



Anatomical and Physiological Features of the Child's Body

Baxavadinova Zamira Muxamattairovna

Andijan State Medical Institute, senior teacher

Saxibova Mavlyuda Djuraevna

Andijan State Medical Institute, assistant

Abstract: *This article describes the basics of the anatomical, physiological and physical development of the adolescent generations organism, the lifestyle characteristics of adolescents.*

Keywords: *Physiological, psychological, physical, important, activity, studying, communication, mental, spiritual, characteristics, parts, changes, appearance, sexual maturity, serious attitude, contradictions, maturity.*

Date of Submission: 03-5-2022

Date of Acceptance: 02-6-2022

Adolescence is between the ages of 11-12 and 14-15. For most students, the transition to adolescence begins in the 5th grade. "Adolescence is no longer a child, but not an adult" - this definition is an important feature of adolescence. Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage, children's physical and mental development accelerates their interest in various things in life, their desire for innovation increases, their character is formed, their spiritual world is enriched, and conflicts escalate. Adolescence is a period of puberty, characterized by the emergence of new feelings, emotions and complex issues related to sexual life. As a result, a teenager's character, his interactions with others, and his attitude toward social events change rapidly. Sometimes he is critical of certain rules because of misconceptions and misconceptions about social issues.

This period of child development is often called the "difficult", "complex", "important" period. Parents and young educators who do not yet have sufficient experience in the field of educational work, as well as the necessary knowledge about the age and individual characteristics of adolescents, often think that it is very difficult to bring up adolescents. However, science is now aware of the peculiarities, laws, possibilities, complex mechanisms of expression and formation of behavioral motives in the upbringing of adolescents. Adolescence is characterized by imitation, lack of critical thinking, emotionality, courage, and tantrums. This is a characteristic of teenagers. Therefore, special attention should be paid to adolescent boys and girls who are exposed to external influences. Adolescence is a time of dramatic change. These changes are biological, physiological and psychological.

Physiological change is the beginning of puberty and, in connection with this, the perfect development and growth of all the organs in the body, the resumption of the formation of cells and

body structures. Changes in the body are directly related to changes in the endocrine system of adolescence. Adolescence is a time of transition from childhood to adulthood. Adolescents experience dramatic changes in their mental processes, as well as mental changes. These changes can be difficult. This happens primarily in the educational process: new information, the form, style and methods of presentation of information do not satisfy the adolescent. Many teens experience dissatisfaction. It can also be frustrating for a teenager to think that what he or she thinks about himself or herself does not match the changes that are taking place in him or her today. This can lead to negative thoughts and fears about the teenager.

Such changes often affect the psyche of adolescents. He is more aggressive, sometimes irritable, irritable, and talkative. The leading activities during adolescence are reading, communication, and work. The main task of communication in adolescence is to identify and master the basic rules of friendship. Therefore, difficulties arise in the process of radical changes in interpersonal relationships, student-teacher communication, the interaction of adults and adolescents, which occur primarily in the educational process, new information, information the form, style, and methods of narration leave the adolescent unsatisfied.

There are dramatic physiological changes in all the organs. It increases the size of the lungs, heart, liver, spleen and kidneys. In addition, the structure of the body changes. The best way for adults to influence and educate their teens is to work. If young children are satisfied with the role of helper, adolescents, especially older ones, will be satisfied that they are working on an equal footing with adults and can work in their place when necessary. Adolescents now spend less time on play activities, more reading activities and more serious work, and their cognitive processes begin to develop rapidly. is a manifestation of a system of contradictions between needs and opportunities to meet them. The existing contradictions can be gradually eliminated by providing psychological maturity, complicating the types of activities, the formation of new psychological qualities in the personality of the adolescent. 'comes to a standard with the tooth. But it is also important for every parent to have the necessary understanding of the child's growth and characteristics.

It is important to note that adolescents at this age are very sensitive, especially to external influences and events. They are very interested in reading love books and watching movies. They start to pay more attention to their appearance. Boys tend to have haircuts and dress more properly, while girls tend to look in the mirror more. They want to knit, they want to look like princesses, they want to look good. This is normal. High school students are very different from other children in their spirituality. They are sexually, physically, and mentally mature. As a result, they are calm, thoughtful, and respectful of adults. the situation arises. The relationship of the father to the mother or the mother to the father must also be adapted to the circumstances of the situation.

Because the harmonious life of the parents is the main factor of a close and stable, strong family. Adolescence is a time when adults need to be taken seriously. Adults need to control their activities, not to ignore the motives of the activity, otherwise the negative aspects of the life of a teenager may appear. Therefore, adolescence is an important part of a child's development. Physical characteristics of adolescents. Changes in the body of the adolescent occur at the same stage of development of the child as biological, physiological maturity. A new stage in the process of physiological development and puberty begins. During adolescence, there are significant changes in the physical appearance of girls and boys. At the beginning of this period, girls develop faster than boys. This is due to the fact that girls reach puberty earlier. In grades VII-VIII, boys grow faster and catch up with girls. By the time they reach grades 9-10, this level is higher in boys. Girls reach the age of 14 and boys reach the age of 15.

During adolescence, boys grow 25-30 cm in height, and girls grow 18-20 cm. During the second half of adolescence, the facial bones, especially the middle part (nose, upper jaw, cheeks), begin to

form very quickly. The oral cavity and the larynx change, and so does the throat: the vocal cords become longer and larger. As a result, the voices of teenagers, especially boys, become thicker and lower. A "voice disorder" is the exchange of a sharp, resonant voice, typical of young children, with a relatively low adult voice. Girls' voices do not change as sharply as boys', but girls' sharp, resonant voices are replaced by slow, flat, and delicate, slightly diminished voices. growth also has its own characteristics. Muscles grow and become stronger, but they lag behind in the development of the bones of the legs and arms. As a result, the teenager's body is disproportionate, his movements and gait are uneven, his legs are long, and his muscles are thin, which makes him look awkward. The thorax grows more slowly than the body. As a result, the teenager's breasts become narrower. This, in turn, increases the need for a certain amount of oxygen. The need for oxygen affects the mental activity of a teenager, who, unlike the muscular system of the brain, consumes several times more oxygen. It is specific to the growth of the heart and circulatory system. During adolescence, all the cycles of heart development are completed. The circulatory system lags far behind the heart. As a result, it can lead to heart failure in adolescents, especially girls. Brain and nervous system development begins between the ages of 13 and 18.

In the second half of adolescence, nerve fibers can be myelinated in the forehead, where the most complex mental processes take place.

At this age, complex changes within the cells can lead to the formation of serpentine traces in the brain. The associative changes that connect parts of the cerebral cortex and the cerebral hemispheres are the basis for the rapid growth of adolescents and the complication of their entire mental life. In many ways, this is due to the inability of adolescents to control themselves, timeliness, sensitivity, instability of interests and passions, and sudden inactivity.

Adolescence plays an important role in the physical development of adolescents, and puberty causes significant changes in the functioning of the adolescent organism. As a result of puberty, adolescents develop a unique mental state. Therefore, if the educational work in school and family is not carried out properly during this period, if the young physiological characteristics of the adolescent are not taken into account, the negative qualities of his behavior will increase and negatively affect the child's character. Teachers, educators, and class leaders must first understand that sexual maturity affects the mental development of the adolescent in addition to affecting the body's physical development. will definitely affect the development. Adolescents' sexual orientation and related thoughts, feelings, experiences, specific interest in the opposite sex, books of a certain content, movies, adult the emergence of interest in what he says is absolutely necessary, natural, and normative. One of the most important tools of sex education is to divert the attention of adolescents from the realm of interpersonal relationships to other objects. It reduces adolescents' focus on sexual experiences. Adolescents' lifestyles and their impact on mental development. Unlike younger students, middle-aged students experience significant changes in their lifestyles. The role of the adolescent in the family, at school, and in the student community is significantly different. Teenagers also need to build new relationships with family members. One of the factors contributing to the development and formation of the adolescent's personality is a qualitative change in the motives of learning activities. Adolescents now have the priority of learning motivations not only to have a knowledge system, to hear the praise of the teacher and increase the "5" grades, but also to take a certain positive position among their peers, to be a good person in the future but among the motives of learning activities, the motivation to learn, to acquire new knowledge is weak, so they do not want to go to school, have difficulty reading, experience negative emotions and feelings of anxiety. Adults are required to respond to the teenager's behavior. Adolescents are told that their needs and desires are no longer being met and that many of them need to be given up. Adolescents, with difficulty, begin to understand their new position, change their behavior and adapt to it.

The teenager's position in school will change dramatically. She is now taught by several teachers. Adolescents face the difficult task of adapting to the unique methods and techniques of each teacher, understanding and learning about their needs. Now a teenager has to learn a lot of new subjects. Adolescents' attitudes toward children's communities are also complicated. Adolescents are required to take responsibility for their own learning, work, and behavior in a more systematic way, such as completing community assignments accurately, and progressing systematically in acquiring knowledge and skills according to a plan. The change of the adolescent's position in the family, the new conditions of schooling, the complex relationships in the social life of children place many new demands on middle-aged students and create new difficulties in their whole mental life. Skills and competencies that were previously firmly established are not in many ways compatible with the new way of life. Therefore, in order to ensure the mentally normal life and growth of adolescents, it is necessary to use educational measures that take into account the specific psychological characteristics of adolescence.

Adolescence is a time of conflict. Some scholars refer to it as the "crisis" or "recession." The reason is that there are so many crises in a teenager's mind that he wants to solve them on the one hand, and on the other hand, he does not have the ability, strength and intelligence to solve them on his own.

References

1. Davletshin M.G. va boshqalar. Yosh davrlari va pedagogik texnologiya. T., 2004.
2. Davletshin M.G. Zamonaviy maktab o'qituvchisi psixologiya. T., 1998.
3. Vohidov M.V. Maktabgacha tarbiya psixologiyasi. T., "O'qituvchi", 1970
4. G'oziev E. Psixologiya. T., "O'qituvchi", 1994
5. Krutetskiy V.A. Pedagogik psixologiya asoslari. T., "O'qituvchi", 1976
6. Karimova V. Va boshqalar. Mustaqil fikrlash. T., "Sharq", 2000
7. Ahloq-odobga doir hadis namunalari.-T., 1990