

OCCUPATIONAL PHYSIOLOGY AND THE ROLE OF LABOR ACTIVITY IN HUMAN LIFE

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A person is born with the right to live, to freedom and to pursue happiness. A person exercises his right to live, rest, to take care of his health, to work in a working environment that meets the requirements of a comfortable environment, safety and hygiene in the course of his life activity. These rights are guaranteed by the Constitution of the Republic of Uzbekistan. Work is the basis of the formation of man as a social being, his separation from nature. There are many facets of human activity, and there will be a type of activity peculiar to the inhabitants of different regions. Taking into account the modern progress, human activity is divided into two types: physical and mental labor.

When a person performs physical work, he performs it on the basis of his strength and strength, in which a weight falls on his whole body, that is, his joints are tensed, as a result of which the body's mobility, lifting ability increases, and as a result of constant tension, general physical development occurs, which in turn ensures the strong and smooth functioning of the respiratory and circulatory systems. and improves the processes of nutrition and metabolism in the body.

In mental labor, individual brain cells, not muscles, are in a strong state of arousal. In the state of arousal a certain amount of energy is also expended, but the law in the brain cells is such that any perturbations are replaced by braking after a certain time. Therefore, prolonged mental labor tires the brain, the person feels the need to rest.

In modern conditions, the mental labor of students has increased significantly. This is due to the complexity of curricula in all subjects. In addition, the introduction of electronic computers, technical means of teaching, as well as practical games in mastering science led to a complexity of programs in disciplines.



Figure 1. Professionals engaged in mental labor.

Fatigue with mental labor is the result of a violation of the subshell ratio. At the same time, on the one hand, displacement and ability to work in the neurodynamics of the shell are observed, and on the other hand, unpleasant changes in the vegetative sphere are clearly manifested. Consequently, the writing of fatigue is associated with higher neurov activity processes and vegetative functions.

Mental fatigue leads to a deterioration of the functional state of the body, a decrease in concentration and working capacity, and a violation of the accuracy of movements. All this is evidenced by the development of inhibitory processes in the cerebral cortex, a decrease in excitation of the central neurov system, and the mobility of neurov processes. During mental labor at night, great changes take place in the various functions of the body.

How does a person sense that he feels overwhelmed? Initially, the person becomes lethargic, loses concentration, cannot work creatively, does not remember memorized things well, becomes empty, irritates the raft.

Rational organization of mental labor is not only a means of preventing fatigue, but also a means of increasing mental working capacity. As a result of regular fatigue, the normal processes of higher nervous activity are undermined, the nervous system breaks down. Therefore, in the organization of mental labor, it is necessary to take into account the special features of the central nervous system, especially the client. Such features were identified by I.M.Sechenov and I.P.Pavlov.

1. The principle of distinguishing human characters according to the type of nervous systems.

A student of I.P.Pavlov N.I.Krasnogorsky, based on the opinion of his teacher, differentiated the types of their nervous systems and divided them into 4 groups, depending on the strength, character and mobility of nervous processes, interaction between the parts of the brain and the first and second signaling systems:

1. Sanguinics: strong, stable, mobile. In such people, the process of excitation and inhibition in the cerebral hemispheres is strong. They become hardworking, cheerful, and much more cheerful in life.

2. Phlegmatics: strong, stable, inferior type. In this category of people, the excitations are strong, stable, but the movements are slowed down. Such people, by nature, are calm, calm, calm, patient and hard-working.

3. Choleric: strong, excessively excitable, unstable. In people of this category, the processes of excitation and inhibition in the cerebral hemispheres are sharp, and the excitation process becomes stronger than the inhibition. Therefore, they are zealous, quick to imitate and talkative.

4. Melancholics: Loose type. In such people, brain excitations are weak, stabilized, and they have a strong tendency to inhibition. Therefore, they become unenthusiastic, constantly frustrated with life, disappointed.

TEMPERAMENT



PHLEGMATIC



SANGUINE



CHOLERIC



MELANCHOLIC

Figure 2. The principle of distinguishing the human verb according to the type of nervous systems

Since people have different types of nervous systems, it is impossible to demand from them the same behavior, the same attitude towards others, objects. It also depends on the level of fatigue of individuals, the time of recovery of normal working capacity.

Depending on the level of development of the first and second signal system, individuals can be divided into the following 3 types:

1. Artist type. In this category of people, the primary signaling system is well developed, and they rely more on sight, hearing, and intuition in their perception of presence.

That is why more and more painters, poets, writers, musicians emerge from this category.

2. Thinking type. This category of people has a second signal system - perception, thinking, which is well developed, and they rely more on their reasoning in their perception of existence. Therefore, more mathematicians, philosophers, discoverers come out of this category of people.

3. Average type. In this category of individuals, the first and second signaling systems are of equal importance, and most people fall into this category.

It is desirable to look at mental labor into several categories. These can be described as managerial work, creative, labor of medical staff, labor of teachers, labor of students and students. For example, operative labor is a type of labor that requires a great deal of responsibility within the general types of mental labor and requires coming to a certain solution by concentrating an enormous amount of information. This will definitely cause the human body to nervous tension.

The proper structure of the lesson schedule (daily and weekly) is an effective tool in preventing fatigue. Scientists say that the changes in nature that occur during the night and day are largely due to changes in the situation of the sun relative to the earth, and thus give rise to a biological law that is incredibly important there. According to this law, all creatures on earth, including biological activity in the human body, also intensify and weaken during the day in the shape of the letter M. Biological activity, which has slowed down at night, begins to rise from 4 a.m. and peaks at 7-8 p.m. This state is maintained until 10-11 p.m., from 12-14 p.m., the activity subsides, and from 16-17 p.m., it begins to rise again and lasts until 20-21 p.m. At 21 p.m., biological activity slows down considerably, at 23 p.m., and lasts until 4 o'clock in the morning. this periodicity lasts all the time and forever. Therefore, only if a person organizes his daily activities in accordance with this biological order, he will live, his health is sound, his work is productive, his life will be long.

Work capacity changes not just during the day, but also during the week. Tracking performance during the week showed that it varied. Due to the rest on Saturday and Sunday, it will be more difficult for the body to adapt to the working conditions on Monday. On Wednesdays and Thursdays of the week, unemployment peaks. As of Friday, unemployment will begin to slowly decline again. Therefore, it is better to put social studies on Mondays, subjects requiring more attention on Tuesdays, Wednesdays and Thursdays, and easily absorbed subjects on Fridays and Saturdays.

When mental labor is done rationally, mental working capacity increases. In mental labor, the structure of the agenda in a purposeful, physiological basis is an effective factor in strengthening recovery processes. A reasonable agenda is the foundation of a healthy lifestyle. With a properly

organized agenda, the activity of the physiological systems of the body is reduced to a single level, a dynamic stereotyp is formed, less and less tension is required to maintain it. Constant adherence to the daily routine ensures the full development of the human nervous system and the whole organism, strengthens its resistance to various diseases, and creates energy for activity. Follow the agenda in such a way that it includes eating, sleeping, resting, being indoors or outdoors, sitting and active movement, exercise, and work on time.

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