



Health-Saving Care for Children in Emergency Situations is an Effective Way to Implement Innovative Approaches to Forming a Completely Developed Generation

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Abstract: *The article discusses the topical problems of providing health-saving assistance to children in emergency situations, the formation of extreme competence in parents who are called upon to provide the first pre-medical medical and social support to children in difficult conditions arising after natural disasters.*

Keywords: *children, health preservation, emergency situations, extreme competence, parents.*

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Uzbekistan is actively implementing a social policy aimed at providing timely assistance to people in emergency situations, as evidenced by the adoption of a number of policy documents, in particular, PP-4276 dated 10.046-2019 "On organizational measures to further improve the activities of the Ministry of Emergency situations", adopted in accordance with the Decree of the President of the Republic of Uzbekistan dated April 10, 2019 "On the introduction in the Republic of Uzbekistan of a qualitatively new system for preventing and eliminating emergencies, as well as ensuring fire safety".

The 21st century, characterized by inconstancy, various kinds of natural disasters, natural disasters, is characterized by the fact that very often circumstances arise that lead to the fact that the population and, above all, children of all ages, suddenly find themselves in emergency situations, accompanied by various injuries, psychological stress and other types of physical and mental health disorders. At the same time, one should consider what happened in the focus of the manifestation of disturbing factors (earthquake, flood, hurricanes, fires, landslides, etc.) and what happens in the subsequent stages of life of the victims after the extreme impact of these natural disasters.

Practice shows that at the moment of occurrence of emergency situations, a person is primarily exposed to stress, which is more pronounced in children. As you know, stress (from English "stress" - tension, pressure) is a state of tension, a set of protective physiological reactions that occur in the human body in response to the effects of adverse factors: cold, starvation, mental and physical injuries. At the same time, the ability or inability of a person to control stressful situations can be of decisive importance for the normal functioning of physiological systems, i.e., for his health.

At the same time, there may be damage to one or another organ that requires first aid (bleeding, fractures, dislocations, concussion, etc.). As well as the impact of stressful situations on the mental

sphere, in particular, the emergence of fear-negative emotional states that appear when the subject receives information about a possible threat to his well-being, health, real or imagined danger[3].

Parents or other persons who are nearby, first of all, calm the child and try to provide him with first aid, which is the beginning of a person's health-saving activity and the formation of extreme competence of parents who provide the following types of assistance: first of all, you need to save the victim from exposure to an irritating factor (extinguish burning clothes, free from the weight of a tree or pieces of concrete that have fallen on it, clear the airways of blood, mucus, foreign bodies and help to take a comfortable position for the victim). This work is called upon to be carried out by medical and social workers, parents, as well as persons who happened to be at the scene of the disaster.

Psychologists are called upon to provide invaluable assistance in maintaining the mental health of victims. In the work of I.G. Malkina-Pykh, a comprehensive analysis of various aspects of the work of psychologists in the focus of extreme situations is given, including a set of recommendations for survival in extreme situations and methods of providing first aid to victims [4]. According to the author, a number of stages of the psychological states of persons who find themselves in extreme situations are distinguished. At the first stage, there is an acute emotional shock, characterized by general psychological tension with a predominance of feelings of despair and fear with heightened perception. Then psycho-physiological demobilization, a significant improvement in well-being, psycho-emotional state with a predominance of mental reactions, a decrease in moral standards of behavior, a decrease in the level of activity and motivation for it, depressive tendencies.

According to studies, there is a dependence of the mental health of victims on the nature, scale, suddenness, duration, stage of the emergency, climatic and meteorological features of the situation, composition and ethnic characteristics of the victims, the degree of involvement in emergencies (groups of victims), the state of somatic and mental health. It has been proved that the level of organization and coordination of actions of various services during the liquidation of the consequences of an emergency, confidence in the control over the situation of the participants in the liquidation, information coverage of emergency rescue operations, the features of the interaction of the participants in the liquidation of the consequences of an emergency with groups of victims are important factors influencing the prevalence and the severity of the psychogenic consequences of the emergency. Thus, emergency psychological assistance is characterized by a wide social coverage and should take into account the social processes that arise around the tragic event, the positive and negative aspects of social interaction, the cultural context - existing traditions, rituals, etc.[5].

Based on the foregoing, it should be noted that health-saving assistance to children in emergency situations is an effective way to implement innovative approaches to the formation of a comprehensively developed generation, the preservation of its physical and mental health.

Literature

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