

## VOLLEYBALL IS A POPULAR GAME IN MANY COUNTRIES AROUND THE WORLD

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### ABSTRACT

*Volleyball is a popular game in many countries around the world. Volleyball was first played in the United States of America. In 1895, William Morgan, a college physical education teacher from Heliok, Massachusetts, introduced a new entertaining game to the students, the main idea of which was for the players to hit the ball with their hands, making it fly over the net. The game was called "volleyball", which means a flying ball in English.*

*In 1897, the sports rules for this game were developed, which were repeatedly changed and supplemented. A simple game that does not require expensive equipment quickly spread in Japan, China, the Philippines, and later in Europe.*

*In our country, volleyball began to develop after the Great October Revolution. Having received great popularity.*

**KEYWORDS:** *Volleyball, Game, Ball, Net, Training, Health, Physical Development.*

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### INTRODUCTION

The concept of the development of physical education and sports in the Russian Federation indicates that the importance of physical education of schoolchildren is due to the needs of our state in preparing a healthy, diversified, able-bodied younger generation to fully perform the function of a citizen of our society.

In the daily life of schoolchildren, the importance of physical education is due to:

- **Firstly**, the intensification and increasing intellectualization of educational work, caused by an increase in the scientific and theoretical level of the content of educational subjects, the widespread introduction of active teaching methods;

- **Secondly**, an increase in the employment of children during extracurricular time with activities that limit the manifestation of motor function: educational activities in the classroom, classes in circles;

- **Thirdly**, the use of a computer in everyday life and educational activities.

According to many authors, initiation to sports from childhood gives a person physical hardening, brings up dexterity, clarity and speed of reaction, increases activity, develops him morally, aesthetically, which is necessary for a healthy, full-fledged person. Full-fledged

physical development of children is possible only with the integrated use of physical education: natural factors, hygiene measures and physical exercises.

Volleyball is one of the most popular games in Russia. The massive, truly popular nature of volleyball explains its high emotionality and accessibility, based on the simplicity of the rules of the game and the complexity of the equipment. A special advantage of volleyball as a means of physical education is its specific quality - the possibility of self-dosing of the load, i.e., the correspondence between the preparedness of the player and the load that he receives. This makes volleyball a game accessible to people of all ages.

Playing volleyball is a very effective means of promoting health and physical development. All movements in volleyball are natural in nature, based on running, jumping, throwing. Modern biomedical and sociological studies show that systematic volleyball lessons cause significant multifunctional changes in the activity of analyzers, the musculoskeletal system and internal organs and systems.

Through the efforts of specialists from many countries of the world, the general issues of volleyball (methods of teaching the game and improving technical techniques) have been fairly well studied and covered in various teaching aids and developments. In our country, such specialists as A. G. Ayriyants, N. V. Semashko, O. P. Topyshev, Yu. N. Kleshchev, Yu. D. Zheleznyak, V. V. Medvedev, Yu. P. Furaev, A. G. Furmanov, L. N. Sluzhsky, S. L. Fetisova, A. V. Belyaev and others. Among foreign authors, we can mention such names as S. Oinuma, Y. Matsudaira, N. Ikeda, M. Saito and others.

But the process of improving the methods of training volleyball players is limitless. We still do not know everything about the human body, its capabilities. The modern physical education program for schools contains material on many sports. Among them, a worthy place is given to volleyball.

Volleyball (English volleyball from volley - "volley", "volley", and ball - "ball") - a sport, a team sports game, during which two teams compete on a special platform, divided by a grid, trying to send the ball to side of the opponent in such a way that he landed on the opponent's court, or a player of the defending team made a mistake. Volleyball is a non-contact, combinational sport, where each player has a strict specialization on the court. The most important qualities for volleyball players are jumping ability for the ability to rise high above the net, reaction, coordination, physical strength for the effective production of attacking blows. Volleyball has been an Olympic sport since 1964.

Volleyball is one of the most popular games in Russia and a popular game in many countries around the world. Volleyball was first played in the United States of America. In 1895, William Morgan, a college physical education teacher from the city of Heliok (Massachusetts), offered students a new entertaining game, the main idea of which was for the players to hit the ball with their hands, making it fly over the net. The game was called "volleyball", which in English means a flying ball. Since its inception, volleyball has experienced rapid development. This is reflected both in the growing number of volleyball players and in the growing number of member countries of the International Volleyball Federation. In terms of its prevalence, this game occupies a leading position in the world sports arena.

Volleyball has become more than just a sport. Volleyball is developing as a game for recreation, playing volleyball has become a means of organizing leisure, maintaining health and restoring

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working capacity. The massive, truly popular nature of volleyball explains its high emotionality and accessibility, based on the simplicity of the rules of the game and the complexity of the equipment.

Volleyball is very popular among young people. This game has absorbed the best qualities: simplicity, entertainment, accessibility, emotionality, and, most importantly, the ability to captivate and fall in love with any person, regardless of his age and profession. Volleyball is a game of the brave, temperamental, resolute, physically developed, with instant reaction and ingenuity. And the one who played volleyball from an early age, as a rule, is distinguished by a beautiful physique, agility, endurance and strength. But all this is achieved by hard training. Mastering a large number of game techniques requires perseverance and courage. The very same game in a team brings up a sense of camaraderie, mutual assistance - undoubtedly very valuable qualities of a person.

Volleyball in accordance with the Federal State Standard in the subject "Physical Education" is included in the curriculum of the fifth grade. This is quite justified, methodically thought out, well-constructed physical education lessons based on the material of this sports game are very effective. Firstly, they contribute to the versatile physical preparation of students. Secondly, they create a solid foundation for mastering the basic techniques of playing volleyball. And thirdly, they take place in an atmosphere of special emotional upsurge.

Conducting volleyball lessons should be based on the principle of an integrated approach. Classes by orientation should be combined so that they include the material of two or three types of training (physical, technical, tactical), in various combinations. Such classes allow solving the main problem of mastering the technique of playing techniques (initial training in game techniques) with the optimal level of development of the physical abilities necessary for this. All subsequent classes are built on the basis of the previous ones with the obligatory repetition of previously studied actions and with the inclusion of new techniques.

Each teacher of physical education is clear about the main task, which is to ensure that students successfully master the basics of playing volleyball skills. You need to learn how to quickly move around the site, stop and change direction, learn the transmission from above with two hands, the lower serve and the reception from below with two hands. Having studied these techniques well in the lessons in the fifth grade, you can confidently play according to the rules of mini-volleyball. All this will become the basis for the successful study of program material in the next grades 6-11. Students must learn certain rules of conduct in the classroom when learning the techniques of playing volleyball. Exercises with a volleyball must be preceded by exercises in the introductory part of the lesson. It is necessary to introduce students to the skills of self-insurance during jumps, falls, which are many in volleyball. Those involved must ensure that when jumping the ball does not fall under their feet, in case of danger, be sure to give a signal to others. Students should not be in a hurry to perform game techniques that they have not yet learned. The teacher pays special attention to students so that they follow the correct position of their hands when passing from above with both hands, do not put their thumbs forward - this can lead to injuries.

Fifth-graders should master the basic elements of the game of volleyball - these are the ways of moving in volleyball, rational starting positions for performing game techniques - the so-called volleyball stances, study the top transfer of the ball with two hands, master games that prepare for volleyball.

The stances and movements are not that difficult for children to learn. Movements and stances are part of the playing technique of a young volleyball player; the success of various actions with the ball depends on their perfection. The stand is the position of the volleyball player's readiness to perform the reception of the game, for example, the transfer.

Movements are performed in the form of walking, running, jumps, lunges. But before performing this or that trick of the game, the volleyball player must take a certain stance or position that provides the opportunity to perform the necessary movement in a timely manner. In the fifth grade, students should be taught how to stop on a signal while walking and running.

In volleyball, such feeds are used as: lower straight and side, upper straight and side, upper straight in a jump.

The main attention of the teacher in teaching the game of volleyball should be directed to the technical training of students. At the beginning of training, the player must imitate the movement model as accurately as possible. This model is usually the teacher.

It is not recommended to make exercises more difficult until the player has completed the requirements in the previous drill. The choice of exercises and their order should stimulate the growth of technical skill, and not just maintain the existing level of skills. The gradualness in increasing the difficulty of the tasks assigned to the players should be both in terms of motor and in terms of perception.

The effectiveness of volleyball classes largely depends on proper planning. The central place here is occupied by the content of technical and tactical training of volleyball players.

For the correct construction of all educational work, the sequence of studying program material according to the principle "from simple to complex" is of paramount importance. When planning work, the teacher must take into account the existing conditions, in particular the state of the material and technical base of the school, as well as the level of physical fitness of students. Based on this, he determines the permissible load when performing exercises in the classroom when studying technical and tactical material.

Also, educational tasks are set for the teacher in volleyball classes. Educational work is carried out according to the plans of physical culture classes, but mainly it is carried out directly in the process of classes in the lesson.

The whole process of educational work should ensure a high level of mastering the technique of playing volleyball, developing physical qualities (strength, speed, endurance, dexterity), educating strong-willed character traits, strengthening the health of those involved and, on this basis, achieving high sportsmanship.

The federal state standard for the subject "Physical Education" obliges teachers to take into account the anatomical, physiological and psychological characteristics of children and adolescents of the appropriate age when planning and conducting classes. Without deep knowledge of the anatomical, physiological and mental characteristics of students and the ability to apply them in the specific conditions of the educational process, it is impossible to successfully solve issues related to increasing the physical fitness of students.

Children studying in the fifth grade are at the last step of the period of childhood and at the threshold of the period of adolescence. This is the so-called younger adolescence, which lasts from 11-12 years old to 14-15 years old.

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Each of the age stages has its own characteristics of a physiological and mental nature.

Adolescence is a great developmental crisis, when the relationship between the child and society is rebuilt. During this period, there is a transition from childhood to adulthood, from immaturity to maturity.

A fifth grade student is no longer a child and not yet an adult. This is a period of rapid and uneven physical development.

Numerous observations show that fifth grade students forget a lot of what they learned 1-2 months ago. To avoid this, it is necessary to systematically, over a long period of time, repeat with the students the studied material.

The thinking of schoolchildren at this age also differs in a visual-figurative character, is inseparable from the perception of specific features of the phenomena being studied, and is closely connected with the activity of the imagination. Pupils still have difficulty mastering concepts that are highly abstract, since, apart from verbal expression, they are not connected with concrete reality. That is why at this age the methods of verbal explanation are ineffective, divorced from visual images of the essence of phenomena and the patterns that determine it. The visual method of teaching is the main one at this age. The explanation should be simple in its content. The necessary parts and main elements, concepts should be clearly distinguished. Strengthen perception with practical actions and with the help of words.

Of great importance for the development of the function of thinking are games that require the demonstration of existing knowledge, skills; breadth of outlook, response to various circumstances and situations of the game. The educational value of didactic games is great: in the process of playing activity, literally all mental functions and qualities of a student develop: acuity of sensations and perception, attention, working memory, imagination, thinking, social feelings, volitional qualities.

Means of teaching the technique of volleyball elements in a secondary school. The main means in teaching volleyball are physical exercises. Their great variety. Therefore, in order to choose those exercises that are more conducive to solving problems at a certain stage of volleyball training, they are grouped based on the classification of means. The starting principle of classification is the competitive activity of volleyball players. In this regard, all exercises are divided into two large groups: basic or competitive and auxiliary or training.

Competitive exercises are actually volleyball, that is, that specific thing that distinguishes it as a sport. Here, technical techniques and tactical actions are performed in the same way as it takes place in a game environment at a competition. Training exercises are designed to facilitate and accelerate the acquisition of basic skills and help to increase their effectiveness and reliability. They consist of special and general developmental exercises. Special exercises are divided into preparatory, the main task of which is to develop the special physical qualities necessary in volleyball, and lead-in, aimed directly at mastering the structure of specific techniques. Leading exercises also include imitation exercises performed without a ball.

All exercises, according to their direction, are combined into the components of the training: general physical, special physical, technical, tactical, integral. Each type of training has its own leading means, with the help of which they solve the corresponding tasks. At the same time,

exercises of one type of preparation are closely related to exercises of other types. The effectiveness of funds in teaching volleyball largely depends on the methods of their application.

The choice of methods is carried out taking into account the tasks, the level of preparedness of students and specific working conditions. Depending on the task at hand, the same tools can be used in different ways by applying different methods. In addition, it should be taken into account that the sequence of tasks in each type of training and the sequence of the types themselves have a certain logical connection: the nature of the tasks in one type of training changes qualitatively, creating the basis for another type of training. Thus, preparatory exercises end with exercises that reflect in general terms the structure of the studied technique. Leading exercises serve as a kind of bridge for the transition from special physical training to technical. Technical exercises, built in a certain order of complexity, contribute to the formation of tactical skills. On this basis, individual tactical actions are further studied, etc.

Teaching volleyball techniques at physical education lessons should be carried out in the following order:

1. Preparatory exercises, with the help of which there is a development of special physical qualities, as well as organs and systems that carry the main load when performing the studied technique.
2. Leading exercises that serve to master the technique of the technique as a whole or its individual elements.
3. Technique exercises, thanks to which the parts of the technique are connected into an integral motor act.
4. Improving the technique in the training game.

As a rule, students want to get to the game itself as quickly as possible. However, the teacher should explain to them that only those who have mastered the techniques of the game can get real pleasure from the game. The preparatory games serve as a step to volleyball. They are also very interesting, more accessible, bring students closer to the "real" volleyball.

An example of such games is "Pioneerball" or "Ball in the air".

The game is an obligatory element of the main part of the lesson. It can be both games for general physical training, and for practicing technical and tactical actions.

If technique is the execution of one or another technique of the game, then tactics is which of the techniques to perform (choose), where to send the ball and along what trajectory, where to be located on the court (at one or another moment of the game).

Technique and tactics must be learned in parallel.

At the initial stage of training, tactics is one of the criteria for the correctness of technique. If a player cannot complete a tactical task, then his technique is wrong.

If a player, receiving the ball from the service, cannot send it to the setter, he performs the reception incorrectly.

Teaching tactics at school should be carried out in parallel with teaching technique. Once the students have mastered the initial exercises, which they performed individually, and move on to working in pairs, then it's time to learn tactics.

This approach is much more efficient and takes less time to learn, both technique and tactics, because one helps the other.

Methods of teaching volleyball technique to students of the fifth grade.

In the theory of teaching physical education lessons, for mastering the technique of playing volleyball, however, like the techniques of other games, methods of verbal, visual and sensory-corrective influence are used.

These include:

- Conversations, explanations, story, description, etc.;
- Showing the technique of the studied movement;
- Demonstration of posters, schemes, videos, etc.;
- Use of subject and other reference points;
- Various simulators, recording devices, urgent information devices.

But, as a rule, the methods of verbal and visual influence are used in the lessons in a comprehensive school. Learning the technique of playing volleyball should begin with the study and explanation of the rules of this game.

Description of the rules of the game in volleyball.

The rules of volleyball are very simple, the playing field is divided into two parts by a volleyball net for two teams. Each team must have six participants who are each in their own playing area. Team wrestling consists in hitting the ball over the net so that the opposing team cannot return the ball back without violating the rules. The task of the participants is, in accordance with the rules, to send the ball over the net and land it on the opponent's side or make the opponent make mistakes.

The goal of the game for each team is to prevent the ball from landing on its own court and to get it to land on the opponent's side. The playing field in volleyball is limited by lines along the contour, for which, if the ball hits on the opponent's side, when serving, a point is counted to the opponent. The ball is allowed to hit with the hands or any part of the body. Violation of this rule is penalized by a point. Each team is entitled to three touches of the ball, but the defending team is entitled to four touches of the ball if one of them was on the blocker (the player who blocks the path of the ball with his hands). The competition consists of three games, each of which continues until the team scores 25 points, then there is a change of zones between the teams. The serve is made from behind a line parallel to the volleyball net, from any point on it, without crossing this line.

The game starts with a serve over the net. Before you hit the ball, you need to throw it up. A hit from the hand is considered a mistake. Touching the net while serving is not considered a fault. If a team member puts the ball into play by serve and the team wins the point, the same player takes the next serve. If a point is lost, the serve goes to the other side. After each played serve, the players make the transition from one zone to another in a clockwise direction. The rules of the game do not allow: touching the net with any part of the body; cross the middle line, where the volleyball net is located, during the game; cross the front line when serving; hold the ball

when passing or hitting; make double strikes; to make more than three blows on one side; you can't block a passer.

When teaching fifth grade students the elements of volleyball, it is necessary:

- Start with the simplest exercises to master the basic techniques of the game,
- Prevent situations that cause pain in players by choosing the conditions for performing exercises that correspond to their physical and psychological capabilities,
- Exclude the introduction of complex game situations without mastering the leading exercises,
- To introduce most of the initial game situations immediately after the students have mastered the technique of passing and serving

Almost all teachers know from personal experience that one of the most common problems observed in the initial training of schoolchildren to play volleyball is “fear of the ball” when hitting. Some children, during exercises or in a game, turn away from a flying ball, even if it just bounces up, they pull their heads into their shoulders, bend down, and as a result, it falls somewhere on their back, shoulder or head, in the worst cases, hits face. During strikes, they also shrink, cover their faces, and dodge the ball.

In a general definition, fear is a negative emotion caused by expected pain, danger, or evil, real or imagined. In volleyball, fear, as a rule, is associated with the possibility of making a mistake, appearing “incompetent” in front of peers, or losing. Fear is also defined as self-doubt, doubts, worries, negative thoughts or feelings. Fear in volleyball is rarely helpful. In most cases, it leads to such consequences as loss of concentration, confidence, muscle tension, loss of rhythm, sense of control, indecision, expectation of error. When teaching schoolchildren to play volleyball, the biggest danger is fear itself! In this situation, the teacher needs to be helped to overcome it.

When teaching, each student needs an individual approach, the child may not show interest in the game, showing his unwillingness to learn. But in fact, this behavior may be hiding the fact that the student is unable to perform certain game techniques. Therefore, it is so important to work out the technique of playing techniques with everyone, showing the correct execution by example.

Team games bring together the players of one team not only on the playing field, but also in further relationships between peers. For some schoolchildren, the victory in the game over the opposing team gives a taste of leadership, therefore, when repeating team volleyball, you need to change the players in the team among themselves. Highlighting strong players, put them with weaker players. Sports and, in particular, playing volleyball develop not only the physical abilities of children, but also such qualities as courage, perseverance, perseverance and quickly respond to changing situations.

Having considered the volleyball curriculum for fifth grade students of a general education school, we found that volleyball is an integral part of classes and one of the main forms of organizing physical education for schoolchildren. Therefore, the issues of optimizing the educational process in volleyball for more effective development of the physical qualities of those involved and mastering the technique of playing volleyball deserve special attention. Conducting volleyball lessons should be based on the principle of an integrated approach. Classes by orientation should be combined so that they include the material of two or three types of training (physical, technical, tactical), in various combinations. Such classes allow solving the



main task of mastering the technique of playing techniques (initial training in playing techniques) with the optimal level of development of the physical abilities necessary for this. All subsequent classes are built on the basis of the previous ones with the obligatory repetition of previously studied actions and with the inclusion of new techniques.

Each teacher of physical education is clear about the main task, which is to ensure that students successfully master the basics of playing volleyball skills. You need to learn how to quickly move around the site, stop and change direction, learn the transfer from above with two hands, the bottom serve and receive from below with two hands. Having studied these techniques well in the lessons in the fifth grade, you can confidently play according to the rules of mini-volleyball. All this will become the basis for the successful study of program material in the next grades 6-11.

Students must learn certain rules of conduct in the classroom when learning the techniques of playing volleyball. Exercises with a volleyball must be preceded by exercises in the introductory part of the lesson. It is necessary to introduce students to the skills of self-insurance during jumps, the falls of which are many in volleyball.

Fifth graders must master the basic elements of the game of volleyball - these are the ways of moving in volleyball, rational starting positions for performing game techniques - the so-called volleyball stances, to study the top transfer of the ball with two hands, to master preparatory games for volleyball.

The effectiveness of volleyball classes largely depends on proper planning. The central place here is occupied by the content of technical and tactical training of volleyball players. Also, educational tasks are set for the teacher in volleyball classes.

The whole process of educational work should ensure a high level of mastering the technique of playing volleyball, developing physical qualities, strengthening the health of those involved and, on this basis, achieving high sportsmanship.

in the subject "Physical Education" obliges teachers, when planning and conducting classes, to take into account the anatomical, physiological and psychological characteristics of children, since without deep knowledge of the anatomical, physiological and mental characteristics of students and the ability to take them into account in the specific conditions of the educational process, it is impossible to successfully resolve issues associated with increasing the physical fitness of students.

Thus, we can conclude that volleyball in physical education classes in the fifth grade can give students pleasure, serve as a means of reasonable rest, promote the development of physical abilities, strength and speed, endurance, and contribute to the formation of physical qualities and skills. It is only necessary to skillfully select physical exercises and tasks so that they arouse interest among schoolchildren, and, consequently, arouse interest in physical education - this is the main goal that the teacher strives for in connection with the task of increasing the level of the process of teaching physical education.

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