

THE ROLE OF MENTAL ARITHMETICS IN THE DEVELOPMENT OF ATTENTION AND THINKING IN ELEMENTARY SCHOOL

Fozilov Jakhongir Ibrohimovich

Student of Ferghana State University of the Republic of Uzbekistan, Uzbekistan, Ferghana

To`ychiyeva Mohigul Muhammadkarimovna

Student of Ferghana State University of the Republic of Uzbekistan, Uzbekistan, Ferghana

Abstract: This article provides an overview of mental arithmetic, one of the most effective ways to develop thinking skills, as well as the positive impact of these scientific methods on schoolchildren.

Keywords: abacus, arithmetic operations, thinking skills, cognitive functions, mental arithmetic.

Today's rapidly changing world requires each of us to make quick decisions. In this case, of course, it is natural for everyone to act on the basis of their own thinking abilities. Therefore, today one of the priorities of human perfection is to have a clear and deep mind.

The main stages in the development of thinking skills occur in the early school years, since during this period the child's brain is relatively flexible and tends to process large amounts of information. At the same time, given the period of children's play activity, non-standard work with them will increase their effectiveness. One such method is mental arithmetic.

Mental arithmetic is a science that teaches you to calculate very quickly using arithmetic operations. By studying this science, you can not only speed up calculations, but also allow both hemispheres of the brain to develop in the same way. That is, in a simple abacus operation (a computing tool previously used in East Asia), the neurons on the left side of the brain are responsible for performing computations, and the right side is responsible for representing the abacus. The middle part of the brain controls the audibility of numbers and finger movements. In addition, mental arithmetic develops memory, concentration, teaches quick control over numbers and facts eliminates ineffective ways of solving problems and looks for unconventional ways to achieve goals. Because of training, the child will be able to show activity and initiative. Easily learns school lessons, quickly learns foreign languages. At the same time, it develops the qualities of independence, self-confidence and leadership in children.

To date, researchers are conducting a lot of research to study the effectiveness of the mental arithmetic curriculum. In particular, the results of research carried out at the Russian State University were collected and published as a separate scientific work. The research was supervised by the staff of the Department of Biology and Medicine. The study involved 26 children, 20 of whom were first graders, and 6 of them attended a special in-depth school.

At the end of the study, it was found that, thanks to mental arithmetic, children develop extensive development in both hemispheres, while the rapid development of logical thinking is clearly observed. Various mental arithmetic methods were used throughout the study.

One of the main goals of the researchers was to determine the effect of methods used in mental

arithmetic on students' cognitive functions.

The results show that through mental arithmetic, incoming information about the world around us activates all aspects of the human brain. Thus, imaginative and imaginative thinking develops. In this case, the efficiency of the brain increases.

The development of both hemispheres of the brain is determined by the type of thinking. In practice, it has been proven that people with a type of thinking that helps form mental arithmetic are better able to solve complex logical operations.

Children enrolled in this program can excel in not only math but other disciplines as well. Here they will gain self-confidence and overcome difficulties. Mental arithmetic helps parents when it is difficult for children to read as there are many distractions today.

Summarizing the above, we can say that the thinking abilities of any child engaged in mental arithmetic are significantly different from other peers. It's no secret that the developed brain of the future will solve any problem faster and more efficiently, and in this case, we can say that mental arithmetic is a guaranteed way to achieve any future success.

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