

Physical Development Indicators of City and Rural Children

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Annotation: The results of physical development and determination of the harmony of development of 253 schoolchildren are presented. The main morphological and functional indicators of physical development were determined: height, body weight, chest circumference. A comprehensive assessment of physical development was carried out depending on gender and age.

Key words: children, anthropometric indicators, physical development, harmony of development, preschool age.

Introduction:

Physical development reflects the processes of growth and development of the organism at individual stages of postnatal ontogenesis, when, under the influence of environmental factors, the transformation of genotypic manifestations into phenotypic takes place. The physical development of children, along with morbidity and mortality, is one of the leading criteria for the health of the country's population.

The physical development of a child is associated with biological processes continuously occurring in the body and to a large extent depends on the socio-economic and hygienic conditions of life. Any negative influence of various factors in the preschool age period can cause a whole cascade of reversible or irreversible changes in the functional systems of homeostatic and behavioral levels, thereby determining the entire further course of growth, development, and health [3, 8]. In recent years, a significant number of overweight and underweight children have been recorded, there is a tendency towards disharmonious development of children, an increase in the frequency of various deviations from normal development parameters.

The study of the characteristics of the growth and development of children in socio-economic conditions is one of the main problems of pediatrics at the present stage. The physical development of children is an important criterion [7], the functional state of a child of social well-being of society, which determines the main features of the health of this generation at an older age, including potential longevity and the transfer of relevant qualities to future generations. since it is largely determined by [4] the ecological state of the territory and, in addition, reflects the standard of living of the population. Timely dynamic observation of the physical development of a growing child's body is necessary to identify the individual characteristics of growth and maturation, the pace and harmony of development and is an important diagnostic criterion. An objective assessment of the level of physical development of children is possible only if each region has its own, local standards of physical development. one of the priority areas of hygiene for children and adolescents is the development of child health standards. [8] Thus, it should be noted that currently in Uzbekistan there is an alarming situation with the state of health of children and adolescents. According to a number of researchers, the individual health potential at birth approaches zero, that is, a person born today immediately begins to lose health [1,4]. Therefore, the task of strengthening the health of children is a necessary condition for their all-round development and ensuring the normal functioning of a growing organism.

In addition, at present, the development of regional standards of physical development remains relevant, since the features (natural and climatic, socio-economic and others) inherent in individual administrative territories can have a significant impact on the level of development. [5,6]

In connection with the above, the purpose of this study was to determine and comparatively analyze the main indicators of the physical development of preschool children.

Purpose of the study: the purpose of this study was to determine and comparatively analyze the main indicators of the physical development of preschool children, as well as to determine the harmony of development of school-age children as the initial basis for individual planning for the formation of a healthy lifestyle.

Research materials and methods: An assessment was made of the physical development of 277 children attending preschool educational institutions, incl. 73 boys and 204 girls aged 4 to 6. The main anthropometric parameters were determined in children - body length and weight, chest circumference. On the day of the survey, the exact age was determined, expressed in years, months and days, the subsequent age grouping was carried out taking into account the changing pace of development. The surveyed preschoolers were divided into age groups with an interval of 6 months. Determination of the harmony of development was carried out on the basis of the same results of central assessments. [9,10] If the difference in the numbers of regions or "corridors" between any of the 3 indicators does not exceed 1, we can talk about harmonious development. If this difference is 2, then the child's development is considered disharmonious, and if the difference is 3 or more, the development is sharply disharmonious. The material for the study was regulatory and analytical documents in the field of prevention of non-communicable diseases, the procedure for the activities of medical organizations and medical support of children in educational institutions. The main research method was analytical [11]

Results and discussion:

The total body sizes of children corresponded to the age-related ontogenetic patterns of development against the background of insignificant sex differences in both body length (TD) and body weight (BW). Most of the values of each parameter (body weight, body length, chest circumference) fell into the range of average values' (from 15 to 65 centiles). Among the surveyed age groups, this range included body length values 45.5 - 52.5% of boys and 39.0-68.8% of girls; body weight values 45.5-64.0% of boys and 32.3-56.8% of girls; chest circumference values 50.0-68.2% of boys and 43.3-66.7% of girls. When assessing body length parameters, a significant number of indicators were attributed to the range above average values (75-90 centiles), high values (80 - 87 centiles) and very high values (above 97 centiles). These ranges included the indicators of 2.8-33.3% of boys and 7.1-31.3% of girls. The zones of values below the average (10-25 centiles) include the indicators of 5.6-11.1% of boys and 3.8-8.1% of girls; in zones of low values (3-10 centiles) - indicators of 2.0% of boys and 2.4-6.5% of girls; very low values (up to 3 centiles) - indicators of 4.2% of boys and 2.5% of girls. When assessing the parameters of body weight, the parameters of 3.7-19.4% and 4.2-18.2% of boys, as well as 8.1-31.3% and 12.9 - 28.6% girls. The zones of high and low values include, respectively, 3.8-6.0% and 5.6-11.5% of boys, 2.4-12.5% and 2.4-7.1% of girls. The extreme zones of very high and very low values include indicators of 2.0-9.1% and 3.8-18.2% of boys, 2.4-9.7% and 2.4-6.5% of girls. When assessing the parameters of the chest circumference, a significant proportion of boys and girls were assigned to the ranges of values below average (13.0 and 14.7%), low (17.1 and 10.9%) and very low values (6.5 and 13, 2%).

Conclusions : Thus, among the surveyed preschoolers, when assessing body length, the average parameters were recorded in 46.1% of boys and 39.8% of girls, above and below average - respectively in 12.7 and 8.1% of boys and in 17.1 and 6.3% of girls, tall and low - in 9.8 and 0.6% of boys and in 10.2 and 4.4% of girls, very tall and very low - in 11.0 and 1.7% of boys and in 10.7 and 1.5% girls. When assessing body weight, the average parameters were recorded in 49.2% of boys and 38.0% of girls, above and below average - in 13.2 and 8.6% of boys and in 15.2 and 17.6% of girls, high and low - in 4.6 and 6.9% of boys and in 6.9 and 3.9% of girls, very tall and very low - in 4.6 and 2.9% of boys and in 4.4 and 3.9% girls. On the basis of the above, the physical development of children is an integral indicator and one of the main criteria of health, and, consequently, social well-being of society, which determines the main features of the health of this generation at an older age, including potential longevity and the transfer of relevant qualities to future generations. It should be noted that currently there is an alarming situation with the state of health of children and adolescents. According to a number of researchers, the individual health potential at birth approaches zero, that is, a

person born today immediately begins to lose health [1,4]. Therefore, the task of strengthening the health of children is a necessary condition for their all-round development and ensuring the normal functioning of a growing organism. [10]In addition, at present, the development of regional standards of physical development remains relevant, since the features (natural and climatic, socio-economic and others) inherent in individual administrative territories can have a significant impact on the level of development. The results of the study of physical development and the determination of the harmonious development of children showed that at present, with the remaining basic patterns of growth and development, we can talk about the process of retardation. This is evidenced by the shift of the second growth shift to a later age period.

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