



## TEACHING ENGLISH TO LEARNERS WITH EMOTIONAL AND BEHAVIORAL DISORDERS IN UZBEKISTAN

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**Annotation:** This article is about to present some detailed theoretical information about teaching reading, scientists who contributed on the sphere on this theme, to improve the knowledge of methodological units Teaching English to learners with emotional and behavioral disorders in Uzbekistan. Furthermore, this work defines the assessment of obtaining useful data and acquisition by organizing a topic-based lesson plan.

**Key words:** emotional behavior, behavioral disorder, obsessive-compulsive, mental illnesses, immaturity, disturbances, depression, hyperactivity.

Behavioral Disorder means a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree that adversely affects a child's educational performance: (A) an inability to learn that cannot be explained by intellectual, sensory, or health factors: (B) an inability to build or maintain satisfactory interpersonal relationships with peers and teachers: (C) inappropriate types of behavior or feelings under normal circumstances: (D) a general pervasive mood of unhappiness or depression: and (E) a tendency to develop physical symptoms or fears associated with personal or school problems.

- Anxiety disorders
- Bipolar disorder
- Conduct disorders
- Obsessive-compulsive disorder
- Psychotic disorders
- Depressive disorders

### POSSIBLE CAUSES

- Heredity
- Brain disorder
- Diet
- Stress

Some of the characteristics and behaviors seen in children who have an emotional disturbance include:



- Hyperactivity (short attention span, impulsiveness)
- Aggression or self-injurious behavior (acting out fighting)
- Withdrawal (not interacting socially with others, excessive fear, or anxiety)
- Immaturity (inappropriate crying, temper tantrums, poor coping skills)
- Learning difficulties (academically performing below grade level) Children

with the most serious emotional disturbances may exhibit:

- Distorted thinking
- Excessive anxiety
- Bizarre motor acts
- Abnormal mood swings

Educational programs for children with an emotional disturbance need to include attention to both emotional and behavioral support, as well as helping them to master:

- Academics
- Develop social skills
- Increase self-awareness
- Increase self-control
- Increase self-esteem

According to the description of Morstt and Furst in Fariza , stress is a condition affected by mental and emotional disorders that creates an uncomfortable or tense situation if the situation is incapable to be borne by the body. Whereas Hans Selye defines pressure as a non-specific response or reaction to any stimulus or request. This shows that when all the demand exceeds the capacity of the body, it will cause tension. Emotion is the most important element and is the aspect of development in humanity. Through emotion, individuals can feel themselves and express their feelings in a positive and positive way. Emotion is the feeling experienced as a result of a stimulus that includes changes in the behavioral change. According to Albin, emotions are feelings experienced by an individual. Bruno defines emotions as a condition that can interfere with the fluid cycle in the body. Humans need to learn how they able to control their emotions so that they can be adapted well. Emotion is the inner feelings as a result of a person's reaction to something, experience, and events that occur such as emotions of fear, anger, disappointment, joy, love and affection. Dictionary of the Fourth Edition of the Board, emotions as a strong sense of soul such as sadness, anger, fear, laughter, and cry aroused and involve psychological and physiological changes in an individual.



Emotion is one of the most important elements of human life, which is capable of highlighting various reactions and expressions without the need for thought and reflection. Emotion is manifested through acts or actions that can be categorized into two situations that is positive or negative. However, this study is a literature study to identify emotional disturbances involving depression and stress among adolescents. The findings show that teenagers in Malaysia have an emotional disorder that involves depression and stress problems. Various factors contributing to the problem, including genetic or heredity factors, chemical imbalance (Neurotransmitter Serotonin) in the brain and also parental factors. The implication of these finding study is an appropriate intervention to overcome depression among students. Keywords: Emotional Disorders, Depression, Behavior, Student. In 2020, depression is expected to be the second highest illness worldwide. The results of the study from Suffolk University found that 149 students suffer from depression. The findings also showed that 31 students had a serious level of depression. Whereas according to Seot and Sevig study, 14.9% of 949 students had a depressive illness. Whisman et. Al., involving 576 students and finding that 1.6% of students belong to serious depression, while 5.7% of students are moderate in depression, 12.5% of students in early depression and 80.2% of students are in the early symptom of depression. According to Swami et. Al., most students suffer from depression due to low satisfaction and low level of health. Another study found that 43.41% of students were depressed due to family, peer and personality factors. Emotional disorders can cause individuals to experience depression syndrome and mania. According to Mary, mania syndrome is a disease that leads to changes in emotions, thoughts, and behaviors. Depression is also a symptom that reduces the individual's normal performance such as delaying psychomotor activity or reducing the individual intellectual function. According to Prof. Robert Priest around the 1960s symptoms of anxiety and depression became serious as it threatened human life from time to time. In addition to depression, stress is also a major problem for adolescents. According to Fariza and Rohani studies, teenagers in Malaysia are under pressure. Depression, restlessness, anxiety and glare is a painful feeling that can have a negative impact on the individual who experiences it. This will make the life of an individual anxious to disrupt the peace of mind and emotion Adolescents are an important component of the population in Malaysia. According to the National Statistics Department, a total of 5.5 million teens aged from 10 to 19 years old in Malaysia and this amount comprises 19% of the total population of Malaysian. However, the problem of stress among students is a phenomenon that concerns



various parties. Pressures that exceed a certain extent if not controlled will cause various problems to an individual. As a result of stress, the life of a student is affected and negatively impacts on health, personality, social interaction and academic achievement. According to Deckro et. Al., as a result of living stress, will affect academic achievement, disappointment, physical health deterioration and suicidal tendencies. Additionally, stress will also prevent a student from achieving excellent results in the lesson. Due to the extreme pressure, there are also a handful of students who tend to choose illegal and regulatory activities and often fail from other students. When stress is viewed negatively, it will have a negative impact on the health and academic achievement of a student. Emotions help us to communicate with others, such as when we feel sad and need some help. They also can help us to act quickly in important situations. For example, when you're about to cross the street and see a car coming quickly, fear gets you to jump back onto the curb. Emotions also provide important information and can sometimes be experienced as a "gut feeling" or intuition.

### **Conclusion**

The study found that students in a department of EFL education believe that English is such an important asset for their future. Most of them state that English is an interesting subject and it gives them many benefits for their lives. English can help them in their future careers, and this is due to most fields of studies or workforces require certain qualification of English. In addition, these students see that effective instructional process contributes significantly to their learning success. In fact, they see that making their personal learning schedule will allow them to engage in a more effective learning. However, some of them claim that most of the time they feel anxious in learning English; they are not sure what language skills they are more capable off. Emotional disorders that involve depression and stress among teenagers are not trivial to be ignored. It is a serious problem that needs to be addressed appropriately to curb this problem from becoming a more chronic disease. Grief, depression, stress, restlessness and anxiety are suffering that are considered common as humans. But it is also capable of giving negative impact to the individual who experienced it. Depression and stress are one of the most common mental illnesses, sufferers do not realize they are experiencing emotional disorders. Consequently, normal daily routines are affected, the performance in the lesson declines, can't engage in social activity and negatively affect. Persons can also endanger their own life and others. Mental health disorders (MHD) are very common in childhood and they include emotional-obsessive-compulsive disorder (OCD),



anxiety, depression, disruptive (oppositional defiance disorder (ODD), conduct disorder (CD), attention deficit hyperactive disorder (ADHD) or developmental (speech/language delay, intellectual disability) disorders or pervasive (autistic spectrum) disorders. Emotional and behavioural problems (EBP) or disorders (EBD) can also be classified as either “internalizing” (emotional disorders such as depression and anxiety) or “externalizing” (disruptive behaviours such as ADHD and CD). The terminologies of “problems” and “disorders” are interchangeably used throughout this article.

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