

HYGIENIC ANALYSIS OF THE AGENDA OF PRESCHOOL CHILDREN

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ABSTRACT: One of the most basic tasks of preschool institutions is a properly organized agenda. The agenda is the hygienic distribution of the time budget, which is allocated to various activities of the children's and teenage team during the day and night. There should be 4 main components on the agenda of preschool children.

Keywords: Preschool education, agenda, children and teenagers, senior group, middle group, junior group.

INTRODUCTION

As our head of state emphasized, it is the sacred task of every person and our society, it can be said, to raise children capable of the meaning of life, to bring them up to perfection both physically and spiritually, people who are loyal to their parents and their country. is to reach adulthood. To protect the health status of children and adolescents, to promote a healthy lifestyle, to raise a competent generation, to provide all sectors of the national economy with highly qualified specialists, today, activities are not only in the field of hygiene of children and adolescents employees who show it is probably one of the main tasks facing all the public.

MATERIALS AND METHODS

Questionnaire survey, chronology and statistical methods were used during the observation to achieve the results of scientific investigation.

The organization and hygienic analysis of the daily routine of children of preschool age was studied on the basis of the sanitary norms and rules № 0241-07 "Sanitarniy pravila ustroystva i soderjaniya detskix doskolnix uchrejdeniy Respubliki Uzbekistan" and specially produced one-day and one-week questionnaires. The obtained results were subjected to analytical and statistical processing.

RESULTS AND DISCUSSION

A rationally organized daily routine, that is, aimed at the development of mental activity, education and training, sufficient outdoor activities, organization of active games, healthy nutrition, full sleep are the main factors in creating a healthy environment in the children's community.

Table 1 shows the procedure for morning physical education among children of preschool age.

Table 1

Results of morning physical education activities of children of preschool age (winter-spring season)

No	Groups	Number of children, absolute	Number of people who do morning exercise	%
1	Small age group	26	7	26.92
2	1st large age group	37	16	43,24
3	2nd large age group	25	15	60.0
4	3rd large age group	24	14	58.33
5	Subgroup 1	38	18	47.36
6	1st middle group	42	22	52.38
7	2nd middle group	38	19	50.0
8	3rd middle group	37	18	48.64
9	1st large group	43	22	51.16
10	2nd large group	41	19	46.34
11	3rd big group	42	17	40,47
12	1st training group	37	27	72.97
	Total	430	214	49.76

As can be seen from Table 1, 49.76% of the 430 children under control were found to do morning physical exercise. When analyzing the groups, it was found that it was 26.92% to 72.97%. Hygienic analysis of the daily schedule shows that morning physical training was not performed sufficiently in the winter-spring season.

During the summer-autumn season, it was found that 100% of the morning physical education activities were performed periodically in the yard of the preschool educational institution. Physical education activities were carried out by walking in the open air.

It was found that outdoor activities in the preschool educational institution were carried out in the first half of the day. In the afternoon, there was no walking. It has been proven in a number of studies that failure to perform morning physical education periodically has a negative impact on children's physical ability, physical development, and health.

The level of physical fitness of children was determined using the Martine-Kushalevsky scale (Table 2).

Table 2

Martine Kushelevsky test results

In boys					
Pulse count		Number of breaths		AB	
Until the test	after the test	until the test	after the test	Until the test	after the test
88.5±0.8	121.4±1.2	22±0.05	28±0.04	90±1.5*	120±1.6*
				60±1.1**	90±0.9**
In girls					
86.7±0.9	109.4±1.1	21±0.8	25±0.7	80±0.8*	119±1.2*
				60±0.7**	90±0.8**

*-systolic pressure

**-diastolic pressure

Children's breathing and pulse rate, diastolic and systolic blood pressure were determined by testing before and after training.

As can be seen from Table 2, the results of the Martine-Kushalevsky test among preschool children showed that the reaction quality index was 2.9 in boys, which indicated that their cardiovascular indicates a poor functional system of blood circulation in the system, and in girls, this indicator was 0.58, which showed that it is a good indicator for girls.

After the test, it was found that the respiratory rate of children increased by 0.7 times in boys and its recovery time exceeded 5 minutes, and in girls it increased by 0.8 times and the recovery time exceeded 4 minutes. It can be seen that the level of physical development of preschool children is low.

The results of the Martine-Kushalevsky test mainly showed that the level of physical development of children is unsatisfactory.

Physical education classes were conducted in the winter-spring season in the general physical education region in the open air during the dry season. When the temperature dropped, and during the snow and rain, music was performed on the basis of movement training in the gymnasium (Table 3).

Table 3

Hygienic analysis of the components of physical training

Groups	Enter	Main	Summary	General hour
In the winter-spring season				
Small	2	12	1	15
Medium	2	17	1	20

Big	2	21	2	25
Preparation	2	31	2	35
In the summer-autumn season				
Small	1	13	1	15
Medium	1	18	1	20
Big	1	23	1	25
Preparation	1	33	1	35

As can be seen from Table 3, despite the fact that physical education classes are conducted in music-gymnasiums, it was found that the components of the classes did not meet the hygienic requirements. It was found that the components of training and their general and motor density do not meet the hygienic requirements.

Hygienic analysis of physical training shows that the total intensity of training in small groups in the winter-spring season is 80%, and in the summer-autumn season is 86%, and the motor intensity is 93% in the winter-spring and summer-autumn seasons. did, the total density in the middle group is 85; 90%, the motor density is 95%, the total density in the large group is 84; 92%, motor density 94%; 96%, the total density in the preparation group is 88%; 94%, motor density 94%; made up 97%.

It should be noted that the procedure for placing physical education activities in the daily schedule of preschool educational institutions does not meet the hygienic requirements, which leads to a serious violation of children's daily routine, as well as children during training and Fatigue after training, reduced performance, hypodynamic condition and various nervous system diseases have created the basis for development.

CONCLUSION

1. It was found that 49.76% of children of preschool age perform morning physical education exercises in the winter-spring season, and 100% in the summer-autumn season. It was 72.97% from 26.92% in the section of groups.
2. The results of the Martine-Kushalevsky test among children of preschool age showed that the quality index of the reaction was 2.9 in boys in a preschool educational institution, while in girls it was 0. made 58. After the test, it was found that the respiratory rate of children increased by 0.7 times in boys and its recovery time exceeded 5 minutes, while in girls it increased by 0.8 times and the recovery time exceeded 4 minutes.
3. In the winter-spring season, the total intensity of physical training in groups is 80% - 88%, and in the summer-autumn season it is 84%-94%, and the motor intensity is 93% - 97% in the winter-spring and summer-autumn seasons.

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