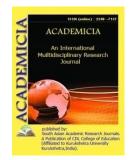


ISSN: 2249-7137 Vol. 11, Issue 9, September 2021

Impact Factor: SJIF 2021 = 7.492



ACADEMICIA An International Multidisciplinary Research Journal



(Double Blind Refereed & Peer Reviewed Journal)

DOI: 10.5958/2249-7137.2021.01872.3

PECULIARITIES OF MORPHOMETRIC CHARACTERISTICS OF PHYSICAL DEVELOPMENT OF ELDERLY AND OLD AGE PERSONS (REVIEW)

Shukhrat Zhumaevich Teshaev*; Karomat Shoyimovich Dzhumaev**; Gulchekhra Khamraevna Razhabova***

*Department of Clinical Anatomy (OSTA) and Forensic Medicine, Bukhara State Medical Institute, UZBEKISTAN

**Department of Internal Medicine and Endocrinology, Bukhara State Medical Institute, UZBEKISTAN

ABSTRACT

Most of the health problems faced by older people are associated with chronic conditions, especially noncommunicable diseases. While most older people will have numerous health problems over time, getting older does not mean addiction. Many of them are preventable or may occur later as a result of a healthy lifestyle. Other health problems can be effectively dealt with if they are identified early enough. And even for people with reduced vitality, a supportive environment can ensure a decent life and continued personal growth. However, the world is still very far from this ideal. Therefore, the problem of population aging requires a comprehensive response from health systems.

KEYWORDS: *Physical Development, Physical Inactivity, Bad Habits, Old And Senile Age.*

BIBLIOGRAFY

- 1. Bakhmetova G.Sh. Modern problems of population aging in the world: trends, prospects, relationships between 22. generations / ed. G. Sh. Bakhmetova, L.V. Ivankova. M.: MAKS Press, 2004.229 p.
- 2. Vladimirov D.G. The older generation as a factor of the economic 13. development of Russia // Sotsiol. issled. 2004. No. 4. pp. 57-60.

ISSN: 2249-7137 Vol. 11, Issue 9, September 2021 Impact Factor: SJIF 2021 = 7.492

ACADEMICIA

- **3.** Gavrilov, D.N. Pedagogical and organizational features of the motor regime of people of mature and elderly age / D.N. Gavrilov, A.G. Komkov, A.V. Malinin [et al.] // Theory and practice of physical culture. 2002. No. 4. pp. 44-47.
- **4.** Gavrilova, N.Ye. The influence of the aging of the population of Russia on the course of diseases / N.Ye. Gavrilova // Disease prevention and health promotion. 2006. No. 1. pp. 23-27.
- 5. Godin, E.Z. Dynamics of the processes of growth and development in humans: spatiotemporal aspects: author. dis. ... Dr. biol. Sciences: 03.03.02 / Godina Elena Zinovievna. -M., 2001 -- 50 p.
- 6. Godin, E.Z. Human body and social status / E.Z. Godin // Ethology of man and related disciplines. Modern research methods / ed. M.JI. Butovskoy. M .: Institute of Ethnology and Anthropology of the Russian Academy of Sciences, 2004. pp. 133-161.
- Godin, E.Z. Intergroup differences in the complex of morphofunctional indicators in men of three ethnic groups under normal conditions and under hypothermic experiment / E.Z. Godin, JT.B. Zadorozhnaya, I.A. Khomyakova, A.JI. Purunjan // Bulletin of Moscow University. Series XXIII. Anthropology. 2009. № 1. pp. 54-65.
- 8. Godin, E.Z. Secular trend: history and prospects / E.Z. Godin // Human Physiology. 2009. T. 35. No. 6. P. 128-135.
- Deryabin, V.E. Geographic features of the body structure of the population of the USSR / V.E. Deryabin, A.L. Purunjan. - M .: Publishing house of Moscow State University, 1990 .-- 191 p.
- **10.** Zuev E.G. Somatotypological osorbnosti in men of mature age with degenerativedystrophic diseases of the spine: author. dis. ... Cand. honey. sciences. Tyumen, 2009.23 p.
- **11.** Kaznacheev, V.P. The health of the nation. Education. Education. M .; Kostroma, 1996 247s.
- **12.** Kaznacheev V.P., Kaznacheev S.V. Human adaptation and constitution. Novosibirsk: Nauka, 1986.119 p.
- **13.** Kitmanov, V.A. Physiological bases of adaptation of the human body to physical activity: Textbook. / V.A. Kitmanov, G.I. Deryabin. -Tambov: TPOO "Business-Science-Society", 2011. 172 p.
- 14. Kortava, J.C. The technology of using strength exercises and hardening in the health improvement of women of the first mature age [Text]: author. dis. ... Cand. ped. Sciences: 13.00.04 / Kortava Zhanna Georgievna. M., 2000 --- 19 p.
- **15.** Kossinskaya, N.S. Processes of natural and pathological aging / N.S. Kossinskaya. L .: Medgiz, 1984 -- 129 p.
- Krasnova, O.V. Social psychology of old age / O.V. Krasnova, A.G. Leaders. M., 2002 ---288 p.



ISSN: 2249-7137 Vol. 11, Issue 9, September 2021 Impact Factor: SJIF 2021 = 7.492

- **17.** Screamer, E.H. Factors of variability of morphological and functional indicators of the child's body: monograph. / E.H. Screamer. Belgorod: BelGU Publishing House, 2008.-200 p.
- **18.** Kryazhev, V.D. The program of health-improving trainings with women of 60-70 years of age using dynamic exercises of Kundalini Yoga / sec. 30-35
- **19.** Kryazhev, OV Zaikina, N.A. Gross // Bulletin of sports science. -2013.-№ 2.-P. 40-45.
- **20.** Kurova, T.V. Content and methodology of health-improving gymnastics classes with elderly women in the sphere of mental labor: dis. ... Cand. ped. Sciences: 13.00.04 / Kurova Tatyana Vitalievna. SPb., 2016.-245 p.
- **21.** Kuchma V.R., Dontsov V.I., Krutko V.N. and others. Stages of human life and 17. health services in different age periods. M.: Academy, 2002.396 p.
- **22.** Matyukhin V. A. Ecological human physiology and restorative medicine / V.A. Matyukhin, A.N. Razumov. M., Medicine, 2009.346 p.