

Topvoldiyev Murodjon

Andijan State Medical Institute, Andijan, Uzbekistan

PUBERTY AND ITS STAGES IN SCHOOL-AGE CHILDREN

Annotation: The article introduces sexual puberty, which is observed in everyone, theories of historical scientists about it, stages, general changes in boys and girls that occur during this period, as well as certain diseases in this regard. Girls reach puberty earlier than boys. In girls, the accent of this period lasts from 12-14 to 16-18 years, in boys from 13-15 to 16-20 years. The duration of puberty depends on the hereditary characteristics of the teenager, health, food, as well as lifestyle (domestic, socio-economic) and climatic conditions. Various unpleasant factors: severe illnesses, malnutrition and other usually cause a delay in physical and mental development. Nimjon, sick children reach puberty later than healthy children. Late or early puberty can be involved in disorders of the gonads, adrenal glands, and pituitary function.

Keywords: Adolescence, ontogenetic development, oral, anal, activity, latent, genital stages, amenorrhea.

Now in many-How does sexual puberty come true? such a question arises. First of all, if we find the answer to this question. Hence, the sex glands and The Associated sex signs appear as soon as the child is still in the womb and determine sexual development from the birth of the child to adolescence. The sex glands and their functions will be inextricably linked with the integrity of the child's development process. At a certain stage of ontogenetic development, sexual development is sharply accelerated, and physiological sexual maturity is realized. The acceleration of sexual development is called the puberty period, and it in most cases corresponds to adolescence. Female puberty is 1-2 years earlier than boys. Puberty is relatively individual in nature and can occur differently in different children, depending on time and tempo.

As we all know, a new field of Science called Psychology has developed on the basis of philosophy and Biological Sciences. Sigmund Freud is an Austrian physicist known for his influential views on personality theory. His fellow Swedish biologist Jan Piaje was also among the leaders in the field of child observation in the last century. According to Sigmund Freud, the effect on emotions in childhood is manifested in the self-awareness of the individual later. From then on, psychology emerged in 1920 as the science of spiritual life. Freudian theory is considered to be directed against humanistic theory. B.F. Despite Skinner being a behaviorist like Freud, he was opposed to self-observation towards his contemporaries. He is also considered a scientist who has studied the period of sexual puberty in the following stages, not only contributing to the study of forms of behavior. She believed that puberty was a process by which a child develops from the womb.

1.Oral stage. It lasts from birth to 18 months. At the initial stage of psychogenic development, the main source of satisfaction is added with the satisfaction of the main organic demand and adds actions associated with breast feeding: sucking, biting and swallowing. In the Oral stage, ustanovkas are formed in relation to the attitude of other people-namely, tobelik, base or independence, confidence ustanovkas, etc. The mother develops sexual interests in her child teaches her to love. It is the optimal level of satisfaction (stimulus) that creates the foundations of a healthy independent large life in the oral zone (breast nutrition, absorption). In the first six months of life, the limit of maternal relationships is excessive or, conversely, missing stimulation disrupts personal development, oral

passivity fixation occurs. This means that a large person demonstrates gullibility, helplessness as one of the ways to adapt to the world around him, Feels help in getting the outside approval of his actions. Excessive parental affection accelerates sexual maturity and subjugates the child —erkatoy. With the release of teeth in the second half of the first year of life, the main focus reaches the oral sadistic phase of the oral stage when the focus is on biting and chewing. The Oral sadistic phase produces characteristics in a child, such as quarrels, which are typical of an older person, and pessimism, the attitude of excessive moderation to others.

2. Anal stage. It is associated with the occurrence of ego, and occurs from 1-1.5 to 3 years of age. Anal erotica is associated with functions of good intestinal excretion according to Freud. At this stage, parents teach their children to Hojat, demanding for the first time to give up on institive pleasure, and methods of teaching Hojat determine forms of self-control and self-control in the future. The correct educational approach relies on focusing on the state of the child to stimulate the constant emptying of the child's intestines. In the negative variant of development, parents behave excessively strict and demanding, demanding tidiness as early as possible. This creates a tradition of dissatisfaction in children in response to inadequate demands. These fixated reactions produce a self-sufficient personality type that later migrates to another type of behavior.

3. Stage of activity (3-6 years old) –in the stage of activity of psychogenic development, the child often studies his own genital organs, provokes interest in questions related to the birth of children and sexual relations. It is during this period that a historical conflict Oedipus complex arises in the individual development of each person. A boy develops a desire to take over the mother and alienate his father. Entering into an unconscious rivalry with the father, the child is afraid that punishment will be imposed by him ambivalent feelings of the child (love for the father) will be overcome in the age range of 5-7 years, accompanied by a hatred Oedipus complex. Equating oneself with one's father brings the super ego or duty, the last component of the personality structure, to the surface. In girls, Freud refers to the leading complex elektra complex. The solution of the Elektra complex also happens by pressing the aspiration to his father by equating himself with his mother. The girl reinforces her resemblance to her mother and takes a symbolic path to her father.

4. Latent stage. Sexual quiescence occurs between the ages of 6-7 and 12, until the onset of puberty. During this period, the main energy power is the desire to study, sport, know, is mainly directed towards making friends with peers of his gender.

5. The Genetal stage (12-18 years old) is a stage that is based on biological maturation in the pubertal period and completes psychogenic development. During this period, an increase in sexual and aggressive sensations occurs, and the Oedipus complex relapses. Autoeroticism disappears - instead, interest in other sexual objects appears. In the norm, in adolescence, there will be attempts to find a place in society, seek a spouse, create a family. Another of the important tasks of this stage is to get rid of parental care.

During puberty, under the influence of hormones secreted by the pituitary gland and thyroid glands, an increase in height in a teenager, the development of secondary sexual signs, changes in voice, increased muscle forces; wool pressing on certain parts of the body, the development of the breast glands are observed.

Puberty is not a flat process. It is further divided into a number of specific stages, and each of them is characterized by the specific functions of the glands of internal secretion and the whole organism. These stages are determined by the set of primary and secondary sexual signs. 5 stages of puberty in

both boys and girls differ, while they are considered to be character traits that are considered common to both boys and girls:

Stage I-pre-pubertal stage (pre-sexual puberty). This period is characterized by the absence of manifestations of secondary sexual signs.

Phase II-the beginning of puberty. In boys, the ovary is slightly enlarged in shape. Wool is everywhere and straight. In female children, the mammary glands go to the pull. A little wool presses around the sexual lips. At this stage, the pituitary is sharply activated, its genodotropic and somatotropic functions increase. Somatotropic hormones

increased separation is more common in girls at this stage. This affects the intensification of the growth processes in them. The secretion of sex hormones increases, the function of the adrenal gland is activated.

Phase III-in boys, the enlargement of the ovary continues. The enlargement of the genital area begins, mainly it goes to lengthen. In the bark, the wool becomes thickened and roughened, expanding its area. In female children, the development of the mammary glands continues, the wool coating expands towards the sac. An increase in the amount of genodotropic hormones in the blood is realized. The functions of the sex glands are activated. With increased somatotropic hormone secretion in boys, their height increases.

Phase IV-in boys, the genital area becomes wider, the sound changes, freckles begin to appear on the faces, wool begins to come out on the faces, armpits and melons. In female children, the mammary glands begin to develop rapidly, the pressing of wool on certain areas of the body will be similar to that of an adult, but less common. At this stage, androgen and estrogen hormones begin to be strongly secreted. In boys, high levels of somatotropin are maintained, which determines the rapid growth of height. In female children, however, the amount of somatotropin decreases and, respectively, the growth of the neck also slows down.

Phase V-in boys, genital organs and secondary sexual signs develop. In female children, the covering of the mammary glands and genitals with wool is the same as in adult women. At this stage, menstruation stagnates in girls. The occurrence of menstruation indicates the onset of the sexual puberty period. By this time, the egg grains begin to mature and produce mature eggs ready for fertilization. Menstrual irregularities during this period are called amenorrhea. During the same period, experts have shown that amenorrhea is not caused by gynecological diseases, but by mental disorders and anxiety in several women, indicating that the condition of amenorrhea is associated with a violation of the psyche. In the 21st century, the so-called Stress age, amenorrhea is one of the most common pathological conditions. Especially today, constant quarrels in the family, the absence of children, disagreements at work are the reasons for the violation of the arrival of menstruation. Experts believe that mental-emotional disorders, especially those accompanied by anxiety, can lead to amenorrhea. Hence, amenorrhea is one clinical manifestation of neurosis.

Conclusion:

In conclusion, sexual puberty is considered to be a somewhat crisis period that everyone goes through. The period actually develops from the mother's womb of each individual, and by the time of puberty, changes and begins to be felt outward. This period does not go evenly. Psychic disorders are also observed in it. That is why, nowadays, from teachers to parents, boys and girls are required to be properly educated from an early age, to explain everything slowly, in rhythm, as they get older. It will

never be an exaggeration to say that through it the occurrence of negative situations that can occur in any period is taken away.

Literature:

1. OILA PSIXOLOGIYASI Akademik litsey va kasb-hunar kollejlari o'quvchilari uchun o'quv qo'llanma «SHARQ» NASHRIYOT-MATBAA AKSIYADORLIK KOMPANIYASI BOSH TAHRIRIYATI TOSHKENT – 2008 G. B. Shoumarov .
2. BIOLOGIYA (ODAM VA UNING SALOMATLIGI) O.Mavlonov, T.Tilavov, B.Aminov
3. Toshkent-2019.
4. PSIXOLOGIYADAN IZOHLI LUG'AT Farg'ona Davlat Universiteti Farg'ona-2006.
5. —Shaxs psixologiyasi.Maxsus psixologiya.Iqtidorli bolalar psixologiyasil fanidan MA`RUZA MATNI Namangan-2019 D.Oribboyeva.
6. TIBBYOT PSIXOLOGIYASI O'zbekiston Respublikasi oliy va o'rta maxsus ta'lim vazirligi tomonidan 5720100 — «Davolash ishi yo'nalishi» bo'yicha ta'lim olayotgan talabalar uchun darslik sifatida tavsiya etilgan Cho'lpon nomidagi nashriyot-matbaa ijodiy uyi Toshkent — 2012.
7. Usmonov M. T. The Concept of Compatibility, Actions on Compatibility. International Journal of Academic Multidisciplinary Research (IJAMR), Vol. 5 Issue 1, January - 2021, Pages: 10-13.
8. Usmonov M. T. The Concept of Number. The Establishment of the Concept of Natural Number and Zero. International Journal of Academic Information Systems Research (IJASIR), Vol. 4 Issue 12, December - 2020, Pages: 7-9.
9. Usmonov M. T. The Concept of Compatibility, Actions on Compatibility. International Journal of Engineering and Information Systems (IJEIS), Vol. 4 Issue 12, December - 2020, Pages: 66-68.
10. Usmonov M. T. General Concept of Mathematics and Its History. International Journal of Academic Multidisciplinary Research (IJAMR). Vol. 4 Issue 12, December - 2020, Pages: 38-42
11. Usmonov M. T. Asymmetric Cryptosystems. International Journal of Academic Engineering Research (IJAER) ISSN: 2643-9085 Vol. 5 Issue 1, January - 2021, Pages: 6-9.
12. Usmonov M. T. Basic Concepts of Information Security. International Journal of Academic and Applied Research (IJAAR) ISSN: 2643-9603 Vol. 5 Issue 1, January - 2021, Pages: 5-8.
13. Usmonov M. T. Communication Control Systems, Methodology. International Journal of Academic Engineering Research (IJAER) ISSN: 2643-9085 Vol. 5 Issue 1, January - 2021,
14. Pages: 47-50.
15. Usmonov M. T. Compatibility between the Two Package Elements. Binar Relations and Their Properties. International Journal of Academic Multidisciplinary Research (IJAMR) ISSN: 2643-9670 Vol. 5 Issue 1, January - 2021, Pages: 52-54.
16. Usmonov M. T. Cryptographic Protection of Information. International Journal of Academic and Applied Research (IJAAR) ISSN: 2643-9603 Vol. 5 Issue 1, January - 2021, Pages: 24-26.