

THE IMPORTANCE OF “ALLA-LULLABY” IN ENHANCING COGNITIVE DEVELOPMENT

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Key words: alla, cognitive development, kindness, tone, homeland.

Alla – lullaby is the very first thing that our ears hear. It leads to goodness, instill unlimited love for family and homeland. Alla, the first song, the song of all mothers, through this song children absorb the feelings of kindness, goodness, love, loyalty to the homeland. First of all, every woman has her own tone with her own feelings. Recently, many artists started writing music in the tone of alla. Thus, the new direction of folk art is music modern allas to be sung to the accompaniment were created. Folklore works can change over time depending on the period, including in the past, mothers sang their pains and sorrows, now, they sing about a peaceful and prosperous life, and happiness.¹ It is fact that the auditory world of a newborn infant normally consists of his mothe`s voice and that he/she acquires his/her native language first through his/her immediate auditory environment. All around the world, mothers use to sing lullabies to the infants. The main point they achieve with it is that the child sleeps harmoniously along with mothe`s singing. Mostly the research work is based on the musicality of lullabies which send the children into sleep. Mothers propose the native language to the infants by constant verbal communication with them. It is widely accepted that mother`s speech, which is child directed, instigates the child`s language development. The commonly agreed view is that the healthy infants start their first pure linguistic communication with the outer world at the age of 2 – 2 1/2 months where they start “cooing”. Obviously, mother`s monologue

¹ Go`ofurjon Yusupovich Yunusov MILLIY QADRIYATLARIMIZDA ALLANING TUTGAN O`RNI VA AHAMIYATI//Oriental art and Culture. 2021 №4. <https://cyberleninka.ru/article/n/milliy-qadriyatlarimizda-allaning-tutgan-o-rni-va-ahamiyati>

is not the only means with which they provide the native language to the babies. An infant acquires basic perceptions about his/her mother tongue with a sharp ear. Lullabies, of which the origin is not yet found, offer the suggestions of the native language to infants in a noteworthy manner.² An innovative and highly-successful arts-based programme that has been quickly expanding, with evidence of strong impact across several vulnerable populations, is the Lullaby Project. The project invites expectant and new mothers to work with professional musicians towards creating and recording a personal lullaby for their children. It was launched at the Jacobi Medical Center in the Bronx (NYC), by Carnegie Hall's Musical Connections team, part of the Weill Music Institute, and has been running for approximately seven years. In New York City, the project has reached mothers in hospitals, homeless shelters, schools, and correctional facilities. It has now extended significantly across the United States and is beginning to spread internationally.³ Alla - 1) a song sung in a solo style during the process of putting a child to sleep. Among the Uzbek, Uyghur and Tajik peoples, it is called Alla. It is usually performed with simple tunes, sometimes recitatively, to the rhythm of rocking a cradle or swing. The text is mostly quatrains; the performance style is free. Alla expresses the mother's love for the child, hopes and dreams, good intentions and wishes, as well as her spiritual experiences.⁴ Music is a miraculous tool of attracting children to kindness and beauty, powerful aspect of ideas. Without music and songs it is impossible to reach full development of a child. The child comes into the world with a developed sense of hearing, allowing the perception of music. A healthy newborn can differentiate the pitch, timbre, and intensity of sounds and has the aptitude to temporally process musical stimuli (duration, rhythm, and tempo), all of which, as mentioned earlier, were already developing in the third trimester of pregnancy. However, it is worth noting that despite the maturity of the sense of hearing,

² Nadakumara, Uththara. (2017). Lullabies Enrich Child Linguistic Development.

³ SARA ASCENSO THE LULLABY PROJECT: AREAS OF CHANGE AND MECHANISMS OF IMPACT. RESEARCH COMMISSIONED BY THE IRENE TAYLOR TRUST.

https://irenetaylortrust.files.wordpress.com/2018/06/the-lullaby-project_areas-of-change-and-mechanisms-of-impact-research-by-sara-ascenso.pdf

⁴ [https://uz.wikipedia.org/wiki/Alla_\(qo%CA%BBshiq\)](https://uz.wikipedia.org/wiki/Alla_(qo%CA%BBshiq))

the perception of music does not yet take place in the same way as in an adult. This is because the newborn does not yet have the aptitude to understand complex musical structures. Listening to music cannot be limited to processing simple acoustic stimuli. It is a process involving cognitive (e.g., complex auditory perception, attention, or memory), emotional, and motivational functions. In addition, one cannot forget about the entire system of associations, expectations, preferences, or perceptions formed while listening to musical pieces. Processing music therefore requires a complex analysis of various aspects of the music coming to the ears—an analysis made possible by the development of complex neuronal networks activating numerous parts of the brain, from the brain stem stimulating the higher parts of the nervous system, through the limbic system, to the cerebral cortex, including not only the temporal lobes, but also the frontal, occipital, and parietal lobes of both hemispheres. However, the process of branching neuronal connections, which has already begun in the prenatal period, intensifies significantly after birth, which is reflected in the acquisition of further skills in the newborn.⁵ Since listening to music activates a significant part of the brain, the processes activated during music perception can be generalized and transferred to functions unrelated to music, thus yielding benefits for other cognitive processes. Music can promote learning through the aforementioned fact of attracting an infant's attention. Listening to music, especially music associated with the sensation of pleasure, activates interconnected subcortical and cortical neuronal networks that include the ventral striatum, nucleus accumbens, amygdala, insula, hippocampus, hypothalamus, ventral tegmental area, anterior cingulate gyrus, orbitofrontal cortex, and ventral medial prefrontal cortex.⁶ To sum up, singing alla-lullaby can enhance the cognitive

⁵ Po'cwierz-Marciniak, I.; Harciarek, M. The Effect of Musical Stimulation and Mother's Voice on the Early Development of Musical Abilities: A Neuropsychological Perspective. *Int. J. Environ. Res. Public Health* 2021, 18, 8467. <https://doi.org/10.3390/ijerph18168467>

⁶ Po'cwierz-Marciniak, I.; Harciarek, M. The Effect of Musical Stimulation and Mother's Voice on the Early Development of Musical Abilities: A Neuropsychological Perspective. *Int. J. Environ. Res. Public Health* 2021, 18, 8467. <https://doi.org/10.3390/ijerph18168467>

development of infants which can eventually lead to better logical reasoning and critical thinking as they grow up.

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