
Hygienic Foundations of the Educational Process in Preschool Institutions

Kurbanova Hurliman Amangeldievna
Samarkand State Medical University, Assistant
19810310kha@gmail.com

Shopurova Gulibona
SamSMU, 3rd Year Student

Abstract

In recent years, against the background of negative trends in the dynamics of children's health, there has been a significant increase in mental and physical stress. Preschool institutions focus on maximum satisfaction of the needs of parents in the education of children, in the introduction of additional educational services in the preschool environment, which is not always built taking into account the age and individual characteristics of children. This leads to an excessive load on the child's body, which in turn can lead to a psych emotional breakdown, inability and unwillingness to perceive the material, loss of motivation to learn and even to various health disorders. The latter is confirmed by data on a 3.5-fold increase in the number of children with neuropsychiatric health disorders among preschool children at the age stage from 5-7 years of life.

Keywords: daily routine, preschoolers, educational regime, classes, junior and middle groups.

INTRODUCTION

For children of early and preschool age, the correct daily routine is the basis of education. If the daily routine corresponds to the age, state of health and individual characteristics of the child, this contributes to the normal functioning of the entire body, including the cerebral cortex, and protects the nervous system from fatigue.

The organization of the daily routine of preschoolers among the numerous conditions that provide the necessary level of physical, psychological and harmonious development occupies an important place. The mode of the day is the so-called daily mode. The concept of "daily regime" includes the duration, organization and distribution during the day of all types of activities, rest and meals.

The purpose of the work. Hygienic justification of the optimal educational load and preparation for the educational process of preschoolers attending DDU

This work is written on the basis of a study evaluating the daily routine of children 5-6 years of age. The basis for the study was kindergartens No. 3, 5, 9 of the Jambai district of the Samarkand region. A total of 167 children aged 5-6 years participated in the study.

A special questionnaire was developed, where the optimal number of classes during the day was determined, the ratio in the weekly plan of various classes by nature.

For a comprehensive hygienic assessment of various forms of the educational process, the planned training load in daily and weekly cycles (study of the schedule of classes, changes, motor activity and the presence of physical culture, and its actual performance (timing of lessons)) was studied.

Studies in which 5-6-year-old children are selected as the object of observation create certain difficulties with the use of traditional methods of studying the influence of various educational loads on the functional state of their body. In this regard, we have chosen the method of expert evaluation. To conduct research, a special questionnaire was developed, the questions of which made it possible to estimate the optimal number of classes during the week, their duration, the time spent during the day, the ratio in the weekly plan of different types of classes, etc. 76 teachers and methodologists of the DDU with at least 5 years of work experience acted as experts.

According to the majority of experts, the optimal condition for educational work with children of younger groups should provide for 10 classes per week (92.5%), provided that 1 lesson will be held daily in the first and 1 in the second half of the day (72% of responses). At the same time, 28% of respondents were in favor of organizing 2 classes in the morning. The majority of experts allocate the second half of the day to physical education and wellness classes (52.8%) or for classes of an emotionally developing nature (38.2%).

The optimal duration of each lesson in the younger group should be no more than 15 minutes according to 55.3% of respondents or 10 minutes according to 39.9%. These figures do not contradict each other, if we assume that about 82% of experts consider it appropriate to change the duration of classes for children of younger groups during the year, namely: during the period of adaptation of children to new conditions of stay in the DDU, it can be 10 minutes, increase to 15 minutes by the middle of the school year as development cognitive and functional capabilities of children and shorten by the end of the year, when there is an accumulation of fatigue of children.

The majority of the experts surveyed (66.1%) consider optimal such a ratio of different classes in the weekly cycle of pupils of the younger groups, in which the motor and static components are equally represented.

The same analysis of the results of an expert assessment of the optimal organization of educational influences on children of middle groups revealed that for them the number of classes per week should not exceed 12 (81%). According to 72.6% of experts, 2 classes should be held in the first, and 1 in the afternoon. Thus, the most correct option

for organizing classes for children of the middle group should be considered one in which 2 classes are held daily in the morning and 1 lesson twice a week in the afternoon.

94.7% of experts consider the optimal duration of 1 lesson for children of medium groups 15-20 minutes. 2/3 of the respondents were in favor of the fact that the optimal duration of 1 lesson in middle groups at the beginning and end of the academic year should be 15 minutes and can increase to 20 minutes in the middle of it.

According to experts, the optimal ratio in the weekly plan of motor and static classes should be the same for children of middle groups as for children of younger groups, i.e. 50% to 50%. 92.5% of experts note the need to allocate vacation time for pupils of the DDU to rest from intellectual activities (mainly in winter).

It seems rational to use this time to increase the motor activity of children, conduct recreational activities, sports holidays, health days, etc. Thus, according to the ideas of experienced preschool education specialists, a rational educational regime for children of younger groups in the DDU should include 10 classes per week, built taking into account an equal ratio (50% to 50%) objects of a motor-active and static nature. During the day, in the younger groups of DDU, 1 lesson should be held in the first and second halves of the day, with the duration of each lesson 10-15 minutes, depending on the stage of the academic year. In the afternoon, preference should be given to physical fitness and emotional-developing classes.

For children of middle groups, the educational regime in the DDU should not include more than 12 classes per week, also built taking into account the equal ratio (50% to 50%) of motor-active and static subjects.

During the day, 2 classes in the morning and 2 times a week for 1 lesson in the afternoon should be held daily in the middle groups of DDU. The duration of each lesson in the middle groups should be 15-20 minutes, depending on the stage of the academic year.

The most important task of preschool education traditionally remains the protection and strengthening of children's health. Not only doctors, but also the organizers of preschool education are convinced that the content of the pedagogical process in kindergarten should organically include the recovery and physical development of the child. At the same time, wellness procedures are an integral part not only of the processes of care and upbringing, but also of the very content of training. However, the existing standards for the occupancy of groups in the DDU create certain obstacles to the fulfillment of these tasks. This is confirmed by the data we have received. During the survey, the teachers of the DDU pointed out the need to reduce the occupancy rate, first of all, of the younger and middle groups. Thus, 94.6% of experts spoke for reducing the occupancy rate to 15 people in the younger groups, and 78.6% in the middle ones. Taking into account the unfavorable state of children's health and the current demographic situation, we consider the reduction in the occupancy rate of the

younger and middle groups of secondary schools to be a necessary measure to optimize the stay of children in these institutions. Concern for the social adaptation and intellectual development of children should not obscure the actual work of the DDU on the protection of the mental and physical health of pupils as never before.

Our research has shown that in preschool groups, the educational regime in the DDU is more than 13 classes per week, and in fact there should be no more than 12 classes, the ratio of subjects (50% and 50%) of a motor-active and static nature is not taken into account (70 to 90%).

During the day, 2-3 classes were held daily in the morning and 2 and 3 times a week for 2 classes in the afternoon. The duration of each lesson was 30-35 minutes, instead of 25-30 minutes.

There are standards for the occupancy of groups in DDU, in preschool groups the occupancy was from 20 to 25 people, when there should be only 15.

Taking into account the unfavorable state of children's health, we consider the reduction in the occupancy rate of groups in the preparatory groups of DDU a necessary measure to optimize the stay of children in these institutions.

Concern for the social adaptation and intellectual development of children should not obscure the actual work of the DDU on the protection of the mental and physical health of pupils as never before.

Literature

1. Amangeldievna K. H. Healthy Nutrition is the Basis for the Prevention of Iron Deficiency Anemia in Children //Eurasian Research Bulletin. – 2023. – Т. 17. – С. 260-263.
2. Kurbanova H. A. ASSESSMENT OF PARENTS' AWARENESS OF HEALTHY EATING, EATING HABITS AND FREQUENCY OF CONSUMPTION OF INDIVIDUAL FOODS //Scientific progress. – 2023. – Т. 4. – №. 2. – С. 287-291.
3. Naimova, Z., Kurbanova, K., Khakimova, H., & Bulyaev, Z. (2021). Influence Of Ecotoxicants From A Chemical Plant On The Dynamics Of Child Morbidity. The American Journal of Medical Sciences and Pharmaceutical Research, 56-59.
4. Наимова З. С. и др. Влияние Выбросов Химического Производства На Состояние Здоровья Детей И Подростков //AMALIY VA TIBBIYOT FANLARI ILMIY JURNALI. – 2022. – С. 288-292.
5. Наимова З.С., Курбанова Х.А., Маллаева М.М. ВЛИЯНИЕ КСЕНОБИОТИКОВ НА ФУНКЦИОНАЛЬНОЕ СОСТОЯНИЕ КАРДИОРЕСПИРАТОРНОЙ СИСТЕМЫ У ДЕТЕЙ И ПОДРОСТКОВ //Евразийский журнал медицинских и естественных наук. – 2022. – Т. 2. – №. 5. – С. 138-140.

6. Otajonov I. et al. Effectiveness of diet in experimental chronic kidney disease //European Journal of Molecular & Clinical Medicine. – 2020. – Т. 7. – №. 2. – С. 1097-1109.
7. Аминов З. З. и др. Социальные аспекты и роль питания в стоматологическом здоровье детей и подростков //Academy. – 2019. – №. 10 (49). – С. 50-56.
8. Naimova Z. et al. Hygienic Assessment Of Emission Influence From A Chemical Plant On Population’s Household Conditions, Well-Being And Health //The American Journal of Medical Sciences and Pharmaceutical Research. – 2021. – Т. 3. – №. 01. – С. 76-80.
9. Х.А. КУРБОНОВА Н.Ж. ЭРМАТОВ.,М.М.АХМАДХОДЖАЕВА. БОЛАЛАР КУНЛИК РАЦИОНИ ТАРКИБИДАГИ МАКРОЭЛЕМЕНТЛАРНИНГ ГИГИЕНИК ТАҲЛИЛИ // ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ. – 2020. – № 2. – С. 351-360
10. Kurbanova Kh.A. Shaykhova G.I. Prevention of Iron Deficiency Anaemia in Pre-School Children // International Journal of Current Science Research and Review. – 2022. – №5. – С. 1575-1579.