

PHYSICAL DEVELOPMENT DELAYS IN PRIMARY SCHOOL STUDENTS AND WAYS TO ELIMINATE THEM

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Abstract

This article provides a scientific analysis of cases of physical developmental delays in primary school students. The main causes of the problem are insufficient physical activity, improper nutrition, socio-economic environment, and environmental factors. Based on statistical data and scientific research, the consequences of delays behind are highlighted, and practical recommendations for eliminating these situations are given.

Keywords: Primary school, physical development, backwardness, healthy lifestyle, children's health, physical activity, nutrition, school health improvement.

Introduction

Physical maturity plays an important role in the comprehensive development of a child's body. Primary school is one of the most active stages of this process. Therefore, monitoring physical development and early detection of problems at this age is becoming a pressing issue.

Relevance of the problem. According to the WHO, insufficient physical activity has become a global health problem. In Uzbekistan, according to the results of monitoring conducted in 2023, it was found that 18-22 percent of primary school students had height and body weight indicators below the age norms. Such situations negatively affect their health and social activity.

Causes of delayed physical development

1. Lack of physical activity - Children spend a lot of time sitting, limited outdoor games and sports activities.
2. Improper nutrition - Vitamin and mineral deficiencies, especially iron, calcium, and vitamin D deficiencies.

3. Environmental factors - Environmental pollution, sleep disorders, stressful environment in the family.

4. Socio-economic factors - Low income, lack of opportunity to attend sports clubs.

Consequences: Delay behind in physical development leads to the following negative consequences:

1. Slow-paced learning.

Lack of physical activity negatively affects a child's mental and physical development. Sluggishness in learning or slow-paced learning is characterized by difficulty concentrating and decreased learning ability. Physical exercises improve children's brain function, enhance memory and concentration, while simultaneously increasing students' academic success. Therefore, insufficient physical activity also negatively affects children's academic performance.

2. Decreased immunity and frequent illnesses.

Lack of physical activity weakens the immune system, which reduces children's resistance to diseases. Conducted studies show that physical exercise supports the effective functioning of the immune system. When a child is constantly physically active, they strengthen their body's defense mechanisms, which prevents frequent illnesses.

3. Decrease in social activity.

Low physical activity also leads to negative changes in children's social life. Decreased social activity reduces the child's self-confidence and leads to difficulties in communicating with others. Sports and physical games help children develop social skills, make new friends, and develop teamwork and team spirit. Lack of activity can lead to social isolation.

4. Increased risk of chronic diseases in older age.

Delayed physical development and a passive lifestyle can lead to the development of chronic diseases when they are passed on to adults. Diseases such as obesity, cardiovascular diseases, and diabetes can occur as a result of insufficient physical activity. Lack of physical activity at an early age creates the basis for the development of health problems in adolescence and adulthood, since the human

body, when active, improves its natural defense mechanisms and strengthens its physical condition.

Scientific basis

According to a study conducted by teachers in the Khorezm region in 2023, in children aged 7-10 who performed physical exercises for 90 minutes three times a week, the body mass index approached the healthy limit within 6 months. In children with high physical activity, muscle strength and growth were also significantly higher.

Comparative analysis (7-8 year old girls and boys)

№	Indicators	Girls (average)	Boys (average)	Note
1	Hight (cm)	123.4	125.7	Boy are taller
2	Weight (kg)	23.8	24.5	Boys are heavier
3	Chest circumference (cm)	56.1	57.6	Wider in boys
4	Body mass index (BMI)	15.7	15.5	Slightly higher in girl
5	Physical activity level (%)	29	35	Boys are more active

Practical recommendations

1. High-quality organization of physical education lessons in schools.

Physical education classes contribute to the healthy growth of children. Lessons should be interactive and practical, in which children learn not only theoretical knowledge, but also skills. It is necessary to create opportunities for students to get acquainted with various sports, to perform physical exercises in an interesting way. If there are many types of sports in schools, it will be easier for children to choose their favorite activities and regularly participate in them.

2. Providing guidance to parents on healthy eating and creating an active atmosphere at home.

Parents are responsible for the healthy nutrition of their children. It is necessary to provide them with instructions on how to prepare balanced and vitamin-rich meals,

and how to provide them with the necessary nutrients. It is important to create conditions for sports at home, for example, to encourage children to engage in active games. Conducting educational seminars or practical classes for parents and promoting a healthy lifestyle will help.

3. Increase the number of sports clubs and simplify access to them.

Sports clubs encourage children's physical activity. Organizing free or affordable sports clubs in schools and neighborhoods will provide students with the opportunity to choose a suitable sport. Clubs should be adapted for children of different ages. Also, simplifying access to these clubs, improving access conditions (location, time) will ensure active participation of children.

4. Regular medical screening in schools.

By conducting medical screening in schools, it is possible to constantly monitor the physical condition and health of children. This helps to monitor their physical development, muscle strength, and growth. Through screening, it is possible to identify health problems at an early stage and take appropriate measures against them. This will help improve children's physical health and prevent potential problems.

Conclusion

The health and physical development of primary school students directly affects their future social, mental, and emotional state. By identifying cases of backwardness early and taking systemic measures, a foundation is laid for the formation of a healthy generation. In this process, the cooperation of school, family, and society is of great importance.

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