

КРАНИОМЕТРИЧЕСКИЕ ИЗМЕРЕНИЯ ДЛИНЫ НОСА У ДЕТЕЙ В ВОЗРАСТЕ 7-12 ЛЕТ

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Аннотация: Научные исследования по возрастной антропометрии имеют большое значение для оценки физического развития детей и их антропометрических особенностей, разработки новых нормативов физического развития. В статье отражены результаты антропометрического исследования, проведенного на детях в возрасте 7-12 лет, проживающих в Избосканском районе Андижанской области, с целью анализа соответствующих возрасту краниометрических размеров длины носа и динамики роста мальчиков и девочек в возрасте от 7 до 12 лет.

Ключевые слова: детские краниометрические показатели, физическое развитие, возрастная антропометрия, длина носа, цефалометрические показатели.

7-12 YOSH DAGI BOLALAR BURUN UZUNLIGINING YOSHGA MOS KRANIOMETRIK O'LCHAMLARI

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Annotatsiya: Yoshga bog'liq antropometriyaga oid bajarilgan ilmiy tadqiqotlar bolalar jismoniy taraqqiyotini va ularning antropometrik xususiyatlarini baholashda, jismoniy rivojlanishning yangi standartlarini ishlab chiqishda muhim ahamiyat kasb etadi. Maqolada 7 yoshdan 12 yoshgacha bo'lgan o'g'il va qiz bolalarda burun uzunligining yoshga mos kраниометрик o'lcamlarini, o'sish dinamikasini tahlil qilish maqsadida Andijon viloyatining Izboskan tumanida yashovchi 7-12 yoshdagi bolalarda olib borilgan antropometrik tadqiqot natijalari aks ettirilgan.

Kalit so'zlar: bolalarning kраниометрик ko'rsatkichlari, jismoniy taraqqiyot, yoshga bog'liq antropometriya, burun uzunligi, kefalometrik ko'rsatkichlar.

CRANIOMETRIC MEASUREMENTS OF NOSE LENGTH FOR CHILDREN AGED 7-12 YEARS OLD

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Annotation: Scientific research on age-related anthropometry is of great importance in the assessment of children's physical development and their anthropometric characteristics and in the development of new standards of physical development. The article reflects the results of an anthropometric study conducted on children aged 7-12 years living in the Izboskan district of Andijan region in order to analyze the age-appropriate craniometric measurements of nose length and growth dynamics in boys and girls aged 7 to 12 years.

Keywords: children's craniometric indicators, physical development, age-related anthropometry, nose length, cephalometric indicators.

Introduction: Until now, scientific researches on ecological, geographical and age-related anthropometry studied in our country fully support the implementation of projects and activities to ensure the upbringing of physically healthy children and their proper upbringing, children's physical development and their anthropometric characteristics are important in developing new standards of physical development. In order to analyze the craniometric indicators of children, in particular, the age-appropriate craniometric

measurements of the length of the nose in boys and girls aged 7 to 12 years, and the dynamics of growth, a 7-12-year-old boy living in Izboskan district of Andijan region. An anthropometric study was conducted on boys and girls. Craniometric measurements were conducted on a total of 165 children of the mentioned age.

Materials and methods. The 41st general education school belonging to the public education department of Izboskan district was taken as an object for the study. During the study, 165 boys and girls studying in grades 1-6 of this educational institution were subjected to craniometric measurements.

According to some authors, knowledge about the normative indicators of the head is very necessary in pediatric and obstetric clinics. Because a number of diseases in children can be diagnosed depending on the size of the head [1].

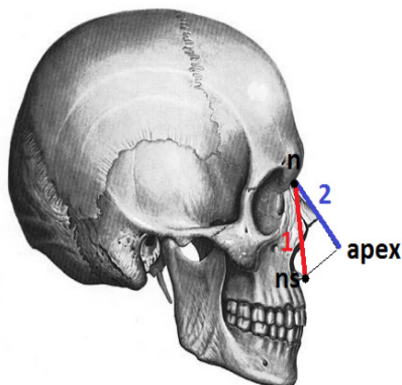
During the school period of a child's life, sexual differences are formed in the proportions of all parts of the body [2].

It should be noted that there is no single indicator that describes the skull of different groups of the population. The structure and dimensions of the skull depend on internal and external factors [3].

In youth, sexual dimorphism is observed in cephalometric indicators, and this condition is especially pronounced in the lower 1/3 of the face [4].

The length of the nose is the distance between the oral and staphylion points, and this indicator was determined by calculating the distance from the sellion to the tip of the nose. A barbell was used to measure this craniometric index.

Figure 1. Measurement area of nose height and nose width



1 – nose height;

2 – nose length.



Figure 2. Measure the length of the nose

1 – nose height.

2 – nose length.

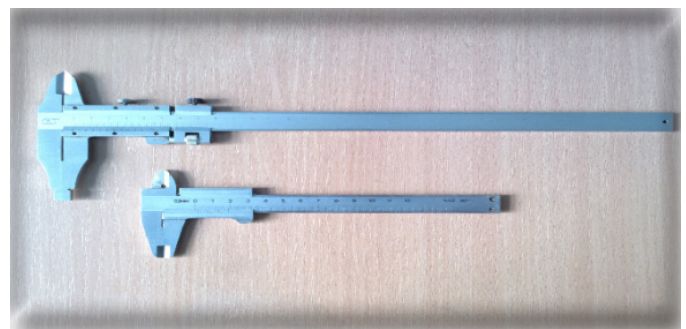


Figure 3. Barbell circulars

It is necessary to have a constant comfortable temperature in the place of anthropometric examination, and the entire floor of the room where the examination is conducted should be on the same horizontal plane (E.G. Martirosov, 1982). The most convenient time for measuring anthropometric indicators is the morning on an empty stomach or 2-3 hours after eating. In the middle of the day, the length of the human body decreases by 2-4 centimeters due to a decrease in muscle tone (E.G. Martirosov, 1982).

The main part of craniometric examinations related to our scientific research was carried out from 8:00 a.m. to 12:00 p.m. Taking into account that the study time in some classes of schools is in the afternoon, it was held between 14:00 and 16:00.

Results and discussion: The results of the study show that the length of the nose in 7-year-old boys is 3.45 ± 0.03 cm, 3.75 ± 0.04 cm in 10-year-old boys, and 3.86 ± 0 in 12-year-old boys. , increases to 14 cm. 3.30 ± 0.34 cm in girls at the age of 7; It reaches 3.54 ± 0.04 cm at 10 years old and 3.76 ± 0.04 cm at 12 years old.

During the mentioned period, the length of the nose increases by 12% in boys, and by 14% in girls, this figure is reflected in the results of the research. From the results of the research, we can see that it is possible to observe a simultaneous increase in indicators among the young people of both sexes.

Table 1.

Age-appropriate craniometric dimensions of the length of the nose of children aged 7-12 years (in $X \pm m$, cm), (for the example of children living in Izboskan district)

Age	7	8	9	10	11	12
Son	3,40±0,02	3,48±0,40	3,60±0,02	3,70±1,02	3,60±0,05	3,80±0,10
Girl	3,28±0,30	3,30±0,02	3,46±0,06	3,50±1,02	3,56±0,04	3,70±0,02

Conclusions: From the results of the research, it can be concluded that the craniometric dimensions of the length of the nose in boys and girls between the ages of 7 and 12 grow steadily depending on age. Children aged 7-12 years living in the studied area have the most rapid increase in craniometric parameters of nose length between 7-10 years of age.

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