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HYGIENIC ANALYSIS OF INDICATORS OF PHYSICAL DEVELOPMENT OF PRESCHOOL CHILDREN

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Purpose of the study: *Hygienic analysis of the physical indicators of children brought up in preschool educational institutions.The growth and development of a young organism is closely related to the indicators of physical development in permanent cases. There is no doubt that the physical development of children studying in preschool educational organizations has become important both before and now. The development of the muscle strength of young organisms, body structure, ability to work closely with the age of the child is an alternative manifestation of physical development. In our current environment, it is one of the main issues facing our state, but not every citizen, that growing young organisms studying in preschool educational organizations reach the level of a mature person with strong health, both in terms of intelligence, physically and spiritually.*

Materials and methods. *The objects of observation were received materials on the organization of physical education classes and transitions in preschool educational institutions, the agenda of preschool children and it is main components, where the first stage of education is carried out.*

Conclusion. *The most notable aspect of children studying in preschool organizations is that it is their physically healthy adulthood. Organization of a comprehensive healthy upbringing of children, always supervised by parents, preschool educational institution, sanitary epidemiological centers.*

Keywords: *preschool, physical development, preschool, somatometric indicator.*

MAKTABGACHA TA’LIM YOSHIDAGI BOLALARNING JISMONIY RIVOJLANISH KO‘RSATKICHLARNI GIGIENIK TAHLILI

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Tadqiqotning maqsadi: *Yosh organizmning o’sishi va rivojlanishi doimiy holatlarda jismoniy rivojlanish ko’rsatkichlari bilan chambarchas bog’liq. Maktabgacha ta’lim tashkilotlarida tahsil olayotgan bolalarning jismoniy jihatdan rivojlanishi avval ham, hozir ham muhim ahamiyat kasb etishiga hech qanday shubxa yo‘q. Yosh organizmlarning mushak kuchi, tana tuzilishi, ishlash qobiliyatining bola yoshi bilan chambarchas holda rivojlanishi jismoniy rivojlanishning muqobil ko‘rinishidir. Hozirgi yashab turgan muhitimizda, maktabgacha ta’lim tashkilotlarida tahsil olayotgan o‘suvchi yosh organizmlarning aql – idrok jihatidan, jismoniy jihatdan va ma’naviy jihatdan ham mustahkam sog‘likka ega bo‘lib yetuk inson darajasiga yetishi davlatimizning balki, har bir fuqaroning oldida turgan asosiy masalalardan biridir.*

Materiallar va usullari. *Kuzatish ob'ektlariga maktabgacha ta'lim muassasalarida jismoniy tarbiya mashg'ulotlari o'tishlarini tashkil etish, maktabgacha yoshdagi bolalarning kun tartibi va ta'limning birinchi bosqichi amalga oshiriladigan maktabgacha ta’lim muassasalaridan asosiy tarkibiy qismlar bo'yicha materiallar olindi.*

Xulosa. *Maktabgacha ta’lim tashkilotlarida tahsil olayotgan bolalarning eng e’tiborli jihati shundan iboratki, bu ularning jismoniy jihatdan sog‘lom voyaga yetishidir. Bolalarning har tomonlama sog‘lom voyaga yetishini tashkil qilish, ota - onalar, maktabgacha ta’lim muassasasi, sanitariya epidemiologiya markazlari tomonidan har doim nazorat qilish.*

Kalit so‘zlar: *maktabgacha ta’lim tashkiloti, jismoniy rivojlanish, maktabgacha ta’lim, somatometrik ko’rsatkich.*

ГИГИЕНИЧЕСКИЙ АНАЛИЗ ПОКАЗАТЕЛЕЙ ФИЗИЧЕСКОГО РАЗВИТИЯ ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА

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Цель исследования: *Рост и развитие молодого организма тесно связаны с показателями физического развития в постоянных состояниях. Нет сомнений в том, что физическое развитие детей, обучающихся в дошкольных организациях, приобретает важное значение как раньше, так и сейчас. Развитие мышечной силы, телосложения, работоспособности молодых организмов в тесной связи с возрастом ребенка является альтернативным проявлением физического развития. В нашей нынешней*

среде обитания, в дошкольных образовательных организациях, воспитывающиеся молодые организмы достигают уровня зрелого человека с крепким психическим, физическим и духовным здоровьем.

Материалы и методы. *К объектам наблюдения относились организация прохождения физкультурных занятий в дошкольных учреждения, распорядок дня дошкольников и материалы по основным компонентам из дошкольных учреждения, в которых осуществляется первый этап обучения.*

Вывод. *Наиболее примечательным аспектом детей, обучающихся в дошкольных организациях, является то, что они становятся физически здоровыми взрослыми. Организация всестороннего здорового взросления детей, постоянный контроль со стороны родителей, дошкольного учреждения, санитарно - эпидемиологических центров.*

Ключевые слова: *дошкольная организация, физическое развитие, дошкольное образование, соматометрический показатель.*

Relevance of the topic: Indicators of the physical development of children brought up in preschool education are one of the integral indicators that assess not only their health status, but also their development in terms of hormones.

Today, one of the urgent tasks of the Children's and Adolescent Hygiene is to control the development of a growing young organism in all its entirety, control and hygienic support.

A rational agenda that responds to the physiological needs of the growing organism, a state of sufficient physical fitness, a periodic biological need for movement in combination with ensuring a normal state of health, increases their hormonal development, immunity, reduces the degree of morbidity and increases the level of resistance to unfavorable factors of the external environment. [1,2,3,4].

The number of chronic diseases among children and adolescents is increasing, as well as the number of diseases of the cardiovascular system, the tanyach kharakat system and the state of calcium, iron and iodine deficiency from vitamins B and C, minerals is increasing [4,5,6].

Physical education expands the worldview of children and adolescents in every possible way. It is considered one of the constant activities in educating them in a healthy way.

Physical culture is the specialty of physical education and is part of the general culture of a person. Physical education, which is part of the category of all environmental and social activities in the upbringing of the children's and adolescent community in accordance with the harmonious and mature harmonic Ravish, is an immeasurable sport.

Purpose of the study: Hygienic analysis of the physical indicators of children brought up in preschool educational institutions. The growth and development of a young organism is closely related to the indicators of physical development in permanent cases. There is no doubt that the physical development of children studying in preschool educational organizations has become important both before and now. The development of the muscle strength of young organisms, body structure, ability to work closely with the age of the child is an alternative manifestation of physical development. In our current environment, it is one of the main issues facing our state, but not every citizen, that growing young organisms studying in preschool educational organizations reach the level of a mature person with strong health, both in terms of intelligence, physically and spiritually. Hygienic analysis of the physical indicators of children brought up in preschool educational institutions.

Materials and methods. The objects of observation were received materials on the organization of physical education classes and transitions in preschool educational institutions, the agenda of preschool children and it is main components, where the first stage of education is carried out.

Physical development of preschool children (L.M. Basharova, 2014) was studied and analyzed using special standards [7]. The level of physical fitness of the children at the beginning of the lesson and at the end of the lesson was determined using the Martin-Kushelevsky test.

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

Table 1.

Samatometric data of boys of preschool education age (height) indicators (on the example of Tashkent)

№	Children age	Height	
		Physiological normative level	Children stature index
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 cross-section of sexes, since their sex differences are analyzed after 7 years. In our research, we aimed to study them in a separate 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 height of children were significantly lower than the physiological normative level, that is, in the 3-year-old group it was reduced by 0.5%, that is, by 0.43 cm, and in the group of 3 and six-year-olds - by 0.9%, in the 4-year-old group - by 0.2%, in the preparatory group - by 0.7%. It turned out that the height of the children in the preparatory group was 0.69 cm less. It was found that boys' height index was 0.43 cm to 0.88 cm lower than the normative standard indicator.

Table 2.

Somatometric data of girls of preschool education age (height) indicators. (On the example of Tashkent)

№	Children age	Height	
		Physiological normative level	Children stature index
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 also found that the indicators of height in girls of preschool education age were significantly lower than the physiological normative level. It was found that in the group of 5 and 6 months old it was 99.26%, that is, 0.81 cm less. In the rest of the age groups, it was less than 0.1% to 0.5%, indicating that 0.06 to 0.38 cm was less than the normative level.

Hygienic analysis of somatometric indicators (body weight) of preschool children is presented in Table 3 – 4.

Table 3.

Results of body weight of boys of preschool education age (on the example of Tashkent)

№	Children age	Body weight	
		Physiological normative level	Children weight indicator
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 education age is one of their integral indicators and must correspond to the height of the growing organism and the circumference of the chest. And this is one of the factors that determine their physical development in a hormonal way.

Hygienic analysis of body weight indicators of preschool-age boys shows that in 3-year-old boys, the weight index is 1.8% less than the normative level, that is, 0.26 kg. In the 6 age groups examined, weight loss was found to be less than the norm by 0.3% to 1.8%.

Table 4.

Results of body weight of girls of preschool education age (on the example of Tashkent)

№	Children age	Body weight	
		Physiological normative 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 Figure 4, it has been proven by a number of scientific studies that boys have lower performance in girls of preschool age.

The results of our study show that weight indicators are found to be 0.2% lower in girls compared to boys in the 3-year-old group. In boys, it was found to be between 0.6% and 2.0% less than the normative level. And the girls' weight index was found to be from 0.1 to 0.27 kg less than the normative level. From the results obtained, it is necessary to bring the daily ration of preschool children to the normative level.

The results of the chest circumference measurements of children of supervised preschool age are presented in Tables 5 – 6.

Table 5.

Somatometric indicators of boys of preschool age (on the example of Tashkent)

№	Children age	Chest circumference	
		Physiological normative 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 (on the example of Tashkent)

№	Children age	Chest circumference	
		Physiological normative 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 Figure 5, it was found that the circumference of the chest girth of boys of preschool education age was from 98.1% to 99.9% less than the normative level, that is, from 0.06 to 1.9 cm.

The lowest indicators of chest circumference were detected in the group of children aged 3 to 6 months. In the section of groups, the size in the preparatory group is 0.06 cm.

Analysis of data from Figure 6 shows that the circumference of the breasts of girls of preschool age is from 0.4% to 0.8% less than the norm level, i.e. from 0.20% to 0.41cm.

It was found that the chest circumference of girls of preschool age was 1.9% less than that of girls compared to the norm in boys. It was found that the circumference of the chest was 0.5% more in the 6-year-old group of boys than in girls.

Conclusion. Among the controlled preschool age children, the height was 0.43 to 0.88 cm for boys aged 3 to 6 years, and 0.06 to 0.38 cm for girls was less than the norm.

Among the examined children, body weight was found to be from 0.3% to 1.8%, and among girls from 0.6% to 2.0%.

It was found that the circumference of the chest was less from 98.1% to 99.9%, that is from 0.06 cm to 1.9 cm, and in girls it was found to be less than 0.20% to 0.41 cm.

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