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**PEDAGOGICAL AND PSYCHOLOGICAL FOUNDATIONS OF DEVELOPING  
CREATIVE ABILITIES IN PRESCHOOL CHILDREN THROUGH ART THERAPY  
TECHNOLOGY**

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**ABSTRACT:** Nowadays, the demand for training highly qualified specialists is increasing day by day. This article discusses the development of intellectual activity and artistic interest of preschool children, as well as the development of their creative intelligence through art therapy.

**KEY WORDS:** Art therapy, therapeutic factor, visual art, literary art, art therapy methods, dramatic art, musical art, creativity

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**INTRODUCTION**

The culture and social consciousness of any nation are determined by the spiritual well-being, intellectual power, and high moral upbringing of its people. A perfect person is creative, active in all areas, thinks healthily, and is physically strong. The role of preschool education in nurturing such qualities in the younger generation is immense.

In recent years, the social demand of society has changed — that is, the need to form a deep-thinking, active, and creative individual has shown the necessity to further strengthen the preschool education process. This, in turn, requires the widespread use of modern technologies and visual-practical methods in education, as well as the development of children’s planning and creative skills.

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**THEORETICAL BACKGROUND**

According to researcher **E.A. Flerina**, the process of children’s creative development is reflected in how a child consciously represents surrounding reality through drawing, modeling, and construction — based on imagination, observations, and impressions expressed through words, pictures, and various forms of art.

In this regard, the pedagogical thinker **V.A. Sukhomlinsky** emphasized the importance of art therapy in the moral, emotional, and creative development of preschool children, stating:

“Children should live in a world of beauty, play, fairy tales, music, drawing, fantasy, and creativity.”

Scholars have proposed that creativity should be developed through active forms such as **modeling, designing, and practical application**. However, modern educational theorists believe that the most favorable conditions for developing creative abilities lie in providing various manuals, guidelines, and educational complexes.

Methodological analysis shows that the development of creative abilities becomes easier in a **specially organized creative environment**. Such an environment forms the foundation for the child’s creative growth. During art therapy sessions, this creative atmosphere naturally emerges.

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### THE PSYCHOLOGICAL ESSENCE OF ART THERAPY

Art therapy is a psychotherapeutic method aimed at improving mental health through creative activity. It helps individuals develop self-awareness, express emotions, and manage stress effectively.

Art therapy, in a broader sense, uses various art forms and creative activities to enhance the mental and physical well-being of individuals. It helps them understand themselves, express emotions, and overcome depression through the process of creativity.

Historically, art therapy dates back to **ancient times**, when art, dance, and music were used to heal people. In the early **19th century**, new approaches in psychiatry and psychology contributed to its development. By the **second half of the 20th century**, art therapy began to emerge as an independent medical specialty.

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### FORMS OF ART THERAPY

Art therapy includes several main types:

- **Visual Arts Therapy** — painting, sculpture, graphics, collage, photography, and other forms of visual art.
- **Music Therapy** — listening to, performing, and creating music as a means of self-expression.
- **Drama Therapy** — using role play, fantasy, and storytelling to express oneself.

The advantage of art therapy lies in the opportunity it provides for individuals to express and develop their creativity. Through art, people can express feelings and thoughts, gain new experiences, and achieve self-understanding.

Art therapy helps develop creative abilities, fosters new ideas, and allows children to better understand their inner world, express emotions and needs, and build confidence and self-respect.

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### PRACTICAL IMPLEMENTATION IN PRESCHOOL EDUCATION

In preschool education institutions, art therapy sessions use a wide range of materials such as: paper, paints, clay, sand, colored sand, fabric, natural stones, gouache, felt, modeling plastic, colored pencils, toy figures, watercolors, ink, scissors, glue, flour, grains, thread, ribbons, and plasticine.

Through these activities, children's creativity develops, new creative skills emerge, and their individual abilities are revealed.

Art therapy methods, especially among **6–7-year-old preparatory groups**, can effectively identify and develop creative abilities when applied in alternative forms. These include **sand therapy, isotherapy (painting), role play therapy, fairy-tale therapy, and music therapy**.

For example, **sand therapy** and **isotherapy** help express the inner world, fantasies, and dreams of children. During these sessions, children remain calm, freely express their imagination, and forget all boundaries or constraints — focusing solely on free creative expression. This environment protects the child from external pressures and negative influences.

In **role-play and movement therapy**, children express creativity through dance, drama, and music — allowing their creative potential to emerge and develop.

**Literary art therapy** — listening to poems, stories, and fables — helps children express themselves, analyze and compare character traits, and gradually develop **cognitive thinking skills**.

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## CONCLUSION

In conclusion, art therapy is both **psychologically and pedagogically significant**. It not only eliminates psychological barriers in children but also enriches imagination, enhances creativity, and develops cognitive and emotional abilities.

It is clear that we cannot effectively nurture a child's intellectual potential without first improving their emotional well-being. As is well known, success in social and educational processes — not only for children but for people of all ages — depends largely on their mental and emotional stability.

Engagement in art therapy allows children to find wise and creative solutions to both **psychological** and **educational** challenges, making it one of the most effective tools for fostering creativity and healthy development.

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