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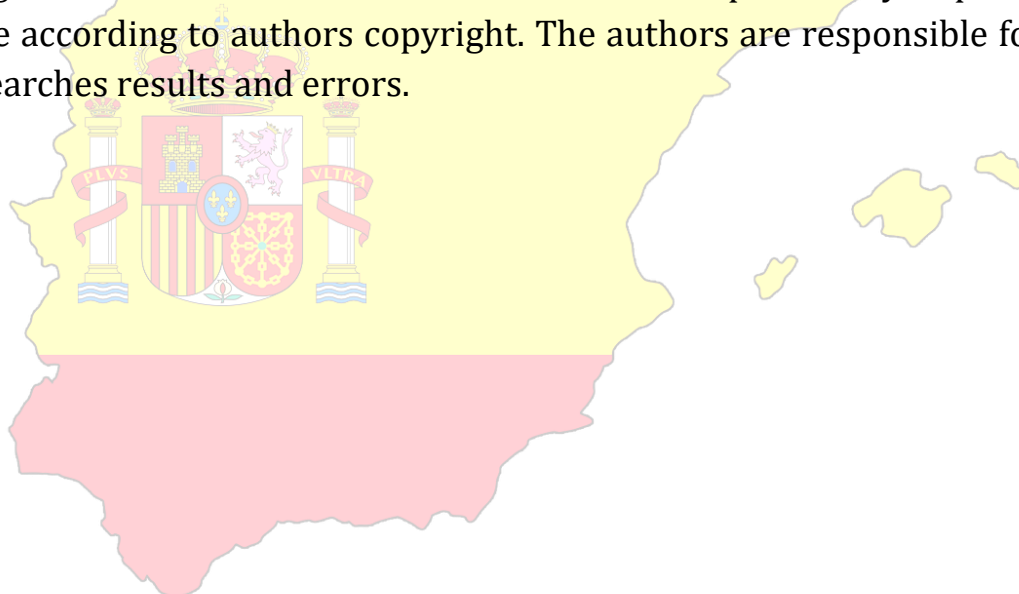


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BOSHLANG'ICH SINIF YOSHIDAGI BOLALARDA UYQUNING AHAMIYATI

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Annotatsiya: Ushbu tezis boshlang'ich sinf yoshidagi bolalarda (6–10 yosh) uyquning jismoniy, aqliy va psixologik rivojlanishdagi ahamiyatini ilmiy jihatdan o'rganishga qaratilgan. Tadqiqotning asosiy maqsadi — to'liq va sifatli uyquning bolalar salomatligi, o'quv faoliyati hamda xulq-atvoriga ta'sirini aniqlash va uyqu yetishmovchiligining salbiy oqibatlarini asosli tarzda ko'rsatib berishdan iborat

Kalit so'zlar: boshlang'ich sinf o'quvchilaribolalarda uyquuyqu me'yoriuyqu rejimiuyqu buzilishbolalar salomatligiaqliy rivojlanishxotira mustahkamlanishiimmun tizimio'quv faoliyatipsixologik rivojlanishuyqu profilaktikasi

Bolaning sog'lom rivojlanishi ko'p jihatdan to'g'ri uyqu rejimiga bog'liq. Uyqu — organizmning tiklanishi va o'sishi uchun zarur bo'lgan fiziologik jarayon bo'lib, ayniqsa boshlang'ich maktab yoshidagi bolalar (7–11 yosh) uchun alohida ahamiyat kasb etadi [1]. Bu davrda bola jismoniy, aqliy va emotsional jihatdan jadal rivojlanadi, shu sababli uyquga bo'lgan ehtiyoj yuqori bo'ladi [2].

Jahon sog'liqni saqlash tashkiloti (JST) ma'lumotlariga ko'ra, boshlang'ich sinf o'quvchilarining taxminan 20–30 foizi uyqu muammolariga duch kelmoqda [3]. O'zbekistonda ham oxirgi yillarda o'tkazilgan tadqiqotlar bolalar o'rtasida uyqu buzilishlarining ko'payib borayotganini ko'rsatmoqda [4]. Ushbu holat akademik ko'rsatkichlarning pasayishi, xulq-atvor muammolari va immunitet zaiflashuvi bilan bevosita bog'liqligi ilmiy jihatdan isbotlangan [5].

1. Boshlang'ich sinf yoshidagi bolalarda uyquning fiziologik asoslari

Bolaning sog'lom rivojlanishi ko'p jihatdan to'g'ri uyqu rejimiga bog'liq. Uyqu — organizmning tiklanishi va o'sishi uchun zarur bo'lgan fiziologik jarayon bo'lib, ayniqsa boshlang'ich maktab yoshidagi bolalar (7–11 yosh) uchun alohida ahamiyat kasb etadi [1]. Bu davrda bola jismoniy, aqliy va emotsional jihatdan jadal rivojlanadi, shu sababli uyquga bo'lgan ehtiyoj yuqori bo'ladi [2].

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Uyqu ikki asosiy fazadan iborat: sekin to'liqinli uyqu (NREM) va tez ko'z harakati fazasi (REM). NREM fazasida to'qimalar tiklanadi, o'sish gormoni ishlab chiqariladi va immunitet kuchayadi [6]. REM fazasida esa miyada kunduzi o'zlashtirilgan ma'lumotlar tartibga solinadi va xotira mustahkamlanadi [7]. 7–11 yoshdagi bolalar uchun bu ikki faza optimal nisbatda kechishi ayniqsa muhimdir, chunki aynan shu davrda neyronlar orasidagi aloqalar (sinaptik o'tkazuvchanlik) faol shakllanmoqda [8].

Amerikalik pediatriklar akademiyasi (AAP) boshlang'ich sinf o'quvchilariga kecha-kunduz jami 9–11 soat uyqu tavsiya etadi [9]. Shunga qaramay, zamonaviy hayot tarzi — gadjetlar, qo'shimcha mashg'ulotlar va noo'rin uyqu rejimi — bolalarning ko'pchiligida ushbu normadan chetlanishga olib kelmoqda [10]. Uyqu davomiyligi va sifatining pasayishi prefrontal korteksning faolligiga salbiy ta'sir etib, diqqat, xotira va muammolarni hal qilish qobiliyatini zaiflashtirishini neyrovizualizatsiya tadqiqotlari tasdiqlagan [11].

2. Uyquning o'quv faoliyati va kognitiv rivojlanishga ta'siri

Bir nechta xorijiy tadqiqotlar ko'rsatishicha, yetarli miqdorda uyquga ega bo'lgan bolalar matematika, o'qish va til fanlarida sezilarli darajada yuqori natijalar ko'rsatadi [12]. Xususan, Kanada olimlari tomonidan o'tkazilgan 5 yillik longitudinal tadqiqotda 7–10 yoshli bolalar o'rtasida uyqu davomiyligi va maktab samaradorligi o'rtasida kuchli musbat korrelyatsiya aniqlangan ($r=0,67$; $p<0,001$) [13].

Uyqusizlik holati bolalarda giperaktivlik, tajovuzkorlik va impulsivlik kabi xulq-atvor muammolariga zamin yaratadi [14]. Bu esa sinfda tartib-intizomning buzilishi va o'qituvchi-o'quvchi munosabatlariga salbiy ta'sir qiladi. Shuningdek, surunkali uyqu tanqisligi kortizol — stress gormoni — ishlab chiqarilishini oshirib, immun tizimini zaiflashtirishini bir qator klinik tadqiqotlar isbotlagan [15].

3. Uyquning jismoniy sog'liqqa ta'siri

Uyqu davomida somatotropin (o'sish gormoni) sekretiysi eng yuqori darajaga yetadi. Bu jarayon asosan NREM uyquning uchinchi bosqichida (chuqur uyqu) sodir bo'lib, suyak va mushak to'qimalarining normal rivojlanishini ta'minlaydi [16]. Tadqiqotlar ko'rsatishicha, muntazam uyqu tanqisligi boshdan kechirgan bolalarda boy o'sish sur'atining sekinlashishi va immun faolligining pasayishi kuzatilgan [17].

Bundan tashqari, yetarli uyqu bolalarda semirish xavfini kamaytiradi. Uyqu tanqisligi leptin (to'yinganlik gormoni) darajasini pasaytiradi va grelin (ochlik gormoni) ishlab chiqarilishini oshiradi, bu esa to'yib ovqatlanmagandek his qilish va haddan ortiq ovqatlanishga olib keladi [18]. AQShda o'tkazilgan epidemiologik

tadqiqot (n=8 234 bola) yarim soat qo'shimcha uyqu bola semirish xavfini 9 foizga kamaytrishini ko'rsatgan [19].

4. Uyqu gigiyenasi: tavsiyalar va amaliy yondashuvlar

"Uyqu gigiyenasi" atamasi ostida bir qator xulq-atvor va muhit sharoitlari mavjud bo'lib, ularning to'g'ri amalga oshirilishi uyqu sifatini sezilarli darajada yaxshilaydi [20]. Asosiy tavsiyalarga quyidagilar kiradi: har kuni bir xil vaqtda uxlash va uyg'onish; yotish oldidan 1–2 soat davomida ekranlarga (telefon, televizor, kompyuter) qaramaslik; uyqu xonasini salqin (18–20°C), xira va jim saqlash; uyqudan oldin faol jismoniy mashqlardan qochish; kechki ovqatdan keyin qand va kofein tutuvchi mahsulotlarni iste'mol qilmaslik [21].

Ota-onalar va o'qituvchilarning uyqu gigiyenasiga oid bilimlari ham hal qiluvchi ahamiyatga ega. Finlandiya maktablari tajribasi shuni ko'rsatadiki, ota-onalar uchun uyqu bo'yicha tarbiyaviy dasturlar amalga oshirilganda, bolalarning o'rtacha uyqu davomiyligi 27 daqiqaga oshgan va akademik ko'rsatkichlar 14 foizga yaxshilangan [22]. O'zbekiston sharoitida ham bolalarning uyqu gigiyenasini maktab tibbiy nazoratiga kiritish maqsadga muvofiq [4].

Xulosa

Uyqu boshlang'ich sinf yoshidagi bolalar uchun faqat dam olish vositasi emas, balki jismoniy o'sish, kognitiv rivojlanish va emotsional barqarorlikning asosi hisoblanadi. Tadqiqotlar shuni ko'rsatadiki, 9–11 soatlik sifatli uyqu bolaning akademik muvaffaqiyatini oshiradi, immunitetni mustahkamlaydi, semirish xavfini kamaytiradi va xulq-atvor muammolarining oldini oladi [6, 9, 15, 18]. Shu bois uyqu gigiyenasini maktabgacha tayyorgarlik va boshlang'ich ta'lim tizimida profilaktik sog'liqni saqlashning ajralmas qismiga aylantirish zarur. Ota-onalar, pedagoglar va tibbiyot xodimlari bu borada birgalikda harakat qilishi bolalar sog'lig'ining yaxshilanishiga sezilarli hissa qo'shadi.

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