



## EDUCATIONAL SIGNIFICANCE OF FAIRY TALE THERAPY IN CHILD DEVELOPMENT

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**Abstract:** *This article describes the role of fairy tale therapy in the mental and spiritual development of preschool children. Also, an effective method of using fairy tale therapy in preschool educational institutions is highlighted. Information about the advantages of using fairy tale therapy, the types of fairy tales used in fairy tale therapy.*

**Key words:** *child, education, fairy tale, therapy, preschool education, institution, mental development, value, technology, psyche, psychology, development.*

Preschool education plays an important role in the life of society as the first link of the general education system, therefore, at this stage of development, children should not only acquire a wide range of knowledge, skills and abilities at a high level, but also moral it is also important to inculcate values and rules.

High speed, complex information technologies, and globalization of social processes force human psychology to constantly strain in the modern world. An increase in negative situations and stressful situations affects children's educational and communicative activities, as well as family relationships, which leads to overstrain of the nervous system, neuroses and psychosomatic diseases. In the era of globalization, where electronic games and computers are taking the place of today's toys, traditional forms of games and toys are gaining secondary importance. Together with them, attention to fairy tales, which have been an integral element of childhood since ancient times, is also waning.

It is known that the fairy tale is filled with information about the history of the people, spiritual and moral values, behavioral characteristics in different life situations. Accordingly, fairy tale therapy can be used as a means of targeted pedagogical influence on a person to harmonize the emotional state of a preschool child. Since fairy tale therapy is one of the modern technologies for treating children's psyche, it is widely used by practicing teachers.

Fairy tales play an important role in the mental, physical and psychological development of a child. In our wise nation, the wise saying "Fairytale is a guide to goodness" was not used in vain. In addition, the role of fairy tales and positive heroes in the child's love for a certain profession in the future is very important. From this point of view, the effective use of fairy tale therapy in preschool educational institutions today, the use of its effective methods in the educational process, is important for children to love their future and a worthy profession.

Effective use of fairy tale therapy in the educational process helps a young child to understand the world around him. The fairy tale genre provides children with ways to



receive important messages. Although fairy tales contain some unrealistic themes, their overall effect on the child's psyche is positive and offers important elements for children's development. Fairy tales teach children to deal with basic human conflicts, desires and relationships in a healthy way. Acquiring these skills can ultimately affect a child's health, quality of life, and future behavior and lifestyle.

The study of fairy tales from a scientific point of view begins mainly in the XVII century, when scientific interest in this genre, especially in the fields of philology, ethnology and history, appeared. Historian V. N. Tatishchev is one of the scientists who saw the reflection of people's history and life in fairy tales and was one of the first to talk about its value. Many writers of the XVIII-XIX centuries were also very interested in fairy tales. They sought not only to find echoes of antiquity in the fairy tale, but also to understand their vital importance.

It is worth noting that fairy tale therapy, its role in mental and physical development of a child, as well as effective methods of using fairy tale therapy in education and upbringing of children of preschool age have been carried out to date. In particular, the Russian researcher Breusenkov-Kuznesov in his book "Etyudy po skazkotterapii" focuses on the main features of fairy tale therapy that affect the child's development and offers a number of methods that ensure its effectiveness. Another scientist I.V. Vachkov "Skazkotterapiya. In Razvitie samosoznania cherez psichologicheskuyu skazku" he explained the role of fairy tale therapy in self-development in children [2. 122.].

In this article, the methods of analysis, synthesis, comparative analysis, rationality, scientificity and impartiality of scientific research were used for a more in-depth analysis of the researched topic.

Fairy tale therapy is a method that uses the form of fairy tales to integrate the personality, develop creative abilities, expand consciousness, and improve interactions with the outside world. Famous foreign psychologists, such as E. Fromm, E. Bern, E. Gardner, A. E. Petrova, R. Azovtseva, T. Zinkevich, used fairy tales in their research work. This method allows solving a number of problems that occur in children. In particular, through fairy tale therapy, the educator can develop ways to eliminate defects in aggressive, insecure, shy children. In addition, the process of fairy tale therapy allows the child to actualize and realize his problems, as well as to see different ways of solving them [4.].

Fairy tale therapy is the oldest psychological-pedagogical method. From time immemorial, knowledge about the world and the philosophy of life has been passed from mouth to mouth, rewritten, and every generation has reread and mastered it. Therefore, fairy tale therapy is called an educational system that corresponds to the spiritual nature of a person. Many people think that story therapy is only for children, especially preschoolers. However, the age range covered by fairy tale therapy has no limits.

The psyche of a child is very fragile and requires careful attention, because the child is just beginning to recognize himself, other people and the world around him. And on this way, children often face serious difficulties in family, kindergarten, school, communication. Adults want to help them, but often don't know how. In such cases, fairy-tale therapy



helps. Fairy tale therapy gives children strength, confidence and helps them find a way out of a difficult situation [3].

Fairy tale therapy for preschool children is a modern tool widely used by child psychologists and teachers to solve various problems. Fairy tale therapy is a method of "fairy tale treatment", teachers, psychologists, doctors use fairy tales in their practice. Fairytale therapy is a process of making connections between fairy tale events and real-life behavior. This is the process of translating fairy tale meanings into reality. Fairy tale therapy is a method that uses the form of fairy tales to integrate personality, develop creative abilities, expand consciousness, improve interactions with the outside world, and reveal the general potential of a preschool child.

Fairy tales show that there are no hopeless situations, there is always a way out - you just have to look for it. Fairy tales develop a child's imagination, teach him to freely improvise without fear of danger, and give him a wonderful ability to use the magical power of creativity in solving problems. Today, children know how to independently organize and play role-playing games, recreate different aspects of reality and fairy-tale plots. They independently come up with the plot, role-playing dialogues and elements of the game environment. With the help of adults, they act out fairy-tale plots in theater, directing games, and dramatization games [5].

To make it easier for the child to remember the stories and then tell them, the educator can use various didactic games. Also, these games help not only in the development of consistent monologue and dialogic speech, but also in the development of creative imagination and fantasy. In the use of fairy tale therapy, the teacher's emotional response to the content of the story is important, which becomes the main condition for effective work. It is also important for the teacher to know that discussing the character's behavior and motivations is a very effective method of fairy tale therapy. Scientists suggest the use of dramatization, in which each child has his own role, but it is also important to take into account the emotional readiness of children who have not yet reached the appropriate age and have a closed character. Stage episodes have a psychological and pedagogical effect and help to develop the child's creative and artistic abilities[5]. And the technology of parables plays an important role in the development of children's moral qualities. Fairytale therapy can be used both in the prevention of developmental problems and in the diagnostic and corrective stages when working with children. The following conditions are the basis for the effective operation and use of fairy tale therapy:

- the story being told should fully convey the original human feelings to children [6];
- during reading, you should sit in front of the child so that he can see the teacher's face and observe his gestures and facial expressions;
- long pauses should not be allowed when telling a story to children [2].

In conclusion, it should be said that fairy tale therapy is a very promising method for the development of communication skills in preschool children and contributes to their emotional development, based on the integration of a person and the development of his creative abilities. Special technologies of fairy tale therapy can be used to solve psychological, pedagogical and age problems of children. The scientific-theoretical analyzes



conducted by the authors made it possible to conclude that it is appropriate and relevant to use the method of fairy tale therapy in finding solutions to various difficulties that arise in children of preschool age, and in developing love for a certain profession. Another important issue is that fairy tale therapy is a way to introduce children to books and help them develop a love for books. Fairy tale therapy helps to interest children and develop communication skills with peers and adults.

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