

## PANEL 2

### Topical Issues of Social Sciences and Humanities

(DNU, Zoom)

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#### STUTTERING: CAUSES AND THE WAYS TO OVERCOME IT

Stuttering is a disorder that appears as an interruption in the smooth flow or “fluency” of speech. Breaks or disruptions that occur in the flow of speech are labelled “disfluencies” [3]. All speakers may experience disfluent events, especially under certain conditions, such as nervousness, stress, fatigue, or complexity of a language. Stuttering, on the other hand, is a different type of disfluency. Stuttering usually begins in early childhood when speech and language skills are expanding, and other developmental learning take place. Current data suggests that approximately 75-80% of children who stutter at some time in their development will recover. Currently, over 2,5% of Ukrainians of the population stutter. Males are three to four times more likely to continue to stutter into adulthood than females.

What causes stuttering? Doctors and scientists are not completely sure why some children stutter. But most believe that a few things contribute to it, such as a problem with the way the brain’s messages interact with the muscles and body parts needed for speaking. Speaking about the causes of stuttering, the scientist defectologist, candidate of pedagogical sciences, associate professor Rudolph Kraevsky wrote that often stuttering develops due to incorrect pedagogy techniques that traumatize the child’s psyche. The scientist noted that in the case of children’s stuttering, inaccuracy was observed in the vast majority of cases (by this term, Rudolph Kraevsky implies dyslalia, rhinolalia, dysarthria and speech disorders in children with reduced hearing) [1].

Approximately 60% of the individuals who stutter have a first- or second-degree relative who stutters. Stuttering can also result from imitating the speech of a close individual. Children may experience stuttering when trying to express more than their current language capabilities allow, leading to hesitations, pronunciation issues, and stuttering. Imposing high expectations, such as reciting poems, repeating

recently read texts, etc., and emphasizing attention on pronunciation flaws. As the child strives to please their parents more and more, internal tension reinforces stuttering.

Stuttering takes many forms and can be differentiated from the typical kinds of speech breaks that all speakers exhibit. In general, most children tend to have more disfluencies as they are developing longer and more complex language structure. There are less typical (stuttering-like) dyslexias and typical dysflexias.

Stuttering can become more difficult to deal with as children grow older. They may become more self-conscious and lack confidence in speaking situations. If left untreated, stuttering has the potential to affect future decisions, including job choices and social relationships. If a child is 5 years old and still stutters, talk to a doctor or a speech-language therapist. Check with a speech therapist if the child tries to avoid situations that require talking, changes a word for fear of stuttering, has facial or body movements along with the stuttering, repeats whole words and phrases often and consistently, repeats sounds and syllables more often, has speech that sounds very strained.

Not less interesting and original, according to R. Kraevsky, seems the didactic method described by A. Yevgenova and M. Smirnova. It is based on expressive speech, the most characteristic feature of which is the segmentation of phrases on segments – syntagms. From the articulation of speech, R. Kraevsky believed, often the essential meaning of the entire phrase directly depends on the segment that is pronounced in one flow – almost as one word. According to scientists, this method allows avoiding stuttering in speech in any circumstances almost completely. According to the scientist, a child's visit to a speech therapist's office along with medical measures and the participation of parents in this process can give positive results if the right relationships are established to the system the teacher – a child with stuttering – parents. As for the relief of stuttering, you can reduce things that tend to exacerbate stuttering. Temporarily avoid creating situations that are likely to increase the child's disfluencies. These situations may include talking on demand to an adult or talking in front of the class. In conclusion, fostering respect for individuals with stuttering is paramount for creating an inclusive and compassionate society. Stuttering, a complex speech disorder, should not be a basis for judgment or prejudice. Instead, it requires understanding, patience, and a commitment to dismantling societal misconceptions surrounding this condition. By fostering respect and empathy, we contribute to building a world where everyone, regardless of their fluency, is afforded the dignity and understanding they deserve.

## REFERENCES

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## HISTORICAL MEMORY AND PROBLEMS OF NATIONAL SELF-DETERMINATION IN MODERN UKRAINIAN REALIA

The intensive development of the globalization process, the «compaction» of dialogue interaction of different peoples and cultures actualize attention to socio-historical memory as one of the most important tools for preserving national identity. The characteristics of dominant trends in the modern world make it possible to state that the problems of historical memory have begun to be widely articulated in public discourse. In the process of national and state formation, history becomes an important socio-political factor, and the divergence of political moods is the equivalent of different interpretations of the historical past. Experts say that the future of statehood depends on the peculiarities of the interpretation of the past. However, later the term «memory» and related initiatives began to spread rapidly to various aspects of social ideas about the past. Over the last decades, it has emerged, according to the American historian Kervin Klein, a whole «memory industry» [1, p.128].

National and historical memory includes knowledge of events, traditions, ideas, theories, all that people are aware of their past and their attitude to this historical wealth. This knowledge and evaluation attitude become a motivation for the behavior of social groups in public life. Historical memory is especially actualized in turning points, crisis epochs when the existence of ethnicity is undergoing serious and harsh trials. It consists of several most important factors, first of all, it is the consciousness of its origin and ancestors. These origins are not exposed or require dating, but common origin and blood affinity are often relative, and can be said to be mythical.