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HYGIENIC ANALYSIS OF THE DAILY ROUTINE OF PRESCHOOLERS

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Purpose of the study: *One of the important tasks of all preschool educational organizations in our country is the convenient and correct Organization of the agenda in kindergartens in every possible way. A perfectly comprehensively conveniently organized agenda is the optimal distribution of time allocated to various activities of young growing organisms during the day and evening. The perfect organization of the agenda in preschool educational organizations for growing organisms makes it possible for children to have an increase in their all-round Positive Appearance. Today, further improvement of the layout of the agenda in kindergartens.*

Material and methods: *the scientific paper used questionnaire survey and statistical methods.*

Conclusion: *the correct Organization of the agenda for Children of preschool age leads to a decrease in morbidity among children, a high level of educational quality.*

Keywords: *Preschool educational institution, daily routine, hygienic analysis, children and adolescents, large group, middle group, small group*

MAKTABGACHA TA'LIM YOSHIDAGI BOLALAR KUN TARTIBINI GIGIYENIK TAHLIL QILISH

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Tadqiqotning maqsadi: *Mamlakatimizdagi barcha maktabgacha ta'lim tashkilotlarining muhim vazifalaridan biri bolalar bog'chalarida kun tartibini har tomonlama qulay va to'g'ri tashkillashtirishdir. Mukammal har tomonlama qulay tashkil qilingan kun tartibi yosh o'suvchi organizmlarning kunduzi va kechqurun turli faoliyatlariga ajratilgan vaqtning maqbul taqsimotidir. O'suvchi organizmlar uchun maktabgacha ta'lim tashkilotlarida kun tartibining mukammal tashkil qilinishi bolalarda har tomonlama ijobiy ko'rinishlarining ortishiga imkon yaratadi. Bugungi kunda bolalar bog'chalarida kun tartibini tuzishni yanada takomillashtirish.*

Material va usullar: *Ilmiy maqolada anketali so'rov va statistik usullardan foydalanilgan.*

Xulosa: *Maktabgacha ta'lim yoshidagi bolalarni kun tartibini to'g'ri tashkillashtirishi bolalar o'rtasida kasallanishlarning kamayishiga, ta'lim sifatining yuqori darajaga yetishiga olib keladi.*

Kalit so'zlar: *Maktabgacha ta'lim muassasasi, kun tartibi, gigiyenik tahlil, bolalar va o'smirlar, katta guruh, o'rta guruh, kichik guruh.*

ГИГИЕНИЧЕСКИЙ АНАЛИЗ РЕЖИМА ДНЯ ДОШКОЛЬНИКОВ

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Цель исследования: *одной из важнейших задач всех дошкольных образовательных организаций нашей страны является всесторонняя удобная и правильная организация распорядка дня в детских садах. Идеально всесторонне удобно организованный распорядок дня-оптимальное распределение времени, отведенного на различные дневные и вечерние занятия молодыми растущими организмами. Совершенная организация распорядка дня в дошкольных образовательных организациях для растущих организмов позволяет увеличить их всестороннее позитивное проявление у детей. Дальнейшее совершенствование формирования повестки дня в детских садах сегодня.*

Материал и методы: *в научной статье использованы анкетный опрос и статистические методы.*

Вывод: *правильная организация распорядка дня детей дошкольного возраста ведет к снижению заболеваемости детей, достижению высокого уровня качества образования.*

Ключевые слова: *дошкольное учреждение, повестка дня, гигиенический анализ, дети и подростки, старшая группа, средняя группа, младшая группа.*

Relevance of the topic: As our head of state noted, the sacred duty of every person and society is the upbringing of capable children, both physically and spiritually, their upbringing as people devoted to their parents and the Motherland [1,2]. Hygienic protection of the health of children and adolescents, promotion of a healthy lifestyle, upbringing of a harmoniously developed generation and provision of all sectors of the national economy with highly qualified

specialists today are one of the most important tasks not only of workers in the field of hygiene of children and adolescents, but also of the whole society [3,4,6].

Purpose of the study: One of the important tasks of all preschool educational organizations in our country is the convenient and correct Organization of the agenda in kindergartens in every possible way. A perfectly comprehensively conveniently organized agenda is the optimal distribution of time allocated to various activities of young growing organisms during the day and evening. The perfect organization of the agenda in preschool educational organizations for growing organisms makes it possible for children to have an increase in their all-round Positive Appearance. Today, further improvement of the layout of the agenda in kindergartens.

Materials and methods. Questionnaires, timing and statistical methods were used to carry out scientific research. The organization and hygienic analysis of the daily routine of preschoolers were carried out on the basis of sanitary norms and rules of the Republic of Uzbekistan (Sanitary Rule and Norm 0355-18) "Sanitary and hygienic requirements for the location, structure and organization of preschool educational institutions in the Republic of Uzbekistan" [5], as well as specially developed questionnaires for one day and week. All results were processed by analytical and statistical methods.

Results. A properly organized daily regimen, including educational and educational activities, walks in the fresh air, outdoor games, healthy nutrition, sufficient sleep, is an important factor in creating a healthy environment in preschool institutions [3]. The results of morning gymnastics for preschoolers are shown in Table 1.

Table 1.

Results of morning gymnastics in preschoolers (winter-spring)

№	Group	Number of children, absolute indicator	Number of people doing morning exercises	%
1	Junior group of nursery	28	6	26,92
2	1st senior group	34	15	43,24
3	2nd senior group	24	14	60.0
4	3rd senior group	25	15	58,33
5	1st subgroup	35	15	47,36
6	1st middle group	40	20	52,38
7	2nd middle group	34	15	50.0
8	3rd middle group	35	16	48,64
9	1st group	40	19	51,16
10	2nd senior group	40	18	46,34
11	3-senior group	40	15	40,47
12	1st preparatory group	35	25	72,97
	Altogether	410	214	49,76

The table shows that 49.76% of children performed morning gymnastics in the winter-spring period. Analysis by group showed that this rate ranged from 26.92% to 72.97%.

In the summer-autumn period, outdoor gymnastics was carried out with 100% coverage. In the first half of the day, walks in the fresh air were held, in the afternoon such events were not held. Insufficient performance of gymnastics in the winter-spring period can negatively affect the physical fitness of children, which is confirmed by research.

The physical fitness of children was determined using the Martin-Kushelevsky test (Table 2).

Table 2.

Results of the Martin-Kushelevsky test

In boys					
Pulse number		**Number of breaths**		**AP**	
Before the test	After the attempt	Before the test	After Trial	Before the test	After the attempt
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

Pre and post-workout testing showed breathing and pulse counts, diastolic and systolic blood pressure in the children.

As can be seen from Table 2, the results of the Martin- Kushelevsky test among preschool children showed that the quality of reaction index in boys was 2.9, which indicates a poor functional circulatory system in their cardiovascular system, while in girls this indicator was 0.58, which indicates a good indicator for girls.

It was found that the number of breaths in children increased by 0.7 times in boys after the test and that recovery time increased by more than 5 minutes, while in girls it increased to 0.8 times and that recovery time increased by more than 4 minutes. From this it can be seen that preschool children have a low level of physical development.

The results of the Martin- Kushelevsky test are based mainly on the level of physical development of children.

Table 3.

Hygienic analysis of the components of physical activity

Group	Introduction	Main	Conclusion	Shared Hours
In the winter-spring season				
Small	2	12	1	15
Average	2	17	1	20
Big	2	21	2	25
Preparation	2	31	2	35
In the summer-autumn season				
Small	1	13	1	15
Average	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 held in music and gymnastics halls, it has been established that the components of the classes do not meet hygienic requirements. This is largely due to the discrepancy between the components of training and their general and motor density with hygienic requirements.

Hygienic analysis of physical culture and recreational activities showed that in the subgroups in the winter-spring period the total intensity of classes was 80%, in the summer-autumn - 86%, and the motor intensity - 93% in the winter-spring and summer-autumn seasons, the total intensity in the middle group - 85; 90%, motor - 95%, total density 84; 92%, motor density 94%; 96%, total density 88% in the preparatory group; 94%, motor density 94%; 97%.

It is worth noting that the procedure for placing physical education classes on the agenda of preschool educational institutions complies with hygienic requirements.

Conclusion. It has been established that in the winter-spring period, 49.76% of preschool children perform morning physical education, and in the summer-autumn period - 100%. In the group context, 26.92% against 72.97%.

The results of the Martin- Kushelevsky test among preschool children showed that the quality of reaction in boys in preschool educational institutions was 2.9, and in girls - 0.58. It was found that the number of breaths in children increased by 0.7 times in boys after the test and that the recovery time exceeded 5 minutes, while in girls it increased to 0.8 times and the recovery time exceeded 4 minutes.

The intensity of physical activity in the groups in the winter-spring period was 80% - 88%, in the summer-autumn period - 84% - 94%, in winter-spring and summer - autumn - 93% - 97%.

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