



THE ROLE OF STUDENTS IN PROVIDING THE HEALTH OF THE FUTURE GENERATION

Journal Website:
<https://theusajournals.com/index.php/ijp>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

Submission Date: January 20, 2023, Accepted Date: January 25, 2023,

Published Date: January 30, 2023

Crossref doi: <https://doi.org/10.37547/ijp/Volume03Issue01-11>

Nargiza Musayeva

Phd Associate Professor, Kimyo International University In Tashkent Tashkent, Uzbekistan

ABSTRACT

This article highlights the causes and prevention of disability in order to increase the level of knowledge of students of higher educational institutions in the healthy development of the future generation.

KEYWORDS

Disability, pregnancy, drug treatment, bad habits, education.

INTRODUCTION

The reforms, guided by a humanistic spirit, are yielding high results in improving the well-being of our people, ensuring the prosperity and development of the country, enhancing the prestige of our Motherland in the world community and educating the younger generation.

For the new society, the formation of a rich, harmonious personality with independent thinking,

capable of achieving goals and objectives, the spiritual and moral world has become a requirement of the era.

To strengthen the foundation of our independence and turn Uzbekistan into a great country, it is important to rationally organize education and regularly acquaint young people with the achievements of modern science, culture, technology and technology. Because the fate of development is

decided by people with high potential, spiritually mature, strong-willed, full of faith, modern-minded, with specific professions.

This is the sacred duty of every person and our society, we can say that the meaning of our life is to raise capable children, bring them to perfection both physically and spiritually, to see their perfection.

Today, the number of children with disabilities is increasing every day. There are many reasons for this:

1. Transmission from generation to generation
2. Infection of the mother with various diseases during pregnancy
3. Maternal use of strong antibiotics during pregnancy without medical supervision.
4. Maternal trauma during pregnancy
5. Alcohol, tobacco and similar bad habits of parents
6. Marriage between relatives
7. Exposure to strong radiation beams
8. Children's birth trauma, asphyxia, hematoma.
9. The use of strong antibiotics due to the severe course of the disease in the first year of a child's life.
10. Untimely treatment of a child during an illness and incomplete treatment
11. Child injury
12. Various defects arise as a result of the application of incorrect methods of education in the family.

In order to prevent and reduce the number of these defects, it is necessary to increase the level of public knowledge about the causes of these diseases. In this case, the fact that we provide this knowledge, skills and abilities to students of higher education, regardless of their training in any field, will contribute to reducing the number of children with disabilities in society.

Currently, many of our children suffer from diseases such as anemia and bleeding disorders. Parents should not be indifferent to this disease. Because they also have to become parents in the future. If a girl has anemia even during pregnancy, she will not be able to provide the fetus with enough oxygen. The baby in the fetus is constantly moving in search of oxygen, so it spins around its own axis. This leads to suffocation. Asphyxia makes it difficult for the child to breathe, and this affects the brain. It is known that the brain controls the entire human body. Due to asphyxia, the brain cannot fully perform this control function, and this will certainly negatively affect the development of the child.

It is very dangerous for a woman to carry diseases such as rubella, measles, influenza during pregnancy, especially in the first 3 months of a fetus's life, and these diseases can have a negative impact on the development of the child. If a pregnant woman is faced with any disease, she should definitely consult a doctor and undergo the necessary treatment on the



recommendation of a doctor. If treatment measures are taken in time, the risk of harm to the child will be less. Therefore, a pregnant woman should always be under the supervision of a doctor.

A variety of raw fast foods and sodas consumed by women during pregnancy can also adversely affect the baby. A pregnant woman should eat foods rich in vitamins, eat well, have time to rest and, of course, walk more in the fresh air.

It is very common among our youth to become addicted to such bad habits as alcohol, tobacco and drugs. These bad habits poison the body of our youth. This poisoning affects their children when they become parents in the future. As a result of bad habits, disabled children are born.

The birth of disabled children is also observed as a result of marriages between close relatives. The saddest thing is that the closest relatives turn into enemies, blaming the mother for the birth of a disabled child. The mother of a disabled child is expected to be left alone for the rest of her life.

A child may be born healthy, but in the first year of life he may develop various diseases, and if these diseases are not treated in time, they will cause disability. For example, if a child has a runny nose or his own severe cold, if medical measures are not taken in time, in extreme cases, an injection of gentamicin is prescribed. The child will recover from exposure to this powerful

antibiotic, but later it can lead to the fact that the child will lose his hearing and even become deaf. Therefore, it is recommended to take timely remedial measures.

A child's fall, various injuries, especially brain injuries, can adversely affect his development. The brain is a controlling organ, and damage to it has a negative impact on the child. Fractures of the arms and legs, an incorrect cast, or premature movement of the arms and legs also cause musculoskeletal disorders.

Improper parenting practices can also lead to varying degrees of disability. Excessive rigidity can also have negative consequences. For example: to punish a child for breaking dishes in the house, the mother locked the room, causing the child to get frightened and stutter. Sometimes children are punished for not listening by tugging on the ear or hitting the ear, which causes severe damage to the eardrum, resulting in deafness.

Based on the above information, we consider it necessary to make the following recommendations:

1. First of all, in order to increase the level of knowledge of students in all higher educational institutions by introducing subjects that provide information about the development and upbringing of the child;
2. To convey to the students' minds how bad habits, such as the use of alcohol and tobacco, will affect future generations;



3. Preparing students for volunteer work in homes, hospitals, special boarding schools for disabled children in order to ensure the reliability of information about disabled children;
4. Taking any medication only on the recommendation of a doctor and treatment under the supervision of a doctor;
5. Do not eat foods that cook quickly, but are raw, rich in chemicals.
6. Be attentive to your health and get treated on time;
7. Spend more time outdoors;
8. Less use of high radiation equipment.

3. Глухов, В. П. Специальная педагогика и специальная психология: учебник для академического бакалавриата / В. П. Глухов. — 2-е изд., испр. и доп. — М.:Издательство Юрайт, 2018. — 295 с.

Summarizing this information and the above recommendations, we can draw the following conclusion. Each person is responsible for their own health and, of course, for the health of future generations. So in our society, the fact that we all follow the simple guidelines listed above to prevent having children with disabilities helps us develop our future in a positive way.

REFERENCES

1. Хамидова М.У.. Махсус педагогика. - Т.: «Фан ва технология», 2018.
2. Мўминова Л.Р., Амирсайдова Ш.М., Хамидова М.У., Джалолова З., Абидова Н. Махсус психология. Дарслик. «Фан ва технологиялар маркази» Т.: 2013.