. As a consequence, children's sociality, partnerships and sense of friendship were better developed.

**Importance of the national games in the cognitive processes development.** The National games include both physical and mental activities. Physical activity influence on cognitive development, showed significant and positive changes in language learning, academic achievement, attention, and working memory (N. Zeng, M. Ayyub, H. Sun, X. Wen, P. Xiang, 2017). Physical activity is fundamental to the early development of each child and affects many aspects of a child's health (G. King, M. Law, S. King, P. Rosenbaum, 2003). The supply of enough oxygen to the brain results in its functioning well. Physical activity in the game promotes connectivity between the nerve cells and the brain. As these connections develop, a child's fine and gross motor actions, socialization, personal awareness, language, creativity, and problem solving are improved (K. Wonderly 2017). The child is in regular motion through playing physical games. Due to its motor movements, learning process works faster. It helps to better improvement of cognitive processes. Of the 80% of scientific articles on physical activity related to child education, it has been mentioned that physical games have a really positive effect on cognition.

**The national games' role in the learning.** Learning is the process of acquiring new, or modifying existing, knowledge, behavior, skills, values and preferences. Learning is one of the essentials for human development, from the day the baby was born, he or she begins explore the world. As an active observer, he or she gains new knowledge through experiences or creates new ones based on existing knowledge. The National games support a great opportunity for children to learn. For example, playing a game for a child who is just moving in the right direction will have a positive effect in all respects. From playing a new physical game learn new action and form motor actions. Moreover, collective games can give wide range of background to children in terms of motor skills, improving cognitive skills

and social skills. Because of the fact that Uzbek games require teamwork or partnership, the child will be reluctant to start a new relationship during the game. Additionally, child can be more social person from the early childhood due to interact with his or her peer and adults. There is a common idea that the game is just a matter of physical activity. However, it does not require compulsory action from the children. Children start game with strong desire they do not need will because they participate actively in games. The child who wants to play is consciously joining the team to enjoy the game, carries out the action does not require any effort. In a team game, the child has the ability to behave in many ways, ability to behave in many ways, behave in the team, work for team and learn how to perceive himself and others. Finally, children can be skilled in problem-solving because of game's flexibility, changeable situations, and making decision on peak.

**Attention development by playing games.** The Uzbek National games have significant effects on attention features development of children. Attention is the concentration of awareness on some phenomenon to the exclusion of other stimuli. One of the most pressing issues in today's children attention is the treatment of Attention Deficit Syndrome. There some kind of games among the Uzbek games which can help to treat Attention Deficit Syndrome. On game time, the child tries to concentrate his attention on a voluntary basis so that he or she can stay in touch during the game and the routine repetition of these movements result in regular behavior in the form of behavior. For example, one of our national games is "Yashin topoloq". The game is played on an open field and a large field is required to play. According to the rules of the game, one of the guys closes their eyes and looks at the wall. The rest of the children hide behind all things around. There is a security boy who stayed in front of the wall as closed his eyes. While that security starts to count up 100, other children hide away. After counting up 100 he begins to find the children. When he is searching the children he should also guard his own wall. The hidden guys hit the wall with hand and shout "Duke". They need to come without being seen him. If a child tells him his name before the child starts "duking" with his hands, the child loses and goes straight to the list of participant. This game will help to keep the child alert to control hidden children, detect things that children hidden, surrounding people and his wall. The child has to concentrate his attention a point to do these tasks. The game has a positive effect on the child's attention and increases attention flexibility. First, it increases the scope of attention, as the child should pay attention to many things and actions that are happening at the time of game. Many things are put in the scope of attention and raise the scope. Second, selective -attention ability becomes strong. The child will be able to choose the stimulus that is needed for his or her distracting surrounding stimuli and will not be distracted by everything. Thirdly, while security boy are

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looking for hidden boys he has to put his attention one object to another object fast. For, there are so many thing child must pay attention. Moving one thing to another will intensify attention speed and mobility. Fourthly, this game improves the child's ability to be patient. On playing time children have to be silent for a while in the place where children are hiding. If hidden child does actions actively, security boy will notice him and he will be defeated. By playing this game, the child's excessive motions will be broadened and the child does all actions voluntarily. These voluntarily movements will lead to change behavior pattern.

## 2. Methods

The research was conducted in the kindergarten among 5-6 years old children. Playful and active children with scattered attention were chosen to analyze their attention training during game. 19 children played "Yashin topoq" game in two hours and we observe their attention how game influence them. We noted every active children condition during playing the game.

## Results and discussion

In fact, this game influenced children's attention and behavior during playing time. Because, children were interested in playing games and the game impact on their emotion as a result emotion subordinate children attention. Training children attention in other way is not useful as much as playing game. Children concentrate their attention by force consciously to be winner. To gain better result the best game should be chosen.

The purpose of this study was to explore contribution of Uzbek National games to children's cognitive development and effect of playing the game on their attention concentration. In my study, I gave above some kind of our national games and interpret their advantages over attention skills. In fact, physical games are count as an activity to form children physically and mentally. Until recent year, children were in both rural and urban area played our national games. Many games have being forgotten in people life. More and more children are becoming addicted to TV, computer, Internet and other kind of technical games or tools day by day. As mentioned above, people should teach physical games to their young generation. By this, children can take profits from playing games and parents could control their free time with useful relaxing games. Many families are dual-income in the city so they do not have time to teach national games and parents worry children to go out because cities are not safe like villages. What's more, playing physical games with peers gives chance to gain interpersonal skills such as making friendship, interaction with people, perceiving self and others.

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