

THE MAIN TYPES OF HUMAN WORK AND THEIR IMPACT ON THE HUMAN BODY

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Abstract

A person has to do all kinds of work during his life. Labor physiology is a science and the functioning of the human body in work. This, in turn, requires the development of standards for improving and improving working conditions.

Key words: *working conditions, harmful and dangerous factors in work activity, work physiology, mental and physical work, labor activity, prevention of fatigue, exhaustion and extreme fatigue, dangerous and harmful factors.*

In order to increase the efficiency of labor activity, it is necessary to train a person to work and improve his skills and abilities. Training for production means the process of adaptation and means the appropriate change of physiological functions in a person to increase the efficiency of work. As a result of training and exercises, muscle strength and endurance increase, accuracy and speed of movements appear, and the speed of recovery of physiological functions after work also increases. It is important to organize the order of work and rest in order to keep the ability to work at the same time. We studied labor into physical and mental types. Physical work is performed by our movement organs, increases the activity of the human body (heart, nerves, respiratory tract) and ensures their work. Mental work is receiving information, concentrating attention and concentration in the mind. Various physiological changes are observed in the human body during work. Each work has its own difficulties and concentrates the activity of all human organs, especially the central nervous system. In physical conditions, the "vegetative" system is activated (blood flow, breathing, and heart rate increase). During mental activity, every part of the brain is activated, blood flow and oxygen demand increase. A key concept in work physiology is workability and fatigue. Workability changes from time to time and the activity of the central nervous system and heart increases, the level of the central nervous system increases, the result of work is high, sometimes it is associated with a decrease in work performance, fatigue. The duration of each work depends on the **central nervous system and working conditions**. For example: the work activity of a 1st-year student becomes active at 11:00 a.m., he works hard until 4:00 p.m., and then the work activity slows down, i.e.

fatigue is observed. Here, the main thing is to increase the level of the central nervous system, the result of work is high, it is around 12:00, when it will be possible to hold events during work, take breaks during study and play sports. .

Sometimes, day workers suffer from fatigue and fatigue as a result of non-stop work, which leads to a decrease in work performance and mental attention. Fatigue accumulates day by day, and then leads to weakness. Excessive fatigue of workers is a pathological condition that leads to illness. In this case, damage to nerve fibers, headache, loss of memory, insomnia, and loss of appetite are observed. Fatigue can lead to rapid illness, which in turn can lead to the development of neurosthenia and hysteria. What should we pay attention to in order to prevent fatigue and burnout? The main measure is the proper organization of work and rest. In this, the sequence of work and the breaks between them are of great importance. The most important thing is *to be active* during the rest. It would be appropriate to perform various physical exercises during a short break. In order to calm the nerves, music is used, and a psychologist's room is organized. One of the main elements of spiritual relaxation is autogenic exercises, in which a person calms himself psychologically using mental control and physical exercises. The main thing is the mechanization and automation of production. It avoids overexertion, fatigue and burnout during work. The most important factor is to improve the sanitary condition of the workplace, that is, the rooms should be spacious and bright, tastefully furnished, ventilation or air conditioning, and the general microclimate should be good. During heavy physical work, the body temperature can rise up to 1-1.5°C. The main place in physical labor is the organization of the workplace. Muscles can work in conditions with oxygen and without oxygen. Here we can show the breakdown of glucose - glycolysis. Taking into account that man is the main developer of the society and the manager of the production system, maintaining his production activity and health is an important factor in the way of social development. There can be no absolutely safe work. There is a hidden danger in any work.

Work protects a person from three things: 1. Heart attack 2. Need. 3. From walking on the wrong path. An important requirement of industrial enterprises is not only the production of quality products, but also the improvement of production conditions, the elimination of sources that cause injuries in production, the work activity is not a source of fatigue, exhaustion and diseases for a person, but joy and it is necessary to try to ensure that it is an activity that brings happiness. Work productivity depends on a person's health and psychological state. Dangerous and harmful factors that negatively affect human health. Substances obtained in chemical industry enterprises, dust of chemical compounds, harmful gases have a negative effect on human health. An increase in the amount of carbon monoxide in the air causes

dizziness, rapid heartbeat (tachycardia), decreased hemoglobin, and disorders of the cardiovascular system. Industrial waste, work of chemical enterprises, nuclear tests, space flights seriously threaten the balance of nature and human life. Substances obtained and used in chemical industry enterprises - ammonia, gases, gasoline, kerosene, alcohols, ethers, acids and alkalis are considered poisonous. It is necessary to use personal protective equipment during work. *Accidents, disasters, natural disasters, tragedies* cause emotional excitement in people. As a result, a person remains in various emotional states. People's health deteriorates, they may fall into stressful situations. The decisive role in all difficult situations depends on training the psychological state and spiritual spirit of a person. A person who is psychologically and spiritually trained understands the moment of any crisis and is ready for well-intended and determined actions. They require high spiritual and psychological stability, fortitude, courage. It requires readiness to help the victims and to save perishing material assets. Natural disasters have a negative effect on the human spirit. The main changes that occur in people's psyche as a result of natural disasters are insomnia, panic, strong excitement, waking up in fear at night, confusion, etc. Harmful habits that negatively affect human health and psychology are *alcohol, cigarettes, tobacco, cannabis*, etc.

As a result of regular consumption of alcohol, cigarettes, tobacco, cannabis, a person's health weakens, memory and work ability decrease, and psychological changes appear. Impact of dangerous and harmful factors on human psychology Psychophysiological reasons that can lead to an accident are a violation of the psychological regime during a person's work, fatigue, illness, family turmoil, disagreements in the work team, etc. Before starting work, it is necessary to concentrate well and know what and how to do. Then a person gets tired less and fatigue is almost not observed. If mental work is replaced by physical work, a person will not be tired for a long time, and his work will be productive. Because the centers that are stimulated during mental work rest during physical work. Therefore, a person's ability to work increases after a good night's sleep.

There are drinks that have a *positive effect on human health* and psychological activity. These are: tea, coffee. These fluids make a person fresh and energetic, strengthen mental, intellectual and physical abilities, revive the work of the heart. Effective labor activity of a person depends on his psychological state, health, and safe working conditions. In some psychologically unprepared and untrained people, there is a feeling of fear and a desire to run away from dangerous places, while in others, there is a hardening of the psychological shock, the thinking process is completely disrupted. The nervous process (excitation or inhibition) is manifested in different ways. There are cases where there are people who died due to heart failure due to severe

fear. Disaster relief can also see depressed people, who may wander aimlessly for long periods of time in devastated areas. The reasons why people fall into this situation are as follows: the sudden occurrence of safety, not knowing the cause of its origin and not knowing the consequences of a natural disaster or accident, the rules of behavior in this situation, lack of experience and skills, It is caused by the lack of spiritual and psychological preparation. What should we pay attention to so that people do not become depressed?

First, if a person with a severe psychological injury is given some kind of physical work in a group of people, the person will recover faster mentally. **Secondly**, in order to reduce the negative impact on a person, it is necessary to always prepare for moving in extreme conditions, to form psychological stability, and to train the will. Therefore, the main content of psychological training is to create and strengthen the necessary psychological qualities. Here, the main thing is to organize training in a specific area, in a place where the population lives or in an object, as close as possible. It is necessary to emphasize the importance of courage, coolness, intelligent thinking and education in dangerous and complex conditions. It is impossible to verbally introduce the formation of these qualities to the situation in the process of a natural disaster. It is only during practice that one can get the necessary skills, psychological stability, and emotional will from experience. That is why, when conducting training with the population, especially with military units, it is necessary to bring the methods of rescue work that can be encountered in these places to the standard, without limiting yourself to only describing the necessary actions from a distance and showing movies and videos. Based on the formation of skills, it is necessary to repeat the necessary exercises over and over again and consciously hold back the necessary actions.

Thirdly, it is necessary to train the team - to increase the tolerance of enterprises, organizations, institutions, all employees, to psychological loads, endurance, to be bold, to fulfill the assigned tasks, to show continuous striving, interaction and support. It is necessary to carry out such training with classification, that is, to take into account what work each team is intended for and what situation the specific team will face. And it should be done in exercises. The experience of eliminating the consequences of tragic events shows the team to gather spiritual, intellectual and material resources, to train the population to move in emergency situations. It should be remembered that the level of psychological preparation of people is one of the important factors. A small display of confusion and fear, especially in the beginning of an accident or disaster, in the development of a natural disaster, can lead to very serious, and in the same events, irreparable results. First of all, it belongs to people in this position, they should immediately take the necessary measures, mobilize the team, and at the same time show personal discipline and perseverance.

Another important point is that the local administration, deputies and other leaders and respected people should always communicate with the population in the place of natural disaster or disaster.

The sense of duty and responsibility should be cultivated, educated and respected. It is not given to all, not all will have it. Loyal only to true patriots, to his people, not in words, but in deed, he shows his bravery It is given to people who do their daily work without noise, and it is necessary to educate many young people in the spirit of patriotism, love and loyalty to their Motherland.

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