

**HYGIENE ANALYSIS OF THE PHYSICAL DEVELOPMENT INDICATORS OF
PRESCHOOL CHILDREN**

Soatov Mirmuksin Makhmatmurot ugli

mirmuhsinsoatov@gmail.com

Assistant of the Department of hygiene of Samarkand State Medical University

Abdurakhmonova Marjona Shavkat kizi

Student of medical prevention at Samarkand State Medical University

ABSTRACT: It has been proven in a number of scientific works that the growth and development of a growing organism is evaluated mainly by their physical development indicators. The indicators of physical development of children educated in pre-school educational institutions are one of the integral indicators that assess not only their health status but also their hormonal development.

Keywords: Preschool educational institution, physical development, preschool education, somatometric indicator.

INTRODUCTION

The indicators of physical development of children educated in pre-school educational institutions are one of the integral indicators that evaluate not only their health status, but also their hormonal development.

Today, the hygiene of children and adolescents is one of the urgent tasks to control and hygienically support the mental, physical, and spiritual development of the growing young organism.

MATERIALS AND METHODS

The objects of observation are pre-school educational institutions where the first stage of education is carried out, the agenda of children of pre-school age and its main components, the organization of physical education activities in pre-school educational institutions and o 'dental examination materials were obtained.

Physical development of preschool children (L.M.Basharova, 2014) was studied and analyzed based on special standards. The level of physical fitness of children was determined at the beginning and at the end of the lesson using the Martin-Kushalevsky test.

RESULTS AND DISCUSSION

Hygienic analysis of somatometric indicators (height) of children of preschool age is presented in Tables 1 - 2.

Table 1

Somatometrics of boys of preschool age

(height) indicators (in the example of the city of Tashkent)

No	Children's age	Height
----	----------------	--------

		Physiological standard level	Height index of children
1	3	93.55	93.12±0.5
2	3 years 6 months	98.05	97.25±0.4
3	4	101.76	100.94±0.8
4	4 years 6 months	104.43	103.55±0.7
5	5	109.61	108.83±0.6
6	5 years 6 months	111.71	111.56±0.3
7	6	114.62	113.93±0.8

The body length of children of preschool age is not studied separately by gender, as their gender differences are analyzed after 7 years of age. In our research, we aimed to study them separately in order to know the differences between them.

As can be seen from the data presented in Table 1, it was found that the indicators of children's height are insignificantly lower than the physiological standard level, that is, by 0.5% in the 3-year-old group, that is, by 0.43 cm, and it was found to be 0.9% lower in the 3-year-old and 6-month-old group, 0.2% lower in the 4-year-old group, and 0.7% lower in the preparatory group. It was found that the height indicators of the children in the preparatory group were 0.69 cm less. It was found that the height index of boys is 0.43 cm to 0.88 cm below the norm.

Table 2

Samatometrics of girls of preschool age

(height) indicators. (in the case of the city of Tashkent).

No	Children's age	Height	
		Physiological standard level	Height index of children
1	3	92.87	92.49±0.04
2	3 years 6 months	97.14	97.08±0.08
3	4	101.07	100.66±0.07
4	4 years 6 months	103.62	103.17±0.06
5	5	108.18	107.65±0.03
6	5 years 6 months	110.70	109.89±0.04
7	6	113.65	112.94±0.04

It was found that the indicators of the length of the girls of preschool education age are imperceptibly lower than the physiological standard level. This indicator was found to be 99.26%, that is, 0.81 cm less in the group of 5 years and 6 months. In the remaining age groups, it was less than 0.1% to 0.5%, which showed that 0.06 to 0.38 cm was less than the norm.

Hygienic analysis of somatometric parameters (body weight) of preschool children is presented in Tables 3-4.

Table 3

Results of body weight of preschool age boys (Tashkent city as an example)

No	Children's age	Body weight	
		Physiological standard level	Children's weight index
1	3	14.69	14.43±0.01
2	3 years 6 months	15.66	15.53±0.02
3	4	16.36	15.99±0.04
4	4 years 6 months	17.43	17.38±0.05
5	5	18.48	18.24±0.08
6	5 years 6 months	19.45	19.27±0.06
7	6	20.74	20.56±0.08

The body weight of children of preschool age is one of their integral indicators, and it is necessary to correspond to the height and chest circumference of the growing body. This is one of the factors determining their hormonal physical development.

Hygienic analysis of body weight indicators of boys of preschool age shows that the weight indicator of 3-year-old boys is 1.8% below the norm, i.e. 0, It was found to be 26 kg less. In the 6 age groups examined, it was found that underweight was less than the normal level from 0.3% to 1.8%.

Table 4

Body weight results of pre-school girls (Tashkent city as an example)

No	Children's age	Body weight	
		Physiological standard level	weight indicator
1	3	14.27	13.99±0.02
2	3 years 6 months	14.88	14.64±0.01
3	4	16.22	16.01±0.005

4	4 years 6 months	16.79	16.69±0.03
5	5	18.20	17.99±0.04
6	5 years 6 months	19.20	18.98±0.02
7	6	20.06	19.79±0.03

As can be seen from Table 4, the results of a number of scientific researches have proven that the performance of boys in girls of preschool age is lower.

The results of our research show that weight indicators are found to be 0.2% lower in girls than in boys in the 3-year-old group. In boys, it was found to be less than 0.6% to 2.0% of the normal level. The weight index of girls was found to be 0.1 to 0.27 kg less than the normal level. As it can be seen from the obtained results, it is necessary to bring the composition and energetic value of the daily ration of children of preschool age to the standard level.

Tables 5-6 show the results of the measurements of the chest circumference of preschool children under control.

Table 5

Somatometric indicators of boys of pre-school age (Tashkent city as an example).

No	Children's age	Chest circumference	
		Physiological standard level	chest circumference
1	3	50.34	49.43±0.6
2	3 years 6 months	52.77	51.58±0.4
3	4	53,62	53.19±0.3
4	4 years 6 months	54,62	54.25±0.4
5	5	55.09	54.94±0.8
6	5 years 6 months	56,68	56.17±0.9
7	6	57.32	57.26±0.4

Table 6

Somatometric indicators of girls of preschool age (in the example of the city of Tashkent)

No	Children's age	Chest circumference	
		Physiological standard level	Children's chest

			circumference, cm
1	3	49.54	49.14±0.2
2	3 years 6 months	51.05	50.85±0.5
3	4	52.67	52.36±0.4
4	4 years 6 months	53.16	52.94±0.3
5	5	53.84	53.43±0.5
6	5 years 6 months	55.20	54.94±0.4
7	6	56,27	55.94±0.4

As can be seen from Table 5, the chest circumference of boys of preschool age ranges from 98.1% to 99.9% of the norm, that is, from 0.06 cm to 1.9 it was found to be less than cm.

The lowest index of chest circumference was determined in the group of children aged 3 years and 6 months. In the section of the groups, it is 0.06 cm in the preparation group.

The analysis of the data from Table 6 shows that the circumference of the chest of girls of preschool age is from 0.4% to 0.8% of the norm, that is, from 0.20% to 0 It was found to be less than 41 cm.

It was found that the circumference of the chest of girls of preschool age is 1.9% less than that of girls compared to the standard level in boys. In the 6-year-old group, the chest circumference was found to be 0.5% more in boys than in girls.

CONCLUSION

1. Among the children of pre-school age under control, the length of height in the group of boys aged 3 to 6 years was from 0.43 to 0.88 cm, and in girls from 0.06 to 0.38 cm. showed that it is less than the standard.
2. Among the examined children, it was found that the body weight was less by 0.3% to 1.8%, and in girls by 0.6% to 2.0%.
3. Chest circumference was found to be from 98.1% to 99.9%, i.e. from 0.06 to 1.9 cm, and in girls it was less than 0.20% to 0.41 cm.

REFERENCES

1. Tuxtarov B. E., Soatov M. M. O. G. L., Saydaliyeva M. Z. Q. UMUMTA'LIM MAKTABLARI VA MAKTABGACHA TA'LIM MUASSASALARILARDA BOLALAR VA O'SMIRLAR GIGIYENASINING TUTGAN O'RNI //Scientific progress. – 2023. – T. 4. – №. 2. – C. 12-17.
2. Maxmatmurot o'g'li S. M. UMUMIY O'RTA TA'LIM MUASSASALARIDA O'QUVCHILAR OVQATLANISHINI GIGIYENIK TASHKILLASHTIRISH //PEDAGOGS. – 2024. – T. 49. – №. 1. – C. 41-46.

3. Maxmatmurot o'g'li S. M. et al. UMUMIY OVQATLANISH KORXONALARIDA FOYDALANILADIGAN JIHOZLARGA QO'YILADIGAN GIGIYENIK TALABLAR //INTERNATIONAL JOURNAL OF RECENTLY SCIENTIFIC RESEARCHER'S THEORY. – 2024. – T. 2. – №. 2. – С. 128-132.
4. qizi Ramazonova K. U. et al. MAKTABGACHA TA'LIM MUASSASALARIDA BOLALARNING OVQATLANISHINI GIGIYENIK BAHOLASH //GOLDEN BRAIN. – 2024. – T. 2. – №. 1. – С. 281-290.
5. Mirmuhsin S. et al. MAKTAB JIHOZLARNING O 'QUVCHILAR SALOMATLIK HOLATIGA TA'SIRINI GIGIENIK TAHLILI. – 2022.
6. Maxmatmurot o'g'li S. M. BOLALAR VA O'SMIRLARDA TEMIR TANQISLIGI ANEMIYASI. – 2023.
7. Абдурахмонова М. Ш., Соатов М. М. САНИТАРНАЯ ЭКСПЕРТИЗА КОЛБАСНЫХ ИЗДЕЛИЙ //PEDAGOGS. – 2024. – Т. 53. – №. 1. – С. 72-74.
8. Соатов М. М. и др. ЗДОРОВОЕ ПИТАНИЕ–ЗАЛОГ ЗДОРОВЬЯ //PEDAGOGS. – 2024. – Т. 53. – №. 1. – С. 64-67.
9. Tuxtarov B. E., Mirmuhsin Maxmatmurot O. G. 'Li Soatov, Mohira Zayniddin Qizi Saydaliyeva UMUMTA'LIM MAKTABLARI VA MAKTABGACHA TA'LIM MUASSASALARILARDA BOLALAR VA O'SMIRLAR GIGIYENASINING TUTGAN O'RNI //Scientific progress.–2023. – 2023. – Т. 2.
10. Абдурахмонова М. Ш., Соатов М. М. ПРАВИЛЬНОЕ ПИТАНИЕ ДЕТЕЙ И ПОДРОСТКОВ //PEDAGOGS. – 2024. – Т. 53. – №. 1. – С. 68-71.
11. Мусаева О. Т., Элмуродова Л. Х., Халилова Б. Р. Старение Как Область Научных Исследований И Организация Гериатрической Медицинской Помощи //Central Asian Journal of Medical and Natural Science. – 2023. – Т. 4. – №. 2. – С. 317-322.
12. Мусаева О. Т., Номозбоева М. А., Халилова Б. Р. ФАКТОРЫ РИСКА ПРИ ВОЗРОСТНЫХ ЗАБОЛЕВАНИЙ И ИХ ПРОФИЛАКТИКА //European Journal of Interdisciplinary Research and Development. – 2023. – Т. 14. – С. 8-14.
13. qizi Elmurodova L. X. et al. SUVNI KOAGULYATSIYA QILISHNING GIGIYENIK ANAMIYATI //GOLDEN BRAIN. – 2023. – Т. 1. – №. 30. – С. 67-71.
14. Файзибоев П. Н. и др. ОЗИҚ-ОВҚАТМАҲСУЛОТЛАРИДАН БАКТЕРИАЛ ЗАҲАРЛАНИШНИ ОЛДИНИ ОЛИШДА НАССР ХАЛҚАРО ТИЗИМИНИ TUTGAN ЎРНИ //INTERNATIONAL JOURNAL OF RECENTLY SCIENTIFIC RESEARCHER'S THEORY. – 2023. – Т. 1. – №. 7. – С. 226-229.
15. Туйчиевна, М. О. ., Махматмуротович, С. М. ., & Расуловна, Х. Б. . (2023). Основные Возрастные Заболевания И Состояния Распространенные Среди Мужчин И Женщин Пожилого Возраста. *Research Journal of Trauma and Disability Studies*, 2(4), 14–25. Retrieved from <http://journals.academiczone.net/index.php/rjtds/article/view/674>
16. Eshnazarovich T. B. et al. Hygiene Requirements for School Furniture //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 2. – С. 245-248.