

ANATOMICAL AND PHYSICAL AGE CHARACTERISTICS OF CHILDREN AGED 7-10 YEARS

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Abstract: The article presents the anatomical and physical age characteristics of the body of children 7-9 years old.

Keywords: age characteristics, physiology, children, school, teachers and parents.

At every age, a person has his own characteristic age-related features of the body, which everyone should know and not neglect them. Consider the primary school age of 7-10 years, which corresponds to primary school education.

At this age, the child's further physical and psychophysical development takes place, which provides the opportunity for systematic schooling. At first, the work of the brain and nervous system improves in children. According to the observations of physiologists, by the age of 7, the cerebral cortex is already largely mature. Nevertheless, the most important, specifically human parts of the brain, which are responsible for programming, regulation and control of complex forms of mental activity, have not yet completed their formation in primary school children aged 7-10 years, since the development of the frontal brain departments ends only by the age of 12, as a result of which the regulation and inhibitory effects of the cortex on subcortical structures it is considered insufficient. The imperfection of the regulatory function of the cortex of primary school children is expressed in the characteristic features of behavior, organization of activities and the emotional sphere, that is, children are easily distracted from any activity, they are not capable of prolonged attention, excitable and emotional.

M.G. Prives, in his works notes that the anatomical and physical characteristics of children aged 7-10 years, can be attributed to:

- A more stable growth rate. At the age of 8, the average height of a child is about 130 cm, and by the age of 11 about 145 cm.
- There is a certain accumulation of fat cells under the skin in the abdomen and chest, in the absence of control, there is a possibility of obesity. Hypothermia and overheating in the sun become safer, since by this age the formation of sweat glands in a child ends.
- Also, the muscular system of children becomes stronger and increases in size. At this age, children become the strongest and most efficient. Fingers become more

capable of writing, modeling, despite this, the development of larger muscles proceeds faster, in this regard, children begin to make strong and sweeping movements.

- There is a continuation of bone growth and strengthening, in this regard, final ossification has not yet occurred and there may be a danger of curvature of the spinal column associated with improper posture while sitting at a table and other criteria. At the age of 10-11 years, differences in the structures of boys and girls appear: in girls, the pelvis becomes wider, the hips expand.

- The structure of the lung tissue completes its formation, respectively, the diameter of the airways increases. The mucous membrane increases and ceases to pose a serious danger to the body in diseases. There is a decrease in the respiratory rate, up to 20 times per minute by the age of 10.

- The cardiovascular system continues its "tendency" to decrease the pulse rate and blood pressure increases.

- The digestive glands and digestive organs are actively functioning and well developed, they also function well and the digestive process of adults is practically the same as that of children, the intestines are emptied 1-2 times a day.

- The structure of the urinary organs becomes almost like that of an adult, the amount of urine increases per day.

- The body's defenses are becoming well developed. In laboratory studies, scientists have proven that the immune system of a child aged 7-8 years is practically compared with that of an adult.

- By the age of 7, the active activity of the thymus gland stops, as a result, the brake on the activity of the genital and a number of other endocrine glands is removed. At this age, nervous processes grow in mobility, and arousal processes prevail, this determines the characteristic features in primary school age, such as: increased emotional excitability and restlessness. Signs of puberty begin to appear, and the endocrine system ends its development.

Conclusions: Thus, it can be said that children of primary school age 7-8 years old have age-related anatomical and physical features. Teachers and parents alike should pay great attention to the amount of educational and extracurricular activities, monitor the physiological characteristics at this age, and promote daily exercise, both at home and at school.

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