



TRADITIONS AND CUSTOMS EFFECT ON COGNITIVE AND BEHAVIORAL DEVELOPMENT OF CHILD

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ABSTRACT

In this article we made an effort to describe positive influence of Uzbek rituals, tradition and customs on behavioral and cognitive development of children. Custom and rituals have a significant role to bring children up in many ways. There are some methods that hidden behind tradition and ritual which are directed to prepare children to life and improve their cognitive development. In order to reveal hidden benefits of customs and rituals in the development of child we made an observation in preschool. According to our observation rituals and customs help to improve child's attention productivity and to form behavior pattern.

KEYWORDS:- Customs, rituals, cognitive development, behavior.

INTRODUCTION

Cognitive development is occurring systematic and continuous changes throughout person's life. There are many factors that influence on them. These changes are caused by many factors affecting the environment in which human beings live. Everyone has a unique character and can have different results in development. Development is a known process for all children starting on their birth time. And, the social environment plays an important role in raising the child's learning processes. As the child becomes aware of custom, rituals and traditions in society, he or she shapes his or her thinking and behavior. The child engages in communication with people in the social world and he learns new thinking and his behavior is also shaped. The development of each child has a strong impact on the culture of the social environment that he lives

on. Traditions and customs in the community are entrusted or impracticable to the child through the parents, the grandparents and other members of community. These kind of stimulations improve child's cognition and behavior. Every child's development is formed by stimulate that coming from environment. Therefore, the diverse of cultures determines the existence of individual beliefs and behaviors in every human being. Traditions and customs are an integral part of every culture that has become a social life style.

Traditions reflect the peculiarities of a specific notion and also show the way that people communicate with each other. Because, the habits have been shaping for centuries and they also identify the main image of the nation, when a person belongs to a specific nation, he demonstrates the traditions, values and traditions of this nation in their own actions. As he grows up, he expands his knowledge and learns more



through his experiences as a result of environmental influences. Hence, each person is a particular nation and he is brought up and grown up under the traditions and customs of the nation. Certain features in the tradition affect the child's cognitive development. In some ways, they may limit the development of the child, but there are some useful aspects. We can develop the child's learning processes and behaviors by teaching people's traditions. For example, the traditions and customs of our ancestors make a great contribution to the child's attention.

What is attention?

Attention determines the activity of a person and his/her choice of objects and events in the objective world. Adaptation function of person's psyche occurs in the attention processes. If there is no attention there will be no real-life practical activity in human mind. Attention gives opportunity of target in specific situations and conditions. Taking into account such a situation ensures that the activities carried out by human beings are conscious and that they are productive. The solution of any matter and every vital task requires that the person concentrate on the content of this issue and the methods of action to be taken. Therefore, attention varies considerably from all other psychic processes. Its peculiarity is that it is not an independent form of psychic activity, like the form of representation, but rather the organized activity of other psychic processes. Attention is one of the most important conditions for successful implementation of all types of human activities and their effectiveness. If person's activity is more complex, long time duration and demand more responsible, the activity require the higher demands and requirements. Human sophistication, quick clarity, curiosity and cordiality serve as an important factor in his or her lifestyle and interpersonal relationship.

Attention is involved in all forms of mental activity and the actions of a person occur in its presence. It should be noted that attention is not a separate psychic process, such as perception, sensation, thinking, memory, imagination and language. Attention is involved in all the cognitive processes that have an impact on increasing their productivity. Therefore, attention-focused objects are clearly and clearly reflected in the point at which accumulated consciousness is accumulated. Hence, attention is a person's internal activity that provides the quality, productivity and effectiveness of mental processes.

Attention is divided into two types according to its object.

- External attention
- Internal attention

External attention is that our mind is focused on characteristics and some features of the objects and phenomenon in the environment and gathering actively. External attention is not only evident in the perception process, and also attention are being directed other objects. It is an example of how the inventor can imagine what he has created, the process of discovering the artist's images and bringing the engineer's dam construction to the forefront. Internal attention is to bring our mind to our subjective impressions, feelings and aspirations. In contrast with external attention to the observation of the emotions, thoughts, desires and like that internal attention occur in human mind. Both type of attention contribute to finish activity successfully. In addition, directing and collecting of a person's consciousness to specific object is called individual attention and directing and collecting of a group of people consciousness to a specific object or event is called group attention.



Benefits of customs and ritual to improve attention productivity and behavioral development

Through our national traditions we can develop the child's learning processes or behaviors. Here, for example, we can transform the traditions of Uzbek families. The tradition of welcoming guests in Uzbek families is one of the most respected traditions and the attitude toward it determines the human personality traits. Early childhood education of these traditions defines the child's social development maturity. Traditions and customs also have a positive impact on the development of the child.

Family members may have been prepared beforehand to be welcomed or they may be encountered by accident. The order of the visitor is taught by the parents or other adult members of family to children. For example, it is understood that when a guest visit the child should be greeted with respect, respect and be well-behaved around the table. As the most important tradition to meet the guests in Uzbek families, these skills are absorbed from the child's early ages. Furthermore, it is understood that children should be greeted and respected at the time of the visit, and that they should be well behaved around the table during the party. Phrases, words, sentences which are used during visit are taught to children by older in order to greet with guests. Through this, the child has the ability to communicate in interpersonal relationships and leads to the formation of speech. The child will be able to communicate with new people around the world and as a result of conversing with older children will learn new words and improve social language culture. For instance, we can teach to children some phrases to ask visitors' condition like that "How are you?" did you come well?", "You

look beautiful as a consequence child accommodate new ways of social communicating. Teaching the subject of respect for the visitors will help the child develop perceptions and thinking based on the roles of people in the social environment. The child realizes the roles of guests and hosts in this situation. As a result of teaching to the child to be calm, be patience, be in a good behavior, not to say any words, not make a noise, and showing respect in front of guests will develop attention abilities like being calm. For, the child is silent in front of guests, does not make a noise and he or she listen to adult conversation. Child's attention is trained by this kind of traditions and rituals. These activities happen regularly in many Uzbek families so children are demand to be well-behaved when guest visit. In the child, the situation of attending and behaving attentively increases in different situations, in the event of non-compliance with the rules, the punishment of the child will automatically follow the behavior of the next accepting guest time. This can serve as an example of behavior therapy in developing the child's behavior in Uzbek families.

Because of the high guest's attendance in extended Uzbek families, children differ in quality attitudes as compared with children of nuclear families. That is, when the child is in the limelight of guest the child is always required to comply with the rules of hospitality, not to make a noise and to act decently. These voluntary actions will gradually turn into automatic action. Higher level of children hyperactivity syndrome in the learning process observed in nuclear families than extended one. Nuclear families parents do not have time to teach their children how to behave and to control their children cognitive development because of economic issues or other. There are many reasons to be hyperactive but there are some methods to eliminate this syndrome indirectly in our real life. One of them is our still existing rituals and traditions. In



extended families, children are not hyperactive as nuclear families children as. Older members of extended families reserve traditions and other young generation obey their rules such as accepting guest and so on. In nuclear families parent avoid complying these rules and their children are not curb to follow rules and they do not know how to behave when guest are coming to their home. As the children do not have to comply with the rules for accommodating the visitor, inconsideration, aggression and persistent behavior may also be observed. In addition, the child's ability to behave and interact with new people is less common than that of many extended family children. A child who grows up under the tradition and values system is characterized by a positive outlook on others. The reason for the calmness, patience, kindness and welfare of Uzbek people is the result of the traditions and customs preserved.

METHOD

As a proof of our opinion, we conducted an experiment in a 4-5 year old group of 25 children in one of the Uzbek kindergartens. Children from extended family were selected for the experiment. This is because guest visits are very high in this family. Observation method was chosen to carry on research. "Guest and guest game" was game activity during experiment. "Guest and guest game" was played in training activity which is directed to teach national traditions and customs. According to game children should represent accepting guest ritual as a spectacle, following rules they learned in their home. 6 children were first performers at the beginning of the game. Other children watched the actors around them. While they were playing roles we watched their attention and behavior and instruction were given by controller.

RESULT AND DISCUSSION

During the execution of the role played by the child, he tried to adapt his/her movements to adult behavior. The child also controls his/her own behavior. Even the most active children were also attending the game with patience and heading their own behavior. Children changed their place to other children in the group. The second team played more active than the first team. During the game first group has served as an example for the second group. They imitated the actions, words and conversations in interpersonal relationships that are played by adults. During this period, the rest of the children watched the games carefully. It was very interesting for children doing adults' actions, putting themselves into to their turn and watching their peers in adult's position. And, the children watched the performance of the participants during the game with patience. As a result, even the most active and mobile children in the band went through the rituals of controlling their behavior and did not keep up with surrounding influences because they were so interested in the game. Although the tradition has been played in a play style, it has been found to have a positive impact on children. The following conclusions have been reached in practice:

- When children learning national custom and traditions they influence on their language, build speech culture and increase vocabulary
- They help to interact with members of society
- They grow ability that behave in any situation on child
- Develop cognitive processes functions
- They focus attention on concentration and its quality improves



- Learning customs and traditions creates positive attitude in the child
- Help to understand national self-esteem and to be more successful in the world around them
- identification of people and himself/herself in social groups
- they give an opportunity to perceive role of people in society

In addition, children of Uzbek families are taught to greet who they know and they do not know from early age. This habit creates senses of kind and care to people around their society. One of the habits of Uzbek people is that family members should sit and eat without saying anything while eating something and older members of family start eating firstly and young people wait until they permit them. At the same time, the child is always taught to keep silent while sitting at a table. Productivity of attention will wide due to eating food sitting silently in a calm atmosphere. So, waiting for older members of family starting to eat leads to form sense of respect and reverence for others. These customs and traditions treat child's behavior as a therapy.

In summary, it can be said that training with the customs and traditions from early in childhood bring up children be attentive, patience, and well-behaved. From social point of view, they are able to communicate in interpersonal relationships, become interconnected and value others. As the child's outlook is influenced by the environment, he/she grow up imitating the behavior of his/her family from an early age. When tradition and customs are presented as examples to the imitation, this example provides for the transformation of the tradition of their ancestors.

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