



STUTTERING INFORMATION AND METHODS TO ELIMINATE STUTTERING

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<https://doi.org/10.5281/zenodo.12730407>

ARTICLE INFO

Received: 06th July 2024

Accepted: 11th July 2024

Online: 12th July 2024

KEYWORDS

Stuttering, genetic factor, development, neurological factor, psychogenic stuttering.

ABSTRACT

In our daily lives, we encounter individuals who are sometimes caught in the process of speaking in a social environment. So why are they caught, how to help them? In this article, together with getting answers to these questions, we will get acquainted with complete information about stuttering.

ИНФОРМАЦИЯ О ЗАИКАНИИ И МЕТОДЫ УСТРАНЕНИЯ ЗАИКАНИЯ

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<https://doi.org/10.5281/zenodo.12730407>

ARTICLE INFO

Received: 06th July 2024

Accepted: 11th July 2024

Online: 12th July 2024

KEYWORDS

Заикание, генетический фактор, развитие, неврологический фактор, психогенное заикание.

ABSTRACT

В нашей повседневной жизни мы сталкиваемся с людьми, которые иногда оказываются застигнутыми в процессе разговора в социальной среде. Так почему же они застигнуты врасплох, как им помочь? В этой статье, наряду с получением ответов на эти вопросы, мы познакомимся с полной информацией о заикании.

Stuttering is a speech disorder characterized by several conditions that disrupt the fluency and sequence of speech. This condition develops especially in childhood, but can sometimes also persist in adults. Although the exact causes of stuttering are not fully understood, genetics, neurological factors and psychological factors can contribute to the development of stuttering. Stuttering can occur in different forms and for different reasons. There are different types of stuttering, each of which requires its own characteristics and treatment approaches. Below are the main types of stuttering:

1. Stuttering in development

This is the most common type of stuttering and occurs during the development of language and speech in children. It usually appears between the ages of 2-5 years. Stuttering in development can occur mainly for the following reasons:



Genetic factors: Children with a history of stuttering among family members have a higher risk of stuttering.

Neurological factors: ambiguous interactions between the brain and speech organs.

2. Neurological stuttering

This type of stuttering is caused by damage to the brain or nervous system. This damage can result from injury, stroke, brain tumors, or other neurological disorders. Features of neurological stuttering:

Duration of stuttering: stuttering can occur at all times and under any circumstances.

Simple and unrepeatable: stuttering is also observed in simple speeches.

3. Psychogenic stuttering

This type of stuttering can occur as a result of psychological or emotional trauma, stress or mental disorders. Psychogenic stuttering has the following properties:

Sudden onset: usually occurs after strong emotional events.

Speech fluency changes: as a result of various emotional states, the degree of stuttering can change.

4. Irregular stuttering

It is characterized by a violation of the speed and rhythm of speech. The main features of irregular stuttering:

Fast and confusing speech: an increase in the speed of speech and, as a result, a loss of fluency in speech.

Lack of self-observation: people usually do not notice a violation of their speech.

5. Temporary stuttering

This type of stuttering can occur in children during development and go away on its own. It is usually observed between the ages of 2-6 years and does not require long-term treatment.

6. Traumatic stuttering

Traumatic stuttering can occur as a result of severe physical or emotional injuries. This type of stuttering often begins suddenly and may require psychological help in treatment.

7. Conditional stuttering

This type of stuttering can be associated with speech conditions or the environment. A person may feel stuttering in certain situations or in communication with people.

Each type of stuttering requires specific treatments, and an individual approach is important. To choose the appropriate therapy and support for each type of stuttering, it is necessary to consult a specialist.

Symptoms of stuttering

Repetitions: these are repetitions of sounds, syllables or words, usually occurring at the beginning of a word (e.g. "d-d-d-dddog").

Extensions: stretching a sound (e.g. "w-w-w-wwater").

Stops: sudden interruptions in utterance or inability to start a sentence (e.g. "-----friend").

Sound and breathing problems: short breathing, strong vocalization, or overexertion.

Secondary behaviors include: Wink, Nod, pulling facial muscles, and additional movements such as handshakes.

METHODS TO ELIMINATE STUTTERING



Stuttering treatments require an individual approach to each person. Below are the main methods used to eliminate stuttering.

1. Speech therapy

Soft start: making a soft sound at the beginning of each word.

Slow and rhythmic speaking: making speech more fluent with the help of slow speaking and rhythmic speaking of words.

Pause and phrases: talk by breaking the sentence into parts, stopping and continuing.

Stuttering Modification Technique:

Cancellation: when Stuttering occurs, stop and repeat correctly.

Pulling: when Stuttering occurs, without stopping, but slowly cutting out.

Preparation kits: to feel stuttering and to soften the speech before it.

2. Psychological Approaches

Cognitive-behavioral therapy: cognitive-behavioral therapy helps reduce stress or anxiety that leads to stuttering. Through this therapy, people learn positive thinking and new behaviors about stuttering.

Meditation and relaxation techniques: meditation and relaxation techniques can be used to reduce stress and make speech more fluent.

3. Pharmacological approaches

In some cases, medications can be used to help reduce stuttering. But these drugs are usually used in combination with additional methods and should always be based on the advice of a specialist. There are no specific drugs for stuttering, but some psychotropic drugs can be useful.

4. Technological Tools

Delayed hearing thought: this technology allows the user to hear his speech a little late, which helps to make speech more fluent. With the help of delayed auditory feedback, people learn to speak slowly and fluently.

SpeechEasy: this hearing aid is used to reduce stuttering. This device allows you to control speech by hearing its own speech.

5. Support groups and support

Support groups: it is important to share experiences and support each other with other people who are faced with stuttering. These groups also provide psychological support. Such groups do not currently exist in Uzbekistan.

Family support: it is important that family members help manage stuttering. Parents and loved ones should support logopedic techniques and help with home exercise.

6. Training and skills training

Educate and educate: it is important to increase the understanding of stuttering and teach how to approach it. This is necessary not only for stuttering people, but also for their family and friends.

Self-control: to control stuttering, it is important to learn and follow self-control techniques. Through these techniques, people will be able to observe their speech and make the necessary changes. To succeed in treating stuttering, it is important to have an individual approach, work with professionals and create a supportive environment.



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