



Study The Anthropometric Parameters Of People Living In The Same Area And Engaged In The Same Activities

PhD. Yuldasheva M.T¹.
Ass. Xamdamov. X. O²
Ass. Rayimova . Z. M³

EMAIL : moxigul.yuldasheva@bk.ru

Received 26th December 2020,

Accepted 17th January 2021,

Online 06th February 2021

ABSTRACT: Anthropometry is one of the methods for testing anthropology. Anthropology (Greek. Anthropology and logic) is the study of the origin and evolution of man, the origin of the human race, normal differences in the structure of the human body and variability.

Key words: anthropometry. human morphogenesis. Racism.

^{1,2,3}, *Farg'ona jamoat salomatligi*

INTRODUCTION

The origin of the anthropometer is the Greek word antrophos, which means man, and metron, which means measurement. Alphonse Bertillon can be called the inventor of the modern anthropometer that allows local authorities to measure parts of a person's body. using special tools for this purpose. At the heart of this idea was to show that there is no one alike in the whole world. This means that regardless of the age of the person or other objects that look like strangers, the parts that do not change over time include the head (length and width, ear width), elbow length, arms (ring finger length), legs (left foot). the length of the middle toe of the left foot) and height, as well as writing for measuring individual marks such as tattoos, scars, etc. This has played an important role in the identification and identification of criminals using anthropometric data. This has greatly helped regulate the underworld.

Anthropometry is one of the methods of testing anthropology. Anthropology (Greek. Anthropology and logic) is the study of the origin and evolution of man, the origin of the human race, normal differences in the structure of the human body and variability. Although the idea of anthropology was born thousands of years ago, it did not begin to take shape as a science until the second half of the 19th century. An important branch of anthropology, the study of physiological, biochemical and genetic factors affecting the structure and development of the human body, has developed under the general name "Human Biology" since the middle of the 20th century. Not only the laws of nature, but also social factors played an important role in the emergence of man. From the moment of the birth of man to the present day, his whole life was closely connected with the laws of the development of social society.

From the point of view of modern science, anthropology consists of three main sections: 1) human morphology; 2) anthropogenesis; 3) racism (ethnicity) Morphology explains how the characteristics of a person's physical structure change depending on age, gender, occupation and external conditions. Racism also contributes to the problem of ethnogenesis, explaining the origin and causes of human races and their distribution on Earth. Morphology is a quantitative description of the variability of all characteristics of the human body (length, width, thickness, shape, color, etc.).

The data were compared with individual body parts (head, neck, chest, abdomen and pelvis, arms and legs) to track growth or change. Signs for length, latitude and angle using anthropometric instruments (caliper, caliper, caliper, anthropometer for measuring human height, goniometer for measuring angle, mandibulometer for measuring jaw, etc.).

Immeasurable signs of the body, especially the head, face, nose, lips - colors and shapes are used to determine in accordance with specially developed scales and standards. It is also an opportunity to predict human health, diseases that may pose a threat to the future poses. Let's take a look at the main morphological features that determine the appearance of the human body. The size of these characters varies according to gender and age, with the variability not only in some sizes, but also in the types of proportions and types of body structure.

If the development curve is outside the normal range, it could indicate a lack or excess of human development. In such cases, it is necessary to identify and eliminate other factors (for example, illness) that interfere with nutritional adjustments or

ensure normal growth. For example, when food intake changes, there may be changes in the rate or amount of food. In this regard, one of the founders of nursing, Virginia Henderson, created her own model in 1966 to meet the biological, psychological and social needs of people and patients, the amount of food and liquid consumed, and more. On food and drink in the first part of Abu Bakr Rabi's medical work "Hadayat al-mutalimin fit-tib" (Handbook for medical students); In article 8 of the practical part "Kitab kamil al-sinjat at-tibiya" by Ali ibn Abbas ("The perfect book of the medical industry"), he provides information on nutrition. Yusuf Haravi's Risalai Makul wa Mashrub (Treatise on Food and Drink) also states that human health depends on drinking and eating, as well as the rules for the use of food and drinks for medical purposes.

In Ali ibn Hisamuddin's Risolt at-tibb at-tibb at-tom lijami al-akam (a complete medical treatise against various diseases), the moderate way in which one takes medicines and eats food is usually moderate. Chapter 8 of Basithan's Favoid al-Adiyah provides information on food and drink, as well as some types of food. In his work "Asrori changol" ("Secrets of Changol") it is said: "Make my fate glorious and enlighten the water." In Ibn Kamalpashshah's book "Nigoristan" it is said that food is for life, and life is not for food and indifference to oneself. People who are content with less are less likely to get sick.

Qayum al-Nasri says in his book Fawakih al-julaso (Fruit of the Garden of Friendship): (The one who eats less will be healthier, and the one who eats less will not lose health) (that is, a person who eats a lot of food, is susceptible to various diseases (in addition, a person who eats a lot of food is blinded and his property is destroyed.) Here are some thoughts of our ancestors about this. Or ways to help a person stay healthy are more emotional support, motivation or the need for Physical activity A person will need to increase their physical activity and choose such people and pay attention to them - one of the main tasks of our medical staff.

To quantify diversity, you need to have a certain amount of data. These data were obtained from public opinion polls and instrumental studies, which showed that genetic factors, environmental factors and the influence of various diseases affect the structure of the human body. Our research has shown that 60% of middle-aged people living in the same area and doing the same activities have similar anthropometric indicators. These are people whose lifestyle and activities are very close to each other and who have the same environmental factors. 15% of people living in the same area and engaged in the same activity have different

anthropometric measurements due to dysfunction of human hormones (acromegaly, gigantism, dwarfism and obesity ...). Body composition, properties of some organs and anthropometric parameters were found. 5% of people living in the same area and engaged in the same activity have different anthropometric parameters. These people have non-hormonal (viral) dysfunction, that is, a change in the properties and anthropometric parameters of certain body organs as a result of various diseases. 20% of people living in the same area and engaged in the same activity have different anthropometric parameters. These people have different spontaneous accidents and anthropometric indicators of people with a genetic predisposition (relationship).

Obviously, most of our population lives in good conditions. The reason is that there is no group of people whose body weight has changed under the influence of various factual factors or who are underweight (hungry). We cannot ignore the fact that human labor activity is not directly related to body composition. We must focus on meeting our biological, psychological and social developmental and caring needs.

Medical terms;

Anthropometry is of Greek origin, which means anthropos, which means man, and metron, which means measurement.

An anthropometer is a meter that measures a person's height.

goniometer

The mandibulometer is a device for measuring the jaws.

Anthropology (Greek. Anthropology and logic) is the study of the origin and evolution of man, the origin of the human race, normal differences in the structure of the human body and variability.

Morphology is the study of how a person's physical characteristics change with age, gender, occupation, and external circumstances.

Ethnology. Ethnology is the study of the origins and causes of human races.

List of used literature:

1. J.M.Hecht.

The End of the Soul: Scientific Modernity, Atheism, and Anthropology in France. New York: Columbia University Press, 2005 (Alphonse Bertillon 1882-1901, Yildiz «Ethnographie moderne» (Paris-1883)).

2. 2.S.I. Ismailov Tashkent -2005. "Selected papers on endocrinology".

3. Kodir Inomov, Manzura Ganieva. Tashkent-2008. (Reprint) "Nursing in Pediatrics".
4. K.S. Inomov. Tashkent-2015. "Fundamentals of Nursing".
5. 5.H.I. Shukurov S.K., Ganoatov. Tashkent-2011. "Nursing in the team".
6. 6.Azamjon Kosimov Tashkent-2003. Glossary of Medical Terms, 2nd ed.
7. Center for the Development of Medical Education of the Ministry of Health of the Republic of Uzbekistan Republican Specialized Pediatric Scientific and Practical Medical Center Tashkent Pediatric Medical Institute. Tashkent-20013 "Assessment and monitoring of the growth of boys and the inclusion of indicators in the history of the development of children."

Information on the Internet;

8. www.Ziyo.net.uz
9. www.Ziyouz.com.library

CENTRAL ASIAN
STUDIES