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METHODS OF ELIMINATING DEFICIENCIES IN MENTAL DEVELOPMENT OF STUDENTS WITH AUTISM SPECTRUM DISORDER

Submission Date: Aug 30, 2024, Accepted Date: Sep 04, 2024,

Published Date: Sep 09, 2024

Crossref doi: <https://doi.org/10.37547/ajsshr/Volume04Issue09-06>

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ABSTRACT

This article analyzes the methods of eliminating the deficiencies in the mental development of students with autism spectrum disorders. Ways of corrective treatment, quality and effectiveness, mechanisms of therapy implementation are highlighted.

KEYWORDS

Autism, mental disorder, therapy, sand, mud, game, clinical, psychological, pedagogical, spectrum.

INTRODUCTION

Today, the number of children with various developmental disabilities, including autism and physical disabilities, is increasing. Many years of experience have shown that when children diagnosed with early childhood autism are carefully studied, most of them have organic damage to the central nervous system. However, it is difficult to determine their origin and classification. The clinical-psychological-

pedagogical picture of individuals with autism spectrum disorders is complex, diverse and unique compared to other disorders of psychological development. Most of the children with autism spectrum disorder are excitable and angry. There are no social indicators, they are not formed. Calming the child is very difficult. They do not show interest in others. When he is without a mother, he does not

worry, he is indifferent. One of the characteristic symptoms of a child with autism spectrum disorder is that they want to be alone, children with autism spectrum disorder have impaired cognitive processes, they always need the organizational, guiding and stimulating influence of adults in the process of communication. It is appropriate to use the following methods to eliminate the cognitive deficits of students with autism spectrum disorders.

Correction-treatment through play (play therapy)- it is a technology consisting of a set of rehabilitation game methods, forms, tools, and situations. Play therapy has many important functions. These are: socialization, development, upbringing, education, adaptation, relaxation and correction. The game helps to activate the autistic child, enriches the experience of interpersonal communication and communication, teaches to master the forms of interaction individually and in a group. In the course of the game, the problems and causes of the child with autism spectrum disorders are identified and the child is helped to overcome them. In order to improve the relationship between the parents and the child, the defectologist often involves them in the game.

Dolphin therapy - Dolphin therapy is a form of therapy that uses interaction with dolphins to treat people with developmental, physical, psychological or emotional challenges such as autism or Down syndrome. Proponents of this therapy claim that it is very effective

in improving many aspects of the lives of those affected. Dolphin therapy is recommended for children with mental, physiological disorders. Why dolphins? It is believed that they are treated with ultrasound. More precisely, they "talk" to them, but these sounds stimulate the work of the brain, affect the work of the nervous system. In addition, it is probably one of the friendliest animals. If the child has problems with socialization, they will definitely help.

The dolphins used in this therapy are trained to interact with humans. Swimming with them, touching them and watching them move and interact has a positive effect on the physical, mental and emotional health of patients.

Fairy tale therapy is one of the leading types and methods of emotional-psychological, pedagogical impact on the personality of a child with developmental disabilities and social-ethical formation.

In correction-treatment with clay, the work is mainly carried out with clay, plasticine, dough and similar elastic materials. This method of work combines medical, valeological, culturally oriented and creative elements.

Sand therapy. Another technology used in corrective and developmental training with children with autism spectrum disorders is sand therapy, in which the child (and sometimes an adult) creates his own world from sand and small shapes. It has its ancient and interesting

history, and it is a method that has kept its place in the scientific-theoretical and technical development now and in the future. Sand is a material with its own special characteristics. When we cover (bury) our hands with dry sand, we feel a certain peace; by spreading the sand with our hands, moving it from one place to another, we create different shapes, the wind and the sand together create an image of the desert. When sand mixes with water, it darkens and becomes solid, taking on the appearance of earth. It is possible to create various shapes (landscape, multi-storey buildings, various objects) with sand. Based on such training, the child creates his own world in his imagination and temporarily lives in it. A child cannot describe his suffering in words like an adult, but he can describe this situation through sand pictures. The development of tactile perception and fine motor skills is considered a positive effect for children. In the process of work, the child mixes sand with water and makes mountains, houses, landscapes. Also, in the course of work, the child makes various miniature figures: a person, an animal, a tree, a building, etc. Making things in this way is important for the child to create his own world, speech therapy sessions with autistic children using sand therapy are held individually in specially organized playrooms. Toys are specially selected for sand therapy: dollhouses, cars, sand and water tables, toy animals, constructors and hokozo. the game is conducted under the supervision of a speech therapist without disturbing the child. In

the course of the game, the problems and causes of the child with autism spectrum disorders are identified and the child is helped to overcome them.

Correction-treatment (denotherapy) with the help of plants is a special direction of psycho-social rehabilitation of children with limited opportunities. This method of work is carried out by working with plants and taking care of them.

Correction-treatment by riding a horse (hippotherapy). This method refers to the rehabilitation and rehabilitation of disabled children by riding horses. Hippotherapy helps to strengthen the child's organism in general, has a psychological, aesthetic and educational effect on it. Animation therapy is one of the socio-psychological methods of correctional treatment, which is developed with the help of art tools and cultural institutions. It helps the child's socio-cultural adaptation, intellectual development, adaptation and integration into the everyday socio-cultural environment.

Correction-treatment by means of travel (turotherapy). This method of rehabilitation and correction is carried out mainly through the organization of trips and excursions. The development of social tourism, tourism programs developed taking into account the opportunities of people with one or another deficiency in development, the right to rest, the right to participate in cultural values are equal for

all children. Computer technologies are extremely important as a source of information in carrying out various rehabilitation activities. In this regard, the Internet attracts attention as it has huge information resources: electronic libraries, reference books, dictionaries, encyclopedias, databases on various topics. And computer games are a powerful resource for play therapy. These games are not only entertainment, but also valuable exercises for a number of mental and motor functions. Various models of socio-cultural rehabilitation of children with disabilities are used in practice at the Information Consulting Service of the Children's Adaptation Center of the Republic. Among them, the above-described correctional treatment methods take a certain place. At the same time, the experts of the center are required to study these methods more deeply from a scientific and methodological point of view, to increase their effectiveness in practical work, and to determine the ways of differentiating children according to deficiencies. For this, first of all, the experts themselves should thoroughly master these methods, clearly understand their purpose and content, and carry out trial and test work to differentiate these correction-treatment methods according to the types of defects. It is self-evident that, for this purpose, it is necessary to establish contact with specialists working in this direction and, under their leadership, to organize skill classes and trainings for specialists of the information-consulting service and branches of the

Republican Center for Children's Adaptation, to improve their knowledge in this field. and skills improvement is required. More play activities are used to develop communication skills. Adaptation of the environment taking into account the characteristics of people with autism is one of the important conditions. Children with autism should be accepted as they are. As the final stage of personality formation of a child with autism spectrum disorders, it is manifested by the uniqueness of his mental development. Defects in mental development prevent him from fully forming his personality.

CONCLUSION

In conclusion, it should be said that the number of children with various developmental disabilities, including autism and physical disabilities, is increasing, and more and more attention is being paid to the problem of learning and correcting various mental disorders in children. - creates the need for monitoring during the educational process and requires the determination of a microprogram of corrective action for each individual case, the development of many approaches to the problem of autism.

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