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Health of Preschool Children and Environmental Factors in Preschool Educational Organization of Bukhara

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Abstract
The purpose of the study is to assess the health of preschool children, factors in a preschool educational institution for the development of preventive recommendations for the preservation and strengthening of children's health.

Keywords: Bukhara, preschool education, children's health, environmental factors.

INTRODUCTION

It is regulated and provided by such regulatory documents as the laws of the Republic of Uzbekistan No. 107-10., "On Education" "On the sanitary and epidemiological well-being of the population of Uzbekistan", the Resolution of the President of the Republic of Uzbekistan "On measures to improve the management system of preschool education of September 30, 2018, No P.P.3955, the State Program for 2014-2018 "On Strengthening the Reproductive Health of Mothers, Children and Adolescents in Uzbekistan", approved by by the decision of the President of the Republic of August 1 no. PC 2221. Unfortunately, statistics inexorably state the deterioration of the general health of children in European countries and Uzbekistan is to blame for many factors. The child's health is exposed to environmental factors, the load at school and even kindergarten increases, trying to keep up with the rhythm of life of modern society Overwork, gadgets, etc., - the state of health of children reflects the picture of our community (2,4,8,9,10)

Objectives of the Study:

1.Identify environmental factors in a preschool educational institution that affect the health of children.

2. To develop preventive recommendations for the preservation and strengthening of the health of preschool children who attended an educational institution.

3.Analyze the health indicators of preschool children who attended a preschool educational institution.

MATERIALS AND METHODS

The object of the study was children aged 6 years who attended the "Kindergarten No. 27 -combined type" in Bukhara.

The sample size is 30 children. Control group - children who attended the regular group; observation group - children who attended the correctional speech therapy group. Health assessment was carried out according to medical records 112 / u, 026 / u-2000 (for the period of stay of children in a preschool educational institution (DOE) from 2020 to 2021). To assess physical development, the index method was used

RESULTS AND THEIR DISCUSSION

An assessment of the health of children 5-6 years old who attended a preschool educational organization was carried out. In the children of the control group and the observation group, the 2nd health group prevailed 67% and 93.3%, respectively. The 1st health group accounted for 26.6%, the 3rd health group - 6.7% of the children of the control group and the observation group.

We analyzed the morbidity of children for the entire period of stay in a preschool institution. In the children of the control group and the observation group, respiratory diseases (ARVI, ENT - organs) were on the 1st place - 76.5% and 62.2%, respectively. On the 2nd place in the control group - infectious diseases (gastrointestinal disorder) - 7.3%. In the observation group, mental disorders (delayed speech development) - 9.9%. On the 3rd place in the control group of diseases of the digestive system and the musculoskeletal system - 4.4%, and in the observation group infectious diseases and diseases of the musculoskeletal system - 7.2%.

For a comprehensive assessment of the health of preschoolers, indicators of physical development were analyzed using the index method. The body mass index (BMI) was within normal values (15.0-18.5), in the control group children was 46.7% of the total group, children with body weight deficit (12.1-13.01) - 39.0%, children with pre-obesity (18.2-19.5) 7.7%, with obesity (20.1-210.4) -7.7%. An assessment of the conditions of stay of children of a preschool educational organization (DOE) was carried out.

Assessment of the level of sanitary and epidemiological well-being (SEB) of pre-school institutions was studied according to the methodology of Sukharev A.G. according to the following indicators: sanitary situation of the territory of the educational institution; sanitary and technical condition of the building and its engineering improvement; recruitment, space and equipment of premises; light and air-thermal mode; conditions and organization of the educational process; conditions and organization of physical education; sanitary condition of the catering unit; catering; sanitary and anti-epidemic regime; organization of medical support (8).

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Table 1 Resource requirements by component

Index										
	I.	II	III	IV	In	WE	VII	VIII	IX	X
The sum of the points of the software criterion for the feature	90	75	96	95	91	100	100	92	90	90
Assessment of the degree of risk of the indicator	Mild	Mild	Not expressed	Not expressed	Mild	Not expressed	Not expressed	Slabovy razhen	Slabovy razhen	Slabovy razhen

Assessment of the level of sanitary and epidemiological well-being of pre-school institutions according to the methodology of A.G. Sukharev

The total score for 10 indicators is 916 points (Table 1). Thus, "Kindergarten No. 27 of the combined type" has the first level, the permissible state of the SEB level.

Separate indicators were identified to analyze the impact on children's health.

Table 2 Assessment of the microclimate in the control group of doe

Room	Measuring point: center	in the corner of the wall	in the corner by the window
Reception	T=22,0 oC RH=32%	T=22,0 oC RH=31 %	T=21,5 oC RH=33%
G ruppova	T-22.0 oC RH=34%	T-22,0 oC RH=39%	T=21,0oC RH=36%
Bedroom	T-21,0 oC RH=36%	T=20,0 oC RH=38%	T—21,0 oC RH=37%
Toilet	T=25,0 oC RH=38,9%	T=25,9 oC RH=38%	T=28,0 oC RH=38%

An assessment of illumination was carried out using objective and indirect indicators in the DOE (Table 3).

Table 3 Resource requirements by component
Assessment of illumination in the control group of DOE

Room	Light coefficient
Reception	1/6,5
G ruppova	1/6
Bedroom	1/6
Toilet	1/2

The coefficient of natural illumination in the group - 7.5%.
The coefficient of depth in the group is 1/2.5.
The coefficient of natural illumination in the group is 2.2%. The coefficient of depth in the group is 1/2.5.
Indirect indicators of the organization of natural light: light coefficient and depth coefficient did not correspond to the recommended normalized values.
An assessment of the daily regimen was carried out in the control group and the observation group. It is established that the duration of daily walks is 3 hours. Walks are carried out 2 times a day: in the first and in the afternoon - before dinner. The regime of stay of children in the kindergarten is 12 hours, in the afternoon a 2-hour daytime nap is organized.
The duration of continuous direct educational activities for children from 5 to 6 years old is 25 minutes. Breaks between periods of continuous educational activity - at least 10 minutes. Educational activities that require increased cognitive activity and mental stress of children are organized in the first half of the day, to prevent fatigue of children.
FINDINGS
1.When analyzing information on the distribution of children in health groups, it was found that health indicators in preschool children in the control group were more optimal than in the observation group.
93.3% of children in the control group had health group 2, and in the follow-up group - 64.3%.
2.An assessment of the physical development of children was carried out, and it was revealed that in 64.3% of children from the observation group, disharmony of physical development was established (body weight deficiency prevailed), probably as a result of the presence of diseases of the musculoskeletal system. In the control group, half of the examined children showed harmony of physical development.
3.When assessing the influence of intra-environmental factors in kindergarten on the health of children, the adverse effect of environmental factors was not revealed. This shows that children of 6 years old are well adapted to the conditions of kindergarten as a result of an optimal professional approach to drawing up a daily regimen, creating favorable microclimatic conditions, and hygienic conditions for visual work.

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