

## **Determinants of the Health and Well-Being of Adolescents**

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**Abstract:** Unfavorable trends in the health of the adolescent contingent cause an urgent need to consider morbidity and social well-being as one of the most significant risk factors of modern changes in demographic behavior and generational change directly in the family, which largely determine the specifics of the needs of adolescents in medical and social care.

The article substantiates the relevance of the problem of preserving, strengthening and shaping the health of adolescents in the process of their education and upbringing.

**Keywords:** adolescents, determinants of health, children's health, morbidity risk factors, self-organization of health, attitude to health, health-saving technologies, family.

A society striving for a democratic system needs such a state institution as the education and upbringing system to contribute to the development of a healthy personality with a healthy lifestyle by its actions. At the same time, it is also obvious that in a society that recognizes human rights, including the child's right to social protection, the education and upbringing system cannot work according to the previously adopted scheme. Just yesterday, all the attention in the work of the education system was paid exclusively to the mental development of the child. But today society is faced with the problem of a sick childhood, and therefore the problem of the survival of the nation. The healthcare system was unable to cope with the current situation. Today, no one doubts the position that the formation of health is not only and not so much the task of medical workers as a psychological and pedagogical problem. All major risk factors have a behavioral basis or are related to the learning process, so medicine needs the help of pedagogy.

In the process of ontogenesis, the childhood and adolescent stage is an extremely stressful stage of morphofunctional rearrangements, which should be taken into account when assessing the formation of health. At the same time, this age stage is characterized by the impact of a whole range of social conditions and their frequent change. The formation of children's health is carried out under the influence of many risk factors, including non-medical determinants (lifestyle, environmental, socio-economic and household factors and living conditions), which significantly affect the development of diseases in subsequent years, reduce the physical and mental development of children and adolescents, and increase the burden on health services. Conducting epidemiological studies to study health and identify the leading risk factors for the lifestyle and quality of life of adolescents.

The degree of exposure of risk factors to children and adolescents depends not only on the state of the environment, but also on socio-economic conditions and characteristics of individual and group behavior. Therefore, effective actions to protect the health of children and adolescents should be aimed at creating a favorable environment for creating conditions for improving the health of the younger generation. Many foreign and domestic researchers note that the health status of children and adolescents is determined by lifestyle factors: living conditions (from 50 to 55%), the environment (from 20 to 25%), genetic factors (from 15 to 20%) and access to medical

care (from 10 to 15%). There remain very significant differences in the health and well-being of children and adolescents. Inequalities within countries themselves are also deepening, with poor and isolated segments of the population at particularly high risk of morbidity.

Traditional threats to the health and well-being of children and youth, such as eating disorders, an increase in the level of infectious diseases, are joined by new problems: obesity, allergic diseases, an increase in the number of injuries, poisoning and some other consequences of external causes, diseases, including sexually transmitted diseases, psychosocial abnormalities and mental health problems. The emergence of new threats to the health and well-being of children and adolescents caused by environmental pollution, as well as the spread of harmful behavioral and lifestyle characteristics, deserves special attention. Every sixth person in the world belongs to the teenage category: This amounts to 1.2 billion people between the ages of 10 and 19.

Thanks to the widespread vaccination of children, the number of deaths and disabilities caused by infectious diseases has significantly decreased, by about 90%. However, diarrhea, lower respiratory tract infections and meningitis are among the 10 most common causes of death in the 10-19 age group worldwide.

The adolescent stage is a crisis stage of psychological maturation, coinciding with a large-scale hormonal restructuring during puberty. According to some studies, half of people suffering from mental disorders have the first symptoms by the age of 14. Depression is the most common cause of illness and disability among adolescents, and suicide as a cause of death is in third place.

The vast majority of people who currently use tobacco started doing so when they were still teenagers. Globally, at least one in ten teenagers (between the ages of 13 and 15) He uses tobacco, although there are regions where this figure is much higher.

Available survey data indicate that less than one in four adolescents follows the recommended guidelines for physical activity - 60 minutes of daily physical activity, from moderate to vigorous. Developing healthy eating and exercise habits at this age is the key to good health in adulthood. Reducing the sale of foods high in saturated fats, trans fatty acids, free sugars and salt, as well as providing access to healthy foods and the opportunity to engage in physical activity, are significant for everyone, but especially for children and adolescents.

In general, the negative medical and demographic processes and trends in the health and social well-being of adolescents and their families recorded during the period of socio-economic transformations in society dictate the need for a scientific search for optimal managerial and organizational solutions on the part of the state and its social institutions that would make it possible to change the situation.

The adequacy of the level of self-esteem is an important element of creating a teenager's personality, and also shows the level of psychological value judgments. Teenagers rate themselves lower according to the parameters that they considered the most significant for themselves, including physical ones, as influencing the evaluating judgment of others. Due to the fact that the external, physical characteristics are first indicated, then the intellectual qualities associated with any activity are evaluated.

Thus, as a result of studying and analyzing the influence of medical and social factors on the physical development of adolescents, statistically significant risk factors were identified and prognostic risk scenarios for adolescent health disorders were constructed. The conducted sociological research on the study of the health, medical and social needs and medical provision of adolescents form a risk approach and contribute to the optimization of comprehensive preventive programs for the protection and promotion of adolescent health. Based on the study of the health status of adolescents, the determination of the structure of pathological lesions and true quantitative estimates of morbidity, it is possible to form appropriate decisions on health protection, including regionally, within a specific territory.

It is necessary to address issues not only directly related to medical care, but also to take into account the high probability of family influence on the development of healthy manners. A special role is also played by establishing positive and friendly relationships with peers, forming personality and developing social skills, self-esteem and asserting their independence. According to a number of authors, teenagers who actively interact with their peers have a more positive perception of their own health and well-being, including leading a healthier lifestyle.

However, relationships with peers are ambiguous, as they can also have a negative impact on the formation of behavior. Thus, significant inequalities in the health and social indicators of children and adolescents in terms of age, gender and socio-economic status are evident worldwide. The relationship of a teenager with his family, especially with his parents, is one of the factors of successful growth and formation of a person, since the family plays the role of a protective mechanism and makes it possible to cope with the adverse effects of the environment. The level of a teenager's trusting relationship with his parents determines and directly affects the level of satisfaction with his life. It has been scientifically proven that adolescents with family support are less likely to smoke, drink alcohol and narcotic substances, at the same time, this factor will positively affect the formation of healthy food preferences and physical activity. Teenagers spend a lot of time at school, and this is one of the significant reasons for the high level of impact of the school environment on the physical, emotional and social development of a person.

A positive perception and attitude towards school, good relationships with teachers, peers - all these are factors that prevent the formation of behavior associated with high health risks. On the contrary, an extremely negative attitude towards school, isolated behavior, and lack of participation in school life can lead to a disorder of the child's somatic and psychological sphere, as well as to low self-esteem.

Relationships with peers, as well as a sense of social support due to the complexity of the adolescent stage, are of fundamental importance for well-being and the formation of an adequate sense of self, self-determination and perception of the world around them. Peers play a decisive role in the life of a child and teenager, since it is friends and girlfriends who become the main sources of information, support and assistance, in the absence of such from the family, in particular from parents. It has been scientifically proven that benevolence on the part of peers makes a significant contribution to the realization of the basic needs of adolescents for self-realization and a sense of belonging to a group and a common cause.

One of the significant indicators of this topic is the indicator of multiple health complaints, being to a certain extent subjective, it directly shows the level of individual mental stress and experiences associated with difficulties in the family, with peers, at school. Domestic and foreign studies have proven that complaints about health and well-being are directly related to the age and gender of adolescents, and there is also a direct correlation with the family socio-economic factor.

A certain regularity and repeatability of health complaints has a negative impact on daily life, the educational process, leisure and, in general, on the development and sense of well-being of a teenager. Injuries in adolescence are one of the urgent public health problems around the world, and also continue to be one of the causes of death among adolescents and children for a long time. There are various risk factors that affect the level of injury: living and learning conditions, physical activity, violence, bad habits, namely the use of alcoholic beverages and narcotic substances.

Injuries sustained by children and adolescents as a result of road accidents and suicide attempts continue to occupy leading positions in the overall structure of disability of the adolescent population. Eating behavior. Fruit consumption in childhood and adolescence has a beneficial effect on many aspects of health. It contributes to the development of optimal health in childhood, further growth, intellectual development, lower levels of body fat and, in combination

with the consumption of vegetables, increased bone density in boys. Eating fruits at an earlier age develops into a habit in adulthood, which reduces the risk of coronary heart disease, stroke and cancer.

Currently, work is continuing on the main areas of organization of medical and social support for children and adolescents in the form of formation and promotion of a healthy lifestyle, the study of mortality of children and adolescents, and the introduction of preventive technologies. In addition, attention is paid to the preservation of children's reproductive health.

Factors that may motivate adolescents to eat more fruits include changing the environment, for example, by increasing the availability of fruits at home, as well as eating more fruits by parents, providing fruits in schools and growing a school garden, accompanied by appropriate educational activities. Teachers and health professionals can also help adolescents increase their fruit consumption through the targeted application of well-proven appropriate measures in schools.

Thus, the indicators of adolescent health and trends in their changes are extremely unfavorable. In order to develop health and prevention strategies, it is important to know which factors and determinants play a major role in the formation of health disorders of the adolescent population and youth at the present stage of development society. It is well known that, along with factors of heredity, factors of the environment and living conditions have a great influence on the formation of adolescent health: anthropogenic, educational, family and household factors, factors of ideology and culture. Moreover, at different stages of the development of society, the hierarchy of factors (by the strength of their effect on the body) can change significantly and, accordingly, the risks of health disorders created by factors of different nature may change.

As a result of the conducted research, a modern hierarchy of risk factors for adolescent health disorders has been revealed. Anthropogenic risk factors (pollution of natural objects of the urban environment - air, water, soil) in the last two decades have had a low and (or) moderate effect on the health of adolescents.

Factors of educational risk (irrational learning regime, increased academic load, low physical activity, strained relations with teachers, students) They also have a moderate or low intensity effect on the health of adolescents.

Family and household risk factors:

a) factors of socio-economic disadvantage of the family (low income, unbalanced diet, poor housing conditions) have a moderate or high intensity effect on the health of adolescents;

b) factors of psychosocial distress in families of medical and social risk - incomplete, poor, with many children (unfavorable psychological microclimate in the family; strained relationships with parents) have an effect of moderate intensity.

At the present stage, it is possible to identify such important negative factors of the socio-cultural environment as social disorganization of society; anomie; conflicts between subcultures and the dominant culture; discrepancy between goals approved in a given culture and social ways of achieving them). These factors have a high-intensity effect on the health of adolescents.

In modern conditions, at the level of the entire social system, public structures do not offer a teenager clearly defined ways and means of socialization. What was previously significant and important has ceased to be so. When there is an intertwining of economic, social and cultural disadvantage, it creates a situation of value-normative chaos.

Consequently, the institutions of socialization themselves are experiencing the so-called state of anomie (anomie (from lawlessness) is a state of society characterized by the disorganization of social norms and institutions, uncertainty and instability of the conditions of human action, as well as the discrepancy between the goals proclaimed by society and the accessibility to the mass of people of legitimate means to achieve them).

Anomie contributes to the desocialization of personality, the loss of life orientations in adolescents, and the formation of antisocial personality types. The following socio-psychological tension leads to an increase in irrational behaviors of adolescents, such as negative affective psychoemotional manifestations - hostility, aggressiveness, violations of psychological health. Desocialization is also expressed in various forms of deviant, self-destructive behavior (smoking, alcoholism, drug addiction, early promiscuous sexual relations), which ultimately lead to an increase in the morbidity and mortality of adolescents.

Today, adolescents who have changed their behavior under the forced pressure of negative socio-economic and socio-cultural factors are most at risk of social deviations. The high prevalence of socially determined diseases has the most negative effect on the quality of labor, defense and reproductive potential. Society and especially government structures should pay special attention to strengthening the social institutions of the state - the family, the political and legal system, public morality, and the professional system, as the main and most effective means of regulating social relations among adolescents and youth.

Thus, many factors shaping the health of adolescents determine the need for annual monitoring and as necessary, a more detailed study of the impact of medical and social determinants on the health and well-being of adolescents, taking into account their interests and needs, in order to improve modern technologies for creating a favorable environment for the formation of behavior in relation to their health.

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