HYGIENIC SIGNIFICANCE OF PREVENTING EYE DISEASES

Usmonova Y. Sh., 352-A student of the Faculty of Preventive Medicine,
Scientific leader: assistant Nuraliyeva N.B.
Tashkent Medical Academy, Urganch Branch

Relevance of the topic. Nowadays, various diseases occur among the population as a result of non-compliance with hygiene rules. Of these, eye diseases are especially important. One of the most common eye diseases is conjunctivitis. The main cause of conjunctivitis is non-compliance with hygiene rules. In addition, excessive use of telephones and computers causes a decrease in visual acuity. This situation is especially common among young children.

Purpose. Determining schoolchildren's hygienic knowledge of risk factors and prevention of eye diseases.

Material and methods. 279 schoolchildren in Samarkand and Khorezm regions were selected. Questionnaire, sociological and statistical methods were used in the research.

Result. A survey was conducted in Samarkand (149 schools) and Khorezm region (130 schools) in order to determine whether schoolchildren follow hygiene rules for the prevention of eye diseases and diseases. 7th-8th-9th grade students were selected for the survey.

Many people know that rubbing the eyes can cause not only itching, but also damage to the cornea. The reason is that at this time, microorganisms from unwashed hands can enter the eyes, causing inflammation and vision problems. "Can you get an infection by regularly rubbing your eyes with your hands?" 85.23± 2.91% of the students in Samarkand region answered yes, 6.04± 1.95% answered no, 8.72± 5.86% did not know, while in Khorezm region 78.46± 3.61% answered yes, 6.92± 2.23% answered no, 14.62± 3.10% did not know.

In the conducted survey, when the students were asked "What is the reason for the wide spread of eye diseases among the population today", those who believe that "improper nutrition" was 8.72±2.31% in Samarkand region, and 7.69±2.34% in Khorezm region. We all know that Samarkand region is a mountainous zone, and Khorezm region is a desert zone. But despite this, the response "related to ecology" was almost the same in both regions. Accordingly, it was 38.26±3.98% in Samarkand region, and 34.62±4.17% in Khorezm region. 91.28±2.31% in Samarkand region and 81.54±3.40% in Khorezm region said "use of computer and telephone more than normal". 86.41% of schoolchildren noted that they know about the harmful effects of phones and computers, but even so, they did not fully understand this situation, the reason being that most of the participants in the survey use mobile phones constantly and this is the demand of the times.

In order to determine whether students follow the rules of hygiene when using the phone

"Do you use the phone in the bathroom and toilet?" when asked, the following answers were received: in Samarkand region 9.40± 2.39% yes, 76.51± 3.47% no, 14.09± 2.85% not always, and in Khorezm region yes 10, 77± 2.72%, no 73.85± 3.85%, not always 15.38± 3.16%. We know that there are many germs and bacteria in bathrooms and toilets. Therefore, it is impossible to stay in these places for a long time and use phones.

Conclusion. Thus, in 86.41% of cases, schoolchildren know about the harmful effects of phones and computers, but it is considered appropriate to carry out work on the full explanation of their importance. It is possible to prevent problems related to visual acuity by using phones and computers in moderation. Observance of health and hygiene rules, proper nutrition are important in preventing various diseases and developing healthily.

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