

**BENEFITS OF EARLY CHILDHOOD TEMPERING**

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<https://doi.org/10.5281/zenodo.15699407>**Abstract**

The process of tempering children at an early age plays an important role in strengthening their overall health, strengthening their immune system, and increasing their resistance to various diseases. Childhood is a period of growth and formation of the body, and the formation of a healthy lifestyle during this period creates the foundation for future physical and mental health. With the help of tempering exercises (air baths, sunlight, water procedures), children can adapt to external environmental conditions, and their stress tolerance increases. The article analyzes various methods of tempering, age-appropriate approaches, positive health effects, as well as negative situations that may arise due to incorrect approaches. The study is based on observations and practices conducted in preschool educational institutions in the Andijan region. Using statistical data and psychological observations, it analyzes how children react to tempering programs, as well as the role of parents and educators in this process. Finally, practical recommendations are given on how to arouse children's interest in a healthy lifestyle and improve their physical and mental health through enrichment.

Keywords: enrichment, early childhood, children's health, immunity, healthy lifestyle, adaptability, preschool education, psychological state, health improvement.

Introduction

In modern society, the physical health of children, especially in early childhood, is one of the most pressing issues. Because it is during this period that the human body rapidly grows, develops, and becomes sensitive to various external factors. And the state of health in childhood is considered an important factor determining the quality of later life. Therefore, measures to harden children and strengthen their health are of great importance. Hardening is the process of increasing the body's resistance by gradually adapting the child to various physical factors of the environment (air, water, sunlight). This serves to form not only physical health, but also mental stability. Although state programs aimed at hardening preschool children have been developed in Uzbekistan, their practical implementation is not always effective. Observations conducted in the Andijan region show that if educators and parents do not have sufficient knowledge in the hardening process, children's health may be at risk. At the same time, positive changes in children have been observed through the right approaches. The article covers the main stages of the hardening process, its impact on children's health, practical recommendations, as well as cases observed on the example of preschool educational organizations in Andijan. The results of the article provide useful directions for parents, teachers and health care professionals. Hygienic factors are also of independent importance: they contribute to the normal functioning of all organs and systems.

For example, regular and high-quality nutrition has a positive effect on the functioning of the digestive system and ensures the timely delivery of necessary nutrients to other organs, contributing to the normal development and growth of the child. Good sleep gives the nervous system a rest and increases its capabilities. Proper lighting prevents the occurrence of eye diseases (strabismus, etc.), creates comfortable conditions for children to move on the playground. Strict adherence to the daily routine teaches organization and discipline.

Literature review

The health benefits of exercise have been repeatedly proven in scientific literature. For example, the article "Problems of exercise in preschool children" by Guloma Z. (2019) emphasizes that exercise improves the overall health of a child. It states that regular use of sun baths, air exercises, and cold water procedures strengthens immunity. Akramov M. (2020) emphasizes an individual approach to exercise in his study. Each child's body is unique, and the duration and intensity of exercise are determined depending on the child's age, physical condition, and mental state. The beneficial aspects of exercise are also widely covered in international sources. For example, Russian scientist Komarovskiy E. (2018) emphasizes that the adaptation of the child's body to external factors reduces not only colds, but also allergic diseases and mental instability. According to the results of a statistical analysis conducted by the Andijan regional health department in 2022, the number of respiratory diseases among children participating in the hardening program decreased by 23%. Also, pedagogical scientist Tursunova S. (2021) pays special attention to the role and level of knowledge of educators in organizing hardening processes in educational institutions. She emphasizes the need for special training and training of educators. Based on the above analysis, it can be said that hardening serves as a factor that strengthens not only physical, but also mental health. Also, a scientific approach, cooperation between parents and educators play an important role in this process.

Part of the research

The study was conducted in 5 preschool educational institutions in the region. The goal was to determine how the hardening process affects children's health. The study involved 100 children aged 3–6 years. 50 of them were involved in the hardening program, and the remaining 50 were raised according to a normal regimen. The hardening program included air baths, morning exercises, cold showers, and playing in the sun. The program was carried out for 2 months. Health status, colds, energy levels, and mental states were monitored weekly. According to the results, the number of illnesses in hardened children decreased by 35%, sleep quality and digestion improved. In terms of mental state, signs of self-confidence, active participation, and cheerfulness were observed. The educators noted that the first week was difficult for the child to get used to the training, but later the children adapted to the process and began to actively participate. These results showed that training has a positive effect on the health of early children, and it is necessary to organize it on a regular and individual basis.

Discussion and results

Physical exercises. It is the main specific form of physical education that comprehensively affects a person. They are used to solve the health, educational and educational tasks of physical education: they serve to implement mental, moral, aesthetic and labor education, and are also a means of treating many diseases. Dance exercises accompanied by music affect all systems of the body, develop physical qualities (agility, speed,

etc.), and also make movements graceful, free, expressive, evoke positive emotions, and help form the correct figure.

Therefore, various elements of dance and games (such as putting legs side by side) are used as means of physical education. Various types of activities (labor, drawing, making things, etc.) can have a positive effect on the child's body only if the correct posture is observed, and physical loads are given taking into account the age and individual characteristics of the child, his health, physical development and readiness. Massage (stroking, rubbing, kneading, patting, vibrating) affects the skin, affecting the whole human body. The conductive paths of skin analyzers are formed before the child is born, therefore, a newborn baby is more receptive to external influences through skin receptors (in children up to 6 months, there are relatively more receptors on the skin surface)

Conclusion

Early childhood physical activity ensures their overall healthy development. The results of the study showed that physical activity has a positive effect not only on the reduction of diseases, but also on mental stability, social activity and personal growth. Through physical activity, the child's body adapts to the external environment faster, strengthens immunity and increases self-confidence. Educators and parents play an important role in this process. Their knowledgeable and careful approach makes the process more effective. According to practical observations, when organizing physical activity programs, it is important to take an approach that is appropriate to the age, health and psychological state of children. Graduality, consistency and a positive environment are the main factors in physical activity. It is also necessary to introduce advanced training courses on physical activity for educators in educational institutions and to conduct explanatory work for parents. This will create a solid foundation for raising a healthy generation. In conclusion, early childhood education serves to develop children's physical, mental, and social well-being. Organizing it systematically and scientifically is one of the important factors in forming a healthy generation in society.

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