

## PROBLEMS OF HYGIENE OF CHILDREN AND ADOLESCENTS

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**Annotation:** *This article describes the goals and objectives of child and adolescent hygiene, which are part of the science of hygiene, and the current challenges facing them today.*

**Keywords:** *hygiene, adolescence, body, physiology, influence.*

**Аннотация:** *В данной статье описаны цели и задачи детской и подростковой гигиены, которые являются частью науки о гигиене, и актуальные задачи, стоящие перед ними сегодня.*

**Ключевые слова:** *гигиена, подростковый возраст, организм, физиология, влияние.*

Hygiene of children and adolescents is a branch of preventive medicine that studies the conditions of the environment and activities of children, their impact on the health, functional state and physical development of a growing organism, develops scientific foundations and practical measures aimed at creating conditions that ensure the preservation and strengthening of health, optimal the level of functions and the favorable development of the body of children and adolescents.

Hygiene of children and adolescents is a complex science that unites all branches of hygiene in relation to children and adolescents. It deeply and comprehensively studies the influence of diverse environmental factors on a growing organism. Research on the hygiene of children and adolescents is aimed at creating the most favorable conditions for balancing the growing organism with the environment, which is achieved by hygienic regulation of the environment, as well as the impact on the body of proper education and training.

The main problems of the hygiene of children and adolescents are the hygiene of education and upbringing, labor hygiene of adolescents, the hygiene of children's and adolescent institutions, the hygiene of physical education, the study and

correction of the health status of children and adolescents. The hygiene of children and adolescents solves the problems of protecting and strengthening the health of the younger generation on the basis of scientifically based sanitary and hygienic requirements for the conditions of education and training.

The hygiene of children and adolescents develops standards and requirements, complexes of health-improving measures for the body, the formation of which has not been completed, which is in the process of growth and development, qualitatively different from the body of an adult. With the hygienic substantiation of recreational activities and the regulation of environmental factors, the hygiene of children and adolescents is based on the morphological, functional and psychological characteristics of a growing organism at different stages of its development, which allows us to speak of the hygiene of children and adolescents as age-related hygiene.

The sensitivity and reactivity of the child's body is higher than that of the adult body. Each period of a child's life, depending on the degree of morphological and functional maturity of individual

organs and systems are characterized by their physiological reactions to environmental factors. The principles of standardization of environmental factors for children and adolescents are reduced to taking into account the functional readiness (maturity) of a growing organism. The norms in the hygiene of children and adolescents are different for different age stages, but do not change at the same time. Standards in hygiene are determined by those parameters of factors affecting the body that have a favorable and harmless effect. Influence, ensure the preservation of health and the harmonious development of children and adolescents. The most important strategic direction of protecting the health of future generations is to preserve and improve the health of children, reduce morbidity, disability, mortality, improve the quality and accessibility of medical care, social security for children and education, increase the level of social adaptation and integration of children with health problems into modern society, disabled children.

The purpose of teaching the study of the discipline "Hygiene of children and adolescents" is to form students and acquire scientific knowledge about the principles

of maintaining and strengthening the health of children and adolescents, increasing the resistance of the child's body to the effects of adverse environmental factors, as well as ways and means of creating a health-saving environment habitat for children.

Physical development is one of the leading indicators of the health status of children and adolescents. Other indicators of health depend on the level of physical development. The term "physical development" of children and adolescents means the state of morphological and functional properties and qualities, as well as the level of biological development - biological age. The physical development of a child in each period of life is a complex of morphological and functional properties that characterize the age of the achieved biological development and the physical capacity (working capacity) of the child's body. The term "physical development" reflects not an instantaneous characteristic of the state (development), but the dynamics of the process. From these positions, physical development is understood as a process of age-related changes in body size, physique, appearance, muscle strength and performance of the child's body.

To assess the physical development of children and adolescents, the following indicators are used:

- somatometric - body length (height), body weight, approx. chest tightness, etc.;
- somatoscopic - the condition of the skin and vision my mucous membranes, the degree of development of subcutaneous fat layer, the state of the musculoskeletal system, the degree of sexual development;
- physiometric - vital capacity of the lungs, muscle strength, pulse rate, blood pressure, etc.