

# STUTTERING, TYPES OF STUTTERING, CAUSES OF STUTTERING AND ITS PREVENTION. LOGOPEDIC WORKS CONDUCTED IN STUTTERING CHILDREN AND ADOLESCENTS

**Malikova Komila Amrillo qizi**

*Tashkent State Pedagogical University Faculty of special pedagogy and inclusive education  
1st course master's degree in speech therapy*

**Annotation:** *Stuttering is a speech disorder, manifested by pauses or repetitions of syllables or sounds, which makes communication difficult and causes significant difficulties in expressing thoughts. Children's stuttering is usually manifested during the active formation of speech.*

**Key words:** *disease, stuttering, treatment, speech apparatus, physiological symptoms, speech therapist work process, development period, active formation of speech.*

Stuttering (logoneurosis) is a common speech disorder. This manifests itself in the frequent repetition of individual sounds or syllables and whole words. In some cases, the patient does not repeat sounds, syllables or words, but prolongs them. Stuttering can also be manifested by frequent pauses in speech, its "firmness". During the pronunciation of speech, a person experiences difficulties due to sudden disruption of the coordinated work of speech organs and centers. The problem is provoked by spasms that appear both in the muscles involved in the formation of sounds and in the muscles of respiration. Therefore, many patients suffer not only from direct stuttering, but also from breathing disorders. Patients complain of a sudden feeling of shortness of breath.


It is known that stuttering, which occurs in many children today, worries every parent. It is difficult to understand whether stuttering is a disease or a defect. From the work of scientists, it can be said that stuttering occurs from time to time. Itches. It takes a lot of effort and patience to eliminate stuttering. If stuttering is not eliminated in time, it will negatively affect the mental development of the child. As a result of the child not being able to express his opinion independently, he cannot communicate with his peers.

The problem of stuttering is one of the oldest in the history of the development of the doctrine of speech disorders. Stuttering is a violation of the rhythm of speech as a result of the muscles of the speech apparatus.

Causes and symptoms of stuttering:

Stuttering often occurs in children of school and preschool age. Stuttering begins to be felt when the child's speech develops and begins to express more complex sentences.





The cause of stuttering is the result of various harmful effects on the immature nervous system of young children. For example, fear, noisy situations between parents at home, riots, quarrels cause the child to be afraid of waking up in his sleep. This fear is so strong that the child wakes up with fear even in his sleep, distrust of the rioters, signs of fear as if a fight will start again, visible even in his eyes, staring at adults won't get it. Because imitation is strong in young children, some of them learn to stutter from their fellow stutterers. The symptoms of stuttering are known to everyone, as soon as they start to speak, the muscles of stuttering children begin to tighten. In some cases, a stuttering child cannot open his mouth when trying to say the first word. In severe cases of stuttering, the face turns red, the muscles on the face and around the eyes may tighten, and even sweat. The heart rate and breathing speed up. This condition means that there are defects in the activity of the child's autonomic nervous system. With such a speech defect, it seems terrible for a child to say a word in front of many people.

For this reason, in the psychology of stutterers, there are more feelings of doubt, suspicion, low mood, lack of confidence in one's own strength and will. The earlier stuttering treatment is started, the sooner better results can be achieved. In order for treatment measures to be effective, the child must have a desire to get rid of this defect and actively participate in treatment procedures.


Types of stuttering symptoms. The full symptoms of stuttering were first described in the 1989 scientific work of I. A. Sikorsky entitled Stuttering.

Symptoms of stuttering are divided into 2 groups; biological [physiological] and social [psychological]. Physiological symptoms include contraction of the organs involved in the formation of speech, general speech disorders of the central nervous system and physical health. Psychic symptoms include speech arrest and other disorders of emotional speech, logophobias, the use of tricks, and other mental aspects of the phenomenon of recording in speech.

In order to prevent stuttering, first of all, it is necessary to eliminate negative situations affecting the child in the family, to prevent quarrels and fear of the child. Corrective work with a child who stutters is carried out in a comprehensive manner in cooperation with a speech therapist, neuropathologist, psychologist. During the course of the examination, the collection of anamnesis data, the study of the child's psychiatric and medical documents includes the examination of the child who stutters. In the process of interviewing the speech therapist with the parents, negative consequences of the child's natal and postnatal development periods and negative situations in the family before the age of 3 are analyzed.

The younger the child who stutters, the more active and bold his general behavior, the less the parts of the speech organs have contracted and the weaker he is, the less





emotional disorders he has. then it will be much easier to eliminate stuttering. Up to 2-4 years of age, stuttering will be eliminated. To eliminate stuttering, it is necessary to take a comprehensive approach. Correctional work carried out in cooperation with a neuropathologist will have a positive effect.

Psychotherapy for stuttering is necessary to reduce the child's self-confidence, to get used to the stuttering child taking a deep breath and speaking correctly when communicating. Persuasion "suggestion" is a special method of psychotherapy. Heterosuggestion - persuasion through an external person. It includes work between the psychotherapist and the stuttering child. A psychotherapist increases self-confidence in a child, reduces fear, helps to reduce feelings of excitement. In older children (15-16 years old), shyness prevails in the child to communicate with his friends in class, to participate in classes, and heterosuggestion to eliminate stuttering effectively helps in the correctional work carried out by the speech therapist. Autosuggestion is self-convincing. It is more effective in older children.

First of all, the speech therapist should teach the child to breathe properly. Inability to distribute the breath in the speech of a child who stutters is the reason for the deficiency. The main stage of corrective pedagogical work is to establish correct breathing. With the help of breathing exercises, we teach the child to breathe correctly.

- 1- Inhale through the mouth and exhale through the mouth
- 2- Inhale through the nose and exhale through the nose
- 3- Inhale through the mouth and exhale through the nose
- 4- Inhale through the nose and exhale through the mouth

Breathing exercises should be carried out together with hand movements. Massaging children who stutter helps in the successful implementation of corrective pedagogical work. The child's face, hands, and scalp are massaged with a headache. Breathing exercises for stuttering children

The diet of a stuttering child is also very important. It is forbidden to eat carbonated and colored drinks, legumes, sweets, and fast food. Exercises for a child's speech to be fluent and understandable

- 1- Speak slowly and calmly
- 2- Think about what to say before speaking
- 3- Do not speak too loud or too low
- 4- When entering into a conversation, the head should be in a relaxed position or in a standing position
- 5- Take a quick deep breath before speaking
- 6- Know the distribution of breath
- 7- Pronouncing vowel sounds clearly and strongly





8- Directing the breath to a vowel sound rather than a consonant sound

9- Never emphasize consonants and speak in a low tone

10- If the word begins with a vowel sound, the word should be pronounced slowly in a low voice

11- Pronounce the first vowels longer and pronounce the words as if they were words with complex syllables

12- Always take a deep breath and try to speak clearly and clearly

So, elimination of stuttering is mostly effective when the child is young. As the child grows older, stuttering becomes more complicated, and speech therapy correction work on its treatment and correction will not be effective. A good result can be achieved if the logopedic effect on treatment and correction is carried out quickly and in a short time without spending time on stuttering children. Among children who stutter, it was noted that better results were achieved in preschool and younger children. Correctional work of a speech therapist gives less results in teenagers, i.e. children (16-17 years old). In order to eliminate the diagnosis of stuttering among children, it is necessary to educate future mothers about the causes of stuttering. This will reduce the number of children with disabilities in our society.

#### REFERENCES:

1. Norbekova, B. (2021). Socio-Psychological Characteristics of National Character. EPRA International Journal of Multidisciplinary Research (IJMR)-Peer Reviewed, 7(1).
2. H. Laguzen Method of treatment of stuttering.
3. M. E. Schubert Towards a Psychopathology, Stuttering Clinic and Treatment.
4. avitsenna.uz

