

The Importance of the Periods of Growth and Development of the Child's Organism

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Abstract: It is known that throughout life a person changes physically and mentally. But in childhood, adolescence and adolescence, development becomes incredibly strong. The child matures as a person in these years, both physically and mentally, due to growth, change.

Keywords: preschool age period, adolescence age period, accelerations, childhood period, adolescence.

INTRODUCTION

The child's organism differs from the adult organism in a number of symptoms. The most rapid changes in the increase in body weight, the enlargement of individual organs and tissues occur in the first year of a child's life and in childhood. In adulthood, the growth of the organism stops, but the improvement of functional differentiation and reflector activity continues at the expense of the development and complication of internal cortical connections. The aging process is unique and is associated with a number of re-Developments.

MAIN PART

Until the present time, there is no complete list of universal general biological functional and morphological characters that will form the basis for the systematization of age-related periods.

Therefore, the following: flat, kindergarten, primary, secondary and upper school age periods can also be referred to as pedagogical periods. The system of childhood was recommended as follows:

The period of development in the mother's womb. This period is fully associated with the maternal organism in matters of fetal nutrition, breathing, temperature and other factors. During this period, the growth and development of the fetus occurs rapidly.

- Newborn period. This period is 2-3 weeks. This period begins at the moment of birth and lasts from 2.5 to 3.5 weeks and is characterized by the adaptation of the body to external environmental conditions. For the first time in a newborn, breathing through the lungs occurs, and circulatory function begins in the lungs. Instead of feeding through the mother's organism, the child's nutrition through the function of the personal digestive tract is realized, analyzers are also actively involved in the body's activities. During this period, a disconnection of the system that ensures the nutrition of the fetus and the healing of the umbilical wound occurs, and the reduction of body weight before then begins to recover and increase.
- The period of infancy. This period lasts up to a year. During this period, the body length increases by 1.5 times and reaches an average of 75 cm, the weight increases by three times

and is around 9-10 kg, the main exchange increases, the function of the endocrine glands accelerates, speech mover analyzers develop much more and the child begins to speak, but the vocabulary becomes less, that is, the proverb is,

- Flat age period. This period lasts from 1 to 3 years. During this period, growth and increased body weight decrease somewhat, but as a result of the child acquiring walking and speech skills, their sphere of communication with the environment expands. The child develops the ability to distinguish himself from other people (looks when calling by name, gives his hand, etc.k). The structure and functions of the members are improved.
- Preschool age period. This period lasts from 3 to 7 years. During this period, cognitive processes (memory, thinking, trying to think creatively) develop rapidly, skeletal bone hardening and bone-muscular system strengthening occur intensively, the child's movements occur in a much more diverse and coordinated way, the muscle strength in relation to the newborn increases 4-5 times, and cardiac activity improves significantly, the weight of the brain increases, and a 7-year-old
- Small school age period. This period lasts from 7 to 12 years. During this period, growth and hardening of skeletal bones continue, at the expense of leg growth, body proportions change, muscles develop rapidly, the integrative role of the bark of large hemispheres increases, braking processes increase. Structural and functional differentiation of the liver, kidneys, lungs, heart and other organs and tissues is completed. The re-development of the thymus gland begins. The function of the thyroid gland and pituitary gland increases. The hormonal effect of the sex glands begins.
- High school age period. This period lasts from 12 to 15 years. This period is characterized by rapid growth and increased body weight. Body proportions slowly approach the indicators of a person who has reached adulthood. Under sexual maturity (13-14 years in a boy, 11-12 years in a girl) and an increase in the effect of sex gland hormones, the functions of the thyroid gland increase, the thymus undergoes re-development (involution). The shells of the large hemispheres of the cranium act as "the Chief Controller and distributor of all the functions of the organism". The processes of excitation and braking go into balance, the functions of differentiation and generalization are complicated, especially due to the development of the second signaling system.
- The age period of high school or adolescence. This period lasts from the age of 13 to 18 in a girl, from the age of 15-16 to the age of 19-20 in a boy. This period is characterized by increased sex gland function, secondary sexual completion. The functions of other endocrine glands, especially the pituitary gland and thyroid gland, are also enhanced. The function of all members and systems, as a result of continuous development, is significantly improved.

Preschool children do not grow evenly around the neck. At first it grows up to 4-6 cm per year, at 6-7 years to 7-10 CM, and this is called the first physiological stretch period of the neck.

The weight of children also does not increase uniformly. The weight of a 4-year-old child increases by about 1.6 kg, about 2 kg at the age of 5, and 2.5 kg by the age of 6, that is, on average, by 2 kg per year. By the age of 6-7 years, the child's weight should increase by 2 times compared to 1 year old. At this age, the skin becomes increasingly thick, elastic, in which the number of blood vessels decreases, it becomes more resistant to mechanical influences. The surface of the skin of children under 6-7 years of age is more than that of an adult when it is calculated in relation to 1 kg of weight, so they can warm up to saiga or freeze.

The height of children up to school age is 10-12 on average over the next 100 years sm.ga increased. It is better to study developmental accelerations in school children, since the current 9-year-old child is equal in weight and height to 10-year-olds up to the 1940s. And the 14-16-year-old Capricorns are 15-20 compared to their peers of the 70s of the last century sm.ga tall, in puberty, stands 2 years ago (girls at 12-13 years old, children at 14-15 years old).

CONCLUSION

One of the types of activities for each period of Child Development will be the main, leader. One childhood is followed by a postpartum childhood, but each new type of childhood occurs inside the previous one. For this reason, special attention should be paid to each period, taking into account the periods of development of the child's body.

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