



THE STATE OF EXTERNAL RESPIRATION OF ADOLESCENTS LIVING IN THE NORTHERN DISTRICTS OF KARAKALPAKSTAN

Rzaev Rakhat Muratbayevich¹, Sabirov Sardor², Askaraova Bayan Sharapat kizi³,

¹Doctor of Philosophy in Biological Sciences (PhD), Head of the Department "Anatomy, Physiology and Biotechnology of Animals"

²Assistant of the Department "Anatomy, Physiology and Biotechnology of Animals" Nukus branch of Samarkand State University of Veterinary Medicine, Animal, Husbandry and Biotechnology

³2nd year Master's student in Biology, Karakalpak State University named after Berdakh

ANNOTATION

The article discusses the features of the state of external respiration of adolescents living in the northern regions of Karakalpakstan. Vital capacity of the lungs (VC) is the maximum volume of air that can be taken into the lungs after the most complete exhalation. VC is influenced by a lot of factors, VC depends on gender, age, body size and fitness.

KEY WORDS: lung capacity, indicator, lungs, region, anthropometric indicators

The vital capacity of the lungs (VC) is one of the important indicators of the functional state of the external respiration apparatus. The study of individual values of the FEM is carried out by appropriate comparison of the values obtained in the course of work.

To some extent, the VC is based on anthropometric data and the age of the subjects. Under normal conditions, the coefficient Vital capacity lightness of the (VC) is not less than 85%.

However, by the end of the developmental period, men are characterized by a low level of VC. This fact can be interpreted as a decrease in the reserve volume of this system,

despite the high efficiency of breathing at rest. It can be assumed that the lack of positive dynamics of this indicator is a consequence of the ecological exercises of life in the analyzed industrial city.

When considering the differences in the circumference of the chest of adolescents in the studied regions, it was found that the indicators of the circumference of the chest (TCG) ranged from 0.6 to 2.0 cm. It should be noted that all indicators in the age groups refer to 19 years. when breathing in the older group, the TCG was significantly higher in young men from the southern regions compared to the northern and central regions of Karakalpakstan ($p < 0.05$).

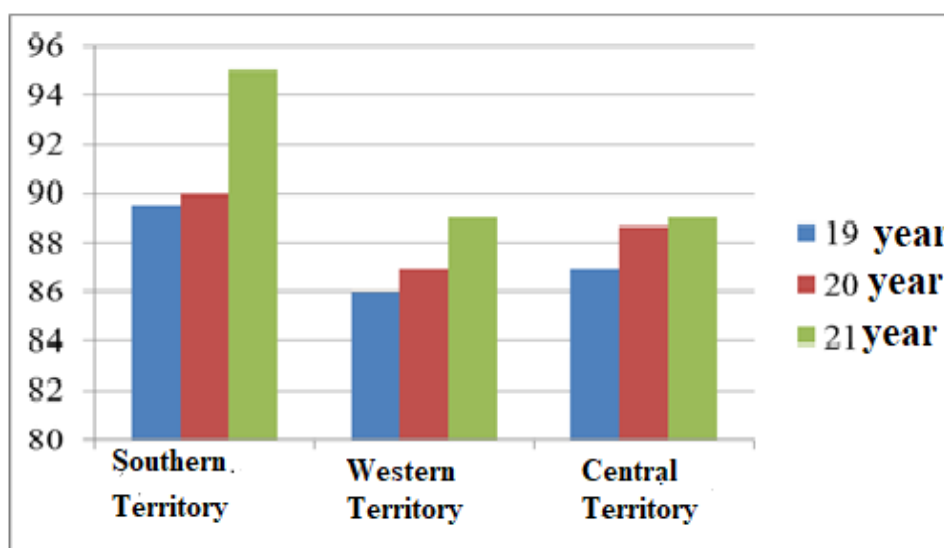


Fig.1. Indicators of chest circumference in adolescent boys living in different regions of the Republic of Karakalpakstan

In addition, when considering this indicator in the 21-year-old group, the highest indicator was recorded in young men from the southern regions, the highest standard deviation of TCG indicators during breathing was observed in young

men from the southern regions in all age groups. groups. As for the level of TCG indicators during breathing in young people (21 years old), all of them showed balanced indicators.

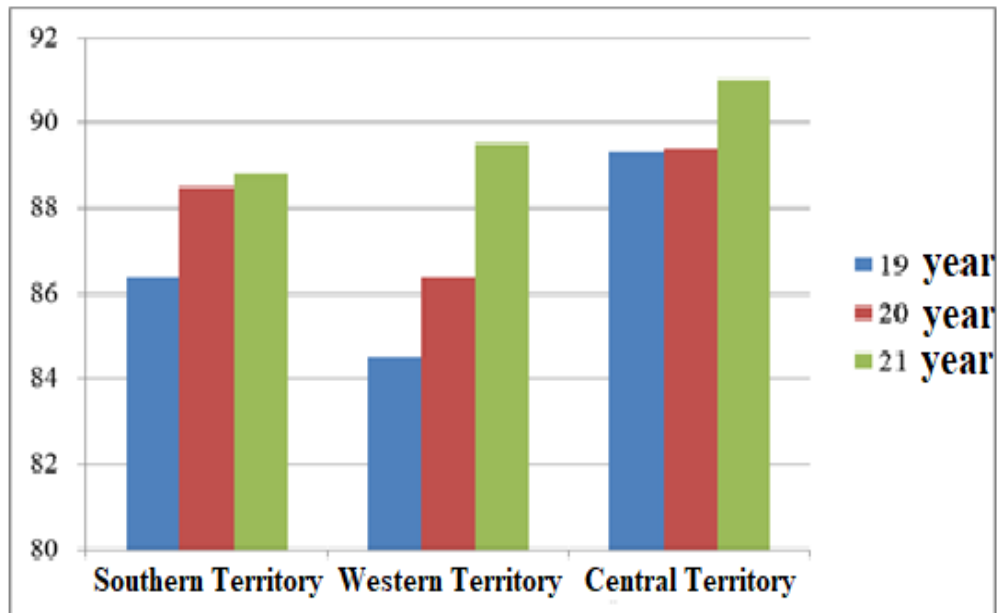


Fig.2. TCG indicators during breathing of adolescent boys living in different regions of the Republic of Karakalpakstan. TCG indicators (cm)

At the same time, a comparative assessment of TCG indicators during respiration in adolescent boys was carried out in all the studied regions of Karakalpakstan. Thus, it can be seen that the highest rate among adolescent boys in all age groups is recorded in the southern regions. ($p < 0.05$).

The greatest difference between the indices was found between the TCG indicators during exhalation of young men from the southern and central regions. The comparative assessment of the indicator shows that the largest difference was observed in young adolescents aged 21 years (4.3 cm), and the smallest in young adolescents aged 19 years (1.6 cm) in the northern regions. It should be noted that this increase depends on the influence of climatic and geographical factors of the Aral Bay region.

LITERATURE

1. Iskandarova G.T. Morphofunctional state of the respiratory system of 18-27-year-old boys living in Uzbekistan // *Hygiene and Sanitation*, 2006. - No. 3. - S. 72-75.
2. Yeschanov T.B. Medical and ecological zoning of the Republic of Karakalpakstan in the light of the state of health of mother and child // *Ecological factors and health of mother and child in the Aral crisis region: Proceedings of the international seminar*. - Tashkent: FAN, 2001. - S. 11-14.
3. Vronsky V.A., Salamakha I.N. Ecology and health of the population of industrial cities // *Human Ecology*, 2001. - No. 3, - P. 12-14.