



# EUROPEAN JOURNAL OF SCIENCE ARCHIVES CONFERENCES SERIES



**2022**  
JANUARY-JULY



**AACHENER, GERMANY**

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Published by Institute for Scientific Research and Publication & Research and Publishing Center  
virtualconferences.press

Issued monthly

DOI prefix: 10.5281/zenodo.5889885

Hausarztzentrum Aachen-Forst Trierer Str. 67, 52078 Aachener, Germany

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DOI <https://doi.org/10.5281/zenodo.5889885>

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**OPEN ACCESS**

## **Covid-19 pandemiyasi davrida maktab o`quvchilarining kun tartibiga va salomatlik holatiga gigiyenik baho berish.**

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**Abstract.** In this scientific article, the agenda of schoolchildren during the pandemic of Covid -19 was studied and hygienic analysis was carried out. A total of 203 children and adolescents aged 14-18 studying in 8-11 classes of the General Secondary School of the town of Angren of Tashkent region were involved in the study.

**Keywords.** Pandemic, COVID-19, caronavirus, health status, physical development, daily routine, children and adolescents, traditional education, distance learning.

Bolalar va o'smirlarning rivojlanishi, keyingi hayoti davomida aqliy, psixologik umumiy qilib ta'kidlaganda rivojlanish fiziologiyasi hamda salomatligi uchun juda muhim jarayonlardan biri sanaladi. Chunki bu davrda bolalar organizmida tez o'sish va rivojlanish kuzatiladi. Afsuski, so'nggi yillarda Jahon sog'liqni saqlash tashkilotining Yevropa mintaqasidagi bolalar va yoshlarning aqliy salomatligi birinchi bo'lib Covid-19 pandemiyasi ta'siri ostida o'zgarishlarga uchradi. COVID-19 bu infeksiyon-virusli, havo- tomchi orqali yuqadigan kasallik bo'lib, virusning tarqalishi birinchi marta 2019 yil dekabr oyida Xitoyning Vuhan shahrida qayd etilgan. 2020 yilning 30 yanvarida Jahon sog'liqni saqlash tashkiloti ushbu epidemiyani xalqaro ahamiyatga ega bo'lgan sog'liqni saqlash sohasidagi favqulodda holat, 11 martda esa pandemiya deb e'lon qildi. Pandemiya davrida maktablarni yopish va karantin sharoitida bolalar tengdoshlari bilan aloqa bo'lmasdan, o'sishda davom etishdi [1].

**Tadqiqotning maqsadi, ob'ekti va usullari.** Pandemiya davrida maktab o`quvchilarining kun tartibi hamda salomatlik holatiga gigiyenik baho berish. Tadqiqotga Toshkent viloyati Angren shahri 18-umumiy o`rta ta'lim maktabining 8-

sinfdan 11-sinfgacha ya'ni, 14 yoshdan 18 yoshgacha bo'lgan jami 203 nafar o'quvchilardan 87 nafar o'g'il bolalar (O'B) va 116 nafar qiz bolalar (QB) jalb qilindi.

**Tadqiqot natijalari.** Maktab o'quvchilarining pandemiya davrida kun tartibiga baho berishda anketa so'rovnoma o'tkazildi. So'rovnomada "Jismoniy tarbiya mashqlarini kunning qaysi qismida shug'illanasiz?" degan savolga o'quvchilarning 59,6% i tongda, 15,6%i kun o'rtasida va 24,8%i kun oxirida bajarishlari aniqlandi. Bundan ko'rinib turibdiki, pandemiya davrida o'quvchilar maktabga bormaganliklari hisobiga, ular jismoniy tarbiya mashqlarini tongda shoshilmasdan, o'z vaqtida bajarganliklarini ko'rsatdi. So'rovnomada ishtirok etgan o'quvchilarning jismoniy mashqlarning qanday turlari bilan shug'illanganligi o'rganilganda o'g'il bolalar uy sharoitida badan tarbiya (17 yosh orasida 38%), taekwon-do (18 yosh orasida 31%), kurash (16-18 yoshlarda 25%), yugurish (16-17 yosh bolalarda 25%) va xatto fudbool (15 yoshli o'g'il bolalar orasida 50%) bilan, qiz bolalarda esa ko'proq yugurish (17 yoshlilar o'rtasida 81%), badan tarbiya (15 yosh orasida 37%), voleybol (14 yoshlilarda 25%), gimnastika (14 yoshlilarda 25%) sport mashqlari bilan band bo'lishganligi aniqlandi.

Tadqiqotimizning navbatdagi bosqichida biz o'quvchilarning karantin davrida ovqatlanishlarini ham tahlil qilib gigiyenik baho berdik. Natijalarga asosan karantin vaqtida bolalar va o'smirlar uy sharoitida tayyorlangan kalloriyali, vitaminlarga boy bo'lgan, issiq suyuq hamda quyuq taomlar, shu bilan birga hamirli, sutli, parxezli va yengil ovqatlar tanavull qilishgan. O'quvchilar karantin vaqtida 2 mahal (54%), 3 mahal (29%), issiq ovqat istemol qilganlar. "Fast food" taomlari kam miqdorda tanavvul qilingan. An'anaviy ta'lim vaqtida ko'pchilik ko'chadan yoki maktab oshxonalaridagi taomlar bilan ovqatlanishgan. Masofaviy ta'limda esa, barcha bolalar va o'smirlar o'z xonadonida uy taomlari bilan ovqatlanishini taqozo etdi. Xususan, immunitetning mustahkamlanishi kasalliklarga kamroq chalinish va vaqtida to'yib ovqatlanishga imkoniyat yaratilgan. Taomlardan tashqari iste'mol qilingan meva hamda sabzavotlar ham tahlil qilindi. Unga ko'ra barcha

o`smirlarning ko`pchiligi olma, banan, uzum hamda anor va boshqa mavsumiy mevalar iste`mol qilishgan.

Tadqiqotimizning yana muhim tahliliy qismlaridan biri karantin vaqtida bolalarda kasalliklarning asosiy holati o`rganildi. Natijalarga ko`ra barcha 14 yoshdan 18 yoshgacha bo`lgan o`g`il bolalarning 36% (QB 49,2%) faqatgina mavsumiy yuqori nafas yo`llari kasalliklari va uning alomatlari kuzatilgan. 58% (QB 33,2%) o`smirlarda hech qanday kasalliklar kuzatilmagan. 6% (17,6%) bolalarda qo`shimcha boshqa kasalliklarning simptomlari, xusasan, tish og`riqlari, turli toshmalar kuzatilgan. Bu esa pandemiya davrida yuqumli va yuqumsiz bo`lgan barcha kasalliklarni keskin kamayganligini anglatdi. Buning asosiy sabablaridan biri aynan ko`p ko`chaga chiqmaslik, odamlar bilan suhbatlashmaslik, tibbiy niqob taqilishi ham aynan kasalliklarni keskin kamayishiga ijobiy ta`sirini ko`rsatdi. Shuni ham qo`shimcha qilib o`tish joizki tadqiqotda ishtirok etgan o`quvchilar o`z vaqtida kalloriyali, issiq uy taomlarini tanavull qilishgani ham yana bir omil sifatida kasalliklarga kam chalinishning sabab sifatida ta`kidlash mumkin.

Normal uyqu kun tartibining muhim tarkibiy qismi sifatida jismoniy va aqliy rivojlanish uchun zarurdir. Normal uyquga bo`lgan ehtiyoj yoshga qarab o`zgarib boradi [2]. Bolalar va o`smirlarning karantin vaqtidagi uyqu vaqtlari ham alohida o`rganilib tahlil etildi. O`quvchilarning 5% i 3-4 soat, 5% i 5-6 soat, 41% i 7-8 soat, 38% i 9-10 soat va 11% i 11-13 soat uyquda bo`lgani aniqlandi. Albatta pandemiya munosabati bilan barcha bolalar uyda bo`lganligini hisobga olsak, ularning uyqulari pandemiya bo`lmagan vaqtga qaraganda ancha meyorlashganligi, ya`ni barqarorlashganligini ko`rish mumkin. Bu karantining yana bir ijobiy tomonlaridan bo`lib o`smirlarning meyoriy uyquga to`yishiga yordam berdi.

Tadqiqotimizning keyingi bosqichida o`quvchilarning karantin davrida necha soat kompyuterda dars mashg`ulotlarini bajarganliklarini ham tahlil qildik. Natijalarga ko`ra barcha o`g`il bolalar 30% i 1-2 soat (QB 28%), 49% i 3-4 soatni (QB 56%), 15% i 5-6 soat (QB 10%) va 6% (QB 6%) 8-9 soatni kompyuterda dars

mashg'ulotlarini bajarishgan. Aynan ushbu tahlil natijalari o'g'il va qiz bolalar orasidagi ko'rsatkichlar deyarli bir xilligi aniqlandi.

Karantin davridan so'ng an'anaviy ta'lim boshlanishi natijasida o'quvchilarning moslashish jarayoni tahlil qilinganda salbiy ta'sirlar yuzaga kelganligi aniqlandi. Tahlilga ko'ra 14-17 yoshdagi barcha bolalarda darslarga qatnasha olmaslik, hayajon, an'anaviy ta'limga ko'nikishning qiyinlashuvi, uyqudan erta uyg'onish, kam uxlash, o'qish jarayonining ko'tarilishi, holsizlanish, bilimning masofaviy ta'limda pasayganligini, vaqt muammosi, xusnixatning o'zgarishi, to'garak va darslar qilishda vaqtning kamayishi kuzatilgan bo'lsa, 18 yoshlilarda faqat vaqtning yetmasligi aniqlandi.

**Xulosa.** Olingan natijalar shuni ko'rsatadiki, pandemiya maktab o'quvchilari orasida ularning kun tartibi, salomatlik holatida hamda ruhiy rivojlanishida o'zgarishlar kuzatilgan. Xususan, bolalarning turli jamoaviy sport mashg'ulotlari bilan shug'ullana olmaganliklari, o'smirlarning karantin tufayli 65% dan ko'prog'ida tana vazning ortishi, 3-4 soatlab kompyuter oldida dars qilishi, 60% o'quvchilarda bilim saviyasining pasayishi kuzatilganligi va asosiysi karantindan so'ng an'anaviy ta'lim boshlanishi o'quvchilarning an'anaviy ta'limga ko'nikishi va bilim saviyasida kamchiliklar aniqlandi.

#### **Foydalanilgan adabiyotlar:**

1. В процессе восстановления общества после пандемии COVID-19 особое внимание должно уделяться психическому здоровью детей и молодежи. Европейское региональное бюро ВОЗ и Греция запускают новую программу для Европейского региона <https://www.euro.who.int/ru/media-centre/sections/press-releases/2022/placing-children-and-young-peoples-mental-health-at-the-heart-of-the-covid-19-recovery,-who-europe-and-greece-launch-new-programme-for-european-region>

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## CONTENTS

### CULTUROLOGY

- С.С.Абдукаххоров, К.Н. Пулатова** - Развитие физических качеств юных игроков.....3  
**А.Г. Мирзакулов** - Методика повышения физической и боевой подготовки в учебных заведениях  
МВД Республики Узбекистан .....8  
**Ж.Т.Ярашев, Ризоева Муниса Шокировна** - Виды и приемы стилизации в произведениях  
русских композиторов.....12  
**С.С.Абдукаххоров, К.Н. Пулатова** - Скоростные качества — один из важнейших факторов  
готовности игрока. Упражнения, повышающие стартовую скорость в сложных ситуациях и  
стартовую скорость в сложных ситуациях.....18

### ECONOMY

- Doniyorova Zukhrabonu Alisher qizi** - Scientific and information support of innovative  
activities of the Republic of Uzbekistan.....21  
**Rinat Tantashev** - IS «GREEN» Growth relevant for developing economies?.....30  
**Turgunboev Ikromjon Imomidin ogli, Ergasheva Mohizarxon Gofurjon qizi** - Introducing  
digital technologies into our economy and our lives positive and negative situations that arise  
through.....34

### MEDICINE

- Abdullayev A.O., Dauletbayev A.D., Joraqulova M.S.** - Characteristic of virulence factors of  
diaregenic echerichia by pcr in patients with diarrheas diseases.....38  
**F.I. Salomova, M.Kh. Mirrakhimova, Sh.R. Kobilzhonova** - Influence of environmental factors  
on the development of atopic dermatitis in children.....41  
**Ismailova Gulzira Orinbayevna, Sultonov Jamshidbek Odilovich, Kim Evgeniy Valeriyevich**  
Rearrangement of 2'-Hydroxychalcone derivatives and their biological activity .....43  
**Ismailova Gulzira Orinbayevna, Kim Evgeniy Valeriyevich**: Efficient method for the synthesis  
of substituted 8-formyl-1, 4-benzodioxanes and its biological screening .....46  
**Salomova Feruza Ibodullaevna, Hakimova Durdona Saidinovna, Ashurboyev Farruxjon**  
**Alisher o`g`li**: Covid-19 pandemiyasi davrida maktab o`quvchilarining kun tartibiga va salomatlik  
holatiga gigiyenik baho berish.....49

### PEDAGOGY

- Bekbaeva Feruza Baxtiyeroва** - Modern methods of financial planning.....53  
**Mirzaeva Shakhlo Rihsiboevna** - New methods of teaching English.....56  
**Nazirova Shahnoza Shuxratovna** - Usage of educational games in teaching english.....59  
**Sarsenbayeva Rayhon Maxanbetovna, Latipova Ma`rifat Salohiddin qizi** - Ta`lim sifatini  
qiyoslashning o`ziga xos xususiyatlari.....62  
**Zulayho Rashidova Rashid qizi**: Kichik maktab yoshidagi o`quvchilarning tengdoshlari bilan  
o`zaro munosabatlarning xususiyatlari.....68  
**Ташмухамедова Д.Г.** - Влияние социальных сетей на молодежь в современных  
условиях.....73

### STATE AND LAW

- Abdibositov Abdukodir** - Regulatory legal basis for application of procedural holding.....78  
**Рахимова Лейли Сельяровна** - Перспективы использования современных  
информационных технологий в процессе преподавания правовых дисциплин.....88