



“METHODS FOR ELIMINATING STUTTERING IN YOUNG CHILDREN”

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Abstract: This article analyzes the problems of stuttering in young children within the field of speech therapy, its etiological pathologies, and the effective speech therapy methods used to eliminate it. Special attention is given to play methods, breathing exercises, and psychological approaches, which are of great importance for improving and correcting children's social adaptation processes. Early diagnosis and correct correctional work for stuttering, especially in preschool children, are crucial for ensuring their future social adaptation, speech development, and academic success. The study analyzes the widespread use of modern technology platforms in contemporary speech therapy for individuals who stutter, incorporating musical rhythm sessions, articulation exercises, and psychocorrectional work. The article also scientifically demonstrates the advantages of speech therapy audio programs and speech practice applications through modern technologies. The research concludes that effective correctional work for stuttering must be carried out not only through speech therapy sessions but also through individual work with stuttering children, separate work with families, and the improvement of social-psychological conditions. Therefore, a comprehensive approach involving a speech therapist, defectologist, educator, and psychologist is necessary when working with children who stutter. Observations have shown that, as a result of early diagnosis and planned correctional work, sessions help in the complete recovery of speech in 70-80% of cases. The most important factors highlighted are the individual approach, planned sessions, and parental support. The key objectives of special pedagogy are extensively reviewed, focusing on the effective correction of stuttering and ensuring the child's healthy, active participation in society through remote sessions, speech therapy games, and digital applications. The article also examines the effective organization of pedagogical processes, positive reinforcement, and individual approaches.

Keywords. Stuttering, speech disorder, psychological approach, articulation exercises, diagnosis, correction, modern technologies, musical rhythmic.

Introduction. Speech disorders, particularly stuttering in school-age children, have become one of the most widespread speech defects and a significant concern today. Stuttering manifests as disturbances in the rhythm, intonation, and tempo of a child's speech. It often arises due to psychoneurological factors in children and leads to speech impairment. Scholars in speech therapy, such as L.S. Vygotsky, A.R. Luria, O.B. Ingebrigtsen, M.E. Khvatsev, and T.B. Filicheva, have thoroughly studied the causes and methods of eliminating stuttering in their research. Studies and research indicate that such conditions are linked to the child's psychological state as well as the activity of the speech apparatus. The aim of this article is to demonstrate methods for early diagnosis and elimination of stuttering in children through speech therapy and psychological assistance. Stuttering does not appear spontaneously; there

are underlying causes. Treating this condition may require not only the help of a speech therapist but also a psychologist or neuropathologist. The cause of the child's stuttering must be identified, and if necessary, observed for 3 months.

Main Body. A diagnosis is made for the child who stutters, which includes examining the etiology and potentially conducting an MRI of the head. If a neurological disease is detected, therapeutic measures are also taken. Speech is a factor that causes human socialization, allows connection with the environment, enables the full expression of one's thoughts, and is the main tool for academic success. Speech development is a natural process in young children, but in some cases, disturbances in this process lead to stuttering. Stuttering is primarily observed in young children between the ages of 2 and 7 and affects their social, psychological, and learning processes. Specialists emphasize that there are several factors contributing to stuttering: hereditary factors, psychological stress, and speech errors by surrounding people. Furthermore, correctional work carried out in cooperation with parents and educators enhances the effectiveness of the process. Hereditary factors: If stuttering has been observed in the family before, the risk of it occurring in the child is higher. Psychological stress: Situations involving fear, strong excitement, or negative fear can lead to stuttering. Improper organization of the speech environment: If the child is spoken to quickly, incomprehensibly, or with pressure, their reception functions may not work actively, leading to a speech disorder. When these factors combine or affect the child individually, they disrupt the central and peripheral speech systems, resulting in the child being unable to fully articulate sounds, getting stuck during speech, or repeating words or syllables multiple times (e.g., "ro-ro-bot," "ap-ap-ple"). This condition can be observed not only due to fear but also due to strong excitement. In early rehabilitation processes, the speech therapist must study not only speech defects but also the psychological state, breathing system, and articulatory apparatus. In diagnosis, the specialist uses observation methods and psychological tests, and based on studying the child's emotional state, applies methods and ensures the effectiveness of the work process.

Conclusion. Stuttering is one of the most common disorders in young children, significantly affecting their learning processes and socialization. The causes of this speech disorder are diverse, linked to hereditary, psychological, environmental factors, and psychological processes. A crucial factor in eliminating stuttering is the speech therapy approach through early diagnosis. Concluding from our observations, modern speech therapy processes against stuttering early diagnosis and planned correctional work restore not only speech but also the child's healthy lifestyle and social adaptation. This makes speech therapy a highly relevant and important field. Currently, early detection and modern correction methods for stuttering in speech therapy are yielding high results. Specifically, exercises regulating speech breathing, and sessions conducted through multimedia resources lead to significant improvements in the child's speech. However, the work of specialists alone is not enough in this process; the role of parents is paramount.

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