

Methods for the Development of Creative Activity in Social Rehabilitation of Persons with Disabilities

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Annotation: *This article explores the practice of social work with individuals with disabilities. It examines the development of creative activities within the social rehabilitation process for this segment of the population, drawing on methods such as art therapy, mud therapy, and bibliotherapy. Furthermore, the article studies the social significance of arts and crafts and analyzes practical applications in this context.*

Keywords: *sociology of disability, persons with disabilities, social rehabilitation, creative activities, art therapy, mud therapy, bibliotherapy, arts and crafts.*

The need for social rehabilitation of people with disabilities stems from the understanding that in a harmonious society, all members should have the opportunity to fully realize their potential on an equal footing with their non-disabled peers. Often, individuals with disabilities, facing specific challenges, require assistance to achieve this self-sufficiency. As the renowned psychiatrist M.M. Kabanov observed, rehabilitation encompasses more than just prevention, treatment, and employment. It represents a fundamental shift in approach, emphasizing the re-socialization of the individual with a disability and the restoration of their personal and social standing. Kabanov's work highlighted the individual as the central focus of effective rehabilitation programs.¹

A crucial prerequisite for integrating people with disabilities into the socio-cultural sphere is the implementation of tailored socio-cultural policies. These policies must consider the quantitative and qualitative aspects of this section of the population and the unique characteristics of the prevailing social environment. A systematic approach to addressing and defining challenges is vital, including consideration of the diverse needs of different groups within the disabled community, adherence to legal frameworks, and the development of relevant approaches and solutions.

The underdeveloped cultural landscape for people with disabilities is influenced by a number of factors and circumstances, which can be categorized into three groups:

- An underdeveloped infrastructure specifically designed to support the leisure activities of people with disabilities.
- A lack of well-established social attitudes that promote the development of this area of activity for people with disabilities.
- Limited personal motivation among people with disabilities to engage in leisure activities.

The underdeveloped infrastructure for organizing leisure for people with disabilities is characterized by the following:

¹ Гуслова М. Праздникотерапия как способ оптимизации жизни семей с детьми-инвалидами // Праздник. – Изд.: ООО «Корпоративная культура». – М., № 10, 2008. – 234 с.

- Limited accessibility to many cultural institutions, often with complete lack of access due to barriers for people with various disabilities (visual impairments, hearing impairments, mobility impairments requiring wheelchairs, etc).
- A shortage of systematically trained professionals who can organize leisure activities tailored to specific groups of people with disabilities.
- Inadequate methodological and technical support in this field.

It would be inaccurate to claim that modern society is indifferent to the needs of people with disabilities. Open discussions about the challenges they face are becoming more common, various public institutions are being established, and international events, festivals, and forums are being organized. In implementing public policies related to people with disabilities, club institutions should focus on ensuring that leisure activities are designed to meet the diverse needs of different groups within the disabled community.

To achieve these goals, it is necessary to:

- explore existing cultural and recreational facilities with access to them and full access opportunities for each group of people with disabilities;
- study the needs and requirements of relevant groups of people with disabilities for active and passive creative forms of leisure;
- development of priorities for infrastructure development for the leisure of people with disabilities, taking into account such research data;
- development and testing of new health-improving technologies in the system of recreational activities;
- development and testing of new forms and technologies of recreational activities for the disabled;
- Creation of modern infrastructure (technical equipment, tools, equipment, etc.) for people with disabilities².

We can cite such activities as bibliotherapy, art therapy, fairy-tale therapy, isotherapy, mud therapy in the content of creative rehabilitation of people with disabilities.

Bibliotherapy. Today, special attention is paid to book reading in our country. In this case, the president of the Republic of Uzbekistan Sh. Mirziyoyev The decision of “on the program of complex measures to develop the system of publication and distribution of Book products, increase the culture of book reading and reading and promote”³ is important. Reading a book or listening to an audiobook, in addition to expanding a person's worldview, provides him with meaningful leisure, spiritual maturity and peace of mind. For this reason, we recommend the following books to organize the meaningful leisure of children with disabilities:

1. X.Tokhtabayev “Land of sweet melons”
2. X.Tokhtabayev “Riding a yellow giant”
3. Antoine de Saint Exupéry – “The Little Prince”

² Белобородов Н. В. Социальное творчество учащихся как фактор успешной самореализации личности: автореф. дис. на соиск. уч. степ. канд. пед. наук. – Москва, 2004. – 320 с.

³ SH.Mirziyoyev “Kitob mahsulotlarini nashr etish va tarqatish tizimini rivojlantirish, kitob mutolaasi va kitobxonlik madaniyatini oshirish hamda targ`b qilish bo`yicha kompleks chora-tadbirlar dasturi to`g`risida”gi PQ-3271-sonli qarori, 2017 yil 13 sentabr.

4. Grigory Petrov "In the land of white lilies"
5. Ulug'bek Hamdam "The Father"
6. Shaykh Muhammad Sadiq Muhammad Yusuf "Lies"
7. Malcolm Gladwell "Outliers: The Story of Success"
8. Aybek "Childhood"
9. Ubaydillo Uvatov "Etiquette and decency"
10. Gafur Gulom "Mischievous Boy"
11. I.Zarnujiy "The Method of Learning"
12. Jules Verne "Captain Nemo"
13. Marcel Brion "I Am Timur, Lord of the Universe"
14. Alexei Tolstoy "The Golden Key, or the Adventures of Buratino"
15. Lewis Carroll "Alice's Adventures in Wonderland".

Art therapy represents one of the most advanced methods for the socio-cultural rehabilitation of people with disabilities, offering a natural avenue for emotional state modification. It is a psychotherapeutic approach that utilizes artistic techniques and creative expression to facilitate healing through painting, modeling, music, photography, films, literature, acting, storytelling, and other creative endeavors.

Art therapy sessions assist individuals in articulating their experiences, challenges, and internal conflicts with greater clarity and sensitivity, while simultaneously fostering creative self-expression. Through the creative process, people with disabilities can often express themselves more vividly and distinctly than through writing or speech. Art-therapeutic activities aid in assimilating complex emotions and processing the accompanying negative feelings. This is particularly beneficial for individuals who find verbal communication difficult, as it provides a more accessible outlet for expressing their fantasies. These fantasies, depicted on paper or molded in clay, can accelerate and ease the articulation of experiences.

The act of creating art diminishes or eliminates the defenses present in traditional verbal communication, enabling individuals with disabilities to evaluate their feelings towards the world around them more accurately and realistically. The principles of art therapy are rooted in the belief that artistic expression, free from excessive conscious thought, invariably reflects the individual's inner self and self-image. Furthermore, participation in art therapy requires only basic artistic tools, eliminating the need for prior experience in creative activities. By visually representing their challenges, individuals can externalize negative emotions onto paper. Creating a work of art invariably offers a sense of creative fulfillment. Art therapy manifests itself in the following ways:

- Isotherapy
- Dance therapy
- Music therapy
- Play therapy
- Phototherapy
- Fairy-tale therapy

Art therapy as a psychological method helps to eliminate the following:

1. internal or interpersonal conflicts
2. crisis situations
3. psychological trauma

A common application of phototherapy is art photography. Contemplating works of painting, sculpture, and architecture not only provides aesthetic and cognitive stimulation but also evokes therapeutic responses. These responses include increased energy levels, improved well-being, and the potential for self-healing. In this way, creativity can address mental distress stemming from internal conflicts or traumatic events. These methods can enhance both the social engagement and the potential for personal income generation as a profession for individuals with disabilities.

Arts and crafts. Introducing national culture, folk Applied Arts and traditions through craft lessons, serves to make people with disabilities grow mobile and sociable, active and sought-after, and feel the pleasure of life. This methodology allows you to find relaxation and inner balance, since creativity allows you to recreate the traumatic situation in a hidden symbolic form and find its solution through repeated modeling⁴.

Engaging in practical art training provides people with disabilities with a wealth of positive experiences and a surge of positive energy, empowering them to transition towards a more independent and fulfilling life and to integrate more fully into society. Creating something with their own hands can foster a sense of purpose and belonging.

Emotional immersion in the history of traditional folk art serves to elevate perceptions of human potential and cultivate feelings of self-assurance and confidence in one's own abilities. The element of rehabilitation here is natural therapy – the principle of self-healing. Self-awareness, a sense of connection with other members of society, and the opportunity for self-expression are particularly important for people with disabilities, as these experiences foster a sense of belonging and normalcy. Creativity, like art itself, cannot be separated from communication; together, they represent a powerful tool for promoting social integration for people with disabilities.

Mud therapy is an effective rehabilitation technique that combines medical, wellness, and culturally-oriented approaches based on working with natural materials. The healing properties of clay, including its antiseptic and absorbent qualities, have been recognized for centuries. Practical training in crafting clay toys is often paired with instruction on the historical origins of the toy, widespread folk traditions, and production methods. Modeling helps to develop fine motor skills and hand-eye coordination. Painting the finished product enhances fluid movements, cultivates a sense of rhythm, volume, proportion, and color, and fosters artistic taste.

Creative work with natural materials plays an important role in developing labor skills, promoting precision, and fostering planning abilities. It also contributes to the development of imagination and spatial reasoning. Clay possesses a calming quality, and the use of white and blue clay has been shown to have a positive impact on the mental well-being of hyperactive children and individuals experiencing high levels of anxiety.

Unlike plasticine, clay facilitates the deeper exploration and expression of emotions. Its soft and gentle texture can contribute to the spiritual tranquility of people with disabilities, encouraging the liberation of emotions through creative engagement.

⁴ Акимова М. Паруса надежды // Народное творчество . – Изд.: ООО «Группа морей». – М., № 3, 2009. – 226 с.

In conclusion, the development of creative activity as a means of promoting meaningful leisure and facilitating social integration through the social rehabilitation of individuals with disabilities holds significant social value, exceeding that of methods such as art therapy, mud therapy, bibliotherapy, and traditional arts and crafts. The shared responsibility of social work professionals and the broader public in implementing these methods serves to improve and advance efforts in this area.

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