

TECHNIQUE OF SPEECH AND CULTURE**Rahimova Charos Odiljonovna**

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ANNOTATION

All the social life and education of the Republic requirements to be able to work in the state language in accordance with international standards, to master national and spiritual values, to express their views orally and in writing are important conditions for the training of competent professionals. To this end, in the current article, we have focused on techniques of speech and culture for students.

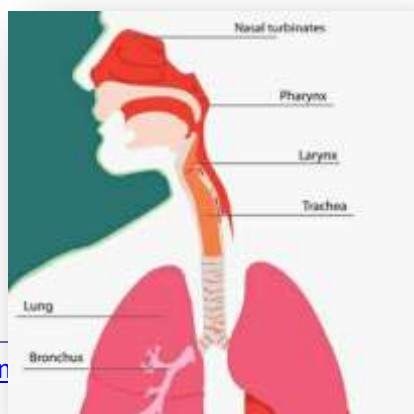
Keywords: *Culture of speech, technique of speech, education of speech, word power, means of communication, types of breath, artistic words, etiquette of speech, voice, sound, sound apparatus, rhythm.*

That is why one emphasizes being a sukhandon and a speaker. The author argues that the way to master oratory is through hard work and study. The noble possibilities of language are opened through speech. Without speech, the infinite possibilities of language remain unexplored. A. Navoi explains the relationship between language and speech as follows: "Language is a tool of speech with so much honor. If speech turns out to be inappropriate, it is a disaster for the tongue". So, no matter how powerful the language is, it serves as a weapon for speech. His power is manifested in the process of speech. If the tongue is an arrow, the speech is a bow. The power of the arrow also depends on the ability of the bow.

Language is a unique treasure of the nation and has always been expressed both orally and in writing. Rich, bright, interesting speech is the light of man, no matter who he is.

Culture of speech is a very large and wide field, ranging from the simple daily greetings of a child to whom, what, when and where to say. Covers all speech processes up to. Culture of speech fosters not only the ways of mastering speech, but also the culture of using it. Culture of speech should serve to form and develop in teachers creativity, independent thinking, the ability to express the product of creative thought in oral and written forms in accordance with the conditions of speech, to develop language skills. Hence, the culture of speech: the study of the means of expressing one's opinion in different contexts in accordance with the context of speech, ways of expressing meaning in different forms, artistic, scientific, social works, thinking about them, personal represents a culture of being able to articulate a relationship correctly in both oral and written forms.

It is not possible to compose a speech that is absolutely correct for any pedagogical situation. Only speech that is organized based on the requirements of the situation is valid. Therefore, it is practically impossible for a person to anticipate and plan every step. The work of an educator is a moment of searching and suffering, a moment of inspiration and unique change, a lot of daily work, frustration and together with the children, that is, the vital function of the human body. It also energizes the speech process. So, man breathes in two ways:



- 1.Nasal turbinates
- 2.Pharynx
- 3.Larynx
- 4.Trachea
- 5.Lung
- 6.Bronchus

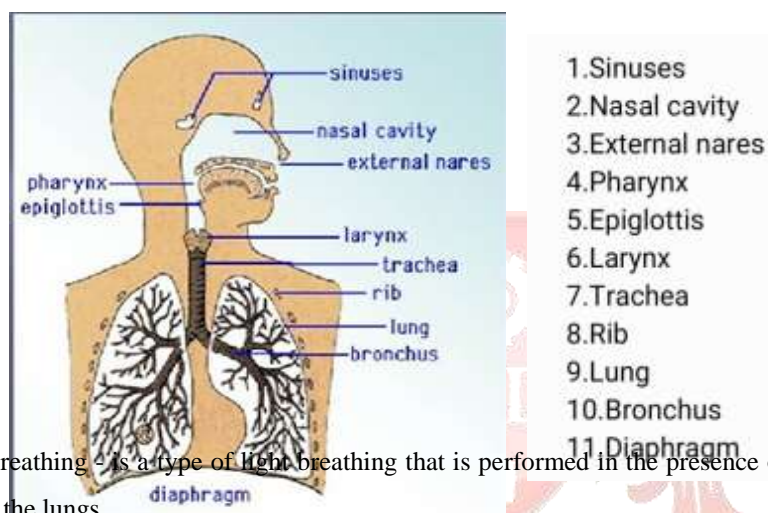
1. Physiological breathing.

In physiological respiration, air is taken in through the nose, and inhalation and exhalation are equal and even. It occurs in the following sequence: shortness of breath, shortness of breath, and pause.

In phonation, short breaths are taken, pauses and long breaths are exhaled. Because airflow is needed to create sound.

If phonation breathing is not formed, there are cases of sneezing, palpitations, redness of the face during speech.

Breathing is divided into four types depending on the involvement of the muscles involved in the breathing process.



Upper breathing - is a type of light breathing that is performed in the presence of the shoulders, chest, and upper part of the lungs.

Chest breathing - occurs in the presence of the rib muscles and changes the circumference of the chest. In this case, the diaphragm hardly changes.

Diaphragmatic breathing - occurs as a result of a longitudinal change in the volume of the chest.

Diaphragmatic-abdominal breathing is formed on the basis of transverse and longitudinal changes in the muscles of the chest, changes in the abdominal muscles. This breath is the most comfortable for phonation breathing.

Speech sounds are formed during prolonged exhalation. Therefore, it is necessary to use exercises that develop diaphragmatic-abdominal breathing to improve the process of phonation breathing and sound production.

Many exercises are prescribed to regulate the teacher's breathing. One of these is to take a deep breath through the nose while lying on your back on the floor, or to return to this position while standing, which helps the respiratory system to function properly.

¹ Fonational - is derived from the english word "phone," which means a method used in breathing.

Sound. It is rare for teachers to have resonant, pleasant-sounding voices that naturally have a positive effect. Good sound can change over the years, if not hardened with the help of special exercises. Also, each person's voice can be strong, changeable, and resonant if hardened on the basis of specific exercises.

Let's get acquainted with the structure of the sound apparatus. The sound apparatus consists of 3 parts: generator, resonator, power system.

Generator system - generates sound, which occurs in the vocal cords and in the oral cavity. Divides sounds into tonal and noise sounds.

The resonator system includes the larynx, mouth, and nasal cavity. It provides speech dynamics.



The upper airways enter the energy system and provide the speed and volume of airflow involved in sound production. Sound is produced as a result of the airflow coming out of the lungs being blocked by sound particles. Important aspects of sound depend on the degree to which the sound apparatus is formed. Important aspects of a teacher's voice include:

1. Delivering and controlling sound over a certain distance.
2. Flexibility of sound - change according to the content of speech.
3. Volume is the tonality level of the sound. The movement of a sound depends on its pitch. The human voice can easily vary in pitch of 2 octaves, but in our daily speech, a voice of 3-5 note power can be used.
4. Range - volume, width. The sum of sounds at different levels with the highest and lowest limit, at the level of human capacity.
5. Timbre - the unique quality of each sound, the decoration of the sound, its softness or thickness, brightness.

Everyone's sound timbre can change based on the resonator system. There are 2 types of resonator system: upper (head) and lower (chest). The upper or main resonator system includes the brain, mouth, and nasal cavity. The lower or thoracic resonator system includes the trachea and bronchi. Using the resonator system, it is possible to create different tones (sounds) and overtones (additional sounds).

6. Rhythm is the total speed, duration, rhythm or weight of a sound and the pronunciation of words. The pronunciation of some words, syllables, their speed - the speed of speech.

7. Temporitm is the breaks between words.

8. Speed of speech depends on the personal qualities of the teacher, the content of speech, the state of communication, the quality of each teacher depends on the content of speech and the state of behavior.

Individually organized purposeful and precisely directed exercises affect the timbre of the sound, helping to eliminate inappropriate additional sounds in the voice.

In conclusion, technique of speech refers to the means used to convey a speech to a listener or reader. Even in ordinary speech, if the task of making a strong impact is not set, it is not only the content of the information but also the speaker's speech. The ringing tone is also perceived. It is important to hear your voice from the outside in order to improve your speaking skills. Students pay special attention to the teacher's pronunciation and technique of speech. Inappropriate repetition of words such as **sheva**², imitation of sound, such as «**aytaylik**», «**xo'sh**», «**anaqa**», «**o'tga-bo'tka**», «**demak**»³ stiffens the necks of students. It is a sad situation not only among high school teachers and students, but also among university professors. Through this scientific article, we have approached these shortcomings in order to overcome them. Scientists estimate that about 1 | 4-1 | 2 of the time allotted for reading is spent on students listening to and understanding the teacher's speech. This means that the mastery of the material by the students depends on the perfection and closeness of the teacher's speech.

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² sheva - a style of speaking specific to a particular region. For example, Tashkent dialect, Khorezm dialect, Kokand dialect.

³ «aytaylik», «xo'sh», «anaqa», «o'tga-bo'tka», «demak» - "let's say", "okay", "there", "weed", "I mean".