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# TA'LIM INNOVATSIYASI VA INTEGRATSIYASI

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## STATES OF PHYSICAL DEVELOPMENT IN SCHOOLCHILDREN

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The article discusses the determination of the physical development of schoolchildren by indicators of weight, standing height, chest circumference and the data obtained are compared with the results of a study of the physical development of students in 2001.

**Key words:** physical development, anthropometry.

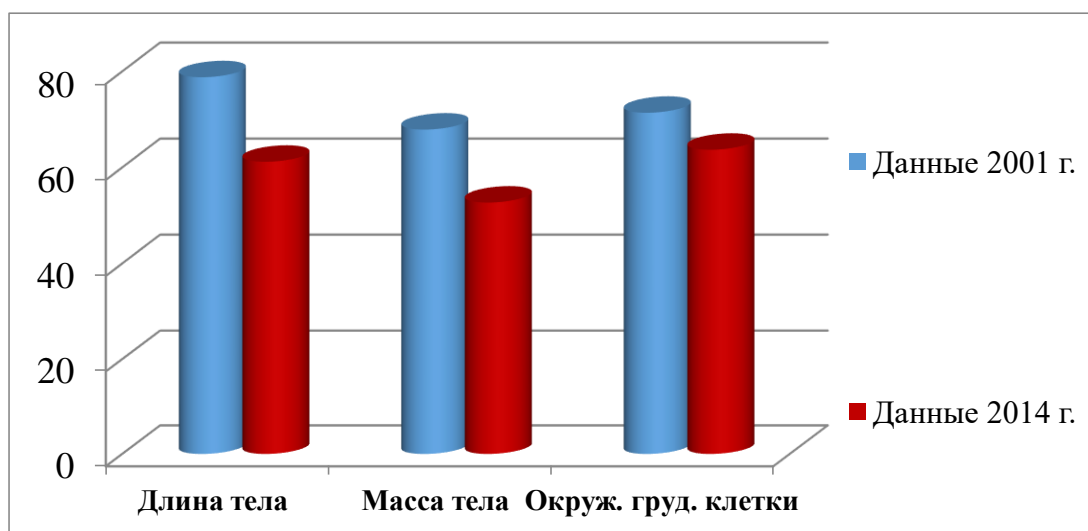
One of the basic principles of preserving and strengthening the health of children and adolescents is the timely determination of morphofunctional maturity, the readiness of the growing organism for new conditions and types of activities and its organization taking into account the age of the child, preventive and health measures [3, 1, 2]. The determination of morphofunctional maturity is based primarily on assessing the appropriateness of the child's age and harmonious physical development[4].

The development of physical development, since one of the leading indicators of the health status of schoolchildren and morbidity, the development of methods of treatment and prevention of morbidity among them is one of the urgent tasks at the present stage [5,6,7].

Over the past decade, the following changes have been noted in the dynamics of the physical development of schoolchildren: the proportion of schoolchildren with normal body length decreased by  $17.6\% \pm 1.9$ , with normal body weight - by  $15.2\% \pm 1.4$ , with normal chest circumference – by  $7.7\% \pm 0.8$  compared to the indicators of 2001 [8].

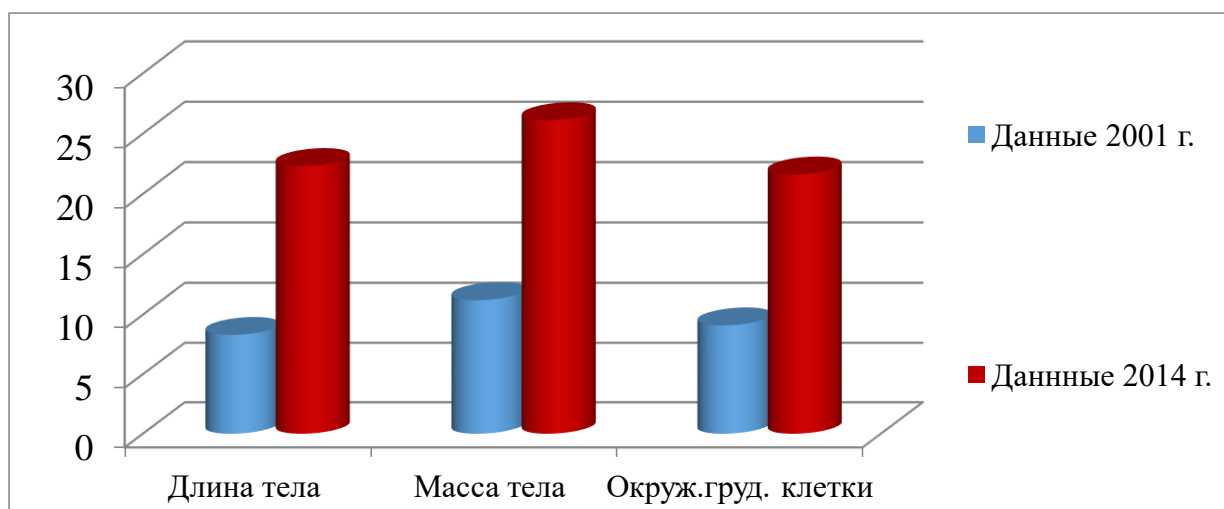
The purpose of the work: to study the state of physical development of schoolchildren in the last decade.

Materials and research methods. 805 school-age children studying at school No. 28 in the Almazar district of Tashkent were examined. An analysis of the physical development of schoolchildren (form 026), anthropometry was carried out: weight, standing height, chest circumference and the ratio of the main indicators of physical development. The data obtained were compared with the results of a study of the physical development of students in 2001. A comparative characteristic of the proportion of schoolchildren with normal physical development, according to 2001 data (Kamilova R.T.) and the data we obtained is presented in Fig. 1.



Comparative characteristics of the physical development of schoolchildren in 2001-2014. (proportion of schoolchildren with normal physical development.

Analysis of the proportion of schoolchildren with retarded physical development shows that the number of those lagging behind has increased in all parameters of



physical development: in body length by 14.0%, in body weight by 14.9%, in chest circumference by 12.5%. (Fig.2)

Fig.2. Comparative characteristics of the physical development of schoolchildren in 2001-2014. (proportion of schoolchildren with retarded physical development)

The proportion of schoolchildren with advanced physical development over the past decade has not undergone significant changes. There is an increase of 3.6% in the number of children with advanced body length and 4.8% in chest circumference.

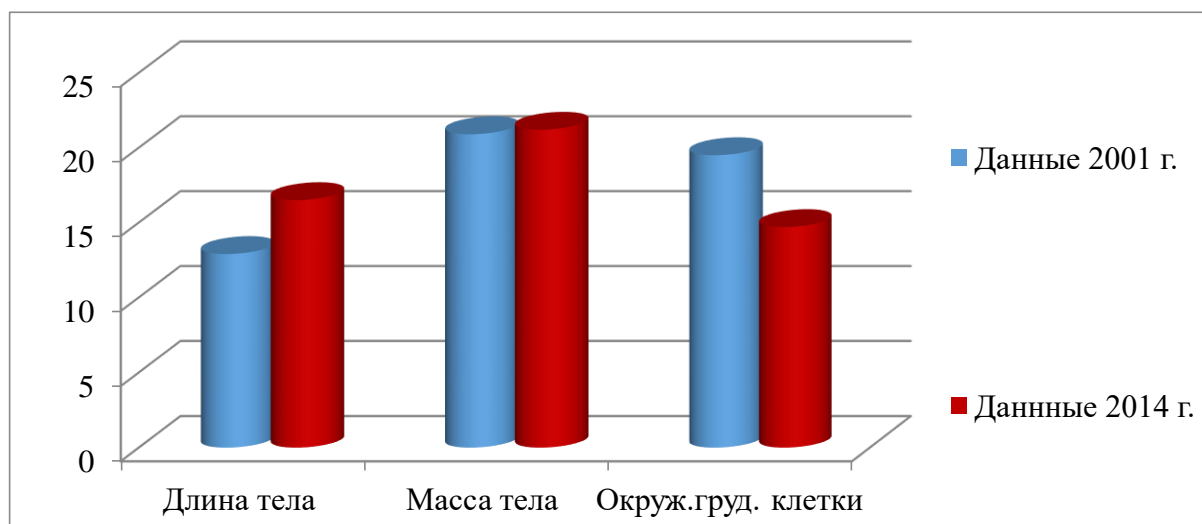


Fig.3. Comparative characteristics of the physical development of schoolchildren in 2001-2014. (proportion of schoolchildren with advanced physical development)

Summarizing the dynamics of the physical development of schoolchildren over the last decade, we can conclude that the proportion of students with disharmonious physical development is increasing, which is consistent with the results of research by domestic and foreign researchers on the retardation of the physical development of children.

Conclusions: in all parameters of physical development, current schoolchildren show worse results. Thus, the proportion of schoolchildren with normal body length decreased by 17.6%, with normal body weight - by 15.2%, and with normal chest circumference - by 7.7% compared to 2001 figures. Assessment of the level of physical development of students from grades I to IX shows a deterioration in the main indicators of physical development: 61.2%±4.6 students have normal body length, normal body weight in 67.2%±5.1, normal chest circumference cells -73.8%±6.9.

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