

## CAUSES AND TREATMENT OF STUTTERING

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### ABSTRACT

What is stuttering in this article? Causes of stuttering in children, factors that cause the disease. Stuttering treatment methods and speech therapy exercises. There is talk about eliminating the shortcomings of speech-impaired children from a psychological, pedagogical, and clinical point of view.

**Keywords:** Symptoms, speech therapy, tonic, clonic, mixed, speech apparatus, severe stuttering, dynamic training exercises, static training exercises.

### INTRODUCTION

Our president is conducting extensive work for children with disabilities. Many reforms have been carried out to protect children and their education. Especially in the school and preschool education programs, a lot of opportunities have been created for children to study in modern schools and kindergartens. In addition to this, inclusive education of children through inclusive education was also discussed, and we are seeing the results of this.

Speech is the use of language in the processes of expression and exchange of ideas, a specific way of life of language as a separate type of social activity. Speech means oral and written speech. Speech is the highest form of cognitive activity in the process of development. As children grow up, their speech also develops. During this period, certain levels of speech disorders can sometimes be observed. Speech disorders and limited speech communication hurt the formation of the child. Such children develop a sense of inhumanity, indecision, shyness, and imperfection.

Certain types of speech disorders are caused by mental distress - fear, excitement, loss of loved ones, etc. Such children are treated in cooperation with a psychoneurologist-physician and a speech therapist.

The main causes of speech defects in children:

1. Various pathologies during embryonic development.
2. During pregnancy, toxicosis, viral and endocrine diseases, injuries, and incompatibility of blood with the Rhesus factor.
3. Injury and asphyxia during childbirth.
4. Brain diseases in the first year of child development (meningitis, encephalitis).
5. Brain injuries that occur with concussion.
6. Hereditary factors.

7. Poor social conditions. This situation causes pedagogic neglect, vegetative dysfunction, disorders of the emotional-volitional environment, and underdevelopment of speech.

People with speech impediments know what they want to say, but have trouble saying it. For example, they are common in young children as a normal part of learning words and speech. Some children may stutter when their speech and language skills do not match what they want to say. But sometimes stuttering is a long-term condition that lasts into adulthood. Treatment options such as speech therapy and electronic devices can help children and adults with stuttering delays. Stuttering can be worse when a person is excited, under pressure, or in a hurry. But most people who stutter can speak without stuttering, whether they are talking to themselves, singing, or talking to someone else.

Stuttering is divided into three levels:

Mild - stammers when the person is nervous or when speaking quickly. At this time, seizures are quickly eliminated.

Average level - a person is calm, speaks easily in normal situations, and rarely stutters. Strong stuttering occurs in an emotional state.

Severe - the person stutters throughout the speech, making constant distracting movements.

Other causes of stuttering include:

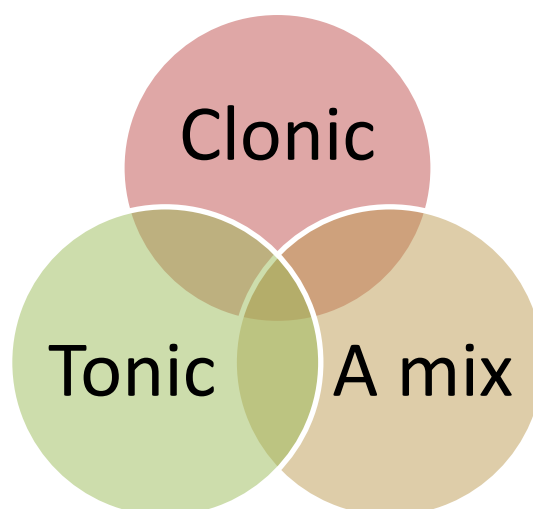
Neurogenic stuttering. Strokes, traumatic brain injury, or other brain disorders can cause speech slowness pauses, or repetitive sounds.

Emotional tension. Fluency of speech may be impaired during emotional stress. Speakers who do not normally stutter may have problems under pressure when they are nervous.

Psychogenic stuttering. Speech difficulties that appear after emotional trauma. This is rare.

Children often have problems communicating with others, not speaking, or withdrawing from situations when speaking. Lack of participation in social, school, or other circles, opportunities for success. Bullying or teasing by others. Low self-esteem, in such cases, children are isolated from the external environment.

There are three types of muscle pull.



A sound or word is repeated several times during a clonic muscle contraction. For example, o-o-o-lma, pa-pa-pa-parta, non-non-non

In the case of tonic-muscular tension, a pause occurs at the beginning of the word, in which case it cannot move from one syllable to the next, it remains stuck for a long time. For example .....ol....ma, p....arta, ....n..on.

Mixed-cyclonic-tonic or tonic-clonic muscle contraction is observed. Usually, with such contractions, all breath sound articulatory apparatus goes out of track.

Massage of the speech apparatus or logopedic massage is a method of mechanical influence that changes the condition of the muscles, nerves, blood vessels, and tissues of the speech apparatus. With the help of speech therapy massage, serious speech disorders can be corrected and eliminated, from stuttering to partial or even complete loss of speech. The method helps correct speech and correct pronunciation of sounds and normalizes the psycho-emotional state of a person. Logopedic massage has many health benefits. It has a beneficial effect on the general condition of the patient. Facial muscle massage improves blood supply - as a result, tissue nutrition and metabolic processes accelerate, elasticity and articulation improve, spasms pass, and movement of all organs of the speech apparatus is restored.

During the logopedic massage, auxiliary methods such as music therapy, logopedic rhythmic, and finger massage are also used. Logopedic massage can be performed on a child from the age of two. Logopedic massage is recommended especially at the age of 5-6 years. Correct speech helps the child to adapt more easily at school. In the course of the logopedic examination, it was found that there are defects in the structure of the members of the articulation apparatus, and they are engaged in articulation exercises. The system of articulation exercises can be divided into two types: static and dynamic. In static exercises, the joints of articulation are brought to different positions, but there is no movement. In dynamic exercises, articulation organs are moved to different positions and at the same time. Each exercise has its name. The individual approach to speech therapy is to study each child with a speech defect before speech therapy and to study the process of speech therapy, to carry out correctional and pedagogical work knowing their psychological characteristics and speech abilities. The rate of repetition of contractions in a stutterer is of particular interest to a speech therapist. It makes it possible to think about the saved parts of the speech, the beginning of the initial speech training with the child depends on it.



#### Static preparatory exercises

1. "Shovel".
2. "Cup".
3. "Ninacha".
4. "Hill".
5. "Tube".

These exercises are performed slowly 10-15 times. Each of the mentioned exercises should be done clearly and slowly for 8-10 mats.



### Dynamic preparatory exercises

1. "Clock".
2. Horse.
3. "Mushroom".
4. "Argymchak".
5. "Delicious jam".
6. "Painter".
7. "Reel".

In conclusion, it should be said that the speech therapist selects from the mentioned exercises only those that are considered necessary for the correct pronunciation of each sound. The selected exercises should correspond to the articulation of the sound to be placed. In the conditions of specialized institutions for speech-impaired children, it is necessary to create a calm and, at the same time, cheerful, cheerful mood, and it is necessary to divert his attention from thoughts about his disability. Parents should first learn to talk to their children. To check your child's speech, you should ask him to read a book aloud. In addition to encouraging the child, support from family members is also necessary. The more a child loves books from a young age, the more his speech, thought, and mind will develop and his worldview will expand. Mobile devices lead to eye diseases, blood circulation problems, psychological problems, and speech disorders in children. Children's future is in the hands of us adults.

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