

## EVALUATION OF THE DEVELOPMENT OF OLDER SCHOOL CHILDREN ON HEALTH TESTS

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### ABSTRACT

*This article discusses the concept of health and the attitude of adolescents to health as one of the main human values. As well as self-assessment by adolescents of their health. A study was conducted on the attitude of adolescents to health. This is, firstly, the historically established change of pathology factors, which is characterized by the predominance of non-infectious endogenous factors of morbidity and mortality in the population in general and adolescents in particular. The remaining part of adolescents (40%) underestimate the impact of bad habits, "wrong" lifestyle, prevention of healthy lifestyles on the current and future state of health.*

**KEYWORDS:** *Health, Self-Assessment Of Health, Adolescents, Levels Of Attitude To Health, Value.*

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### INTRODUCTION

The term "health" is widely used in everyday life, both by adults and children. However, its definition is difficult due to the many components related to this phenomenon. Perhaps the most complete and well-known is the definition of health formulated by the World Health Organization (WHO). According to the WHO, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. From this definition it is clear that "health" is not only the physical condition of a person. Health concerns all spheres of human life. Human health can be considered the greatest value of life. After all, it cannot be bought for any money. Health needs to be protected and protected, it needs to be developed and improved, improved and strengthened. In many books there is such a phrase "health is a necessary condition for happiness." But each person evaluates health - as the highest value? The relevance of studying the problem of adolescents' attitude to health is due to several reasons. This is, firstly, the historically established change of pathology factors, which is characterized by the predominance of non-infectious endogenous factors of morbidity and mortality in the population in general and adolescents in particular. Secondly, it is the relatively low level of health culture and culture of behavior in the field of health that is characteristic of modern adolescents. The high scientific and social significance of the problem under study is directly related to the pronounced deterioration in the health indicators of adolescents. Thus, according to the results of a study of hygiene and prevention of diseases in children, adolescents and youth, about 86% of Uzbek schoolchildren have deviations in the state of physical and mental health.

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The concept of "attitude to health" is complex and complex. It includes several aspects: cognitive emotional behavioral. Attitude towards health is one of the most important components of the human value system.

Accordingly, a person's attitude to their own health can be described at various levels: cognitive, behavioral, value-motivational, and emotional. To date, many methods have been developed to determine attitudes towards health. For this follow-up, the Questionnaire "Attitude towards health" was taken (authors Sh. Dzhalalov and S. Abdurakhmonov), which just includes the scales of interest to us. The questionnaire consists of 10 questions that can be divided into four scales: cognitive; emotional; behavioral; value-motivational. The study of the attitude of adolescents to health was carried out as part of the study of the discipline "Health Psychology". The study was conducted on the basis of Fergana schools in 2022. It was attended by 40 teenagers, aged 12-14 years. Based on the analysis of the qualitative analysis of the obtained data, the following was established: At the cognitive level, the majority of adolescents (52%) have an idea of the factors that contribute to both the deterioration and improvement of their health status. They understand the role of health in a person's daily life.

The remaining part of adolescents (40%) underestimate the impact of bad habits, "wrong" lifestyle, prevention of healthy lifestyles on the current and future state of health. It was also found that 72% of the subjects in cases of malaise decide for themselves which medicines to drink (contact friends, search for a treatment regimen on the Internet, and also use past treatment regimens). And only 20% go to see a specialist if they feel unwell. The remaining 4% are just waiting for things to get better. At the behavioral level, the majority of adolescents (80%) adhere to a healthy lifestyle: they do exercises, attend various sports clubs and sections, go to the gym, there are even those who are hardened.

However, after analyzing all the answers, it can be said that adolescents go in for sports not for the sake of health, since they do not classify it as "maintaining health". It can be assumed that teenagers go in for sports, attend sections because of "fashion", perhaps for the sake of communicating with a certain cool person, or for some other reason. 20% of teenage subjects do not attend additional sections. On the emotional level, many adolescents (74%) do not worry about the deterioration of their health, their mood does not decrease. 24% of teenagers feel overwhelmed. It is interesting that both with the deterioration of health and with its improvement, the majority of the subjects (60%) feel indifference. At the value-motivational level, the majority of adolescents (44%) do not consider it necessary to adhere to a healthy lifestyle, as they believe that the state of health largely depends on heredity and the quality of medical care. Another 64% of the respondents go in for physical education, attend various sports clubs and sections, but claim that this is not for health, but for an interesting pastime. In general, health, as a value for most adolescents, occupies 3-4 place after "achieving material well-being", "getting a job", "creating a family". Although in this case, it is necessary to point out the fact that the guys are not informed that it is the state of health that contributes to the achievement of many other goals and the satisfaction of various human needs. Based on the study, several conclusions can be drawn regarding adolescents' self-assessment of their health. Firstly, most adolescents do not consider health to be the main value of a person; health takes 4th place in their hierarchy of values. Secondly, teenagers systematically go in for sports, but not for the sake of maintaining health, but to maintain good physical shape. Thirdly, adolescents believe that the state of health is more dependent on the quality of medical care. Fourth, adolescents prefer to self-medicate,

listen to the advice of friends, or use a past treatment regimen when they feel unwell. Fifth, cases of malaise do not cause negative emotions in adolescents; the general background of mood remains the same in comparison with other situations. Sixth, 97% of adolescents consider themselves absolutely healthy and do not consider it necessary to do anything to maintain this condition. It can also be assumed that adolescents are poorly aware of the consequences of inaction and wrong actions in relation to their health, which can negatively affect their condition.

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