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SHAVKAT RAHMON IJODIDA ESTETIK QARASHLAR

Aliyeva Orzigul
Termiz davlat universiteti mustaqil izlanuvchisi

Annotatsiya: XX asrning 70-80-yillari she'riyati obrazlarga boyligi, uslubi rang-barang shoirlar ijod qilgani bilan boshqa davrlardan farq qiladi. Bu shoirlar orasida Shavkat Rahmon she'riyati alohida ajralib turadi. Shavkat Rahmon she'rlarida ijtimoiy masalalarni ham jonsiz tabiat orqali ochib berish kuzatiladi. Shoir bevosita tabiat hodisalari orqali ham insoniyat yuragining tub-tubidagi yaralarni ochib tashlaydi.

Kalit so'zlar: she'riyat, istehzo, lirik qahramon, ijodkor, erk, vatanparvarlik. Shavkat Rahmon iste'dodli, vijdoni but, yurtparvarparvar shoir edi. U shoirlik ilohiy ne'mat ekanini bir umr anglab, unga amal qilib yashadi va bu haqiqatni she'riyati orqali insoniyatga uqtirishni burch deb bildi. Bu vazifani uddaladi ham. Shavkat Rahmon shoirlik kasb-hunar, mavqe, obro' keltiruvchi manba emasligini, shoirlik mas'uliyat, el-yurt oldidagi farz, Allohning inoyati ekanini chuqur idrok qilardi. Shu sababdan ijodi va hayoti bir xil edi, ba'zi ijodkorlar kabi so'zi va amali boshqa-boshqa emasdi: Rubobiy she'r yozsam, qaytsam bir nafas. Hamisha musaffo chashmani ko'rsam, Qoraygan cho'qqilar qoriga qarab, Bir nafas xayolchan o'smirga do'nsam. U "rubobiy" she'rlar yozaman deb she'riyatga kirib kelgan edi. Shunday she'rlar yozdi ham. Faqat elining erksiz, Vatanining qaram ekanligi shoirni ijtimoiy mavzularda og'riqli she'rlar yozishga undadi. Bu haqda o'zi ham o'kinib yozdi: Qaysi bir dunyoga buncha og'rindim, Dilimni qaritdi besamar janglar. Men jangchi emasdim Men shoir edim, Nihoyat shoirdan ko'ra zobitman. Shoir rohatlanib ruhiyati go'zalliklarini ifodalamoqchi edi. Ammo erk uchun, Vatan mustaqilligi uchun kurash maydoniga otilgan Shavkat Rahmon o'zi ta'kidlagani kabi zobitga aylandi. Shoir "musulmon millatim dedim", – deya yozar ekan, "iymonli el" ma'nosini nazarda tutadi. "Haromni xush ko'rgan maslakfurushlar"ga yuzma-yuz bo'lar ekan, "zig'irday himmatini minnat qilgan"larga qarab hayron shoir "buyuk urushda yaproqday sarg'ayadi". Shoir ijodida Vatan mavzusi erk mavzusi kabi yetakchi mavzu sanadi Shoir Vatani erksiz, qaram ekanini aks ettirdi. Uning Vatanida "Boltalarning bo'g'iq zarbasi" doimiy eshitiladi. Bu yerda dushman borligini shoir qo'rqmay ta'kidlaydi. Sho'ro davrida bunday she'rlar yozish uchun tog'day yurak kerak edi. Va Shavkat Rahmonda shunday yurak, jasorat mujassam edi. Dushmanning boltalari shunday o'tkir, shay, shunday bahaybatki, "Bir lahza Yerga qo'ngan bahaybat qushlar"ni o'ldirishga ulguradi, shunday shiddati, kuchi bor. Oddiy mavzusidagi xalqaro ilmiy-amaliy anjuman

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tasvirday tuyuladigan she’rda kuchli ijtimoiy voqelik ifodasi bor. Shunday she’rlar mustaqillikning g‘alaba qilishiga yo‘l ochdi. Shu sabab shoirning ijodi ulug‘ ahamiyatga molikdir. Aslida Shavkat Rahmon jahon shoiri deyishga loyiq tarzda iste’dodli edi. Shu sabab bo‘lsa kerak, shoir Vatan obrazini yaratar ekan, goho 99 butun zaminni Vatan deb bildi. “Kuzgi yer ko‘rinishi” she’rini o‘qib, shoirning holatini his qilasiz: Kuz. Xazon.Hosili yig‘ilgan yerda sarg‘aygan maysalarga bag‘rini berib yotgan lirik qahramon kuzakning parchasi go‘yo. Shoir kuzning oddiy manzarasi orqali mungli, ayni damda, umuminsoniy bir fikrni shuuridan o‘tkazadi: Nogoh sado keldi, Qalbing qa’ridan: Intizor turibdi poyonsiz olam, Maysamni hidlama, Ichma suvimni, Sarg‘aygan bag‘rimda yotmagin, bolam. Bu Yerning o‘tinchi. Bu o‘tinchni she’rxonga yetkazishdan oldin shoir yerni shunday ta’riflaydi: “Qurigan bahaybat yaproqdir yerim”, “giyohvand yerim”. Lirik qahramon dorilardan zaharlangan ona tuprog‘ining giyohvand holga kelganini aytish bilan O‘zbekiston yerlarining 70-80-yillardagi ahvoliga ishora qiladi. Lirik qahramon ona tuproq “bag‘riga bag‘rini berib”, “jannatiy giyohlarni, rang-barang chechaklar, qushlar, sitoralar, saratonlarni” xotirlab yotganida yer qalbi qa’ridan sado keladi. Yer “sarg‘aygan bag‘rimda yotma” desa ham lirik qahramon – yerning “o‘jar bolasi”, “osmonga yetmasdan yer bag‘riga gup etib tushgan nolasi” ona tuproqdan ketib bo‘lmasligini aytadi. Lirik qahramonning o‘g‘li uning bag‘riga kelib yotadi. “Dunyolar go‘zal, kimsasiz bag‘rimda yotmagin” deb o‘g‘liga aytsa-da, o‘g‘li o‘zidan ham o‘jar, u otasining bag‘riga qattiqroq yopishadi: Yotibmiz, yerimning qoq o‘rtasida, yotibmiz yerimning parchalariday, tinimsiz chorlasa hamki yulduzlar – o‘zga dunyolarning darichalari… Dunyo dialektikasini chuqur anglagan shoirgina shunday yoza oladi. Vatanini yurakdan sevgan shoirgina shunday satrlarni bitadi. Shavkat Rahmon ruhi ozod, dili obod shoir edi. Ammo erksiz yashayotgan elining dardi isyonga chorlar, shu isyon she’riyatiga ko‘chgan, isyonkor she’riyati xalqimizni g‘aflat uyqusidan uyg‘otishga xizmat qila olgan edi. Adabiyotshunos olim O.Sharafiddinov shunday yozadi: “Shavkat she’rlarida Kun va Tun, Nur va Zulmat, Ziyo va Qorong‘ilik obrazlari ko‘p uchraydi. Bular mavhum romantik obrazlar emas, balki real hayotiy mazmunga to‘la obrazlardir”. Bu obrazlar, avvalo, shoir obrazi ko‘magida reallashgan. Shavkat Rahmon she’riyatida shoir obrazi keng qo‘llangan. Bunga sabab ham bor. Ko‘ksingdagi Muqqana bilan O‘zligingga qaradingmi, ayt? Musht zarurroq bo‘lgan mahalda Yozding go‘zal she’rlarni faqat. Lirik qahramon – shoir. Uning ko‘ksida Muqanna bor. Muqanna dushmanga isyon qilgan, erk istagan qahramon. Bu obraz orqali shoir o‘zini tanqid qilmoqda. Keyingi satrlarda bu aniq ifodalangan. Shavkat Rahmon so‘zi o‘ziga, o‘zi so‘ziga monand shoir ekanini uning ijodi haqida yozgan har bir tadqiqotchi ta’kidlaydi. Aslida shoir ijodi haqida yozganlar anchagina-yu, tadqiqot olib borganlar kam. mavzusidagi xalqaro ilmiy-amaliy anjuman

“Shavkat Rahmonni xotirlab” kitobida shoirlar, jurnalistlar, noshirlarning xotiralari, yodnomalari, shuningdek, Bahodir Karim, Ulug‘bek Hamdam singari olimlarning o‘ziga xos tahlillari bor.Shoirning shaxsi va ijodida mutanosiblik borligi haqida tadqiqotchi Nurulloh Muhammad Raufxon yozadi:“Shavkat Rahmonni umrida ko‘rmagan kishi she’rlarida uning ichki va tashqi suratini osongina chiza oladi. Ishoning, ikki tomchi suvday bir xil chiqadi, g‘irt o‘xshaydi, qo‘yib qo‘yganday o‘zi bo‘ladi! Men Shavkat Rahmonning shaxsiyatini ham, she’riyatini ham shuning uchun yaxshi ko‘raman”. Ko‘rinadiki, shoirning yetuk 100 fazilatlarga ega ekanini, vatanparvarligini hamma e’tirof qilgan. XX asrning 70- 80-yillari she’riyati obrazlarga boyligi, uslubi rang-barang shoirlar ijod qilgani bilan boshqa davrlardan farq qiladi. Bu shoirlar orasida Shavkat Rahmon she’riyati alohida ajralib turadi. Adabiyotshunos Bahodir Karim o‘z maqolasida Shavkat Rahmon she’riyatiga ta’rif berar ekan, shunday izohlaydi: “Shavkat Rahmon qisqa umr ko‘rdi. Ammo undan “O‘zbekning qorako‘z bolalariga” olmosday keskir, tog‘dek mustahkam, har biri yuzta umriga yetadigan ezgu, boqiy va o‘tkir so‘z qoldi”. Shoir she’riyati obrazlar olami juda keng edi.

Foydalanilgan adabiyotlar ro‘yxati:

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DAVLAT BYUDJETI MABLAG‘LARIDAN FOYDALANISHNI TAKOMILLASHTIRISH YO‘LLARI

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Annotatsiya

Mazkur ilmiy maqola, davlat byudjeti mablag‘laridan samarali foydalanishni takomillashtirish yo‘llarini o‘rganishga qaratilgan. Davlatning moliyaviy resurslarini samarali boshqarish, shaffoflik va hisobdorlikni oshirish, innovatsion texnologiyalarni joriy etish, hamda tegishli qonun va normativ hujjatlarni yangilash orqali davlat byudjeti mablag‘laridan foydalanishni optimallashtirish mumkinligi tahlil qilinadi. Maqolada, davlat byudjeti tizimining samaradorligini oshirish uchun zarur bo‘lgan o‘zgarishlar va takliflar ishlab chiqiladi. Ushbu tadqiqot, davlatning moliyaviy siyosatining samarali amalga oshirilishiga hissa qo‘shishga qaratilgan.

Kalit so‘zlar: davlat byudjeti, mablag‘lardan foydalanish, samaradorlik, shaffoflik, hisobdorlik, innovatsion texnologiyalar, moliyaviy boshqaruv, qonun hujjatlari, monitoring, resurslarni boshqarish, iqtisodiy siyosat.

Kirish

Davlat byudjeti mamlakatning iqtisodiy barqarorligini va ijtimoiy rivojlanishini ta'minlashda muhim rol o'ynaydi. O‘zbekistonning davlat byudjeti tizimi, har yili mamlakatning moliyaviy resurslarini taqsimlash va boshqarish jarayonida o‘zgargan va rivojlangan. 2023-yilda O‘zbekistonning byudjet daromadlari 200 trillion so‘mdan oshdi, bu o‘tmishda ko‘rilmagan ko‘rsatkichdir. Shuningdek, davlat byudjeti sarf-xarajatlari ham o‘sgan bo‘lib, 2023-yilda bu ko‘rsatkich 220 trillion so‘mdan ko‘proq bo‘lgan. Bu mablag‘larning katta qismi ijtimoiy sohalarga, shu jumladan ta’lim, tibbiyot va pensionerlar uchun ijtimoiy to‘lovlarga yo‘naltirilgan.

Shu bilan birga, davlat byudjeti mablag‘larining samarali taqsimlanishi va foydalanilishi masalalari dolzarb bo‘lib qolmoqda. O‘zbekiston Respublikasi Prezidentining 2021-yil 5-iyuldagi farmoniga ko‘ra, davlat byudjeti tizimini isloh qilish va moliyaviy resurslardan foydalanish samaradorligini oshirishga qaratilgan bir qator chora-tadbirlar ishlab chiqildi. Biroq, bu jarayonda hali ham ko‘plab muammolar mavjud, jumladan mablag‘larning noaniq taqsimlanishi va hisobdorlikning yetarli darajada bo‘lmasligi.

Shuningdek, xalqaro tajribaga asoslanib, davlat byudjeti mablag‘laridan samarali foydalanish uchun yangi texnologiyalarni joriy etish, qonun hujjatlarini takomillashtirish va moliyaviy boshqaruv tizimini optimallashtirish zarurati muhimdir.

O‘zbekistonning iqtisodiy rivojlanishiga xizmat qiladigan samarali byudjet tizimi uchun aynan shu omillarni e’tiborga olish lozim.

Davlat byudjeti mablag‘larini takomillashtirish, nafaqat iqtisodiy o‘sish, balki ijtimoiy barqarorlik va aholining farovonligini ta’minlash uchun ham muhim ahamiyatga ega. Shu sababli, mazkur maqolada davlat byudjeti mablag‘laridan samarali foydalanishning mavjud tizimi va takomillashtirish yo‘llari tahlil qilinadi.

Adabiyotlar tahlili

Davlat byudjeti mablag‘laridan samarali foydalanish va uning tizimini takomillashtirish bo‘yicha ilmiy adabiyotlarda mahalliy va chet el olimlari tomonidan olib borilgan tadqiqotlar muhim ahamiyatga ega. Quyida ushbu sohada amalga oshirilgan tadqiqotlar va ularning natijalari tahlil qilinadi.

Meyers, C. (2019). "Public Finance and Budgeting in Developing Countries". Meyersning tadqiqoti davlat moliyasi va byudjet boshqaruvi bo‘yicha keng qamrovli tahlilni taqdim etadi. U rivojlanayotgan mamlakatlarda davlat byudjeti tizimi samaradorligini oshirish uchun innovatsion texnologiyalarni va yangi boshqaruv metodologiyalarini joriy etish zarurligini ta’kidlaydi. Meyers, shuningdek, byudjet tizimlarida korrupsiyaning oldini olish uchun xalqaro moliya tashkilotlari va davlatlar o‘rtasidagi hamkorlikni kuchaytirish zarurati haqida so‘z yuritadi [1].

Alesina, A., & Perotti, R. (2020). "The Political Economy of Fiscal Reforms". Alesina va Perotti tomonidan olib borilgan tadqiqotda, byudjet tizimining samaradorligi va iqtisodiy islohotlarning o‘zaro bog‘liqligi tahlil qilinadi. Ular davlat byudjeti boshqaruvini takomillashtirish uchun siyosiy jarayonlarni optimallashtirishni zarur deb hisoblaydilar [2]. Tadqiqotda, davlat byudjeti boshqaruvi va moliyaviy resurslarni samarali taqsimlashda hukumatning roli va siyosiy qarorlar qanday ta'sir qilishi haqida keng ma'lumotlar berilgan.

Shah, A., & Ostry, J. (2021). "Fiscal Management and Transparency in Emerging Economies". Shah va Ostry tomonidan olib borilgan tadqiqotda davlat byudjeti tizimida shaffoflikning o‘rni va uning samaradorlikka ta’siri tahlil etiladi. Tadqiqotchilar, davlat byudjeti tizimining samarali ishlashi uchun hisobotlarning ochiqligi va shaffoflikni oshirish zarurligini ta’kidlaydilar [3]. Shu bilan birga, ular rivojlanayotgan mamlakatlarda byudjet tizimlarini isloh qilishning iqtisodiy va ijtimoiy foydalari haqida so‘z yuritadilar.

Nurmatov, I. (2023). "Davlat byudjeti va uning samarali boshqarilishi". Nurmatovning tadqiqoti davlat byudjeti tizimining samaradorligini oshirishga qaratilgan. Muallif, O‘zbekistonning davlat byudjeti tizimidagi mavjud muammolarni tahlil qilib, moliyaviy resurslarni boshqarishning optimallashtirish yo‘llarini ko‘rsatadi [4]. Tadqiqotda, shaffoflikni oshirish, korrupsiyaning oldini olish va byudjet

mablag‘larining maqsadli sarflanishini ta'minlash uchun zarur bo‘lgan amaliy chora-tadbirlar keltirilgan.

Xoshimov, S. (2022). "Qonun hujjatlari va davlat moliyasini boshqarish tizimi". Ushbu asarda Xoshimov, O‘zbekiston Respublikasidagi davlat byudjeti tizimining qonuniy va normativ-huquqiy asoslarini tahlil qiladi [5]. Muallif davlat moliyasini boshqarishda islohotlar o‘tkazish, qonun hujjatlarini takomillashtirish va byudjet mablag‘larini taqsimlashda yanada shaffoflikni ta'minlash zarurligini ko‘rsatadi. Shuningdek, Xoshimov O‘zbekistonning moliyaviy boshqaruv tizimini jahon tajribasi asosida modernizatsiya qilishni taklif etadi.

Amonov, A. (2024). "Innovatsion texnologiyalar va davlat boshqaruvi". Amonovning asarida, davlat byudjeti tizimini zamonaviy texnologiyalar orqali takomillashtirish yo‘llari ko‘rib chiqiladi. Muallif davlat boshqaruvi jarayonida elektron tizimlar, raqamli platformalar va avtomatlashtirilgan monitoring tizimlarini joriy etish zarurligini ta’kidlaydi [6]. Bu usullar orqali davlat byudjeti mablag‘larining sarflanishini aniq nazorat qilish va shaffoflikni oshirish mumkinligi ko‘rsatilgan.

Mirzaev, A. (2021). "Davlat byudjeti va iqtisodiy islohotlar". Mirzaevning tadqiqoti, davlat byudjeti tizimidagi islohotlarning iqtisodiy rivojlanishga ta’sirini o‘rganadi. U, O‘zbekiston iqtisodiy tizimida davlat byudjeti mablag‘laridan samarali foydalanish uchun iqtisodiy islohotlarni amalga oshirish zarurati haqida fikr bildiradi [7]. Maqolada, davlat byudjeti tizimining islohotlar va yangilanishlarni talab qilishi hamda bu jarayonlarda ijtimoiy farovonlikni ta'minlashga qaratilgan chora-tadbirlar keltirilgan.

Chet el olimlarining tadqiqotlari, davlat byudjeti boshqaruvining samaradorligini oshirishda siyosiy iqtisodiyot, moliyaviy shaffoflik, va innovatsion texnologiyalarni joriy etish zarurligini ta’kidlaydi. Alesina va Perotti (2020) ning ishlari siyosiy va iqtisodiy jarayonlarning davlat byudjeti tizimiga qanday ta'sir qilishi haqida ma’lumot beradi, shu bilan birga Meyers (2019) va Shah va Ostry (2021) moliyaviy resurslar boshqaruvining shaffoflikka bog‘liqligini ta’kidlaydi.

Mahalliy olimlar esa, O‘zbekistonning davlat byudjeti tizimi va uning samaradorligini oshirish bo‘yicha ko‘proq amaliy chora-tadbirlar va qonun hujjatlarini takomillashtirishga e’tibor qaratadilar. Nurmatov (2023) va Xoshimov (2022) davlat byudjeti tizimining ijtimoiy va iqtisodiy samaradorligini oshirish uchun yangi texnologiyalarni joriy etish, korrupsiyaga qarshi kurashish va qonunchilikni yangilash zarurligini ta’kidlaydilar. Amonov (2024) esa, innovatsion texnologiyalarni joriy etishning zarurligini, raqamli boshqaruv va avtomatlashtirilgan tizimlarning ahamiyatini ko‘rsatadi.

Bunday tahlil davlat byudjeti tizimini takomillashtirishda xalqaro va mahalliy tajribalarni sintez qilish va ularni mamlakat sharoitiga moslashtirish zarurligini ko‘rsatadi.

Tadqiqot metodologiyasi

Ushbu tadqiqotning maqsadi – davlat byudjeti mablag‘laridan samarali foydalanishni takomillashtirish yo‘llarini aniqlash va takliflar ishlab chiqishdir. Tadqiqotda davlat byudjeti tizimi va uning samaradorligi, shuningdek, uning iqtisodiy va ijtimoiy ta'siri tahlil qilinadi. Tadqiqot metodologiyasi quyidagi usullarni o‘z ichiga oladi:

Tahliliy metod tadqiqotning asosiy metodologik vositasi sifatida tanlangan. Ushbu metod yordamida davlat byudjeti mablag‘laridan samarali foydalanishning joriy tizimi va muammolarini tahlil qilish, shuningdek, boshqa mamlakatlarning tajribalarini o‘rganish orqali yutuqlar va kamchiliklar aniqlanadi. Tahlil, O‘zbekiston va dunyo miqyosida olib borilgan tadqiqotlar va hisobotlar asosida amalga oshiriladi.

Statistik tahlil yordamida davlat byudjeti mablag‘larining taqsimlanishi va sarflanishi haqidagi ma'lumotlar tahlil qilinadi. O‘zbekistonning byudjeti bo‘yicha olingan yillik statistik ma'lumotlar, shu jumladan daromadlar, xarajatlar, ijtimoiy sohalarga yo‘naltirilgan mablag‘lar va iqtisodiy o‘sish bilan bog‘liq statistik ko‘rsatkichlar tahlil qilinadi. Statistik tahlil, mablag‘larning qanday sarflanishini va resurslarning optimal taqsimlanishini aniqlashga yordam beradi.

Davlat byudjeti tizimi yuqori (markaziy davlat boshqaruvi, moliya vazirligi, iqtisodiyot boshqaruvi) va pastki tizimlar (mahalliy hokimiyatlar, moliyaviy boshqaruv organlari) o‘rtasida taqsimlangan. Ushbu metod yordamida tizimdagi aloqalar va munosabatlar tahlil qilinadi. Bu tahlil orqali byudjet mablag‘larining samarali taqsimlanishini va boshqarilishini ta’minlashdagi imkoniyatlar va xatarlarga baho beriladi.

Metodologiyaning yakuniy bosqichida, mavjud tahlil va kuzatishlarga asoslanib, davlat byudjeti mablag‘laridan samarali foydalanishni takomillashtirish uchun tavsiyalar ishlab chiqiladi. Ushbu tavsiyalar davlat byudjeti boshqaruvi tizimining takomillashishiga, moliyaviy resurslarning samarali taqsimlanishiga, hamda iqtisodiy va ijtimoiy sohalarda barqaror rivojlanishga yordam beradi.

Tadqiqotda ishlatilgan metodlar, davlat byudjeti tizimining samaradorligini oshirish va mablag‘laridan samarali foydalanish uchun zarur bo‘lgan o‘zgarishlarni aniqlashda keng imkoniyatlarni yaratadi. Bu metodologiya yordamida davlat byudjeti boshqaruvining mavjud holati, u bilan bog‘liq muammolar va imkoniyatlar tahlil qilinadi, shuningdek, tizimni takomillashtirish uchun zarur bo‘lgan takliflar ishlab chiqiladi.

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Tahlil va natijalar

Ushbu bo‘limda davlat byudjeti mablag‘laridan samarali foydalanish tizimi tahlil qilinadi. O‘zbekiston Respublikasi byudjeti bo‘yicha mavjud holat, muammolar, shu bilan birga, kelajakdagi prognozlar va imkoniyatlar asosida tahlil qilish amalga oshiriladi. Davlat byudjeti tizimidagi muammolarni aniqlash va uning samaradorligini oshirishga yo‘naltirilgan natijalar quyida keltirilgan.

O‘zbekiston Respublikasi davlat byudjeti tizimi so‘nggi yillarda sezilarli darajada o‘zgargan bo‘lsa-da, hali ham ba'zi muammolar saqlanib qolmoqda. 2024 yilda O‘zbekiston davlat byudjeti 150 trln so‘mga teng bo‘lib, uning 65% i iqtisodiy rivojlanish va ijtimoiy sohalarga, jumladan, ta'lim, sog‘liqni saqlash, ijtimoiy himoya va infratuzilma rivojlanishiga yo‘naltirilgan.

2024 yilda O‘zbekistonning davlat byudjeti daromadlari:

- **Ijtimoiy sohalar**: 45 trln so‘m (byudjetning 30%)
- **Infratuzilma rivojlanishi**: 35 trln so‘m (byudjetning 23%)
- **Moliya va iqtisodiy rivojlanish**: 25 trln so‘m (byudjetning 16%)
- **Mudofaa va xavfsizlik**: 10 trln so‘m (byudjetning 7%)

O‘zbekistonning 2024 yildagi davlat byudjeti daromadlari va xarajatlari o‘rtasida taqsimot bo‘yicha ba'zi tengsizliklar mavjud. Ijtimoiy va iqtisodiy rivojlanish sohalariga mablag‘lar yetarli bo‘lishiga qaramay, ayrim hududlarda (ayniqsa, qishloq va chekka hududlarda) resurslar taqsimoti noaniq bo‘lishi davom etmoqda. Buning natijasida ijtimoiy ehtiyojlar to‘liq qondirilmaydi.

Davlat byudjeti tizimining samaradorligini pasaytiradigan asosiy muammolar quyidagilardir:

So‘nggi yillarda korrupsiyaga qarshi kurashish uchun bir qator islohotlar o‘tkazilgan bo‘lsa-da, davlat byudjeti mablag‘laridan noaniq foydalanish holatlari davom etmoqda. 2023 yilda korrupsiyaga qarshi kurashish bo‘yicha davlat auditorlari tomonidan o‘tkazilgan tekshiruvlar natijasida 2,5 trln so‘m miqdorida noaniq sarflanishlar aniqlangan. Bu esa byudjet tizimining samaradorligini pasaytiradi.

Davlat byudjeti mablag‘lari ba'zi hududlarda (toshkent shahar, Samarqand va Buxoro viloyatlari) yuqori, boshqa hududlarda esa past darajada taqsimlanadi. Masalan, Toshkent shahriga 2023 yilda ajratilgan byudjet mablag‘lari 10 trln so‘mni tashkil etgan bo‘lsa, Namangan viloyatiga ajratilgan mablag‘lar 3 trln so‘mni tashkil etdi. Bu taqsimlashdagi muammolarni ko‘rsatadi.

Davlat byudjeti mablag‘larining sarflanishi bo‘yicha shaffoflikning pastligi jamoatchilik va xalqaro hamjamiyatning ishonchini kamaytiradi. 2023 yilgi

hisobotlarga ko‘ra, 50% dan ortiq byudjet mablag‘larining taqsimlanishi va sarflanishi haqida aniq ma'lumotlar mavjud emas.

Chet el tajribasini tahlil qilish orqali davlat byudjeti tizimini samarali boshqarish bo‘yicha yangi yondashuvlar aniqlanadi. Misol uchun, Skandinaviyadagi mamlakatlar (Shvetsiya, Norvegiya) davlat byudjeti tizimining yuqori samaradorligi, shaffofligi va hisobdorlikni oshirishga qaratilgan choralar bilan bog‘liq. Ushbu mamlakatlar o‘zlarining byudjet tizimlarini elektronlashtirgan va davlat mablag‘larining sarflanishini onlayn tarzda monitoring qilish imkonini yaratgan.

Shvetsiyada 2023 yilda davlat byudjeti 1,2 trillion yevroni tashkil etdi va 80% i ijtimoiy va iqtisodiy rivojlanish sohalariga ajratilgan. Byudjet mablag‘lari taqsimotining samaradorligi yuqori bo‘lib, korrupsiya darajasi juda pastdir. Davlat va xususiy sektor o‘rtasidagi hamkorlik, shu jumladan, davlat byudjeti mablag‘larining xususiy sektorda samarali ishlatilishini ta'minlashga yordam beradi.

Singapurda 2023 yilda davlat byudjeti 92 milliard sinapda (78 milliard AQSh dollari) bo‘lib, 55% i ijtimoiy xizmatlar, ta'lim va sog‘liqni saqlashga sarflandi. Singapurda davlat byudjeti tizimida raqamli platformalar va avtomatlashtirilgan monitoring tizimlari mavjud bo‘lib, bu shaffoflikni oshiradi va mablag‘larning samarali sarflanishini ta'minlaydi.

Tadqiqotning prognoz qismi davlat byudjeti tizimining kelajakdagi rivojlanish istiqbollari va uni takomillashtirishga qaratilgan chora-tadbirlarni o‘z ichiga oladi.

2025 yilga kelib davlat byudjeti daromadlari 180 trln so‘mni tashkil etishi kutilmoqda, bunda ijtimoiy va iqtisodiy sohalarga ajratiladigan mablag‘lar 75% gacha oshishi prognoz qilinmoqda. O‘zbekiston hukumati 2025 yilga kelib davlat byudjeti mablag‘larining samarali taqsimlanishini ta'minlash uchun quyidagi chora-tadbirlarni amalga oshirishi kutilmoqda:

Elektron tizimlar va raqamli platformalar joriy etilishi: Byudjetni boshqarishda avtomatlashtirish, shu jumladan, mablag‘larni sarflanishini onlayn kuzatish tizimlarini joriy etish. Bu shaffoflikni oshiradi va korrupsiya darajasini kamaytiradi.

Ijtimoiy sohalarga ajratilgan mablag‘lar 50% ga oshirilishi kutilmoqda, ayniqsa ta'lim va sog‘liqni saqlash sohalariga ajratiladigan mablag‘lar.

Mahalliy darajadagi byudjetlar: 2025 yilga kelib, mahalliy byudjetlarning o‘zini o‘zi moliyalashtirish imkoniyati oshadi. Bu hududlarning o‘z ehtiyojlariga mos mablag‘larni ajratish va taqsimlashga imkon yaratadi.

Tadqiqot asosida quyidagi natijalarga erishildi: Davlat byudjeti mablag‘lari samarali taqsimlanishi uchun markazlashgan va mahalliy boshqaruv tizimlari o‘rtasida samarali aloqalar o‘rnatilishi lozim. Elektron tizimlar va raqamli platformalar joriy etish orqali davlat byudjeti mablag‘larining sarflanishini nazorat qilish mumkin bo‘ladi. Davlat

byudjeti boshqaruvini raqamlashtirish va avtomatlashtirish tizimi samaradorlikni oshiradi va davlat moliyaviy resurslarining sarflanishini ta'minlaydi. Shaffoflikni oshirish uchun byudjet mablag‘larining sarflanishini onlayn tarzda kuzatish tizimlarini ishlab chiqish va joriy etish zarur. Resurslarni teng taqsimlash va ijtimoiy ehtiyojlarni inobatga olish uchun byudjet tizimiga mahalliy ehtiyojlarni hisobga oladigan mexanizmlar kiritish lozim. Korrupsiyaga qarshi kurashish uchun qonuniy va iqtisodiy chora-tadbirlar kuchaytirilishi kerak.

Tadqiqot natijalari shuni ko‘rsatadiki, davlat byudjeti tizimining samaradorligini oshirish uchun raqamli texnologiyalar va shaffoflikni ta'minlash muhim ahamiyatga ega. Shuningdek, davlat byudjeti mablag‘laridan samarali foydalanish uchun resurslarni adolatli taqsimlash va mahalliy ehtiyojlarni hisobga olish zarur.

Xulosa va takliflar

Ushbu tadqiqot orqali davlat byudjeti mablag‘laridan samarali foydalanishni takomillashtirishning dolzarb masalalari va ularni hal qilish usullari tahlil qilindi. O‘zbekiston Respublikasi davlat byudjeti tizimi so‘nggi yillarda sezilarli o‘zgarishlarga uchragan bo‘lsa-da, hali ham bir qator muammolar mavjud. Shu bilan birga, davlat byudjeti resurslarining samarali taqsimlanishini va ularni adolatli sarflanishini ta'minlashda jiddiy imkoniyatlar mavjud.

Davlat byudjeti mablag‘larining samarali sarflanishini ta'minlash uchun quyidagi asosiy muammolarni aniqladik:

O‘zbekistonning ayrim hududlarida byudjet mablag‘larining taqsimlanishi tengsiz bo‘lib, bu esa ijtimoiy va iqtisodiy ehtiyojlar to‘liq qondirilmasligiga olib kelmoqda.

Ba'zi hollarda davlat byudjeti mablag‘larining sarflanishi bo‘yicha aniq va shaffof ma'lumotlar yo‘qligi korrupsiyaning rivojlanishiga olib keladi.

Davlat byudjeti tizimida shaffoflikning pastligi va jamoatchilikning nazorat qilish imkoniyatlarining cheklanganligi samarali boshqaruvga to‘sqinlik qiladi.

Biroq, davlat byudjeti tizimining samaradorligini oshirish uchun imkoniyatlar ham mavjud. Elektron tizimlarni kengaytirish, byudjet mablag‘larining sarflanishi bo‘yicha monitoringni kuchaytirish va xalqaro tajribalarni o‘rganish orqali davlat byudjeti boshqaruvini takomillashtirish mumkin.

Davlat byudjeti tizimiga zamonaviy texnologiyalarni joriy etish, jumladan, elektron byudjet tizimlari va raqamli platformalarni kengaytirish zarur. Bu orqali mablag‘larning sarflanishini aniq nazorat qilish va jamoatchilikni xabardor qilish mumkin bo‘ladi. Elektron tizimlar orqali byudjet jarayonlarini avtomatlashtirish, shaffoflikni oshiradi va korrupsiyani kamaytiradi.

Davlat byudjeti mablag‘larining sarflanishi bo‘yicha aniq va oshkora hisobot tizimlarini joriy etish lozim. Byudjet mablag‘lari sarflanishining har bir bosqichida

jamoatchilikni xabardor qilish, axborotning ochiqligi va tushunarli bo‘lishini ta'minlash kerak. O‘zbekistonning ba'zi davlat organlari tomonidan qo‘llanilayotgan ochiq ma'lumot platformalarini kengaytirish va barcha hukumat qarorlari to‘g‘risida axborot taqdim etishni davom ettirish lozim.

Mahalliy darajadagi ehtiyojlarni hisobga olish va mahalliy byudjetlarni markazlashgan tizim bilan muvofiqlashtirish uchun maxsus mexanizmlar yaratish zarur. Bu, ayniqsa, qishloq hududlarida ijtimoiy va iqtisodiy ehtiyojlarni to‘liq qondirishga yordam beradi. Mahalliy byudjetlarga qo‘shimcha erkinlik va mas'uliyat berish, mablag‘larni samarali taqsimlashni ta'minlaydi.

Korrupsiyaga qarshi kurashish uchun davlat byudjeti tizimida qat'iy nazorat va monitoring tizimlarini joriy etish zarur. Davlat auditoriyasi va boshqa monitoring tashkilotlariga mustahkam huquqiy asoslar yaratib, mablag‘larning sarflanishini nazorat qilishda ko‘proq mustaqil organlarni jalb qilish lozim.

Ijtimoiy sohalarga, xususan, ta'lim, sog‘liqni saqlash va ijtimoiy himoyaga ajratiladigan mablag‘larni oshirish kerak. Shu bilan birga, bu mablag‘larning taqsimlanishini ijtimoiy ehtiyojlar va hududiy farqlarni inobatga olib amalga oshirish zarur. Ayniqsa, kichik va o‘rta biznesni rivojlantirish uchun davlat mablag‘larini jalb qilishda samarali strategiyalar ishlab chiqish kerak.

Davlat byudjeti mablag‘larining taqsimlanishida ijtimoiy adolatni ta'minlash kerak. Eng muhtoj guruhlar va hududlar uchun ustuvorlik berish, ya'ni, qashshoqlikni kamaytirish va ijtimoiy farovonlikni oshirishga yo‘naltirilgan mablag‘lar taqsimoti amalga oshirilishi lozim.

Xalqaro tajriba va yaxshi amaliyotlarni o‘rganish, shuningdek, xalqaro tashkilotlar bilan hamkorlikni rivojlantirish muhim ahamiyatga ega. Chet el davlatlarining davlat byudjeti boshqaruvi tizimini va korrupsiyaga qarshi kurashish mexanizmlarini o‘rganish, O‘zbekiston tizimini takomillashtirishda samarali bo‘lishi mumkin.

Xulosa qilib aytganda, davlat byudjeti tizimini samarali boshqarish va mablag‘lardan to‘g‘ri foydalanish uchun yuqoridagi takliflar asosida kompleks islohotlarni amalga oshirish zarur. Bu, o‘z navbatida, iqtisodiy o‘sish va ijtimoiy farovonlikni oshirishga yordam beradi.

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ГЕМОКОАГУЛЯЦИОННЫЕ НАРУШЕНИЯ У БЕРЕМЕННЫХ С ГЕСТОЗОМ

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Абстракт. *В проспективном обсервационном исследовании обследованы пациентки акушерского стационара для оценки показателей гемостаза, изучены результаты ТЭГ и стандартных коагуляционных тестов беременных со сроком гестации 28–42 недель.*

Ключевые слова: *Гестоз, беременность*

Введение

Гестоз остается важной проблемой современного акушерства. По данным разных авторов, частота гестозов в нашей стране колеблется от 10 до 20 % [1, 5]. Нарушения гемостаза повышают риск сильного кровотечения во время родов. Кровотечения, в том числе отсроченные, могут возникать во время хирургических вмешательств (даже при тщательной остановке кровотечения) на фоне тромбоцитопении и тромбоцитопатии. [1, 2].

Наибольший риск в акушерской практике связан со скрытыми дефектами гемостаза, которые, если их не диагностировать, могут привести к неблагоприятному исходу беременности. У женщин с наследственными нарушениями гемостаза беременность может протекать без выраженных тромбогеморрагических заболеваний. [5, 6].

Интерпретация лабораторных исследований с учетом срока беременности является основой своевременной диагностики акушерских осложнений и адекватного лечения.

Цель работы. Выявить гемокоагуляционные нарушения у беременных с преэклампсией.

Материалы и методы. В проспективном обсервационном исследовании обследованы пациентки акушерского стационара для оценки показателей гемостаза, изучены результаты ТЭГ и стандартных коагуляционных тестов беременных со сроком гестации 28–42 недель. Группы исследования были сформированы в зависимости от тяжести гестоза. Гестоз средней степени тяжести диагностировалася после 20 недель беременности, при двукратной регистрации АД более 140/90 мм рт. ст. и протеинурией до 5 г/сут. Гестоз тяжелой

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степени определяли при наличии любого из следующих признаков: АД более 160/110 мм рт. ст.; протеинурия более 5 г/сутки; олигурия до 400 мл/сутки; неврологические или зрительные нарушения; отек легких или цианоз; боли в эпигастрии или правом подреберье; дисфункция печени неуточненная; тромбоцитопения. Критерии исключения: тяжелая экстрагенитальная патология.

Стандартные коагуляционные тесты выполнялись в лаборатории: количество тромбоцитов, активированное частичное тромбопластиновое время (АЧТВ), международное нормализованное отношение (МНО), уровень фибриногена, растворимые фибрин-мономерные комплексы (РФМК).

Результаты и обсуждения. В исследования вошли 122 женщины с гестозом. Беременные с гестозом средней степени (ГСС) 70 и гестозом тяжелой степени (ГТС) 52 . Контрольную группу составили беременные с физиологическим течением гестационного периода (КГ) 88. Группа сравнения представлена небеременными женщинами репродуктивного возраста (НБЖ) 30.

Средний возраст женщин с гестозом составил 26,5 ±3,4 лет, из них 72,4% проживали в сельской местности. Для оценки состояния системы гемостаза при физиологической гестации и в случаях беременности с гестозом, изучены результаты основных показателей ТЭГ и коагулограммы, определены диапазоны референтных значений для III триместра беременности (табл. 1).

Таблица 1

Гемокоагуляционных показателей в III триместре беременности

Показатели	Группы				p1	p2
	ГСС (n =	ГТС (n =	КГ (n = 88)	НБЖ (n =		
Основные тесты тромбоэластографии						
R, мин	3,30 [2,70;	2,00 [1,45;	4,55 [3,93;	4,80 [4,00;	0,001	0,109
K, мин	2,00 [1,63;	1,98 [1,44;	2,50 [1,95;	3,00 [1,54;	0,095	0,081
Angle, град	60,0 [56,8;	58,0 [54,7;	62,8 [60,6;	59,0 [50,2;	0,007	0,002
MA, мм	60,0 [57,2;	53,6 [50,8;	71,8 [65,3;	58,0 [54,0;	<0,00	<0,00
LY30,%	0,20 [0,10;	0,00 [0,00;	0,50 [0,20;	3,10 [1,00;	<0,00	<0,00
Стандартные коагуляционые тесты						
Тромбоциты,109/л	234 [206;	206 [182;	239 [216;	240 [190;	0,863	0,003
Фибриноген, г/л	3,90 [3,40;	3,25 [2,98;	3,55 [3,10;	3,20 [2,8;	0,025	0,087
РФМК, мкг/мл	8,02 [5,80;	8,20 [5,83;	5,80 [4,50;	3,02 [0,90;	0,013	0,003
АЧТВ, с	27,0 [25,8;	32,2 [30,0;	28,9 [26,5;	29,0 [26,5;	0,013	0,737
МНО, у. е.	1,10 [1,00;	1,30 [1,20;	1,20 [1,10;	1,20 [1,10;	<0,00	0,002

Изменения в системе гемостаза у женщин с физиологическим течением гестационного периода сопровождались комплексом приспособительных реакций направленных на компенсацию интенсификации внутрисосудистого свертывания крови и отражали гемостатическую готовность организма к

предстоящей кровопотере в родах. В системе гемостаза при неосложненной беременности, активация внешнего пути свертывания преобладала над фибринолизом: тромбоциты 239 [216; 262] 109 /л, фибриноген 3,6 [3,1; 4,0] г/л, РФМК 5,8 [4,5; 7,6] мкг/мл, АЧТВ 29 [27; 31] сек, МНО 1,2 [1,1; 1,3] у. е. Данные ТЭГ в контрольной группе демонстрируют достаточную стабильность и состоятельность тромбоцитарного и коагуляционного гемостаза: R 4,6 [3,9; 5,4] мин, K 2,5 [2,0; 3,0] мин, Angle 63 [61; 67]°, MA 72 [65; 76] мм, LY (30) 0,5 [0,2; 1,7]%. У пациенток с гестозом средней степени, взаимодействия звеньев системы гемостаза значимо больше были направлены на увеличение коагуляционного потенциала (фибриноген 3,9 [3,4; 4,4] г/л, p=0,025), суммарной активности факторов внутреннего (АЧТВ 27 [26; 29] сек, p=0,013) и внешнего (МНО 1,1 [1,0; 1,2] у. е., p=0,013) пути активации гемостаза. Также в группе А1 значимо быстрее происходила инициация образования сгустка (R 3,3 [2,7; 4,2] мин, p=0,001), при этом константа тромбина (K 2,0 [1,6; 2,7] мин, p=0,095) находилась в пределах нормальных значений. При беременности с гестозом средней степени, хронометрическая гиперкоагуляция сочеталась со структурной гипокоагуляцией (MA 60 [57; 64] мм, p<0,001, Angle 60 [57; 64]°, p=0,007), т. е. сформировавшийся фибрин-тромбоцитарный сгусток был неполноценным, что указывает на нарушение фибринообразования на конечном этапе свертывания крови. Причина последнего, возможно, обусловлена включением в структуру сгустка неполноценных фибрин-мономеров (РФМК 8,0 [5,8; 13] мкг/мл, p<0,001).

Заключение

Для практической работы представляет несомненный интерес возможность прогноза и ранней диагностики гестоза по совокупности всех имеющихся данных о женщине, как клинических, так и лабораторных.

Гемокоагуляционные результаты ТЭГ у беременных с гестозом отличались разнонаправленностью изменений и зависели от степени тяжести акушерской патологии. Нарушения в системе гемостаза при гестозе средней степени имели склонность больше к тромбообразованию, чем к кровоточивости — хронометрическая гиперкоагуляция и структурная гипокоагуляция. У беременных с гестозом тяжелой степени хронометрическая нормокоагуляция, (снижением количества и функций тромбоцитов на фоне высокой тромбинемии) и структурная гипокоагуляция продемонстрировли недостаточную состоятельность тромбоцитарного и коагуляционного гемостаза.

Полученные в ходе исследования данные демонстрируют значимые отличия групп по данным интенсификации внутрисосудистого свертывания крови и активности фибринолиза. Так, в контрольной группе фибринолитическая

активация была наибольшей. При гестозе средней степени фибринолитический процесс был следствием активации внутрисосудистого микросвертывания, чаще, чем гестозе тяжелой степени, последнее напрямую зависело от степени тяжести гестоза.

Таким образом, анализ структурных свойств образующегося сгустка, процесса коагуляции и фибринолиза, по данным ТЭГ, позволяют сделать вывод о степени компенсации системы гемостаза у беременных с гестозом. Определение варианта и выраженности изменений ТЭГ определяет необходимость коррекции для предупреждения тромбогеморрагических осложнений.

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ADABIY O'QISH DARSLARIDA BOSHLANG'ICH MAKTAB O'QUVCHILARINING AXLOQIY FAZILATLARINI SHAKLLANTIRISH.

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Annotasiya: Asrlar davomida insonlar axloqiy tarbiyani yuksak qadrlab kelgan. Zamonaviy jamiyatda sodir bo'layotgan chuqur ijtimoiy-iqtisodiy o'zgarishlar bizni O‘zbekiston va uning yoshlari kelajagi haqida o'ylashga majbur qiladi. Hozirgi kunda axloqiy me’yorlar izdan chiqib, yosh avlodni ma’naviyatsizlik, e’tiqodsizlik, tajovuzkorlik xususiyatlarini shakllanishiga sabab bo‘lmoqda. Shuning uchun boshlang'ich maktab o'quvchilarida axloqiy fazilatlarni rivojlantirishda adabiy o'qish darslaridan o‘rinli foydalanish muhim ahamiyat kasb etadi.

Kalit so‘zlar: Axloq,millat,jamiyat,axloqiy normalar, axloqiy tarbiya,axloqiy fazilatlar.

Asosiy qism: Falsafada mavjud lug'atda axloq tushunchasi- inson xatti-harakatlarining normalari, tamoyillari, qoidalari, shuningdek, inson xatti-harakatlarining o'z (harakat motivlari,natijalari,faoliyati), odamlar va ijtimoiy jamoa (sinf, millat, jamiyat) o'rtasidagi munosabatlarni me'yoriy tartibga solishni ifodalovchi his-tuyg'ular, mulohazalardir. [17, b. 191 – 192].

V.I. Dal axloq so'zini "axloqiy ta'limot, insonning irodasi va vijdoni uchun qoidalar" deb talqin qilgan [17, p. 191 – 192]. U shunday deb hisoblagan: “Axloq bu jismoniy, ruhiy, aqliy narsalarga qarama-qarshidir. "Insonning axloqiy hayoti uning moddiy hayotidan muhimroqdir," “Ma’naviy hayotga taalluqli bo‘lib, aqliyga qarama-qarshi, lekin u bilan umumiy ma’naviy tamoyilni solishtirsak, haqiqat va yolg‘on, yaxshilik va yomonlik axloqga tegishlidir. Xushmuomala, odobli, yaxshi xulqli, vijdonga, haqiqat qonunlariga muvofiq, halol va pok qalbli va bilan inson qadr-qimmati. Bu beg'ubor axloqli, pokiza inson. Har bir fidokorona harakat axloqiy harakat, yaxshi axloq, mardlikdir” [10, b. [558].

Yillar davomida axloq tushunchasi o'zgardi. Ojegov S.I. shunday takidlaydiki: "Axloq - bu inson boshqaradigan ichki, ma'naviy sifat, axloqiy me'yorlar, bu fazilatlar bilan belgilanadigan xatti-harakatlar qoidalardir" [25, p. [414].

Maktab yosh avlodni tarbiyalash tizimining asosiy bo‘g‘inidir. Bola ta'limining har bir bosqichida tarbiyaning o'ziga xos tomoni ustunlik qiladi. Kichik maktab o‘quvchilarini tarbiyalashda, Yu.K.Babanskiyning fikricha, axloqiy tarbiyada: bolalar

oddiy axloqiy me’yorlarni o‘zlashtiradilar va turli vaziyatlarda ularga amal qilishni o‘rganadilar. Ta'lim jarayoni axloqiy tarbiya bilan chambarchas bog'liq. Ta'lim mazmuni hajmi oshib, ichki tuzilishida murakkablashgan zamonaviy maktab sharoitida ta'lim jarayonining axloqiy tarbiyadagi roli ortib bormoqda. Axloqiy tushunchalarning mazmunli tomoni talabalarning o'quv fanlarini o'rganish jarayonida egallagan ilmiy bilimlari bilan belgilanadi. Axloqiy bilimlarning o'rni maktab o'quvchilarining umumiy rivojlanishi uchun aniq fanlarni bilishdan kam emas.

N. I. Bondrev axloqiy tarbiyaning o'ziga xos xususiyati shundaki, uni maxsus ta'lim jarayoniga ajratib bo'lmaydi. Axloqiy xarakterning shakllanishi bolalarning barcha ko'p qirrali faoliyati (o'yinlar, o'qish) jarayonida, ular turli vaziyatlarda tengdoshlari, o'zidan kichik bolalar va kattalar bilan bo‘ladigan turli xil munosabatlarda sodir bo'ladi. Biroq, axloqiy tarbiya - bu pedagogik harakatlar mazmuni, shakllari, usullari va usullarining ma'lum bir tizimini nazarda tutadigan maqsadli jarayondir .

Axloqiy tarbiya tizimini ko'rib chiqsak, N. E. Kovalev, B. F. Raiskiy, N.A. Sorokin bir nechta jihatlarni ajratib ko'rsatadi:

- Muayyan pedagogik muammolarni hal qilishda o'qituvchi va talabalar jamoasining muvofiqlashtirilgan tarbiyaviy ta'sirini amalga oshirish va sinf ichida - barcha o'quvchilar harakatlarining birligi.
- Axloqiy tarbiya orqali tarbiyaviy faoliyatni shakllantirish usullaridan foydalanish.
- Axloqiy tarbiya tizimi ayni paytda tarbiyalanayotgan bolalarning axloqiy fazilatlarining o'zaro bog'liqligi va o'zaro ta'sirini ham anglatadi.
- Axloqiy tarbiya tizimini bolalarning aqliy jihatdan ulg'ayishi va kamolotiga qarab, muayyan shaxsiy fazilatlarning rivojlanish ketma-ketligida ham ta’sir ko‘rsatishi kerak.

Boshlang'ich sinf o'quvchisining shaxsini shakllantirishda, S.L.Rubinshteyn nuqtai nazaridan, xatti-harakatlarning asosini tashkil etuvchi axloqiy fazilatlarni rivojlantirish masalasi alohida o'rin tutadi.Bu yoshda bola nafaqat axloqiy kategoriyalarning mohiyatini o'rganadi, balki o'z bilimlarini boshqalarning harakatlari va harakatlarida, o'z harakatlarida baholashni ham o'rganadi.

Tadqiqot usullari:

- psixologik, pedagogik va ilmiy-uslubiy adabiyotlarni nazariy tahlil qilish;
- pedagogik tajribani o‘rganish;
- pedagogik eksperiment;
- eksperimental natijalarni tahlil qilish va umumlashtirish;

Hozirgi vaqtda boshlang'ich ta'lim shunday tuzilganki, u o'quvchilarning bilish qobiliyatini rivojlantiradi; o'quv materialini faol o'zlashtirish ko'nikmalarini rivojlantiradi, olingan bilimlarni atrofdagi dunyoni tushunishga qaratilgan yaxlit tizimga birlashtirishga olib keladi. Fikrlashni rivojlantirish va o'quv materiali bilan ishlashning turli usullarini o'zlashtirish bolalarning axloqiy bilimlarini egallashiga bevosita ta'sir qiladi; Ta'lim jarayonini tashkil etish va uning usullari axloqiy tajribani to'plashga yordam beradi. Bu vazifalarning barchasi har tomonlama, doimiy ravishda, barcha darslarda va darsdan tashqari vaqtlarda hal qilinadi, faqat asosiy maqsadlarga qarab urg'u o'zgaradi.

Pedagogika sohasidagi olimlar turli yosh davrlarida axloqiy idrok etish uchun bir xil imkoniyatlar mavjud emasligini aniqladilar. Bolaning, o'smirning, yigitning turli xil idrok vositalariga munosabati har xil. Inson hayotining ma'lum bir davrida erishgan yutuqlarini bilish va hisobga olish uning kelajakdagi ta'limdagi o'sishini loyihalashga yordam beradi. Har tomonlama rivojlangan shaxsni shakllantirishda bolaning axloqiy tarbiyasi etakchi o'rinni egallaydi. [5, b. 132].

Boshlang'ich sinf o'quvchilarining axloqiy rivojlanishi muammosi ustida ishlashda ularning yosh va psixologik xususiyatlarini hisobga olish kerak:

1. O'ynashga moyillik. O'yin mashqlarida bola ixtiyoriy ravishda mashq qiladi va me'yoriy xatti-harakatlarni o'zlashtiradi. O'yinlarda, boshqa joylardan ko'ra, boladan qoidalarga rioya qilish talab etiladi. Ularning bolalari qonunbuzarliklarni keskinlik bilan payqashadi va murosasiz ravishda qoidabuzarni qoralaydilar. Agar bola ko'pchilikning fikriga bo'ysunmasa, u juda ko'p yoqimsiz so'zlarni tinglashi va hatto o'yinni tark etishi mumkin. Shunday qilib, bola boshqalarni hisobga olishni o'rganadi va adolat, halollik va rostgo'ylikdan saboq oladi. O'yin ishtirokchilardan qoidalarga muvofiq harakat qila olishlarini talab qiladi.

2.Uzoq vaqt davomida monoton faoliyat bilan shug'ullana olmaslik. Psixologlarning fikriga ko'ra, 6-7 yoshli bolalar 7-10 daqiqadan ko'proq vaqt davomida birorta narsaga e'tiborini qarata olmaydi. Keyin bolalar chalg'ishni boshlaydilar va e'tiborlarini boshqa narsalarga o'zgartiradilar, shuning uchun mashg'ulotlar davomida mashg'ulotlarni tez-tez o'zgartirish kerak.

3. Kam tajriba tufayli axloqiy tushunchalarning yetarlicha ravshanligi. Bolalarning yoshini hisobga olgan holda, axloqiy xulq-atvor normalarini uch darajaga bo'lish mumkin:

– 10-11 yoshga kelib o‘smir atrofidagi odamlarning ahvolini inobatga olishi, uning borligi nafaqat ularni bezovta qilmaydi, balki yoqimli ham bo‘lishi kerak.

- Agar birinchisi o'zlashtirilmagan bo'lsa, axloqiy tarbiyaning ikkinchi darajasi haqida gapirishning ma'nosi yo'q. Ammo aynan shu qarama-qarshilik o'smirlarda

kuzatiladi: ular atrofdagi odamlarni xursand qilishni xohlashadi, lekin ularga oddiy xatti-harakatlar o'rgatilmaydi.

- uchinchi bosqichda (14-15 yoshda) tamoyil o'zlashtiriladi: "Atrofingizdagi odamlarga yordam bering!"

Biror narsani qanday qilishni bilish va uni amalda qo'llash o'rtasida qarama-qarshilik bo'lishi mumkin (bu odob-axloq qoidalari, yaxshi xulq-atvor, muloqotga tegishli). Shunday qilib, muzeyga bo'lajak sayohatni muhokama qilayotganda, transportda o'zingizni qanday tutish kerakligini eslatib o'tamiz.

Axloqiy me'yorlar va xulq-atvor qoidalarini bilish har doim ham bolaning haqiqiy harakatlariga mos kelmaydi. Bu, ayniqsa, axloqiy me'yorlar va bolaning shaxsiy xohish-istaklari o'rtasida nomuvofiqlik mavjud bo'lgan holatlarda sodir bo'ladi.

Bugungi kunda boshlang'ich maktabda o'quv jarayoni ko'p jihatdan bilim va uslublarni, ta'lim ishlarining usullarini egallashga qaratilgan, ya'ni asosiy e'tibor mazmuni va qisman operatsion tarkibiy qismlariga qaratiladi. Bu jarayonda ham aqliy, ham axloqiy rivojlanish sodir bo'ladi deb taxmin qilinadi. Ma'lum darajada, bu to'g'ri, ammo mazmunli elementlarning maqsadli shakllanishi bilan ma'lum darajada operatsion va motivatsion jihatlarning "o'z-o'zidan" rivojlanishi muqarrar ravishda orqada qoladi, bu tabiiy ravishda o'zlashtirish jarayonini sekinlashtira boshlaydi. bilim, o'ziga xos ta'lim faoliyatidan to'liq foydalanishga imkon bermaydi, o'quvchilarning aqliy va axloqiy rivojlanishi uchun imkoniyatlar yaratadi. [16, b. 152].

Boshlang'ich sinf o'quvchisining o'quv jarayonida axloqiy rivojlanishi muammosi T.V.Morozova aniqlagan uchta omil bilan o'zaro bog'liqdir.

Birinchidan, maktabga kirgandan so'ng, bola atrofdagi voqelikni, shu jumladan jamiyatda mavjud bo'lgan axloqiy va axloqiy me'yorlarni "kundalik" o'zlashtirishdan uni ilmiy va maqsadli o'rganishga o'tadi. Bu o'qish darslarida, rus tili darslarida, tabiat tarixi darslarida va hokazolarda sodir bo'ladi.O'qituvchining dars davomidagi baholash faoliyati, uning suhbatlari, darsdan tashqari mashg'ulotlari va hokazolar ham maqsadli o'rganishning bir xil ahamiyatiga ega.

Ta'lim maktab o'quvchilarini, eng avvalo, o'z mazmuni orqali rivojlantiradi. Biroq, ta'lim mazmuni maktab o'quvchilari tomonidan turlicha qabul qilinadi va o'qitish uslubiga qarab ularning rivojlanishiga ta'sir qiladi. O'qitish usullari o'qitishning har bir bosqichida va har bir mavzu bo'yicha tobora murakkablashib borayotgan o'quv vazifalari tizimini qurishni, ularni hal qilish uchun zarur bo'lgan harakatlarni (aqliy, nutq, idrok va boshqalar) shakllantirishni, bu harakatlarni o'zgartirishni ta'minlashi kerak. murakkabroq harakatlar operatsiyalariga, umumlashtirishni shakllantirish va ularni yangi aniq vaziyatlarga qo'llash.

Ta'lim boshlang'ich sinf o'quvchilarining rivojlanishiga butun tashkilot orqali ta'sir qiladi. Bu ularning jamoaviy hayoti, o'qituvchilari va bir-biri bilan muloqot qilish shaklidir. Sinfda muayyan munosabatlar shakllanadi, unda jamoatchilik fikri shakllanadi, bu u yoki bu tarzda kichik yoshdagi o'quvchining rivojlanishiga ta'sir qiladi. Sinf jamoasi orqali ular darsdan tashqari va maktabdan tashqari turli tadbirlarga jalb qilinadi.

Maktab o'quvchilariga yangi kognitiv va amaliy vazifalarni qo'yish va ularni ushbu vazifalarni hal qilish vositalari bilan jihozlash orqali o'rganish rivojlanishdan oldinga chiqadi. Shu bilan birga, u nafaqat rivojlanishdagi mavjud yutuqlarga, balki potentsial imkoniyatlarga ham asoslanadi.

O'rganish qanchalik muvaffaqiyatli rivojlanishga olib kelsa, u o'quvchilarni idrok etilayotgan ob'ektlar haqidagi taassurotlarini tahlil qilishga, ularning individual xususiyatlari va ular bilan bo'lgan xatti-harakatlaridan xabardor bo'lishga, ob'ektlarning muhim xususiyatlarini aniqlashga, ularni baholash axloqini o'zlashtirishga shunchalik maqsadga muvofiq bo'ladi. individual parametrlar, ob'ektlarni tasniflash usullarini ishlab chiqish, umumlashtirish va ularni tavsiflash, har xil turdagi muammolarni hal qilishda o'z harakatlarida umumiylikni bilish va hk.

Bolaning maktabga kirishi nafaqat kognitiv jarayonlarning rivojlanishning yangi darajasiga o'tishning boshlanishini, balki insonning shaxsiy o'sishi uchun yangi shart-sharoitlarning paydo bo'lishini ham anglatadi. Bolaning shaxsiy rivojlanishiga ta'lim, o'yin, mehnat faoliyati, shuningdek, muloqot ta'sir qiladi, chunki Aynan ularda o'quvchilarning o'smirlik davrida namoyon bo'ladigan ishbilarmonlik fazilatlari shakllanadi.

Ta'lim faoliyati barcha yosh bosqichlarida, ayniqsa boshlang'ich maktab yoshida muhim ahamiyatga ega, chunki ta'lim faoliyati ushbu maktab yoshida shakllana boshlaydi va barcha ta'limning muvaffaqiyati nafaqat boshlang'ich bosqichda, balki maktabda ham shakllanish darajasiga bog'liq. yuqori sinflar, asosiy neoplazmalar shakllanadigan o'quv faoliyati etakchi bo'lganligi sababli, bolaning aqliy rivojlanishi jadal davom etadi.

M.N.Apletaevning ta'kidlashicha, boshlang'ich maktab yoshida ta'lim faoliyati alohida rol o'ynaydi, dunyoni "vaziyatli" bilishdan uni ilmiy o'rganishga o'tish sodir bo'ladi va bilimlarni nafaqat kengaytirish, balki tizimlashtirish va chuqurlashtirish jarayoni boshlanadi. . Bu yoshdagi o'quv faoliyati o'quvchilarning turli xil aqliy va axloqiy muammolarni hal qilish texnikasi va usullarini o'zlashtirishi uchun sharoit yaratadi va shu asosda bolalarning atrofdagi dunyoga munosabatlari tizimini shakllantiradi.

Maktabda o'qish davomida kichik maktab o'quvchisi asta-sekin nafaqat ob'ektga, balki pedagogik ta'sir sub'ektiga ham aylanadi, chunki o'qituvchilar darhol va hamma hollarda ham o'z maqsadiga erisha olmaydilar. Agar pedagogik ta'sirlar unda tegishli o'zgarishlarni keltirib chiqarsa, bola haqiqiy o'rganish ob'ektiga aylanadi. Bu bolalar o'z ko'nikmalarini, qobiliyatlarini oshirish, texnikani, faoliyat usullarini o'zlashtirish va o'quvchilarning munosabatlarini qayta qurishda olgan bilimlariga tegishli. Boshlang'ich maktab yoshida bolaning rivojlanishi jarayonida tabiiy va zarur "qadam" muhim ahamiyatga ega.

Ta'lim faoliyati bilan shug'ullanib, kichik yoshdagi o'quvchilar o'quv topshiriqlarini bajarishda ham, ularning xatti-harakatlarini aniqlashda ham maqsadli harakat qilishni o'rganadilar. Ularning harakatlari ongli bo'ladi. Talabalar turli aqliy va axloqiy muammolarni hal qilishda ko'proq va tez-tez egallagan tajribalaridan foydalanadilar.

Faoliyat sub'ektining muhim xususiyati uning o'z imkoniyatlarini bilishi va ularni ob'ektiv voqelik shartlari bilan o'zaro bog'lash qobiliyati (imkoniyati) va intilishlari. (11, 19-20-betlar)

E.P.Kozlovning fikricha, bu fazilatlarning rivojlanishiga shaxsning ehtiyojiga asoslanadigan, uni tan olish mumkin bo'lgan va tegishli munosabat mavjud bo'lgan motivga aylanadigan ta'lim faoliyatining motivatsion komponenti yordam beradi. Motiv harakatning imkoniyati va zarurligini belgilaydi.

Shunday qilib, talabalar o'quv jarayonining faol ishtirokchilariga aylanadilar, ya'ni. ta'lim faoliyati sub'ekti faqat ma'lum bir mazmunni o'zlashtirganda, ya'ni. nima qilishni va nima uchun qilishni biladi. Biror narsani qanday qilishni tanlash uning bilimi, operatsion tuzilmalarni o'zlashtirish darajasi va ushbu faoliyatning motivlari bilan belgilanadi.

Avvalo, bu boshlang'ich maktabda rivojlanib, beshinchi sinfga kelib shaxsiy xususiyatga aylanadigan harakat motivatsiyasi. Kichik maktab o'quvchilari kattalar va o'qituvchilarga cheksiz ishonadilar, ularga bo'ysunadilar va ularga taqlid qiladilar. Kattalar hokimiyati

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CORPORATE GOVERNANCE STRATEGIES TO ENHANCE COMPETITIVENESS: LOCAL AND GLOBAL APPROACHES

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Abstract

Corporate governance is the foundation through which the success of organizations is advanced, especially in a world characterized by globalization and rapid technological changes. It ensures efficiency in resource allocation, enhances transparency, and builds stakeholder trust, thus being a factor that makes competition feasible. This paper examines ways in which the practice of corporate governance could be improved; it focuses on local Uzbekistan perspectives and global outlooks. Whereas Uzbekistan has significantly renovated the framework on corporate governance, weak enforcement mechanisms, stakeholder disengagement, and an unacceptably obsolete management model-all represent competitiveness-eating elements. The study adopts a comparative methodology, analyzing successful governance practices in leading global corporations and juxtaposing them with the evolving framework in Uzbekistan. Among the key strategies explored are the integration of digital technologies, adoption of sustainable business practices, and the promotion of diversity and inclusivity in decision-making processes. In addition, the paper underlines the role of regulatory frameworks, corporate culture, and leadership in fostering an enabling environment for innovation and growth. The findings from the research identify that bringing the corporate governance practices of Uzbekistan up to international standards will go a long way in improving the business climate, reaping foreign investment, and ensuring long-term sustainability of its economy. The paper concludes with actionable recommendations for policymakers, corporate leaders, and other stakeholders to bridge the gap in local and global governance practices, which in turn would ensure a competitive advantage in an interconnected world.

Keywords: corporate governance, competitiveness, Uzbekistan, digital transformation, sustainable practice, and regulatory framework.

1.Introduction

In the modern global economy characterized by dynamism and interdependence, corporate governance has emerged as an essential determinant of organizational success. It is a structure through which decisions are made, accountability is ensured, and resources are managed, thereby enabling firms to achieve long-term sustainability and competitiveness. Under the impact of digital transformation, globalization, and changing stakeholder expectations, corporate governance has become one of the most significant agenda items for policymakers, researchers, and business leaders worldwide. More specifically, it is viewed as a critical tool for driving the performance of a company while minimizing risks, given the evolution of market conditions. In this respect, corporate governance remains a developing sphere in Uzbekistan, as current economic reforms have been pursued and gradually integrated into the world market. Meanwhile, besides substantial movement toward international practices, local enterprises have challenges like a lack of transparency, too limited stakeholder involvement, and out-of-date management systems. These challenges in turn hamper the ability of Uzbek businesses to compete both regionally and globally. Besides, the corporate governance framework in Uzbekistan is still at its development stage, and most local businesses are missing robust governance structures to operate effectively in a globalized economy. But while that may be true, several global corporations were able to apply varied new governance strategies to remain competitive, if not to further enhance their respective performances. In so doing, modern business necessitates equally transformed governance frameworks in digitization, sustainability, and inclusivity of leadership. Apple, Google, and Unilever have responded with the adoption of such corporate governance models as ethical leadership, data-driven decision-making, and stakeholder involvement. These companies not only lead economic performance but also serve as a benchmark for good governance practices. Drawing lessons from these global practices will offer useful insights in the work dedicated to strengthening the corporate governance landscape of Uzbekistan. There has never been a time when the issue of good corporate governance became so relevant, as the COVID-19 pandemic revealed the urgent need for both nimble leadership and resilience on the part of organizational structures. Global disruptions have given a big boost to the role of governance as a means to ensure business continuity and protection for all stakeholders, including shareholders, employees, and customers. In Uzbekistan, adaptability in governance practices will, therefore, go a long way in determining further success and expansion of local enterprises. It will also seek to explore ways of improving corporate governance practices in Uzbekistan, drawing both from local experiences and global approaches. It is to focus on main elements of corporate governance driving competitiveness, compare the governance

models in Uzbekistan with the leading global corporations, and give actionable recommendations on closing the gap between the local and international standards. The following are some of the research questions the study will try to answer:

1. What is at the heart of the definition of corporate governance, competitiveness or enterprise environment?

2. Corporate Governance practice in Uzbekistan Vs Best Practice Against World Standards: A Benchmark?

3. What practices would make the governance practice in Uzbekistan better aligned with the best benchmark practices?

One gap in the literature is a lack of extensive research on how Uzbekistan can apply global models of corporate governance to enhance the competitiveness of local businesses. This paper will, therefore, try to fill this gap by providing practical solutions considering the unique economic and cultural setting of Uzbekistan. The rest of the paper is organized as follows: Section 2 reviews the related literature concerning corporate governance and competitiveness, with a focus on the basic key theoretical frameworks and empirical findings. Section 3 describes the methodology of the research. Sections 4 and 5 discuss in detail the results analysis according to the local and global governance practices. Finally, Section 5 discusses the findings and gives practical recommendations and concluding remarks. The paper therefore tries to add to the literature on governance practices while providing a roadmap for enhancing competitiveness in the business environment of Uzbekistan by investigating the interplay between local and global corporate governance strategies. The research design is structured in a way that gives an in-depth understanding of the corporate governance landscape in Uzbekistan and at the same time compares the same with global best practices. Given the intricacy of corporate governance and its direct influence on competitiveness, the approach for the research is a comparative case study. It shall permit a detailed analysis of governance structures in Uzbekistan, coupled with a comparison to leading global corporations that have illustrated successful governance practices. The case study method is appropriate in understanding the real examples and the context in which governance practices are being implemented. A comparative case study approach offers a great framework to appraise corporate governance practices in the public-private divide of sectors in Uzbekistan. Comparing the two sectors will serve to highlight the governance challenges and successes for this research's purpose and may help in informing the broader national policies regarding corporate governance. The design also allows for

identifying governance mechanisms that have contributed to improved organizational competitiveness, both domestically and internationally. It also draws on insights from international best practices that may provide a benchmark against which to assess Uzbekistan's strategies on corporate governance. For example, countries with well-established systems of governance, such as the United States, Germany, and Japan, have set high standards in the direction of corporate accountability, transparency, and stakeholder engagement.

2. Literature Review

Corporate governance is an integral part of modern organizational management. It aligns the operations of a company with the interests of its stakeholders and ensures accountability and transparency in the decision-making process. Several scholars and practitioners have pointed out the role of corporate governance in ensuring competitiveness, especially within a globalized and digitally transforming business environment. The concept of corporate governance is dynamic; its practices are changing as companies and economies adapt to the prevailing conditions in various markets. The section examines existing literature on corporate governance with regard to its impacts on the competitiveness of organizations from a global and local perspective. Theoretical Frameworks in Corporate Governance. Theories of corporate governance have significantly evolved over the last few decades. Agency Theory is one of the foundational frameworks in corporate governance literature, defining the relationship between the principal (shareholder) and the agent (manager), with the primary concern being the threat of a conflict of interest between the two parties. Agency theory postulates, according to Jensen and Meckling (1976), that managers acting as agents may not always act in the best interest of the shareholders because of the separation of ownership and control. This fact has influenced many models of corporate governance, which advocate mechanisms such as performance-based compensation and shareholder activism to align the interests of managers with those of shareholders. However, Stakeholder Theory develops that concept further by adopting the view that a corporation should pay attention to the concerns of all its stakeholders, not just its shareholders. Freeman (1984) proposed that the long-term success of any business is achieved by creating value for various kinds of stakeholders-employees, customers, suppliers, the community. In the context of Uzbekistan, stakeholder theory may help improve governance practices toward more involvement and transparency of decision-making processes, considering that state-owned enterprises are still considerable in the economy. Other key theory in corporate governance, Resource Dependency Theory by Pfeffer and Salancik 1978,

explains that organizations depend on resources from external sources and must manage their external linkages with suppliers, customers, and government agencies. With the government policy and international trade this theory is very relevant in Uzbekistan. The companies operating in the country need to set up regulatory mechanisms and control other external forces if they want to remain competitive; this requires good governance structures that will enable strategic decisions and risk management to be implemented. The issue of corporate governance and organizational competitiveness has been a subject of extensive research. It has been suggested by studies that those companies that possess strong governance structures tend to outperform their rivals in terms of profitability, growth, and market share. For instance, La Porta et al. (1999) show that countries with better mechanisms of governance tend to be assured of more foreign investments because investors would have confidence in transparent and accountable firms. In addition, Claessens et al. (2002) find that in countries with a strong structure of corporate governance, firms tend to have a low cost of capital and high investment. The link between corporate governance and competitiveness is still an emerging one in the context of Uzbekistan. While much has been achieved over the last couple of years, such as the introduction of the Corporate Governance Code in 2015, poor governance practices, lack of transparency, and lack of effective internal controls are some of the major issues most local companies face. Yuldashev's study, 2020, in regard to Uzbekistan, many local businesses poorly practice governance because of the too weak enforcement of the regulations concerning the understanding of international best practices. Hence, the international competitiveness of Uzbek companies remains at an exceptionally low level; and the need for a full-scale revision of corporate governance frameworks is extremely urgent, adapting international standards. Global companies have developed a wide range of governance practices to enhance competitiveness. The increasing emphasis on digital transformation in governance is perhaps a prominent trend. With evolving companies and new technologies, the way governance structures are organized has to be particularly fashioned to efficiently manage digital resources, cybersecurity risks, and data privacy concerns. For instance, in a study on digital governance, Westerman et al. (2014) argue that those companies which integrate digital technologies into their governance structures can have a better competitive edge in the digital economy. This would include using data analytics to inform decision-making, adopting digital tools for transparency and reporting, and improving communication with stakeholders through digital platforms. Furthermore, competitiveness has also been driven by sustainable governance practices. In recent years, there has been an increasing awareness of the need to balance economic

performance with social and environmental accountability of business. According to the Global Reporting Initiative, sustainable governance means integrating ESG into the core of business decision-making. Not only will companies adopting sustainability best practices be more competitive in the search for investments, but they also enhance their long-term viability in line with the global trend for sustainability. Companies like Unilever and Patagonia have been able to embed sustainability into their governance frameworks with a great deal of success and are, for that reason, leaders in ethics and competitiveness. Corporate Governance in Uzbekistan. The system of corporate governance in Uzbekistan has undergone considerable changes within the last couple of years due to modernization processes taking place within the country's economy. Yet, abandoning a centrally planned economy for a market-oriented economy brings about several challenges in the sphere of corporate governance. As Kamilov 2019 points out, most of the sectors in the economy are dominated by state-owned enterprises in Uzbekistan, and such enterprises often lack governance structures which would ensure effective management and decision-making. Though the government has taken steps towards enhancement, including the introduction of the Corporate Governance Code, the practical implementation of such reforms remains irregular at best across industries. The Uzbekistan Business Environment Index is one tool that demonstrates the competitiveness among businesses in Uzbekistan. It denotes that the most important barriers to boosting business performance include governance issues, such as corruption, opacity, and inefficiency related to the legal regime. These factors will continue to limit the capability of local firms to compete on equal footing in international markets. In this context, the global governance practices must be adapted to the local environment to enhance competitiveness. For instance, enhancing the regulatory framework, increasing the transparency of state-owned enterprises, and fostering greater shareholder activism can be done. Literature already shows that there is an extensive connection between corporate governance and competitiveness. A good governance framework enhances the investment attractiveness of a firm, strengthens its risk management capabilities, and helps ensure that its long-term performance is enhanced. Meanwhile, Uzbekistan's corporate governance is still in its stage of establishment, facing a host of barriers. These are very critical areas in which any review of global best practices has immense learning for Uzbekistan as a country attempting to attain better governance and competitiveness. The following section develops the research methodology to investigate some of these issues in greater depth.

3. Methodology

This paper describes the methodology of research that was used to investigate strategies that could be used to enhance corporate governance in Uzbekistan, its link with organizational competitiveness. The research design adopted encompasses a mixed-methods approach, wherein both qualitative and quantitative research methods will be used to have an appropriate understanding of the research area. This approach allows for greater robustness of analysis, as different perspectives and sources of data are integrated. This research tries to answer the research questions pointed out in the introduction with regard to how corporate governance could be improved in Uzbekistan to enable better competitiveness in the global market. The qualitative phase of the research entails case study analysis in order to explore the governance structures of selected companies in Uzbekistan. The case study method is considered particularly suitable for understanding the practical implementation of corporate governance frameworks within specific organizations. Overall, 10 companies have been selected for the case study analysis: 5 state-owned enterprises and 5 private businesses. The selected companies are those that hold the leading position in the Uzbek economy and represent different levels of maturity of governance. Of most interest in this area will be the selected state-owned enterprises due to their leading role in the economy of Uzbekistan and their challenges that arise while implementing effective corporate governance practices. These companies, usually operating in very complicated regulatory environments, are also highly politically influenced, which may affect their decision-making process. The examination of SOEs will be helpful in highlighting the unique challenges such firms face and how governance practices can be improved to meet international standards. On the other hand, private companies are examined in order to understand how corporate governance practices in the private sector compare with those in the public sector. The selected private companies for the case study have shown varying degrees of success in implementing governance frameworks and thus will be ideal subjects for comparison. This analysis will, therefore, highlight best practices in governance that could be adopted by other companies in Uzbekistan in a bid to improve competitiveness. The review includes a comprehensive overview of the company's governance structure, its internal control systems, its stakeholder engagement mechanisms, and its transparency practices. Key informants, such as key executives and board members, and governance experts were interviewed in order to get qualitative data related to their views concerning challenges of corporate governance and their ways of overcoming them. Such interviews would bring in real insights into the practical challenges that face

companies in Uzbekistan and how these try to converge to international standards on governance.

3.1 Data Collection Methods

Interviews and Focus Groups Semi-structured interviews were also conducted to further enrich the qualitative data from senior executives, corporate governance experts, regulators, and academics. The interviews captured both individual and organizational-level perspectives regarding business viewpoints on corporate governance practices in Uzbekistan. The interviews drew out on the barriers to effective governance, the role of regulatory frameworks, and the potential for the adoption of global governance practices. Apart from the personal interviews, discussions in focus groups were also organized with middle-level managers and employees of different companies. These discussions aimed at ascertaining how corporate governance is perceived and put into action at various levels of the organization. The discussions on practical implications that the governance practices have in everyday operations, decision-making processes, and organizational culture took place in the focus groups. Focus group participants were asked to share their experiences with corporate governance and to suggest any improvements based on their experiences in the organization.

3.2 Interviews and Focus Groups

In-depth interviews and focus groups with key executives, managers, and governance experts supplemented these findings with a deeper look into the impediments and challenges companies face in implementing effective corporate governance practices. A common theme emanating from these interviews was the need for a shift in corporate culture. Many respondents underscored the importance of fostering a culture of governance that ensures transparency, accountability, and ethical decision-making. The absence of such a culture is commonly followed by ineffective management and poor organizational performance. Silverman, D. (2016) The key point arising from the discussions was that more education and training on governance principles is needed. It was felt that mid-level managers, who often are the link between the board and the operational staff, need deeper training in governance practices. Most participants pointed out that, while governance may be viewed as a top-down initiative, it has limited success without buy-in from all levels of the organization. They have emphasized the need for a governance mindset right from the boardroom to the front lines. The interviews also highlighted various challenges that companies faced in implementing governance reforms. One of the

major impediments mentioned included regulatory hurdles in Uzbekistan. Many of the responding parties noted that the regulatory environment was still in its formative stages and required further clarity with regard to compliance matters by companies. This is partly compounded by the political environment, where governance reforms on occasions become victims of politicization and undermine their effectiveness.

3.3 Data Analysis Methods

In addition to interviews and focus groups, a data analysis was performed regarding the regulatory frameworks, corporate governance codes, and internal policies of the selected companies. This analysis will provide an overview of the formal governance structures in place and how they compare with both national and international standards. Key documents reviewed include: Corporate Governance Code of Uzbekistan (2015) Annual reports and financial statements of selected companies; • Internal governance policies and procedures; • Regulatory guidelines from Uzbekistan's Ministry of Finance and other relevant bodies. It will analyze these documents to identify strengths and weaknesses of existing governance practices in Uzbekistan, and those that need further improvement in light of enhancing competitiveness. Ogunmola, et al., 2021) Data analysis enables the identification of gaps that may exist in existing governance frameworks, including issues pertaining to transparency, accountability, and the involvement of stakeholders in decision-making processes. Survey of Business Leaders and Executives. The quantitative phase of the research involved a survey of business leaders and executives from various sectors in Uzbekistan. This questionnaire is designed in order to collect quantitative data about the current state of corporate governance practices, challenges faced by companies, and perceptions with respect to the relationship between governance and competitiveness. Overall, 100 companies, both state-owned and private enterprises, have been sent these questionnaires. The participants targeted had experience and were involved in making decisions relating to corporate governance. The questionnaire design contained a number of closed-ended questions that captured the perceptions on specific aspects of CG, namely: Governance structures and accountability mechanisms, Practices regarding transparency and reporting, Stakeholder involvement and communication, Leadership approaches and ways of decision-making, Use of digital technologies and sustainability practices. Statistical analysis identified the trends and correlations between governance practices and perceived competitiveness. The findings from the survey were supplemented by the qualitative insights from case studies and interviews to set a wider context in which to understand the corporate governance landscape in Uzbekistan. Together, these

combine in a richer understanding of the research questions and enhance the validity of the finding**.** Information from these case studies, interviews, focus groups, and surveys was analyzed using both qualitative and quantitative methods. Regarding qualitative data analysis, a thematic analysis approach was adopted, where common themes and patterns in the responses were identified. This approach will allow a better understanding of the underlying issues concerning corporate governance and competitiveness in Uzbekistan (Kirk, 2013).

4. Data Analysis

4.1 Descriptive Analysis

Descriptive statistics summarized quantitative data, and regression analyses were performed to test the association of corporate governance practices and perceived competitiveness. The statistical test result was utilized to identify which variables influence the perception of competitiveness the most and to understand how far existing governance practices serve their purpose effectively. Such integration of qualitative and quantitative data allows for robust research finding with broad insight into challenges and opportunities related to corporate governance in Uzbekistan. Ethical Considerations. Ethical considerations were a big part of this research. Free and informed consent was sought and obtained from all participants in interviews, focus groups, and surveys. It was ascertained that participants were assured of confidentiality and anonymity of their responses. The research followed ethical guidelines with regard to the protection of participants' rights and responsible usage of data. All findings and recommendations were presented in a manner respecting the privacy of organizations and individuals that contributed to this study (Westfall & Young, 1993). This study has contributed immensely to the understanding of corporate governance practices in Uzbekistan. However, there are some limitations that must be considered. First, the sample size for case study analysis is restricted to 10 companies and hence may not be representative of the diversity in governance practices across all sectors of the Uzbek economy. It relies highly on qualitative data in its analysis, which could be subjective in bias. Lastly, the research study focuses on the practices of corporate governance in Uzbekistan. Though the comparison is drawn from global best practices, generalizing it would not directly be appropriate for other countries with different economic and cultural environments.

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Aspects	Key points
Descriptive statistics	Summarized quantitative data, identified key trends
Regression analysis	Tested association of governance practices and competitiveness
Ethical considerations	Ensured confidentiality, anonymity, and informed consent
Study limitations	Limited sample size (10 companies), qualitative bias, non-generalizable findings

4.2 Document Analysis

Document analysis in this study focused on corporate governance policies, annual reports, and financial statements from several companies in Uzbekistan. The results of the analysis indicated that while some firms have formalized their governance frameworks and adopted internal codes of conduct, the quality and depth of the policies vary significantly. Lantz, B. (2013) Indeed, several companies, especially in the private sector, have developed full-fledged governance frameworks that accord with the best practice internationally. In this regard, such frameworks comprise codes of conduct that are clear and ethical, besides provisions for independent audits. However, a large number of organizations, especially in the public sectors, have either weak or outdated governance policies that do not adequately address the current business needs. In some cases, these policies were found to be inadequately implemented, without adequate monitoring or efforts towards ensuring compliance. Similarly, the analysis of annual reports and financial statements showed inconsistency in the quality and transparency of financial disclosures. Most of the companies did not provide enough information about their governance structure, hence making it hard for the external stakeholders to have a real picture of the governance situation in the company. The document analysis also showed that most of the companies in Uzbekistan had a lack of independent board members. Astie, 2009) Independent directors are very important in ensuring that the interests of the shareholders, as well as those of other stakeholders, are represented in the decision-

making process. In practice, however, boards in Uzbekistan are often dominated either by government-related interests or by the owners of the company, compromising the independence of the board. For this reason, a lack of board independence is particularly problematic in SOEs, whose board is usually directly controlled by government officials

Criteria	Findings (Numerical Representation)
Documents Analyzed	50+ corporate reports, policies, and financial statements reviewed
Development Level of Governance Frameworks	60% of private firms follow best practices, while 80% of public firms have weak or outdated policies
Internal Codes of Conduct	70% of private firms have ethical codes, only 30% of public firms have clear guidelines
Independent Audit Provisions	65% of private firms ensure independent audits, while only 20% of public firms do
Transparency of Financial Disclosures	40% of firms provide high- quality disclosures, 60% lack sufficient transparency
Governance Structure Disclosure	85% of companies lack independent board members
Presence of Independent Board Members	75% of firms do not provide enough governance structure details
Board Composition	90% of SOEs are dominated by government-related interests or company owners
Challenges in SOE Governance	80% of SOEs have weak oversight, 70% are directly controlled by government

4.3 Statistical Analysis

The statistical analysis of the survey data yielded a number of key findings. Through regression analysis, two explanatory variables were found to be significantly

positively correlated with competitiveness: financial reporting transparency and the extent of stakeholder involvement. Companies that showed a higher degree of transparency in financial reporting and greater stakeholder involvement were found to be those who reported being more competitive. It also emerged that there is a higher chance of modern governance practices being adopted when the structures of governance are decentralized. This finding confirms that of the qualitative phase, which reported a likelihood of the adoption of best practices in corporate governance to be more pronounced in private companies, since governance structures for such firms tend to be highly decentralized. The analysis brought out how the style of leadership and organizational culture played their role in terms of determining the outcomes in governance. Companies that had leaders embracing ethical decision-making and corporate social responsibility had better governance frameworks with good financial performances. This would, therefore, indicate that leadership indeed plays a very important role in influencing uptake on good governance practices and encourages a culture of accountability and transparency. These findings underpin the notion that corporate governance is important in enhancing organizational competitiveness. Distinctly, the study has clearly proven that the more established the frameworks of governance in organizations, the better they tend to perform in the marketplace, especially on aspects touching on transparency, accountability, and stakeholders' participation. This also agrees with the wider literature on corporate governance, which argues that good governance practices translate into better organizational performance, improved investor confidence, and hence overall competitiveness. The study, within the context of Uzbekistan, has identified a number of areas that need corporate governance practices. While private companies have performed remarkably well in adopting modern governance practices, state-owned enterprises still have much to improve on. It has been suggested that reform in corporate governance is still needed with regard to the adoption of international best practices, establishment of independent boards, and strengthening regulatory enforcement, particularly in SOEs. The study also underlines the need for a cultural shift in the corporate sector of Uzbekistan. If governance is to truly take hold, companies need to go beyond the adoption of formal frameworks of governance to instill a culture of accountability, transparency, and ethical decision-making within the company. Such a cultural shift should be supported by comprehensive training and education programs for employees at all levels of the organization. Lastly, the government of Uzbekistan and its regulatory bodies cannot be left out in their tentative roles toward making the corporate environment what it should be. The government needs to propagate good governance practices through establishing clear

regulations and giving guidance on how to implement them, also regarding the enforcement of existing codes on governance. By fostering a regulatory environment that is all for transparency, accountability, and ethical behavior, the government would find itself well on its way toward ensuring Uzbekistan pursues competitiveness and sustainability of business.

Key findings	Summary
Financial reporting transparency	Higher transparency in financial reporting correlates with greater competitiveness
Stakeholder involvement	Greater stakeholder involvement leads to improved competitiveness
Decentralized governance	Decentralized governance structures facilitate the adoption of modern practices
Leadership & organizational culture	Ethical leadership and corporate social responsibility enhance governance and financial performance
Corporate governance & competitiveness	Stronger governance frameworks result in better marketplace performance
Private vs. State-owned enterprises	Private companies adopt governance best practices more effectively than SOEs
Cultural shift in corporate sector	Companies must install accountability and transparency beyond formal frameworks
Role of government & regulation	Government must strengthen regulations and enforce governance codes for competitiveness

4.4 Study Analysis

The case study analysis presented substantial differences between the corporate governance structure of SOEs and that of private companies in Uzbekistan. By tradition, SOEs are more centralized structures of governance, with decision-making

authority concentrated at the apex of management levels. This hierarchical structure facilitates bottlenecks and slows down decision-making, coupled with limited accountability. Besides, there is a lack of transparency in the decision-making process within an SOE, making it quite difficult for any external stakeholder to effectively analyze its performance. One example was the state-run energy sector, where investment and strategic decisions were primarily taken by high-ranking government officials with limited input from lower-level managers or external stakeholders. Such centralization of power has brought inefficiencies and unresponsiveness to market demands, which have reduced overall competitiveness for such organizations. In contrast, private companies in Uzbekistan showed more flexible governance frameworks, with the adoption of practices such as independent board members, stakeholder engagement, and transparent financial reporting. Although these practices have shown promise in improving governance, many private companies still struggle to align their practices to global standards due to a lack of access to international expertise and a business environment that is still maturing. Patton, M. Q. (2002) The private sector remains more open toward the introduction of new governance practices, seeking competitiveness by modernization of their governance system.

Aspect	State-Owned Enterprises (SOEs)	Private Companies
Governance Structure	Highly centralized, hierarchical governance	More flexible governance structures
Decision-making Process	Decision-making authority concentrated at top management levels	Decentralized decision-making with stakeholder input
Accountability & Transparency	Unlimited accountability and transparency	Greater transparency and accountability
Market Responsiveness	Slow to adapt to market demands, inefficiencies in operations	More responsive to market needs and competitive pressures
Adoption of Modern Practice	Minimal adoption of modern governance	Independent board members stakeholder

Criteria	frequency	Percentage
Perception of Corporate Governance	80	80%
	practices	engagement, transparent reporting
Challenges Faced	Centralized power, bureaucratic inefficiencies, lack of stakeholder input	Limited access to international expertise, evolving business environment

4.5 Survey Results.

The quantitative phase of the research, in which business leaders and executives in Uzbekistan were surveyed, brought out a set of key findings related to the state of corporate governance in the country. Notwithstanding the fact that most companies view good governance as something important, it was shown that many are still struggling to put good governance practices into place. A vivid example could be the striking difference between how SOEs practice governance versus that of private companies. What emerged from the perception survey was that SOEs were much less likely to adopt up-to-date governance practices: for example, transparency in reporting, engagement with stakeholders, and the use of independent boards. In many instances, SOEs remained stuck in a governance model from a different era, inappropriate for meeting the challenges of the global market. On the other hand, private firms were more likely to implement contemporary practices of governance through the establishment of independent audit committees, the introduction of transparency in financial reporting, and the conduct of governance through digital technologies. Another key finding from the survey was the relationship between governance practices and competitiveness. Firms with high scores in governance indicators such as transparency, accountability, and stakeholder engagement proved to be more competitive. These firms reported higher levels of financial performance, increased market share, and improved customer satisfaction. This finding supports the notion that good governance is a critical factor in enhancing organizational competitiveness

Difference Between SOEs and Private Firms	70	70%
Governance Practices in SOEs	30	30%
Governance Practices in Private Firms	75	75%
Transparency in Reporting (Private)	65	65%
Transparency in Reporting (SOEs)	40	40%
Stakeholder Engagement (Private)	60	60%
Stakeholder Engagement (SOEs)	35	35%
Governance and Competitiveness	50	50%
Impact on Financial Performance	55	55%
Customer Satisfaction	60	60%

5. Discussion and recommendations

Based on the findings of this study, several recommendations can be made to improve corporate governance in Uzbekistan and enhance the competitiveness of Uzbek companies: Strengthening Governance Frameworks in SOEs: One of the key findings of the study was the significant difference in governance practices between state-owned enterprises (SOEs) and private companies. SOEs, in particular, need to adopt more decentralized governance structures that allow for greater transparency, accountability, and responsiveness to market demands. The government should encourage SOEs to adopt international best practices, such as establishing independent boards of directors, improving financial reporting transparency, and implementing robust stakeholder engagement processes. These changes would help improve the competitiveness of SOEs and allow them to operate more efficiently in the global marketplace. Moreover, government involvement should not mean excessive control, but rather, it should ensure proper oversight and accountability. It would also be important that clear performance metrics are instituted and regularly reviewed in SOE governance structures to improve their performance. Also, engaging third-party experts in the reforming process would help to make sure that globally accepted practices and standards were considered and taken into practice within the boundaries of national interests and priorities. Promoting Governance Culture at All Levels: A recurring theme from the research was that accountability, transparency, and ethical decision-making require a change in the organizational culture. While some companies have formally implemented governance frameworks, these frameworks often fail to succeed because of the lack of buy-in from all ranks in organizations. Companies should implement governance cultures that focus on ethical

behavior and that are transparent. This can occur through full training programs, good communication about it from the top leadership, and having the organization retain governance champions who can champion good governance practices down all levels. It would also be a means of fostering governance culture-there would be increased and more effective communication between leadership and employees. Policy and Management, 24(4), 375-391. Management may establish regular workshops, seminars, and channels of communication through which to discuss governance principles, ethics, and decision-making. The encouragement of active participation by all levels of employees in the decision-making process and discussions on governance creates an environment where ethical practices are one of the important organizational values. Improving Education and Training Regarding Corporate Governance Issues: Most of the companies, especially the private ones, were found to have a shallow understanding of the principles of corporate governance. In this regard, education and training programs need to be enhanced at all levels. The training should not only provide the technical aspects of governance, such as financial reporting and compliance, but also broader principles of transparency, accountability, and stakeholder engagement. These programs should, in particular, be targeted at mid-level managers, who have a very critical role in translating the policies on governance into practice. The universities and business schools in Uzbekistan should also include in their curricula corporate governance principles to adequately prepare the future business leaders for the challenges awaiting them in governance. Besides, the training programs should not be confined to the private sector but flow into government employees and SOE managers to make quite certain that governance reforms are understood and implemented across the board. This holistic approach will ensure governance is prioritized across all sectors of the economy; Improvement of Regulatory Frameworks and Enforcement: The most important challenges arising from the research findings concern the complexity and changing nature of the regulatory environment of Uzbekistan. The majority of companies face challenges in finding their way through the labyrinth of regulations, while the enforcement of existing codes on corporate governance remains particularly weak. The government should streamline and make the regulatory environment less ambiguous to facilitate easy understanding by companies for application. Additionally, the regulatory bodies should strengthen mechanisms for enforcement that ensure governance codes and regulations are complied with. This could involve regular audits, penalties for non-compliance, or creating a central body that oversees corporate governance practices within the country. A more favorable, predictable, and transparent regulatory environment comforts not only the comfort of companies but

also enhances investor confidence, as businesses will be in a position to understand with more clarity the rules and regulations that must be followed. Moreover, the government should continue to promote companies for best practices of governance beyond the minimum requirements of the law and create an environment of competition whereby innovation and performance are rewarded; Promoting Better Stakeholder Relationships: The study found that companies with higher levels of stakeholder engagement reported better financial performance and increased competitiveness. Therefore, companies should make a concerted effort to engage with their stakeholders, including shareholders, employees, customers, and the broader community. This can be achieved through regular communication, consultations, and transparency in decision-making processes. Companies should also work to create platforms for feedback from stakeholders, which can provide valuable insights into areas for improvement and help build trust between the company and its stakeholders. Stakeholder engagement should be viewed as a two-way process, where companies listen to and respond to the concerns and feedback of their stakeholders. Engaging stakeholders not only helps improve governance practices but also strengthens the company's reputation and fosters long-term relationships that contribute to business success. Moreover, by engaging stakeholders in governance processes, companies can better align their strategies with the needs and expectations of the wider community; Leveraging Technology for Governance Improvements: In today's digital age, technology can play a significant role in enhancing corporate governance practices. The study found that companies that embraced digital technologies were more likely to adopt modern governance practices. Digital Currencies in The New Global World Order, 265-285. Digital tools such as cloud-based financial management systems, data analytics, and blockchain technology can help streamline governance processes and improve the accuracy and reliability of financial information. Additional, companies should consider using artificial intelligence (AI) and machine learning (ML) to monitor compliance and detect potential governance risks. By integrating these technologies into their governance frameworks, companies can enhance their ability to identify and mitigate risks before they escalate. Digital tools can also facilitate real-time reporting, making it easier for stakeholders to access accurate and up-to-date information on the company's financial and governance status: Fostering International Partnerships and Knowledge Sharing: Many companies in Uzbekistan, particularly in the private sector, face challenges in aligning their governance practices with international standards due to limited access to global best practices. To overcome this barrier, the government should encourage companies to form partnerships with international organizations, participate in global

governance networks, and attend international conferences on corporate governance. These partnerships can help companies gain access to best practices, build relationships with global stakeholders, and improve their overall governance frameworks. Additional, international partnerships can open up new business opportunities and provide access to foreign capital. By learning from global leaders in governance, Uzbek companies can adopt more effective strategies, implement best practices, and strengthen their position in international markets. This knowledge-sharing approach will help bridge the gap between Uzbekistan's local business environment and global standards: Encouraging Long-Term Thinking in Corporate Governance Finally, the study highlights the importance of long-term thinking in corporate governance. Many companies in Uzbekistan, particularly SOEs, focus on short-term objectives such as immediate financial gains or political considerations, often at the expense of long-term sustainability. Companies should be encouraged to adopt governance frameworks that prioritize long-term value creation for all stakeholders. This can be achieved through the establishment of clear long-term goals, regular strategic reviews, and the adoption of sustainability principles that align with global standards. A long-term view in governance should encourage companies to focus on sustainable growth, environmental stewardship, and social responsibility, enhancing their reputation and competitiveness. Companies should adopt sustainability metrics beyond financial performance in their governance frameworks, taking into consideration environmental and social factors. This will help ensure that companies thrive not only in the short term but also contribute toward the long-term prosperity of the nation and the global community.

5.1 Future Research Directions

The research conducted in this study provides valuable insights into the current state of corporate governance in Uzbekistan and its relationship with organizational competitiveness. The findings highlight several key areas where corporate governance practices can be improved to enhance the competitiveness of Uzbek companies, particularly state-owned enterprises (SOEs), while also recognizing the progress made in the private sector. This section provides a summary of the key conclusions drawn from the study, followed by actionable recommendations for policymakers, business leaders, and other stakeholders. The study revealed that corporate governance plays a crucial role in enhancing organizational competitiveness, with companies that implement strong governance frameworks reporting higher levels of financial performance, market share, and overall competitiveness. Specifically, the research identified transparency in financial

reporting and stakeholder engagement as the two most significant factors that contribute to competitiveness. Companies that are more transparent in their financial disclosures and actively engage with stakeholders are better positioned to succeed in the global market. Moreover, the study found that while private companies in Uzbekistan have made strides in adopting modern governance practices, state-owned enterprises (SOEs) continue to lag behind. SOEs were found to have more centralized governance structures, which can lead to inefficiencies, slower decision-making, and reduced accountability. In contrast, private companies demonstrated greater flexibility and openness to adopting contemporary governance practices, such as independent boards and transparent reporting mechanisms. However, even private companies face challenges in aligning their governance practices with international standards, particularly due to limited access to global best practices and a still-developing regulatory environment. The research also identified the importance of leadership style and organizational culture in driving governance improvements. Companies with leaders who prioritize ethical decision-making, transparency, and corporate social responsibility were found to have stronger governance frameworks and better overall performance. This underscores the need for leadership commitment to fostering a culture of accountability and ethical behavior within organizations. Additionally, the study found that the regulatory environment in Uzbekistan is still evolving, and companies often face difficulties in understanding and complying with the governance regulations. This is especially true for smaller businesses and those operating in highly regulated sectors such as energy, finance, and telecommunications. The study suggests that a more streamlined and simplified regulatory framework could help reduce these challenges and foster a more competitive business environment.

Conclusion

This study has critically explored the role that corporate governance plays in fostering organizational competitiveness within Uzbekistan. Its findings have supported the fact that robust governance frameworks are key contributors to organizational success in enhancing competitive positions, both domestically and globally. While the processes of governance reform are still confronting challenges, mainly in SOEs, there has been an emergence of recognition of the crucial role of good governance in realizing sustainable economic growth and enhancing competitiveness. Key conclusions from the study reveal that corporate governance is not just a question of compliance, but it is a strategic approach which, if implemented successfully, may significantly enhance financial performance, quality of decision-

making, and long-term sustainability of a firm. These factors include transparency in financial reporting, independence of board structure, engagement of stakeholders, and adherence to standards of ethics as imperative ingredients for enhanced competitiveness of an organization. Companies that have put in place these elements of governance are relatively better placed to handle the complexities of contemporary business times in which competition has become more globalized and market conditions are dynamism. However, the research also indicates that even as private sector companies in Uzbekistan have made commendable strides in modern governance practices, there is still a wide gap in governance structures for state-owned enterprises. Most SOEs are still characterized by centralized decision-making processes and a lack of accountability, which hinders their effective competitiveness in the rapidly changing market. Governance in SOEs is highly centralized, hence promoting inefficiency, slow response to market changes, and lack of innovation-things that hurt their competitiveness. To resolve these issues, it is paramount that SOEs adopt more decentralized and transparent governance models, in line with global best practices. The government plays a very important role in facilitating these reforms by providing clear regulatory frameworks and ensuring that there are adequate mechanisms in place to enforce compliance. However, the onus is also on the leadership within these organizations to embrace change and recognize the value of sound governance in achieving long-term success. The study also develops a more in-depth look at the role of leadership concerning organizational culture and governance practices development. It is here that leaders churning out ethical behavior, transparency, and stakeholder engagement should be much more willing to create an accountability culture within the organization. This is so important in the context of Uzbekistan, since the business environment is constantly in flux, with ever-increasing pressure on companies to reorient their practices toward meeting international standards. These governance reforms also required strong leadership and a successful implementation process for which effective, smart governance was instrumental. The second issue was the regulatory environment in Uzbekistan, where much has been achieved so far in putting policies that would promote good corporate governance in place, though generally the environment itself is not only complex but too difficult to penetrate at times. Companies, especially small businesses and those in highly regulated industries, often find it difficult to comply with the existing regulations, which acts as a barrier to the implementation of good governance practices. Simplification and streamlining of the regulatory environment would reduce these challenges and provide a better environment for business growth and competitiveness. Besides, the research indicates that more investment in education

and training in corporate governance is needed. Many companies, especially in the private sector of Uzbekistan, don't fully understand the notion of governance, which can be a serious obstacle to the effective implementation of governance structures. For that, there are some educational training programs and workshops to be designed concerning Corporate Governance Best Practices. In fact, the programs ought to be oriented towards a broad range of participants-business leaders and managers, governments, and other supporters-so that awareness of governance principles is gained in all economic sectors. Thirdly, the study accentuates the stakeholders' role and importance in good governance. Companies that engage their stakeholders, whether they are shareholders, employees, customers, or the wider community, tend to generate trust, lift their reputation, and achieve a sustainable competitive advantage. Engagement with one's stakeholders should not be perceived as an asymmetrical channel for communicating information, but rather it should be in a dynamic interactive process that fosters cooperation and shared value creation. By listening to the concerns and needs of stakeholders, companies can align their strategies with the expectations of the wider community and create more sustainable business models. The use of technology is the most promising area in improving corporate governance in Uzbekistan. Digital transformation of the practices of governance can significantly enhance transparency, accountability, and efficiency. It will also enable companies to benefit from using digital tools-blockchain, artificial intelligence, and cloud-based financial systems-to enhance the accuracy of reporting, accelerate compliance procedures, and provide real-time insights into governance performance. The technology will also allow for better communication with stakeholders through more transparent, speedier decision-making processes. This will position them to remain competitive in the global market and demonstrate their commitment to innovation and best practices by embedding technology into their governance frameworks. The government also has a very important role to play in terms of promoting international partnerships and knowledge-sharing initiatives. Most of the companies in Uzbekistan, especially private ones, do not have access to global best practices and governance frameworks. The government can support bridging such a knowledge gap by supporting companies to participate in international organizations, attend conferences arranged globally, and collaborate with foreign firms. These collaborations will go a long way in giving insight into how global leaders manage corporate governance for adaptation to the local context in raising the bar for overall business performance. Concluding, one of the most critical factors that could help improve the competitiveness of Uzbek companies in both the domestic and international arenas is enhancing corporate governance. Although there

are a few challenges, especially within the public sector, opportunities are also aplenty. The adoption of international best practices in corporate governance, improvement of leadership and organizational culture, simplification of the regulatory environment, and stakeholder engagement will all contribute to a pathway of long-term success for companies in Uzbekistan. The recommendations of this study provide a road map for policymakers, business leaders, and other stakeholders to work together in creating a more competitive and sustainable business environment in Uzbekistan. Finally, good corporate governance ultimately contributes not only to the separate institutional effects of any one company but also to the overall economic development of Uzbekistan by enhancing its reputation as a competitive player in the international market. The success of businesses in Uzbekistan will be determined by how well the management can adapt to changes in the market and can meet global standards of governance with regard to the interests of all categories of stakeholders. Addressing these priorities will further enable Uzbekistan to build an even stronger, more competitive economy-one in which long-lasting growth and prosperity can continue for future generations.

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THE IMPACT OF CORPORATE SOCIAL RESPONSIBILITY ON ORGANIZATIONAL PERFORMANCE

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Abstract

This literature review delves into the multifaceted relationship between Corporate Social Responsibility (CSR) and organizational performance. It explores how CSR initiatives, encompassing environmental sustainability, ethical practices, and community engagement, influence a range of performance metrics. The review critically analyzes the empirical evidence linking CSR to financial performance, brand reputation, employee engagement, customer loyalty, and innovation. It also addresses the challenges and potential trade-offs involved in implementing CSR strategies. By synthesizing diverse perspectives, this study aims to provide a nuanced understanding of how CSR contributes to long-term organizational success, not as a mere philanthropic endeavor but as a strategic imperative for sustained growth and stakeholder value creation. The review underscores that while challenges exist in implementation, a well-integrated CSR strategy is increasingly vital for organizations to thrive in today's socially conscious business landscape.

Keywords: Corporate Social Responsibility (CSR), Financial Performance, Sustainability, Ethical Practices, Stakeholder, Employee Engagement

Introduction

The contemporary business environment is characterized by a complex interplay of economic, social, and environmental forces, and demanding a fundamental shift in how organizations perceive their role within society. No longer is the sole measure of success solely defined by financial profits; rather, it is increasingly interwoven with a commitment to ethical conduct, environmental stewardship, and the well-being of stakeholders. This fundamental paradigm shift has propelled Corporate Social Responsibility (CSR) from a peripheral concern to a central pillar of sustainable organizational strategy. While the concept of businesses contributing to societal good

has existed for decades, the modern understanding of CSR is far more nuanced and deeply integrated into the fabric of organizational operations. This introduction will explore the evolving landscape of CSR, its historical context, its multiple dimensions, and the growing imperative for organizations to embed it within their core strategic objectives. We will examine the critical debate surrounding its impact on organizational performance, addressing both the perceived benefits and the potential challenges. Ultimately, this discussion will lay the groundwork for a comprehensive analysis of the multifaceted relationship between CSR and organizational success, moving beyond a simplistic cause-and-effect narrative to illuminate the complex and often symbiotic interplay between ethical business practices and long-term organizational viability. The historical trajectory of CSR is itself a testament to the evolving societal expectations of businesses. Early forms of corporate philanthropy, often characterized by sporadic charitable donations, represented a nascent stage of CSR. These actions, while commendable, lacked the systematic and strategic integration that defines contemporary CSR. The 20th century witnessed the gradual emergence of a more sophisticated understanding, spurred by growing awareness of environmental degradation and social inequities. Landmark events, such as the publication of Rachel Carson's Silent Spring in 1962, which exposed the devastating effects of pesticides on the environment, and the rise of the consumer rights movement, heightened public awareness of the social and ecological implications of unchecked industrial activity. These events triggered a heightened sense of corporate accountability and spurred the development of more formalized CSR policies within many organizations. However, the modern era of CSR is characterized by a critical shift towards a more holistic and integrated approach. It moves beyond simple philanthropy and seeks to embed sustainability and social responsibility into the core operations and strategic planning of an organization. This deeper integration is driven by several crucial factors. First, an increasingly interconnected and transparent global marketplace has made it exceedingly difficult for organizations to operate in isolation. Information flows rapidly, enabling consumers, investors, and regulators to scrutinize corporate actions and hold organizations accountable for their environmental and social impact. Second, the rise of conscious consumerism has empowered individuals to make purchasing decisions based on ethical and environmental considerations. Consumers are increasingly demanding transparency and accountability from businesses, favoring organizations that demonstrate a genuine commitment to sustainable practices. Third, the emergence of new regulatory frameworks has formalized certain aspects of CSR, mandating specific environmental and social standards. This has put increasing pressure on organizations to integrate responsible practices into their operations.

Defining CSR itself requires a nuanced understanding of its multiple dimensions. While a universally accepted definition remains elusive, a common thread runs through most conceptions: CSR encompasses a company's commitment to acting ethically and contributing to the well-being of society, stakeholders, and the planet. This commitment translates into a spectrum of activities, which can be categorized broadly into environmental, social, and ethical responsibilities. Environmental responsibility involves minimizing the organization's environmental footprint through initiatives such as reducing carbon emissions, adopting sustainable supply chains, investing in renewable energy, and effectively managing waste. Social responsibility centers around fostering positive social impact, which may include fair labor practices, community engagement, diversity and inclusion programs, and ethical sourcing. Ethical responsibility emphasizes integrity and transparency throughout the organization's operations, encompassing adherence to strong ethical codes of conduct, avoidance of corruption, and fair competition.

The increasing emphasis on stakeholder engagement is crucial in understanding the contemporary nature of CSR. This perspective shifts away from a purely shareholder-centric view of organizational responsibility, recognizing the legitimate interests of a broader range of stakeholders. These stakeholders include employees, customers, suppliers, local communities, governments, and even future generations. Organizations are increasingly engaging with their stakeholders to understand their concerns, integrate their perspectives into strategic decision-making processes, and foster collaborative relationships that enhance mutual value creation. The rise of stakeholder capitalism reflects a growing understanding that organizational success is inextricably linked to its ability to build and maintain positive relationships with its stakeholders. A strong reputation for ethical and socially responsible behavior significantly influences stakeholder confidence, attracting investment, enhancing brand loyalty, and facilitating successful long-term partnerships. The central question addressed by this article the impact of CSR on organizational performance is a complex one, demanding a careful examination of the multiple dimensions of both CSR and organizational success. It is not sufficient to simply equate CSR with profitability; the relationship is far more nuanced and contingent on a multitude of factors. While many studies have shown a positive correlation between CSR initiatives and financial performance, others have suggested that the relationship is more complex, influenced by factors such as industry sector, organizational culture, strategic alignment, and the particular CSR initiatives undertaken. Some organizations might experience short-term costs associated with CSR investments, but these may be offset by long-term gains through

improved reputation, brand loyalty, and increased efficiency. Equally important are non-financial metrics of success, such as employee engagement, customer satisfaction, and positive societal impact. It is the integration of these financial and non-financial metrics that provides a more holistic and nuanced perspective on the true impact of CSR. Therefore, this article will strive to provide a comprehensive overview, avoiding simplistic conclusions and critically analyzing the diverse perspectives and empirical evidence surrounding this complex and dynamic relationship. The following sections will delve deeper into the various aspects of CSR, exploring its impact on organizational performance across a range of key metrics and addressing the potential challenges and trade-offs involved in its implementation.

2. Literature Review

Defining Corporate Social Responsibility (CSR) is not a straightforward task. It is a concept that has been interpreted and applied in a variety of ways, evolving over time and varying across industries, cultures, and stakeholders. While a universally accepted definition remains elusive, at its core, CSR represents an organization's commitment to operating in an ethical and sustainable manner, taking into account its impact on society, the environment, and all its stakeholders (Carroll, 1991). It goes beyond simply complying with laws and regulations, and embraces a proactive approach to contributing to the common good, reflecting a fundamental shift in how businesses perceive their role in society. This section will dissect the multifaceted nature of CSR, exploring its various dimensions, its underlying principles, and the key debates that shape its interpretation. We will examine the historical roots of the concept, its evolution in response to changing societal expectations, and the diverse range of activities and strategies that are encompassed by its umbrella. Ultimately, this discussion seeks to provide a nuanced understanding of CSR, recognizing its complexities and its crucial role in shaping the future of business. The historical roots of CSR can be traced back to various religious, philosophical, and social traditions that have long emphasized the importance of ethical behavior and societal responsibility (Freeman, 1984). In early industrial societies, while many business practices prioritized profit maximization at all costs, some philanthropic activities did begin to emerge. However, these early forms of corporate giving often lacked the strategic vision and comprehensive integration that characterize contemporary CSR. The 20th century witnessed a gradual shift, propelled by the growing awareness of social and environmental issues. Events such as the Great Depression, which exposed the limitations of unchecked capitalism, and the rise of the environmental movement, spurred by events like the publication of Rachel Carson's "Silent Spring," highlighted

the need for corporations to take greater responsibility for their impact on society (Carson, 1962). This growing awareness paved the way for more formalized approaches to CSR, which began to take shape in the latter half of the century, reflecting a more holistic approach toward corporate activities.

The contemporary understanding of CSR, while grounded in ethical considerations, also acknowledges the business imperative for sustainability (Porter & Kramer, 2006). CSR is increasingly viewed not merely as a cost or philanthropic endeavor but as a strategic investment that can create long-term value for organizations and their stakeholders. Organizations that embrace CSR often find that it enhances their brand reputation, strengthens customer loyalty, improves employee engagement, and fosters innovation. CSR strategies are no longer seen as add-ons but rather are becoming more integrated into the very fabric of an organization's strategic goals and operational practices. The integration of CSR into core business strategies marks a significant departure from the traditional view of businesses as being solely profit-driven, and rather suggests a more balanced model that seeks to create value across multiple dimensions: economic, social, and environmental (Elkington, 1997). At the heart of CSR lies the principle of stakeholder engagement (Freeman, 1984), a concept that has profoundly reshaped how organizations perceive their responsibilities. Stakeholder theory argues that organizations have a responsibility not only to their shareholders but also to a broader range of individuals and groups that are affected by or can affect the organization's operations. These stakeholders may include employees, customers, suppliers, local communities, governments, non-governmental organizations (NGOs), and even future generations. CSR, therefore, involves actively engaging with these stakeholders, understanding their concerns and expectations, and integrating their perspectives into decision-making processes. This may involve conducting regular consultations, creating feedback mechanisms, or building long-term partnerships with stakeholder groups. By embracing stakeholder engagement, organizations can foster greater trust, build stronger relationships, and create mutual value that is aligned with both business and social goals (Ogunmola et al…,(2024).

Defining CSR also requires recognizing its multiple dimensions, which can be broadly categorized into three pillars: environmental, social, and ethical responsibilities (Carroll, 1979). Environmental responsibility is focused on minimizing the negative impacts of business activities on the natural environment. This may involve adopting sustainable practices in production and supply chain processes, reducing waste and carbon emissions, conserving natural resources, and investing in renewable energy technologies. Organizations are increasingly looking toward circular economy

principles, which aim to minimize waste and maximize resource reuse, rather than traditional linear models that focus on extraction, production, consumption, and disposal (Ghisellini et al., 2016). Social responsibility pertains to the organization's commitment to promoting social justice, equity, and well-being. This includes ensuring fair labor practices, fostering diversity and inclusion, contributing to community development, and addressing issues related to health, education, and poverty alleviation. Social responsibility seeks to create a more equitable society by ensuring that business activities contribute to the betterment of individuals and communities. Finally, ethical responsibility emphasizes transparency, integrity, and honesty in all aspects of organizational operations. This includes upholding ethical codes of conduct, avoiding corruption and bribery, ensuring fair competition, and respecting human rights. Ethical responsibility is essential for building trust with stakeholders and maintaining the integrity of the organization's brand and reputation. Within each of these dimensions, the specific activities and strategies that constitute CSR can vary widely, depending on the industry, geographical location, organizational culture, and stakeholders' expectations. A multinational corporation, for instance, may focus on global supply chain transparency and reducing its carbon footprint, while a small business may emphasize local community engagement and ethical sourcing practices. The context-specific nature of CSR highlights the importance of strategic alignment, which ensures that CSR initiatives are not simply add-ons but are instead interwoven into the organization's core business strategy. Organizations that align their CSR strategies with their overall strategic objectives are more likely to achieve meaningful results and positive impacts on both business and society (Ogunmola, et al., 2022). Despite the growing acceptance of CSR, there are still ongoing debates regarding its precise meaning and implications. Some critics argue that CSR is often used as a tool for public relations, designed to improve a company's image without making meaningful changes to their operations (Crane et al., 2008). The term "greenwashing" describes the practice of organizations making misleading claims about their environmental or social responsibility. This highlights the importance of transparency, accountability, and robust measurement frameworks for CSR activities. Another debate revolves around the balance between profit maximization and social responsibility. While some believe that the primary objective of a business is to maximize shareholder value, others contend that businesses have a wider social responsibility to contribute to the common good, even if it means potentially sacrificing short-term financial gains. Navigating this tension between the pursuit of profit and the embrace of social responsibility remains a central challenge for organizations seeking to become more responsible.

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2. CSR and Organizational Performance: A Multifaceted Relationship

The relationship between Corporate Social Responsibility (CSR) and organizational performance is a complex and multifaceted one, characterized by a dynamic interplay of factors and outcomes. It is not a simple linear equation where more CSR automatically leads to better performance, rather, it is a nuanced dance involving strategic alignment, stakeholder engagement, and contextual variables. While a growing body of research suggests a generally positive correlation between well-implemented CSR initiatives and various measures of organizational performance, it's crucial to unpack the complexities of this relationship, acknowledging both the potential benefits and the challenges. This section will explore the diverse ways in which CSR can influence different dimensions of organizational performance, including financial outcomes, brand reputation, employee engagement, customer loyalty, innovation, and risk management (Ogunmola et al.., (2021). We will delve into the underlying mechanisms that drive these effects, examining how CSR can enhance competitive advantage, improve operational efficiency, and foster long-term sustainable growth. Moreover, this section will also address the challenges and potential trade-offs that organizations may encounter when implementing CSR strategies, highlighting the importance of strategic alignment, transparency, and continuous evaluation to maximize the positive impacts of CSR.

One of the most debated and thoroughly researched areas within the CSR literature is the relationship between CSR and financial performance. While some studies have suggested a neutral or even negative relationship, a significant body of research indicates that, on average, companies with strong CSR profiles also tend to exhibit better financial performance (Margolis & Walsh, 2003; Orlitzky, Schmidt, & Rynes, 2003). This positive correlation can be attributed to various factors. First, CSR can lead to cost reductions through increased efficiencies, decreased waste, and better resource management (Ambec & Lanoie, 2008). Companies that adopt sustainable practices may experience lower energy costs, reduced material usage, and improved operational efficiency. Second, CSR can attract socially responsible investors, who are increasingly integrating ESG (environmental, social, and governance) criteria into their investment decisions (Eccles & Serafeim, 2013). This can lead to increased access to capital, better terms of finance, and improved stock valuations. Third, CSR can enhance a company's brand reputation, attracting new customers and increasing customer loyalty. A strong CSR reputation signals trustworthiness, integrity, and a commitment to responsible business practices, which can be a powerful competitive advantage in today's socially conscious market. Fourth, CSR can mitigate risks by strengthening stakeholder

relationships and reducing the potential for negative publicity, boycotts, and regulatory penalties. This ability to manage risks and operate proactively can result in long-term stability and sustainable financial performance.

However, it is essential to acknowledge that the financial impact of CSR is not always straightforward. The effect of CSR on financial performance can be contingent on various factors such as industry, strategic alignment, and the specific CSR activities undertaken. For instance, companies that invest in CSR initiatives that are directly linked to their core business strategy, rather than engaging in sporadic philanthropic activities, are more likely to experience a positive impact on financial results (Porter & Kramer, 2006). Moreover, the benefits of CSR may not be immediately apparent in short-term financial metrics. Many CSR initiatives, especially those related to environmental sustainability, may require substantial upfront investments with benefits that materialize over the long term. Therefore, organizations need to adopt a long-term perspective, focusing on the long term sustainable financial benefits that CSR can help unlock. Beyond the financial realm, CSR has a profound impact on an organization's intangible assets, such as brand reputation and customer loyalty. In today's transparent and interconnected world, consumers are increasingly aware of ethical and environmental issues and actively seek out brands that align with their values. A positive CSR reputation enhances brand trust and credibility, making consumers more likely to purchase products and services from a company perceived to be socially responsible (Bhattacharya & Sen, 2003). Moreover, customers often develop a sense of loyalty to brands that demonstrate a genuine commitment to CSR, leading to increased customer retention rates and positive word-of-mouth marketing. Conversely, negative CSR incidents can severely damage a company's brand reputation, resulting in loss of customer trust and ultimately, decreased sales and financial harm. Therefore, a company's stance on social issues can significantly impact its brand equity, making CSR an essential component of successful brand management.

CSR also plays a crucial role in attracting, retaining, and engaging employees. Organizations that demonstrate a strong commitment to CSR often create a more purpose-driven work environment, where employees feel a stronger sense of connection to the organization's values and mission. Employees tend to be more motivated and engaged when they believe that their work contributes to a greater good, leading to increased productivity, innovation, and lower turnover rates (Turban & Greening, 1997). CSR initiatives, such as volunteer programs, employee well-being initiatives, and opportunities for professional development, can significantly enhance employee satisfaction and foster a culture of responsibility and care. This, in turn,

makes organizations more attractive to potential employees, particularly among younger generations, who increasingly prioritize working for companies that share their values. A strong CSR profile becomes an asset in the competition for top talent.

However, it is also crucial to acknowledge the potential trade-offs that organizations may encounter when implementing CSR strategies. Some CSR initiatives may require substantial upfront investments with potentially delayed returns. For instance, transitioning to a circular economy business model or adopting renewable energy technologies may require significant capital expenditures that may not immediately translate into increased profitability. Moreover, poorly planned or inadequately implemented CSR initiatives can actually damage an organization's reputation, leading to charges of greenwashing or inauthenticity. Companies that fail to communicate their CSR efforts transparently, or are unable to effectively demonstrate their impact, may face skepticism and backlash from their stakeholders. Therefore, it is essential for organizations to be strategic in their approach to CSR, focusing on initiatives that are well-aligned with their core business objectives, are effectively communicated, and are supported by robust measurement and reporting mechanisms (Ogunmola et al…, (2024).

2.1 Impact on Financial Performance

The connection between Corporate Social Responsibility (CSR) and financial performance is a central and often hotly debated topic in both academic and business circles. The question of whether "doing good" also leads to "doing well" is of paramount importance to organizations seeking to integrate CSR into their core strategies. While the intuitive argument that responsible business practices should be aligned with long-term profitability seems compelling, the actual relationship is not always straightforward. This section will delve deeply into the complexities of this connection, examining the various ways in which CSR can influence financial outcomes, analyzing the underlying mechanisms that drive these impacts, and addressing the contextual factors that can shape or moderate the relationship. The discussion will go beyond simply assessing the existence of a correlation to explore the causal pathways, examining how CSR can drive cost savings, enhance revenue streams, attract investors, reduce risks, and foster sustainable growth (Ogunmola et al.., (2021). Moreover, it will also acknowledge the potential challenges, limitations, and trade-offs involved in pursuing CSR strategies, providing a balanced perspective on its financial implications for organizations. This examination will strive to provide a nuanced understanding of this dynamic relationship, offering insights that can help

organizations make informed decisions about CSR investments. One of the core arguments for the positive financial impact of CSR is that it can drive cost efficiencies and reduce operational expenses. Companies that adopt sustainable practices often find themselves in a position to minimize waste, reduce energy consumption, and optimize resource utilization, leading to direct cost savings (Ambec & Lanoie, 2008). For instance, organizations that invest in renewable energy technologies or improve their waste management processes may experience significant reductions in utility bills and disposal costs. Similarly, companies that focus on resource efficiency can reduce their reliance on raw materials, lowering procurement expenses and minimizing supply chain disruptions. These cost savings are not merely marginal; they can have a significant impact on a company's bottom line, improving overall profitability and financial performance. The adoption of eco-friendly manufacturing processes and logistical solutions also reduces long-term costs by reducing the chance of legal repercussions from ecological damage. Therefore, integrating sustainability can turn an operational challenge into a competitive advantage by unlocking cost efficiencies. Beyond cost savings, CSR can also enhance revenue streams by attracting new customers and fostering stronger customer loyalty. Consumers are increasingly aware of ethical and environmental issues and actively seek out brands that align with their values. A company with a strong CSR reputation is more likely to attract customers who are willing to pay a premium for products and services that are perceived as being socially responsible and ethically produced (Bhattacharya & Sen, 2003). This can lead to increased sales volume, higher revenue, and enhanced market share. Moreover, customers who have a positive connection with a brand due to its commitment to CSR tend to be more loyal, resulting in higher customer retention rates and positive word-of-mouth marketing. These aspects of brand management, fueled by a positive CSR reputation, can drive up revenue significantly by enhancing perceived quality, ethical responsibility, and the company's mission. Therefore, CSR is not only about doing good but also about building a more robust and resilient customer base.

Furthermore, CSR can play a critical role in mitigating risks and avoiding potential financial liabilities. Companies that engage in unethical or irresponsible practices often face significant legal, regulatory, and reputational risks, which can translate into substantial financial losses (Weber, 2008). For example, companies that violate environmental regulations can be subject to hefty fines and legal penalties. Those engaging in unfair labor practices or human rights abuses can face boycotts and negative publicity, resulting in declining sales and loss of brand value. Therefore, by embracing CSR, organizations can reduce their exposure to such risks and avoid

potential financial losses. Proactive risk management, embedded into a robust CSR strategy, is more effective than reactive measures. This focus on prevention not only reduces direct losses but also enhances trust with stakeholders, providing a competitive edge in a volatile market. The impact of CSR on financial performance is further supported by the notion that it can drive innovation and provide a source of competitive advantage. Companies that embrace CSR are often forced to think creatively and develop innovative solutions to environmental and social problems. This can lead to the development of new products and services, the improvement of operational processes, and the identification of new market opportunities (Porter & Kramer, 2006). For example, a company committed to reducing its carbon footprint may innovate in the areas of renewable energy, sustainable packaging, or energy-efficient transportation. These innovations can not only enhance the company's competitive advantage but also drive higher revenues by attracting new customers and increasing market share. Therefore, a strategy that includes CSR is beneficial to long-term growth by creating a cycle of positive change, continuous improvement, and enhanced profitability.

2.2 The Human Capital Advantage of CS

In today's competitive landscape, attracting, retaining, and engaging top talent is critical for organizational success. While traditional recruitment strategies focus on compensation and benefits, a growing body of research emphasizes the role of Corporate Social Responsibility (CSR) in building a highly engaged workforce and enhancing an organization's attractiveness to potential employees. This section explores the profound impact of CSR on employee engagement and talent acquisition, demonstrating how a commitment to ethical and sustainable practices can create a positive work environment, foster a strong sense of purpose, and enhance an organization's employer brand. We will examine the mechanisms through which CSR initiatives can boost employee morale, reduce turnover rates, and attract top talent, demonstrating that CSR is not just a means to a social end but a strategic tool for enhancing human capital. Furthermore, we will explore the challenges and considerations involved in effectively integrating CSR into talent management strategies, illustrating that authenticity and strategic alignment are critical to maximizing the benefits of this approach.

A strong commitment to CSR significantly enhances employee engagement by creating a more purpose-driven work environment. Employees are increasingly seeking organizations that align with their personal values and beliefs (Turban &

Greening, 1997). When a company demonstrates a genuine commitment to ethical and sustainable practices, it fosters a sense of purpose and meaning amongst its employees, who are more likely to feel connected to the organization's mission and values. This heightened sense of purpose translates into increased job satisfaction, improved morale, and enhanced productivity. Employees who feel they are working for a company that makes a positive contribution to society often demonstrate greater dedication, loyalty, and a commitment to excellence. This is because they feel that their work has both meaning and importance beyond just contributing to profit. This fosters a positive feedback loop where higher engagement leads to higher productivity, which, in turn, further strengthens the organization's ability to achieve its financial and social goals. Moreover, CSR initiatives can dramatically improve employee retention. High employee turnover can be costly, and is disruptive to organizational productivity and efficiency. Organizations with a robust CSR program often experience lower turnover rates due to the higher job satisfaction and sense of purpose their employees experience (Crane et al., 2008). Employees who feel valued and respected, and who believe that their work contributes to something meaningful beyond just profit, are less likely to seek employment elsewhere. This positive work environment not only enhances morale and well-being, but also significantly reduces recruitment and training costs, saving organizations considerable financial resources in the long run. Therefore, building a company culture focused on social responsibility is essential not only for worker well-being but also for a company's bottom line. Beyond enhancing employee engagement, CSR plays a pivotal role in attracting top talent. In today's competitive job market, potential employees are increasingly evaluating organizations not just on the basis of compensation and benefits, but also on their commitment to social and environmental responsibility. A strong CSR reputation serves as a powerful magnet for attracting job applicants who are attracted to companies that are both financially successful and socially conscious (Margolis & Walsh, 2003). This particularly holds true for younger generations, who have shown a heightened awareness of social issues and a strong preference for organizations with a purpose-driven mission that makes a positive impact on society. A company with a clear and demonstrable commitment to CSR can create a competitive advantage in talent acquisition by making themselves an employer of choice, attracting a large pool of highly skilled and motivated individuals who are eager to contribute to a more sustainable and responsible future.Integrating CSR effectively into talent management strategies requires a holistic approach. Authenticity is paramount; CSR initiatives should be genuine and reflect the organization's true values, rather than being used as a mere public relations tactic. Transparency is also crucial; organizations need to clearly communicate their CSR

efforts to prospective employees to demonstrate their commitment and attract candidates who align with their values. Strategic alignment is also critical; CSR initiatives should be closely linked to the organization's core business strategy and values, to avoid perceptions of inauthenticity. Moreover, it is important to measure and monitor the impact of CSR initiatives on talent management to ensure effectiveness. This demonstrates to potential employees that a commitment to CSR is a core value and part of the organization's operating model

3. Innovation and Competitive Advantage: The Catalyst Effect of CSR

In today's dynamic and competitive business environment, organizations are constantly seeking ways to foster innovation and gain a sustainable competitive edge. While traditional approaches focus on technological advancements and process optimization, a growing body of research highlights the crucial role of Corporate Social Responsibility (CSR) as a catalyst for innovation and a driver of competitive advantage. This section will explore the multifaceted ways in which CSR initiatives can stimulate creativity, improve operational efficiency, and unlock new market opportunities. We will examine how a commitment to sustainability, ethical practices, and stakeholder engagement can lead to the development of novel products, services, and business models, providing a foundation for sustained competitive advantage. Moreover, we will also address the challenges and considerations involved in effectively leveraging CSR for innovation, highlighting the importance of integrating CSR into the organization's core strategy and fostering a culture of creativity and collaboration. Ultimately, this section will demonstrate that CSR is not only a responsible practice but also a strategic tool for driving innovation and enhancing competitiveness in the long term. One of the primary ways in which CSR fosters innovation is by challenging organizations to find creative solutions to environmental and social problems. Companies that are committed to sustainability often face the challenge of developing new and innovative approaches to reduce their environmental footprint and improve resource efficiency. This can lead to the development of innovative products, processes, and business models that are both environmentally friendly and economically viable. For instance, companies that invest in renewable energy technologies, develop sustainable packaging solutions, or implement circular economy principles often discover new ways to improve operational efficiency, reduce costs, and create new revenue streams (Porter & Kramer, 2011). Therefore, by taking on the challenge of developing solutions to environmental and social issues, companies improve not only their position on environmental and social issues but also their

operational efficiencies. This shows that CSR is a key catalyst for innovation, moving beyond a basic cost-benefit analysis and creating value across all levels of the business.

Furthermore, a strong commitment to CSR can foster a culture of innovation within an organization. When a company demonstrates a genuine commitment to ethical and sustainable practices, it creates a work environment that encourages employees to think creatively and develop innovative solutions to challenges. This culture of innovation can translate into increased productivity, improved product quality, and the development of new market opportunities. Employees who feel valued and respected, and who believe that their work contributes to something meaningful, are often more motivated to think outside the box and come up with new ideas that can contribute to the organization's success. Therefore, creating a company culture that values creativity and rewards innovation is essential for fostering creativity within the organization. Finally, CSR initiatives can significantly improve an organization's ability to manage risks, which, in turn, can lead to increased competitiveness. Companies that engage in responsible practices often face fewer reputational risks, legal challenges, and supply chain disruptions. By engaging with stakeholders, building trust, and fostering ethical practices, companies can reduce the likelihood of negative events and enhance their resilience in the face of uncertainty. This enhanced risk management capacity contributes to long-term business stability, giving an organization a competitive edge over its peers, who may be more vulnerable to risk-related setbacks (Freeman, 1984). This demonstrates that taking proactive steps to reduce risk contributes not only to improved financial performance, but also creates more resilient business practices. However, it is important to note that leveraging CSR for innovation and competitive advantage requires a strategic approach. CSR initiatives should be carefully aligned with the organization's core business strategy and values, to ensure that they are genuine and not merely performative. Transparency and effective communication are also crucial in ensuring that CSR efforts are understood and valued by stakeholders, contributing to the organization's image and reputation. Furthermore, organizations need to measure and evaluate the impact of their CSR initiatives on innovation and competitiveness, to ensure that they are achieving the desired results. Therefore, a strategy of proactive and transparent communication will enhance a company's competitive advantage by attracting investors, employees, and customers who value responsible business practices (Ogunmola et al..., (2022).

4. Challenges and Trade-offs in CSR Implementation

While the benefits of Corporate Social Responsibility (CSR) are increasingly evident, organizations often face a myriad of challenges and trade-offs when implementing CSR strategies. The path toward responsible business practices is not always smooth; it requires careful navigation of complex ethical, financial, and operational considerations. This section will explore the key challenges and trade-offs that organizations typically encounter when integrating CSR into their core business operations. We will examine the practical obstacles, ethical dilemmas, and potential compromises that companies may face when striving to balance financial objectives with social and environmental goals. This analysis will address the challenges of resource allocation, measuring the impact of CSR initiatives, navigating conflicting stakeholder expectations, and maintaining authenticity in CSR efforts. Moreover, it will also acknowledge the limitations of CSR and the need for a strategic, transparent, and adaptive approach to overcome these challenges. Ultimately, this section seeks to provide a balanced perspective on CSR implementation, highlighting the complexities involved and offering insights for organizations seeking to maximize the positive impact of their responsible business practices. One of the primary challenges in CSR implementations is the potential for resource constraints and financial trade-offs. Many CSR initiatives, particularly those related to sustainability, require substantial upfront investments that may not yield immediate financial returns (Porter & Kramer, 2011). For example, investing in renewable energy technologies, transitioning to a circular economy business model, or implementing comprehensive supply chain transparency programs may entail significant capital expenditures that impact the short term financial statements. This highlights a core tension between the long term goal of sustainability and short term profitability. While these investments may lead to long-term cost savings and enhanced revenue streams, they often require a trade-off between immediate financial gains and long-term societal and environmental benefits. This tension between immediate cost concerns and long term ethical commitment requires thoughtful planning, robust resource allocation, and a consistent dedication to a long term approach.

Another significant challenge lies in accurately measuring the impact of CSR initiatives. While measuring financial performance is relatively straightforward, assessing the social and environmental impact of CSR programs is often more complex and difficult. Many CSR outcomes, such as improvements in employee well-being, community development, or biodiversity conservation, are difficult to quantify and may have long-term effects that are difficult to track. The lack of standardized metrics and reporting frameworks makes it challenging to compare CSR performance across

different organizations, and it also makes it difficult for organizations to assess their progress and identify areas for improvement (Margolis & Walsh, 2003). This lack of clarity on how to measure the impact of CSR can create a barrier to effective planning and implementation, resulting in organizations not being able to fully take advantage of a CSR strategy. Organizations also often face the challenge of navigating conflicting stakeholder expectations. Stakeholders, including customers, employees, investors, suppliers, and local communities, often have diverse and sometimes competing priorities. Some stakeholders may prioritize immediate economic gains over social or environmental concerns, while others may be more focused on ethical issues and long-term sustainability. Balancing these diverse expectations can be challenging and may require organizations to make difficult trade-offs. For instance, a company may face a trade-off between reducing its carbon emissions and maintaining its competitiveness in a global marketplace. Addressing these complex ethical dilemmas in a consistent and transparent way is a complex task, highlighting the need for open communication and a willingness to address competing demands in a responsible way. Maintaining authenticity in CSR efforts is another significant challenge. Consumers and stakeholders are increasingly aware of performative CSR or "greenwashing," where organizations make misleading claims about their environmental or social responsibility without taking genuine action (Crane et al., 2008). Organizations that fail to align their CSR efforts with their core business values and practices often face skepticism and backlash from their stakeholders. This underscores that any CSR strategy needs to be based on core values and should be integrated into all levels of a business to be effective. Therefore, an authentic CSR strategy has to come from a position of integrity, transparency, and a clear commitment to continuous improvement to avoid any suggestions of inauthenticity

4.1 Cost Implications: Understanding the Financial Realities of CSR

The integration of Corporate Social Responsibility (CSR) into an organization's operations often raises questions about its financial implications, particularly regarding the costs involved. While the potential long-term benefits of CSR, such as improved brand reputation, increased customer loyalty, and enhanced employee engagement, are often emphasized, it is crucial to also acknowledge the immediate and ongoing costs associated with CSR initiatives. This section will explore the various direct and indirect costs that organizations typically encounter when implementing CSR strategies, examining both the short-term expenses and the potential for long-term financial savings. We will analyze the diverse range of costs, from capital investments and operational expenses to training and certification fees, highlighting that a strategic and

well-planned approach is essential for organizations to maximize the financial benefits of their CSR efforts. Furthermore, this section will discuss the importance of cost-benefit analysis to help organizations make informed decisions about CSR investments, balancing ethical considerations with financial realities to ensure long-term organizational sustainability. Ultimately, this analysis seeks to provide a practical and nuanced perspective on the cost implications of CSR, providing insights for organizations that seek to navigate these complex issues effectively (Lu et al., 2021).

One of the most significant cost implications of CSR is the initial capital investment required for implementing sustainable practices and technologies. Organizations that aim to reduce their environmental footprint, for instance, often need to invest in new equipment, renewable energy systems, energy efficient technologies, and sustainable supply chain practices (Ambec & Lanoie, 2008). These capital expenditures, while critical for long-term sustainability, can be substantial, and may require careful financial planning and budgeting. Likewise, organizations investing in new social programs and employee training will have to allocate financial resources accordingly, which will also impact their initial costs and returns. Therefore, organizations often need to perform a cost benefit analysis to ensure that all expenditures are managed and contribute to the long term vision. In addition to capital investments, CSR initiatives also entail ongoing operational expenses. These can include costs related to waste management, recycling programs, ethical sourcing, and community engagement. Organizations may also need to hire additional staff to manage and monitor their CSR programs, adding to their personnel costs (Porter & Kramer, 2006). Furthermore, implementing comprehensive supply chain transparency initiatives may involve additional auditing and reporting costs. These operational expenses are a key component of any well-implemented CSR strategy, and need to be considered in any financial planning and strategy. Organizations pursuing CSR may also encounter costs related to training, certification, and reporting. Employees may require training on new sustainable practices and ethical guidelines, which can incur costs in terms of training programs and time allocated away from their core tasks. Furthermore, acquiring third party certifications and producing CSR reports can also entail additional expenses. These costs, while essential for ensuring the integrity and credibility of a company's CSR efforts, also need to be included when organizations perform a cost benefit analysis of any CSR strategy. These costs are not always immediately apparent, but must be factored in when considering a CSR approach. Despite these costs, it is important to acknowledge that CSR can also lead to cost savings and operational

efficiencies in the long run. Organizations that adopt sustainable practices may experience lower energy costs, reduced waste disposal expenses, and decreased material usage. Furthermore, efficient supply chain practices can significantly reduce operational expenses and improve profitability (Hart, 1995). This emphasizes the idea that the costs associated with CSR should not only be viewed as expenses, but also as a potential opportunity to improve efficiency.

4.2 Greenwashing and Inauthenticity: The Dark Side of CSR

While Corporate Social Responsibility (CSR) holds immense potential for positive change, the risk of "greenwashing" and inauthenticity poses a significant threat to the credibility of CSR efforts and the trust that organizations strive to build with their stakeholders. Greenwashing refers to the deceptive practice of organizations misleading consumers about their environmental or social performance, often using vague or unsubstantiated claims to create a false impression of responsible behavior. Inauthenticity, a closely related concept, encompasses a broader range of behaviors, in which organizations fail to align their CSR initiatives with their core values and business practices, leading to a disconnect between their stated commitments and their actual actions. This section will explore the detrimental effects of greenwashing and inauthenticity on organizational reputation, stakeholder trust, and the overall credibility of the CSR movement. We will examine the various forms of greenwashing, including misleading advertising, selective disclosure, and symbolic actions, highlighting the importance of transparency, verification, and accountability in CSR efforts. Furthermore, this discussion will underscore the ethical imperative for organizations to act with integrity and honesty in their approach to CSR, recognizing that genuine commitment and impactful action are essential for building a more responsible and sustainable future. Greenwashing is a significant concern, undermining the credibility of CSR efforts and eroding consumer trust. Organizations that engage in greenwashing often make exaggerated claims about their environmental achievements, using misleading language and imagery to portray themselves as more eco-friendly than they actually are. For instance, a company might promote a product as "sustainable" without providing specific details about its environmental impact, or it might highlight a minor improvement in its manufacturing process while ignoring more significant environmental problems. Such deceptive practices not only mislead consumers, but they also create skepticism about the authenticity of CSR efforts across all organizations (Lyon & Maxwell, 2011). This lack of trust makes it more difficult for genuinely responsible companies to differentiate themselves, and it perpetuates a culture of cynicism about the role of business in society

4.3 Measurement and Reporting Difficulties

One of the significant hurdles in effective Corporate Social Responsibility (CSR) implementation lies in the complexities of measuring and reporting its impact. While measuring financial performance is relatively straightforward, quantifying the social and environmental contributions of CSR initiatives presents significant challenges. This section will delve into the inherent difficulties in measuring and reporting CSR outcomes, exploring the limitations of current methodologies and the need for improved metrics and reporting frameworks. We will examine the challenges associated with defining and measuring intangible outcomes, the difficulties in establishing causality between CSR initiatives and their intended impacts, and the inconsistencies in reporting practices across organizations. This discussion will emphasize the importance of robust measurement and transparent reporting as critical elements for building stakeholder trust, fostering accountability, and ultimately maximizing the effectiveness of CSR programs. Ultimately, we'll highlight the need for continuous innovation in measurement approaches to overcome these difficulties and enhance the overall credibility of the CSR movement. A primary challenge in measuring CSR impact stems from the intangible nature of many CSR outcomes. While financial metrics such as revenue, profits, and return on investment are readily quantifiable, many key CSR outcomes—such as improvements in employee well-being, community development, or biodiversity conservation—are inherently difficult to measure quantitatively. These often lack well-established benchmarks and standardized metrics, making comparison across organizations difficult (Margolis & Walsh, 2003). This makes assessing the overall effectiveness of CSR programs challenging, and can lead to difficulties in justifying investments in CSR initiatives to stakeholders who may prioritize more easily quantifiable results. This can cause issues with planning and budget allocation, and a company may find it difficult to quantify the effects of its CSR efforts

5. Alignment with Business Strategy

For Corporate Social Responsibility (CSR) initiatives to deliver maximum impact and contribute significantly to organizational success, they must be strategically aligned with the organization's overall business objectives and core values. This section will explore the crucial role of strategic alignment in effective CSR implementation, examining how integrating CSR into the core business strategy can create a synergistic relationship between social and environmental goals and financial performance. We will analyze the benefits of aligning CSR initiatives with an organization's mission,

vision, and operational processes, highlighting how this approach can drive innovation, enhance efficiency, and generate long-term value. Moreover, we will discuss the challenges of achieving strategic alignment and the importance of strong leadership, effective communication, and consistent measurement to ensure that CSR initiatives contribute to the organization's broader strategic objectives (Ogunmola et al...(2024). Ultimately, this discussion will demonstrate that strategically aligned CSR is not merely a responsible practice but a powerful tool for enhancing competitiveness and building a sustainable future for businesses. Strategically aligning CSR initiatives with an organization's overall business strategy creates a synergistic relationship between social and environmental goals and financial performance. When CSR initiatives are merely add-ons or isolated philanthropic activities, they are less likely to generate significant business value. However, when CSR is integrated into the core business strategy, it becomes a driver of innovation, efficiency, and long-term growth. This approach ensures that CSR initiatives are not just separate activities, but rather a part of every stage of a company's operations, with all business decisions taking into account CSR principles. This holistic approach makes CSR a central element of how a company does business, creating value not only on an environmental and social level, but also maximizing financial performance.

Integrating CSR into core business processes can unlock significant operational efficiencies and cost savings. For example, a company that adopts sustainable practices in its manufacturing processes may experience lower energy costs, reduced waste disposal expenses, and enhanced resource utilization. Similarly, a company that focuses on ethical sourcing and fair labor practices in its supply chain may enjoy improved supplier relationships and reduced risks associated with labor disputes or regulatory violations (Porter & Kramer, 2006). Therefore, this focus on integrating CSR into the core business can create cost savings and enhance efficiency across a company's various operations. This approach is not only financially beneficial, but also strengthens a company's ethical stance and its image. Achieving strategic alignment between CSR and business strategy requires strong leadership and commitment from top management. Senior leaders must articulate a clear vision for CSR and ensure that it is integrated into all aspects of the organization's decision-making processes. This requires effective communication and training to ensure that employees understand the organization's CSR goals and are empowered to integrate them into their daily work. Furthermore, consistent measurement and reporting are essential to monitor the progress of CSR initiatives and identify areas for improvement. This transparent

approach allows for ongoing feedback, which in turn creates a more efficient and effective CSR strategy.

6. Frameworks and Theories Supporting CSR Impact

The positive impacts of Corporate Social Responsibility (CSR) on various aspects of organizational performance are supported by a range of frameworks and theories from management, organizational behavior, and economics. These frameworks provide conceptual lenses through which to understand the mechanisms that drive the relationship between CSR and positive organizational outcomes. This section will examine key frameworks and theories that underpin the argument for CSR's value creation, illustrating how these theoretical lenses illuminate the diverse ways in which CSR initiatives can contribute to enhanced financial performance, improved brand reputation, increased employee engagement, and enhanced innovation. We will explore the central tenets of stakeholder theory, resource-based view, and institutional theory, demonstrating how these theoretical underpinnings provide a strong rationale for organizations to embrace CSR strategies. One of the most influential frameworks in the CSR field is stakeholder theory, which posits that organizations have a responsibility not only to their shareholders but also to a broader range of stakeholders, including employees, customers, suppliers, local communities, and the environment (Freeman, 1984). This theory argues that fulfilling the needs and expectations of all stakeholders is essential for organizational success. By engaging with stakeholders, understanding their concerns, and addressing their interests, organizations can build trust, strengthen relationships, and create mutual value. This increased trust and collaboration reduces risk, leading to greater organizational resilience and stability. Therefore, a commitment to stakeholder engagement is viewed as essential not just for ethical conduct, but also for creating a resilient organization.

Another key framework supporting the positive impacts of CSR is the resource-based view (RBV) of the firm. This theory argues that organizations that possess valuable, rare, inimitable, and non-substitutable resources (VRIN) have a competitive advantage (Barney, 1991). CSR initiatives can contribute to the development and enhancement of such resources. For example, a strong commitment to sustainability can lead to the development of valuable environmental technologies and processes, creating a competitive edge in environmentally conscious markets. Similarly, a positive brand reputation built through CSR initiatives can be a powerful and rare resource, attracting customers and investors. Therefore, CSR is not just viewed as an expense, but rather as a method of creating resources that enhance a company's competitive advantage.

Further supporting the positive impact of CSR is institutional theory. This theory suggests that organizations conform to societal norms and expectations to gain legitimacy and enhance their social standing. By engaging in CSR activities, organizations demonstrate their alignment with societal values and expectations, enhancing their legitimacy and reducing the risk of social sanctions (DiMaggio & Powell, 1983). This increased social legitimacy can positively influence stakeholder relationships, attracting customers, investors, and employees who value responsible business practices. This increased legitimacy reduces negative risk, and enhances trust with investors, employees, and customers. Therefore, following generally accepted social norms is not only ethical, it's also a strategy for managing risk and enhancing a company's position. Moreover, the concept of shared value emphasizes that CSR initiatives can create both social and economic value (Porter & Kramer, 2011). This theory argues that organizations should not view CSR as a trade-off between profitability and social responsibility, but rather as a way to create value in both realms simultaneously. By identifying and addressing social and environmental issues that are also relevant to their business operations, organizations can create innovative solutions that benefit both society and their bottom line. This perspective suggests that there is no real trade-off between social responsibility and financial performance. Instead, both concepts can be addressed simultaneously, creating value for both shareholders and stakeholders.

Conclusion

The journey through this exploration of Corporate Social Responsibility (CSR) and its multifaceted relationship with organizational performance reveals a landscape of both remarkable potential and significant challenges. The preceding sections have illuminated that while a simplistic equation of 'more CSR equals more profit' does not hold true, a strategic and well-executed CSR strategy offers substantial benefits across numerous dimensions of organizational success. However, this journey is not without its complexities and pitfalls, and organizations must navigate these intricacies with careful planning, authentic commitment, and continuous evaluation. Our examination has shown that the positive impacts of CSR on financial performance are not always linear, but are achieved through a complex interplay of factors, including cost efficiencies, enhanced revenue streams, access to socially responsible investment, and risk mitigation. We have also seen how CSR powerfully shapes brand reputation and fosters customer loyalty, building trust and creating a competitive advantage in a socially conscious market. Moreover, the importance of CSR in attracting and engaging top talent was evident, highlighting the impact of a purpose-driven workplace on

employee satisfaction and productivity. The potential of CSR to drive innovation and generate competitive advantages was also clearly demonstrated, especially through the creation of new products and services, as well as improved operational processes. However, our analysis also acknowledged that CSR implementation is not without trade-offs, requiring resource allocation, measurement of complex outcomes, and navigation of conflicting stakeholder expectations. The risks of greenwashing and inauthenticity were identified as significant threats to the credibility of CSR initiatives, underscoring the ethical imperative for transparency and genuine commitment. The challenge of measuring and reporting CSR impact was highlighted, as well as the need for robust measurement methodologies and standardized reporting frameworks. The importance of aligning CSR initiatives with an organization's core business strategy was shown to be crucial, shifting CSR from a peripheral activity to a central element of a company's operational DNA. And the examination of various frameworks and theories, like stakeholder theory, the resource-based view, and institutional theory, revealed the underlying mechanisms through which CSR drives positive outcomes.

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INITIAL REFORMS IN THE PRESERVATION OF CULTURAL HERITAGE DURING THE YEARS OF INDEPENDENCE (1991-2000)

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Annotation: This work analyzes the reforms implemented in the preservation, conservation and restoration of cultural heritage in the first years of Uzbekistan's independence. Between 1991 and 2000, a number of legal frameworks were created in the country for the protection of historical and cultural monuments, state programs were adopted, and important monuments were restored.
The work studies the decrees of the President, the decisions of the Cabinet of Ministers, the activities of the Ministry of Cultural Affairs, and the results of cooperation with international organizations. In particular, the work carried out on the basis of the Law "On the Protection of Cultural Heritage" adopted in 1992, the Main Department for the Protection of Cultural Heritage Objects established in 1995, and the State Program "Preservation and Use of Cultural Heritage Objects" in 1997 will be analyzed.
Also, Uzbekistan's membership in UNESCO in 1996 and the inclusion of the cities of Samarkand, Bukhara, and Khiva in the World Cultural Heritage List will be studied as factors that influenced the process of cultural heritage preservation. This study will highlight important aspects of the reforms related to the preservation of cultural heritage during the years of independence and analyze their results and impact.
Keywords: cultural heritage, independence, reforms, restoration, state program, UNESCO, legislation.

INTRODUCTION.

After Uzbekistan gained independence, the preservation, conservation and restoration of national culture and historical heritage became one of the priorities of state policy. Because cultural heritage is an invaluable asset that reflects the identity, historical roots and cultural traditions of the nation. During the Soviet era, some historical monuments were not given enough attention, and some are under threat of extinction was left. For this reason, large-scale reforms were carried out in the early years of independence on the protection of cultural heritage.
In the period from 1991 to 2000, a number of important decisions were made on the legal protection of cultural heritage sites, their restoration and promotion at the international level. In particular, the adoption of the Law "On the Protection of Cultural

Heritage" in 1992, the establishment of the Main Department for the Protection of Cultural Heritage Sites in 1995, and the adoption of the State Program in 1997 were important steps in this direction.

Also, Uzbekistan's membership in UNESCO in 1996 and the inclusion of the cities of Samarkand, Bukhara and Khiva in the World Cultural Heritage List played an important role in the preservation and international promotion of the country's cultural heritage. During this period, many historical monuments were restored, and significant progress was made in developing national culture and passing on heritage to future generations.

This work analyzes the initial reforms, adopted legislative acts and implemented measures aimed at preserving cultural heritage in the period from 1991 to 2000. In addition, the results of these reforms and their significance today are also studied.

13 famous monuments were registered with the International World Heritage Committee. The Ak Astona Baba, Hakim Termizi architectural complexes in Surkhandarya, the Kyrgyz Palace, and the Arab Ata, Ishratkhona, Mirsaid Bahrom mausoleums in the republic, the Bahauddin, Chor Bakr, Sheikh Mukhtar Vali complexes, as well as the Rabati Malik, Jarkurgan and Vobkent minarets, were submitted for inclusion in the list of world tangible monuments.

LITERATURE REVIEW.

Various sources and scientific literature are important in studying the reforms implemented in the early years of independence to preserve cultural heritage. This section analyzes existing scientific research, legislation, official documents, and reports of international organizations on this topic. 1. Legislation and official documents

During the years of independence, the Republic of Uzbekistan adopted a number of laws and resolutions on the protection of cultural heritage. In particular:

March 13, 1992 - Law of the Republic of Uzbekistan "On the Protection of Cultural Heritage". This document established the main standards for the preservation, restoration and use of cultural heritage objects.

1995 - Resolution of the Cabinet of Ministers of the Republic of Uzbekistan on the establishment of the Main Department for the Protection of Cultural Heritage **Objects.**

1997 - State program "Preservation and Use of Cultural Heritage Objects". Large-scale restoration projects were implemented within the framework of this program.

1996 - Uzbekistan's membership in UNESCO and the subsequent inclusion of cities such as Samarkand, Bukhara, Khiva in the World Heritage List made it possible to promote cultural heritage on an international scale.

These official documents are the main source for analyzing how state policy on the preservation of cultural heritage was formed.

DISCUSSION.

In the first years of Uzbekistan's independence, there was a need to implement fundamental reforms in the preservation of cultural heritage. Since some historical monuments were not given sufficient attention during the Soviet period, and some were under threat of extinction, the state paid special attention to this area after independence. Between 1991 and 2000, important decisions were made on the legal protection of cultural heritage, its restoration, and the establishment of international cooperation.

Several key issues were considered during the discussion:

1. Formation of legal foundations

The Law "On the Protection of Cultural Heritage", adopted in 1992, became an important legal foundation for the preservation and use of cultural heritage objects. The establishment of the Main Department for the Protection of Cultural Heritage Sites in 1995 formed a systematic approach to this area by the state.

Within the framework of the 1997 state program, attention was paid to the restoration of historical monuments and their connection with the tourism sector.

2. Practical developments and restoration processes

Historical monuments in the cities of Samarkand, Bukhara and Khiva were gradually restored in the early years of independence.

Although some monuments were neglected during the Soviet era, they have been involved in large-scale restoration processes since the 1990s.

For example, the Registan complex, Ichan-Kala and other important monuments have been restored on the basis of state programs.

3. International cooperation and relations with UNESCO

Uzbekistan's accession to UNESCO in 1996 has made it possible to promote national cultural heritage sites internationally.

In 1997, as a result of the inclusion of Samarkand, Bukhara and Khiva in the World Heritage List, international programs were implemented to preserve and promote these cities.

International grants and financial assistance were attracted for the restoration of historical monuments of Uzbekistan.

4. Positive and negative aspects of reforms

Positive aspects:

A legal framework for the preservation of national cultural heritage was created.

Restoration processes were launched.

Cooperation with UNESCO expanded.

Disadvantages and problems:

In the early years, some projects were not fully implemented due to financial difficulties.

In the restoration processes, sometimes cases were observed where materials were used that did not correspond to historical architectural styles.

In Surkhandarya alone, there are 561 historical monuments of cultural heritage, the age of which covers the period from the Paleolithic stage to the 20th century. Of these, 44 are archaeological, 36 are architectural and sacred sites, 39 are monumental and artistic, and 42 are tourist attractions.

RESULTS.

During 1991-2000, a number of important achievements were achieved as a result of the initial reforms aimed at preserving cultural heritage. These results were manifested in such areas as the formation of legal frameworks, the restoration of historical monuments, the establishment of international cooperation, and increased attention to cultural heritage in society.

1. Creation of a legal and organizational framework

In 1992, the Law "On the Protection of Cultural Heritage" was adopted, which established the procedure for the preservation and use of cultural heritage objects.

In 1995, the Main Department for the Protection of Cultural Heritage Objects was established. This institution was engaged in the registration, monitoring and restoration of cultural heritage sites.

In 1997, the State Program on the "Preservation and Use of Cultural Heritage Sites" was adopted, and measures were taken to restore historical monuments and link them with the tourism sector.

2. Work carried out on the restoration and preservation of historical monuments

In the early years of independence, a number of historical monuments in Samarkand, Bukhara, Khiva and Tashkent were restored.

In particular, large-scale restoration work was carried out on the Registan complex, the Mausoleum of Amir Temur, Shahi Zinda, Ark Castle in Bukhara and Ichan-Kala in Khiva.

Some monuments were transformed into tourism centers, increasing their economic efficiency.

3. Promoting cultural heritage internationally In 1996, Uzbekistan became a member of UNESCO and was able to implement programs for the protection of cultural heritage at the international level.

In 1997, the historical centers of the cities of Samarkand, Bukhara and Khiva were included in the UNESCO World Heritage List. This served to preserve the historical monuments of these cities and attract international attention to them.

International grants and donor funds were attracted for the restoration of historical monuments of Uzbekistan.

4. Increased attention to cultural heritage in society

As a result of the state policy on the preservation of cultural heritage sites, the population's interest in its own history increased.

During the 1990s, the number of scientific studies devoted to historical monuments and architectural monuments in Uzbekistan increased.

Various festivals and conferences on the preservation of national culture and historical heritage were organized, and attention was paid to the promotion of cultural heritage.

SUMMARY.

The reforms of 1991-2000 laid an important foundation for the preservation and development of the cultural heritage of Uzbekistan. The laws and state programs adopted during this period allowed for the systematic protection of cultural heritage objects. The restoration of historical monuments and the establishment of cooperation with international organizations laid the foundation for the worldwide recognition of the cultural heritage of Uzbekistan. At the same time, the initial reforms on the preservation of cultural heritage served as the starting point for large-scale work carried out in subsequent years.

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YURAK ETISHMOVCHILIGI BO'LGAN BEMORLARNI REABILITATSIYA QILISHNING INNOVATSION USULLARI.

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Annotatsiya : Ushbu maqolada yurak yetishmovchiligining keng tarqalgan sabablari o'rganildi. Yurak yetishmovchiligi kasalliklari yoshlar va keksa yoshdagi insonlar orasida keng tarqalayotganligi sababli maqolada yurak yetishmovchiligida bemorlarni reablitatsiya qilishning innavatsion usullari o'rganildi va bu borada eng so'ngi ma'lumotlar berildi.

Kalit so'zlar : yurak yetishmovchiligi, angiotensin, yurak resinxronizatsiya terapiyasi, koroner arter kasalligi , yurak xuruji , yuqori qon bosimi , atriyal fibrilasyon , yurak qopqog'i kasalligi

Yurak etishmovchiligi, shuningdek, yurakning qon bilan to'ldirish va pompalash qobiliyatining buzilishi natijasida kelib chiqadigan sindromdir .

Semptomlar yurakning qaysi tomoni ta'sirlanganiga qarab farq qilsa-da, odatda nafas qisilishi , ortiqcha charchoq va oyoqlarning ikki tomonlama shishishi bilan namoyon bo'ladi . Yurak yetishmovchiligining og'irligi asosan ejeksiyon fraktsiyasiga qarab belgilanadi va simptomlarning og'irligi bilan ham o'lchanadi. Yurak etishmovchiligiga o'xshash alomatlarga ega bo'lgan boshqa holatlar orasida semirish , buyrak etishmovchiligi , jigar kasalligi , anemiya va qalqonsimon bez kasalliklari mavjud .

Yurak etishmovchiligining keng tarqalgan sabablari orasida koroner arter kasalligi , yurak xuruji , yuqori qon bosimi , atriyal fibrilasyon , yurak qopqog'i kasalligi , spirtli ichimliklarni haddan tashqari iste'mol qilish , infektsiya va kardiyomiyopati mavjud . Bular yurakning tuzilishi yoki funktsiyasini yoki ayrim hollarda ikkalasini o'zgartirish orqali yurak etishmovchiligiga olib keladi. Yurak etishmovchiligining har xil turlari mavjud: o'ng yurakka ta'sir qiluvchi o'ng tomonlama yurak etishmovchiligi , chap yurakka ta'sir qiluvchi chap tomonlama yurak etishmovchiligi va yurakning ikkala tomoniga ta'sir qiluvchi

biventrikulyar yurak etishmovchiligi. Chap tomonlama yurak etishmovchiligi ejeksiyon fraktsiyasining kamayishi yoki saqlanib qolgan ejeksiyon fraktsiyasi bilan bo'lishi mumkin . Yurak etishmovchiligi yurakning to'xtab qolishi bilan bir xil emas , bunda yurakning pompalana olmasligi sababli qon oqimi butunlay to'xtaydi.

Tashxis simptomlar, jismoniy ma'lumotlar va ekokardiyografiyaga asoslanadi . Qon testlari va ko'krak qafasi rentgenogrammasi asosiy sababni aniqlash uchun foydali bo'lishi mumkin. Davolash jiddiylik va holatga bog'liq. Surunkali, barqaror yoki engil yurak etishmovchiligi bo'lgan odamlar uchun davolanish odatda turmush tarzini o'zgartirishdan iborat bo'ladi, masalan, chekmaslik , jismoniy mashqlar va dietani o'zgartirish, shuningdek, dori-darmonlar. Chap qorincha disfunktsiyasi tufayli yurak etishmovchiligida, angiotensin-konverting-ferment inhibitörleri , angiotensin II retseptorlari blokerlari (ARB) yoki angiotensin retseptorlari-neprilizin inhibitörleri , beta-blokerlar va retseptor SLT angilokortikoidlari, mineralokortikoid2 retseptorlari . ingibitorlar tavsiya etiladi. Suyuqlikni ushlab turish va natijada nafas qisilishining oldini olish uchun diuretiklar ham buyurilishi mumkin. Vaziyatga qarab, ba'zida yurak stimulyatori yoki implantatsiya qilinadigan yurak defibrilatori kabi implantatsiya qilingan qurilma tavsiya etilishi mumkin. Ba'zi o'rta yoki undan og'ir holatlarda yurak resinxronizatsiya terapiyasi (CRT) yoki yurak kontraktiliyasini modulyatsiya qilish foydali bo'lishi mumkin. Boshqa barcha chora-tadbirlarga qaramay davom etuvchi og'ir kasallikda, yurakni qo'llab -quvvatlovchi qurilma qorincha yordamchi qurilmasi yoki vaqti-vaqti bilan yurak transplantatsiyasi tavsiya etilishi mumkin.

Yurak etishmovchiligi keng tarqalgan, qimmat va potentsial o'limga olib keladigan holat bo'lib, va katta yoshlilarda kasalxonaga yotqizish va qayta yotqizishning asosiy sababidir. Yurak etishmovchiligi ko'pincha buyraklar yoki jigar kabi boshqa murakkab organlarning ishdan chiqishiga qaraganda ko'proq jiddiy sog'liq buzilishlariga olib keladi . 2015 yilda u butun dunyo bo'ylab 40 millionga yaqin odamga ta'sir ko'rsatdi. Umuman olganda, yurak etishmovchiligi kattalarning taxminan 2% ga, va 70 yoshdan oshganlarning 10% dan ko'prog'iga ta'sir qiladi. Ko'rsatkichlar oshishi kutilmoqda.

Tashxis qo'yilgandan keyingi birinchi yilda o'lim xavfi taxminan 35% ni tashkil qiladi, ikkinchi yilda esa o'lim xavfi hali tirik bo'lganlarda 10% dan kam. O'lim xavfi ba'zi saraton kasalliklari bilan solishtirish mumkin. Birlashgan Qirollikda kasallik shoshilinch kasalxonaga yotqizilganlarning 5% sababi hisoblanadi. Yurak

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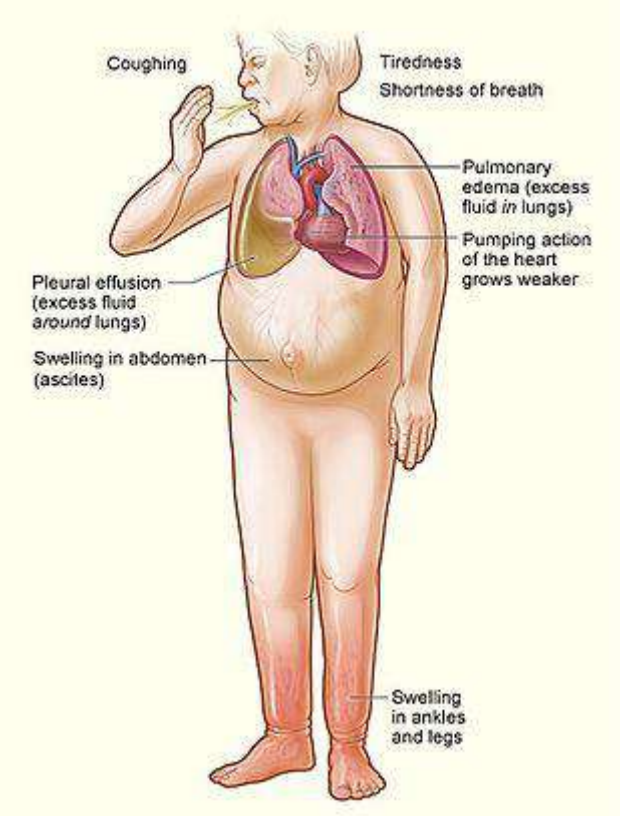
etishmovchiligi Misrda qadim zamonlardan beri ma'lum ; miloddan avvalgi 1550-yillarda Ebers papirusida qayd etilgan .

Ta'rif

Yurak nasos sifatida yaxshi ishlamasa va qonni qon aylanish tizimi orqali tananing ehtiyojlarini qondirish uchun etarli darajada aylanmasa, ba'zida yurak-qon tomir etishmovchiligi atamasi ishlatiladi. Bu, odatda, yurak etishmovchiligi sindromiga olib keladi, belgilar va simptomlarning kombinatsiyasi yurak nasos sifatida yomon ishlaganda. Bu suyuqlik to'planishi va suvni ushlab turish bilan chap atriumda yuqori to'ldirish bosimiga olib keladi. Yurak etishmovchiligining ko'rinadigan belgilarining aksariyati bu suyuqlik to'planishining natijasidir (shish) va yurak etishmovchiligi ta'rifiga kontsentratsiya qo'shiladi. Ejeksiyonning buzilishi tana to'qimalariga qon oqimining etarli emasligiga olib kelishi mumkin, natijada ishemiya paydo bo'ladi .



Og'ir yurak etishmovchiligining belgilari va belgilari

Konjestif yurak etishmovchiligi - bu yurakning chiqishi tananing va o'pkaning ehtiyojlarini qondirish uchun etarli bo'lmagan patofiziologik holat . "Yurak etishmovchiligi" atamasi tez-tez ishlatiladi, chunki eng keng tarqalgan alomatlardan

biri o'pkaning to'qimalari va tomirlarida yoki inson tanasining boshqa qismlarida suyuqlik to'planishi yoki to'planishi.

Konjesyon, ayniqsa, suyuqlik to'planishi va shish (shish) shaklida, periferik shish (shishgan oyoq-qo'l va oyoqlar) va o'pka shishi (nafas olishda qiyinchilik tug'diradi) va astsit (shishgan qorin) shaklida o'zini namoyon qiladi . Puls bosimi , ya'ni sistolik ("yuqori raqam") va diastolik ("pastki raqam") qon bosimi o'rtasidagi farq, odamlarda ko'pincha past/tor (ya'ni sistolik darajasining 25% yoki undan kamroq) bo'ladi. yurak etishmovchiligi bilan, va bu erta ogohlantirish belgisi bo'lishi mumkin.

Yurak etishmovchiligining belgilari an'anaviy ravishda chap va o'ng tomonga bo'linadi, chunki chap va o'ng qorinchalar qon aylanishining turli qismlarini ta'minlaydi. Biventrikulyar yurak etishmovchiligida yurakning ikkala tomoni ham ta'sir qiladi. Chap tomonlama yurak etishmovchiligi ko'proq uchraydi.

Chap tomonlama muvaffaqiyatsizlik

Yurakning chap tomoni o'pkadan kislorodga boy qonni oladi va uni tanadagi qon aylanish tizimining qolgan qismiga (o'pka qon aylanishidan tashqari) pompalaydi. Yurakning chap tomonining ishlamay qolishi qonning o'pkaga qaytib kelishiga olib keladi, bu nafas olishda qiyinchiliklarga va kislorodli qonning etarli darajada ta'minlanmaganligi sababli charchoqqa olib keladi. Umumiy nafas olish belgilariga nafas olish tezligining oshishi va nafas olishning kuchayishi (nafas qisilishining o'ziga xos bo'lmagan belgilari) kiradi. Dastavval o'pka asoslarida va shiddatli bo'lsa, o'pkaning barcha sohalarida o'pka shishi (alveolalardagi suyuqlik) rivojlanishini ko'rsatadi . Siyanoz , qonda kislorod etishmovchiligini ko'rsatadi , o'ta og'ir o'pka shishining kech belgisidir.

Chap qorincha etishmovchiligining boshqa belgilariga yon tomonga siljigan cho'qqi urishi (yurak kattalashganda paydo bo'ladi) va galop ritmi (qo'shimcha yurak tovushlari) kiradi, bu qon oqimining ko'payishi yoki yurak ichidagi bosimning oshishi belgisi sifatida eshitilishi mumkin. Yurak shovqinlari yurak etishmovchiligining sababi (masalan, aorta stenozi) yoki oqibati (masalan, mitral etishmovchilik) sifatida yurak qopqog'i kasalligi mavjudligini ko'rsatishi mumkin .

Chap qorinchaning teskari etishmovchiligi o'pka tomirlarida tiqilib qolishga olib keladi, shuning uchun simptomlar asosan nafas olishdir. Teskari etishmovchilikni chap atriumning, chap qorinchaning yoki ikkalasining chap pallasida etishmovchiligiga bo'lish mumkin. Bemorlarda jismoniy mashqlar paytida nafas qisilishi (nafas

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qisilishi) va og'ir holatlarda dam olish paytida nafas qisilishi kuzatiladi . Ortopnea deb ataladigan yotganda nafas qisilishining kuchayishi ham paydo bo'ladi. U qulay yotish uchun zarur bo'lgan yostiqlar soni bilan o'lchanishi mumkin, ortopneaning ekstremal holatlari bemorni o'tirgan holda uxlashga majbur qiladi. Yurak etishmovchiligining yana bir alomati paroksismal tungi nafas qisilishi : qattiq nafas qisilishining to'satdan tungi hujumi, odatda uxlab qolgandan keyin bir necha soat o'tgach sodir bo'ladi. " Yurak astma " yoki hırıltılı bo'lishi mumkin . Chap qorincha *oldinga siljish* funktsiyasining buzilishi tizimli perfuziyaning yomonlashishiga olib kelishi mumkin, masalan, bosh aylanishi , chalkashlik va dam olishda sovuq ekstremitalar. Miyaning qon ta'minoti yo'qolishi tufayli ongni yo'qotish ham mumkin.

O'ng tomondagi muvaffaqiyatsizlik

Og'ir periferik chuqur shish

O'ng tomonlama yurak etishmovchiligi ko'pincha pulmoner yurak kasalligi (kor pulmonale) tufayli yuzaga keladi, bu odatda o'pka gipertenziyasi yoki o'pka stenozi kabi o'pka qon aylanishi bilan bog'liq muammolardan kelib chiqadi . Jismoniy tekshiruvda periferik shishlar, astsitlar, jigar kengayishi va taloqning kengayishi aniqlanishi mumkin . Juguler venoz bosim ko'pincha suyuqlik holatining belgisi sifatida baholanadi, bu gepatojugular reflyuksiyani tekshirish orqali kuchaytirilishi mumkin . Agar o'ng qorincha bosimi ko'tarilsa, qisqarish kuchining kompensatsion kuchayishiga olib keladigan parasternal yuk bo'lishi mumkin.

O'ng qorinchaning *orqaga qarab* etishmovchiligi tizimli kapillyarlarning tiqilishiga olib keladi. Bu tanada ortiqcha suyuqlik to'planishiga olib keladi. Bu teri ostida shish paydo bo'lishiga olib keladi (periferik shish yoki anasarka) va odatda birinchi

navbatda tananing qaram qismlariga ta'sir qiladi, bu esa tik turgan odamlarda oyoq va to'piqning shishishi va asosan yotgan odamlarda sakral shish paydo bo'lishiga olib keladi. Nokturiya (tez-tez kechasi siyish) kechasi yotgan holda oyoqlardan suyuqlik qon oqimiga qaytganda paydo bo'lishi mumkin. Bosqichma-bosqich og'ir holatlarda astsitlar (qorin bo'shlig'ida suyuqlik to'planishi, shish paydo bo'lishiga olib keladi) va jigar kengayishi rivojlanishi mumkin. Jigarning jiddiy tiqilib qolishi jigar faoliyatining buzilishiga (konjestif gepatopatiya), sariqlik va koagulopatiyaga (qon ivishining kamayishi yoki ortishi bilan bog'liq muammolar) olib kelishi mumkin.

Sabablari

Yurak etishmovchiligi kasallik emas, balki sindrom bo'lganligi sababli, tashxis va davolash uchun asosiy sababni aniqlash juda muhimdir. Yurak yetishmovchiligida yurakning tuzilishi yoki funksiyasi yoki ba’zi hollarda ikkalasi ham o‘zgaradi. Yurak etishmovchiligi barcha yurak kasalliklarining potentsial yakuniy bosqichidir.

Yurak etishmovchiligining keng tarqalgan sabablari orasida koronar arteriya kasalligi , shu jumladan oldingi miyokard infarkti (yurak xuruji), yuqori qon bosimi , atriyal fibrilatsiya , yurak qopqog'i kasalligi , spirtli ichimliklarni ortiqcha iste'mol qilish , infektsiya va noma'lum sababga ega kardiyomiyopatiyaıo Bundan tashqari, virusli infektsiya va yurakning miokard to'qimalarining keyingi yallig'lanishi (miokardit deb ataladi) xuddi shunday yurak etishmovchiligining rivojlanishiga yordam beradi. Genetik moyillik muhim rol o'ynaydi. Agar bir nechta sabablar mavjud bo'lsa, rivojlanish ehtimoli ko'proq va prognoz yomonroq.

Yurakning shikastlanishi odamni keyingi hayotda yurak etishmovchiligini rivojlanishiga olib kelishi mumkin va ko'plab sabablarga ko'ra tizimli virusli infektsiyalar(masalan, OIV), daunorubitsin , siklofosfamid , trastuzumab kabi kimyot erapevtik vositalar va spirtli ichimliklar , kokain va metamfetamin kabi moddalarni iste'mol qilishning buzilishi. . Kam uchraydigan sabab qo'rg'oshin va kobalt kabi ba'zi toksinlarga ta'sir qilishdir . Bundan tashqari, amiloidoz kabi infiltratsion kasalliklar va tizimli qizil yuguruk kabi biriktiruvchi to'qima kasalliklari ham xuddi shunday oqibatlarga olib keladi. Obstruktiv uyqu apneasi (nafas olishning buzilishi semizlik, gipertoniya va/yoki diabet bilan bir-biriga mos keladigan uyqu holati) yurak etishmovchiligining mustaqil sababi sifatida qaraladi. Klinik tadkikotlardan olingan so'nggi hisobotlar , shuningdek, qon bosimining o'zgarishini yurak etishmovchiligi va yurak etishmovchiligiga olib kelishi mumkin bo'lgan yurak o'zgarishlarini bog'ladi.

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Palliativ yordam

Yurak etishmovchiligi bo'lgan odamlarda ko'pincha nafas qisilishi va ko'krak og'rig'i kabi sezilarli alomatlar mavjud. Palliativ yordam HF traektoriyasining boshida boshlanishi kerak va oxirgi chora bo'lmasligi kerak. Palliativ yordam nafaqat simptomlarni boshqarishni ta'minlabgina qolmay, balki tibbiy yordamni ilg'or rejalashtirishga, sezilarli pasayish holatlarida yordam ko'rsatish maqsadlariga yordam beradi va odamning tibbiy ishonchnomaga ega ekanligiga ishonch hosil qiladi va bu bilan uning istaklarini muhokama qiladi. individual. 2016 va 2017 yillardagi tekshiruv palliativ yordam hayot sifati, simptom yuki va parvarishdan qoniqish kabi yaxshilangan natijalar bilan bog'liqligini aniqladi.

Transplantatsiya qilinmasa, yurak etishmovchiligi qaytarilmasligi mumkin va yurak faoliyati odatda vaqt o'tishi bilan yomonlashadi. Amerika Kardiologiya kolleji/Amerika yurak assotsiatsiyasining ko'rsatmalariga ko'ra, yurak etishmovchiligining IV bosqichida (optimal tibbiy davolanishga qaramay, dam olish paytida charchoq, nafas qisilishi yoki ko'krak qafasidagi og'riqning chidab bo'lmaydigan alomatlari) ortib borayotgan odamlar palliativ yordam yoki hospis uchun ko'rib chiqilishi kerak. .

Jarrohlik davolash usullari

Eng og'ir yurak etishmovchiligi bo'lgan odamlar odatda yurak transplantatsiyasi uchun ko'prik sifatida ishlatilgan, ammo yaqinda rivojlangan yurak etishmovchiligi uchun maqsadli davolash sifatida ishlatilgan qorincha yordamchi qurilmalariga nomzod bo'lishi mumkin.

Tanlangan hollarda yurak transplantatsiyasi ko'rib chiqilishi mumkin. Bu yurak etishmovchiligi bilan bog'liq muammolarni hal qilishi mumkin bo'lsa-da, odam rad etishning oldini olish uchun odatda immunosupressiv rejimda qolishi kerak, bu esa o'zining sezilarli salbiy tomonlariga ega. Ushbu davolash variantining asosiy cheklovi transplantatsiya uchun mavjud yuraklarning kamligidir.

Dori-darmonlar

Angiotensin retseptorlari-neprilizin ingibitorlari (ARNI) , beta-blokerlar , mineralokortikoid retseptorlari antagonistlari (MRA) va natriy/glyukoza

kotransporter 2 inhibitörleri (SGLT2 inhibitörleri) kombinatsiyasidan foydalangan holda to'rt marta tibbiy terapiya 2021 yildan boshlab yurak etishmovchiligining kamayishi bilan davolash standarti hisoblanadi. ejeksiyon fraktsiyasi (HFrEF).

Yurak etishmovchiligini saqlanib qolgan ejeksiyon fraktsiyasi (HFpEF) bilan farmakologik davolash uchun ishonchli dalillar yo'q. HFpEF uchun dori tiqilishi davolash uchun diuretiklar bilan simptomatik davolash hisoblanadi. Gipertenziya kabi xavf omillari va komorbidliklarni boshqarish HFpEF da tavsiya etiladi.

Yurak etishmovchiligi uchun renin-angiotensin tizimining (RAS) ingibitorlari tavsiya etiladi. Angiotensin retseptorlari-neprilizin inhibitörleri (ARNI) sakubitril/valsartan 2022 yilda AHA/ACC tomonidan chop etilgan Amerika ko'rsatmalarida RAS inhibitörlerinin birinchi tanlovi sifatida tavsiya etiladi. ACE inhibitori yoki angiotensin retseptorlari blokerlaridan (ARB) foydalanish , agar odam ACE-I ning yon ta'siri sifatida uzoq muddatli yo'talni rivojlantiradi, hisoblanadi omon qolishning yaxshilanishi, yurak etishmovchiligining kuchayishi uchun kasalxonaga yotqizishni kamaytirish va yurak etishmovchiligi bo'lgan odamlarda hayot sifatini yaxshilash bilan bog'liq. 2021 yilda ESC tomonidan chop etilgan Evropa ko'rsatmalari ARNIni ACE-I yoki ARB , beta bloker va mineralokortikoid retseptorlari antagonisti bo'lganida hali ham alomatlari bor odamlarda qo'llanilishini tavsiya qiladi . ARNI kombinatsiyalangan agentidan foydalanish ACE-I yoki ARB terapiyasini boshlashdan kamida 36 soat oldin to'xtatishni talab qiladi.

Beta-adrenergik blokerlar (beta-blokerlar) ACE-I/ARB tomonidan taqdim etilgan simptomlar va o'lim darajasini yaxshilashga yordam beradi . Atriyal fibrilatsiyaga ega bo'lgan sistolik disfunktsiyasi bo'lgan odamlarda beta-blokerlarning o'limga olib keladigan foydalari u bo'lmaganlarga qaraganda ancha cheklangan. Ejeksiyon fraktsiyasi (HFpEF) kamaymasa, beta-blokerlarning foydalari oddiyroq; o'lim darajasining pasayishi kuzatildi, ammo nazoratsiz simptomlar uchun kasalxonaga yotqizishning kamayishi kuzatilmadi.

ACE-I va ARBga toqat qilmaydigan yoki buyrak funktsiyasi sezilarli darajada buzilgan odamlarda kombinatsiyalangan hidralazin va izosorbid dinitrat kabi uzoq muddatli nitratdan foydalanish samarali alternativ strategiya hisoblanadi. Ushbu rejim o'rtacha yurak etishmovchiligi bo'lgan odamlarda o'limni kamaytirishi ko'rsatilgan. Bu qora tanli aholi uchun ayniqsa foydalidir.

Spironolakton yoki eplerenon kabi mineralokortikoid antagonistlaridan foydalanish , beta-blokerlar va ACE-Idan tashqari, ejeksiyon fraktsiyasi (HFrEF) kamaygan simptomatik yurak etishmovchiligi bo'lgan odamlarda simptomlarni yaxshilashi va o'limni kamaytirishi mumkin.

SGLT2 ingibitorlari ejeksiyon fraktsiyasi kamaygan yurak etishmovchiligi uchun qo'llaniladi, chunki ular kasalxonaga yotqizish va o'limni kamaytirishda, 2-toifa diabetga chalingan yoki yo'qligidan qat'i nazar, foyda ko'rsatdi.

Jismoniy mashqlar va jismoniy faoliyat

Jismoniy mashqlar rag'batlantirilishi va shaxsning imkoniyatlariga moslashtirilishi kerak. Meta-tahlil shuni ko'rsatdiki, fizioterapevt tomonidan olib boriladigan markazga asoslangan guruh aralashuvi HFda jismoniy faollikni oshirishga yordam beradi. Jismoniy mashqlar dasturi bilan bir qatorda xulq-atvorni o'zgartirishga aralashuvni amalga oshirishda fizioterapevtlar uchun qo'shimcha treningga ehtiyoj bor. Agar aralashuv jismoniy faollikni rag'batlantirishda odatdagi parvarishdan ko'ra samaraliroq bo'lishi kutiladi, agar u telefon qo'ng'irog'i yoki matnli xabar kabi yurish yoki mashq qilish uchun *ko'rsatmalar va ko'rsatmalarni* o'z ichiga oladi. Ishonchli klinisyen jismoniy faoliyat bilan shug'ullanish uchun aniq maslahat bersa foydali bo'ladi (*Ishonchli manba*). Yana bir yuqori samarali strategiya insonning kundalik muhitida jismoniy faoliyat bilan shug'ullanish uchun ishora bo'lib xizmat qiladigan ob'ektlarni joylashtirishdir (*Atrof-muhitga ob'ekt qo'shish* ; masalan, mashq bosqichi yoki yugurish yo'lakchasi). CR dan tashqari turli sharoitlarda (masalan, uy, mahalla, bog'lar) yurish yoki mashq qilishni rag'batlantirish ham istiqbolli (*maqsadli xatti-harakatlarni umumlashtirish*). Qo'shimcha istiqbolli strategiyalar: *Baholangan vazifalar* (masalan, mashg'ulotlar intensivligi va davomiyligini bosqichma-bosqich oshirish), *O'z-o'zini nazorat qilish* , *Boshqalarning fikr-mulohazalarini bildirmasdan jismoniy faollikni kuzatish* , *Harakatlarni rejalashtirish* va *Maqsadlarni belgilash* . Kardiyak reabilitatsiya dasturining bir qismi sifatida muntazam jismoniy konditsionerlikni kiritish hayot sifatini sezilarli darajada yaxshilashi va simptomlarning yomonlashuvi uchun kasalxonaga yotqizish xavfini kamaytirishi mumkin, ammo hech qanday dalil jismoniy mashqlar natijasida o'lim darajasining kamayishini ko'rsatmaydi.

Uyga tashrif buyurish va yurak etishmovchiligi klinikalarida muntazam monitoring kasalxonaga yotqizish ehtiyojini kamaytiradi va umr ko'rish davomiyligini oshiradi

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Tadqiqot natijalari

Ba'zi tadqiqotlar shuni ko'rsatadiki, ildiz hujayralari terapiyasi yordam berishi mumkin. Ushbu tadqiqot ildiz hujayra terapiyasining afzalliklarini ko'rsatgan bo'lsa-da, boshqa tadqiqotlar foyda ko'rsatmaydi. Suyak iligidan olingan ildiz hujayralari bilan davolangan odamlarda uzoq umr ko'rish va yaxshilangan chap qorincha ejeksiyon fraktsiyasining taxminiy dalillari mavjud.

Yurak funktsiyasining saqlanishi epignetik mexanizmlar, shu jumladan DNK metilatsiyasi va gistonning translatsiyadan keyingi modifikatsiyasi orqali ko'p darajalarda tartibga solinadigan tegishli gen ekspressiyasiga bog'liq . Hozirgi vaqtda ko'payib borayotgan tadqiqotlar kardiyak gipertrofiya va fibrotik chandiqlarda epigenetik jarayonlarning buzilishlarining rolini tushunishga qaratilgan .

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TA’LIM TIZIMI VA MEHNAT BOZORINING O‘ZARO BOG‘LIQLIGI

ВЗАИМОСВЯЗЬ СИСТЕМЫ ОБРАЗОВАНИЯ И РЫНКА ТРУДА

THE INTERCONNECTION BETWEEN THE EDUCATION SYSTEM AND THE LABOR MARKET

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Annotatsiya: Ushbu maqolada ta’lim tizimi va mehnat bozori o‘rtasidagi o‘zaro bog‘liqlik masalasi ko‘rib chiqiladi. Ta’lim tizimini mehnat bozorining real ehtiyojlariga moslashtirishning dolzarbligi, amaliy ta’lim va innovatsion texnologiyalarni joriy etish usullari yoritiladi. Shuningdek, ish beruvchilar va ta’lim muassasalari o‘rtasidagi hamkorlikning kuchaytirilishi hamda davlat tomonidan bu jarayonni qo‘llab-quvvatlash mexanizmlari tahlil qilinadi.

Kalit so‘zlar: Ta’lim tizimi, mehnat bozori, innovatsion yondashuvlar, dual ta’lim, raqamli platformalar, amaliy ta’lim, ish beruvchilar bilan hamkorlik.

Аннотация: В статье рассматриваются вопросы взаимосвязи системы образования и рынка труда. Обсуждается актуальность адаптации системы образования к реальным потребностям рынка труда, методы внедрения практико-ориентированного обучения и инновационных технологий. Также анализируется необходимость укрепления сотрудничества между работодателями и образовательными учреждениями, а также механизмы государственной поддержки этого процесса.

Ключевые слова: Система образования, рынок труда, инновационные подходы, дуальное обучение, цифровые платформы, практическое обучение, сотрудничество с работодателями.

Annotation: This article examines the interconnection between the education system and the labor market. It highlights the importance of aligning the education system with the actual needs of the labor market, methods for implementing practical training, and innovative technologies. The paper also analyzes the need to strengthen

collaboration between employers and educational institutions, as well as mechanisms for government support in this process.

Keywords: **E**ducation system, labor market, innovative approaches, dual education, digital platforms, practical training, employer collaboration.

Kirish: Zamonaviy globallashuv sharoitida ta’lim tizimi va mehnat bozori o‘rtasidagi uzviy bog‘liqlik davlatlarning iqtisodiy va ijtimoiy rivojlanishining asosiy omillaridan biriga aylangan. Mehnat bozorining dinamik ehtiyojlarini qondirish va ushbu ehtiyojlarga mos kadrlarni tayyorlash ta’lim tizimining asosiy vazifalaridan biridir. Ushbu tadqiqotda ta’lim tizimi va mehnat bozorining o‘zaro bog‘liqligi masalalari ilmiy asosda yoritiladi. Bugungi globallashuv davrida ta’lim tizimi va mehnat bozori o‘rtasidagi o‘zaro bog‘liqlik muhim ahamiyat kasb etmoqda. Ta’lim nafaqat bilim beruvchi jarayon, balki iqtisodiy rivojlanishni qo‘llab-quvvatlovchi strategik vosita sifatida ham qaraladi. Mehnat bozorining dinamik ehtiyojlari talab qilayotgan kompetensiyalarni shakllantirishda ta’lim tizimining roli beqiyosdir. Shu sababli, mamlakatning iqtisodiy barqarorligi va jamiyatning farovonligini ta’minlash uchun ta’lim tizimini mehnat bozori ehtiyojlariga moslashtirish zarur. Jahon tajribasi shuni ko‘rsatmoqdaki, raqobatbardosh iqtisodiyotni rivojlantirish uchun malakali kadrlar tayyorlash muhimdir. Ammo ko‘plab davlatlarda ta’lim tizimi va mehnat bozori o‘rtasidagi nomuvofiqlik, ya’ni mehnat bozori ehtiyojlariga javob bermaydigan mutaxassislarni tayyorlash, ishsizlikning oshishiga sabab bo‘lmoqda. Bu muammo, ayniqsa, texnologik taraqqiyotning jadalligi va yangi kasblarning paydo bo‘lishi bilan yanada dolzarb ahamiyat kasb etmoqda. Shu nuqtai nazardan, ta’lim tizimi va mehnat bozori o‘rtasidagi aloqalarni mustahkamlash quyidagi muhim vazifalarni hal qilishga yordam beradi: Kadrlar tayyorlashda malaka va ko‘nikmalarni real ishbilarmonlik muhitiga moslashtirish; Talabalar uchun ishga joylashish imkoniyatlarini kengaytirish; Ish beruvchilarning talablariga mos, raqobatbardosh va zamonaviy mutaxassislarni tayyorlash. Shuningdek, texnologik inqilob natijasida mehnat bozorida yuzaga kelayotgan yangi ehtiyojlar bilan izohlanadi. Masalan, raqamli texnologiyalar, sun’iy intellekt, ekologik barqarorlik kabi sohalar yangi kasbiy yondashuvlarni talab qilmoqda. Shu sababli, oliy ta’lim muassasalari o‘quv dasturlarini yangi talablar asosida qayta ko‘rib chiqishi lozim. Mazkur tadqiqotda ta’lim tizimi va mehnat bozorining o‘zaro bog‘liqligini mustahkamlash, ta’lim jarayonini mehnat bozorining ehtiyojlariga moslashtirish bo‘yicha strategik yondashuvlar va takliflar ko‘rib chiqiladi. Bu yo‘nalishda ish beruvchilar, davlat va ta’lim muassasalari o‘rtasida kuchli hamkorlikni shakllantirish, shuningdek, innovatsion yondashuvlarni tatbiq etish

imkoniyatlari tahlil qilinadi. Ushbu mavzuning dolzarbligi ta’lim tizimining jamiyat va iqtisodiyotga bevosita ta’sirini hisobga olgan holda yanada oshadi. Maqsad — ta’lim va mehnat bozori o‘rtasidagi o‘zaro bog‘liqlikni ta’minlash orqali mamlakatning barqaror iqtisodiy rivojlanishini qo‘llab-quvvatlash va yosh avlodning mehnat bozorida muvaffaqiyatli ishtirokini ta’minlashdir. Agar izlanishlar natijasida ishlab chiqilgan takliflar amaliyotga tatbiq etilsa, ta’lim tizimi va mehnat bozorining o‘zaro uyg‘unligi mamlakatning raqobatbardoshligini oshirishga va ishsizlik darajasini pasaytirishga xizmat qiladi.

Mavzuning dolzarbligi: Bugungi kunda ko‘plab mamlakatlarda mehnat bozorida kadrlar va ta’lim tizimida tayyorlanayotgan mutaxassislar o‘rtasida nomuvofiqlik kuzatilmoqda. Bu holat nafaqat mehnat bozorida ishsizlikni oshiradi, balki iqtisodiyotning barqaror rivojlanishiga ham to‘siq bo‘ladi. Shu sababli, ta’lim va mehnat bozori o‘rtasidagi integratsiyani kuchaytirish muhim ahamiyat kasb etadi.

Tadiqotning maqsadi va vazifalari: Ushbu tadqiqotning asosiy maqsadi ta’lim tizimi va mehnat bozori o‘rtasidagi bog‘liqlikni aniqlash, bu bog‘liqlikni mustahkamlashga yo‘naltirilgan samarali strategiyalarni ishlab chiqishdir. Tadqiqot doirasidagi asosiy vazifalar: Mehnat bozorining ehtiyojlarini aniqlash va ular asosida ta’lim dasturlarini shakllantirish; Innovatsion texnologiyalarni ta’lim jarayoniga joriy etishning samaradorligini o‘rganish; Kadrlarni tayyorlash jarayonini mehnat bozori talablariga moslashtirish usullarini tahlil qilish.

Ta’lim tizimi va mehnat bozorining o‘zaro bog‘liqligi mohiyati - Ta’lim tizimi mehnat bozorining asosiy kadrlar manbai hisoblanadi. Mehnat bozorining talabi asosida shakllantirilgan ta’lim dasturlari nafaqat talabalar uchun sifatli bilim va ko‘nikmalarni ta’minlaydi, balki mamlakatning iqtisodiy va ijtimoiy barqarorligini ta’minlashga ham xizmat qiladi. Shu bilan birga, ta’limning mehnat bozoridan ajralib qolishi natijasida ishsizlikning ortishi yoki malakasiz kadrlarning ko‘payishi kabi muammolar yuzaga keladi.

Mehnat bozorining ehtiyojlarini tahlil qilish - Mehnat bozoridagi o‘zgarishlar texnologik taraqqiyot, raqamli transformatsiya va yangi kasblarning paydo bo‘lishi bilan bog‘liq. Shu sababli, ta’lim tizimi zamonaviy ehtiyojlarni inobatga olgan holda, o‘quv rejalarini qayta ko‘rib chiqishi zarur. Bozor ehtiyojlarini aniqlash uchun: Bozor tahlillari va prognozlash tizimlaridan foydalanish; Ish beruvchilar bilan hamkorlikni kuchaytirish; Mahalliy va xalqaro mehnat bozorining talablari asosida o‘quv jarayonlarini moslashtirish talab etiladi.

Amaliy ta’lim va innovatsion yondashuvlar - Amaliy bilim va ko‘nikmalarni rivojlantirish uchun ta’lim tizimida quyidagi yondashuvlarni joriy etish zarur: Dual ta’lim tizimi: O‘quv jarayonini ishlab chiqarish amaliyoti bilan birlashtirish; STEM (Science, Technology, Engineering, Mathematics): Zamonaviy texnologik va ilmiy yo‘nalishlarni kengaytirish; Raqamli ta’lim platformalari: Talabalar uchun onlayn kurslar va virtual laboratoriyalarni taqdim etish.

Ta’lim tizimi va ish beruvchilar o‘rtasidagi hamkorlik - Mehnat bozorining real talablariga mos kadrlarni tayyorlash uchun ta’lim muassasalari va ish beruvchilar o‘rtasidagi strategik hamkorlikni kuchaytirish zarur. Ushbu hamkorlikning samarali mexanizmlari: Ish beruvchilarning ta’lim dasturlarini shakllantirishda ishtiroki; Stajirovka va amaliyot dasturlarini kengaytirish; Ta’lim tizimida xususiy sektor investitsiyalarini rag‘batlantirish.

Natijalar va takliflar

1. Mehnat bozorining ehtiyojlarini muntazam ravishda o‘rganish va ularga mos ta’lim dasturlarini ishlab chiqish zarur.
2. Amaliyotga yo‘naltirilgan ta’lim usullarini keng qo‘llash orqali talabalarning mehnat bozoriga tayyorligini oshirish mumkin.
3. Davlat tomonidan ta’lim va mehnat bozorini integratsiyalashga qaratilgan maxsus dasturlarni moliyalashtirish va qo‘llab-quvvatlash mexanizmlari ishlab chiqilishi kerak.

Xulosa: Ta’lim tizimi va mehnat bozori o‘rtasidagi o‘zaro bog‘liqlikni rivojlantirish bugungi kunda jamiyat va iqtisodiyot oldidagi eng muhim vazifalardan biri hisoblanadi. Ushbu bog‘liqlikni mustahkamlash, avvalo, iqtisodiyotning samarali rivojlanishi va aholi bandligini ta’minlash uchun zarur. Mazkur tadqiqotda ta’lim tizimi va mehnat bozori o‘rtasidagi o‘zaro aloqalarining hozirgi holati, muammolari va ularni hal etish yo‘llari ko‘rib chiqildi. Tadqiqot shuni ko‘rsatdiki, ta’lim tizimini mehnat bozorining ehtiyojlariga moslashtirish uchun quyidagi asosiy chora-tadbirlarni amalga oshirish zarur. Mehnat bozorining ehtiyojlarini muntazam tahlil qilish: Bu ta’lim dasturlarining mazmunini doimiy ravishda yangilab borish va talabalar uchun dolzarb ko‘nikmalarni shakllantirish imkonini beradi; Amaliyotga yo‘naltirilgan ta’limni rivojlantirish: Dual ta’lim tizimini kengaytirish, talabalarni o‘quv jarayonida real ish muhitiga jalb qilish mehnat bozorida ularning raqobatbardoshligini oshiradi; Ish beruvchilar bilan strategik hamkorlikni kuchaytirish: Xususiy sektor va davlat idoralari bilan ta’lim muassasalari o‘rtasida yaqin aloqalarni yo‘lga qo‘yish, stajirovka

va ish bilan ta’minlash dasturlarini tashkil etish zarur; Innovatsion texnologiyalarni tatbiq etish: Raqamli platformalar, sun’iy intellekt va masofaviy ta’lim tizimlarini joriy qilish orqali talabalar o‘qitilishining samaradorligini oshirish; Davlat tomonidan qo‘llab-quvvatlashni kuchaytirish: Davlat tomonidan ta’lim va mehnat bozori o‘rtasidagi hamkorlikni rag‘batlantiruvchi maxsus dasturlar va qonunchilik bazasini rivojlantirish talab etiladi; Shuningdek, zamonaviy texnologik taraqqiyot va raqamli transformatsiya davrida yangi kasblarning paydo bo‘lishi ta’lim tizimi oldida yangi vazifalarni qo‘yadi. Bu, o‘z navbatida, ta’lim tizimini uzluksiz takomillashtirish va malaka oshirish tizimini yaratishni talab qiladi. Natijalar asosida quyidagi xulosalarga kelish mumkin: Ta’lim tizimi va mehnat bozori o‘rtasidagi integratsiyani mustahkamlash orqali iqtisodiyotda malakali ishchi kuchi yetishmovchiligini bartaraf etish mumkin; Talabalar uchun amaliy ta’limni kuchaytirish va raqamli texnologiyalardan foydalanish ularning zamonaviy kasblarga tayyorlanish darajasini oshiradi; Ta’lim tizimining moslashuvchanligini ta’minlash orqali yangi iqtisodiy sharoitlarga tezkor javob qaytarish va global mehnat bozorida raqobatbardoshlikni ta’minlash mumkin. Shunday qilib, ta’lim tizimi va mehnat bozori o‘rtasidagi o‘zaro aloqalarni rivojlantirish mamlakatning iqtisodiy o‘sishi, bandlik darajasini oshirish va yosh avlodning muvaffaqiyatli mehnat faoliyatini ta’minlash uchun strategik ahamiyatga ega. Ushbu yo‘nalishda davlat, xususiy sektor va ta’lim muassasalarining yaqin hamkorligi va kelajakni ko‘zlovchi strategiyalarni amalga oshirish muhimdir.

Mazkur xulosalar asosida ta’lim va mehnat bozori o‘rtasidagi bog‘liqlikni yanada kuchaytirish bo‘yicha taklif etilgan chora-tadbirlar mamlakatning barqaror rivojlanishi va xalqaro raqobatbardoshligini ta’minlashga xizmat qiladi.

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ГЛАУКОМА: БЕЛГИЛАРИ ВА ДАВОЛАШ УСУЛЛАРИ

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Аннотация: Глаукома – кўриш нервининг зарарланишига олиб келадиган кўз касалликлари гуруҳидир. Кўз ички босимининг (КИБ) ошиши натижасида юзага келади ва даволанмаса, кўриш қобилиятининг ёмонлашувига олиб келади. Глаукомани "кўришнинг тихий ўғриси" деб ҳам аташади, чунки кўришнинг йўқолиши одатда секин ва симптомларсиз содир бўлади. Кўрликнинг олдини олиш учун ўз вақтида ташхис қўйиш ва даволаш жуда муҳимдир.

Калит сўзлар: глаукома, очиқ бурчакли глаукома, ёпиқ бурчакли глаукома, бош оғриғи, кўришнинг хиралашиши, туғма глаукома.

ГЛАУКОМА: СИМПТОМЫ И МЕТОДЫ ЛЕЧЕНИЯ

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Аннотация: Глаукома – группа глазных заболеваний, приводящих к повреждению зрительного нерва. Вызвана повышением внутриглазного давления (ВГД) и без лечения приводит к ухудшению зрения. Глаукому называют "тихим вором зрения", так как потеря зрения обычно происходит медленно и бессимптомно. Своевременная диагностика и лечение крайне важны для предотвращения слепоты.

Ключевые слова: глаукома, открытоугольная глаукома, закрытоугольная глаукома, головная боль, затуманивание зрения, врожденная глаукома.

GLAUCOMA: SYMPTOMS AND TREATMENT METHODS

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Abstract: Glaucoma is a group of eye diseases that lead to damage of the optic nerve. It is caused by an increase in intraocular pressure (IOP) and, if left untreated, leads to deterioration of vision. Glaucoma is also called the "silent thief of sight" because vision loss usually occurs slowly and asymptomatically. Timely diagnosis and treatment are crucial to prevent blindness.

Keywords: glaucoma, open-angle glaucoma, closed-angle glaucoma, headache, blurred vision, congenital glaucoma.

Муаммонинг долзарблиги: Глаукома – кўрлик ва ногиронликка олиб келувчи жиддий касалликдир. Дунёда 100 миллиондан ортиқ одам глаукома билан касалланган, улардан 40 миллиони кўр. Яна кўп одамлар ўз касалликлари ҳақида билмайдилар. Ўз вақтида ташхис қўйиш ва даволаш кўрликнинг олдини олиши мумкин. ВОЗ глаукомани ижтимоий аҳамиятга эга касалликлар рўйхатига киритди. Ҳар йили март ойининг иккинчи ҳафтасида "Жаҳон глаукома ҳафталиги" ўтказилади.

Глаукома – кўришнинг тўлиқ йўқолишига олиб келадиган энг хавфли кўз касалликларидан биридир. Статистикага кўра, глаукома дунё аҳолисининг 3% да ташхис қилинади. Кўрлик ҳолатларининг 15% гача глаукома билан боғлиқ. Хавф гуруҳига 40 ёшдан ошган одамлар киради, бироқ сўнгги йилларда глаукома ўсмирлар ва ёшларда ҳам кўпроқ учрайди. Туғма глаукома 20 000 новорожденнийдан биттасида учрайди.

Патогенези ва белгилари: Глаукомада кўз ички босими даврий равишда кўтарилади ёки доимо юқори даражада туради. Бу кўз ички суюқлигининг етарлича чиқиб кетмаслиги билан боғлиқ. Кўриш нерви зарарланади, бу кўриш майдони дефектларига олиб келади.

Глаукоманинг сабаблари тўлиқ ўрганилмаган. Унинг ривожланишига кўплаб омиллар таъсир қилади деб ҳисобланади. Хавф омилларига қуйидагилар киради: Наслий, 40 ёшдан катта ёш, Қандли диабет, Гипертония, Умуртқа поғонасининг бўйин қисми остеохондрози, Атеросклероз, Катаракта, Увеит, Кўз жароҳатлари каби касаллик омиллари киради.

Глаукоманинг белгилари касалликнинг шаклига қараб қуйидагилар фарқланади.

Очиқ бурчакли глаукома кўпинча симптомларсиз кечади. Кўришнинг йўқолиши аста-секин содир бўлади ва кўпинча эътиборсиз қолади. Баъзан кўришнинг хиралашиши, кўзлар олдида камалак доиралари, бош оғриғи пайдо бўлиши мумкин.

Ёпиқ бурчакли глаукома ўткир хуружлар билан намоён бўлиши мумкин. Глаукома хуружи кўзда кескин оғриқ, кўришнинг ёмонлашиши, кўнгил айниши, қусиш билан бирга кечади. Кўз қизаради, қорачиқ кенгаяди.

Глаукома босқичлари:

- I босқич: кўриш нерви дискининг бироз кенгайиши.
- II босқич: кўриш майдонининг торайиши.
- III босқич: кўриш майдонининг яққол торайиши.
- IV босқич: кўришнинг тўлиқ йўқолиши.

Диагностика:

- Тонометрия (КИБ ўлчаш)
- Периметрия (кўриш майдонини текшириш)
- Офтальмоскопия (кўз тубини кўриш)
- Гонииоскопия (кўзнинг олдинги камераси бурчагини кўриш)

Даволаш:

Глаукомани даволаш КИБни пасайтиришга ва кўриш нервини ҳимоя қилишга қаратилган.

- Дори-дармон билан даволаш: КИБни пасайтирувчи кўз томчилари.
- Лазерли даволаш: лазерли иридотомия, лазерли трабекулопластика.
- Хирургик даволаш: трабекулэктомия, иридэктомия.

Профилактика:

- Офтальмологга мунтазам равишда ташриф буюриш (айниқса 40 ёшдан кейин)
- Қон босимини назорат қилиш
- Ҳамроҳ касалликларни даволаш
- Соғлом турмуш тарзи

Хулоса: Глаукома – ўз вақтида ташхис қўйишни ва даволашни талаб қиладиган жиддий касалликдир. Фақат шундагина кўришни сақлаб қолиш ва кўрликнинг олдини олиш мумкин.

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MAHALLIY BUDJETLARNING SAMARADORLIGINI OSHIRISHNING ZAMONAVIY USULLARI

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Annotatsiya

Ushbu maqolada mahalliy budjetlarning samaradorligini oshirishning zamonaviy usullari tahlil qilinadi. Mahalliy budjetni shakllantirish va boshqarishda raqamli texnologiyalar, islohotlar, va zamonaviy moliyaviy boshqaruv usullarining roli ko'rib chiqiladi. Tadqiqot natijalari zamonaviy yondashuvlar orqali mahalliy budjet samaradorligini oshirish mumkinligini ko'rsatadi.

Kalit so'zlar. Mahalliy budjet, samaradorlik, raqamli texnologiyalar, moliyaviy boshqaruv, fiskal islohotlar, soliq siyosati.

Abstract

This article analyzes modern methods for improving the efficiency of local budgets. The role of digital technologies, reforms, and modern financial management methods in the formation and management of local budgets is considered. The results of the study show that it is possible to improve the efficiency of local budgets through modern approaches.

Keywords. Local budget, efficiency, digital technologies, financial management, fiscal reforms, tax policy.

KIRISH

Bugungi kunda mahalliy budjetlarning samaradorligini oshirish, ularning moliyaviy barqarorligini ta'minlash dolzarb vazifalardan biri hisoblanadi. Jahon tajribasida raqamli texnologiyalar va innovatsion usullarni qo'llash orqali mahalliy budjetlarni boshqarish sezilarli darajada samarali natijalar bermoqda. O'zbekiston sharoitida ham mahalliy budjetni shakllantirishda zamonaviy usullarni qo'llash iqtisodiy samaradorlikni oshirish va budjet daromadlarini ko'paytirishning muhim omili bo'lib qolmoqda. Ushbu maqolada mahalliy budjetning samaradorligini oshirish uchun qo'llanilayotgan zamonaviy yondashuvlar, texnologiyalar va usullar o'rganiladi.

ADABIYOTLAR TAHLILI VA METODOLOGIYA

Mahalliy budjetlarning samaradorligini oshirish bo'yicha ko'plab xalqaro tajribalar va ilmiy manbalar mavjud. Xalqaro Valyuta Jamg'armasi (IMF, 2020) tomonidan taqdim etilgan hisobotlarda raqamli texnologiyalar va avtomatlashtirilgan

moliyaviy boshqaruv tizimlarining mahalliy budjet samaradorligini oshirishdagi o‘rni keng yoritilgan.

Shu bilan birga, Polsha misolida olib borilgan tadqiqotlar (Nowak, 2019) mahalliy budjetlar samaradorligini oshirishda moliyaviy islohotlar va zamonaviy boshqaruv tizimlarini joriy qilish zarurligini ta'kidlaydi. O‘zbekiston tajribasida esa Karimov (2022) mahalliy budjetlarni avtomatlashtirilgan boshqaruv tizimlari orqali samaradorligini oshirish bo‘yicha tadqiqot o‘tkazgan va uning natijalarida texnologiyalarni joriy etishning yuqori natijalar keltirishini ko‘rsatgan.

Ushbu tadqiqotda tahliliy va qiyosiy metodlardan foydalanilgan. Mahalliy budjetlarni boshqarish bo‘yicha mavjud bo‘lgan zamonaviy texnologiyalar va moliyaviy boshqaruv tizimlari o‘rganilib, ularning samaradorlikka ta’siri baholandi. Shuningdek, bir qator rivojlangan mamlakatlarning tajribasi qiyosiy tahlil qilinib, ularning natijalari O‘zbekiston mahalliy budjetlari bilan solishtirildi. Tadqiqot doirasida raqamli texnologiyalarning joriy qilinishi orqali daromadlarni oshirish va samaradorlikni kuchaytirish masalalari o‘rganildi.

NATIJALAR

Tahlil natijalari shuni ko‘rsatdiki, raqamli texnologiyalarni mahalliy budjetlarni boshqarishga joriy qilish ularning samaradorligini sezilarli darajada oshiradi. Masalan, davlat byudjetiga onlayn nazorat tizimlarini joriy etish orqali daromadlar to‘g‘ri hisob-kitob qilinmoqda va soliq tushumlarining to‘g‘riligini nazorat qilish imkoniyati oshmoqda. Xalqaro tajriba ham shuni ko‘rsatadiki, avtomatlashtirilgan moliyaviy tizimlarni joriy etish orqali mahalliy budjetlarda noaniqlik va samarasizliklar kamaymoqda.

Mahalliy daromadlarni oshirishda soliq tizimini raqamlashtirish, soliq stavkalarini differensiallash va soliqlarni onlayn yig‘ish usullarining qo‘llanishi sezilarli ijobiy natijalar ko‘rsatdi. Shuningdek, moliyaviy boshqaruv tizimlarida zamonaviy yondashuvlarni qo‘llash mahalliy daromad manbalarini kengaytirish imkonini beradi.

1-jadval. Mahalliy budjetlarning samaradorligini oshirishda qo‘llaniladigan zamonaviy usullar va ularning samaradorlikka ta’siri jadvali

Usul	Samaradorlikka ta’siri	Misollar
Raqamli soliq tizimi	Soliq yig‘imlari jarayonini avtomatlashtirish orqali daromadlar oshadi	Elektron soliq deklaratsiyasi, onlayn soliq to‘lovlari

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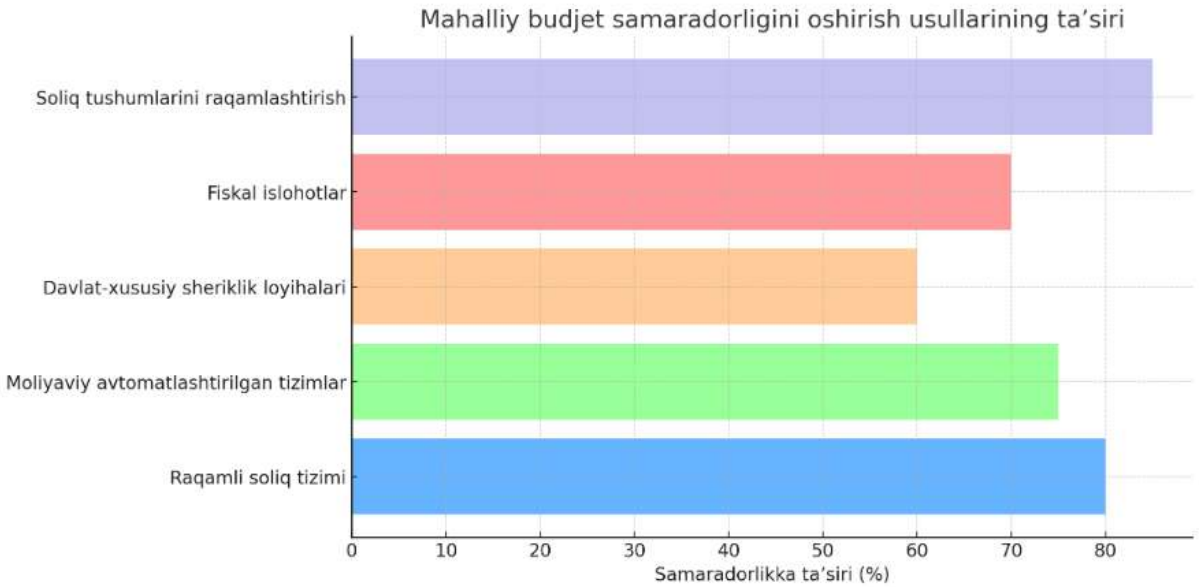
Usul	Samaradorlikka ta’siri	Misollar
Moliyaviy avtomatlashtirilgan tizimlar	Budjet xarajatlarini nazorat qilish samaradorligini oshiradi	Moliyaviy boshqaruv tizimlari, xarajat monitoringi
Davlat-xususiy sheriklik loyihalari	Xususiy sektor ishtiroki orqali moliyaviy yukni kamaytiradi	Sheriklik asosida infratuzilma loyihalarini moliyalashtirish
Fiskal islohotlar	Soliq stavkalarini optimallashtirish orqali daromadlar ko‘payadi	Soliq kodeksini qayta ko‘rib chiqish, stavkalarni moslash
Soliq tushumlarini raqamlashtirish	Soliq yig‘imlarining to‘g‘riligi va samaradorligini oshiradi	Soliq to‘lovlarini raqamli platformalarda boshqarish



1-rasm. Mahalliy budjet samaradorligini oshirishda zamonaviy usullarning samaradorlikka ta'siri foizlarda ko‘rsatilgan grafik.

XULOSA

Ushbu tadqiqot natijalari mahalliy budjetlarning samaradorligini oshirish uchun zamonaviy usullar va raqamli texnologiyalarni joriy qilish zarurligini ko‘rsatdi. Mahalliy budjetlarni boshqarishda moliyaviy avtomatlashtirilgan tizimlarni keng joriy etish, soliq yig‘imlarini onlayn tizimlar orqali amalga oshirish va budjet xarajatlarini

raqamli tahlil qilish natijalarini yuqori samaraga olib keladi. Shu bilan birga, moliyaviy islohotlar orqali mahalliy budjet daromadlarini barqarorlashtirishga erishish mumkinligi aniqlangan. Zamonaviy texnologiyalar va moliyaviy boshqaruv usullari O‘zbekiston sharoitida ham mahalliy iqtisodiyotni rivojlantirishda katta ahamiyatga ega.

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O‘RAB OLUVCHI TEMIRATKI KASALLIGINI KOPMPLEKS DAVOLASHNI TAKOMILLASHTIRISH

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Annotatsiya: Ushbu maqolada o‘rab oluvchi temiratki kasalligini kompleks davolashni takomillashtirish masalasi ko‘rib chiqiladi. O‘rab oluvchi temiratki kasalligi (OTK) zamonaviy tibbiyotda dolzarb mavzulardan biri bo‘lib, uning samarali davolash usullari har doim yangilanishga va rivojlanishga muhtoj. Kasallikning patogenezi, klinik tasnifi va turli davolash yondashuvlarining muhim jihatlari tahlil qilinadi.

Abstract: This article discusses the issue of improving the complex treatment of peritonitis. Peritonitis (PT) is one of the current topics in modern medicine, and its effective treatment methods are constantly in need of updating and development. The pathogenesis of the disease, clinical classification, and important aspects of various treatment approaches are analyzed.

Аннотация: В статье рассматривается вопрос совершенствования комплексного лечения ядовитой железной болезни. Болезнь периферических желез (ЗПН) является одной из актуальных тем современной медицины, и эффективные методы ее лечения всегда нуждаются в обновлении и развитии. Проанализированы важные аспекты патогенеза, клинической классификации и различных подходов к лечению заболевания.

Kalit so‘zlar

* O‘rab oluvchi temiratki kasalligi

* Kompleks davolash

* Patogenez

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* Kasallikning diagnostikasi
* Dori terapiyasi
* Jirrofiy davolash
* Xirurgik aralashuv
* Reabilitatsiya
* Biologik terapiya
* Klinik protokollar
* Kasallikning klinik alomatlari
* Patologik o‘zgarishlar
* Immunologik reaksiya
* Endoskopik usullar
* Yangi davolash metodlari
* Xavfli omillar
* Tibbiy texnologiyalar
* Dori vositalarining ta’siri
* Kasallikning prognozi
* Chidamlilik va uzoq muddatli samaradorlik

Keywords

* Herpes zoster
* Comprehensive treatment
* Pathogenesis
* Diagnosis of the disease
* Drug therapy
* Surgical treatment
* Surgical intervention

* Rehabilitation
* Biological therapy
* Clinical protocols
* Clinical symptoms of the disease
* Pathological changes
* Immunological response
* Endoscopic methods
* New treatment methods
* Risk factors
* Medical technologies
* Drug effects
* Disease prognosis
* Tolerability and long-term efficacy

Ключевые слова

* Обволакивающая железная болезнь
* Комплексное лечение
* Патогенез
* Диагностика заболевания
* Медикаментозная терапия
* Хирургическое лечение
* Хирургическое вмешательство
* Реабилитация
* Биологическая терапия
* Клинические протоколы
* Клинические симптомы заболевания

* Патологические изменения
* Иммунологическая реакция
* Эндоскопические методы
* Новые методы лечения
* Факторы риска
* Медицинские технологии
* Эффект лекарств
* Прогноз заболевания
* Долговечность и долгосрочная эффективность

KIRISH: O‘rab oluvchi temiratki kasalligi (OBTK) — bu asosan teri va mushaklar orasidagi yallig‘lanish jarayonlari bilan tavsiflanadigan og‘ir xususiyatlarga ega bo‘lgan autoimmun kasallikdir. Ushbu kasallikda organizmning o‘zining immun tizimi sog‘lom to‘qimalarga qarshi hujum qilib, turli darajadagi funksional o‘zgarishlarga sabab bo‘ladi. O‘rab oluvchi temiratki kasalligining klinik alomatlari o‘zgaruvchan bo‘lib, har bir bemorda alohida ko‘rinishda namoyon bo‘lishi mumkin. Kasallikning kechish jarayoni vaqt o‘tishi bilan nafaqat jismoniy, balki psixologik jihatdan ham bemorning hayot sifatiga salbiy ta’sir ko‘rsatadi. O‘rab oluvchi temiratki kasalligini davolashda kompleks yondashuv zarur. Bunga dori terapiyasi, xirurgik aralashuvlar, fizioterapiya va psixologik yordam kiradi. Kasallikning sabablari va rivojlanish mexanizmlarini chuqur tushunish, yangi diagnostika usullarini tatbiq etish va samarali davolash strategiyalarini ishlab chiqish muhim ahamiyatga ega. Ushbu maqolada, o‘rab oluvchi temiratki kasalligini davolashning zamonaviy usullari va kompleks yondashuvlarining samaradorligi ko‘rib chiqiladi. Shuningdek, kasallikning prognozi va reabilitatsiya jarayonlarini takomillashtirish yo‘llari ham tadqiq etiladi.

O‘rab oluvchi temiratki

Qo‘zg‘atuvchi nomi Varizella virus. Kasallik sog‘lom odamda yuzaga kelishining sabablari oddiy: travma, sovuq qotish; shuningdek, pnevmoniya, limfoleykoz, limfogranulematoz, rak metastazlarining asorati sifatida uchraydi. Ko‘proq bahor va kuzda uchrashi aniqlangan. Yashirin davri 2-3 hafta. Kasallik zararlangan nerv tolasi(ko‘pincha qovurg‘alararo nervlar) yo‘nalishi bo‘yicha nevralgik og‘riq(ko‘pincha chidab bo‘lmas) bilan boshlanadi. Isitma, bosh og‘riq, zararlangan soha terisida achishish, qichishish belgilari ham kuzatiladi. Alohida

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sezuvchan nerv yo‘nalishi bo‘yicha o‘lchami 3-5 sm va undan ham ko‘p bo‘lgan chegaralangan pushti dog‘lar paydo bo‘ladi. Mana shu dog‘lar paydo bo‘lgandan so‘ng 1-hafta oxiri yoki 2- haftada dog‘lar ustida zich joylashgan pufakchalar(0,1-0,3 sm) paydo bo‘ladi. Pufakcha ichi shaffof suyuqlik bilan to‘lgan bo‘ladi. Dog‘lar ustida pufakcha toshishi bir vaqtda bo‘ladi, va toshmaning umumiy ko‘rinishi polimorf bo‘lishi mumkin. Zararlanish o‘choqlari soni turlich(1 yoki undan ko‘p); alohida hollarda, o‘choqlar bir-biriga zich joylashadi va “сплошная лента”ni hosil qiladi. Pufakcha paydo bo‘lgandan so‘ng bir necha kun o‘tib shaffof pufakcha suyuqligi xiralashadi, eritematoz fon esa odatda sezilarli darajada oqaradi, va pufakchalar xuddiki sog‘lom terida joylashadi. Xususan, konservativ va jarrohlik usullarining birgalikda qo‘llanilishi, yangi farmakologik vositalar, fizioterapiya va reabilitatsiya usullari, shuningdek, bemorlar holatini yaxshilashga qaratilgan innovatsion yondashuvlar kiritilgan. Maqola, shu bilan birga, o‘rab oluvchi temiratki kasalligi bilan og‘rigan bemorlarning hayot sifatini oshirish va kasallikning qaytalanish xavfini kamaytirish uchun tavsiyalar va kompleks davolash strategiyalarini taklif etadi. Bu tadqiqot natijalari, o‘rab oluvchi temiratki kasalligini samarali davolash bo‘yicha amaliyotchi shifokorlar va ilmiy tadqiqotchilar uchun foydali bo‘lishi mumkin

O‘rab oluvchi temiratki kasalligi (OTK) — bu o‘zgaruvchan, ilgarigi o‘rash holatida o‘rab turgan, harakatlarni qiyinlashtiradigan, nerv tizimining yoki jismoniy faoliyatning cheklanishiga olib keluvchi bir qator kasalliklar va holatlarni o‘z ichiga olgan bir tibbiy holatdir. Ushbu kasallik, odatda, o‘ziga xos yondoshuvlarni va terapiya usullarini talab qiladi, shuning uchun kompleks davolashning ahamiyati juda katta.

Dori-darmon terapiyasi

Kompleks davolashning asosiy qismi dori-darmon terapiyasidir. Bu jarayon quyidagi yo‘nalishlar bo‘yicha amalga oshiriladi: Antiinflamator dori vositalari: Kasallikning yallig‘lanish jarayonlarini kamaytirish uchun ishlatiladi. Masalan, NSAID (non-steroid antiinflamator dori vositalari) Nerv tizimi uchun dori-darmonlar: O‘rab oluvchi temiratki kasalligida, nerv tizimiga ta’sir qiladigan dorilar (masalan, nootropiklar, antikonvulsantlar) ishlatiladi. Tashxisli preparatlar: Kasallikning rivojlanishini monitoring qilish uchun turli dorilar ham ko‘rib chiqilishi mumkin.

Fizioterapevtik va reabilitatsiya terapiyasi

Kasallikni davolashda, fizioterapiya va reabilitatsiya ham muhim ahamiyatga ega: Massaj va gimnastika: Jismoniy faoliyatni tiklash va mushaklar tonusini yaxshilash uchun qo‘llaniladi. Elektr stimulyatsiya: Nerv tizimining faoliyatini tiklash

uchun qo‘llaniladi. Fizik terapiya usullari: Harakatlarni to‘g‘ri qayta tiklash uchun zamonaviy fizioterapiya usullari, masalan, harakatni boshqarish usullari va fizioterapevtik mashqlar.

Hirurgik aralashuvlar

Ba’zi hollarda, kasallikning murakkab turlari yoki yallig‘lanish jarayonlari sezilarli bo‘lsa, operatsiyalar zarur bo‘lishi mumkin. Bunday hollarda: Nevrokirurgiya: O‘rab oluvchi temiratki kasalligida nerv tizimining ba’zi qismlariga jismoniy ta’sir qilish talab qilinadi. Dastlabki yondoshuvlar: Engil holatlarda, minimal invaziv jarrohlik operatsiyalarini amalga oshirish mumkin.

Psixologik va psixoterapevtik yordam

Kasallikning uzoq muddatli holatlari bemorlarning psixologik holatiga ta’sir qilishi mumkin. Shu sababli, psixoterapevtik yondoshuvlar: Kognitiv-xulq-atvor terapiyasi (CBT): Kasallik va og‘riqni boshqarish uchun o‘qitish va tushuncha jarayonini o‘z ichiga oladi. Stressni boshqarish metodlari: Bemorlarga o‘z holatini yanada yaxshiroq tushunishga va ruhiy holatni yaxshilashga yordam berish uchun amalga oshiriladi.

Nutritional terapiya va qo‘shimchalar

To‘g‘ri ovqatlanish va qo‘shimcha vitaminlar va minerallar organizmning tiklanish jarayonida yordam berishi mumkin. Shu jumladan: Antioksidantlar va vitaminlar: B6, B12 va D vitaminlari kabi tizimni mustahkamlashga yordam beruvchi qo‘shimchalar. Oziq-ovqat moddalari: Oziqlantiruvchi moddalarning muvozanatli qabul qilinishi, mushaklar va nerv tizimi uchun zarur.

Xulosa: Xulosa qiladigan bo‘lsak, o‘rab oluvchi temiratki kasalligini kompleks davolash, zamonaviy tibbiyotda muhim o‘rin egallagan va bemorlarning hayot sifatini yaxshilashda katta ahamiyatga ega. Bu kasallikni samarali davolash uchun multidistsipliner yondashuv zarur bo‘lib, bemorning individual holatini hisobga olgan holda tibbiy, fizioterapevtik, psixologik va reabilitatsion tadbirlarni o‘z ichiga oladi. Yangi tadqiqotlar va texnologiyalar yordamida dori-darmonlar va terapiya usullarining samaradorligi oshmoqda, lekin eng asosiy e’tibor kasallikning erta aniqlanishi va individual davolash rejalarining ishlab chiqilishiga qaratilishi lozim. Davolash jarayonida bemorning ruhi va jismoniy holati uzviy ravishda bir-biri bilan bog‘liq bo‘lib, bu kasallikka qarshi kurashishda butun tizimli yondashuvni ta’minlaydi. Kelajakda, o‘rab oluvchi temiratki kasalligiga qarshi kurashishda yangi ilmiy kashfiyotlar va innovatsion usullar yanada muhim rol o‘ynashi kutilmoqda. O‘rab

oluvchi temiratki kasalligini kompleks davolashda yuqoridagi usullar birgalikda ishlatiladi, bu esa kasallikning oldini olish va bemorning sifatli hayotini ta'minlashga yordam beradi. Davolashning har bir yo'nalishi bir-birini to'ldirib, umumiy salomatlikni yaxshilashga xizmat qiladi.

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BAKTERIYALARNI ANTIBIOTIKLARGA CHIDAMLI SHAKLLANTIRISHNING PAYDO BO‘LISH MEXANIZMLARI

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Annotatsiya: Ushbu maqolada bakteriyalarni antibiotiklarga chidamli shakllantirishning paydo bo‘lish mexanizmlari tahlil qilinadi. Bakteriyalar tomonidan antibiotiklarga qarshilik ko‘rsatish, ularning genetik o‘zgarishlari va muhitga moslashuv jarayonlari natijasida yuzaga keladi. Ushbu mexanizmlar, genetik mutatsiyalar, gorizontal gen uzatish va antibakterial moddalarni yo‘qotish yoki o‘zgartirish orqali bakteriyalarning hayotiyligini ta‘minlashga yordam beradi. Maqolada, shuningdek, antibiotiklarga chidamlilikning rivojlanishiga ta’sir qiluvchi omillar, misollar va ularning klinik ahamiyati haqida so‘z boradi. Bakteriyalarni antibiotiklarga chidamli qilish mexanizmlarini tushunish, ularni samarali davolash strategiyalari bilan kurashishda muhim ahamiyatga ega.

Abstract: This article analyzes the mechanisms by which bacteria develop antibiotic resistance. Resistance to antibiotics by bacteria occurs as a result of their genetic changes and adaptation to the environment. These mechanisms help to ensure the viability of bacteria through genetic mutations, horizontal gene transfer, and the loss or modification of antibacterial agents. The article also discusses the factors affecting the development of antibiotic resistance, examples, and their clinical significance. Understanding the mechanisms by which bacteria become resistant to antibiotics is important for combating them with effective treatment strategies.

Аннотация: В статье анализируются механизмы формирования устойчивости бактерий к антибиотикам. Устойчивость бактерий к антибиотикам возникает в результате их генетических изменений и процессов адаптации к окружающей среде. Эти механизмы помогают обеспечить жизнеспособность бактерий посредством генетических мутаций, горизонтального переноса генов, а также потери или изменения антибактериальных агентов. Также в статье рассматриваются факторы, влияющие на развитие антибиотикорезистентности,

примеры и их клиническое значение. Понимание механизмов, которые делают бактерии устойчивыми к антибиотикам, важно для разработки эффективных стратегий лечения для борьбы с ними.

Kalit so‘zlar

* Antibiotiklar
* Bakteriyalar
* Chidamli bakteriyalar
* Genetik mutatsiyalar
* Gorizontal gen uzatish
* Antimikrobiyal qarshilik
* Mexanizm
* Antibakterial moddalar
* Bakterial adaptatsiya
* Davolash strategiyalari
* Antibiotiklar qarshiligi
* Bakterial infeksiyalar
* Mikrobial evolyutsiya
* Bakteriya populyatsiyalari
* Antibakterial terapiya

Keywords

* Antibiotics
* Bacteria
* Resistant bacteria
* Genetic mutations
* Horizontal gene transfer

* Antimicrobial resistance
* Mechanism
* Antibacterial agents
* Bacterial adaptation
* Treatment strategies
* Antibiotic resistance
* Bacterial infections
* Microbial evolution
* Bacterial populations
* Antibacterial therapy

Ключевые слова

* Антибиотики
* Бактерии
* Устойчивые бактерии
* Генетические мутации
* Горизонтальный перенос генов
* Устойчивость к противомикробным препаратам
* Механизм
* Антибактериальные вещества
* Бактериальная адаптация
* Стратегии лечения
* Устойчивость к антибиотикам
* Бактериальные инфекции
* Микробная эволюция
* Бактериальные популяции

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* Антибактериальная терапия

KIRISH: Bakteriyalarni antibiotiklarga chidamli shakllantirishi, so‘nggi yillarda global sog‘liqni saqlash uchun katta xavf tug‘dirayotgan masalalardan biriga aylangan. Antibiotiklar, ko‘plab bakterial infeksiyalarni davolashda samarali vosita sifatida ishlatilgan bo‘lsa-da, ularning ortiqcha va noto‘g‘ri qo‘llanilishi bakteriyalarning qarshilik ko‘rsatish qobiliyatini rivojlantiradi. Bakteriyalar o‘zlarining genetik tuzilishlarini va hayotiylikni ta’minlash uchun antibiotiklarga qarshi turli mexanizmlar ishlab chiqadi. Bu mexanizmlar bakteriyalarning o‘zgarishi va mutatsiyasi, gorizontal gen uzatish, antibiotiklarni yo‘qotish yoki uning faoliyatini bloklash kabi jarayonlarni o‘z ichiga oladi. Antibiotiklarga chidamlilikning paydo bo‘lishi nafaqat davolash samaradorligini pasaytiradi, balki yangi va xavfli infeksiyalarning paydo bo‘lishiga olib kelishi mumkin. Shuning uchun bakteriyalarning antibiotiklarga qarshilik ko‘rsatish mexanizmlarini tushunish, bu masalani yechish yo‘llarini topish uchun muhim ahamiyatga ega. Maqolada ushbu mexanizmlarning tabiati, rivojlanish omillari va ularning klinik ahamiyati haqida so‘z yuritiladi. Bakteriyalarni antibiotiklarga chidamli shakllantirish – bu bugungi kunda global tibbiyot hamjamiyatini o‘ylantirayotgan va jiddiy xavf tug‘dirayotgan masalalardan biridir. Antibiotiklar mikrobial infeksiyalarni davolashda muhim vosita bo‘lib, ular yordamida ko‘plab kasalliklarni nazorat qilish imkoniyati mavjud. Ammo bakteriyalar o‘zlarining genetik strukturalarini o‘zgartirish orqali antibiotiklarga qarshi rezistentlik (chidam) hosil qilishni o‘rganib qolgan. Bu jarayon bakteriyalarning tabiiy evolyutsiyasi va odamlar tomonidan antibiotiklarning noto‘g‘ri va ortiqcha qo‘llanilishining natijasidir. Bakteriyalarning antibiotiklarga chidamliligi, asosan, ularning o‘z genetik materialini o‘zgartirish orqali, mutatsiyalar va gorizontal gen o‘tkazish mexanizmlari orqali amalga oshiriladi. Antibiotiklarning haddan tashqari va nojo‘ya ishlatilishi, shuningdek, bakteriyalarning plazmidlar yoki boshqa genetik elementlarni olishi, ularni antibiotiklarga qarshi kurashish qobiliyatini rivojlantiradi. Bu jarayon, o‘z navbatida, kasalliklarni davolashda antibiotiklarning samaradorligini sezilarli darajada kamaytiradi. Bugungi kunda antibiotiklarga chidamli bakteriyalar nafaqat shaxsiy salomatlikni xavf ostiga qo‘ymoqda, balki jahon miqyosida sog‘liqni saqlash tizimiga katta bosim to‘latib, yangi, samarali antibiotiklar ishlab chiqish zaruratini keltirib chiqaradi. Shu sababli, bakteriyalarni antibiotiklarga chidamli shakllantirishning mexanizmlarini to‘liq tushunish, bu muammoni bartaraf etish uchun samarali yondashuvlar va profilaktik choralar ishlab chiqishda muhim ahamiyatga ega.

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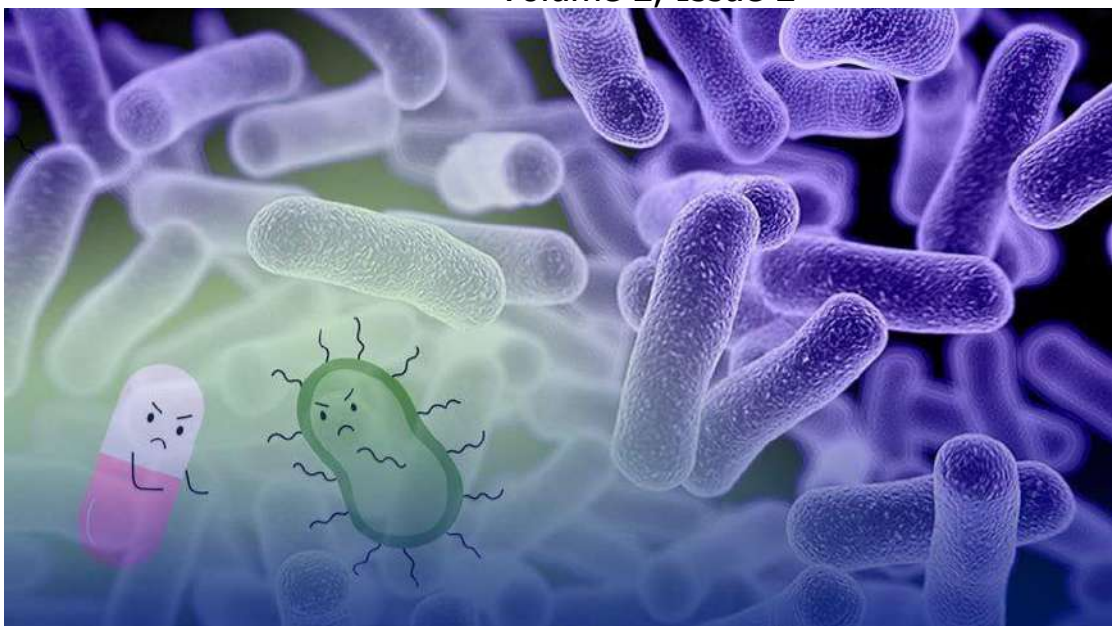

Ilk antibiotikni 1928-yil Aleksandr Flem kashf qilgan va uni qo‘llash o‘tgan asrning 30-yillaridan boshlangan. Shundan beri qariyb 1 asr o‘tdi va oldin kashf qilingan antibiotiklarning ta’siri bo‘lmay qoldi. Endi insoniyat yangi dorilarni ishlab chiqish muammosi qarshisida turibdi. Bakteriyalarning antibiotikka chidamliligi (BACh) – antimicrobial resistance (ARM) global sog‘liq, oziq-ovqat xavfsizligi va rivojlanishga eng katta tahdidlardan biri sifatida ko‘rilyapti. Antibiotikka chidamlilik nima degani? Antibiotikka chidamlilik – bakteriya, zamburug‘, parazit kabilarga antibiotik dorilarining ta’sir qilmay qo‘yishi. Natijada infeksiyalar tez tarqaladi va ularni davolash ancha qiyinlashib qoladi. 2019-yilda kasalliklar ko‘p tarqaladigan mamlakatlarda o‘lim ko‘rsatkichlari antibiotikka qarshi chidamlilik bilan bog‘liq bo‘lgan. BACh hamma mamlakatlardagi sog‘liqni saqlash sohasiga ta’sir qiladi. Faqat uning ta’sir darajasi qayerdadir ko‘p bo‘lsa, boshqa bir yerda kamroq. Eng og‘ir vaziyat Afrikada kuzatiladi. Ayniqsa “superbag” deb ataladigan bakteriyaning ba’zi turlari rivojlanib, davolanishning bir nechta bosqichiga ham chidamli bo‘lib qolgan.

Mikroblarning genetik tarkibidagi tabiiy o‘zgarishlar vaqt o‘tib chidamlilikning rivojlanishiga sabab bo‘lyapti. Bu o‘zgarishlarni shunday tushuntirish mumkin: antibiotiklar mikrob hujayrasiga yetib borolmayapti yoki mikroblarni antibiotikka qarshi tura oladigan fermentlarni ishlab chiqaradigan qilib qo‘yyapti. Bunday mikroblar kamroq chidamli bo‘lgan shtammlardan ortib ketyapti. Bakteriyaga o‘xshagan mikroblar genetikasini bir biriga ko‘payishdan ko‘ra boshqa turli yo‘llar bilan to‘g‘ridan to‘g‘ri o‘tkaza oladi. Shu bilan birga, antibiotiklardan to‘g‘ri foydalanmaslik ham chidamlilik rivojlanishi tezlashishiga ko‘proq sabab bo‘ladi. Agar antibiotik kursi infeksiyani to‘liq o‘ldirmasa, bu bakteriyaning antibiotik dorilariga

qarshi kurasha olish qobiliyatini oshiradi. Agar muolaja juda qisqa, kuchsiz va xato bo‘lsa, bizda mikroblarning chidamliligi oshishi uchun yo‘l qoladi. Chidamlilikning asosiy sabablari Odamlarga antibiotik yozmaslik bilan muammo hal bo‘lmaydi. Chunki antibiotiklarning uchdan ikki qismi fermalarda ishlatiladi. Fermalar past sifatli antibiotiklarni uzoq vaqt ishlatadi. Hatto sog‘lom jonivorlarga ham kasallik yuqmasligi va ularning o‘sishi uchun antibiotik qilishadi. Yaqinda qilingan tadqiqotda, Yevropada qishloq xo‘jaligida antibiotiklardan foydalanish keskin tushgani kuzatilgan. Lekin Braziliya, Xitoy va boshqa rivojlanayotgan mamlakatlarda keng qo‘llanmoqda. BMTning oxirgi ma’lumotiga ko‘ra, atrof-muhit va iqlim o‘zgarishi antibiotikka qarshi chidamlilikning tarqalishida muhim rol o‘ynaydi. Sog‘liqni saqlash, farm sanoati, oziq-ovqat va qishloq xo‘jaligi chiqindilar, ayniqsa, shifoxona yoki qishloq xo‘jaligidagi ishlatilgan suvlar juda muammoli. Ular tarkibida ham antibiotiklar, ham doriga qarshi chidamli bakteriyalar saqlanib qoladi.

XULOSA: Xulosa qilib aytadigan bo‘lsak, bakteriyalarni antibiotiklarga chidamli shakllantirishning paydo bo‘lishi kompleks va ko‘plab biologik omillarga asoslangan jarayondir. Bakteriyalar o‘z genetik materialini o‘zgartirish orqali antibiotiklarga qarshi turish qobiliyatini rivojlantirishi mumkin. Mutatsiyalar, gorizontal gen o‘tkazilishi va plazmidlar orqali antibiotiklarga chidamli xususiyatlar o‘zgarishi, bakteriyalarni zamonaviy davolash usullariga nisbatan qarshi turishiga sabab bo‘ladi. Bu holat, ayniqsa, nojo‘ya natijalar, yirik infeksiyalar va uzoq muddatli davolashda katta xavflar keltirib chiqarishi mumkin. Antibiotiklarning noto‘g‘ri ishlatilishi, ularning haddan tashqari ko‘p ishlatilishi yoki noto‘g‘ri dozada qo‘llanilishi antibiotiklarga chidamli bakteriyalarning rivojlanishini tezlashtiradi.

Shuning uchun antibiotiklarning samarali ishlatilishini ta’minlash, yangi dori vositalarini ishlab chiqish va bakterial rezistentlikni oldini olish uchun profilaktik choralar ko‘rish juda muhimdir. Shuningdek, global darajada bakteriyalarga qarshi kurashishda sanitariya, gigiyena, va farmatsevtik nazoratni kuchaytirish zarur. Antibiotiklarga chidamli bakteriyalar bilan kurashishda ilmiy va tibbiy jamoalar hamkorlik qilib, bu muammoga qarshi kurashishda samarali strategiyalarni ishlab chiqishlari kerak.

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THE ROLE OF AI-ASSISTED LEARNING IN ENHANCING CRITICAL THINKING AND REFLECTIVE TEACHING PRACTICES IN FUTURE ENGLISH TEACHERS

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Independent researcher

Annotation. Artificial Intelligence (AI) is transforming teacher education by providing innovative tools that support critical thinking and reflective teaching. This article examines the role of AI-assisted learning in developing these essential skills among future English teachers. AI-driven platforms such as automated feedback systems, adaptive learning environments, and intelligent tutoring systems offer pre-service teachers opportunities for critical analysis, problem-solving, and self-reflection. The study explores how AI enhances teacher training programs by facilitating deep engagement with pedagogical content and encouraging metacognitive awareness. Additionally, the article discusses challenges such as ethical concerns, technological limitations, and the need for pedagogical alignment in AI integration. Findings suggest that AI-assisted learning can be a valuable supplement to traditional teacher education methods, fostering independent thinking and continuous professional growth. The study highlights the implications for curriculum design and the future of AI-enhanced teacher training programs.

Keywords: AI-assisted learning, critical thinking, reflective teaching, English teacher education, teacher training, pedagogical innovation.

Introduction. In the digital age, Artificial Intelligence (AI) has emerged as a transformative force in education, reshaping traditional pedagogical approaches and enhancing learning experiences. One of the key areas where AI technology is making a significant impact is in teacher education, particularly in developing critical thinking and reflective teaching skills among future English teachers. Critical thinking is a fundamental skill for educators, enabling them to analyze information, evaluate diverse perspectives, and make informed pedagogical decisions. Reflective teaching, on the other hand, fosters continuous professional growth by encouraging teachers to assess and refine their instructional strategies. AI-assisted learning offers innovative opportunities to enhance these skills through intelligent tutoring systems, automated feedback mechanisms, and adaptive learning platforms[1]. These technologies provide pre-service teachers with real-time insights, promote interactive problem-solving, and

[1] Luckin R. (2018). Artificial Intelligence and the Future of Learning. London: UCL Press.

encourage self-reflection. By integrating AI-driven tools into teacher training programs, educators can create more dynamic, student-centered learning environments that foster critical engagement and adaptability.

Despite its potential, AI-assisted learning also presents challenges, including ethical considerations, technological limitations, and the need for pedagogical alignment. Understanding the implications of AI in teacher education requires a comprehensive examination of its effectiveness, challenges, and best practices. This article explores how AI technology contributes to the development of critical thinking and reflective teaching in future English teachers, highlighting its benefits, limitations, and impact on teacher preparation programs. Critical thinking is an essential competency for future English teachers, enabling them to analyze, evaluate, and apply information effectively in the classroom. AI-assisted learning tools offer several ways to enhance critical thinking by fostering analytical reasoning, problem-solving, and decision-making. One of the key AI-driven technologies in teacher education is intelligent tutoring systems (ITS).

These systems provide personalized learning experiences by analyzing a student's responses and offering tailored feedback. For example, AI-based platforms like Grammarly and Turnitin help future teachers refine their academic writing, prompting them to think critically about language use, argumentation, and coherence[2]. Similarly, AI-driven discussion forums, such as those integrated into learning management systems, encourage pre-service teachers to engage in debates, analyze different viewpoints, and construct well-reasoned arguments. Another significant AI tool is automated feedback systems, which provide instant evaluation on assignments and classroom activities. Unlike traditional feedback, which may take days or weeks, AI-generated feedback allows learners to reflect on their errors in real-time, fostering a habit of continuous improvement and self-directed learning. Chatbots and AI-powered teaching assistants further facilitate critical thinking by posing challenging questions, providing Socratic dialogue, and offering interactive case studies for future teachers to analyze. Furthermore, adaptive learning platforms such as Coursera, Duolingo, and Khan Academy use AI algorithms to customize learning paths based on an individual's progress[3]. By adapting to the strengths and weaknesses of learners, these platforms challenge pre-service teachers to engage deeply with content, evaluate teaching methodologies, and reflect on pedagogical best practices.

[2] Anderson T. & Dron, J. (2017). Teaching Crowds: Learning and Social Media. Edmonton: AU Press.
[3] Gee J. P. (2020). Teaching, Learning, Literacy in Our High-Risk High-Tech World. New York: Teachers College Press.

Reflective teaching is a critical component of teacher education, encouraging educators to assess and refine their instructional methods for continuous improvement. AI technology supports reflective teaching by providing structured self-assessment tools, data-driven insights, and virtual simulations that help future teachers analyze their teaching effectiveness. One of the most valuable AI-powered innovations in reflective teaching is AI-enhanced video analysis tools. Platforms such as Swivl and Vosaic allow pre-service teachers to record their teaching sessions and receive AI-driven feedback on their classroom interactions, use of instructional strategies, and student engagement. These tools enable teachers to reflect on their teaching methods, identify areas for improvement, and make evidence-based adjustments.

Additionally, AI-driven learning analytics provide real-time data on student performance and engagement. By analyzing patterns in student responses, AI tools can help teachers understand which instructional methods are most effective and which require refinement. This data-driven approach enhances reflective practices by allowing future educators to make informed decisions about their teaching strategies and classroom management techniques[4]. AI-powered simulations and virtual reality (VR) environments further support reflective teaching by immersing pre-service teachers in realistic classroom scenarios. Platforms like TeachLivE and Mursion use AI to simulate diverse classroom challenges, helping future educators practice decision-making, classroom management, and student interaction in a risk-free setting. These simulations provide an opportunity for self-reflection and improvement before entering real classroom environments.

While AI-assisted learning offers significant benefits, its integration into teacher education is not without challenges. One major concern is the ethical implications of AI in education. Issues such as data privacy, algorithmic bias, and over-reliance on AI-generated content must be addressed to ensure responsible AI use. Future English teachers must be trained to critically evaluate AI recommendations rather than blindly accepting automated feedback. Another challenge is the technological accessibility gap. Not all teacher training programs have equal access to AI-driven tools, leading to disparities in learning opportunities[5]. Ensuring that AI resources are available and affordable for all pre-service teachers is crucial for equitable education.

Furthermore, there is a need for pedagogical alignment between AI technology and traditional teacher education methods. AI should be integrated as a supplement to,

[4] Hwang G. J., Xie, H., Wah, B. W., & Gašević, D. (2020). Artificial Intelligence in Education: Advances and Future Trends. Computers & Education, 151, 103850.
[5] Schmid U., Klüber P., Girwidz R. (2021). AI and Teacher Education: A Systematic Review. Journal of Educational Technology & Society, 24(3), 1-14.

rather than a replacement for, human instruction. Teacher educators must find a balance between AI-assisted learning and human mentorship to ensure that future teachers develop both technical proficiency and interpersonal teaching skills.

Conclusion. AI-assisted learning holds great promise in enhancing critical thinking and reflective teaching practices among future English teachers. By leveraging intelligent tutoring systems, automated feedback tools, adaptive learning platforms, and AI-driven video analysis, pre-service teachers can develop essential skills for effective classroom instruction. However, the successful integration of AI into teacher education requires addressing ethical considerations, accessibility challenges, and pedagogical alignment. With careful implementation, AI technology can serve as a powerful tool in preparing future English teachers for the dynamic and evolving educational landscape.

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KO‘Z OPTIKASI VA YORUG‘LIKNING XOSSALARI: TIBBIYOT TALABALARI UCHUN ASOSIY TUSHUNCHALAR

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Annotatsiya: Ushbu maqola ko‘zning optik sistemasi va yorug‘likning fizik xossalari haqidagi asosiy tushunchalarni tibbiyot fakulteti talabalari uchun tahlil qiladi. Yorug‘likning refleksiya, refraksiya va tarqalishi kabi asosiy xossalari hamda ko‘zning optik tuzilishi, shuningdek, ko‘rish jarayonidagi fiziologik va optik hodisalar batafsil ko‘rib chiqiladi. Mazkur tadqiqot tibbiyot talabalari uchun oftalmologiya va optikaga oid bilimlarini boyitishga xizmat qiladi.

Kalit so’zlar: Optika, yorug‘lik xossalari, ko‘zning optik sistemi, difraksiya, ko‘rish jarayoni, refleksiya, oftalmologiya.

Abstract: This article analyzes the basic concepts of the optical system of the eye and the physical properties of light for medical students. The main properties of light, such as reflection, refraction and scattering, as well as the optical structure of the eye, as well as physiological and optical phenomena in the process of vision, are considered in detail. This study serves to enrich medical students' knowledge of ophthalmology and optics.

Keywords: Optics, properties of light, optical system of the eye, refraction, vision process, reflection, ophthalmology.

KIRISH

Optika va yorug‘likning xossalari odamning ko‘rish qobiliyatini tushunish uchun asosiy mavzulardan biridir. Yorug‘lik fizikasi va ko‘zning optik tuzilishi ko‘rish jarayonini aniqlashda muhim rol o‘ynaydi. Tibbiyotda, ayniqsa oftalmologiyada, bu bilimlar ko‘z kasalliklarini davolash va tashxis qo‘yishda muhim ahamiyat kasb etadi. Ushbu maqolada yorug‘likning asosiy xossalari va ko‘zning optik sistemi tahlil qilinib, tibbiyot talabalari uchun ushbu tushunchalarni yoritib berish maqsad qilingan. Yorug‘lik va uning ko‘z orqali ko‘rish jarayonidagi roli tibbiyotning, xususan, oftalmologiyaning asosiy tushunchalaridan biridir. Yorug‘lik nurlarining ko‘z tuzilmalari orqali o‘tishi, ularning sinishi va o‘zgartirilishi ko‘rish qobiliyatini ta’minlaydi. Ko‘z optikasi haqida chuqur bilimga ega bo‘lish nafaqat ko‘zning sog‘lom ishlashini ta’minlashda, balki oftalmologik kasalliklarni aniqlash va davolashda ham zarur. Ushbu maqolada yorug‘likning fizik xossalari va ko‘zning optik tuzilishi muammolarini keng qamrovda yoritishga harakat qilinadi.

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ADABIYOTLAR TAHLILI VA METODOLOGIYA

Yorug‘likning xossalari va optik hodisalar yuzasidan ko‘plab ilmiy tadqiqotlar olib borilgan. Snellius qonuni yorug‘likning difraksiya jarayonida qanday buzilishini o‘rganadi, bu esa ko‘zning linzalar orqali yorug‘likni qanday sinishini tushuntiradi. Ko‘zning optik sistemasini tushunishda Hermann von Gelmgolzning ishlariga alohida e’tibor qaratiladi. Gelmgolz ko‘zning optikasi va ko‘rish fiziologiyasi bo‘yicha ko‘plab izlanishlar olib borgan.

Yorug‘likning xossalari haqida ko‘plab nazariyalar va ilmiy tadqiqotlar mavjud bo‘lib, ular orasida Snellius qonuni va refleksiya-refraksiya jarayonlari asosiy o‘rinda turadi. Yorug‘likning ko‘zga kirishida va unda sinishida Snellius qonuniga asosan yorug‘lik nurining yo‘nalishi va tezligi o‘zgaradi. Helmholtzning ko‘z optikasi bo‘yicha ishlari ko‘zning optik tuzilishini chuqur o‘rganishga asos yaratgan. Uning nazariyalari linzalar, nurlar sinishi va ko‘rishni fiziologik jarayonlar bilan bog‘liq tahlillarni olib borishga katta hissa qo‘shgan. Shuningdek, Hecht va Bornning tadqiqotlari yorug‘likning optik xossalarini matematik va fizik modellar yordamida chuqur tushuntiradi.

Ko‘z kasalliklarini davolashda optik tuzilmalar va yorug‘likning roli katta ahamiyat kasb etadi. Masalan, miopiya, giperopiya va astigmatizm kabi kasalliklar linzalarning noto‘g‘ri sinishi bilan bog‘liq. Ularga tuzatish berishda kontakt linzalar va ko‘zoynaklar qo‘llaniladi, bu esa oftalmologik nuqtai nazardan muhim ilmiy masalalardan biridir.

Metodologik jihatdan maqola nazariy va tahliliy yondashuvlarga asoslangan. Yorug‘likning xossalari fizik qonuniyatlar, jumladan refleksiya va refraksiya jarayonlari orqali tadqiq qilinadi. Optik jarayonlarning ilmiy asoslarini ko‘rish uchun matematik modellar, linzalar va prizmalardagi yorug‘likning harakatini hisoblash usullari qo‘llanildi. Bundan tashqari, oftalmologiya sohasidagi ilmiy manbalar va tadqiqotlar ko‘zning optikasi va uning kasalliklariga oid tahlillarni o‘tkazishda asos bo‘lib xizmat qildi. Maqola tibbiyot talabalariga oftalmologiya fanidan chuqurroq bilim olish uchun qo‘llanma sifatida mo‘ljallangan.

Ushbu maqolada qo‘llanilgan metodologik yondashuv nazariy tadqiqotlarga asoslangan. Yorug‘likning xossalarini tahlil qilishda fizika fani doirasidagi qonuniyatlar, jumladan Snellius qonuni, refleksiya va refraksiya tushunchalari ishlatiladi. Ko‘zning optik sistemasini tushuntirish uchun optik modellardan foydalanilgan. Maqola tibbiyot talabalari uchun oftalmologiya kurslari doirasida foydalanishga mo‘ljallangan.

NATIJALAR

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Tahlillar shuni ko‘rsatadiki, yorug‘likning refleksiya va refraksiya kabi xossalari ko‘zning optik sistemasi bilan chambarchas bog‘liq. Ko‘zning tuzilishi va uning optik funktsiyasi ko‘rish jarayonini to‘g‘ri amalga oshirishda muhimdir. Yorug‘likning linzalar orqali qanday o‘tishi va sinishi ko‘zning tuzilishi orqali amalga oshiriladi, bu esa ko‘rish qobiliyatini ta’minlaydi.

Tahlil va tadqiqotlar shuni ko‘rsatadiki, yorug‘likning refleksiya va refraksiya kabi xossalari ko‘zning optik sistemasida muhim rol o‘ynaydi. Yorug‘lik nurlari ko‘zning turli qismlarida, xususan, qovoq, shox parda, ko‘z linzasi va ko‘z tagidagi nervlar orqali sinadi va qayta ishlanadi. Ko‘z kasalliklarining kelib chiqishida aynan linzalarning to‘g‘ri ishlamasligi yoki yorug‘likning noto‘g‘ri sinishi asosiy sabab bo‘ladi. Yorug‘likning interferensiyasi va diffraksiyasi ham ko‘rish qobiliyatiga ta’sir ko‘rsatadi, bu jarayonlar ayniqsa noaniqlik va xiralik holatlarida seziladi.

Ko‘zning optik sistemasi orqali yorug‘likning to‘g‘ri sinishi yaxshi ko‘rish qobiliyatini ta’minlaydi. Tadqiqotlar ko‘rsatganidek, to‘g‘ri linzalardan foydalanish miopiya va astigmatizm kabi kasalliklarni muvaffaqiyatli davolashga yordam beradi. Shuningdek, lazer texnologiyalari ko‘z kasalliklarini davolashda zamonaviy va samarali usullardan biri sifatida e’tirof etilmoqda.

Ko‘zning tuzilishini tibbiyot talabalari uchun oson esda qoladigan va tushunarli tarzda o‘rgatish uchun quyidagi yondashuvlar samarali bo‘lishi mumkin:

1. Oddiy analogiyalar va qiyoslashlar

Ko‘zning tuzilishi haqida oson tushuniladigan analogiyalar qo‘llash, har bir qismni kundalik narsalar bilan qiyoslash orqali talabalarga yodlashni osonlashtiradi:

- **Ko‘zni kamera bilan qiyoslash**: Ko‘zni oddiy kameraga o‘xshatish orqali tushuntirish mumkin.
  - **Qorachiq (pupil)** - bu kamera ob’ektivining diafragmasiga o‘xshaydi. Yorug‘lik miqdorini boshqaradi.
  - **Ko‘z gavhari (lens)** - kamera linzasi kabi nurni to‘g‘ri yo‘naltirib, ko‘rish aniqligini boshqaradi.
  - **Retina** - kamera matritsasi kabi yorug‘lik signallarini qabul qilib, ko‘rish signaliga aylantiradi.

2. Esda qolishi uchun qisqa yodlash qoidasi (Mnemonic devices)

Qisqa, kulgili yoki esda qolarli qisqa jumlalar yaratish talabalar uchun ko‘zning qismlarini eslab qolishga yordam beradi. Masalan:

- "Qorachiq (pupil), linza (lens), shisha tanasi (vitreous body), retina – ko‘rish keladi mana!" Bu jumlalar ko‘zning asosiy qismlarini biror ritmik usulda yodda saqlash uchun ishlatilishi mumkin.

3. Diagrammalar va ko‘z qismlarining rangli tasvirlari

Rangli diagrammalar va ko‘z qismlarining oddiy tasvirlari yordamida har bir qismning joylashuvi va vazifasini ko‘rsatish samarali bo‘ladi. Masalan, ko‘zning bo‘limlarini rangga bo‘lish orqali talabalar ko‘z qismlarini visual tarzda osonroq eslab qolishadi:

- **Qorachiq** – qora rangda,
- **Linza** – ko‘k rangda,
- **Retina** – qizil rangda.

4. Ko‘z qismlarining vazifalarini qisqa ravishda eslatish

Har bir qismning vazifasini qisqa va tushunarli qilib talabalarga o‘rgatish:

- **Qorachiq** – Yorug‘likning kirish eshigi,
- **Linza** – Fokusing vositasi,
- **Shisha tanasi** – Ko‘zni to‘ldiruvchi vosita,
- **Retina** – Tasvirlarni qabul qiluvchi.

5. Rol o‘ynash va interaktiv usullar

Talabalarni aktiv ishtirok ettirish uchun ko‘zning har bir qismi haqida mini-rol o‘ynash usulini qo‘llash mumkin. Har bir talaba ko‘zning biror qismini ifodalab, uning vazifasini aytib beradi. Masalan:

- Biri "men qorachiqman, yorug‘likni kirgizaman", boshqasi "men retina, yorug‘likni qabul qilib, signalga aylantiraman."

6. Ko‘z qismlari uchun karta o‘yinlari yoki testlar

Ko‘z qismlarini o‘rganishda interaktiv o‘yin usullari ham esda qolarli bo‘ladi. Masalan, talabalar ko‘zning har bir qismi haqida savol-javob o‘ynab, qismlarini yodda saqlashi mumkin.

Bu usullar talabalarning ko‘z tuzilishi va uning qismlarini yodlashini osonlashtiradi. Shu tarzda interaktiv va vizual yondashuvlar qo‘llansa, talabalar bilimlarni ko‘proq mustahkamlaydilar.

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Miopiya, giperopiya va astigmatizm kasalliklarida to‘g‘ri linzalarni tanlash va buni tibbiyot talabalari oson eslab qolishi uchun quyidagi oddiy, tushunarli usul va yondashuvlarni qo‘llash mumkin:

1. Oddiy vizual analogiyalar (Tushunarli qiyoslash)

Har bir kasallikni oddiy narsalarga qiyoslab tushuntirish talabalar uchun yodda saqlashni osonlashtiradi. Masalan:

- **Miopiya**ni (yaqinni yaxshi ko‘ruvchi) shunday tasavvur qilish mumkin: **cho‘ntak fonari**ni ko‘z oldiga keltiring. Nurni uzoq joyga yo‘naltirsangiz, yorug‘lik tarqoq, xira bo‘ladi, yaqinroqdagi narsani yoritib tursangiz esa aniq ko‘rinadi. Miopiyada ko‘zning sinish qobiliyati xuddi shunday – yaqin narsalarni aniq, uzoq narsalarni esa xira ko‘radi.
- **Giperopiya**ni (uzoqni yaxshi ko‘ruvchi) **kamera linzasi** bilan solishtirish mumkin. Yaqinroq suratga olishda fokus juda noaniq bo‘lib qoladi, ammo uzoqni fokusga olish juda yaxshi natija beradi.
- **Astigmatizm** esa xuddi notekis yoki qiyshiq oynadan qarashga o‘xshaydi. Tasvir chiziqlari egilib, noto‘g‘ri ko‘rinadi.

2. Linzalarni tanlashni eslash uchun oddiy formula

To‘g‘ri linza tanlashni eslab qolish uchun quyidagi oddiy tamoyillarni yodda saqlash mumkin:

- **Miopiya (yaqinni yaxshi ko‘ruvchi)** uchun **manfiy (-) dioptriya**li **botiq linza** (konkav linza) tanlanadi. Konkav linzalar nurlarni yoyadi va uzoqni aniq ko‘rishga yordam beradi.
- **Giperopiya (uzoqni yaxshi ko‘ruvchi)** uchun **musbat (+) dioptriya**li **qavariq linza** (konveks linza) ishlatiladi. Konveks linzalar nurlarni yig‘ib, yaqin narsalarni aniq ko‘rishga yordam beradi.
- **Astigmatizm** uchun esa **silindrik linza** ishlatiladi, u har bir meridionallik bo‘yicha nurlarni to‘g‘ri yo‘naltirib, chiziqlarni to‘g‘rilaydi.

3. Rangli tasvirlar va grafiklardan foydalanish

Tushunchalarni yanada osonroq eslab qolish uchun diagramma yoki oddiy chizma ishlatish talabalar uchun samarali bo‘ladi. Quyidagi vizual elementlar yordamida eslab qolish osonlashadi:

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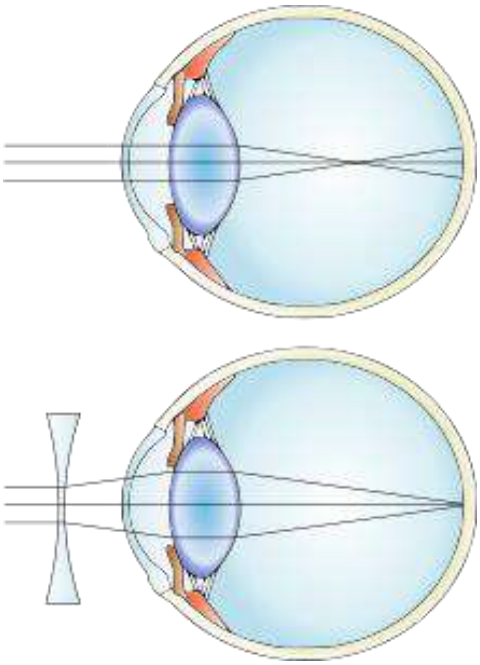
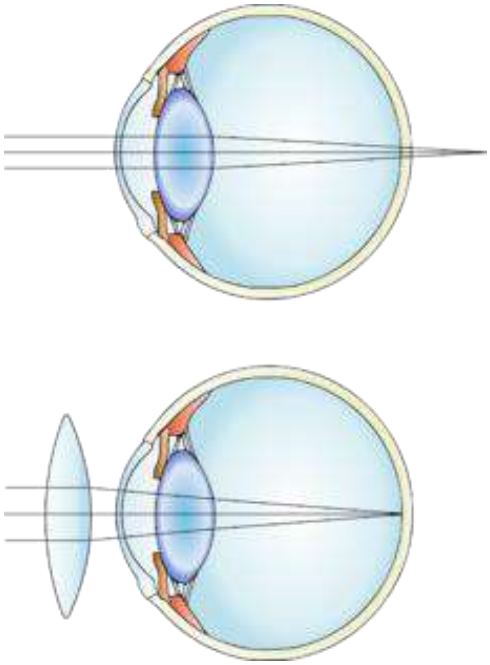
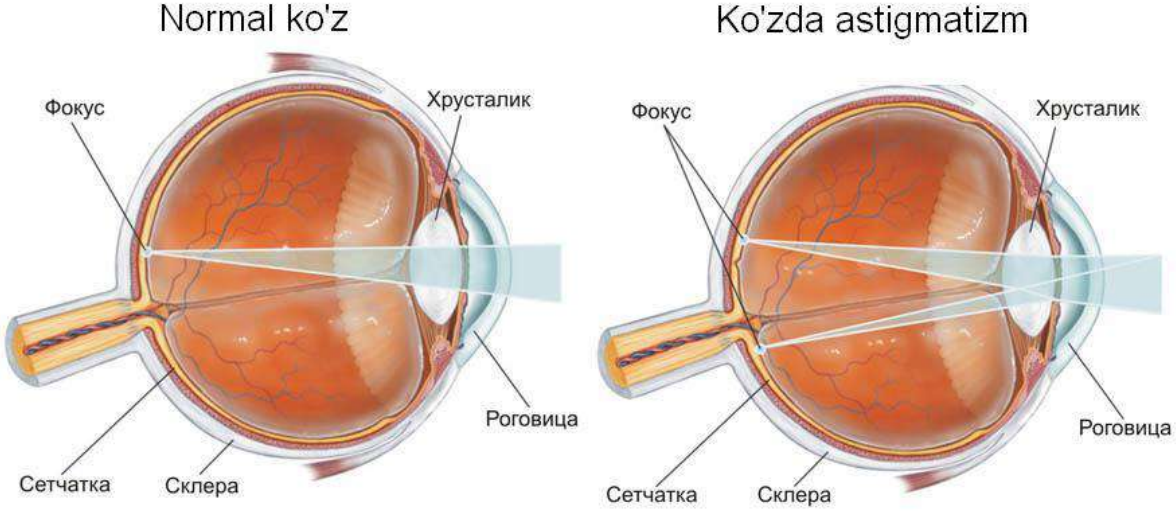
- Miopiya va giperopiyada nurlar qanday sinishi va qanday linza kerakligi tasvirlar yordamida aniq ko‘rsatiladi.



1-rasm. Miopik ko‘z uchun linzali korreksiya.



2-rasm. Gipermetropiyani linzali korreksiyasi.



3-rasm. Astigmatizm kasalligi.

- Astigmatizmda egri chiziqlarni va ularni tuzatishda tsilindrik linzalarni qanday ishlatilishini grafik orqali tushuntirish mumkin.

4. Esda qolishi uchun qisqa yodlash qoidasi

Oddiy qisqa qoidalarni eslab qolish uchun yordam beradi. Masalan, quyidagi formulani esda saqlash mumkin:

- **M Minus – Miopiya** → Miopiya uchun **minus linza** (botiq linza).

- **G Plus – Giperopiya** → Giperopiya uchun **plus linza** (qavariq linza).

5. Amaliy mashg‘ulotlar

Har bir talaba uchun turli linzalarni qo‘llash bo‘yicha amaliy mashg‘ulotlar o‘tkazish talabalarni bilimlarni yanada mustahkam eslab qolishiga yordam beradi. Linzalar bilan ishlash va ularni ko‘zning kasalligiga qarab tanlash jarayoni orqali talabalar ko‘proq tajriba oladi va eslab qolishlari osonlashadi.

Bu usullar orqali talabalarga miopiya, giperopiya va astigmatizmda qanday linza tanlash kerakligini oson va tushunarli tarzda tushuntirish va esda saqlash imkoniyatini yaratish mumkin.

XULOSA

Yorug‘likning optik xossalari va ko‘zning optik tuzilishi ko‘rish jarayonida katta ahamiyatga ega. Tibbiyot talabalari uchun bu mavzu ko‘zning sog‘lig‘i va oftalmologik kasalliklarni tushunishda zarur bilimlarni beradi. Ushbu maqolada keltirilgan ma’lumotlar oftalmologiya sohasidagi asosiy tushunchalarni o‘zlashtirishda foydali bo‘ladi. Optika va yorug‘likning xossalari tibbiyot va oftalmologiya sohasida katta ahamiyatga ega. Yorug‘likning refleksiya, refraksiya va interferensiya kabi xossalarini tushunish ko‘zning optik sistemasi orqali ko‘rish jarayonining qanday amalga oshishini ko‘rsatadi. Ko‘z kasalliklarini aniqlash va davolashda yorug‘lik fizikasi va optik qonunlar muhim rol o‘ynaydi. Shuningdek, zamonaviy optik texnologiyalar va lazer yordamida ko‘rishni tuzatish usullari oftalmologiya sohasida katta yutuqlarga olib kelmoqda. Ushbu maqola tibbiyot talabalariga optik jarayonlarni chuqurroq tushunish va amaliyotda qo‘llash imkoniyatini beradi.

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“TASHABBUSLI BUDJET” ORQALI LOYIHALARNI MOLIYALASHTIRISH YO‘LLARI

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Annotatsiya

Mazkur maqolada "Tashabbusli budjet" tizimi orqali loyihalarni moliyalashtirish yo‘llari tahlil qilinadi. Tashabbusli budjet tizimi, davlat va jamoatchilik o‘rtasidagi hamkorlikni mustahkamlash, iqtisodiy barqarorlikni ta’minlash va hududiy tengsizlikni kamaytirish uchun samarali vosita hisoblanadi. 2024-yilda O‘zbekistondagi tashabbusli budjet tizimi ijtimoiy loyihalar uchun mablag‘ ajratish va taqsimlashda sezilarli o‘zgarishlarni yuzaga keltirdi. Maqolada, shuningdek, mablag‘larning noto‘g‘ri taqsimlanishi, shaffoflik va monitoring tizimlaridagi muammolar ko‘rsatilgan. Tizim samaradorligini oshirish uchun shaffoflikni oshirish, monitoring tizimini takomillashtirish va xususiy sektor bilan hamkorlikni kengaytirish tavsiya etiladi. Bu yondoshuvlar, o‘z navbatida, tashabbusli budjet tizimining samarali ishlashiga yordam beradi va ijtimoiy infratuzilma rivojlanishini qo‘llab-quvvatlaydi.

Kalit so‘zlar: Tashabbusli budjet, moliyalashtirish yo‘llari, ijtimoiy loyihalar, shaffoflik, monitoring, mahalliy rivojlanish, hududiy tengsizlik, davlat byudjeti, resurslar taqsimoti, xususiy sektor, iqtisodiy barqarorlik, jamoatchilik ishtiroki, samaradorlik.

Kirish

Tashabbusli budjet tizimi — davlatning ijtimoiy-iqtisodiy rivojlanish maqsadlariga erishish uchun ajratilgan moliyaviy resurslarning shaffof va samarali taqsimlanishini ta’minlovchi muhim vosita hisoblanadi. Bu tizim davlat byudjeti orqali jamiyatning muayyan qatlamlariga yordam berish, rivojlanishning turli sohalarini qo‘llab-quvvatlash va muammolarni hal etish maqsadida amalga oshiriladi. O‘zbekistonda ham tashabbusli budjet tizimi ijtimoiy infratuzilmani rivojlantirish, iqtisodiy o‘sishni qo‘llab-quvvatlash va mahalliy rivojlanishni mustahkamlashda muhim rol o‘ynamoqda. Ushbu maqolada tashabbusli budjet orqali loyihalarni moliyalashtirishning samarali yo‘llari va amaliyotlari tahlil qilinadi.

Tashabbusli budjet, avvalambor, jamoatchilikning moliyaviy resurslarni taqsimlashdagi ishtirokini oshiradi. Bu tizimda davlat tomonidan ajratilgan mablag‘lar mahalliy hokimiyatlar va jamoat tashkilotlari bilan birgalikda aniq loyihalarga yo‘naltiriladi. Bu, bir tomondan, iqtisodiy barqarorlikni oshirishga yordam berishi,

ikkinchi tomondan esa hududiy tengsizlikni kamaytirishi mumkin. Shuningdek, TB tizimi orqali ajratilgan mablag‘lar ko‘plab hududlarda ijtimoiy infratuzilmaning yaxshilanishiga olib kelmoqda.

Loyihalarni moliyalashtirishda TB tizimi quyidagi asosiy yo‘llarni taklif etadi:

- **Mahalliy va markaziy hukumat o‘rtasidagi hamkorlik**: Mahalliy hokimiyatlar davlat resurslarini samarali taqsimlash uchun markaziy hukumat bilan yaqin hamkorlikda ishlaydi. Mahalliy byudjetlar va markaziy byudjetdan ajratilgan mablag‘lar o‘rtasida aniq va shaffof bog‘lanishlar o‘rnatilishi lozim. Bu hamkorlik hududiy rivojlanishni tezlashtirish va mahalliy infratuzilma loyihalarini muvaffaqiyatli amalga oshirish uchun zarurdir.
- **Jamoatchilik ishtirokini kengaytirish**: Jamoat tashkilotlari va fuqarolar tomonidan takliflar va tashabbuslar kiritilishi lozim. Bu, aholining ehtiyojlariga mos loyihalarni tanlash va amalga oshirishda yordam beradi. Jamoatchilik ishtiroki resurslarni samarali va teng taqsimlashni ta’minlashga yordam beradi.
- **Xususiy sektorni jalb qilish**: Xususiy sektor bilan hamkorlik loyihalarni moliyalashtirish va ularni amalga oshirish jarayonini samarali boshqarish uchun muhim ahamiyatga ega. Xususiy sektordan kelayotgan investitsiyalarni jalb qilish orqali, loyihalar uchun qo‘shimcha moliyaviy resurslar yaratiladi.

Tashabbusli budjet tizimi orqali loyihalarni moliyalashtirishda bir qator muammolar mavjud:

Ba’zan ajratilgan mablag‘lar loyihalarga mos ravishda taqsimlanmaydi yoki noto‘g‘ri yo‘naltiriladi. Bu esa loyiha maqsadlariga erishishda to‘sqinlik qilishi mumkin.

Tizimda mablag‘larning qanday ishlatilishi va resurslarning taqsimlanishi to‘g‘risida aniq ma’lumotlarning yetishmasligi shaffoflikni pasaytiradi. Bu esa aholi va jamoatchilikning tizimga ishonchsizlikka olib keladi.

Loyiha amalga oshirilayotgan jarayonda monitoring va baholash mexanizmlarining yetishmasligi loyiha natijalarining samaradorligini pasaytiradi.

2024-yilda O‘zbekistonning tashabbusli budjet tizimi bir qator ijtimoiy loyihalarni moliyalashtirishda samarali vosita bo‘lib qolmoqda. 2023–2024 yillar uchun mahalliy byudjetlar uchun ajratilgan mablag‘lar sezilarli darajada oshdi, ayniqsa ijtimoiy infratuzilma va ta’lim sohalariga qaratilgan loyihalar ko‘paydi. Shuningdek, mahalliy hokimiyatlar va markaziy hukumat o‘rtasidagi hamkorlik yanada mustahkamlandi. Lekin, shu bilan birga, shaffoflik va monitoring tizimlarini kuchaytirish, shuningdek, mablag‘larni aniq va maqsadga muvofiq taqsimlashni ta’minlash zaruriyati mavjud.

Budjet mablag‘larining taqsimlanishi va loyihalarning amalga oshirilishi to‘g‘risida elektron tizimlar orqali jamoatchilikka aniq va tezkor ma’lumotlar taqdim etilishi kerak. Bu, aholi va jamoatchilik ishtirokini kengaytiradi.

Loyiha amalga oshirilishidagi barcha bosqichlar uchun monitoring va baholash tizimini kuchaytirish zarur. Buning uchun zamonaviy texnologiyalar va metodologiyalarni joriy etish kerak.

Tashabbusli budjet tizimida xususiy sektordan ko‘proq investitsiyalar jalb qilish, iqtisodiy samaradorlikni oshirish va resurslarni yanada samarali taqsimlashga yordam beradi.

Adabiyotlar tahlili

Adabiyotlar tahlili shuni ko‘rsatadiki, tashabbusli budjet tizimi nafaqat resurslarning samarali taqsimlanishini, balki ijtimoiy loyihalarning muvaffaqiyatli amalga oshirilishini ta’minlashda ham muhim rol o‘ynaydi. Resurslar taqsimoti, shaffoflik, monitoring va korrupsiyaga qarshi kurash kabi omillar, bu tizimning samaradorligini oshirishda muhim hisoblanadi. O‘zbekistondagi tashabbusli budjet tizimi uchun bu yondoshuvlar amaliyotda qo‘llanilishi kerak, chunki ular jamiyatdagi iqtisodiy tengsizlikni kamaytirish va ijtimoiy rivojlanishni qo‘llab-quvvatlashda muhim omil bo‘lib xizmat qiladi.

Shleifer, A., & Vishny, R. W. (1998) - The Grabbing Hand: Government Pathologies and Their Cures Shleifer va Vishny o‘zlarining tadqiqotida davlat byudjetining samarali ishlatilmasligining asosiy sabablari sifatida korrupsiyani va ijtimoiy siyosatning yomon boshqarilishini ko‘rsatadi. Ular davlat tizimidagi zaif boshqaruv va resurslarni noto‘g‘ri taqsimlashning ijtimoiy loyihalarga salbiy ta’sirini ta’kidlaydilar [1]. O‘zbekistondagi "Tashabbusli budjet" tizimi shaffoflikni oshirish va korrupsiyaning oldini olishda qat’iy mexanizmlar ishlab chiqishni talab qiladi. Ushbu asar davlat byudjetining samarali boshqarilishi va adolatli taqsimlanishining muhimligini ta’kidlaydi.

Haughton, J., & Khandker, S. R. (2009) - Handbook on Poverty and Inequality Haughton va Khandker o‘zlarining asarida ijtimoiy siyosat va davlat byudjetining muhim rolini tahlil qiladilar, ayniqsa kambag‘allikni kamaytirishdagi o‘rni haqida so‘z yuritadilar [2]. Ular, shuningdek, "Tashabbusli budjet" tizimining mohiyatini o‘rganib, ijtimoiy loyihalar orqali taqsimlanayotgan mablag‘larning tengsizlikni kamaytirishga xizmat qilishi kerakligini ta’kidlaydilar. O‘zbekiston misolida, bu asar davlat mablag‘larini samarali taqsimlash va iqtisodiy tengsizlikni kamaytirishdagi roli borligini isbotlaydi.

O'Brien, R., & Williams, M. (2010) - Global Political Economy: Evolution and Dynamics O’Brien va Williams global siyosiy iqtisodiy tizimni tahlil qilib, davlatlar

va xususiy sektor o‘rtasidagi resurs taqsimotini o‘rganadilar. Ularning tadqiqotlari "Tashabbusli budjet" tizimining samarali ishlashining asosiy omillari sifatida davlat va xususiy sektor o‘rtasidagi hamkorlikni ko‘rsatadi [3]. Mazkur asar, resurslarni taqsimlashda samarali hamkorlik va global tajribalarni joriy etishning ahamiyatini ta’kidlaydi. Bu O‘zbekistondagi tashabbusli budjet tizimi uchun ham muhim qo‘llanma hisoblanadi.

Piketty, T. (2014) - Capital in the Twenty-First Century Piketty o‘zining asarida ijtimoiy tengsizlik va kapitalning taqsimlanishidagi ijtimoiy siyosatni o‘rganadi. U, ayniqsa, davlat byudjeti orqali amalga oshiriladigan moliyaviy siyosatning muhimligini va bu siyosatning iqtisodiy tengsizlikni kamaytirishga qanday ta’sir ko‘rsatishini tahlil qiladi [4]. "Tashabbusli budjet" tizimi yordamida taqsimlanayotgan mablag‘lar ijtimoiy adolatni ta’minlashda muhim rol o‘ynashi mumkin. Ushbu asar, O‘zbekistonda iqtisodiy tengsizlikni kamaytirish va aholi orasidagi farqni bartaraf etish uchun samarali budjet tizimining ahamiyatini ko‘rsatadi.

Nazarov, N., va Sultonov, F. (2018). Tashabbusli budjet tizimi va uning iqtisodiy va ijtimoiy ta'siri. "Iqtisodiyot va Jamiyat" nashriyoti. Ushbu asarda, Tashabbusli budjet tizimi va uning iqtisodiy-ixtisoslashgan, shuningdek, ijtimoiy ta'sirini o‘rganilgan [5]. Nazarov va Sultonovning tadqiqotiga ko‘ra, tizim mahalliy iqtisodiyot va ijtimoiy infratuzilmani rivojlantirishda katta rol o‘ynaydi. Ular, ayniqsa, ijtimoiy loyihalarning moliyaviy resurslar bilan ta’minlanishida tengsizlikni kamaytirishdagi ahamiyatini ta’kidlaydilar. Shuningdek, tadqiqotda davlat resurslarining samarali taqsimlanishi va jamoatchilik ishtirokining ahamiyati ham muhokama qilingan.

Jabborov, I. (2019). Ijtimoiy loyihalar va budjet tizimi: O‘zbekistondagi rivojlanish tendensiyalari. O‘zbekiston Davlat Universiteti nashriyoti. Jabborovning asarida O‘zbekistondagi ijtimoiy loyihalar va budjet tizimining rivojlanish tendensiyalari ko‘rib chiqilgan. U, shuningdek, ijtimoiy loyihalar uchun ajratilgan mablag‘larning samarali taqsimlanishi va shaffoflikning oshirilishi zarurligini ta’kidlaydi [6]. Jabborov O‘zbekistonning tashabbusli budjet tizimining rivojlanishida amaliy yondashuvlarni ko‘rsatadi va tizimni yaxshilash bo‘yicha konkret tavsiyalar beradi. Bu yondoshuv davlat va mahalliy boshqaruv o‘rtasidagi hamkorlikni yanada mustahkamlashga qaratilgan.

Yuldashev, A. (2021). Mahalliy byudjetlar va davlat resurslarining samarali taqsimlanishi. O‘zbekiston Respublikasi Prezidenti huzuridagi Davlat boshqaruvi akademiyasi nashriyoti. Yuldashevning tadqiqotida mahalliy byudjetlarning samarali ishlatilishi va davlat resurslarining taqsimlanishi tahlil qilingan. Asarda, ayniqsa, O‘zbekistondagi mahalliy byudjet tizimining rivojlanishi, resurslar taqsimotining

muammolari va ijtimoiy loyihalarga ta’siri o‘rganilgan. Yuldashev, shuningdek, mahalliy hokimiyatlar va markaziy hukumat o‘rtasidagi munosabatlarni optimallashtirish zarurligini, shuningdek, resurslarning shaffof va maqsadli taqsimlanishi lozimligini ta’kidlaydi [7].

Tahlil va natijalar

“Tashabbusli budjet” tizimi orqali ijtimoiy loyihalarni moliyalashtirishda 2024-yilda olingan natijalar va tahlillar bir qator qiziqarli xulosalarga olib keladi. Ushbu tahlil va natijalar nafaqat tizimning samaradorligini, balki o‘tkazilgan islohotlarning ta’sirini va muammolarni aniqlashga yordam beradi.

2024-yilda “Tashabbusli budjet” tizimi orqali ko‘plab ijtimoiy loyihalar moliyalashtirildi. Ularning aksariyati qishloq joylarda va iqtisodiy jihatdan kam rivojlangan hududlarda amalga oshirildi. Bu loyihalar orasida infratuzilma yangilanishi, ta’lim va sog‘liqni saqlash sohalaridagi yaxshilanishlar, va ijtimoiy xizmatlarni ko‘paytirishga yo‘naltirilganlar ko‘p edi.

Biroq, tahlillar shuni ko‘rsatdiki, tizimni to‘liq samarali ishlatish uchun ayrim hududlarda moliyaviy resurslar noto‘g‘ri taqsimlangan. Masalan, ayrim shahar va tumanlarda budjet mablag‘lari nisbatan yuqori darajada ajratilgan bo‘lsa, boshqa hududlarda bu mablag‘lar yetarlicha bo‘lmagan.

2024-yilda amalga oshirilgan loyihalarda moliyaviy resurslarning taqsimlanishida aniq bir tartib mavjud emasligi kuzatildi. “Tashabbusli budjet” tizimi orqali ajratilgan mablag‘lar ba’zan ijtimoiy loyihalarga nisbatan ortiqcha yoki yetarli bo‘lmagan taqsimlangan. Masalan, bir qator ijtimoiy xizmatlar uchun yetarli moliyaviy resurs ajratilgan bo‘lsa-da, kam rivojlangan hududlardagi infratuzilma loyihalari uchun resurslar yetishmagani ko‘rildi. Ushbu holatni bartaraf etish uchun resurslarni maqsadli va adolatli taqsimlash tizimini takomillashtirish kerak.

Tahlillar shuni ko‘rsatdiki, “Tashabbusli budjet” tizimi bo‘yicha monitoring va shaffoflikka qaratilgan choralar hali ham kuchaytirilishi kerak. Aholi va jamoatning loyiha natijalariga bo‘lgan ishonchini oshirish uchun mablag‘larning taqsimlanishini va sarflanishini to‘liq oshkor qilish zarur. 2024-yilda ayrim hududlarda byudjet ajratmalarining shaffofligi past bo‘lib, bu esa resurslarning noto‘g‘ri ishlatilishiga olib kelishi mumkin. Davlat organlari va mahalliy hokimiyatlar uchun shaffoflik va hisobotlarni to‘g‘ri yuritish bo‘yicha yangi mexanizmlar ishlab chiqilishi lozim.

Hududlar o‘rtasida ijtimoiy va iqtisodiy tengsizliklar hali ham mavjud. “Tashabbusli budjet” tizimi orqali qilingan moliyaviy ajratmalar ba’zan yirik shaharlar va rivojlangan hududlarga nisbatan past rivojlangan hududlarga yetarlicha yo‘naltirilmagan. Bu holat, o‘z navbatida, hududiy tengsizlikni kuchaytirishi mumkin.

Natijada, tizimning asosiy maqsadi bo‘lgan tenglik va ijtimoiy adolatni ta’minlashga to‘sqinlik qiladi.

Tahlil natijalariga ko‘ra, “Tashabbusli budjet” tizimi orqali amalga oshirilgan loyihalarning samaradorligi hududlar o‘rtasida farq qiladi. Ba’zi hududlarda bu tizim juda muvaffaqiyatli ishlashiga qaramasdan, boshqa hududlarda ijtimoiy loyihalar uchun ajratilgan mablag‘lar etarli emas yoki umuman to‘g‘ri yo‘naltirilmagan.

2024-yilda xususiy sektor va xalqaro moliyaviy tashkilotlar bilan hamkorlikning rivojlanishi kuzatildi. Xususan, xalqaro moliyaviy tashkilotlar va investitsiya fondlari bilan hamkorlik orqali bir qator muhim loyihalar uchun qo‘shimcha mablag‘lar jalb qilindi. Shuningdek, xususiy sektorning ijtimoiy loyihalarga investitsiya kiritishi natijasida ko‘plab loyihalar muvaffaqiyatli amalga oshirildi. Ammo bu hamkorlikning samaradorligini oshirish uchun maxsus mexanizmlar ishlab chiqish zarur.

Tahlilga ko‘ra, "Tashabbusli budjet" tizimi orqali amalga oshirilgan ijtimoiy loyihalarning samaradorligini oshirish uchun quyidagi takliflar ishlab chiqilgan:

Har bir ijtimoiy loyiha uchun mablag‘lar qanday ajratilishi va qanday sarflanishi to‘g‘risida aniq ma’lumot taqdim etish zarur. Bundan tashqari, tizimda ajratilgan mablag‘larning real vaqt rejimida monitoringini amalga oshirish va onlayn platformalarga joylashtirish kerak.

Kam rivojlangan hududlarga ajratilgan resurslarni ko‘paytirish, bu hududlarda ijtimoiy infratuzilma va xizmatlarni rivojlantirish uchun ko‘proq moliyaviy resurs ajratish zarur.

Loyihalar bo‘yicha yanada samarali monitoring va baholash tizimlarini joriy etish kerak, shuningdek, har bir loyiha bo‘yicha yakuniy hisobotlarni tayyorlash lozim. Mahalliy hokimiyatlar va davlat organlarining hamkorlikdagi faoliyatini kuchaytirish, bu orqali resurslar samarali va maqsadli taqsimlanishini ta’minlash kerak.

2024-yil davomida amalga oshirilgan tahlillar shuni ko‘rsatdiki, "Tashabbusli budjet" tizimi resurslarni taqsimlashda bir qator muvaffaqiyatlarga erishgan. Biroq, tizimning samaradorligini oshirish uchun shaffoflik, monitoring va hududlar o‘rtasidagi tengsizlikni kamaytirish borasida hali ko‘plab ishlanmalar talab etiladi. Xususiy sektor va xalqaro tashkilotlar bilan hamkorlikni kuchaytirish, resurslarning maqsadli taqsimlanishini ta’minlashda muhim rol o‘ynaydi.

Xulosa

"Tashabbusli budjet" tizimi 2024-yilgi tahlillarga ko‘ra, mamlakatda ijtimoiy loyihalarni moliyalashtirishning samarali mexanizmlaridan biri sifatida ishlamoqda. Bu tizim, asosan, mahalliy rivojlanish, ijtimoiy infratuzilma va aholining farovonligini oshirishda muhim ahamiyatga ega. Shuningdek, bu tizim orqali mahalliy jamoalarning ishtiroki va davlat resurslarining shaffof taqsimlanishi o‘rnatilgan.

Biroq, tizimni to‘liq samarali ishlatish uchun bir qator muammolar mavjud. Tahlillar shuni ko‘rsatdiki, resurslar taqsimlanishidagi muammolar, ba’zi hududlarda ijtimoiy loyihalarning kechiktirilishi va mablag‘larning samarali ishlatilmasligi tizimning samaradorligiga to‘sqinlik qilmoqda. Shuningdek, shaffoflik va monitoring mexanizmlarining etarli darajada rivojlanmagani ham tizimning muvaffaqiyatiga ta’sir ko‘rsatmoqda.

Resurslar taqsimlanishini yanada optimallashtirish zarur. Mavjud tizimga ko‘ra, ba’zi rivojlangan hududlarga nisbatan kam rivojlangan hududlarga mablag‘lar yetarlicha ajratilmayapti. Shu bois, ijtimoiy loyihalar uchun ajratiladigan mablag‘lar teng taqsimlanishi kerak, ayniqsa, qishloq hududlari va past rivojlangan hududlarda.

Tashabbusli budjet tizimining samaradorligini oshirish uchun barcha ajratilgan mablag‘lar va ularning qanday ishlatilayotgani haqida jamoatchilikka to‘liq va shaffof ma’lumotlar taqdim etilishi zarur. Hisobotlar va monitoring tizimlari onlayn platformalarda mavjud bo‘lishi va jamoatchilik tomonidan kuzatilishi mumkin bo‘lishi kerak.

Har bir loyiha uchun samaradorlikni baholash va resurslarning qanday sarflanganini nazorat qilish tizimi mustahkamlanishi kerak. Monitoringning samarali mexanizmi nafaqat davlat organlari, balki mustaqil audit va jamoat tashkilotlari tomonidan ham amalga oshirilishi kerak.

Mahalliy hokimiyatlarning tizimda ishtirokini kuchaytirish, ijtimoiy loyihalarni moliyalashtirish va amalga oshirishda aholi va jamoatning faolligini ta’minlash zarur. Bu, o‘z navbatida, tizimning samaradorligini oshirishga yordam beradi. Mahalliy davlat organlari o‘z hududlaridagi ehtiyojlarni aniq belgilab, o‘zgarishlar va yaxshilanishlarni amalga oshirishi lozim.

Xususiy sektor va xalqaro tashkilotlar bilan hamkorlikni yanada kuchaytirish, moliyaviy resurslarni jalb qilish va yangi loyihalarni amalga oshirishda katta ahamiyatga ega. Xalqaro tashkilotlar va donorlar bilan hamkorlik, ijtimoiy loyihalar uchun qo‘shimcha moliyaviy manbalarni keltirib chiqarishi mumkin.

“Tashabbusli budjet” tizimini yanada samarali va shaffof qilish uchun raqamli texnologiyalardan foydalanish zarur. Moliyaviy ajratmalar, loyihalar va monitoring jarayonlarini raqamli platformalarda amalga oshirish tizimning samaradorligini sezilarli darajada oshirishi mumkin. Mobil ilovalar va onlayn platformalar orqali jamiyat a’zolariga loyihalar haqida real vaqt rejimida ma'lumotlar taqdim etilishi muhim.

Xulosa qilganda, "Tashabbusli budjet" tizimi O‘zbekistonning mahalliy rivojlanishida muhim rol o‘ynayotganiga qaramay, tizimni yanada samarali qilish uchun yuqoridagi takliflarga asoslanib, tizimda o‘zgarishlar va yangiliklarni kiritish

zarur. Bu chora-tadbirlar yordamida tizimning moliyaviy resurslarni samarali taqsimlash, shaffoflikni oshirish, hududiy tengsizlikni kamaytirish va ijtimoiy loyihalarning muvaffaqiyatini ta’minlashda katta ijobiy natijalarga erishish mumkin.

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BOLALAR SEREBRAL FALAJI BO‘LGAN BOLALARNING JISMONIY RIVOJLANISH KO‘RSATKICHLARINI BAHOLASH

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Annotatsiya: Ushbu maqolada bolalar serebral falajligi bilan kasallangan bemor bolalalarning jismoniy rivojlanish ko‘rsatkichlarini o‘rganib, baholashdan iborat. Bunda biz Surhondaryo viloyat ruhiy-asab kasalliklari shifoxonasida davolanayotgan BSF bilan og‘rigan 115 nafar bolalar va Termiz shahridagi bolalar bog‘chalari va maktablarning amalda sog‘lom 120 nafar tarbiyalanuvchilari va o‘quvchilarini oldik.

Bolalar serebral falajida qo‘l-oyoqlar va ayniqsa ularning distal qismlari parametrlari ko‘proq o‘zgaradi. Kasallik vaqt oshishi bilan nafaqat bolaning vazni, balki bo‘y ko‘rsatkichlari ham pasayadi.

Kalit so‘zlar: Bolalar serebral falajlik, Surhondaryo viloyat, antropometrik ko‘rsatkichlar, raqamli rentgenografiya, epilepsiya.

ОЦЕНКА ПОКАЗАТЕЛЕЙ ФИЗИЧЕСКОГО РАЗВИТИЯ ДЕТЕЙ С ДЕТСКИМ ЦЕРЕБРАЛЬНЫМ ПАРАЛИЧОМ

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Аннотация: Данная статья посвящена изучению и оценке показателей физического развития детей с детским церебральным параличом. При этом мы взяли 115 детей с ДЦП, находящихся на лечении в Сурхандарьинской областной психиатрической больнице, и 120 практически здоровых воспитанников и учащихся детских садов и школ города Термеза.

При детском церебральном параличе больше всего изменяются параметры конечностей и особенно их дистальных отделов. Со временем заболевания снижается не только вес ребенка, но и показатели роста.

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Ключевые слова: Детский церебральный паралич, Сурхандарьинская область, антропометрические показатели, цифровая рентгенография, эпилепсия.

Muammoning dolzarbligi: Bolalar serebral falaji (BSF) ijtimoiy ahamiyatga ega bo‘lgan sog‘liqni saqlash oldida turgan global muammolardan biridir. Butun dunyoda ushbu kasallik bilan og‘rigan bemorlar soni taxminan 17 millionga yetadi.

BSF doimo bolalar nogironligining asosiy sabablari orasida yetakchi o‘rinni egallaydi, faqat ruhiy kasalliklardan keying o‘rinda turadi [1].

Jahon amaliyotida BSF uchrash chastotasi bir yoshgacha bo‘lgan 1000 ta bolaga 1,7 dan 7 tagacha holatni tashkil qiladi [2-3].

Rossiyada bu ko‘rsatkich har 1000 bolaga 2,5 dan 6 holatgacha o‘zgarib turadi. BSF bilan kasallangan bolalarning taxminan 50% muddatidan oldin tug‘ilgan [4-5].

BSF (Bolalar serebral falaji) - bu markaziy asab tizimining (MAT) progressiv bo‘lmagan shikastlanishi bo‘lib, harakat funksiyalari buzilishi, aqliy buzilishlar, epilepsiya va muvozanat muammolari bilan tavsiflanadi.

Bolalar serebral falaji (BSF) bilan og‘rigan bolalar nutritiv buzilishlar rivojlanish xavfi yuqori bo‘lib, ularning rivojlanish ko‘rsatkichlari adabiyotlar tahliliga ko‘ra 80% ga yetadi [6].

Bolalar serebral falajlikda kasallangan bemor bolalalar va ularning oila a`zolari jismoniy azob-uqubatlarni boshdan kechiradilar. Bu esa o‘z navbatida oila a’zolarining ijtimoiy-psixologik va moslashish holatini yomonlashtiradi [2-3-4-5]

Tadqiqot maqsadi: Bolalar serebral falajligi bilan kasallangan bemor bolalalarning jismoniy rivojlanish ko‘rsatkichlarini baholashdan iborat.

Tekshirish usullari va materiallari: Tadqiqot materiali sifatida Surhondaryo viloyat ruhiy-asab kasalliklari shifoxonasida davolanayotgan BSF bilan og‘rigan bolalar xizmat qildi. (115 ta bola, shundan 60 tasi o‘g‘il bolalar va 55 tasi qizlar). Nazorat guruhi sifatida Termiz shahridagi bolalar bog‘chalari va maktablarning amalda sog‘lom tarbiyalanuvchilari va o‘quvchilari (120 nafar bola, shundan 60 nafari o‘g‘il bolalar va 60 nafari qizlar) xizmat qildi. Jami 3 yoshdan 12 yoshgacha bo‘lgan 235nafar bolalar tekshiruvdan o‘tkazildi.

BSF bilan og‘rigan bolalarni tekshirish shifoxonalarning qabul bo‘limida o‘tkazildi. Bolalar bog‘chasi tarbiyalanuvchilari va maktab o‘quvchilarini o‘rganish ushbu muassasalarning tibbiyot punktlarida amalga oshirildi.

Tadqiqotimizdagi asosiy guruh bemorlarni jins bo‘yicha o‘rganilganda o‘g‘il bolalar 60 nafar (52%), qiz bolalar esa 55 nafar (48%) ga nisbati 1,1:1 teng keldi. Kasallanishda jins bo‘yicha aytarli farq ko‘zatilmadi.

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Tekshirilgan bolalarning yosh davrlari yillar bo‘yicha taqsimlandi. Bolalarning antropometrik tadqiqotlari N.X. Shamirzaev, S.A. Ten va Sh.I. To‘xtanazarovaning (1998) uslubiy tavsiyalariga ko‘ra o‘tkazildi.

1-jadval

Tadqiqotga olingan bolalarni yoshi va jinsi bo‘yicha materiallarning taqsimlanishi abs, %.

Yosh guruhlar	**Umumiy bemor lar**	**Jins bo‘yicha**	
		Erkak	**Ayol**
Asosiy guruh BSF bolalar	115	60 nafar (52%)	55 nafar (48%)
Nazorat guruh sog‘lom bolalar	120	60 nafar (50%)	60 nafar (50%)
Jami	235	120 nafar (51%)	115 nafar (49%)

Tashxisni tasdiqlash uchun bemorlarda standart asosida raqamli rentgenografiya, KT, MRT, MSKT bilan bog‘liq tahlililar yordamida tekshirildi. Bundan tashqari nazoratdagi bemorlarda umumklinik va bioximik taxlillar: qon, siydik, najas tahlili va instrumental tekshiruvlardan ultratovush tekshiruvi (UTT), ko‘rsatma asosida ko‘krak qafasi rentgenografiyasi o‘tkazildi.

Tadqiqot natijalari: Surhondaryo viloyat ruhiy-asab kasalliklari shifoxonasida davolanayotgan BSF bilan og‘rigan bemor bolalarning kasallikning kelib chiqish sabablarini tahlil qilish natijasida surovnoma utkazilganida.

Bolada BSF rivojlanish xavfi quyidagi holatlarda ortadi:

Tug‘ruq paytida:

- Shiddatli tug‘ishlar.
- Homilaning chanoq oldi holati.
- Onasining chanog‘i tor.
- Yirik meva.
- Cho‘zilib ketuvchi tug‘ruqlar.
- Intensiv tug‘ruq faoliyati.
- Tug‘ruqqacha davom etadigan suvsizlik davri.
- Diskoordinatsiyalangan tug‘ruq faoliyati.

Tug‘ruqdan keyingi davrda:

- Chaqaloqning gemolitik kasalligi (ona va homila o‘rtasidagi immunologik ziddiyat tufayli miyaning toksik shikastlanishi).

- Asfiksiya (homiladorlik patologiyalari, o‘pkaning rivojlanish nuqsonlari, qog‘onoq suvlarining aspiratsiyasi tufayli kislorod yetishmovchiligi).

Xulosa: Bolalar serebral falajida qo‘l-oyoqlar va ayniqsa ularning distal qismlari parametrlari ko‘proq o‘zgaradi. Yuqori qo‘lda kaft uzunligi, keyin bilak, so‘ngra yelka uzunligining kamayishi kuzatiladi. Oyoq uzunlik ko‘rsatkichlarining orqada qolishi asosan boldir uzunligining qisqarishi hisobiga yuzaga keladi. Sog‘lom bolalar va serebral falajli bolalarda qo‘l va oyoqlarning aylana parametrlari har doim chap tomondan kichikroq bo‘ladi. Kasallik vaqt oshishi bilan nafaqat bolaning vazni, balki bo‘y ko‘rsatkichlari ham pasayadi.

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Investor Perceptions of Investments: Factors, Trends and Regional Peculiarities

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Introduction

In the modern world, the stock market plays a crucial role in economic development by providing companies with access to capital and offering investors opportunities to increase their wealth. However, investor participation in the stock market depends on multiple factors, including economic conditions, government regulations, market transparency, financial literacy levels, and individual risk tolerance. In recent years, the government of Uzbekistan has actively pursued reforms aimed at developing the stock market and integrating it into the global financial system. Economic liberalization, improvements in the business climate, the adoption of international corporate governance standards, and the digitalization of the financial sector have created favorable conditions for attracting both domestic and foreign investors. The development of the Tashkent Stock Exchange, the implementation of investor protection mechanisms, and educational initiatives have all contributed to increasing public trust and engagement in investment activities. International research also highlights the importance of these factors. In particular, Indian scholars Dr.Nagala Shyam Venkata Nooka Raju **and Dr. Anita Patra** have analyzed the behavioral aspects of investors and identified key determinants influencing investment decisions. Their studies indicate that factors such as market awareness, access to information, transaction transparency, and government regulation significantly impact investor confidence and their willingness to invest. Furthermore, their empirical research on the Indian stock market demonstrates that successful reforms focused on enhancing financial literacy and digitalizing investment processes contribute to greater participation of retail investors. India's experience in this area may offer valuable insights for Uzbekistan, as both countries face similar challenges in developing their investment climate, including the need to build public trust in the stock market. This

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study examines the key factors shaping investor perceptions of stocks and analyzes successful practices from other countries, including India, to adapt their experiences to Uzbekistan's financial landscape. Special attention is given to investor trust, effective government regulatory mechanisms, and educational initiatives that encourage greater public participation in investment activities.

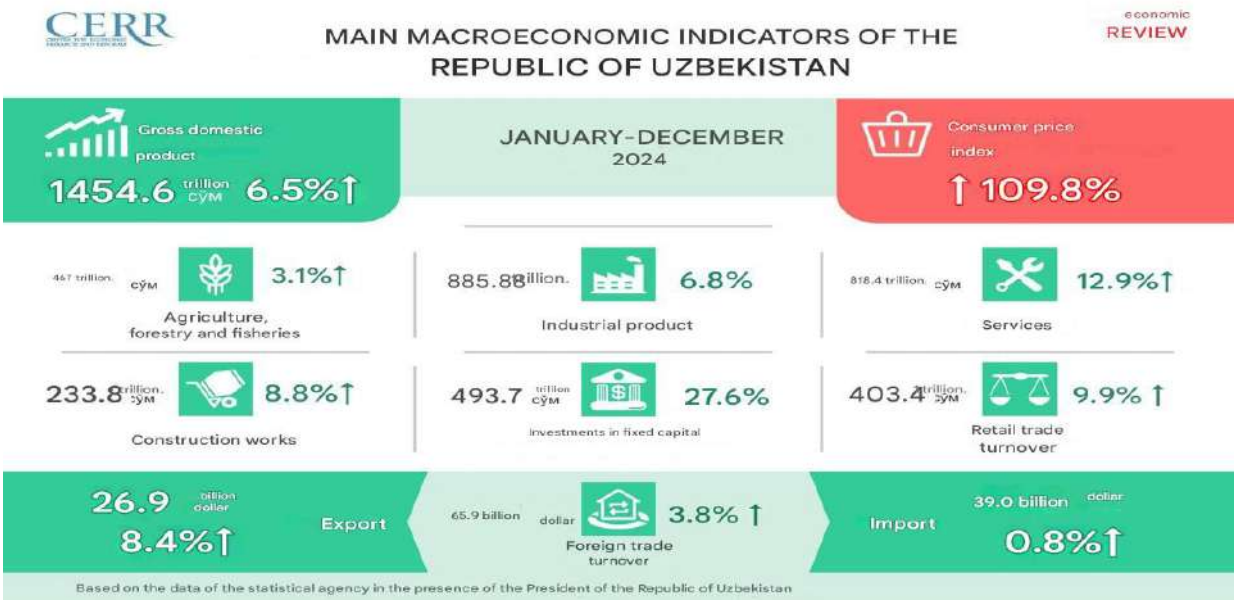
Keywords:

Stock market, investor perception, financial literacy, investment climate, behavioral finance, investment stimulation, economic growth.

1. Factors Affecting Investors' Perception of Stocks

1.1 Economic conditions

The state of the economy significantly affects investor sentiment. During periods of economic growth, investors are more confident and tend to invest in stocks. During recessions, risk aversion increases and capital is redistributed into more reliable assets such as bonds and gold. If we look at the example of the Republic of Uzbekistan, we can see a very positive moment as production volumes have increased in all major sectors, with the exception of oil and gas production and pharmaceuticals.



In 2024, Uzbekistan's economy continued to grow rapidly. According to the statistics agency, gross domestic product (GDP) grew by 6.5% in 2024 (6.3% in 2023), which is fully consistent with the December forecast of the Center for Economic Research and Reforms. Production volumes increased in all major sectors of the economy, with the exception of oil and gas production and pharmaceuticals. The manufacturing industry, services, and construction developed most rapidly. The main growth drivers were industries such as textiles, electrical engineering, metallurgy, food, and automotive manufacturing. Agriculture remains an important sector for ensuring the country's food security, with growth rates of 3.1% (4.1% in 2023).

- Industrial production demonstrated high dynamics, increasing to 6.8% (6.3% in 2023).
- In the pharmaceutical industry, production volume decreased by 7.5%, in the leather and footwear industry - by 0.6%.
- Production volumes in the electricity supply sector increased by 5.3% (in 2023 - by 9.5%).
- Production in the oil and gas production industry will grow by 1.4% (growth in 2023 will be 4.7%).
- Growth in the water supply, sanitation and waste disposal sector was 5.5% (3.2% in 2023).
- The growth rate in the construction industry was 8.8% (7.0% in 2023)
- The service sector demonstrated higher growth dynamics than other sectors of the economy. The volume of market services provided increased by 12.9%.
- The largest share of sub-sectors of the service sector falls on the financial sector - 20.6%, accommodation and food services - 10.6%, trade - 11.8%, communications and information technology - 25.8%.
- Retail turnover increased by 9.9%.
- The volume of transport services increased by 11.8%, including motor vehicles - by 8.4%.
- The dynamics of growth in foreign trade volumes slightly decreased compared to the previous year. According to the results of 2024, foreign trade turnover increased by 3.8% to 66 billion US dollars, while exports increased by 8.4%, and imports - by 0.8%.
- By type of product, exports of fuels and lubricants increased by 39.8%, services by 27.7%, chemical products by 29.1%, food products by 22.4%, industrial products by 3.7%, machinery and transport by 1.1%. Exports of equipment decreased by 7.9%, and various finished products by 7.5%.

At the same time, imports of fuels and lubricants increased by 50.1%, services by 21.5%, food products by 5.7%, non-food raw materials by 6.3%, and in the category of machinery and transport equipment decreased by 9.7%. Industrial goods by 4.2%, chemical products by 3.6%. The main driver of this growth is the manufacturing industry, which showed production dynamics and significant growth, including electrical engineering by 16.3% (+3.1% in 2023), textile industry by 10.7% (+7.9%), metallurgy - by 6.4% (+5.0%), food - 3.2% (+6.8%), cars - 8.8% (+16.8%), construction materials - 7.5% (+11.5%), chemicals - 3.4% (decrease -3.3%), furniture - 25.2% (+0.2%) industry grew. Positive dynamics are observed in the sphere of attracting investments. During the reporting period, the volume of investments in fixed assets increased by 27.6%. The main income came from decentralized investments - 32.8%. It is worth noting that investments from budget funds decreased by 9.7%, which indicates the increased role of private investments. In 2024, the share of centralized investments in the total volume of investments in fixed assets decreased to 10.5% (from 14.0% in 2023), while decentralized investments increased to 89.5%. In general, the presented data indicate that the economy of Uzbekistan demonstrated stable growth in 2024, which is the result of structural reforms implemented in the country and indicates the significant economic potential of the country. (Economic Development of Uzbekistan in 2024 - Review.uz) (https://review.uz/en/ofu, 2025).

1.2 Market Volatility and Risk Tolerance.

Risk tolerance is a measure of the degree of loss an investor is willing to bear in his or her portfolio. Investment choices should always be consistent with the investor's risk profile. The risk profile determines the level of risk an investor can accept, which in turn will determine his or her asset allocation, choice of investment products, and operational decisions such as portfolio rebalancing and exit. Depending on the level of risk tolerance, investors can be divided into three main categories: aggressive, moderate, and conservative. An aggressive investor, or an investor with a high-risk tolerance, takes higher risks in order to achieve potentially high returns. A moderate investor pursues a balanced strategy for earning income without much loss. Conservative investors are willing to tolerate some volatility in their investment portfolios. The risk profile depends on many factors, including family, personal, and financial information of the investor. Family information includes information on the number of working family members, the presence of dependents, and life expectancy. The level of risk tolerance increases with the number of working family members and decreases with the number of dependents. Risk tolerance is higher with life expectancy.

Personal information includes such factors as education level, professionalism, and psychological stability. Highly qualified and multidisciplinary specialists have a higher risk tolerance. Psychologically stable people cope with the disadvantages associated with risk more easily. Capital and regularity of income are two financial factors that affect risk propensity. The greater the capital, the higher the investor's ability to financially compensate for the disadvantages associated with risk in conditions of market volatility. (Economy and Business: Theory and Practice, vol. 8 (90), 2022)

1.3 Financial Literacy and Awareness.

Financial literacy is a set of knowledge, skills, and abilities necessary for effective financial management at the personal and professional levels. This includes understanding basic financial terms, the ability to budget, set financial goals, plan investments, manage debt, protect one's own financial interests, and make informed financial decisions. A financially literate person is able to adapt to changing financial conditions and take risks with their finances within their capabilities and goals. Financial literacy is a key factor in the daily life of every person, as well as in the formation of a sustainable and prosperous economy. For individuals, financial literacy provides the opportunity to make informed financial decisions, manage personal finances, plan for the future, and protect against financial risks. For the country's economy, financial literacy of the population is the basis for the development of financial institutions, the effective functioning of markets, and stimulating economic growth. It also helps reduce poverty, reduce social inequalities, and create a favorable investment environment. Uzbekistan has made significant progress in the field of financial inclusion in recent years, thanks to the updating of legislation and the digitalization of financial services. In 2021, 44% of the adult population had a bank account, double the rate in 2011. Debit card penetration and remote banking have also increased significantly. However, trust in the financial system remains low, as evidenced by the fact that only 3% of the adult population keeps their savings in banks, one of the lowest rates in the region. In addition to low trust in the banking system, there is a problem of underutilization of bank savings and inefficient distribution of financial access points across the country. In 2023, there were more than 11,000 ATMs and 430,000 terminals in Uzbekistan, significantly improving access to financial services compared to previous years. However, the distribution of these points remains uneven, especially in remote areas, limiting access to financial services for a large part of the population. In response to these challenges, the Government of Uzbekistan has taken a number of measures, including legislative changes and support for new

financial technologies. In 2022, a new law was adopted that stimulates the development of non-bank credit organizations and microfinance activities, thereby improving access to financial services. In addition, financial literacy training and start-up financing programs were launched, including with a special focus on women-owned enterprises, worth about $ 180 million. These initiatives are supported by both local and international organizations, including the World Bank, which contributes to greater financial inclusion and sustainable economic growth. Financial literacy plays a key role in the modern world, especially in a rapidly changing economic environment. According to a World Bank report, more than 60% of the world's population does not have sufficient knowledge about finance. In Uzbekistan, the situation is similar: only about 30% of the adult population has basic financial skills. Improving the level of financial literacy is becoming a priority for government and non-governmental organizations. Improving financial literacy in Uzbekistan can become a catalyst for economic growth and development. According to a report by the International Monetary Fund, each additional percentage point of financial literacy in a country can lead to a 0.3% increase in GDP. This is because financially literate citizens are able to use financial instruments more effectively, invest in development, and manage risks. Increasing the level of financial literacy can have a significant social effect, including reducing poverty and inequality. Research by the United Nations Conference on Trade and Development shows that financially literate people are more likely to save and invest in education and health care, which helps reduce social inequality. Financially literate citizens have a better chance of achieving financial well-being and stability. A study by the National Foundation for Financial Literacy shows that people with a high level of financial literacy are more likely to make informed decisions about lending, investing, and retirement planning, which ultimately contributes to their financial independence and well-being. One of the successful strategies for improving financial literacy is the introduction of educational programs in schools and universities. In 2020, Uzbekistan adopted the Law on the Implementation of Financial Education in the Educational Program, which requires the inclusion of elements of financial education in the school and university curriculum. This initiative is aimed at developing financial skills and knowledge among the younger generation, which will help them make informed financial decisions in the future. Both public, private and non-governmental organizations play an active role in increasing the level of financial literacy. The state introduces legislative measures and develops training programs, the private sector provides financial support and develops educational products, and non-governmental organizations conduct educational activities and provide advisory assistance. The joint efforts of all parties create favorable conditions for increasing the level of financial

literacy in the country. In the context of digitalization of education and the availability of the Internet, modern technologies and online resources are actively used to teach financial literacy. Distance learning platforms, mobile applications and online courses provide an opportunity to gain knowledge about finances anytime and anywhere. Such innovative teaching methods help overcome geographical and time limitations and make learning more accessible to a wider audience. One of the main challenges faced by financial literacy programs in Uzbekistan is the need to adapt to the specific needs and characteristics of the population. Structural changes in the economy, the introduction of new technologies and changes in financial instruments require constant updating and improvement of training programs. In addition, it is necessary to overcome geographical and socio-cultural barriers to ensure equal access to educational resources for all segments of the population. Despite the challenges, financial literacy programs have broad prospects for development and improvement. The use of innovative teaching methods, such as gaming technologies, interactive applications and online platforms, can significantly increase the effectiveness of programs and attract more participants. It is also important to strengthen partnerships between the state, the private sector and non-governmental organizations for the joint development and implementation of financial literacy programs. The international community plays an important role in supporting and developing financial literacy programs in Uzbekistan. Foreign organizations, such as the World Bank, the International Monetary Fund and others, provide financial and technical assistance, as well as share advanced experiences and best practices. This helps improve the quality of programs, expand their coverage and increase the effectiveness of activities in this area. In conclusion, improving financial literacy is an important factor in achieving sustainable economic growth and social stability in Uzbekistan. Despite the challenges, we have broad prospects for developing training programs and attracting more people to participate in them. It is necessary to continue efforts in this direction and jointly strive to improve the level of financial literacy of the country's population. (Namozova M.U. "Economy and Society" No. 5 (120) -1 2024)

1.4 Regulation and market transparency

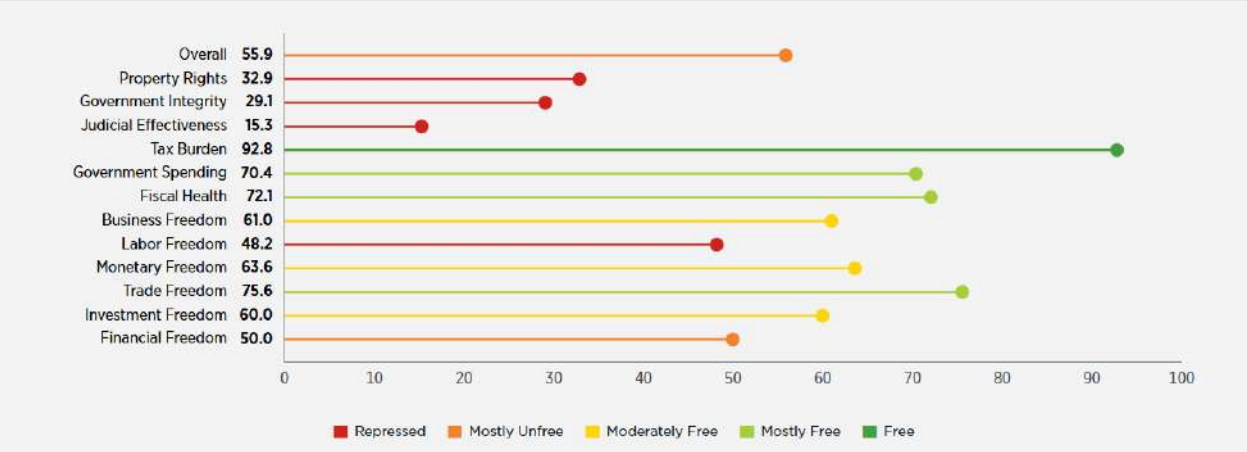
Robust stock market regulation increases investor confidence. Transparency in financial reporting, good corporate governance, and investor protection mechanisms strengthen confidence in stocks. Effective regulation and high market transparency are key factors in attracting investment and developing the economy. In recent years, Uzbekistan has been actively reforming its financial system, improving the legislative framework and introducing modern control mechanisms to increase investor

confidence. In recent years, the government of Uzbekistan has adopted a number of laws and regulations aimed at increasing market transparency and protecting investors' interests.

Uzbekistan's economic freedom score is 55.9, making its economy the 103rd freest in the 2024 Index of Economic Freedom. Its rating has decreased by 0.6 point from last year, and Uzbekistan is ranked 20th out of 39 countries in the Asia-Pacific region. The country's economic freedom score is lower than the world and regional averages. Uzbekistan's economy is considered "mostly unfree" according to the 2024 *Index*.

Uzbekistan has pursued critical reforms to build a competitive market economy, adopting policies that advance its economic freedom and transitioning to greater openness and modernization. Institutional shortcomings continue to limit political and other fundamental freedoms, but positive changes have been taking root. Despite progress, however, the overall regulatory system lacks transparency and clarity. The business start-up process has been streamlined. A modern labor market continues to evolve, but informal-sector employment remains substantial. Monetary stability has been relatively well maintained, but inflationary pressure continues.

12 ECONOMIC FREEDOMS



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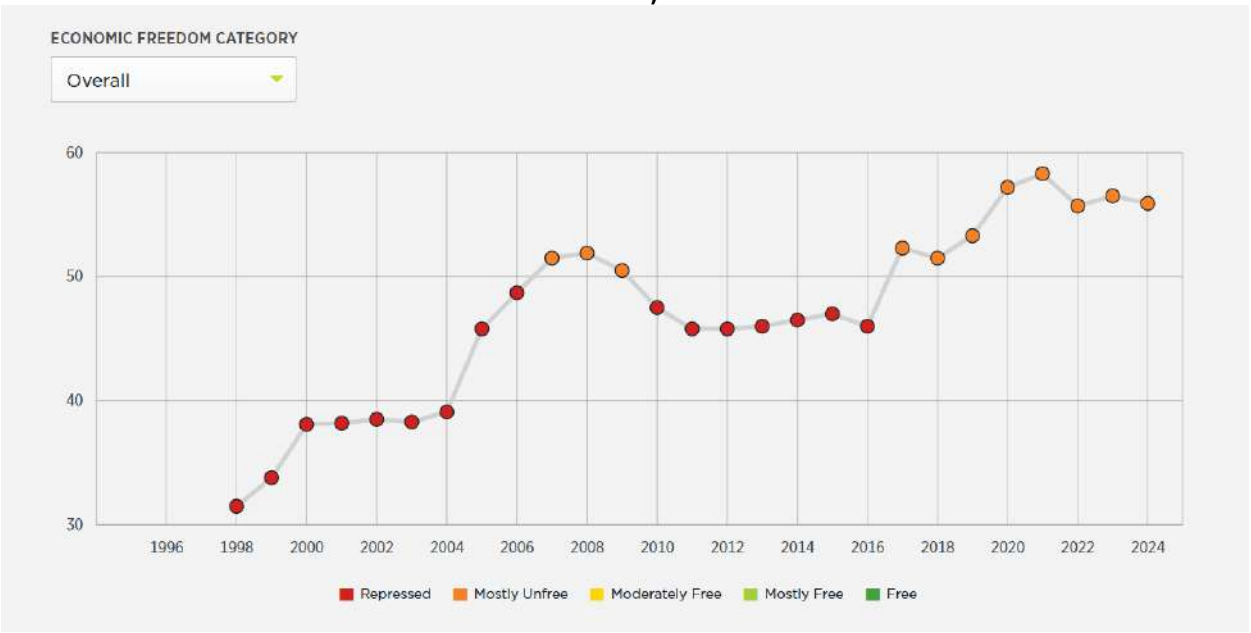

(Index of Economic Freedom "Economic Freedom Country Profile Uzbekistan" 2023) Based on the above information and data presented, it can be confidently said that Uzbekistan is doing significant work to create favorable conditions for doing business and attracting investment. Thanks to active reforms, increased market transparency and the introduction of modern technologies, the country is becoming increasingly attractive to domestic and foreign investors.

1.5Technological innovation and accessibility

The development of digital trading platforms and fintech solutions has made the stock market accessible to a wider audience. Technologies such as mobile apps, robo-advisors and commission-free trading have increased engagement, especially among young investors. Let's look again at the example of the work done in Uzbekistan. Since the gain of independence in 1991, Uzbekistan has worked through diverse economic transformations with a transition from a central economy to a Market economy. These have sought to develop entrepreneurship and encourage FDI inflows, at the same time business is still shaped by history, culture and institutions (Ogunmola, G. A. (2024). Cultural Dynamics Shaping the Adoption of Modern Management, Green Innovation, and Digitization in Uzbekistan's Business Landscape. Academia Open, 9(2), 10-21070).

Exchange trading on JSC "UzRTXB" is carried out on the basis of the principles of openness, transparency and creation of equal competitive conditions for clients. According to the rules of exchange trading, all participants in the trades have equal rights, regardless of their status - resident or non-resident of the republic. JSC "UzRTXB" provides domestic and foreign companies with highly liquid commodity

assets produced in the republic, including ferrous and non-ferrous metals, oil products, cotton fiber, mineral fertilizers, sugar, wheat flour, grain, etc. plays an important role in ensuring the legality. The exchange is located in Tashkent, the capital of the Republic of Uzbekistan. The exchange has a multi-industry trading infrastructure. Its structural structure includes 13 branches located in the centers of all regions of our republic. Also, at present, more than 200 trading platforms and 800 brokerage offices provide currency exchange services to clients. The exchange manages 5 trading platforms:

- Exchange electronic trading system (electronic trading system for collecting and responding to requests for automated trading);
- Electronic trading system for fairs;
- Electronic trading system for the sale of license plates.
- Electronic government procurement
- System for the sale of mobile numbers.

(Index | UzEx.uz)

In addition, it is planned to improve the electronic government of Uzbekistan and bring the share of electronic government services to one hundred percent, introduce the Mobile ID-identification system for individuals when providing them, the Digital Passport of Citizens and Digital Authority projects. The Electronic Government Project Management Center, together with the Ministry for the Development of Information Technologies and Communications of the Republic of Uzbekistan, is working on the implementation of the Digital Passport of Citizens project. As an experiment, from July 15, 2022 to December 1, 2023, government agencies, banks and other organizations will not require paper identity cards. In the future, instead of them, you can present their digital versions in the special OneID Mobile application, which will be equal in legal force to their physical counterparts. At the first stage of the project implementation, it is planned to implement the system in the following areas:

- checking documents for the right to use and drive vehicles;
- domestic flights;
- travel by rail within the country;
- registration of guests in hotels, sanatoriums, rest homes and other similar institutions;
- receiving services of mobile operators and Internet providers;
- provision of government services in government service centers;
- provision of services of commercial banks and insurance companies;
- receipt of medical services;
- providing access to students in the systems of higher education institutions.

In addition to a passport or ID card of a citizen of the Republic of Uzbekistan, users of the service can manage such digital documents as a driver's license, vehicle registration certificate, marriage and birth certificate, student ID, coronavirus vaccination certificate, and more. According to the statistics agency, the ICT market of Uzbekistan has seen the number of telecommunications and IT companies increase by 1.8 times over the past five years. At the beginning of 2023, there are more than 12 thousand ICT enterprises operating in the republic. The industry employs over 100 thousand people. According to the results of 2022, the volume of ICT services increased by 125.5% and amounted to 22.9 trillion soums, of which 4.2 trillion soums were programming services provided by Uzbek companies and specialists. The total revenue of the IT sector of Uzbekistan for the first quarter of 2023 reached 2.38 trillion soums - almost four times more than the same period in 2022. Export of digital services increased to $57.2 million. According to IT Park, net income amounted to more than 90% of revenue or 2.158 trillion soums. The effectiveness of Uzbekistan's recent digital reforms is reflected in the dynamics of international digitalization ratings:

- According to the GovTech Quality Index, Uzbekistan ranked 43rd in the world in the public services sector, moving up 37 positions since 2020, and entered Group “A”, which includes countries such as Brazil, the Republic of Korea, and Saudi Arabia.
- According to the results of the 2022 UN e-government Survey, conducted by the United Nations every 2 years, Uzbekistan moved up 18 positions at once and entered the group of countries with a “high/very high level of development”.
- In the Government Artificial Intelligence Readiness Index rating, developed by the British organization Oxford Insights, Uzbekistan has risen from 158th to 79th place over the past 4 years.
- According to the Telecommunication Infrastructure Index (TII), Uzbekistan is named a country with a high level of TII. Uzbekistan ranks 19th out of 220 countries in terms of broadband internet cost.

2. International Differences in Perceptions of Equity Investments

Attitudes toward stocks vary widely depending on cultural, economic, and regulatory factors:

- Developed markets (US, Europe) – high levels of financial literacy, diversified investment portfolios and widespread use of stocks for wealth accumulation and retirement planning.

- Emerging markets (India, Brazil) – growing interest in stocks due to rising middle class incomes, digitalization and regulatory reforms, although traditional investments in real estate and gold remain popular.
- Risk-averse countries (Japan, Germany) – investors prefer bonds and other low-risk assets due to cultural preferences for stability.

Case Studies: Perceptions of Equity Investments in India

2.1 Investor Perception in East Godavari

Random sampling method was used to collect data from different investors. The investors were selected using random sampling method. The sample size was 600 investors who were spread across three districts in Andhra Pradesh. From each district, 200 investors were selected, ten Brookings approved stocks. Twenty investors were also selected and contacted through stock brokers. The data was collected for a period of one year (i.e.) from January 2011 to December 2016. The data collected was the opinion of the investors and their expectations were also analyzed. The study is based on the data collected from the investors in three districts of Andhra Pradesh i.e. East Godavari, West Godavari and Vijayawada. The data collected is compiled and described using tables and percentages. The data was analyzed using descriptive statistics and Chi-square test. The study is limited to only 600 investors. In this study, only a few factors were used to analyze the factors influencing the investment behavior of an individual investor. The survey was conducted in only three districts of Andhra Pradesh, namely, East Godavari, West Godavari and Vijayawada. The study also had limitations in terms of time, space and resources.

V. RESULTS AND ANALYSIS

Table 1
Responses regarding Age of respondents

S.No	*Age Group*	*No of Respondents*	*percentage*
1	less than 20 years	134	22
2	20 - 40 years	393	66
3	40 - 60 years	64	11
4	more than 60 years	9	2
	Total	600	100

Source: primary data

From the above table 1, It is understood that out of 600 respondents 66 % of respondents belongs to

age group of 20-40, 22% respondents are below 20 years and 11% respondents between 40- 60 years. Only 2% of respondents are more than 60 years of age group. Above table indicates that most of the respondents belong to age group of 20-40.

Table 2
Occupation of the respondents

S.No	*Occupation*	*No of Respondents*	*percentage*
1	businessmen	286	48
2	housewives	21	4
3	professional	70	12
4	retired persons	9	2
5	salaried persons	214	36
	Total	600	100

Source: primary data

Occupation also influences investment decisions of individual investor. The above table shows the occupation of sample investor. 48% of investors were businessmen and 36% of investors were salaried persons and 12% of investors were professionals and 4% of investors were housewives, 2% of investors were retired persons.

Table 3
Income level of the respondents

S.No	*Income level*	*No of Respondents*	*percentage*
1	less than 2,00,000	132	22
2	2,00,000 - 4,00,000	405	68
3	4,00,000 - 6,00,000	54	9
4	more than 6,00,000	9	2
	Total	600	100

Source: primary data

The important factor which influences the whole investment decisions and attitude of individual investor is income level of investor. When level of income increases the risk tolerance level of investor also increases. Above table shows that 68% of respondents are between 2lakhs and 4lakhs income level and 22% of respondents are below 2 lakhs income level and 9% of respondents are between 4lakhs and 6lakhs income level and 2% of respondents are above 6lakhs income level.

Table 4
Investor's preferable investment sector

S.No	*Preferred sector*	*No of Respondents*	*percentage*
1	IT sector	245	41
2	Manufacturing sector	158	26
3	pharmaceuticals	89	15
4	Shipping & logistic	108	18
	Total	600	100

Source: primary data

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From the above table it clearly understood that 41% of investors showed interest to invest their fund in IT sector and 26% investors and 18% investors were preferred to invest Manufacturing and shipping & logistics sector respectively. 15% investors were preferred to invest in pharmaceuticals sectors.

Table 5
Investor's preferred investment avenues

S. No.	*Preferred Investment*	*No of Respondents*	*Percentage*
1	bullion Market	121	20
2	Primary market	50	8
3	Government Securities	212	35
4	Real Estate	68	11
5	secondary Market	149	25
	Total	600	100

Source: primary data

From the above table it clearly understood that 35% of respondents preferred to invest government securities and 25% respondents and 20% respondents preferred to invest in secondary markets and bullion market respectively.8% respondents were preferred to invest in primary markets.

TESTING OF HYPOTHESIS

Hypothesis - 1

"There is no association between age of the investors and their preference of investments".

To test the above hypothesis the researcher has used the 'chi-square test'.

Observed frequency

		Age of the Respondants				
S. No.	*Preferred Investment*	*less than 20 years*	*20 - 40 years*	*40 - 60 years*	*more than 60 years*	*Total*
1	bullion market	32	82	7	0	121
2	Government Securities	57	145	10	0	212
3	Primary market	3	45	2	0	50
4	Real Estate	23	121	5	0	149
5	secondary market	19	0	40	9	68
	Total	134	393	64	9	600

Source: primary data

CHI – SQUARE TEST

Oi	*Ei*	*(Oi-Ei)*	*(Oi-Ei)2*	*(Oi-Ei)2/Ei*
32	27.02333	4.976667	24.76721	0.916512068
82	79.255	2.745	7.535025	0.095073182

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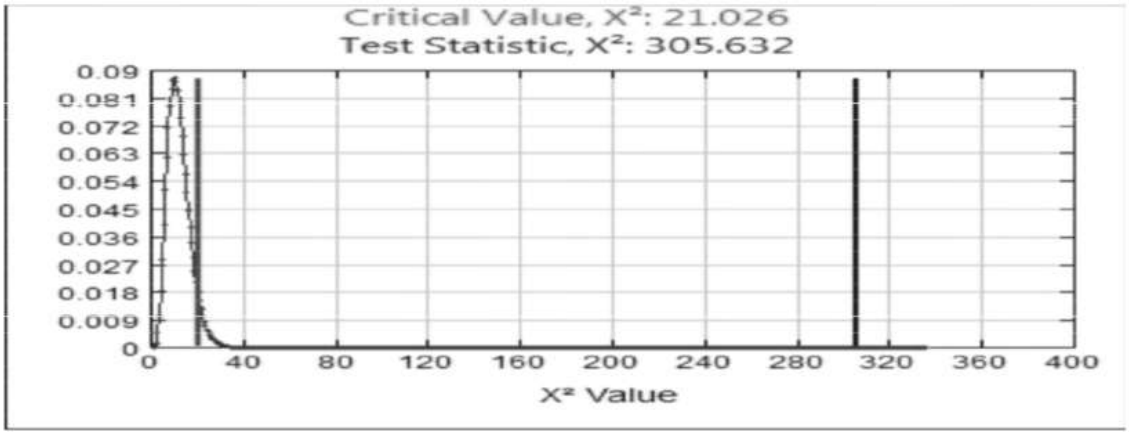
7	12.90667	-5.90667	34.88871	2.70315427
0	1.815	-1.815	3.294225	1.815
57	47.34667	9.653333	93.18684	1.968181733
145	138.86	6.14	37.6996	0.271493591
10	22.61333	-12.6133	159.0962	7.035503145
0	3.18	-3.18	10.1124	3.18
3	11.16667	-8.16667	66.69444	5.972636816
45	32.75	12.25	150.0625	4.582061069
2	5.333333	-3.33333	11.11111	2.083333333
0	0.75	-0.75	0.5625	0.75
23	33.27667	-10.2767	105.6099	3.173691609
121	97.595	23.405	547.794	5.612931246
5	15.89333	-10.8933	118.6647	7.466319911
0	2.235	-2.235	4.995225	2.235
19	15.18667	3.813333	14.54151	0.957518291
0	44.54	-44.54	1983.812	44.54
40	7.253333	32.74667	1072.344	147.8415686
9	1.02	7.98	63.6804	62.43176471
		TOTAL		305.6317436

Source: computed data



Graph 1: Computed value and Chi-Square table value

Conclusion: from the above graph it can be conclude that the calculate value (305.631746) is more than the Chi-Square table value at 12 degrees of freedom is 21.026 .so there is no association between age of the investors and their preference of investment. Table 6 shows the mean value and the standard deviations of statements that may likely influence the attitude of the investors investing in equity stocks. The average value of the five top highly influential factors according to the investors' were what the company does with a mean value of 3.77 (SD 0.979) valuation of the company's Stock with a mean value of 3.73(SD 0.876), company's 10-Q annual reports with a mean value of 3.71 (SD 0.971), Price to earning ratio

with a mean value of 3.70 (SD 0.797), Is the company profitable with the mean value of 3.67 (SD 0.833).

Table 6
Descriptive Statistics

Statements	*Mean*	*Std. deviation*
What the Company Does	3.77	0.979
Is the Company Profitable	3.67	0.833
History and Outlook of the Company's Earnings.	3.58	0.976
Valuation of the Company's Stock	3.73	0.876
The Company's Competitors	3.50	0.838
Who Runs the Company.	3.53	0.960
How Clean the Company's Balance Sheet	3.66	0.952
Company's 10-Q Annual Reports.	3.71	0.971
Any Red Flags/ Company's Integrity	3.56	0.886
Is the Company's Competitive Position Sustainable?	3.55	0.915
Is the CEO clean, credible and reliable with proven credentials?	3.64	0.884
Business model of the company	3.61	0.850
Competitive advantage of the company over other companies	3.51	0.844
Revenue/ profit patterns of the company.	3.36	0.931
Profit margins of the company.	3.65	0.904
Debt-to-Equity Ratio.	3.46	0.872
Price to Earning Ratio.	3.70	0.797
Risk factors involved in the nature of business.	3.40	0.933
Dividend history of the company.	3.56	0.978
Customer/ Client reviews about the company.	3.37	1.019
Values and philosophy of the company.	3.48	1.020
Vision and Mission of the company.	3.39	1.079

The investors considered the following five factors would have low influence on the investors investing in equity stocks. Revenue/ profit patterns of the company was considered to be the lowest influencing factors among the five with a average mean value of 3.36 (SD 0.931), customer/ client reviews about the company with a mean value of 3.37 (SD 1.019), vision and mission of the company had a mean value of 3.39 (SD 1.079), risk factors involved in the nature of business had a mean value of 3.40 (SD 0.933). debt to-equity ratio had a mean value of 3.46 (SD 0.872). (Anita Patra N. S. V. N Raju, International Journal of Control Theory & Application, A Study on Investor's Attitude towards Investment in Equity Stocks with Reference to East Godavari, West Godavari & Vijayawada Districts of Andhra Pradesh, 2016)

2.2 Perception of Investors in Visakhapatnam

Let us look at this region using the example of a study conducted by scientists from India in 2016. The validity of the study depended on the systematic method of data

collection and analysis. The study is based on the data collected from investors in the areas of Visakhapatnam. Investors are selected using a convenient sampling technique. Accordingly, the researcher selected 200 investors in the study area. The following hypotheses were formulated for the study:

- There is no relationship between the gender of investors and their investment preferences.
- There is no relationship between the occupation of the investor and the percentage of investment.
- There is no relationship between the age of the investor and investment preferences.

Statistical Tools The collected data is compiled and described using tables and percentages. The data is analyzed using statistical tools such as the chi-square test and the weighted average ranking method. Savings (or) investments are recognized as powerful tools in the fight against poverty. Investing even a small amount can bring significant returns in the long run. But there will be confusion among people while choosing the best investment avenues and this is the main concern of investors. While investing money, investors are not aware of the investment alternatives. While they are taking investment decisions, they should pay more attention to the safety, liquidity, returns, risks, tax benefits and so on in addition to the investment option. The above mentioned factors will confuse the investors while investing money. He should use his skills, knowledge and experience while choosing the investment opportunity. In this context, the present study assumes utmost importance. The study is limited to the factors that are considered by the investors while making their investments. Their level of awareness about the various aspects of the investment opportunities available in the study area is considered. Indian economy is growing significantly. It has various investment options. The study has been conducted to analyze the preferred investment avenues and also the factors influencing the investment. In this backdrop of the study, the researcher tries to find out the investment preferences of the respondents of Visakhapatnam district. Therefore, there is a relationship between the occupation of the investor and the percentage of investment. From the result of the study it is evident that businesses invest more while professionals and employees invest less. From this study it is revealed that most investors in Visakhapatnam considered all the 22 factors before selecting a stock to invest in. The average of the five most influential factors as considered by investors were: “What the company does”, followed by “Profitability of the company”, followed by “History and Profit Prospects of the company”, followed by the Business Model of the company. According to investors, there were four factors

with the least priority or low influence on the stock selection decision. They were: Vision and Mission of the company, Values and Philosophy of the company, Customer/Client Feedback about the company and Competitive Advantage of the company over other companies. (N.S.V.N Raju1, Dr. Anita Patra, nternational Journal of Latest Technology in Engineering, Management & Applied Science (IJLTEMAS) Volume V, Issue XI, November 2016).

3. Strategies to Improve the Perception of Stock Investing

3.1Improving financial literacy

Public and private organizations should develop educational programs, conduct trainings and disseminate information on the basics of investing. Today, persistent work is being carried out in this area at the highest level in Uzbekistan. This is proven by the Decree of the President of the Republic of Uzbekistan "On measures for the further development of the capital market." " was adopted on April 13, 2021. According to this document, the main areas of capital market development are increasing the competitiveness of the capital market and bringing its capitalization to 45 trillion soums by the end of 2023, creating an effective financing mechanism alternative to bank lending, and ensuring the harmonious functioning of the capital market and the development of all its segments by the end of 2023. It was planned to increase the share of projects financed by the issue of securities to 5 percent within the framework of republican and regional investment programs, introduce advanced international experience in the industry, and create the necessary conditions for active financing of development-oriented investments in the stock market, eliminating unnecessary barriers and restrictions. The decree also establishes the training and retraining of capital market specialists, systematic improvement of their qualifications, as well as support for programs to improve the knowledge, skills and financial literacy of minority investors, other capital market participants and the population as a whole. (Abduvali Buriev, UzA, uza.uz/posts/301605, 2021)

3.2Improving market regulation and transparency

Over the past few years, Uzbekistan has witnessed significant legal changes that have affected a wide range of areas of life, from constitutional rights and economic reforms to regulation of digital technologies and personal data protection. One of the most important events was the adoption of constitutional reforms in 2023. Amendments to the Constitution were the result of many years of discussions and public consultations, the purpose of which was to strengthen democratic institutions. The reform also

enshrined new social and economic rights for citizens, including the right to free medical care, social security guarantees and sustainable development taking into account environmental factors. This was an important step towards the formation of a state governed by the rule of law, where the protection of citizens' rights and their well-being are priorities. In addition, in 2023, amendments were made to the Law of the Republic of Uzbekistan "On the Protection of Personal Data", which became an important step in the modernization of the legal regulation of the digital sphere. This law brought Uzbekistan closer to international standards similar to the European GDPR. The law regulates the procedure for processing personal data, the rights of subjects, data and the responsibilities of operators, which helps to strengthen citizens' trust in digital services and the protection of their confidential information. Particular attention is paid to reforming economic legislation aimed at improving the investment climate and supporting entrepreneurship. Significant changes have been made to the tax system of Uzbekistan. In 2020, a new Tax Code came into force, which provides for a simplification of the tax system for small and medium-sized businesses, the introduction of tax incentives and the transition to electronic reporting forms. These measures make business interaction with government agencies more transparent and efficient, reducing administrative barriers. The introduction of automated tax control systems also helps reduce corruption and increase trust in tax authorities on the part of entrepreneurs. Another important aspect of legal changes is the development of legislation in the field of digital economy. In 2018, the President of Uzbekistan signed Resolution No. PP-4022 "On measures to further modernize the digital infrastructure in order to develop the digital economy", which outlined a course for the active implementation of digital technologies, including blockchain and e-commerce. These initiatives open up new opportunities for business and public administration, increasing the efficiency and transparency of interactions between market participants. Regulation of the digital economy also includes support for the use of smart contracts and other technologies based on blockchain platforms, which opens up new opportunities for business and public administration. Such initiatives can lead to significant improvements in contracting processes and increased trust between market participants. (Nodirahon Abdurakhmanova, «yuz.uz» «Legal reforms in Uzbekistan: the path to modernization and sustainable development» 2024) (https://yuz.uz/ru/news/pravove-reform-v-uzbekistane-put-k-modernizatsii-i-ustoychivomu-razvitiyu)

3.3Encouraging long-term thinking in investments

Long-term investments, which are usually considered as capital investments, involve the expansion of production capacities, the acquisition of new equipment and other capital expenditures. In the process of achieving the key goal of investment activities, a number of tasks are solved. Firstly, increasing the rate of economic development of the enterprise. There is a direct connection between the effectiveness of investment policy and the rate of economic development of the enterprise. The higher the volume of sales and profits, the more funds, all other things being equal, remai n for capital investments. Secondly, maximizing profits from investment activities. The possibilities of economic development of an enterprise depend on the volumes of not accounting, but net profit remaining after taxation. Therefore, if there are several investment projects in the portfolio, it is recommended to choose a project that provides the investor with the highest rate of net profit on the invested capital. Thirdly, minimizing risks. Investment risks are diverse and accompany all types of investment. Under unfavorable conditions, they can cause a loss of not only profit (income), but also all or part of the invested capital. Fifthly, accelerating the implementation of investment projects. The projects planned for implementation should be completed as quickly as possible, since this will achieve: acceleration of the economic development of the enterprise as a whole; the fastest possible formation of additional cash flow in the form of net profit and depreciation charges; reduction of project risks associated with unfavorable changes in the market situation, as well as losses from inflation. Thus, all of the listed tasks of investment portfolio management are closely interconnected. Thus, high rates of enterprise development can be achieved by selecting high-yield projects and accelerating their implementation. In turn, maximizing profit (income) from real investments is accompanied by an increase in project risks, which requires their neutralization. Minimization of these risks is the most important condition for ensuring the financial stability and solvency of the enterprise in the process of investment activities. (Allayarova Mastura, Yusufaliev Olimzhon "Young scientist." - 2015. - No. 6 (86). - P. 370-372., moluch.ru/archive/86/15908/ (date of access: 02/07/2025).

3.4 Use of technologies

Digital transformation has been defined by the leadership of the Republic of Uzbekistan as one of the priorities of national development. The basis for the country's digitalization is the National Strategy "Digital Uzbekistan-2030", approved in 2020. This document provides for the transition to a digital economy through the introduction of innovations and digital infrastructure, including e-government, new security systems, as well as investments in human capital. It is important to note that the concept

of "smart cities", improvement of the energy cluster, as well as intensive promotion of IT events and sites in Uzbekistan to attract foreign investment and partners were chosen as key tracks of digitalization. Considering that agriculture is one of the driving forces of the republic's economy, it should be noted that the agricultural sector annually generates over 24% of Uzbekistan's GDP (about $ 22 billion). The country also occupies one of the leading places in the world in cotton production (35 million tons annually). In this regard, the country is implementing a comprehensive program for the digitalization of agriculture. It is aimed at ensuring a technological breakthrough in the agro-industrial complex, strengthening food security, and effective management of water and other resources. The following measures are being taken within the framework of the program:

- Implementation of the Argo platform information system. This information system digitizes the mechanisms of preferential lending for the cultivation of cotton, cereals, vegetables and fruits, as well as the provision of services to agricultural producers based on the principle of transparency.
- Creation of a single register of product producers. An electronic passport is generated for each land user and an identification number is assigned.
- Transfer of document flow to electronic form. This applies to entities engaged in the cultivation of agricultural products and the organizations servicing them.
- Implementation of a platform for the provision of services for analyzing geoinformation technology data and space images. A system is being created to provide recommendations for independent monitoring of allocated sown areas and crops based on the analysis of multispectral space images, as well as early detection of problems and increased productivity.

In addition, a pilot project on agricultural land management using artificial intelligence is being implemented in the Andijan Technopark. During the project, six areas were digitized and introduced in vector format to the MoPegga online platform. Owners of agricultural land receive recommendations based on the research results using satellite technology. (Editorial office of the Center for Global IT Cooperation, DIGITAL UZBEKISTAN, 2025)/ (//cgitc.ru/media/tsifrovoy-uzbekistan-osobennosti-razvitiya-i-perspektivnye-napravleniya-partnerstva/)

Conclusion.

Investor perception of stocks is shaped by a variety of factors, including macroeconomic conditions, regulatory frameworks, access to information, financial literacy, and individual risk tolerance. Enhancing trust in the stock market and

increasing investor participation require the removal of key barriers, greater transparency of financial instruments, and the development of educational initiatives. It is also crucial to consider global experience: analyzing successful strategies from other countries can help identify effective investment stimulation mechanisms, which, in turn, will contribute to sustainable economic growth and the strengthening of Uzbekistan's financial system.

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UCHUVCHISIZ UCHISH APPARATLARINI BOSHQARISH ELEKTROMAGNIT TO'LQINLAR YORDAMIDA EGALLASH HAMDA KARTOGRAFIYA SOHASIDA QO'LLASH TAMOYILLARI.

Tog'ayev Javlonbek Shuhrat o'g'li
O'zbekiston Respublikasi Qurolli Kuchlari
shartnoma bo'yicha harbiy xizmatchisi

Abstract: This article is intended to help the user gain time and clarity when resolving issues by using unmanned aerial vehicles rather than using conventional geodetic instruments in obtaining geographical information from the region. As a result of the emergence of GIS technology, unmanned aerial vehicles are equipped with software, landscaping, coating control and 3D model control. Futhermore used effectively in addressing scientific and practical geographical issues such as space data collection, analysis, processing, imagery, transmission, recording, forecasting and management.

Key words. 3D model of territory,photogrammetry,drone,cosmic, craft ,cartography ,air shooting ,orientation elements.

Аннотация: Эта статья предназначена для того, чтобы помочь пользователю получить время и ясность при решении проблем, используя беспилотные летательные аппараты, а не обычные геодезические приборы при получении географической информации из региона. В результате появления технологии ГИС беспилотные летательные аппараты оснащены программным обеспечением, ландшафтным дизайном, контролем покрытия и контролем 3D-модели. Futhermore эффективно используется при решении научных и практических географических вопросов, таких как сбор, анализ, обработка, обработка изображений, передача, регистрация, прогнозирование и управление космическими данными. Ключевые слова 3D модель территории, фотограмметрия, беспилотник, космический, ремесло, картография, воздушная съемка, элементы ориентации.

ASOSIY QISM

Aerofotosyomka qiluvchi uchuvchisiz uchish apparatlari shu qadar ixchamki u haqiqiy samalyotga emas balki avikonstruktorga o„xshaydi. Uchuvchisiz uchish

apparatlarining qanotlari kengligi–140 sm, og„irligi–4 kg bo„lib 8 soatgacha uchish imkoniyatiga egadir. U har qanday avtomashinaning yukhonasiga joylashadi. O„zining texnik ko„rsatkichlari bo„yicha katta bo„yicha katta samalyotdan yaxshiroq. Bu apparat past-balandliklarda bulutlardan pastda va tog„li hududlarda uchishi mumkin. Zamonaviy samalyotlardan farqli o„laroq bu qurulmada nostandart V simon muvazanat saqlovchi dum qanotlar mavjud. Ular uchish vaqtida juda ham yuqori muvazanatni taminlaydi. Aerofotos‟yomka vaqtida og„ish burchagi juda kichik bo„lishi shart, aksincha suratlar tiniq bo„lmaydi. Fotoapparatning turg„unligini saqlash uchun vibratsiyani kamaytiruvchi platforma javobgar va buning oqibatida suratlar tiniq va sifatli chiqadi. Uchuvchisiz uchish apparatlari er bilan ikki tomolama aloqaga ega bo„lgan radioperidatchik orqali bog„langan. Qurilma GPS datchik yordamida fazoda orientr oladi va shu bilan birgalikda qurulmaning bosh qismida biometrik sensorlar mavjud bo„lib ular tezlikni balandlikni va tezlanishni o’lchab borishadi. Uchuvchisiz uchish apparatlarini maxsus stansiya qurulmasi orqali boshqariladi va u yordamida yo’nalishlar belgilanadi. Uchish yo’nalishi radiomadem antenna orqali samalyotga yuklanadi. Uchuvchisiz uchish apparatlarini boshqarish stansiyasi yordamida uchish topshirig„i bajarilishini samalyotning uchish holatini kuzatish uchun topshirig„iga o„zgartirishlar kiritish mumkin. Uchuvchisiz uchish apparatlari yordamida amalga oshirilgan aerofotos‟yomka ishlari tugagach olingan suratlar kameral sharoitda qayta ishlash uchun mutaxassisga etgaziladi. Mutaxassis maxsus dasturlar yordamida ularni qayta ishlaydi va bir-biriga biriktirib kartani hosil qiladi. Uchuvchisiz uchish qurilmasilaridan foydalanib qishloq xo„jaligi erlari monitoringini o„tkazish, qishloq xo„jaligi ekinlarini o„g„itlash davrida fosfat mineral o„g„itlarini vaqtida etkazib berish bo„yicha mavjud muammolarni engillashtirib, er maydonlarini monitoringi, hosil rivojini nazorat qilishda uchuvchisiz uchish apparatlaridan foydalanish ijobiy natija berayotganini takidlab o„tish lozim. SHunday ekan uni xalq xo„jaligining quyidagi sohalarida qo„llanilib kelinmoqda: - qishloq xo’jaligida - sanoatda - qurilishda - muhandislik geodeziyasida - metrologiyada - kartografiyada - ekologiyada - xavfsizlik va boshqa ko’plab yo’nalishlarda.

Uchuvchisiz uchish apparatlarning yangi fotogrammetrik asbob sifatida dastlabki qo„llanilishi ikki an‟anaviy usullarning ya‟ni kosmik va samolyotlarda bajarilgan aeros‟yomkalarga nisbatan tezkorligi aniqlandi. Xaritalarni barpo qilishda fotogrammetriya usulida uchuvchisiz uchish apparatlarni “fotogrammetrik asbob” degan iborani qo’llashimiz uning xaritani elektron taxeometr bilan bajarilgan tezlikda va undan aniqroq natijaga erishish imkoniyati yaratilganligida [1]. Uchuvchisiz uchish apparatlar va olingan surat Ma‟lumki, bugungi kunda er kadastr tizimida

qo’llanilayotgan kartografik materiallar kadastr raqamli kartalarini tuzishda ham aerokosmik suratlardan asos sifatida foydalaniladi. Kadastr tizimida asosiy manba bo„lib masofadan zondlash ma‟lumotlari hisoblanadi. Aloqa ob‟ektlari raqamli elektron kadastr kartalarni tuzish va yangilashning aerokosmik metodi quyidagilarda ishlatiladi: kartalarni yangilashda, sodir bo„lgan o„zgarishlarni aniqlashda va boshqalarda. Amaliyotda surat fototonini o„lchash va fotogrammetrik ishlov berish avtomatlashtirilgan tarzda olib borilishi mumkin.

Kartalarni yangilashda deshifrovka ishlari eng murakkab jarayon xisoblanadi. Buning uchun geografik va topoasoslarga kiritilishi talab etiladigan o’zgartirishlar darajalarining ko’rsatkichlari miqdor va sifat jihatdan baholanishi talab etiladi. Vaqt davomida vujudga kelgan o’zgartirish darajalarining ko„rsatkichlarini miqdor va sifat jihatdan baholanishning eng maqbul va samarali usuli masofaviy ma’lumotlardan foydalanishdir. Olingan suratlar bo‘yicha hosil bo‘lgan ortofotoplan Olingan natija bo‘yicha yaratilgan raqamli topogrfik karta Kartografiyaning rivojlanishida geoinformatsion tizimning vujudga kelishi va jadal rivojlanishi natijasida Uchuvchisiz uchish apparatlari ikkita asosiy yo„nalish bo„yicha rivojlanmoqda: - Kartografik masalalar muammolarini echish, joyni tasvirga tushirish, bo„ylama va ko„ndalang qoplamalarni uchish jarayonida nazorat qilish (onlayn), tashqi va ichki orientirlash elementlari qiymatlarini dastur yordamida tezda aniqlash va fototriangulyasiya to„rini yaratish fototopografik mahsulotni yaratish va joyning uch o’lchamli modelini yaratish. - Fazoviy ma‟lumotlarni yig„ish, ularga ishlov berish, tasvirlash, tarqatish, atrof muhit ob’ektlarini ro„yxatga olish, natijani tahlil qilish, modellashtirish, bashoratlash va boshqarish bilan bog’liq ilmiy va amaliy geografik masalalarni echishda samarali foydalanish uchun joy haqidagi malumotlar va bilimlarni birlashtirishni ta’minlaydigan GAT dasturlaridan foydalanish va ularni amalda qo’llash malakaviy ko’nikmalarini shakllantirish. - Uchuvchisiz uchish apparatlarning texnologiyasi birinchi navbatda topografik kartografiya masallarini echishda zarur chunki bu usul boshqa alternativ usullardan ko’ra ko’proq miqdordagi ma’lumotga ega. 1:2000 va undan yirikroq masshtabdagi materiallarni olishda ma’lumot etarli darajada deb hisoblanadi.

Bu texnologiya ana‟anaviy aerofotosyomkaga nisbatan xar xil obektlar, turli xil maqsadlarda foydalaniladigan erlarni monitoring ishlarini bajarishda operativ, kam xarajat va mehnat talab qiladi [2]. Ushbu usulning avzalligi uning yangiligida emas balki uning soddaligi iqtisodiy samaradorligida. Hozirgi vaqtda barcha ishlab chiqaruvchilar foydalanuvchilar uchun barcha qulayliklari bilan ya‟ni, apparatni uchirishdan yakuniy mahsulotni bajarish texnolgiyasi bilan birgalikda taqdim etmoqda.

Ammo ishlab chiqaruvchi birinchi navbatda uchuvchisiz apparatlarning konstruktorlari geodezist yoki kartograf emaslar, ular bajariladigan ishlarning barcha jihatlarini hisobga olishmaydi. Hozir amalda uchuvchisiz uchish apparatlarni topografiyada iqlim xududini, kartografik usullarning turlari va joyning xususiyatlarni e‟tiborga olgan holda qo„llash uchun mukammal usul yo„q**.**

XULOSA VA TAKLIFLAR

1. Malumotlar yig„ish tizimining algoritmini o„rganish.
2. Tizimni tuzish uchun optimal texnik vositalarni tanlash.
3. Maxsus dasturiy ta‟minot tizim paketini layoqatliligini aniqlash.
4. Tizimni sozlash, tuzatish va ishlash faoliyatini nazorat qilish.
5. Joyda o„lchash ishlarini bajarish va taqqoslash.
6. Olingan geoma‟lumotlarni qayta ishlash va vizuallashtirish.

Xulosa qilib aytganda, uchuvchisiz uchish apparatlaridan foydalanish davlat va xo„jalik boshqaruvi organlari oldida turgan vazifalarni bajarishni jiddiy osonlashtiradi, erdan oqilona foydalanmaslikni monitoring qilish, qurilish ishlari, davomli obektlar (temir yo„llar, quvur o'tkazgichlar va boshqalar)ni amalga oshirishda va favqulodda vaziyatlarda xavfsizlik imkonini beradi, shaharsozlik ishlari va geoaxborot xaritalarini yaratishni soddalashtiradi. Uchuvchisiz uchish apparatlarning yuqorida keltirilgan yo„nalishlar bo„yicha bajarilganda eng asosiy afzaliklaridan biri bu inson xayotiga xavf tug'dirmasligini aytish lozim.

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INTEGRATING TECHNOLOGY TO IMPROVE ORAL COMMUNICATION IN ENGLISH LESSONS

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Abstract

The integration of technology in English language education has revolutionized the ways students learn and practice their oral communication skills. This article explores how technological tools and platforms, such as language learning apps, video conferencing, and interactive language games, can significantly improve students' speaking abilities. The findings indicate that incorporating technology not only enhances engagement and motivation but also provides more opportunities for real-world language practice. This paper reviews the current literature, presents an analysis of practical applications, and proposes a methodology for using technology to improve speaking skills in English lessons.

Keywords. Technology integration, oral communication, English language learning, speaking skills, language apps, video conferencing.

Аннотация

Интеграция технологий в обучение английскому языку произвела революцию в способах, которыми студенты изучают и практикуют свои навыки устного общения. В этой статье рассматривается, как технологические инструменты и платформы, такие как приложения для изучения языка, видеоконференции и интерактивные языковые игры, могут значительно улучшить разговорные способности студентов. Результаты показывают, что внедрение технологий не только повышает вовлеченность и мотивацию, но и предоставляет больше возможностей для реальной языковой практики. В этой статье рассматривается текущая литература, представлен анализ практических приложений и предлагается методология использования технологий для улучшения навыков говорения на уроках английского языка.

Ключевые слова. Интеграция технологий, устное общение, изучение английского языка, навыки говорения, языковые приложения, видеоконференции.

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INTRODUCTION

In the age of digital transformation, technology has become an integral part of education, including language learning. One of the most significant challenges in English language teaching is developing students' oral communication skills. Traditional classroom settings often limit the amount of time and opportunities students have to practice speaking in a meaningful context. However, the integration of technology offers innovative solutions to overcome these limitations by providing interactive and personalized learning experiences. This article explores the impact of various technological tools and methods on enhancing speaking skills in English language lessons and demonstrates their effectiveness in fostering confident and fluent communication.

LITERATURE ANALYSIS AND METHODOLOGY

Research on the role of technology in language learning has shown promising results in the development of speaking skills. According to Warschauer and Healey (1998), technology can create an immersive language environment that encourages communication and reduces students' fear of making mistakes. Meskill (2005) highlights the importance of digital tools in providing students with opportunities to practice speaking outside the classroom, thereby increasing the amount of time spent on language learning.

A study by Blake (2016) shows that video conferencing tools, such as Zoom and Skype, allow students to participate in live conversations with native speakers and peers, providing real-time feedback and promoting interactive dialogue. Language learning apps, such as Duolingo, Babbel, and HelloTalk, also offer personalized practice and adaptive exercises that focus on improving speaking proficiency. Additionally, Kessler (2018) found that game-based learning and simulations can motivate learners to speak in English by immersing them in interactive, role-based tasks where communication is key to success.

To assess the effectiveness of technology integration in improving oral communication, this study was conducted in an English language learning classroom with 30 intermediate-level students. The students were divided into two groups: a control group that followed a traditional speaking curriculum and an experimental group that used various technological tools to enhance speaking skills. Over a 10-week period, the experimental group participated in virtual conversation exchanges, used language learning apps, and practiced speaking through video conferencing platforms.

Data were collected through pre- and post-speaking tests, teacher observations, and student feedback surveys. The speaking tests focused on fluency, pronunciation,

vocabulary use, and confidence during oral tasks. Teacher observations were used to monitor student engagement, while the surveys gauged the students' attitudes toward using technology for language learning.

RESULTS

The results of the study revealed that students in the experimental group showed a significant improvement in their oral communication skills compared to the control group. Specifically, students who used language learning apps reported higher levels of confidence in speaking, as these apps provided them with structured and repetitive practice in pronunciation and vocabulary. The interactive nature of the apps, combined with features such as speech recognition, allowed students to receive immediate feedback on their performance, helping them correct mistakes in real-time.

Video conferencing sessions with native speakers and peers proved to be an effective method for enhancing fluency and conversational skills. Students were able to engage in authentic discussions, simulating real-life language use, which increased their ability to respond spontaneously in conversations. The collaborative nature of these sessions also fostered peer-to-peer learning, as students exchanged ideas, corrected each other's errors, and learned from one another's speaking strategies.

Interactive language games and simulations further contributed to the development of speaking skills by making the learning process engaging and enjoyable. The gamification of language tasks motivated students to participate actively in discussions and to use English in competitive or role-based scenarios.

Here is a table summarizing the key technologies and their benefits for improving oral communication in English language lessons:

Technology	Description	Benefits	Challenges
Language Learning Apps	Mobile apps (e.g., Duolingo, Babbel) that provide interactive speaking exercises.	Immediate feedback, personalized learning, pronunciation practice.	Limited deep conversational practice, dependent on app design.
Video Conferencing Tools	Platforms like Zoom or Skype used for live conversations with native speakers.	Real-time conversations, peer interaction, and cultural exposure.	Requires stable internet connection and may cause anxiety.
Interactive Language Games	Games that incorporate role-play or	Engaging, motivates active participation,	May lack structure for formal language learning.

Technology	Description	Benefits	Challenges
	competition to encourage speaking.	reinforces language use.	
Virtual Reality (VR)	Simulated environments where students can practice speaking in immersive contexts.	Real-world simulation, context-based practice, engaging experience.	Expensive equipment, limited access, technical difficulties.
Speech Recognition Software	Programs that assess and correct pronunciation (e.g., Google Assistant, Siri).	Real-time feedback on pronunciation, improves fluency and accuracy.	Limited to pronunciation and isolated word practice.

This table outlines the technological tools that can be utilized in English lessons to improve speaking skills, emphasizing their specific benefits and challenges.

CONCLUSION

The integration of technology into English language lessons offers numerous benefits for improving oral communication skills. The findings of this study indicate that technological tools, such as language learning apps, video conferencing, and interactive games, create dynamic learning environments where students are motivated to practice speaking in meaningful contexts. These tools provide additional opportunities for language exposure, immediate feedback, and real-life communication, all of which are essential for developing fluency and confidence in oral communication.

Given the positive outcomes observed in this study, educators are encouraged to incorporate technology into their teaching strategies to better support students' speaking skills. Future research could explore the long-term impact of technology use in different language learning contexts and how it can be adapted for learners at various proficiency levels.

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INKLYUZIV TA'LIMDA MAHALLA VA OILANING AHAMIYATI

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***Annotatsiya**:* Mazkur maqola "Inklyuziv ta'limda mahalla va oilaning ahamiyati" mavzusida yozilgan bo'lib, inklyuziv ta'lim tizimida oilaning va mahallaning roli, ularning ta'lim jarayonidagi o'rni va ta'siri tahlil qilinadi.

Tayanch iboralar: Inklyuziv ta'lim, mahalla va oila, ta'lim jarayonida hamkorlik, nogironligi bo'lgan bolalar, pedagogik yondashuvlar, ijtimoiy qo'llab-quvvatlash, oila va jamiyatning roli.

Hozirgi kunda inklyuziv ta'lim tizimi nafaqat har bir bolaning o'ziga xos xususiyatlarini inobatga olish, balki jamiyatning barcha a'zolarini ta'lim jarayoniga jalb qilishga yo'naltirilgan muhim pedagogik yondashuvdir. Inklyuziv ta'limning maqsadi, barcha bolalarga, shu jumladan nogironligi bo'lgan bolalarga, teng imkoniyatlar yaratish, ularning individual ehtiyojlarini hisobga olgan holda ta'lim olish imkoniyatlarini ta'minlashdan iborat. Bunday ta'lim tizimi, faqatgina maktabda emas, balki oilada va mahallada ham har tomonlama qo'llab-quvvatlashni talab qiladi. Mahalla va oila inklyuziv ta'lim jarayonida muhim ijtimoiy institutlar sifatida ajralib turadi. Oila — har bir bola uchun dastlabki ta'lim manbai, ularning qadriyatlari, dunyoqarashi va o'zligini shakllantiruvchi asosiy muhitdir. Mahalla esa, jamiyatning kichik bir bo'lagi sifatida, o'quvchilarga psixologik va ijtimoiy qo'llab-quvvatlashni taqdim etishda muhim rol o'ynaydi. Ushbu ikki ijtimoiy tuzilma o'rtasidagi hamkorlik inklyuziv ta'limni samarali amalga oshirishda muhim omil hisoblanadi. Ma'lumki, oila va mahallaning ta'lim tizimiga integratsiyalashuvi, bolalar uchun sog'lom pedagogik muhit yaratish va ularning o'zini erkin his etishlariga yordam beradi. Oila va mahalla o'rtasidagi mustahkam aloqalar va hamkorlik orqali, ta'lim jarayoni faqat sinf xonasida emas, balki har tomonlama rivojlantirilgan ijtimoiy muhitda amalga oshiriladi. Bu esa, o'z navbatida, inklyuziv ta'limni yanada samarali va muvaffaqiyatli qilishga imkon yaratadi. Maqolada, inklyuziv ta'limda mahalla va oilaning roli, ta'lim jarayonidagi ahamiyati va ular o'rtasidagi hamkorlikni rivojlantirishning muhim jihatlari tahlil qilinadi. Mahalla va oilaning pedagogik yondashuvlar, ta'lim tizimiga qo'shgan

hissalari va inklyuziv ta’limni yanada samarali qilish uchun zarur bo‘lgan strategiyalar haqida so‘z yuritiladi.

Ma’lumotlar tahlili va metodologiya

Ushbu maqolada inklyuziv ta’limda mahalla va oilaning ahamiyatini ilmiy tahlil qilish uchun turli metodologik yondashuvlar va ma’lumotlar yig‘ish usullari qo‘llanilgan. Inklyuziv ta’limning samarali amalga oshirilishi, faqatgina o‘quv muassasalariga bog‘liq emas, balki oilaning va mahallaning pedagogik salohiyatidan ham katta darajada ta’sirlanadi. Maqola doirasida, inklyuziv ta’limni qo‘llab-quvvatlashdagi mahalla va oilaning o‘rni, ularning ta’lim jarayoniga qo‘shgan hissalari va bu jarayonlarni rivojlantirish uchun zarur bo‘lgan metodologik yondashuvlar tahlil qilingan.

Ma'lumotlar tahlili jarayonida ikki asosiy manba ishlatilgan:

- **Empirik tadqiqotlar**: Mahalla va oilaning inklyuziv ta’limga ta’sirini o‘rganish uchun o‘tkazilgan so‘rovlar, intervyular, eksperimentlar va ta’lim muassasalarida o‘tkazilgan amaliy tadqiqotlar asosida olingan ma’lumotlar. Bu tadqiqotlar, oilalar va mahallalarning ta’lim jarayonlariga qanday ta’sir ko‘rsatishi, ularning pedagogik yondashuvlaridagi farqlar va inklyuziv ta’limga bo‘lgan munosabatini aniqlashga yordam berdi.
- **Adabiyotlar tahlili**: Inklyuziv ta’lim, mahalla va oila o‘rtasidagi aloqalar, pedagogik metodlar va jamiyatning ta’lim tizimidagi roli bo‘yicha mavjud ilmiy adabiyotlar, maqolalar va ilmiy tadqiqotlar tahlil qilindi. Bu metod yordamida inklyuziv ta’limni qo‘llashda oila va mahalla o‘rtasidagi hamkorlikning nazariy asoslari va amaliy yondashuvlari aniqlandi.

Maqolada qo‘llanilgan tadqiqot metodlari quyidagilardan iborat:

- **Kvalitativ tahlil**: Mahalla va oilaning inklyuziv ta’limdagi o‘rni, ularning ta’lim jarayoniga ta’sirini chuqur tahlil qilish uchun sifatli tadqiqot metodlari qo‘llanildi. Bu metod, inklyuziv ta’limni amalga oshirishda oilaviy va mahallaviy yondashuvlarni o‘rganish, pedagogik va ijtimoiy aloqalarini tahlil qilishga imkon berdi. Shuningdek, oilaviy pedagogik yondashuvlarning inklyuziv ta’limda qanday samaradorlikka erishishini aniqlash maqsadida intervyular va anketalar yordamida ma’lumotlar yig‘ildi.

- **Solishtirish metodlari**: Inklyuziv ta’limni qo‘llab-quvvatlashda mahalla va oilaning ta’sirini taqqoslash uchun an’anaviy ta’lim tizimi bilan inklyuziv ta’lim tizimining farqlari o‘rganildi. Mahallalarning pedagogik resurslari va oilaning ta’limdagi roli, inklyuziv ta’limda qanday farqlanishlar mavjudligini tushunishga yordam berdi.
- **Ijtimoiy tahlil**: Mahalla va oilaning ta’lim tizimiga integratsiyalashuvini o‘rganishda ijtimoiy yondashuv qo‘llanildi. Oila va mahallaning ijtimoiy pedagogik salohiyatini o‘rganish, jamiyatda inklyuziv ta’limni qo‘llab-quvvatlashning muhim omillari hisoblanadi. Bu metod yordamida inklyuziv ta’limning ijtimoiy, iqtisodiy va madaniy jihatlari ko‘rib chiqildi.
- **Eksperimental metod**: Ta’lim muassasalarida o‘tkazilgan eksperimentlar orqali, inklyuziv ta’limni amalga oshirishda oilaning va mahallaning bevosita ishtirokining samaradorligi tahlil qilindi. Bu usul, oilalar va mahallalar bilan ishlashning ta’lim jarayoniga qanday ijobiy ta’sir ko‘rsatishini amaliy tarzda ko‘rsatdi.

Tadqiqotda qo‘llanilgan metodologik yondashuvlar quyidagicha bo‘ldi:

- **Tizimli yondashuv**: Inklyuziv ta’lim jarayonini tizimli tarzda o‘rganish, o‘quvchilarni har tomonlama rivojlantirishda oilaning va mahallaning roli va ahamiyatini chuqur tahlil qilishni ta’minladi. Mahalla va oilaning o‘quvchilarni qo‘llab-quvvatlashdagi pedagogik roli tizimli tarzda o‘rganildi.
- **Pedagogik yondashuv**: Oila va mahallaning pedagogik salohiyatini rivojlantirish va ularni inklyuziv ta’lim jarayoniga moslashtirish usullari tahlil qilindi. Ushbu metodologiya yordamida ta’lim muassasalarida oilalar va mahallalar bilan ishlashda samarali pedagogik usullar ishlab chiqildi.
- **Ijtimoiy integratsiya yondashuvi**: Mahalla va oilaning inklyuziv ta’limdagi o‘rnini tahlil qilishda ijtimoiy integratsiya yondashuvi qo‘llanildi. Bu yondashuv, ta’lim jarayonining jamiyatdagi barcha a’zolarni o‘z ichiga olish va ta’lim tizimini ijtimoiy moslashtirishga qaratilgan.
- **Resurslar va imkoniyatlar yondashuvi**: Inklyuziv ta’limni amalga oshirishda mahalla va oilaning resurslari va imkoniyatlarini aniqlash, ularning pedagogik salohiyatini oshirish uchun zarur chora-tadbirlarni ishlab chiqish metodologiyasi qo‘llanildi.

Tadqiqot natijalari shuni ko‘rsatdiki, inklyuziv ta’limda mahalla va oilaning ishtiroki ta’lim jarayonining muvaffaqiyatli amalga oshirilishida katta ahamiyatga ega.

Oila va mahalla o‘rtasidagi hamkorlik inklyuziv metodlarni qo‘llashda, pedagogik resurslarni rivojlantirishda va individual ehtiyojlarni hisobga olishda samarali natijalar beradi. Mahalla va oilaning ta’limga qo‘shgan hissasi, o‘quvchilarning ijtimoiy moslashuvini va o‘z-o‘zini rivojlantirishini ta’minlashga yordam beradi. Shu bilan birga, ma’lumotlar tahlili natijasida, oilaviy pedagogik yondashuvlar va mahallaviy qo‘llab-quvvatlash tizimining inklyuziv ta’limni rivojlantirishdagi muhim rolini davom ettirish zarurligi ta’kidlanadi. Bu esa, o‘z navbatida, jamiyatdagi barcha bolalarga teng imkoniyatlar yaratish va ularning har tomonlama rivojlanishiga olib keladi.

Maqolada inklyuziv ta’limda mahalla va oilaning ahamiyati o‘rganildi va ularning ta’lim jarayonidagi o‘rni va ta’siri ilmiy jihatdan tahlil qilindi. Tadqiqot natijalari, inklyuziv ta’limni amalga oshirishda mahalla va oilaning alohida ahamiyatga ega ekanligini ko‘rsatdi. Oila bolalar uchun ta’limdagi ilk qo‘llab-quvvatlash manbai bo‘lib, uning pedagogik yondashuvlari va farzandlarning o‘ziga xos ehtiyojlarini hisobga olish jarayonidagi roli beqiyosdir. Mahalla esa, ta’lim tizimi va jamiyat o‘rtasida muhim bog‘lovchi sifatida, ijtimoiy va psixologik qo‘llab-quvvatlashni ta’minlaydi. Inklyuziv ta’limda oilalar va mahallaning faol ishtiroki, ta’lim muassasalariga qo‘shimcha resurslar, bilim va pedagogik salohiyatni olib kiradi. O‘qituvchilar va pedagogik jamoalar, oilalar va mahallalar bilan yaqindan hamkorlik qilgan holda, ta’lim jarayonini yanada samarali va moslashtirilgan qiladi. Bu esa, nogironligi bo‘lgan bolalar hamda barcha o‘quvchilar uchun teng imkoniyatlarni yaratishga yordam beradi. Shuningdek, maqolada ta’kidlanganidek, inklyuziv ta’lim tizimini rivojlantirishda mahalla va oilaning pedagogik salohiyatini oshirish, ta’lim va tarbiya jarayonini yaxshilash uchun muhim choradir. Mahalla va oilaning ta’limga bo‘lgan ilg‘or yondashuvlari, inklyuziv ta’limning muvaffaqiyatli amalga oshirilishiga xizmat qiladi va jamiyatda inkluziv qadriyatlarni shakllantirishga ko‘maklashadi.

Xulosa qilib aytganda, inklyuziv ta’limni samarali amalga oshirish uchun oila va mahallaning o‘zaro hamkorligi, pedagogik yondashuvlar va resurslardan to‘g‘ri foydalanishning ahamiyati katta. Ta’lim tizimini ijtimoiy jihatdan inklyuziv qilish, har bir bolaning o‘zining individual imkoniyatlari va ehtiyojlariga mos ravishda rivojlanishiga zamin yaratadi. Bu borada mahalla va oilaning faol ishtiroki jamiyatda adolatli, teng imkoniyatlarga ega ta’lim tizimini tashkil etishga yordam beradi.

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GLAUKOMA KASALLIGI RIVOJLANISH TARIXI VA UNING OLDINI OLISH HAMDA DAVOLASH CHORA TADBIRLARI HAQIDA

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Annotatsiya: Ushbu maqolada glaukoma kasalligi, uning turlari, sabab va asoratlari haqida batafsil ma'lumot beriladi. Kasallikning erta aniqlanishi, diagnostika usullari va samarali davolash usullari yoritiladi. Shuningdek, glaukomani oldini olish bo‘yicha tavsiyalar va sog‘lom turmush tarzining ahamiyati muhokama qilinadi.

Kalit so‘zlar: Glaukoma, ko‘z bosimi, ko‘rish nervi, ko‘z kasalliklari, ko‘rlik, oftalmologiya, diagnostika, davolash, profilaktika.

Glaukoma - bu optik asabning shikastlanishiga olib keladigan ko'z kasalliklari guruhidir . Optik asab vizual ma'lumotni ko'zdan miyaga uzatadi. Agar davolanmasa, glaukoma ko'rish qobiliyatini yo'qotishi mumkin . U "jim ko'rish o'g'risi" deb nomlangan, chunki ko'rishning yo'qolishi odatda uzoq vaqt davomida asta-sekin sodir bo'ladi. Glaukoma uchun asosiy xavf omili ko'z ichi bosimi (IOP) deb nomlanuvchi ko'z ichidagi bosimning oshishi hisoblanadi . Bu keksalik, oilada glaukoma tarixi va ayrim tibbiy sharoitlar yoki ba'zi dori-darmonlarni qo'llash bilan bog'liq. *Glaukoma* so‘zi qadimgi yunoncha glaukos (*glaukós*) so‘zidan kelib chiqqan bo‘lib , “yaltirab turgan, ko‘k-yashil, kulrang” degan ma’noni anglatadi.
Glaukomaning har xil turlaridan eng keng tarqalgani **ochiq burchakli glaukoma** va **yopiq burchakli glaukoma** deb ataladi . Ko'zning ichida suvli hazil deb ataladigan suyuqlik shaklni saqlab qolishga yordam beradi va oziq moddalar bilan ta'minlaydi. Suvli hazil, odatda, trabeküler tarmoq orqali oqadi . Ochiq burchakli glaukomada drenajlash to'sqinlik qiladi, bu suyuqlikning to'planishiga va ko'z ichidagi bosimning oshishiga olib keladi. Bu ko'tarilgan bosim optik asabga zarar etkazishi mumkin. Yopiq burchakli glaukomada ko'zning drenaji to'satdan bloklanadi, bu esa ko'z ichi bosimining tez o'sishiga olib keladi. Bu kuchli ko'z og'rig'iga , loyqa ko'rish va ko'ngil aynishiga olib kelishi mumkin . Yopiq burchakli glaukoma shoshilinch yordam talab qiladigan favqulodda holat.

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Agar erta davolansa, glaukoma rivojlanishini sekinlashtirish yoki to'xtatish mumkin. Muntazam ravishda ko'zni tekshirish, ayniqsa odam 40 yoshdan oshgan bo'lsa yoki oilada glaukoma bo'lsa, erta aniqlash uchun juda muhimdir. Davolash odatda ko'z tomchilari, dori-darmonlar , lazer bilan davolash yoki jarrohlik retseptlarini o'z ichiga oladi . Ushbu muolajalarning maqsadi ko'z bosimini pasaytirishdir.

Glaukoma afro-amerikaliklar , ispaniyalik amerikaliklar , va osiyoliklarda ko'rlikning asosiy sababidir . Bu keksa odamlar orasida ko'proq uchraydi, va yopiq burchakli glaukoma ayollarda ko'proq uchraydi.

Epidemiologiya

2004 yilda 100 000 aholiga glaukoma uchun nogironlikka moslashtirilgan hayot yili

- 20 dan kam
- 20–43
- 43–66
- 66–89
- 89–112
- 112–135
- 135–158
- 158–181
- 181–204
- 204–227
- 227–250
- 250 dan ortiq

2013 yilda 40-80 yoshdagi aholi uchun glaukomaning global tarqalishi 3,54% ni tashkil etdi, bu butun dunyo bo'ylab 64,3 million kishiga ta'sir qiladi. Xuddi shu yili Shimoliy Amerikada 2,97 million kishi ochiq burchakli glaukomaga ega edi. 2040 yilga kelib, glaukomaning barcha turlarining tarqalishi butun dunyo bo'ylab 111,82 millionga, Shimoliy Amerikada esa 4,72 millionga ko'tarilishi prognoz qilingan.

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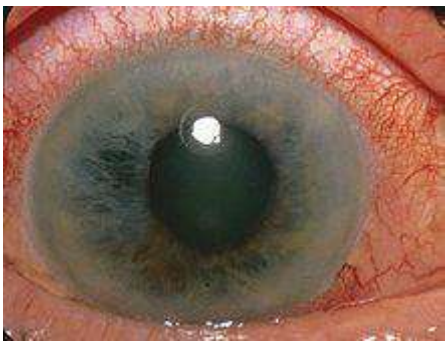
Global miqyosda glaukoma ko'rlikning ikkinchi asosiy sababidir , katarakt esa ko'proq uchraydi. Amerika Qo'shma Shtatlarida glaukoma afro-amerikaliklar uchun ko'rlikning asosiy sababidir, ularda asosiy ochiq burchakli glaukoma, va ispaniy amerikaliklar yuqori. Ikki tomonlama ko'rishning yo'qolishi harakatchanlikka salbiy ta'sir ko'rsatishi va haydashga xalaqit berishi mumkin.

2009 yilda chop etilgan meta -tahlil birlamchi ochiq burchakli glaukoma bilan og'rigan odamlarda o'lim ko'rsatkichlari yoki yurak-qon tomir kasalliklaridan o'lim xavfi yuqori emasligini aniqladi .

2024 yilgi *JAMA Oftalmologiya* maqolasida aytilishicha, 2022 yilda AQShda taxminan 4,22 million kishi glaukoma bilan kasallangan, meta-tahlillarga ko'ra, 1,49 million kishi ushbu kasallik tufayli ko'rish qobiliyatini buzgan. Tadqiqot shuni ko'rsatdiki, qora tanli kattalar oq tanlilarga qaraganda glaukomadan ikki baravar ko'proq ta'sir ko'rsatadi. Glaukomaning tarqalishi 18 va undan katta yoshdagi odamlarda 1,62% va 40 va undan katta yoshdagilar orasida 2,56% ni tashkil etgan bo'lsa, ko'rishga ta'sir qiluvchi glaukoma ushbu yosh guruhlarida mos ravishda 0,57% va 0,91% da uchraydi.

Belgilari



Suratda shox pardaning chetida kengaygan kon'yunktiva tomirlari (siliar, sirkumkorneal qizarish) va o'tkir yopiq burchakli glaukomaga xos bo'lgan loyqa shox parda ko'rsatilgan.

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Oddiy ko'rish diapazoni

Glaukomadan rivojlangan ko'rish yo'qolishi bilan bir xil ko'rinish

Ochiq burchakli glaukoma odatda kasallikning boshida hech qanday alomatsiz namoyon bo'ladi, , lekin u asta-sekin ko'rish bilan bog'liq qiyinchiliklarga olib kelishi mumkin. Odatda kasallik o'sib borishi bilan periferik ko'rishdagi nuqsonlar, so'ngra markaziy ko'rishning yo'qolishi bilan bog'liq, ammo kamroq tez-tez u markaziy ko'rishning yo'qolishi yoki ko'rishning yo'qolgan joylari sifatida namoyon bo'lishi mumkin. Ko'zni tekshirishda optik asab o'zgarishlari optik asab boshining shikastlanishini ko'rsatadi (fondoskopik tekshiruvda chashka -disk nisbati ortishi).
O'tkir yopiq burchakli glaukoma, yaqinlashib kelayotgan doimiy ko'rishni yo'qotish xavfi tufayli tibbiy favqulodda holat, to'satdan ko'z og'rig'i, yorug'lik atrofidagi halolarni ko'rish, ko'zning qizarishi , juda yuqori ko'z ichi bosimi , ko'ngil aynishi va qayt qilish va ko'rishning keskin pasayishi bilan tavsiflanadi. O'tkir yopiq burchakli glaukoma ko'zdan kechirilganda shox parda shishi, tiqilib qolgan kon'yunktiva tomirlari va qo'zg'almas va kengaygan ko'z qorachig'i bilan namoyon bo'lishi mumkin.
Glaukomada linzalarda noaniq dog'lar paydo bo'lishi mumkin, bu glaukomflecken deb ataladi. Bu so‘z nemischa bo‘lib, “glaukoma dog‘lari” degan ma’noni anglatadi.

Diagnostika

Oldinga glaukoma kasalligida optik asab

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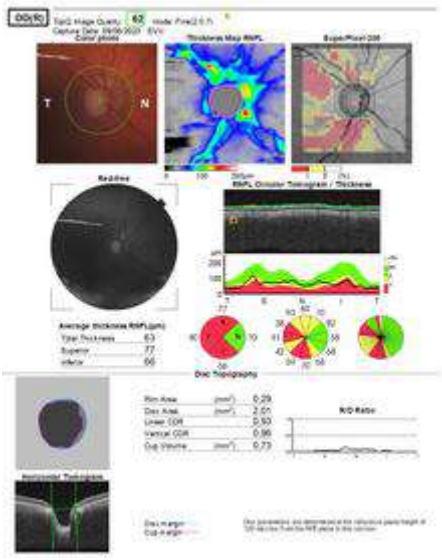

Glaukoma (o'ng ko'z) optik diskning sezilarli darajada ishtiroki. 80 yoshli erkak. Optik disk topografiyasi.

Glaukoma uchun skrining tekshiruvi optometristlar va oftalmologlar tomonidan o'tkaziladigan standart ko'z tekshiruvining ajralmas qismidir. Glaukoma uchun ish xavf omillarini baholashga urg'u berib, to'liq kasallik tarixini olishni o'z ichiga oladi. Asosiy glaukomani baholash testlari tonometriya yordamida ko'z ichi bosimini o'lchash, optik kogerens tomografiya orqali old kamera burchagini baholash , drenaj burchagini tekshirish (gonioskopiya) va fundus tekshiruvi bilan retinal asab tolasi qatlamini baholash , shox parda qalinligini o'lchash (paximetriya) va ko'rish maydonini tekshirishni o'z ichiga oladi .

Davolash

Ko'z ichi bosimi ko'tarilgan bemorlarda glaukomani davolashning maqsadi ko'z ichi bosimini (IOP) pasaytirish, shu bilan glaukoma rivojlanishini sekinlashtirish va bemorlarning hayot sifatini minimal yon ta'siri bilan saqlab qolishdir. Buning uchun tegishli diagnostika usullari va keyingi tekshiruvlar va individual bemor uchun davolash usullarini oqilona tanlash talab etiladi. Ko'tarilgan IOP glaukoma uchun asosiy xavf omillaridan biri bo'lsa-da, uni turli farmatsevtika va/yoki jarrohlik usullari yordamida kamaytirish hozirda glaukomani davolashning asosiy yo'nalishi hisoblanadi.

Qon tomirlari oqimi va glaukomatoz optik neyropatiyaning neyrodegenerativ nazariyalari turli xil neyroprotektiv terapevtik strategiyalar, shu jumladan ozuqaviy birikmalar bo'yicha tadqiqotlarni talab qildi, ularning ba'zilari klinisyenlar tomonidan hozir foydalanish uchun xavfsiz deb hisoblanishi mumkin, boshqalari esa sinovdan

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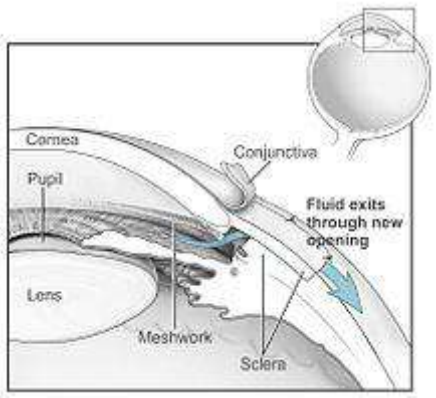
o'tkazilmoqda. Ruhiy stress, shuningdek, ko'rish qobiliyatini yo'qotishning oqibati va sababi sifatida qaraladi, ya'ni stressni boshqarish bo'yicha treninglar, avtogenik treninglar va stressni engish uchun boshqa usullar foydali bo'lishi mumkin.

Jarrohlik



Glaukomani davolash uchun an'anaviy jarrohlik trabekulyar to'rda yangi teshik ochadi , bu suyuqlikning ko'zdan chiqishiga yordam beradi va ko'z ichi bosimini pasaytiradi.

Glaukomani davolash uchun ham lazer , ham an'anaviy operatsiyalar amalga oshiriladi. Jarrohlik tug'ma glaukoma bilan og'rigan bemorlarning asosiy davolash usuli hisoblanadi . Umuman olganda, bu operatsiyalar vaqtinchalik yechimdir, chunki hali glaukomani davolovchi vosita yo'q.

Prognoz

Ochiq burchakli glaukomada odatdagi ko'rishdan to'liq ko'rlikka o'tish, qo'llaniladigan baholash usuliga qarab, davolanmasdan taxminan 25 yildan 70 yilgacha davom etadi.

Glaukomani davolash va tadqiqotlardagi ijtimoiy nomutanosibliklar

Buyuk Britaniyada o'tkazilgan tadqiqot shuni ko'rsatdiki, yuqori darajada mahrum bo'lgan hududda yashovchi odamlar kasallikning keyingi bosqichida tashxis qo'yish ehtimoli bor. Bundan tashqari, yuqori darajada mahrum bo'lgan hududda professional oftalmologiya xizmatlari yo'qligini ko'rsatdi.

2017 yilgi tadqiqot shuni ko'rsatadiki, AQShda sug'urta turiga qarab glaukoma testlari hajmida katta farq bor. Tadqiqotchilar yangi tashxis qo'yilgan ochiq burchakli glaukoma (OAG) bilan ≥ 40 yoshda bo'lgan 21 766 kishini ko'rib chiqdilar va Medicaid oluvchilar tijorat tibbiy sug'urtasi bo'lgan bemorlarga nisbatan ancha kam miqdordagi glaukoma testiga ega ekanligini aniqladilar.

2021 yilda nashr etilgan 33 428 asosiy ochiq burchakli glaukoma (POAG) ishtirokchilarining meta-tahlili natijalari AQShda o'tkazilgan klinik sinovlarda jiddiy etnik va irqiy tafovutlar mavjudligini ko'rsatadi. Etnik va irqiy ozchiliklarda kasallik yuki yuqori bo‘lsa-da, tadqiqot ishtirokchilarining 70.7% oq tanli bo‘lgan, aksincha 16.8% qora tanli va 3.4% ispan/latino.

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IMMUNITET BILAN BOG‘LIQ KASALLIKLAR VA ULARNING OLDINI OLISH USULLARI

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Annotatsiya:
Ushbu maqolada inson immunitet tizimi va u bilan bog‘liq kasalliklar haqida batafsil ma’lumot beriladi. Immunitetning turlari, ularning himoya mexanizmlari, zaiflashish sabablari va immunitet yetishmovchiligi bilan bog‘liq asosiy kasalliklar yoritiladi. Shuningdek, immunitetni mustahkamlash usullari va kasalliklarning oldini olish bo‘yicha tavsiyalar keltiriladi.

Kalit so‘zlar:
Immunitet, immun kasalliklari, autoimmun kasalliklar, allergiya, infeksiyalar, immunitet yetishmovchiligi, himoya tizimi, vaksinatsiya, immunoterapiya

Kirish

Immunitet inson organizmini tashqi va ichki zararli omillardan himoya qiluvchi murakkab biologik tizimdir. Bu tizim viruslar, bakteriyalar, zamburug‘lar hamda boshqa patogen mikroorganizmlarga qarshi kurashadi. Lekin ba’zan immunitet noto‘g‘ri ishlashi natijasida organizm o‘z hujayralariga zarar yetkazishi yoki yetarlicha himoya qila olmasligi mumkin. Ushbu maqolada immunitet bilan bog‘liq kasalliklarning sabablari, turlari va oldini olish usullari haqida batafsil ma’lumot beriladi.

Immunitet turlari va ularning vazifasi.

Immunitet ikkiga bo‘linadi: tug‘ma immunitet va orttirilgan immunitet.

Tug‘ma immunitet – inson organizmida tug‘ilishdan mavjud bo‘lgan himoya tizimi bo‘lib, umumiy himoya mexanizmlarini o‘z ichiga oladi.

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Orttirilgan immunitet – kasallik yoki emlash natijasida shakllanadigan maxsus himoya tizimi. Bu immunitet antitanalar va limfotsitlar orqali ishlaydi.

Shuningdek, immunitet faol va passiv turlarga bo‘linadi. Faol immunitet organizmning o‘zi tomonidan ishlab chiqilsa, passiv immunitet donor antitanalar orqali olinadi.

Immunitet bilan bog‘liq asosiy kasalliklar

1. Autoimmun kasalliklar

Autoimmun kasalliklarda immun tizimi o‘z hujayralarini yot tanachalar deb hisoblaydi va ularga hujum qiladi. Ushbu kasalliklarga quyidagilar kiradi:

Revmatoyid artrit – bo‘g‘imlarning yallig‘lanishi va shikastlanishi.

Lupus (SLE) – turli organ va to‘qimalarga ta’sir qiluvchi autoimmun kasallik.

Multipl skleroz – nerv tolalarining himoya qatlami shikastlanadigan kasallik.

1-toifa qandli diabet – immun tizimi oshqozon osti bezidagi insulin ishlab chiqaruvchi hujayralarni yo‘q qiladi.

2. Immunitet yetishmovchiligi kasalliklari

Immunitetning zaiflashishi yoki to‘liq ishlamasligi immunitet yetishmovchiligi deb ataladi. Bunga quyidagilar sabab bo‘lishi mumkin:

OITS (AIDS) – HIV virusi immun tizimidagi T-hujayralarni yo‘q qilib, organizmni himoyasiz qoldiradi.

Birlamchi immunitet yetishmovchiligi – tug‘ma immunitet kasalliklari bo‘lib, immun tizimining ayrim qismlari noto‘g‘ri ishlaydi.

3. Allergik kasalliklar

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Allergiya – immun tizimining zararli bo‘lmagan moddalarga (polen, chang, oziq-ovqat mahsulotlari) haddan tashqari reaksiya berishi natijasida yuzaga keladigan holat. Asosiy allergik kasalliklar quyidagilar:

Bronxial astma – havo yo‘llarining allergenlarga javoban torayishi.

Atopik dermatit – terining allergik yallig‘lanishi.

Anafilaksiya – juda kuchli allergik reaksiya bo‘lib, hayot uchun xavfli bo‘lishi mumkin.

Immunitetni mustahkamlash usullari

Immunitetni mustahkamlash organizmni turli kasalliklardan himoya qilishga yordam beradi. Quyidagi usullar immun tizimini kuchaytirishga xizmat qiladi:

1. To‘g‘ri ovqatlanish – vitaminlar (C, D, E) va minerallarga boy mahsulotlarni iste’mol qilish.

2. Jismoniy faollik – muntazam mashqlar organizmning umumiy holatini yaxshilaydi.

3. Yetarli uyqu – kechasi 7–9 soat uxlash immun tizimini mustahkamlashga yordam beradi.

4. Stressni kamaytirish – kuchli stress immunitetni zaiflashtiradi, shuning uchun meditatsiya va dam olish muhimdir.

5. Zarur vaksinatsiyalarni olish – vaksinalar immun tizimini mustahkamlash va kasalliklardan himoya qilishga yordam beradi.

6. Gigiena qoidalariga rioya qilish – qo‘llarni muntazam yuvish va gigienaga e’tibor berish infeksiyalardan saqlanishda muhim.

Xulosa: Immunitet inson organizmini kasalliklardan himoya qiluvchi asosiy tizimlardan biri bo‘lib, uning sog‘lom ishlashi umumiy salomatlik uchun muhim ahamiyatga ega. Immunitet bilan bog‘liq kasalliklar organizmning o‘z hujayralariga

noto‘g‘ri reaksiya berishi yoki yetarlicha himoya qila olmasligi natijasida yuzaga keladi. Autoimmun kasalliklar, immunitet yetishmovchiligi va allergik kasalliklar immun tizimining buzilishidan kelib chiqadi. Sog‘lom turmush tarzi, to‘g‘ri ovqatlanish va muntazam tibbiy tekshiruvlardan o‘tish immun tizimini mustahkamlash va kasalliklarning oldini olishning eng samarali usullaridan biridir.

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СОВРЕМЕННЫЕ ТЕНДЕНЦИИ РАЗВИТИЯ РУССКОГО ЯЗЫКА В ЭПОХУ ЦИФРОВЫХ ТЕХНОЛОГИЙ

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Аннотация: В данной статье рассматриваются современные тенденции развития русского языка под влиянием цифровых технологий, включая интернет-коммуникацию, социальные сети, автоматизированные системы перевода и искусственный интеллект. Анализируются основные изменения в лексике, морфологии, синтаксисе и стилистике современного русского языка. Особое внимание уделяется феномену интернет-сленга, сокращений, заимствований и изменению норм языкового общения. Исследование основано на анализе текстов, опубликованных в цифровой среде, а также на данных социолингвистических опросов. Полученные результаты позволяют сделать вывод о динамике развития языка в цифровую эпоху и его возможных перспективах. Также рассматриваются прогнозы о дальнейшем развитии языка в условиях стремительного технологического прогресса.

Ключевые слова: русский язык, цифровые технологии, интернет-коммуникация, лексика, заимствования, интернет-сленг, искусственный интеллект, стилистика, язык будущего, онлайн-общение

Актуальность: Современный русский язык находится под влиянием множества факторов, одним из ключевых из которых являются цифровые технологии. Активное использование интернета, социальных сетей и мессенджеров вносит значительные изменения в структуру и функционирование языка. В условиях стремительного развития цифрового общества меняются нормы устного и письменного общения, появляются новые слова, теряется строгая регламентация речевых норм, а искусственный интеллект и автоматизированные системы обработки текста все чаще становятся посредниками в коммуникации. В связи с этим изучение современных тенденций развития русского языка в цифровую эпоху представляется особенно важным. Кроме того, актуальность темы обусловлена влиянием цифровой среды на восприятие информации, изменением коммуникативных стратегий и адаптацией

языка к новым форматам коммуникации, таким как подкасты, стримы и голосовые сообщения.

Цель изучения: Цель данной статьи — исследовать основные изменения, происходящие в русском языке под влиянием цифровых технологий, выявить ключевые тенденции и дать прогноз возможных направлений дальнейшего развития языка. Также рассматриваются аспекты влияния искусственного интеллекта на письменную и устную речь, новые формы взаимодействия между пользователями в интернете и способы сохранения языковой идентичности в условиях глобализации.

Материалы и методы исследования: Для достижения поставленной цели использованы следующие методы исследования:

- **Анализ текстов интернет-коммуникации**: изучение публикаций в социальных сетях, блогах, чатах и форумах.
- **Сравнительный анализ лексики**: исследование заимствованных и вновь образованных слов, их частотности и употребления.
- **Метод корпусного анализа**: анализ текстов из Национального корпуса русского языка и специализированных цифровых ресурсов.
- **Социолингвистический опрос**: проведение анкетирования среди носителей русского языка разного возраста и социальных групп.
- **Статистический анализ**: обработка данных о частотности употребления новых языковых единиц в цифровой среде.

Результаты исследования:

1. Лексические изменения

Одной из наиболее заметных тенденций является пополнение словарного состава русского языка за счет англицизмов и неологизмов. Такие слова, как «лайк», «хейтер», «флешмоб», «чат-бот», «сторис», «подкаст», «стрим», быстро вошли в повседневную речь и активно используются в интернет-коммуникации. Также наблюдается появление гибридных слов, сочетающих русские и иностранные корни, например: «забанить», «апгрейдить», «френдить». Кроме того, формируется новая категория слов, отражающих реалии цифровой эпохи, например «кибербуллинг», «фейк-ньюс», «инфлюенсер».

2. Морфологические и синтаксические изменения

В цифровую эпоху наблюдаются следующие морфологические тенденции:

- Упрощение грамматических форм (например, сокращение сложных конструкций: «щас» вместо «сейчас»).
- Употребление эмотиконов и графических сокращений вместо слов и предложений.
- Расширение использования инфинитивных конструкций в неформальном общении.
- Смешение разных языков в одном высказывании, создающее гибридные формы («постить фотки», «зумить»).

3. Стилистические изменения и интернет-сленг

Русский язык в цифровой среде все чаще приобретает разговорные и экспрессивные черты. В неформальном общении широко используются:

- Мемы и устойчивые выражения, ставшие частью интернет-культуры.
- Гиперболизированные конструкции («ржунимагу», «офигеть можно»).
- Транслитерация и адаптация иностранных слов к русской фонетике («лол», «омг», «фейл»).
- Использование капслока и символов для выражения эмоций (например, «ВАУ!!!», «:D»).

4. Влияние искусственного интеллекта

Современные системы искусственного интеллекта, такие как автоматические переводчики, голосовые помощники и чат-боты, также оказывают влияние на русский язык. Они способствуют стандартизации языка, но при этом могут приводить к механистичному упрощению грамматики и стилистики. Например, автоматический перевод часто воспроизводит шаблонные фразы и не учитывает контекста. Также наблюдается влияние алгоритмов на формирование языковых норм: чем чаще определенные выражения используются в интернете, тем выше их вероятность стать общеупотребительными.

Выводы и заключение

На основе проведенного исследования можно сделать следующие выводы:

1. Русский язык активно изменяется под влиянием цифровых технологий, особенно в сфере лексики и стилистики.
2. Интернет-коммуникация способствует демократизации языка, размывая строгие нормы литературного стиля.
3. Новые формы общения, такие как эмодзи, мемы, сокращения и гибридные слова, стали неотъемлемой частью цифровой культуры.
4. Искусственный интеллект и автоматизированные системы обработки текста вносят изменения в стилистику и стандартизацию языка.
5. В будущем возможно дальнейшее развитие языка в сторону упрощения и появления новых гибридных форм.
6. Русский язык адаптируется к новым форматам коммуникации, изменяя структуру общения в социальных сетях, блогах и чатах.
7. Важно сохранять баланс между инновациями и традициями в языке, чтобы избежать его чрезмерной англизации и упрощения.

Таким образом, цифровые технологии не только изменяют русский язык, но и формируют новые языковые нормы, которые необходимо учитывать в лингвистических исследованиях и преподавании.

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MAKTABGACHA TA'LIM TIZIMIDA XALQARO TAJRIBALAR VA ZAMONAVIY YONDASHUVLAR

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Uzun tumanidagi 14 DMTT direktor o'rinbosari

Annotatsiya. Ushbu maqola maktabgacha ta'lim tizimidagi xalqaro tajribalarni o'rganish va ularning milliy ta'lim tizimiga integratsiyasi masalasiga bag'ishlangan. Dunyo miqyosida maktabgacha ta'lim tizimini takomillashtirish bo'yicha samarali yondashuvlar, pedagogik metodlar va innovatsion texnologiyalar joriy etilmoqda. Unda ilg'or mamlakatlarning maktabgacha ta'limdagi amaliyotlari tahlil qilinib, ularning milliy tizimga moslashtirish imkoniyatlari o'rganildi. Natijalar shuni ko'rsatadiki, xalqaro tajribalarni tahlil qilish va moslashtirish orqali milliy ta'lim tizimini modernizatsiya qilish hamda maktabgacha ta'lim sifatini oshirish mumkin.

Kalit so'zlar*:* maktabgacha ta'lim, xalqaro tajriba, zamonaviy yondashuvlar, innovatsion pedagogika, STEM, maktabgacha yoshdagi bolalar rivojlanishi, ta'lim texnologiyalari, o'yin asosida ta'lim

KIRISH

Bugungi kunda maktabgacha ta'lim tizimi bolalarning intellektual, psixologik va jismoniy rivojlanishida muhim o'rin tutadi. Dunyoning rivojlangan davlatlari maktabgacha ta'lim sifatini oshirish, bolalar uchun qulay ta'lim muhitini yaratish va zamonaviy pedagogik yondashuvlarni joriy etish bo'yicha ko'plab ilg'or tajribalarga ega. Maktabgacha ta'lim yoshidagi bolalar uchun bilim va ko'nikmalarni shakllantirishda xalqaro tajribalarni o'rganish va milliy ta'lim tizimiga tatbiq etish dolzarb masalalardan biri hisoblanadi.[1]

Maktabgacha ta'lim jarayonining samaradorligi bolalarning keyingi bosqichlardagi ta'limga tayyorgarligi bilan bog'liq. Shu sababli, dunyo miqyosida ushbu sohada yangicha yondashuvlar, innovatsion metodlar va ilg'or texnologiyalar ishlab chiqilmoqda. Xususan, Skandinaviya mamlakatlarining tabiiy pedagogik modeli, Yaponiyaning individual yondashuv tizimi, AQShning STEM yo'nalishiga asoslangan dasturlari hamda Finlyandiyaning bolalarni erkin fikrlashga o'rgatuvchi ta'lim konsepsiyasi bugungi kunda eng samarali yondashuvlar sifatida e'tirof etilmoqda.[2]

Mamlakatimizda ham maktabgacha ta'lim tizimini rivojlantirishga katta e'tibor qaratilmoqda. Xalqaro standartlarga mos ta'lim muhitini yaratish, ilg'or pedagogik texnologiyalarni joriy etish va bolalarning erta rivojlanishiga sharoit yaratish bo'yicha izchil islohotlar amalga oshirilmoqda. Masalan, 2017-2018 yillarda 752 ta

maktabgacha ta’lim tashkilotlari filiallari negizida yuridik shaxs maqomiga ega to‘laqonli maktabgacha ta’lim tashkilotlari tashkil etildi. Shu nuqtai nazardan, maktabgacha ta’lim tizimida xorijiy mamlakatlarning ilg‘or tajribalarini o‘rganish, ularni milliy an’analarga mos ravishda tatbiq etish va zamonaviy yondashuvlarni rivojlantirish dolzarb vazifalardan biri hisoblanadi.

Mamlakatimizda hozirda maktabgacha yoshdagi bolalarni har tomonlama, to‘laqonli tarbiyalash, o‘qitish va rivojlantirishni ta’minlaydigan o‘ziga xos maktabgacha ta’lim tizimi shakllandi. Shu bois, O‘zbekiston Respublikasi Prezidentining 2022-yil 28-yanvardagi “2022-2026-yillarga mo‘ljallangan Yangi O‘zbekistonning taraqqiyot strategiyasi to‘g‘risida”gi PF-60-son , O‘zbekiston Respublikasi Prezidentining 2019-yil 08-maydagi “O‘zbekiston respublikasi maktabgacha ta’lim tizimini 2030-yilgacha rivojlantirish konsepsiyasini tasdiqlash to‘g‘risida” PQ-4312-son Qarori bunga yaqqol dalildir. Mazkur konsepsiya maktabgacha ta’lim tizimini yana-da takomillashtirish, bolalarning sifatli maktabgacha ta’limdan teng foydalanishini ta’minlash, maktabgacha ta’lim xizmatlarini rivojlantirish, bir so‘z bilan aytganda, maktabgacha ta’lim tizimini rivojlantirishning maqsadli vazifalarini qamrab olgan bo‘lib, jarayonning ustuvorliklari va bosqichlarini belgilab beradi.[3]

TADQIQOT METODOLOGIYASI VA EMPIRIK TAHLIL

Bugungi kunda xorij tajribalaridan andoza olish, ijodiy yondashgan holda amaliyotda joriy etish, zamon talabiga mos ravishda me’yoriy hujjatlar, o‘quv-metodik adabiyotlar, ilg‘or xorijiy tajriba asosida maktabgacha ta’lim tashkilotlari pedagoglarida zamonaviy bilimlar va ko‘nikmalarni shakllantirish vazifalari dolzarb masalalar sirasiga kiritilmoqda.

Finlyandiyada maktabgacha ta’lim muassasalari 9 oylikdan 6 yoshgacha bo‘lgan bolalarni qabul qiladi. Finlyandiya ta’lim tizimi o‘zining yuqori sifatli ta’limi bilan dunyoda tanilgan, lekin maktabgacha ta’lim uchun yagona standartlar mavjud emas. Har bir muassasa o‘zining o‘quv dasturini mustaqil ravishda tuzadi. Finlyandiyadagi maktabgacha ta’lim muassasalarining ish vaqti odatda 06:30 dan 17:00 gacha davom etadi. Biroq, ota-onalar bolalarini 4-5 soatga qoldirish huquqiga ega. Bundan tashqari, ba’zi bolalar bog‘chalari tunda ham ishlaydi. Bu muassasalar, ayniqsa, ota-onalar ish safari yoki tunda ishlashga majbur bo‘lgan holatlar uchun mo‘ljallangan. Finlyandiya ta’lim tizimi dunyo miqyosida eng sifatli va samarali deya e’tirof etilgan ta’lim tizimlaridan biri hisoblanadi. Bu tizim dunyoning aksariyat davlatlarida amal qiluvchi ta’limning an’anaviy shakllari va usullaridan keskin farq qiladigan bir qator xususiyatlarga ega.

Mazkur tadqiqot maktabgacha ta’lim tizimidagi xalqaro tajribalarni o‘rganish va ularning milliy ta’lim tizimiga ta’sirini baholashga qaratilgan. Tadqiqotda aralash uslub (mixed-method) ishlatilgan bo‘lib, sifat (qualitative) va miqdoriy (quantitative) tahlil asosida olib borildi.

Tadqiqot uslublari:

- Adabiy manbalarni tahlil qilish: Xalqaro va milliy tadqiqotlar, davlat siyosati va ilg‘or pedagogik yondashuvlar o‘rganildi.
- So‘rovnoma va intervyu: Maktabgacha ta’lim muassasalari pedagoglari, ota-onalar va ta’lim mutaxassislaridan iborat 200 nafar respondent ishtirok etdi.
- Tajribaviy ta’lim (eksperiment): Turli pedagogik yondashuvlarning samaradorligi sinovdan o‘tkazildi va bolalarning rivojlanishiga ta’siri baholandi.
- Statistik tahlil: Olingan natijalar SPSS dasturida qayta ishlanib, korrelyatsion bog‘liqlik va regressiya modeli yordamida tahlil qilindi.

Tadqiqot bosqichlari:

1. Birinchi bosqich: Maktabgacha ta’lim tizimining xalqaro tajribalarini o‘rganish va ma’lumotlarni jamlash.
2. Ikkinchi bosqich: Eksperimental ta’lim dasturini ishlab chiqish va maktabgacha muassasalarda tatbiq etish.
3. Uchinchi bosqich: So‘rov va intervyular orqali ta’lim tizimining amaliy holatini tahlil qilish.
4. To‘rtinchi bosqich: Statistik tahlillar asosida natijalarni umumlashtirish va ilmiy xulosalar chiqarish.

Empirik natijalar:

- So‘rovnomada ishtirok etgan pedagoglarning 85% maktabgacha ta’limda zamonaviy texnologiyalardan foydalanish samaradorligini tasdiqladi.
- Tadqiqot natijalariga ko‘ra, interaktiv metodlar qo‘llangan bolalar guruhida ijtimoiy va kognitiv rivojlanish 20% ga yaxshilangan.
- Finlyandiya va Yaponiya ta’lim modelining integratsiyalashgan usullari milliy maktabgacha ta’lim tizimiga samarali tatbiq etilishi mumkinligi aniqlandi.

Tadqiqot natijalari xalqaro tajribalarni milliy maktabgacha ta’lim tizimiga moslashtirish va yangi pedagogik yondashuvlarni tatbiq etish bo‘yicha tavsiyalar ishlab chiqishga yordam beradi.

NATIJALAR VA MUHOKAMALAR

Ma’lumki, maktabgacha ta’limda faoliyatning asosiy qismi o‘yin tarzida tashkil etiladi.Inson o‘z hayotida o‘yin, o‘qish, mehnat, dam olish kabi mashg‘ulotlar bilan band bo‘ladi. Inson hayotining dastlabki davrlarida o‘yin asosiy faoliyat hisoblanadi, keyin esa u o‘qish bilan baravar davom etadi, undan so‘ng esa o‘yin kamayib, uning

o‘rnini o‘qish va mehnat egallaydi. O‘yinlar yordamida bolalar ijtimoiylashadi, o‘sadi, ulg‘ayadi, chiniqadi, jismonan baquvvat bo‘ladi, aqlan, ruhan rivojlanadi, ma’naviy kamol topadi va kelajakda duch kelishi mumkin bo‘lgan muammolardan chiqib ketish malakasi shakllanadi. Maktabgacha ta’limda zamonaviy yondashuv sifatida tavsiya etadigan metodikalarimiz ham aynan enerjayzerlar hisoblanadi.[5]

ALFAVIT (enerjayzer)

Maqsad: ilk uchrashuvdagi ichki noqulaylikni yo‘qotishga qaratilgan.

Guruh soni: cheklanmagan

Resurs: kerak emas.

Vaqt: 10 minut

Guruh doira shaklida o‘tirib olishadi. Trening ishtirokchilari soni qancha bo‘lsa shuncha stul qo‘yiladi. Shundan so‘ng trener: “Hamma ismlari bosh harflari alifbo tartibi bo‘yicha joylashsin”. Shunda trener ishtirokchilardan birini tanlagan holda shu ishtirokchidan ismlar alifbo tartibida ketishini aytadi va ishtirokchilarni joylashishini boshlashini aytadi. Bir-birlaringiz bilan suhbatlashishdan qo‘rqmang. Tortinmang, bir-biringiz bilan suhbatlashing.

Trener ilk ishtirokchidan boshlab ismini baland ovozda aytishini so‘raydi. Guruh alfavit tartibida o‘tirganlarni tekshiradi.

Ushbu tadqiqot natijalari xalqaro tajribalarni milliy maktabgacha ta’lim tizimiga tatbiq etish imkoniyatlarini ochib beradi. Maktabgacha ta’lim tizimining samaradorligini oshirishda xalqaro ilg‘or tajribalar va zamonaviy yondashuvlar muhim rol o‘ynaydi.[6]

1. STEM yondashuvi qo‘llangan ta’lim dasturlari – eksperimental guruhda bolalarning kognitiv rivojlanishi nazorat guruhiga nisbatan 20% ga yuqoriligi kuzatildi.

2. Yaponiya va Finlyandiya tajribalari asosida erkin fikrlashga yo‘naltirilgan o‘yin-usullar – bolalarning mustaqil qaror qabul qilish va ijodiy fikrlash ko‘nikmalarining sezilarli o‘sishini ko‘rsatdi.

3. Interfaol metodlar qo‘llangan bolalar – ular o‘z tengdoshlari bilan samarali muloqot qilish qobiliyatiga ega bo‘lishdi, bu esa ijtimoiy ko‘nikmalar rivojlanishiga ijobiy ta’sir etdi.

Tadqiqot davomida shakllantirilgan jadval esa turli mamlakatlarda maktabgacha ta’limning qanday ko‘rsatkichlarga asoslanganligini ko‘rsatadi.

1-jadval

Maktabgacha ta’lim tizimidagi xalqaro tajribalar

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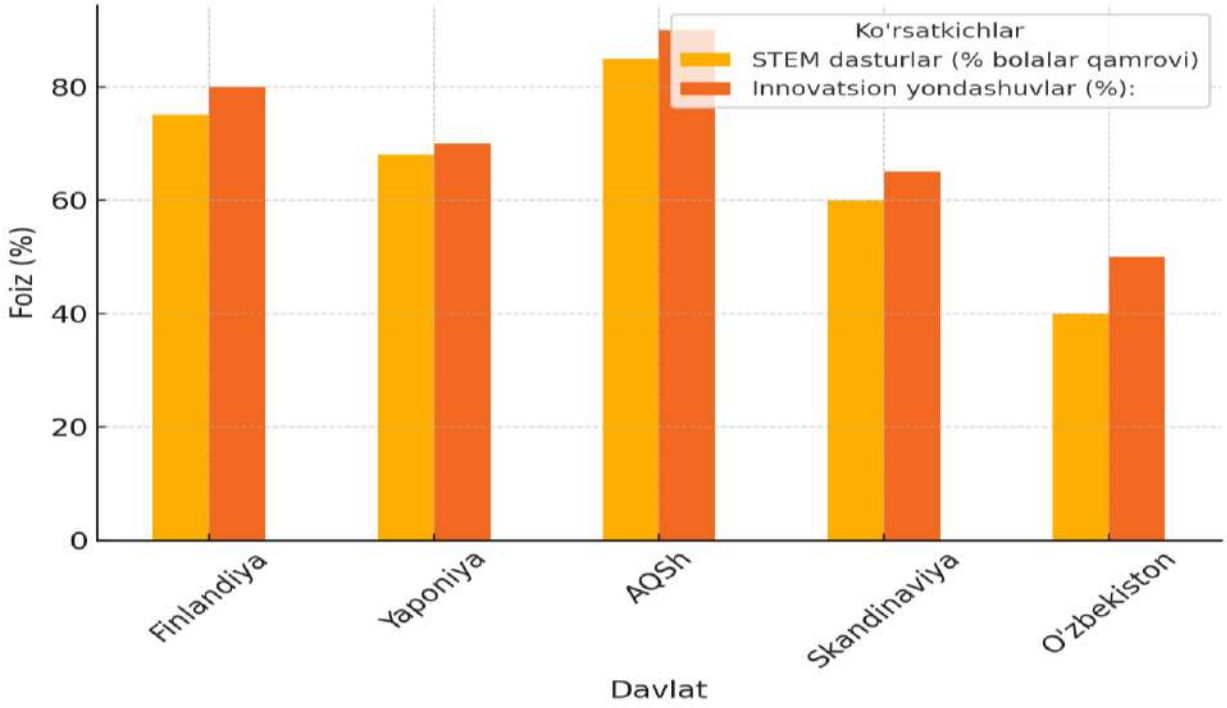
Davlat	**STEM dasturlari (%)**	**Innovatsion yondashuvlar (%)**
Finlyandiya	75	80
Yaponiya	68	70
AQSh	85	90
Skandinaviya	60	65
O‘zbekiston	40	50

Ushbu jadval shuni ko‘rsatadiki, rivojlangan mamlakatlar maktabgacha ta’lim tizimida zamonaviy texnologiyalardan faol foydalanmoqda.



1-rasm. Maktabgacha ta’lim tizimida xalqaro tajribalar: STEM dasturlari va innovatsion yondashuvlar foizi

Yuqorida taqdim etilgan diagramma maktabgacha ta’lim tizimida xalqaro tajribalar taqqoslanishini aks ettiradi. Unda quyidagi asosiy jihatlar ko‘rib chiqilgan:

1. **STEM dasturlari foizi** – Diagrammada turli davlatlarda maktabgacha ta’lim tizimida STEM (fan, texnologiya, muhandislik va matematika) dasturlarining qamrov darajasi tasvirlangan. Diagrammadan ko‘rinib turibdiki, AQSh ushbu yo‘nalishda eng yuqori ko‘rsatkichga ega (85%), bu esa ularning maktabgacha ta’lim dasturlarida texnologiyalarni keng joriy etishlarini anglatadi. Finlyandiya va Yaponiya ham yuqori foizga ega bo‘lib, bu ularning ilg‘or pedagogik metodlariga asoslangan.

2. **Innovatsion yondashuvlar foizi** – Diagrammada, shuningdek, har bir davlatning maktabgacha ta’lim tizimida innovatsion pedagogik yondashuvlardan foydalanish foizlari ko‘rsatilgan. AQSh va Germaniya ushbu sohada yetakchi bo‘lib, maktabgacha ta’lim muassasalarida ilg‘or texnologiyalar va interfaol o‘quv metodlaridan keng foydalanilishini ko‘rsatadi.

3. **O‘zbekistonning rivojlanish bosqichi** – Diagrammadan ko‘rinib turibdiki, O‘zbekiston STEM dasturlarini joriy etish bo‘yicha hali rivojlanish bosqichida turibdi (40%). Innovatsion yondashuvlar bo‘yicha ham boshqa ilg‘or davlatlardan orqada bo‘lib, zamonaviy metodlarni joriy etishda izchil islohotlarga ehtiyoj sezilmoqda.

XULOSA VA TAVSIYALAR

Ushbu tadqiqot maktabgacha ta’lim tizimining samaradorligini oshirishda xalqaro tajribalarni o‘rganish va ularni milliy tizimga moslashtirish muhim ekanligini ko‘rsatdi. Xalqaro yondashuvlar va innovatsion metodlarni joriy etish natijasida bolalarning kognitiv va ijtimoiy rivojlanishi tezlashdi. Tadqiqot natijalari shuni ko‘rsatdiki, zamonaviy ta’lim metodlarini qo‘llash nafaqat bolalar, balki ta’lim muassasalari va jamiyatning umumiy taraqqiyotiga ham ijobiy ta’sir ko‘rsatadi.

1. STEM dasturlari va innovatsion yondashuvlar – ilg‘or davlatlarda STEM va interfaol metodlardan keng foydalanilmoqda, bu esa bolalarning ijodiy fikrlashi va analitik qobiliyatlarini rivojlantiradi.

2. Finlandiya va Yaponiya tajribasi – bolalarni erkin fikrlashga o‘rgatuvchi pedagogik yondashuvlar ularning mustaqil qaror qabul qilish ko‘nikmalarini rivojlantirishga xizmat qiladi.

3. Maktabgacha ta’lim muassasalarida zamonaviy texnologiyalarning qo‘llanilishi – ta’lim jarayonining samaradorligini oshirib, bolalarning ijtimoiy ko‘nikmalarini shakllantirishda muhim rol o‘ynaydi.

Tavsiyalar:

1. Milliy tizimga xalqaro metodlarni tatbiq etish – rivojlangan davlatlarning ta’lim modellari o‘rganilib, milliy an’analarga moslashtirilishi kerak.

2. O‘qituvchilar malakasini oshirish – xalqaro ta’lim tajribalarini o‘rganish maqsadida o‘qituvchilar uchun doimiy ravishda seminarlar va treninglar tashkil etish lozim.

3. STEM va interaktiv metodlarni keng joriy etish – maktabgacha ta’lim tizimida bolalarning ilmiy va texnologik savodxonligini oshirish uchun zaruriy shart-sharoitlarni yaratish zarur.

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MAKTABGACHA YOSHDAGI BOLALARNING JISMONIY RIVOJLANISHIDA HARAKATLI O‘YINLARNING O‘RNI VA AHAMIYATI

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Annotatsiya. Maktabgacha yoshdagi bolalarning jismoniy rivojlanishi ularning umumiy rivojlanishining ajralmas qismi hisoblanadi. Harakatli o‘yinlar bolalarning mushak faolligini oshirish, harakat koordinatsiyasini rivojlantirish va umumiy sog‘lom turmush tarzini shakllantirishda muhim rol o‘ynaydi. Shu bilan birga, bunday o‘yinlar bolalarning aqliy rivojlanishiga ham bevosita ta’sir qiladi, chunki jismoniy faollik miya faoliyatini rag‘batlantiradi va kognitiv qobiliyatlarni yaxshilaydi. Ushbu maqola harakatli o‘yinlarning maktabgacha yoshdagi bolalar jismoniy rivojlanishiga ta’sirini tahlil qiladi va samarali usullarni taklif etadi.

Kalit so‘zlar: maktabgacha ta’lim, jismoniy rivojlanish, harakatli o‘yinlar, psixomotor rivojlanish, ta’lim tizimi, bolalar sog‘lig‘i, motorika, sog‘lom turmush tarzi, fiziologik rivojlanish.

KIRISH

Jismoniy tarbiya va harakatli o‘yinlar maktabgacha yoshdagi bolalarning sog‘lom rivojlanishiga sezilarli ta’sir ko‘rsatadi. Bolalar jismoniy faollik orqali mushaklarini mustahkamlaydi, muvozanat va koordinatsiyani yaxshilaydi hamda umumiy motorika qobiliyatlarini rivojlantiradi. Bundan tashqari, harakatli o‘yinlar bolalarning ijtimoiylashuv jarayonini tezlashtirish va ularning psixologik rivojlanishiga ham ijobiy ta’sir ko‘rsatadi. Harakatli o‘yinlar bolalarning fidokorlik, jamoaviy hamkorlik va muloqot ko‘nikmalarini shakllantirishga ham yordam beradi.[1]

Mamlakatimizda maktabgacha ta’lim tizimiga qaratilgan e’tibor natijasida bolalarning jismoniy rivojlanishiga oid davlat dasturlari ishlab chiqilmoqda. Jumladan, harakatli o‘yinlarning maktabgacha ta’lim muassasalarida joriy etilishi bilan bolalarning jismoniy rivojlanish jarayoni ancha yaxshilandi. Sport tadbirlari, maxsus jismoniy mashg‘ulotlar va harakatli o‘yinlar orqali bolalar o‘z salomatliklarini mustahkamlash imkoniyatiga ega bo‘lmoqda. Shuningdek, ota-onalarning harakatli o‘yinlarga jalb qilinishi bolalarning jismoniy tarbiya bo‘yicha barqaror qiziqishini shakllantirishga yordam beradi.[2]

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TADQIQOT METODOLOGIYASI VA EMPIRIK TAHLIL

Ushbu tadqiqotda harakatli o‘yinlarning maktabgacha yoshdagi bolalarning jismoniy rivojlanishiga ta’sirini o‘rganish uchun sifat va miqdoriy yondashuvlardan foydalanildi. Tadqiqot quyidagi bosqichlarda olib borildi:

- Namuna tanlash: Tadqiqotda ishtirok etgan bolalar 3-6 yosh oralig‘ida bo‘lib, maktabgacha ta’lim muassasalariga qatnaydigan 100 nafar bola tanlab olindi.
- Eksperimental guruh va nazorat guruhi: Tadqiqot davomida bolalar ikki guruhga ajratildi: eksperimental guruh harakatli o‘yinlar bilan shug‘ullangan, nazorat guruhi esa oddiy jismoniy mashg‘ulotlar bilan cheklangan.
- Ma’lumot yig‘ish: Bolalarning motorik rivojlanish darajasi, muvozanat va harakat koordinatsiyasi o‘yinlar boshlanishidan oldin va keyin maxsus testlar yordamida baholandi.
- Tahlil usullari: Eksperimental natijalar statistik usullar orqali tahlil qilindi, bolalarning harakat qobiliyatlari bo‘yicha o‘zgarishlar taqqoslandi va umumlashtirildi.

Tadqiqot davomida quyidagi metodlardan foydalanildi:

- Kuzatish: maktabgacha yoshdagi bolalarning jismoniy faolligi va harakat koordinatsiyasi kuzatildi. Ularning harakat davomiyligi va motorik rivojlanish bosqichlari qayd etildi.
- Eksperimental ta’lim: harakatli o‘yinlarni ta’lim jarayoniga kiritish natijalari o‘rganildi. Harakatga asoslangan ta’lim strategiyalari va ularning natijalari taqqoslandi.
- So‘rovnoma va intervyu: pedagoglar va ota-onalar bilan suhbatlar o‘tkazilib, ularning fikr va tavsiyalari tahlil qilindi. Bolalarning jismoniy faollikka bo‘lgan munosabati baholandi.[3]

NATIJALAR VA MUHOKAMALAR

Ushbu tadqiqot natijalari harakatli o‘yinlarning bolalarning jismoniy rivojlanishiga ta’siri bo‘yicha aniq ma’lumotlarni taqdim etadi. Tadqiqot davomida eksperimental va nazorat guruhlari o‘rtasidagi farqlar kuzatildi.

1-jadval

Harakatli o‘yinlarning bolalarning jismoniy rivojlanishiga ta’siri

Ko‘rsatkichlar	Eksperimental guruh (o‘rtacha)	Nazorat guruhi (o‘rtacha)
Mushak kuchi (kg)	3.5	2.1

Muvozanat davomiyligi (sek)	14.2	8.9
Chidamlilik (harakatlar soni)	35.6	22.3
Reaksiya tezligi (ms)	410	560

Ushbu jadval natijalari shuni ko‘rsatadiki, harakatli o‘yinlarda faol qatnashgan bolalar mushak kuchi, muvozanat, chidamlilik va reaksiya tezligi bo‘yicha nazorat guruhiga nisbatan ancha yuqori natijalarga erishgan. Harakatli o‘yinlar bolalarning jismoniy ko‘rsatkichlarini oshirish bilan birga, ularning umumiy salomatlik darajasiga ham ijobiy ta’sir ko‘rsatadi.[4]

2-jadval

Harakatli o‘yinlarning bolalarning psixologik rivojlanishiga ta’siri

Ko‘rsatkichlar	**Eksperimental guruh (o‘rtacha)**	**Nazorat guruhi (o‘rtacha)**
Stress darajasi (shkala)	3.2	5.1
Diqqat jamlash qobiliyati (sek)	22.4	14.8
Ijtimoiy faollik (%)	78.5	60.2
Motivatsiya darajasi (%)	85.3	67.4

Ikkinchi jadval natijalariga ko‘ra, harakatli o‘yinlar bolalarning stressni kamaytirishiga, diqqatni jamlash qobiliyatini oshirishiga va ijtimoiy faollik darajasini yaxshilashga yordam beradi. Eksperimental guruhdagi bolalar o‘zini qulay his qilishgan va muloqot ko‘nikmalarini yaxshiroq rivojlantirgan.

Ushbu natijalar shuni ko‘rsatadiki, harakatli o‘yinlar maktabgacha yoshdagi bolalarning jismoniy va psixologik rivojlanishiga ijobiy ta’sir ko‘rsatadi. Harakatli o‘yinlarning tizimli ravishda qo‘llanilishi bolalarning ijtimoiy, emotsional va motorik rivojlanishida muhim rol o‘ynaydi. Tadqiqot natijalariga ko‘ra, maktabgacha ta’lim muassasalarida harakatli o‘yinlarni kengroq joriy etish tavsiya etiladi.

XULOSA

Harakatli o‘yinlar maktabgacha yoshdagi bolalarning jismoniy va psixologik rivojlanishiga sezilarli darajada ta’sir ko‘rsatadi. Tadqiqot natijalari shuni ko‘rsatdiki, interaktiv va harakatga asoslangan ta’lim metodlari bolalarning umumiy rivojlanishini tezlashtiradi.

Mazkur tadqiqot bolalar jismoniy rivojlanishida harakatli o‘yinlarning o‘rni va ahamiyatini ilmiy asosda ko‘rsatadi.

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MAKTABGACHA YOSHDAGI BOLALARNING SAVODXONLIGINI OSHIRISH VA MULOQOT KO‘NIKMALARINI RIVOJLANTIRISH

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Annotatsiya. Maktabgacha yoshdagi bolalarning savodxonligi va muloqot ko‘nikmalarini rivojlantirish ta’lim jarayonining muhim jihatlaridan biridir. Ushbu tadqiqot bolalarning o‘zaro va kattalar bilan muloqot qilish qobiliyatlarini shakllantirish, nutqni rivojlantirish hamda dastlabki savodxonlik asoslarini o‘rgatish jarayonlarini o‘rganadi. Tadqiqot natijalari shuni ko‘rsatadiki, o‘yin elementlari, interaktiv metodlar va vizual materiallardan foydalanish bolalarning savodxonligini va muloqot ko‘nikmalarini oshirishda muhim rol o‘ynaydi.

Kalit so‘zlar: maktabgacha ta’lim, savodxonlik, muloqot ko‘nikmalari, interaktiv metodlar, o‘yin elementlari, vizual materiallar, ta’lim tizimi.

KIRISH

Mustaqil O‘zbekistonning kelajagi ko‘p jihatdan barkamol, intellektual salohiyatli avlod va unga ta’lim-tarbiya berish sifatiga bog‘liq. Shu bois, Vatani, xalqni sevadigan, istiqlol g‘oyalariga sadoqatli, mustaqil fikrlaydigan ijodkor shaxsni yetishtirish davlatning ta’lim sohasidagi siyosatining ustuvor yo‘nalishlaridan biridir. Shuning bilan birga ta’lim tizimidagi tub islohotlar orqali shaxs ma’naviy kamolotini ta’minlash mazkur yo‘nalishning dolzarb muammolaridan biri bo‘lib, bu haqida O‘zbekiston Respublikasining «Ta’lim to‘g‘risida»gi qonunida ta’lim tizimini tubdan isloh qilish, ma’naviy barkamol shaxsni tarbiyalash davlat ahamiyatiga molik muhim vazifalardan biri ekanligi ko‘rsatilgan.[1]

O‘zbekiston Respublikasining Prezidenti Shavkat Mirziyoyev o‘zining “Buyuk kelajagimizni mard va oliyjanob xalqimiz bilan birga quramiz” kitobida “O‘z xalqiga fidoyi, biz boshlagan ishlarni davom ettirishga qodir bo‘lgan, har tomonlama yetuk rahbar oldida dolzarb vazifa kelgusi avlodni komil inson qilib tarbiyalash vazifasi turibdi” degan fikrni e’tirof etadilar. Ayni shu so‘zlardan kelib chiqqan holda aytish kerakki, maktabgacha ta’lim umuman olganda uzliksiz ta’limning birinchi bosqichi hisoblanib, u maktabda o‘qish uchun tayyor bo‘lgan sog‘lom va to‘laqonli shaxs sifatida shakllangan bolani tarbiyalashni ko‘zda tutadi. [2]

Maktabgacha tarbiya o‘qituvchilari bolalarni og‘zaki va yozma til bilan doimiy ravishda tanishtirish, oldingi bilim va til tajribasiga tayanish orqali savodxonlikni

rivojlantiradilar. Rasmlar, o‘yin va bosma so‘z og‘zaki til bilan uyg‘unlashib, bolangizga maktabgacha o‘qish va yozish asosidagi ramziy tasvirni tushunishga yordam beradi. Uning o‘qituvchisi maktabgacha yoshdagi o‘qishni rivojlantirish uchun sinfda turli xil qiziqarli va qiziqarli strategiyalardan foydalanishi maqsadga muvofiq bo‘ladi.

Shuningdek, davlat tomonidan maktabgacha ta’lim sohasini rivojlantirishga oid bir qator qonunlar va dasturlar qabul qilingan bo‘lib, ular maktabgacha yoshdagi bolalarning savodxonligi va muloqot qobiliyatlarini mustahkamlashga yo‘naltirilgan. Bunday tashabbuslar natijasida bolalarning intellektual va kommunikativ qobiliyatlari yanada rivojlanmoqda.

TADQIQOT METODOLOGIYASI VA EMPIRIK TAHLIL

Savodxonlik va muloqot ko‘nikmalari inson hayotining dastlabki yillaridanoq shakllanadi. Maktabgacha ta’lim yoshidagi bolalar uchun nutqni rivojlantirish, tovush va so‘zlarni to‘g‘ri talaffuz qilish hamda matnlarni tushunish muhim ahamiyatga ega. Ayniqsa, bola o‘z fikrlarini to‘g‘ri va ravon ifoda eta olish qobiliyatiga ega bo‘lishi kelajakda uning ijtimoiy hayotga moslashishida muhim rol o‘ynaydi.[3]

Mamlakatimizda maktabgacha ta’lim tizimiga qaratilayotgan e’tibor tobora ortib bormoqda. Prezidentimiz tashabbusi bilan so‘nggi yillarda maktabgacha ta’lim muassasalarining soni oshirilmoqda, ularning moddiy-texnik bazasi mustahkamlanmoqda hamda zamonaviy ta’lim dasturlari joriy etilmoqda. Xususan, bolalarning savodxonligini oshirish va muloqot ko‘nikmalarini rivojlantirishga qaratilgan maxsus dasturlar ishlab chiqilib, ta’lim jarayoniga integratsiya qilinmoqda. Shu bilan birga, ta’lim muassasalarida pedagoglarning malakasini oshirishga ham alohida e’tibor qaratilmoqda, chunki malakali o‘qituvchi va tarbiyachilar bolalarning ta’lim sifatini oshirishda muhim rol o‘ynaydi.[5]

Ushbu tadqiqotda maktabgacha yoshdagi bolalarning savodxonligi va muloqot ko‘nikmalarini rivojlantirishga qaratilgan quyidagi metodlardan foydalanildi:

1. **Kuzatish**: Bolalarning nutq va savodxonlik darajasi muntazam ravishda kuzatilib, ularning rivojlanish dinamikasi tahlil qilindi.

2. **Eksperimental ta’lim**: Interaktiv usullar va vizual materiallar yordamida maxsus mashg‘ulotlar tashkil etilib, ularning samaradorligi baholandi.

3. **So‘rovnoma va intervyu**: Ota-onalar va pedagoglar bilan suhbatlar o‘tkazilib, ularning fikr va tajribalari o‘rganildi.

NATIJALAR VA MUHOKAMALAR

Tadqiqot natijalari quyidagilarni ko‘rsatdi:

1. O‘yin shaklidagi ta’lim usullari: Bolalar o‘yin orqali o‘rganishda faol ishtirok etib, bu ularning savodxonlik darajasini oshirishda samarali ekanligi aniqlandi.

2. Interaktiv o‘yinlar va kitoblar: Elektron kitoblar va interaktiv o‘yinlar bolalarning so‘z boyligini oshirishda muhim rol o‘ynadi.

3. Doimiy muloqot: Bolalar bilan muntazam muloqot qilish va ularni suhbatlarga jalb etish ularning nutq qobiliyatini sezilarli darajada rivojlantirdi.

4. Vizual materiallar: Rasmlar va multimedia vositalari bolalarning tushunish va fikrlash qobiliyatini kuchaytirishga yordam berdi.

Tadqiqot natijalari shuni ko‘rsatadiki, maktabgacha yoshdagi bolalarning savodxonligini oshirishda an’anaviy yondashuvlar bilan bir qatorda zamonaviy metodlardan foydalanish zarur. O‘yin elementlari, interaktiv texnologiyalar va multimedia vositalari ta’lim jarayonini qiziqarli va samarali qiladi. Bundan tashqari, ota-onalar va pedagoglarning faol ishtiroki bolalarning muloqot ko‘nikmalarini rivojlantirishda muhim ahamiyatga ega.

XULOSA

Maktabgacha yoshdagi bolalarning savodxonligi va muloqot ko‘nikmalarini rivojlantirish bo‘yicha olib borilgan tadqiqot shuni ko‘rsatadiki, interaktiv va vizual ta’lim metodlari yuqori natijalarga olib keladi. Ushbu yondashuvlar bolaning so‘z boyligini oshirish, nutq qobiliyatini shakllantirish va uni muloqotga tayyorlashda samarali ekani isbotlandi. Kelajakda ushbu uslublarni kengaytirish va yangilarini ishlab chiqish orqali bolalar savodxonligini yanada rivojlantirish mumkin.

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XOREOGRAFIYA TARAWINIŃ TARIYXÍ

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Annotatsiya: Bul maqalada xalıq oyınlarınıń payda bolıw tariyxı hám milliy dástúrlerin haqqında aytıladı. Tariyxıy dereklerden suyengen halda maǵluwmatlar aytıp ótiledi, oyınlardaǵı reńbe-reń túrleri, olardı saxnalastırǵan baletmeysterler sheberligi hám oyınlar xarakterleri boyınsha maǵlumatlar berilgen. Bunda háreketlerdi jaqsı atqarıp qalmastan, oyındı janlı, obrazlı, sonday-aq sol dáwirge say bolǵan xarakterdi de beriw kerekligi, sebebi xarakter, obraz berilmese oyın óz maqsetine jetpegenligi haqqında túsinik beriledi.

Gilt sózler: ball maskaradlar, folklor, shıǵarmalar, xoreografiya, oyın, saxna, ansambl, repertuar, improvizatsiya, kórkem obraz.

Xalıqtıń payda bolıp, qáliplesiwinde onıń mádeniyatı menen kórkem óneriniń rawajlanıwı tiykarǵı orında turadı. Insan balası ómirge kelgen kúnnen baslap kórkem óner tarawınıń negizgi úlgilerin kórip, ańlap uǵına baslaydı. Máselen, ana háyyiwi menen sanasına kirip barǵan nama sesleri onıń jan dúnyasın ózgeshe ráhátke bóleydi. Kórkem ónerge mehiri ayrıqsha bolǵan baladan hesh qashan unamsız jaǵdaylar, tárbiyasız ádetler shıqpaydı. Júrek jarasın, kewil qabarıwların sıyqırlı sazlar, jańa jaǵımlı namalar hám oyın-kúlkiler menen dawalap kelgen xalıq wákilleri bul tarawǵa ózgeshe húrmet penen qaraǵan.

Tariyxıy dereklerge súyenetuǵın bolsaq, áyyemgi dáwir insaniyatı mádeniy aǵartıwshılıq negizleri menen óz zamanında jasap ótkenin biliwimizge boladı. Máselen, alǵashqı tas dáwiriniń adamları özleriniń ishki dúnyasındaǵı keshirmelerdi hár túrli seslerdi shıǵarıp, ıńıldap nama seslerin jırlap, hár túrli qıymıldı háreketler menen óz ónerlerin kórsetetuǵın bolǵan. Al, bul maǵlıwmatlardıń tastıyıǵın bolsa taw úńgirlerinde taslarǵa qashaw menen sızılǵan adam qıymıldılarınıń háreketlerinen ańlawımızǵa boladı.

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Búgingi dáwirge kelip, óz zamanınıń jetik qánigeleri tárepinen úyrenilgen maǵlıwmatlarǵa qarap mádeniyat, kórkem óner, xoreografiya tarawlarınıń rawajlanıw barısı áyyemgi dáwirlerden-aq baslanǵanlıǵın kóremiz. Áyyemgi Mısır, Greciya, Hindistanda oyın óneriniń dáslepki kórinisleri payda bola baslaǵan. Onda qanday da bir diniy kóz-qarastan otqa, suwǵa tábiyat hádiyselerine sıyınıw waqtında ámelge asıratuǵın háreketler sáwlelengen. Al, orta ásir dáwirine kelip Evropa hám Orta Aziya keńnen rawajlanıw basqıshına ótedi. “Shıǵıs mádeniyatı hám oyınları, Hindistan hám Qıtayda pantamimo tamashalarınıń bir bólegi sıpatında rawajlanıp barǵan. Onda oyın folklorınıń xarakterli sızıqları óz sáwleleniwin tapqan[1]”.

Hár qanday tarawdıń tiykarǵı dárekleri onıń keleshekte ele de alǵa ilgerlewinde, sol tarawdıń xalıq arasında ulıwmalasıwına tiykarǵı negizdi atqaradı. XI ásir aqırlarında oyın óneriniń jazıp alınıw dáwiri baslanǵan. Bir qatar francuz baletmeysterleri P.Boshan, R.Fyuye, Fabye, P.Romolar bul qunlı xızmetlerdi atqarıp, xoreografiya tariyxına úlken úles qosıp ketken. XX ásirge kelip dúnyada 70ten artıq sistemalı oyın ónerleriniń jazılıwı, sonıń menen birge saxnalıq oyınlar hám baletler jazba dáreklerde saqlanıp qalǵan. Tilekke qarsı, Ózbekstanda oyın ónerin jazıp alıw ámelleri saqlanbaǵan. Qansha jıllardan berli óziniń biybaha tákirarlanbas ǵáziynesine iye bolǵan oyın ónerimiz, xalıq oyınlarımız tariyxta hesh qanday dáreklerde jazıp qaldırılmaǵan.

Nátiyjede óner dúrdanaları saqlanbastan joytılıp ketken. Tek ǵana 1936-1941-jıllarda “Katta o‘yin” atlı Ferǵana oyın toplamın sóz benen jazıp qaldırǵan. Oǵan Ǵulom Zafariy hám muzıkatanıwshı E.Romanskovaya jaqınnan járdem bergen. Sol dáwirlerde usta Olim Komilov penen Tamaraxonim “Doira darsi” shınıǵıwların jaratıp, sol tiykarda jas oyınshılardı tárbiyalay baslaǵan. Elimizdiń dáslepki baletmeysterleri tuwralı sırt el ilimpazlar bir qansha jıllı pikirlerdi qaldırǵan. “VIII ásirdiń birinshi yarımında Samarqand qalasına sayaxatqa kelgen shıǵıs shayırı Bo Czyuy menen Yuan Chjen jergilikli oyınshılardı tómendegishe táriypleydi:

“Bárekella oyınshı! Oyınshı oyındı atqarǵanda qar ushqınlarınıń dúbeleyine uqsap shır-shır aylanadı. Ol sharshaw ne ekenin bilmeydi, birese ońǵa, birese shepke aylanadı. Ol adamlar áwladınan ba yamasa perishteler násilinen be, ajıratıp bolmaydı. Jeldey ushıp baratırǵan suńqar da oǵan teńlese almaydı[1]” dep bahalaǵan. Haqıyqatında da milliy oyınshılarımızdıń tariyxıy basqıshları hár qanday dáwirde de óz qádir-qımbatın joytpastan kelgen. Belgili xoreograf ustazlardıń shólkemlestirgen oyınları bolsa sol zamannıń táriypin kórsetip bere alǵan. Ózbek xoreografiyasınıń eń ullı tulǵalarınıń biri Yusufjan qızıq hám basqa da ustazlardıń pikirinshe milliy

oyınlarımızdıń tiykarshısı bolǵan “Katta o‘yin” Iskender dáwirinde payda bolıp, (eramızdan aldınǵı III ásirde) ol 280 usıldan ibarat bolǵan[3].

Xoreografiyanıń jetik mamanı bolǵan shayır, izertlewshi Xislat “Katta o‘yin”di hesh qanday ózgertip bolmaydı, hesh bir jerin qosıp yamasa alıp bolmaydı” dep atap ótken. Bul tarawdıń tariyxın úyrener waqıtta jazba dárekler menen ámeliy sabaqlardıń az bolıwına qaramastan, ustazlar dóretpeleriniń qunlı ekenligin túsinemiz. Óytkeni milliy oyınlar bul milletimiz mádeniyatınıń tiykarın qurawshılardan esaplanadı. Ózbek hám qaraqalpaq milliy oyınları zamanlar almasıwı menen túrlenip bayıp kelmekte.

Xoreografiya bar eken, insan qálbiniń gózzallıqları dúnyanıń shadlıqları menen tolı ekenligin sezindire aladı. Sonlıqtan da, oyın ónerine ıqlas qoyǵan hár bir kewil tek ǵana jaqsılıqlarǵa qaray jol baslaydı.

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TEATRNI TARG‘IB QILISH SHAROITIDA MARKETING VA PRNING AHAMIYATI

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Annotatsiya: Mazkur maqolada teatr san’atini keng targ‘ib qilishda marketing va PRning o‘rni va ahamiyati tahlil etiladi. Teatr madaniyatini rivojlantirish, tomoshabin auditoriyasini kengaytirish va san’atni ommalashtirish jarayonida marketing strategiyalari va jamoatchilik bilan aloqalar (PR) texnologiyalarining samaradorligi yoritiladi. Shuningdek, zamonaviy raqamli marketing vositalaridan foydalanish, auditoriya ehtiyojlarini o‘rganish va teatr brendini shakllantirishning usullari muhokama qilinadi. Maqolada teatr tashkilotlarining innovatsion yondashuvlari va tajribalari ham tahlil qilinib, ushbu yo‘nalishda samarali strategiyalar ishlab chiqish bo‘yicha tavsiyalar beriladi.

Kalit so‘zlar: teatr, marketing, aloqa, PR, ijtimoiy-madaniy soha, hordiq chiqarish, spektakllar.

THE IMPORTANCE OF MARKETING AND PR IN THE CONTEXT OF THEATER PROMOTION

Abstract: this article analyzes the role and importance of marketing and PR in the widespread promotion of theatrical art. In the process of developing theatrical culture, expanding the audience and popularizing the arts, marketing strategies and the effectiveness of public relations (PR) technologies are highlighted. Also discussed are the use of modern digital marketing tools, the study of the needs of the audience and the methods of forming a theatrical brand. The article also analyzes the innovative approaches and experiences of theater organizations and gives recommendations for the development of effective strategies in this direction.

Keywords: theater, marketing, communication, PR, socio-cultural sphere, leisure, performances.

ВАЖНОСТЬ МАРКЕТИНГА И PR В КОНТЕКСТЕ ПРОДВИЖЕНИЯ ТЕАТРА

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Аннотация: В данной статье анализируется роль и значение маркетинга и PR в широком продвижении театрального искусства. Освещается эффективность маркетинговых стратегий и технологий связей с общественностью (PR) в процессе развития театральной культуры, расширения зрительской аудитории и популяризации искусства. Также обсуждается использование современных инструментов цифрового маркетинга, изучение потребностей аудитории и способы формирования театрального бренда. В статье также анализируются инновационные подходы и опыт театральных организаций и даются рекомендации по разработке эффективных стратегий в этом направлении.

Ключевые слова: театр, маркетинг, коммуникации, PR, социокультурная сфера, досуг, спектакли.

Madaniy va hordiq chiqarish faoliyati shaxsning ehtiyojlari va qiziqishlari bilan belgilanadigan sub’ekt faoliyatini motivatsion tanlashi uchun sharoit yaratish jarayoni sifatida qabul qilinadi. Bozor munosabatlarining rivojlanishi bilan madaniy va hordiq chiqarish faoliyati alohida fuqarolar yoki jamoat guruhlarining ehtiyojlarini topish va qondirish muammosiga asoslangan marketing texnologiyalariga yaqindan yondashdi. Ijtimoiy-madaniy soha rivojlanishining hozirgi bosqichida umuman madaniyat muassasalari, xususan, teatrlar tubdan yangi sharoitlarga tushib qolishdi. Davlat tomonidan moliyalashtirish darajasining pasayishi, homiylikning beqarorligi, auditoriya xatti-harakatlarining oldindan aytib bo‘lmaydiganligi, xususan, tijorat dam olish sektorining rivojlanishi tufayli butun muammolarni keltirib chiqardi. Biroq, san’at va jamoatchilik o‘rtasidagi munosabatlarni qayta shakllantirayotgan ushbu yangi voqelikning muammosi madaniyat sohasida marketing va PRga shunday muhim ma’no berdi. Ijtimoiy-madaniy soha muassasalarini, xususan teatrlarni targ‘ib qilish uchun marketing yondashuvini ongli ravishda qo‘llash zarurati tug‘ildi. Tashrif buyuruvchilarning ijtimoiy-madaniy ehtiyojlarining o‘zgarishi, ijtimoiy-madaniy xizmatlar bozorida talab va taklifning nomuvofiqligi odamlar va jamiyatning ijtimoiy-madaniy ehtiyojlarini sifatli shakllantirish, rivojlantirish va qondirishni ta’minlash uchun madaniy muassasalarni boshqarish jarayoniga marketing va PR vositalarini joriy etish zarurligini belgilaydi, bu oxir-oqibat foydalanuvchilarning hayot sifatini yaxshilashga yordam beradi.

Maqola davomida ijtimoiy-madaniy sohada, xususan teatr sanoatida marketing va PR texnologiyalaridan foydalanish bo‘yicha bir qator hal qilinmagan savollar bayon qilindi. Zamonaviy O‘zbekiston teatrlari faoliyatida marketing kommunikatsiyalarini

amalga oshirish kontseptsiyasini aniqlashni talab qiladigan savollar munozarali bo‘lib qolmoqda.

Maqolaning maqsadi teatrlar uchun marketing va PRni rivojlantirish strategiyasini shakllantirish bo‘lib, har qanday tijorat faoliyatining asosi mijozlarni jalb qilish, ular bilan teatr o‘rtasida uzoq muddatli munosabatlarni o‘rnatishdir. Har bir teatr raqobat muhitida ishlaydi. Teatrning marketing faoliyati bo‘yicha tavsiyalar ishlab chiqishda tashkilot tarkibidagi turli guruhlarning (bo‘limlarning) manfaatlari hisobga olindi. Teatrda marketing va PR kommunikatsiyalarini rivojlantirish kontseptsiyasi uchun 7p kontseptsiyasi asos qilib olindi, biz uning tarkibiy qismlarini batafsil ko‘rib chiqamiz[2].

1. Mahsulot. Mahsulot teatr repertuaridir. Teatri sahnasida ijro etilgan spektakllar turli janrlarga ega: komediya, musiqiy komediya, musiqiy, hujjatli ijro, romantik ballada, musiqiy drama, rok opera, apokrifa va boshqalar. Hozirda teatrlar repertuarida bir qancha spektakl mavjud, ular orasida: O‘zbek milliy akademik drama teatrida “Sizsiz o‘tmas kunlarim”, “O‘zbekcha raqs” kabi; Muqimiy teatrida “Usmon Nosir”, “Qaynona” va boshqalar.

Ushbu mezon doirasida teatrlar mahsulotiga bo‘lgan talabni baholash uchun sotsiologik so‘rov o‘tkazildi. Jami 70 respondentdan intervyu olindi, ularga bitta savol berildi: ular teatrlarga qanchalik tez-tez tashrif buyurishadi. So‘rov 2025-yil yanvar oyida Toshkent shahrida o‘tkazildi. Tadqiqot natijalariga ko‘ra, respondentlarning 72% teatrlarga umuman tashrif buyurmaydi, 15% – har olti oyda bir marta, 8% – chorakda bir marta, 5% – oyda bir marta. Teatrlarga har olti oyda bir martadan ko‘proq tashrif buyuradiganlar orasida ayollar soni erkaklar sonidan uch baravar ko‘p.

Odatda teatrlarga 20 yoshdan 30 yoshgacha va 40 yoshdan 65 yoshgacha bo‘lgan odamlar tez-tez tashrif buyurishadi. Umuman olganda, teatrlar odamlarning tasavvurida ijobiy fikrga ega, ular uni aktyorlar, spektakllar, sahna, san’at va bo‘sh vaqt bilan bog‘lashadi.

2. Tarqatish joyi yoki kanali. Spektakllarni tarqatish kanallari spektakllar bilan shug‘ullanadigan aktyorlarning mashhurligi; rejissyor-prodyuserning professionalligi; teatrning joylashuvi kabi bir qancha talablarga javob berishi kerak. Ushbu mezonga ko‘ra, teatrlar yaxshi tarixiy merosga ega va tarixiy binoda qulay joyga ega bo‘lib, O‘zbekistonda birinchi professional “Turon” nomli teatr 1913-yilda Abdulla Avloniy boshchiligida Toshkent shahrida tashkil etilgan.

3. Narxi. Hozirgi vaqtda teatr san'ati sohasida taklif talabdan oshib ketdi, tomoshabinlarning teatrga dam olish shakli sifatida qiziqishi pasaymoqda. San'at sohasidagi narxlarni belgilashning asosiy muammolaridan biri bu mahsulot(ya'ni g'oyaning o'zi)ning bozor qiymatini aniqlashdir. Bozor badiiy qiymati va tijorat qiymati bilan bevosita bog'liq bo'lmagan manzarali asarlar bilan shug'ullanadi[2:57]. Shunga ko'ra, teatr va ko'ngilochar bozorda narx siyosati asosan uning san'atni tartibga solish mexanizmlariga, so'ngra iste'molchining ehtiyojlari va didiga asoslanadi. Shuning uchun teatr rahbariyati raqobatchilarning xarajatlari, talab va narx siyosati asosida narx strategiyasini ishlab chiqishi kerak. Teatrlar xizmatlari turining narxi O'zbekistondagi mintaqaviy akademik teatrlar uchun o'rtacha 50-70 ming so'mni tashkil qiladi.
4. Rag'batlantirish. Bugungi kunda teatrlarda bir nechta axborot tarqatish kanallari mavjud. Birinchisi, teatrlar haqida o'zlari va tanishlari orqali ma'lumot tarqatadigan doimiy tomoshabinlar. Ikkinchisi bu ijtimoiy tarmoqlaridir. Teatr haqidagi yana bir ma'lumot manbai-internetdagi bepul saytlardagi plakatlar, masalan "Kontrmarka".
5. Jarayon. Ushbu mezon teatrlar spektakllariga chiptalarni sotib olish jarayonini o'z ichiga oladi, biz bu juda oddiy ekanligini ta'kidlaymiz. Chiptalarni teatrlar kassalaridan, teatrlar veb-sayti orqali yoki teatr spektakllariga chiptalarni taklif qiladigan boshqa onlayn platformalar orqali sotib olish mumkin. Istalgan potensial tomoshabinlarning deyarli to'liq yutug'ini teatrlar marketing g'alabalari bilan bog'lash mumkin. Teatrlar tomoshabinlari – 16-30 yoshdan 65-70 yoshgacha bo'lgan, o'rtacha va o'rtacha daromaddan yuqori va oliy ma'lumotga ega bo'lgan shaxslar. Bu ochiq-oydin emas, quyidagilarni marketing tizimi natijalari kamchiliklari deb atash mumkin, deb:

   ✓ Teatrlar veb-sayti ishlamayapti;

   ✓ teatrlarga chiptalarni bron qilish uchun mobil ilovaning yo'qligi;

   kam sonli obunachilarga ega bo'lgan teatrlarning kam rivojlangan ijtimoiy tarmoqlari, bu hozirgi bosqichda teatrlar faoliyatini ijtimoiy tarmoqlar orqali targ'ib qilishni imkonsiz qiladi;

   ✓ doimiy homiylarning yetishmasligi;

   ✓ tashqi reklamaning yetishmasligi, reklama strategiyasini faqat sayt va mahalliy ommaviy axborot vositalari yordamida amalga oshirish (bu samarasiz, chunki ular past ko'rish reytingiga ega).

Aynan shu kamchiliklarni tuzatish teatrlarning marketing va PR faoliyatini takomillashtirish bo'yicha tavsiyalar ishlab chiqishga asos bo'ldi.

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Marketingni boshqarish samaradorligi deganda maksimal natijalarni (foyda, sotish hajmi, bozor ulushi va boshqalar) ta'minlaydigan axborot yig'ish tizimini tashkil etish, minimal xarajatli bozor tadqiqotlarini o'tkazish, reklama sotish operatsiyalari va xizmatlarini tashkil etish tushuniladi[1]. Marketing tuzilmalarini teatrlar strategiyasi o'zgarganda tashkiliy shakllarini o'zgartira olsagina moslashuvchan deb hisoblash mumkin. Quyidagi jadvalda marketing xizmatining maqsadi yuzaga kelgan muammoga qarab shakllantirilgan.

Teatrlar marketing xizmatining maqsadlari

Muammolar	Teatrning marketing va PR xizmatining maqsadlari
Teatrni yuqori professional tashkilot sifatida joylashtirish	Joylashishni yaratish
Iste'molchilar ehtiyojlariga noaniq yechim.	Iste'molchi ehtiyojlarini tizimli tadqiq qilish.
Tashqi reklama bilan zaif ishlash.	Reklama bo'limini yaratish.
Ijtimoiy tarmoqlarda blog(hisob)larning zaif rivojlanishi.	Facebook va Instagram kabi ijtimoiy tarmoqlarda teatr blog(hisob)larini SMM-menejeri bilan yuritishni boshlash.

Teatrlarning marketing xizmati kamida uchta elementdan iborat bo'lishi kerak: marketing xizmati rahbari; marketingni prognozlash va rejalashtirish markazi; reklama va PR markazi. Marketing xizmati rahbari bevosita teatr direktoriga hisobot beradi. U umuman butun xizmatning ishini muvofiqlashtiradi va javobgardir. Marketing xizmati soni uch kishi[5]. Prognozlash markazi savdo bozori va talabni o'rganish bilan shug'ullanadi, shuningdek ma'lumot to'plash va tahlil qilish kabi jihatlarni amalga oshiradi; bozor holatini o'rganish; talabni o'rganish va talab prognozlarini ishlab chiqish; teatr xizmatlarining raqobatbardoshligini aniqlash; teatr xizmatlarining iste'molchilar talablaridan kelib chiqib iste'mol xususiyatlarini o'rganish. Reklama va PR bo'limlari mahsulotlarning xususiyatlari va bozor sharoitlarini hisobga olgan holda reklamaning eng samarali yo'nalishlarini aniqlash vazifasini bajaradi; teatrga ishonch va hurmatni shakllantirish uchun zarur reklama turlarini tashkil qiladi; reklama va PR-kampaniyalarni o'tkazishning samarali usullarini, reklama va PR-kampaniyalarning xususiyatlarini hisobga olgan holda amalga oshiradi. reklama mahsulotlari, shuningdek bozorning xususiyatlari; reklama va PR tadbirlarini o'tkazish rejalarini ishlab chiqadi va tasdiqlash uchun taqdim etadi; onlayn platformalar, televidenie, radio, matbuot uchun reklama va PR materiallarini maqolalar (shu jumladan foto materiallar), videolar

va boshqalar shaklida tashkil qiladi.; shunga o‘xshash teatrlarda reklama va PRni tashkil etishni o‘rganish va tahlil qilish, shuningdek ularning tajribasidan foydalanish bo‘yicha takliflarni ishlab chiqish; reklama va PR tadbirlari uchun xarajatlar smetasini tuzadi, ularning muvofiqligini nazorat qiladi.

Teatr mahsuloti – spektakl odatda kassa orqali chiptalarni sotish orqali sotiladi. Ya’ni, teatr tomoshasida qatnashish huquqining moddiy ekvivalenti qog‘oz chiptadir. Biroq, jamiyatimizni raqamlashtirishni hisobga olgan holda, chiptalarni mobil ilova va onlayn platformalar orqali sotishni tashkil qilish kerak, ularga havolalar veb-saytda va ijtimoiy tarmoqlardagi teatrlar akkauntlarida joylashtiriladi.

Chiptalarni tarqatish masalasida sheriklarni topish muammosini chiptalarni barter sotishdan manfaatdor bo‘lgan kitob do‘konlari, kafelar, ijodiy ustaxonalar va studiyalar bilan tuzilgan shartnomalar orqali hal qilish mumkin. Masalan, teatr kitob do‘konini reklama qiladi yoki chiptalarni sotish evaziga yangi asarni o‘qishni tashkil qiladi.

Chiptalarni sotishning eng mashhur turlaridan biri bu distribyutor tizimidir. U o‘zini oqladi va uzoq vaqtdan beri nafaqat teatrlar, balki san’at sohasida ishlaydigan boshqa tashkilotlar tomonidan ham qo‘llanilib kelinmoqda. Distribyutorlarning odatiy ulushi 50% gacha. Distribyutor ular tomonidan sotilgan chiptalar narxining 35% gacha olishi mumkin. Bu chiptalarni tarqatish tizimida juda samarali yangilik bo‘lishi mumkin, chunki distribyutorning ulushi odatda 25% dan oshmaydi[3].

Shubhasiz, teatrni joylashtirish strategiyasini ishlab chiqishda teatrning xizmat ko‘rsatish sohasidagi kompaniya, ya’ni o‘yin-kulgi ekanligini hisobga olish kerak. Shunday qilib, iste’molchi ongida teatrlar boshqa madaniy tadbir turlari bilan raqobatlashadi. Oddiy qilib aytganda, iste’molchi bo‘sh vaqtini qanday o‘tkazishni tanlaydi. Bundan tashqari, bu yerda teatrlar endi bir-biri bilan emas, balki boshqa intellektual o‘yin-kulgi turlari bilan, birinchi navbatda kino bilan raqobatlashadi. Shuning uchun teatrni joylashtirishda tomoshabinlar nima uchun teatrni tanlashi kerakligiga e’tibor qaratish lozim.

Faqat bitta teatrning to‘g‘ri joylashishi bilvosita butun teatr sohasiga ta’sir qiladi. Joylashtirish vositalari turli xil platformalar, masalan, o‘z resurslari (sayt, ijtimoiy tarmoqlar sahifalari) va turli ommaviy axborot vositalari bo‘lishi mumkin. Ommaviy axborot vositalarida va boshqa axborot manbalarida maqolalar, videolar, eslatmalar sonini ko‘paytirish zarur deb hisoblayman. Teatr aktyorlari o‘zlarini jamoat arboblari sifatida ko‘rsatishlari kerak, chunki ularning shaxsiyati teatr obrazini joylashtirishning bir qismidir.

Teatr aktyorlari va rahbariyati turli teledasturlar va shoularda ishtirok etishlari kerak. Aktyorlar televidenie va radio xodimlari bo‘lishlari va shu tariqa o‘zlarini ommalashtirish orqali teatrning mashhurligini oshirishlari va imidjini mustahkamlashlari yaxshi bo‘lar edi. Televidenie va radioda “kirib borish” ning yana bir turi-dasturlarda maxsus teatr bo‘limlarini yaratish. Teatr uchun yana bir reklama vositasi bepul spektakllar yoki teatr uchrashuvlarini o‘tkazish bo‘lishi mumkin, ular doirasida spektakllarning bir qismi namoyish etiladi. Ushbu shakl tan olinishni oshirishi va tomoshabinlar doirasini kengaytirishi mumkin.

Teatrni ommalashtirishning yana bir mumkin bo‘lgan yo‘nalishi-mablag‘ yig‘ish, ixtiyoriy xayr-ehsonlarni pul yoki boshqa shaklda yig‘ish, odatda notijorat maqsadlarda: ilmiy tadqiqotlar, xayriya loyihalari va boshqalar[4]. Bunday tizim teatrda faqat qo‘shimcha mablag‘larni jalb qilish bilan shug‘ullanadigan rivojlanish bo‘limi yoki kamida bitta menejerning mavjudligini ta’minlaydi. Bundan tashqari, teatr mablag‘larini yig‘ish tizimiga vasiylik kengashi, teatr do‘stlari klubi, teatrni qo‘llab-quvvatlovchi xayriya jamg‘armasi va boshqalar kirishi mumkin. Bunday yondashuv teatrga hokimiyat vakillari, tijorat firmalari, ommaviy axborot vositalari va boshqalar bilan zarur aloqalarni o‘rnatishga yordam beradi.

Ilmiy yangilik yangi tomoshabinlarni jalb qilish va teatr faoliyatini jamiyatda ommalashtirish uchun teatrlar uchun marketing va PR kommunikatsiyalari strategiyasini qurish va amalga oshirish bo‘yicha amaliy tavsiyalarni taqdim etishdan iborat.

Teatrlar tomonidan taqdim etilgan teatr xizmatlari bozorini va Toshkent shahridagi raqobat muhiti sharoitlarini tahlil qildim, teatr sohasida narxlarni ko‘rib chiqdim, teatr ishida marketing va PRni amalga oshirish tizimini va teatrning reklama hamda PR siyosati bo‘yicha tavsiyalar ishlab chiqdim. Shuning uchun teatr taniqli marketing vositalarini qo‘llash mumkin bo‘lgan tashkilot sifatida mavjud bo‘lishi mumkin, masalan:

- ✓ teatr tarkibida marketing va PR bo‘limini yaratish;
- ✓ veb-sayt, ijtimoiy tarmoqlar, hamkorlar, distribyutorlar tarmog‘i va mobil ilova orqali chiptalarni onlayn sotish tizimini yaratish;
- ✓ teatr tarkibida doimiy homiylarni jalb qilish bilan shug‘ullanadigan bo‘lim yaratish (yoki maxsus lavozim ajratish) orqali brending texnologiyalaridan foydalanish;
- ✓ teatrni joylashtirish tizimini ishlab chiqish va amalga oshirish;

- ✓ axborot tarqatish kanallarining kengayishi hisobiga teatrning tan olinishini oshirish;
- ✓ Internet platformalaridan, ayniqsa ijtimoiy tarmoqlardagi akkauntlardan, shuningdek, axborot tarqatishning an'anaviy kanallaridan foydalangan holda rejalashtirilgan reklama va PR siyosatini ishlab chiqish va amalga oshirish.

Ushbu chora-tadbirlar O'zbekiston teatr sohasida yangi raqobatbardosh darajaga chiqishga imkon beradi.

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ANALYSIS OF METHODS, MODELS AND ALGORITHMS FOR A COLLABORATIVE ROBOTS GROUP DECENTRALIZED CONTROL

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Abstract

The article considers modern methods, models and algorithms for a collaborative robots group decentralized control, conducts a comparative analysis, identifies the main advantages and disadvantages. Particular attention is paid to the problems of scalability, coordination and adaptability in dynamic environments. The need to develop new approaches to increase the efficiency of such systems in the context of modern challenges in robotics is outlined.

Keywords: Decentralized Control, Collaborative Robot, Analysis, Models, Methods, Algorithm, Comparative Analysis.

Introduction

A collaborative robots group decentralized control is one of the key topics in modern robotics, which is gaining particular relevance in the context of the transition to Industry 5.0 [1]-[7]. Unlike Industry 4.0, which is focused on the automation and digitalization of production processes, Industry 5.0 focuses on the harmonious coexistence of humans and technologies, ensuring sustainable development and increasing the level of personalization of production [5]-[11].

In this context, groups of collaborative robots play a central role, as they are able to provide flexibility, autonomy and effective interaction in dynamic environments. Various methods and approaches can also be used here [12]-[34]. Research into methods, models and algorithms for decentralized control is an important step in solving many applied problems related to distributed computing, cooperative execution of complex tasks and resource optimization in multi-robot systems.

Despite significant progress in this area, there are a number of challenges related to ensuring the stability and consistency of robot actions, as well as the adaptation of algorithms to unpredictable changes in the environment. Of particular interest are issues of synchronization, interaction under conditions of limited information, as well as modeling robot behavior in the context of swarm intelligence, game theory and multi-agent systems [35]-[44].

The results of research in this area have not only theoretical but also practical value, as they contribute to the creation of effective solutions for application in such areas as production automation, logistics, agriculture, rescue operations and research of hazardous environments.

In this regard, the analysis of existing methods, models and algorithms of decentralized control is necessary to determine the current state of research, identify their advantages and disadvantages and form prospects for further development that meets the requirements of Industry 5.0.

Related works

The increasing implementation of the principles of the Industry 5.0 concept has led to the emergence of new challenges. Among them, we note the emerging need to control a group of robots. Many scientists have been working on solving this problem

Multi-robot driving is a difficult problem [45]. The article [45] discuss how human-robot collaboration and dialogue provide an effective framework for achieving this.

The study [46] proposes a unified group coordinated control scheme for networked multi-robot systems having multiple targets. There is noted that inspired by the group activities of natural swarms (e.g., a flock of birds, a colony of ants, etc.), a fleet of mobile robots can be collaboratively put into work to accomplish complex real-world tasks. So, this is swarm method.

Scientists in [47] identify three core aspects of “Multi-agent” human-robot interaction systems that are useful for understanding how these systems differ from dyadic systems and from one another. Especially they consider systems containing more than two agents (i.e., having multiple humans and/or multiple robots). They summarize key observations from the current literature, and identify challenges and promising areas for future research in this domain.

The author in [48] notes that Mivar decision-making systems can control groups of small robots and even an unmanned autonomous car in real time.

Enthrakandi Narasimhan, G., & Bettyjane, J. in [49] two co-operating mobile robots with a multilayer control system which utilizes Boolean logic to enable the significance of a relative behaviour. They try to control the robots in uncontrolled environment and also in multitasking environment.

Sathyan, A., & Ma, O. in [50] introduce an approach of collaborative control for individual robots to collaboratively perform a common task, without the need for a centralized controller to coordinate the group. They use multiple robots performing a collaborative task to achieve a common goal.

Researchers in [51] propose a Decentralized Ability-Aware Adaptive Control to implement multi-robot collaboration that is extremely challenging due to the different kinematic and dynamics capabilities of the robots, the limited communication between them, and the uncertainty of the system parameters.

So we see that the issues of robot group control are very diverse. Further in this article we will consider methods, models and algorithms of decentralized robot group control.

Classification of modern methods, models and algorithms for a collaborative robots group decentralized control

A collaborative robots group decentralized control is a hot topic in robotics, especially in the context of Industry 4.0 and Industry 5.0. The main goal of decentralized systems is to ensure the operation of a group of robots without a single control center, using local interaction and data exchange between robots. Let us classify existing methods of a collaborative robots group decentralized control in the context of Industry 5.0, which is presented in Figure 1.

Let us conduct a comparative analysis of methods for a collaborative robots group decentralized control, identify their advantages and disadvantages, and present the results in Table 1.

The presented methods (Fig. 1 and Table 1) of for a collaborative robots group decentralized control have significant potential, but at the same time they face a number of significant limitations that complicate their effective application. Distributed algorithms, although they ensure the stability of the system and its scalability, are often unable to provide a high level of coordination between robots in large groups, which can lead to uncoordinated actions or conflicts in the performance of tasks.

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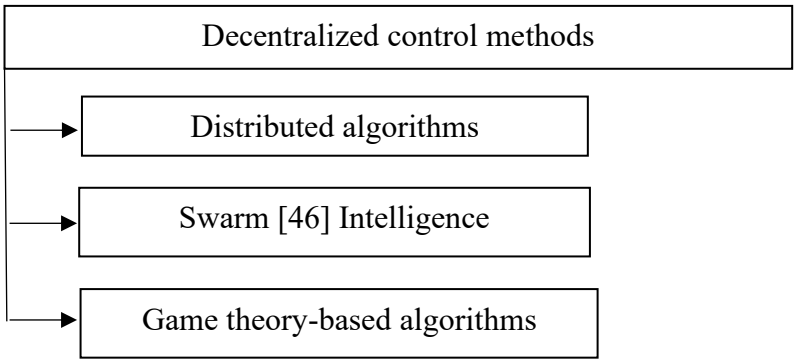

Figure 1: Classification of methods for a collaborative robots group decentralized control

The lack of complete information due to the locality of decision-making also limits the accuracy and efficiency of such systems. Swarm intelligence algorithms demonstrate excellent adaptability to changes in the environment, but their tendency to local extremes and the inability to always guarantee a globally optimal solution create risks for solving complex tasks. In turn, algorithms based on game theory provide high efficiency in resource allocation, but their computational complexity and vulnerability to unfair actions or failures of individual system components can significantly reduce the reliability of operation.

Table 1: Comparative analysis of methods for a collaborative robots group decentralized control

Method	Description	Advantages	Disadvantages
Distributed algorithms	In these algorithms, each robot makes decisions based on local information (obtained from sensors, neighboring robots, or the environment)	Lack of dependence on a central node, which makes the system more resilient to failures. Scalability: adding new robots does not require significant changes to the system.	High complexity of coordinating actions in large groups. Limited accuracy due to insufficient information.

Swarm Intelligence	Based on modeling natural systems (ant colonies, flocks of birds)	High adaptability to changes in the environment. Ability to achieve optimal solutions without centralized management.	A global optimal solution is not always guaranteed. Possibility of local extrema in search problems
Game theory-based algorithms	Robots are considered as players who seek to maximize their benefits. The concept of Nash equilibrium is used.	Efficiency in resource allocation. High formalization of the mathematical model	Requirements for a significant amount of calculations. Vulnerability to malicious actions (in case of partial failure).

All these shortcomings indicate that existing methods often do not take into account the specific needs of group dynamics of collaborative robots in complex and dynamic environments, such as flexibility in decision-making, synchronization of actions and data integration. This emphasizes the need for further research aimed at creating new or improving existing algorithms that can take into account these challenges and ensure high efficiency of decentralized management.

Let us develop a classification of the decentralized management model, which is presented in Figure 2.

Let us conduct a comparative analysis of decentralized control models for a collaborative robots group, identify their advantages and disadvantages, and present the results in Table 2.

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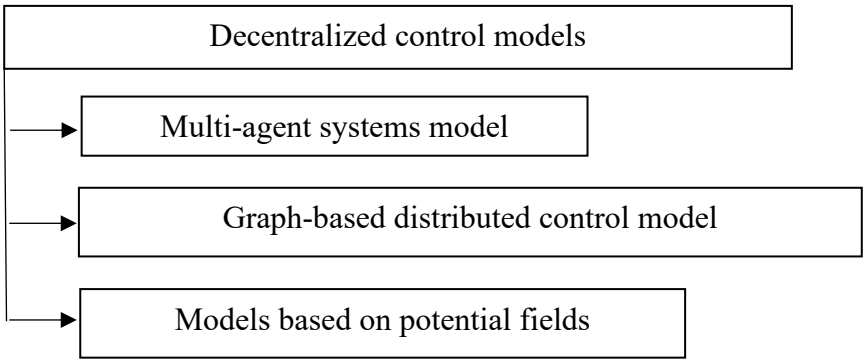

Figure 2: Classification of decentralized control models for a collaborative robots group

Table 2: Comparative analysis of decentralized ccontrol models for a collaborative robots group

Model	Description	Advantages	Disadvantages
Multi-agent systems model	Each robot acts as an agent with its own goals, capable of autonomous decision-making.	Ability to perform complex tasks by distributing tasks between agents. High autonomy and adaptability.	High requirements for creating an agent interaction model. Difficulty in ensuring consistency between agent actions.
Graph-based distributed control model	A group of robots is represented as a graph, where nodes are robots and edges are their connections.	Transparency for modeling relationships and interactions. Using formal mathematical methods.	The difficulty of maintaining graph connectivity in the face of dynamic changes..
Models based on potential fields	Each robot moves in space under the influence of forces created by the	Easy to implement for basic navigation tasks.	The problem of getting stuck in local minima.

	environment, other robots, or target points.	Low computational cost.	The inability to guarantee global optimization.

Existing models of a collaborative robots group decentralized control demonstrate significant advantages, but their shortcomings limit the effectiveness of application in real conditions. The multi-agent system model provides high autonomy and adaptability of each robot, but at the same time complicates the creation of an effective model of interaction between agents. This can lead to problems with the consistency of actions, especially in the context of performing joint tasks in dynamic environments. The graph-based distributed control model allows for the formalization of robot interaction, but its application is complicated by the need to maintain the connectivity of the graph in conditions of constant changes, such as the failure of individual robots or a change in the environment. Models based on potential fields are characterized by simplicity of implementation and low computational costs, but they have significant limitations, in particular, the tendency to get stuck in local minima and the inability to achieve global optimization. In general, each of the models has a certain area of effective application, but none of them is universal for solving the problems of decentralized control in large groups of robots with a high degree of autonomy. These limitations indicate the need to improve existing approaches and create new ones that could take into account the complexity of modern robotic systems, in particular their ability to operate in a dynamic environment, interact without conflicts and effectively achieve common goals.

Let us classify a modern decentralized control algorithm, which is presented in Figure 3.

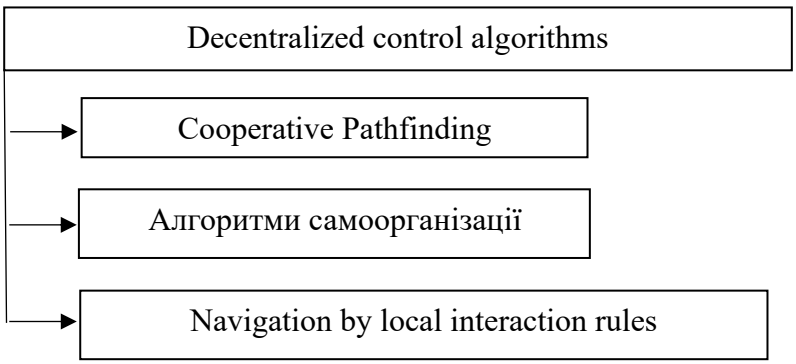

Figure 3: Classification of algorithms for a collaborative robots group decentralized control

Let us conduct a comparative analysis of algorithms for a collaborative robots group decentralized contro, identify their advantages and disadvantages, and present the results in Table 3.

Self-organization algorithms, despite their high adaptability to changing conditions, have significant limitations that affect their effectiveness in the tasks of a collaborative robots group decentralized control.

The use of approaches such as clustering in motion or mutual following provides simplicity in implementing basic tasks of resource allocation or coordination, but does not guarantee the performance of the system at the group level.

The lack of clear mechanisms for controlling the general behavior can lead to inefficient use of resources and loss of time for error correction. Navigation based on local interaction rules, such as Boids algorithms, is convenient for modeling natural behavior, but their accuracy is insufficient for complex tasks that require a high level of coordination between robots.

Table 3: Comparative analysis of algorithms for a collaborative robots group decentralized control

Algorithm	Description	Advantages	Disadvantages
Cooperative Pathfinding	Used to avoid collisions between robots and ensure the performance of collective tasks. (Algorithm A* with task distribution between robots. Algorithms D* and LPA*)	Efficiency for complex navigation tasks. Providing dynamic route replanning.	High computational costs in large groups.

Self-organization algorithms	Used for clustering, sorting or resource allocation tasks. (Clustering in Motion. Follower-Leader.	High adaptability to conditions.	No guarantees regarding the performance of the system as a whole.
Navigation by local interaction rules	Algorithms based on Boids model movement in a flock, with the following rules of behavior: collision avoidance, speed equalization, attraction to neighbors.	Easy to implement. High flexibility.	Insufficient accuracy in tasks with high coordination requirements.

The dependence on local information and simple interaction rules limits the ability to take into account global goals and the context of the entire system.

Such algorithms are flexible in solving problems in unstable conditions, but their effectiveness in complex scenarios, where synchronization of actions and consideration of long-term strategies are required, is significantly reduced. Thus, although self-organization methods are useful for basic tasks of decentralized control, their limitations indicate the need for additional approaches that could provide both adaptability and high accuracy and consistency of the work of a group of robots.

Conclusion

Analysis of existing methods, models and algorithms for a collaborative robots group decentralized control reveals significant limitations that limit their effectiveness in complex and dynamic environments. Distributed algorithms demonstrate scalability and fault tolerance, but their effectiveness is reduced due to limited accuracy and complexity of coordination in large groups. Swarm intelligence algorithms provide adaptability to changes, but are prone to local extrema and do not guarantee the achievement of global optima. Game theory-based methods provide formalization and efficient resource allocation, but require significant computational resources and may be vulnerable to partial failures.

Multi-agent system models allow tasks to be distributed among autonomous agents, but the complexity of coordinating the actions of agents and high requirements for their interaction limit their practicality. Graph models are effective for modeling connections, but require constant maintenance of connectivity in dynamic conditions. Potential field-based methods are simple to implement, but prone to getting stuck in local minima, which limits their applicability to complex problems.

Cooperative routing algorithms allow for dynamic replanning of routes, but require significant computational resources in large systems. Self-organization algorithms, although they demonstrate adaptability, do not guarantee system performance at the group level, while methods based on local interaction (e.g. Boids) have insufficient accuracy for problems with high coordination requirements.

These shortcomings indicate the need to develop new methodologies that can combine adaptability, efficiency, and consistency of system operation. Modern approaches should take into account the increasing complexity of tasks in robotics, integrate elements of artificial intelligence, deep learning, and cyber-physical systems, while ensuring scalability, energy efficiency, and stability in dynamic conditions.

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TRAUMATIC BRAIN INJURY: VIRTUAL REALITY AS A TOOL FOR COGNITIVE REHABILITATION IN CHILDREN

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ABSTRACT: Traumatic brain injury and regaining the cognitive function caused by the injury is a significant concern in this era. Understanding and management needs to be precise and friendly in case of childrens. The treatment modilities vary extensively with more integrated methods such as Virtual Reality therapy could make more advancement in treating of problems such as cognition impairment caused by traumatic brain injury and their faster recovery. Childrens at an age gap of 1-4 is more succeptable for traumatic brain injury, and proper therapy leads to better recovery and higher cognitive and behavioral changes.

KEYWORDS: Traumatic brain injury,Virtual reality, Children

INTRODUCTION: Traumatic brain injury happening to children losses their cognitive function and lead to longer behavioral and memory impairment. The frontal lobe which is solely responsible for cognitive function such as problem solving, memory, motor function , so treating with more accurate way would help in regaining focus , memory etc. For this VR therapy plays a great role in treating them

MATERIALS & METHODS: A deep learning and data analysis and review of currently published studies were carried out of articles in which VR was used as a tool for TBI patients and conducted a deep literature search via (pubmed,Cochrane,wiley library) by following keywords (cognitive rehabilitation, virtual reality, traumatic brain injury ,children).

30 individual with TBI and reported cognitive loss are participated in the assessment in which 15 with VR therapy other 15 with normal treatment and therapy for 4 weeks conducted. Introducing vr tasks and games could help children to visualize and do effectively, since they are more obedient to visual effect and themes than force full therapy VR should be in child friendly animation tasks which allow them to think and visualize and complete within the time. At first with minor task and gradually increasing difficulty level by the end of 4th week. In the end we take an assessment of

both groups and obtain the result from them. By tasks such as problem solving, color puzzle, ring arrangement by size.

RESULT: from the above methods and analysis the result from both groups were obtained and compared to each other and we found that TBI patients responded very positively to VR treatment that children children gained their cognitive function more faster than that of other groups and they started responding to the simulations and doing their task much faster and with better organizing capabilities

CONCLUSION: There fore this review has shown that VR is an intervention therapy technique that is much helpful in clinical rehabilitation practice for TBI and they use advanced technologies that can cause general changes in cognitive and psychological aspects with lesser cyber sickness and create a simuated environment for better restore of these function

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CURRENT PROBLEMS IN MEDICAL SOCIOLOGY

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Abstract:

The authors of this article attempt to analyze the existing models of medical ethics and some of the issues associated with them today. The article presents the authors' views on various aspects of medical ethics in society, emphasizing its significance, and analyzes the unique features of the models within the field of medical ethics.

Keywords: aspiration to perfection, moral views, ethical virtues, deontological views, ethical principles, continuity of universal human values, professional ethics, "professional secret," medical ethics models, medical culture.

INTRODUCTION

The term "ethics" originates from the Greek word ethos, meaning morality, custom, or character. It represents the philosophical study of morality. The concept of ethics was first introduced into discourse by the ancient philosopher Aristotle, who systematized moral inquiry and studied it as a discipline. According to Aristotle, "ethics is the moral conduct, customs, and traditions that regulate social life and human interactions" [1].

The cultivation of high moral virtues is one of the essential factors in societal progress. Individuals striving for perfection and living by elevated moral ideals often encounter numerous challenges, facing the trials of life. These difficulties arise from opposing perspectives on existence, where notions of good and evil, justice and injustice coexist. Historically, two distinct approaches to life have emerged: one followed by individuals dedicated to altruism and social benefit, and another embraced by those prioritizing personal comfort and self-interest. Philosophers and scholars from various cultural and religious backgrounds have long sought answers to these existential dilemmas, producing extensive works on the subject. These ethical questions remain highly relevant today. Aristotle, in particular, dedicated three of his major works to the exploration of ethics [2].

LITERATURE REVIEW

According to Aristotle, when discussing moral virtues, it is essential to recognize that "every science and craft has a specific purpose, and that purpose is the attainment of some good. The highest good serves as the ultimate goal common to all virtues and

benefits" [3]. Aristotle categorizes human virtues into two groups: ethical and dianoetic virtues. For instance, generosity and temperance are ethical virtues, while wisdom, intelligence, and prudence emerge from habitual practice. Dianoetic virtues, on the other hand, are primarily shaped through education and experience, requiring time to develop.

Aristotle's reflections illustrate that his approach to studying morality was influenced by the socio-cultural environment of his time. Some of his views may not be entirely acceptable from a modern standpoint. However, certain moral virtues have remained relevant throughout history, preserving their essence despite societal transformations. These virtues, which define human moral character, represent universal ethical values that transcend temporal boundaries. Their intellectual and practical significance remains intact, serving as a vital ethical foundation for future generations. Aristotle's ethical teachings are esteemed precisely because they address these fundamental moral principles in a systematic and philosophical manner.

RESEARCH METHODOLOGY

Ethics is prominently manifested in both culture and professional conduct. As individuals mature and engage in a specific profession, they inevitably interact with others within their occupational sphere. These interactions occur in two primary contexts: within professional circles among colleagues and in encounters with diverse individuals dictated by the nature of their profession. Professional ethics, therefore, represents one of the highest forms of moral culture and plays a significant role in the ethical life of society.

Given its importance, professional ethics warrants a more detailed examination. In every society, certain professional groups hold privileged positions due to their occupational roles. The well-being, health, legal protection, intellectual advancement, and overall safety of the broader population often depend on how these professionals fulfill their duties, demonstrating honesty and moral integrity. Consider medical practitioners, particularly surgeons: each day, they save lives, and countless individuals rely on their expertise, placing immense trust and hope in their hands. However, if a surgeon were to betray this trust for personal gain—deliberately harming a patient—who could prevent such an occurrence?

To mitigate the risks of misconduct, self-interest, and ethical violations in professions requiring a high degree of responsibility, societies have historically established sets of ethical guidelines and standards. These codes of conduct serve to uphold the moral integrity of professionals and ensure that their actions align with ethical principles. Violating these standards is considered not only a breach of decorum

but also an act of moral transgression, even a betrayal of societal trust. Such ethical commitments have deep historical roots. One notable example is the Hippocratic Oath, formulated by the ancient Greek physician Hippocrates in the 5th–4th centuries BCE. This concise yet profound ethical code has endured for centuries and remains relevant in contemporary medical practice.

FINDINGS AND DISCUSSION

The Hippocratic Oath, a succinct yet comprehensive ethical code for medical professionals, remains a cornerstone in shaping the professional ethics of physicians. Historical records indicate that many doctors, adhering to their ethical responsibilities, have treated even their adversaries. For these individuals, professional duty and ethical commitment took precedence over all else.

An illustrative example can be found in the ancient Indian epic Ramayana (dating back to the second millennium BCE). In this narrative, a royal physician of the demon king faces a moral dilemma: whether to provide medical assistance to the wounded and unconscious Lakshmana, an enemy of the kingdom, or to withhold treatment, effectively condemning him to death. After careful deliberation, the physician adheres to the principles of medical ethics, recognizing that, in the presence of a suffering patient, distinctions between friend and foe become irrelevant. The only imperative is to provide care. As a result, Lakshmana recovers and later defeats the kingdom's most formidable warrior, Indrajit, leading to the eventual downfall of Lanka. However, rather than perceiving the physician as a traitor, readers admire his moral courage and unwavering commitment to professional ethics.

A more recent example is that of the renowned Russian scientist and academician Andrei Sakharov. As a distinguished theoretical physicist and a pioneer in thermonuclear research, Sakharov played a crucial role in the development of the hydrogen bomb. He was a highly decorated figure, twice awarded the title of Hero of Socialist Labor. However, despite his privileged status, he made the extraordinary decision to renounce his work on weapons of mass destruction and publicly oppose nuclear testing. This stance led to severe repercussions under the Soviet regime: he was ostracized from the scientific community, exiled to a remote city, and his writings were banned. Despite these hardships, Sakharov remained steadfast in his ethical convictions, refusing to allow his scientific talents to serve as an instrument of state oppression. Ultimately, his unwavering advocacy for human rights earned him international recognition and acclaim.

Numerous other examples across various professions—such as teaching, law enforcement, and judicial practice—underscore the significance of professional ethics in maintaining moral integrity within society. However, the scope and impact of ethical

violations vary. In certain fields, ethical breaches may be considered mere improprieties, while in others, they amount to serious moral transgressions. This distinction perhaps explains why professional ethics is sometimes referred to as "professional morality."

The discussion above highlights that the issue of professional ethics is not a minor aspect of moral philosophy, as some might assume. Rather, it is a subject of profound importance in contemporary ethical discourse, necessitating thorough examination of the relationship between professional freedom and duty. In the 21st century, professional ethics continues to play a vital role in shaping ethical conduct within society.

Medical ethics, as a key subdivision of ethical studies, encompasses norms of professional conduct and obligations. Beyond merely instructing physicians in ethical principles, it contributes to their ideological and moral formation. Modern perspectives on medical ethics encompass three primary dimensions: scientific foundations rooted in medical disciplines, moral philosophy, and ethical application—specifically, the development of healthcare professionals' ability to implement ethical principles and standards in medical practice.

The contribution of medical ethics to society.

A great contribution to the development of medical ethics was made by our compatriot, the renowned physician and scholar Ibn Sina. His work The Canon of Medicine elucidates the uniqueness of medical practice, emphasizing the individual characteristics, unparalleled honor, and immense responsibility associated with this profession.

Medical ethics, by its very essence and purpose, transcends national, racial, or socio-political affiliations. For instance, as early as 1847, the American Medical Association adopted its first Code of Ethics. In the United Kingdom, the legal framework for medical ethics began with the enactment of the Apothecaries Act, which was passed by the British Parliament and led to the regulation of medical practice starting in 1815.

The International Medical Association has also placed significant emphasis on medical ethics in recent years. Recognizing the fundamental role of medical ethics in ensuring quality healthcare, addressing ethical and educational challenges in medicine, and studying human rights issues within the healthcare system, the association established the Ethics Committee in 2003. The primary objectives of this committee include providing support in matters of medical ethics, strengthening international collaboration among related organizations, assisting physicians in practical matters, organizing scientific and practical conferences, implementing educational programs,

and developing dedicated online platforms. This international organization plays a crucial role in strengthening global cooperation and addressing urgent ethical issues in medicine.

Medical ethics is particularly important for young physicians, helping them develop professional identity and decision-making skills. It also plays a key role in the legal framework of society. However, medical professionals sometimes face ethical dilemmas where legal considerations must be weighed against moral responsibilities.

Medicine is both a science and an art. As a scientific discipline, it involves the study of complex medical problems, with its empirical aspect focusing on observable and measurable phenomena. A skilled physician can diagnose a disease based on its symptoms and formulate a treatment plan accordingly. However, the practice of medicine also has clear ethical boundaries, as it directly relates to an individual's culture, religion, rights, freedoms, and responsibilities.

As an art, medicine applies scientific advancements and technological innovations to individual patients, families, and communities in a unique and personalized manner. Many differences among patients and communities are not merely physiological but also cultural and social. This is why the humanities and social sciences, including ethics, play a significant role in medicine. Ethics, in turn, draws upon various disciplines, as dramatizing roles and presenting real-life scenarios often prove more effective than merely describing abstract problems.

An example from Ibn Sina's teachings illustrates this concept. He emphasized the necessity of a personalized approach to patient care, stating:

"A physician must always remember that each individual has a unique nature. It is rare, if not impossible, for two people to share identical constitutions. Words hold great significance—not only in terms of speech etiquette but also in expressing kindness, understanding emotions, and uplifting a patient's mood. A doctor must never act negligently or carelessly, as such behavior can cause harm."

Modern models of medical ethics.

Currently, there are several established models of medical ethics:

1. The Hippocratic Model – This model, known for the principle of "Do No Harm", is derived from the ethical foundations of ancient medicine established by Hippocrates. His famous Oath defines the fundamental duties of a physician. Despite the passage of time, the Hippocratic Oath remains relevant, serving as a benchmark for the development of numerous ethical guidelines in medicine.

2. The Paracelsus Model – Another widely recognized model, based on the principle of "Do Good". The term Paracelsus originates from the Latin word "parpsels", meaning "near or around", and implies "close to Celsus". The name is associated with

the ancient Roman encyclopedist, physician, and scholar Celsus, who made significant contributions to medical science. The German physician Philippus Aureolus Theophrastus Bombastus von Hohenheim, who lived in Salzburg, was known by the name Paracelsus. He was a renowned alchemist, philosopher, physician, and natural scientist.

Paracelsus was often compared to the religious reformer Martin Luther because he advocated for reforms in medical science and practice. As a key figure in modern science, he re-evaluated ancient medical concepts, contributed to the integration of chemical substances into medicine, and laid the foundation for contemporary medical practices. A distinguished surgeon and therapist, he held a doctorate in pharmacology and authored works such as Philosophy (1534), Secret Philosophy (1533), and Great Astronomy (1530).

His writings and philosophical ideas significantly influenced medical ethics, shaping concepts of professional culture and moral responsibility in the medical field. Paracelsus gained numerous disciples across Europe, including physicians, philosophers, pharmacists, and Protestant theologians. One of his notable students, Gustav, the son of King Eric XIV of Sweden, was so highly regarded that he was called the "Second Paracelsus". In recognition of his contributions, Sweden established the Paracelsus Award in 1941, and in 1970, a lunar crater was named in his honor.

Paracelsus' ethical views align with those of Galen and Ibn Sina, as he sought to advance the medical knowledge of earlier scholars and adapt their ideas to a new era. Unlike the Hippocratic model, the Paracelsus model emphasizes the social relationship between the physician and the patient. According to Paracelsus, a physician must earn the patient’s trust through social engagement. This concept, known as paternalism, stresses the importance of emotional and psychological communication between doctor and patient.

During Paracelsus' time, the doctor-patient relationship was often likened to that of a spiritual mentor and a novice, reflecting the influence of Christian religious principles. Proponents of this model believed that all situations were determined by divine will and that a physician's ethics were paramount in shaping medical practice. However, Paracelsus also challenged some of the prevailing medieval medical traditions, introducing the following principles:

1. A physician must care for the patient until full recovery.
2. A physician must be honest, ethical, and free from deceit or hypocrisy.
3. A physician must understand and sincerely fulfill the ethical obligations of their profession.
4. The greatest and most effective cure is compassion.

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These principles remain relevant today and are widely practiced in European Union countries as part of modern medical ethics.

3. The deontological model. The next model in medical ethics is the deontological model. This model in medical ethics is based on the ethics of professional duty and commitment. The deontological model primarily emphasizes adherence to ethical principles by physicians, compliance with societal norms and regulations, and the importance of professional ethical culture.

Secondly, this model addresses the codes of ethics established for various medical specialties. It also considers the consequences of violating these ethical codes, including potential disciplinary actions against physicians.

4. In modern medical ethics, there is also a bioethical model centered on respect for human rights and dignity. With advancements in medicine, biology, genetics, and biomedical technologies, contemporary medical science has reached a point where it can influence genetic inheritance and even predict life and death at the tissue level. As a result, respect for patient autonomy, the right to make informed choices, and the right to receive information about their illness and treatment methods have become crucial aspects of bioethics as a social institution.

A significant contribution to this field was made by A.F. Koni in the early 20th century. As a jurist, judge, and public figure, he played a key role in shaping medical ethics. Koni's expertise in law, philosophy, medicine, and psychology enabled him to address medical professionalism from a moral and ethical perspective. He developed the principle of "medical confidentiality", which remains a cornerstone of medical ethics today.

In his research, Koni examined various ethical aspects of medicine, including:

The relationship between physicians, patients, and their families.

The physician’s moral obligations within the family setting.

The ethical dilemmas surrounding terminal illness and the impact of hopeless situations on patient survival.

In his fundamental studies, Koni wrote: "A physician constantly lives with a sense of responsibility, sharing the suffering of their patients to some extent. Until their patient recovers, the physician remains at risk of contracting the disease. This requires great courage. Therefore, managing medical ethics is a complex social process."

Ethical challenges in modern medicine

As humanity enters the third millennium, it faces numerous global challenges, including ethical dilemmas in medicine. Some of the most pressing ethical issues in modern medical ethics include:

1. Euthanasia

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2. Abortion
3. Contraception
4. Artificial fertilization
5. Surrogate motherhood
6. Iatrogenesis (harm caused by medical intervention)
7. Organ transplantation
8. Ethical boundaries of medical services

These issues continue to be the subject of ethical debates and policy-making in modern bioethics.

One of the most debated ethical dilemmas in medical ethics is euthanasia. The term originates from the Greek words “evos” (good) and “thanatos” (death), meaning “good death”. In contemporary understanding, euthanasia refers to the conscious decision to end the life of a terminally ill patient with no possibility of recovery. It is often viewed as an attempt to relieve physicians from moral and legal responsibility in such cases.

The 16th-century philosopher Francis Bacon described euthanasia as a “painful death”. Today, euthanasia is legally practiced in many countries. However, in Uzbekistan, it remains strictly prohibited.

Historically, euthanasia was widely practiced in Europe during World War II. In Nazi Germany, a special program known as “T-4” was developed, targeting individuals deemed unfit for life. Even today, some medical systems enforce similar programs, particularly for mentally ill patients. In Uzbekistan, euthanasia is only permitted in cases involving terminally ill animals. Currently, the only country where euthanasia is fully legalized is the Netherlands.

Euthanasia is classified into several types: active, passive, voluntary, involuntary, and direct euthanasia. Since the mid-20th century, advancements in medical science, including artificial respiration, circulatory support, artificial kidneys, and new pharmaceuticals, have intensified ethical debates around euthanasia. Discussions continue regarding its passive, active, voluntary, and involuntary forms. Given its prohibition in Uzbekistan, this issue is strictly monitored.

Abortion as an ethical dilemma. Another widespread ethical issue in modern medical ethics is abortion. Today, abortion is viewed as a medical intervention in human reproductive capabilities. It has become a mass phenomenon, and its ethical and legal assessment continues to evolve.

In Uzbekistan, government regulations strictly define the circumstances under which abortion is permitted. The decision to perform an abortion is primarily based on medical conclusions and indications. According to current policies, a physician has the

right to refuse to perform an abortion. However, certain exceptional cases exist where an abortion may be legally required.

Physicians are also encouraged to conduct individual consultations with women considering abortion, sometimes persuading them to reconsider their decision. There are 86 types of abortion, with specific conditions and regulations governing its application, particularly for adolescents under 14 years of age. To prevent child and human trafficking, as well as illegal documentation related to birth and death registration, private clinics are prohibited from performing nine types of abortion procedures.

Reduction in abortion rates in Uzbekistan. In recent years, the number of abortions in Uzbekistan has been steadily decreasing. Statistical data indicate a significant decline: in 2007, the number of abortions due to unwanted pregnancies was 42,682, while by 2021, this figure had dropped to 35,449. Similarly, if in 2007, the abortion rate was 7.4 cases per 100 births, by 2021, it had decreased to 4.1 cases per 100 births [12]. Analytical studies suggest that this decline is primarily due to improvements in the quality of healthcare services and the overall standard of living in the country.

Genetic engineering and emerging ethical challenges. Medical ethics has historically emphasized respect for human dignity, including considerations related to illness and personal choices. The 20th century marked a turning point with the advent of genetic engineering, introducing both groundbreaking opportunities and significant ethical dilemmas. Today, geneticists, philosophers, policymakers, sociologists, and medical professionals are engaged in debates on several critical issues, such as:

- Should genetic research encompass entire populations?
- Can genetic diagnostics be used as a basis for abortion?
- Is it ethical for a doctor to inform a patient in advance about a disease that will inevitably cause suffering?
- Can genetic engineering be ethically applied to supply human organs for transplantation?
- Should genetic research results be disclosed to all family members?

Ethical concerns in organ transplantation.

Another ethical dilemma in modern medical ethics is organ transplantation. Today, transplantology is a widely practiced medical field, involving the transfer of non-functional organs from one person to another. Transplantation is classified into three main types:

1. Autotransplantation – transplantation within the same individual.

2. Homotransplantation – transplantation between individuals of the same species.

3. Xenotransplantation – transplantation between different species.

A key ethical principle in transplantation is "Do No Harm", ensuring that procedures do not cause unjustifiable suffering to the donor. In some cases, donors are living individuals, making ethical considerations even more complex.

By the 20th century, advances in resuscitation and transplant technology had shifted organ transplantation into the realm of bioethical debates. Modern medicine defines brain death as the primary criterion for determining human death, and the brain remains an irreplaceable organ. The shortage of donor organs has led to ethical challenges, with human organs becoming an extremely valuable commodity. While artificially created organs are emerging as an alternative, medical ethics mandates that such procedures only be performed with the patient's full consent.

CONCLUSION

In conclusion, medical ethics can be regarded as a philosophical discipline that analyzes moral principles in clinical medical practices and corresponding scientific research. The development of medical ethics spans from the Hippocratic Oath to the present day, with notable legal and normative documents like the Nuremberg Code (adopted in 1947) and the Helsinki Declaration (adopted in 1964) playing a pivotal role. In recent years, the use of genetic analysis in treating diseases, preventing illnesses, and the ethical implications of such practices for future generations have raised important moral questions. Moreover, this issue remains highly debated.

Throughout its evolution, medical ethics has continued to change, incorporating insights from philosophy, history, and sociology. It also addresses contentious issues, such as euthanasia, patient confidentiality, informed consent, and the conflict of interests in healthcare. Additionally, medical ethics and culture are closely intertwined because different cultures implement moral values in diverse ways, sometimes emphasizing family values over individual autonomy. This trend leads to a growing demand for sensitive, responsible, and ethically aware physicians in hospitals and healthcare facilities, who are knowledgeable about their professional ethics.

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DIGITAL AUTISM – THE IMPACT OF TECHNOLOGIES ON CHILDREN'S DEVELOPMENT

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Abstract. The widespread use of modern digital technologies has significantly influenced children's development. This article examines the concept of "digital autism" and its impact on children's psychological and cognitive development. Based on a review of scientific literature, the effects of screen time on speech development, attention span, and social interactions are analyzed. Additionally, recommendations for preventing digital autism are provided. The research findings indicate that excessive use of technology may lead to a decline in children's social communication skills, emotional detachment, and disruptions in developmental processes. Therefore, this article offers practical recommendations for parents, educators, and medical professionals.

Keywords: Autism Spectrum Disorder, digital environment, treatment, neurological, diagnosis, communication, WHO.

Аннотация. Широкое использование современных цифровых технологий существенно повлияло на развитие детей. В данной статье рассматривается понятие «цифровой аутизм» и его влияние на психологическое и когнитивное развитие детей. На основе обзора научной литературы анализируется влияние экранного времени на развитие речи, внимания и социальных взаимодействий. Кроме того, приводятся рекомендации по профилактике цифрового аутизма. Результаты исследования показывают, что чрезмерное использование технологий может привести к снижению навыков социального общения у детей, эмоциональной отчужденности и нарушениям процессов развития. Поэтому в данной статье предлагаются практические рекомендации для родителей, педагогов и медицинских работников.

Ключевые слова: расстройство аутистического спектра, цифровая среда, лечение, неврологический, диагностика, коммуникация, ВОЗ.

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Introduction. It is common to hear parents say, "My child knows everything and performs tasks but does not communicate, does not respond when called, does not play with other children, dislikes noise, has become irritable, repeats certain movements, and speaks very little." Such complaints indicate a lack of awareness among parents regarding child development characteristics and how certain conditions manifest. These concerns may suggest autism, particularly the increasingly prevalent form known as digital autism. In recent years, the rapid advancement of digital technologies and their deep integration into daily life have had a significant impact on children's development. From an early age, children are exposed to the digital environment through mobile phones, tablets, computers, and televisions. However, excessive use of these technologies has been linked to various cognitive and social issues. Research shows that increased screen time may hinder speech development, reduce attention span, and negatively affect social interactions. The term “digital autism” has recently gained attention in discussions among psychologists and neurologists. This concept describes autism-like symptoms that appear in children who spend excessive time in front of screens. Although digital autism is not yet an officially recognized clinical diagnosis, scientific communities are actively debating the potential link between technological exposure and developmental changes in children. Some studies suggest that children who become dependent on mobile devices from an early age struggle with real-world communication, display lower emotional engagement with parents and peers, and experience difficulties in language acquisition.

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Establishing communication with children diagnosed with Autism Spectrum Disorder (ASD) is crucial. Axrorova S.A. and Axrorov A.A. (2023) discuss communication strategies for children with autism in their research. They recommend sensory-based approaches that engage vision, hearing, touch, smell, and taste to facilitate interaction.

Autism Spectrum Disorder (ASD) is a neurological condition that affects an individual's social interactions, communication, and behavior. The severity of ASD is typically categorized based on the challenges it presents in daily life. There are three levels of ASD:

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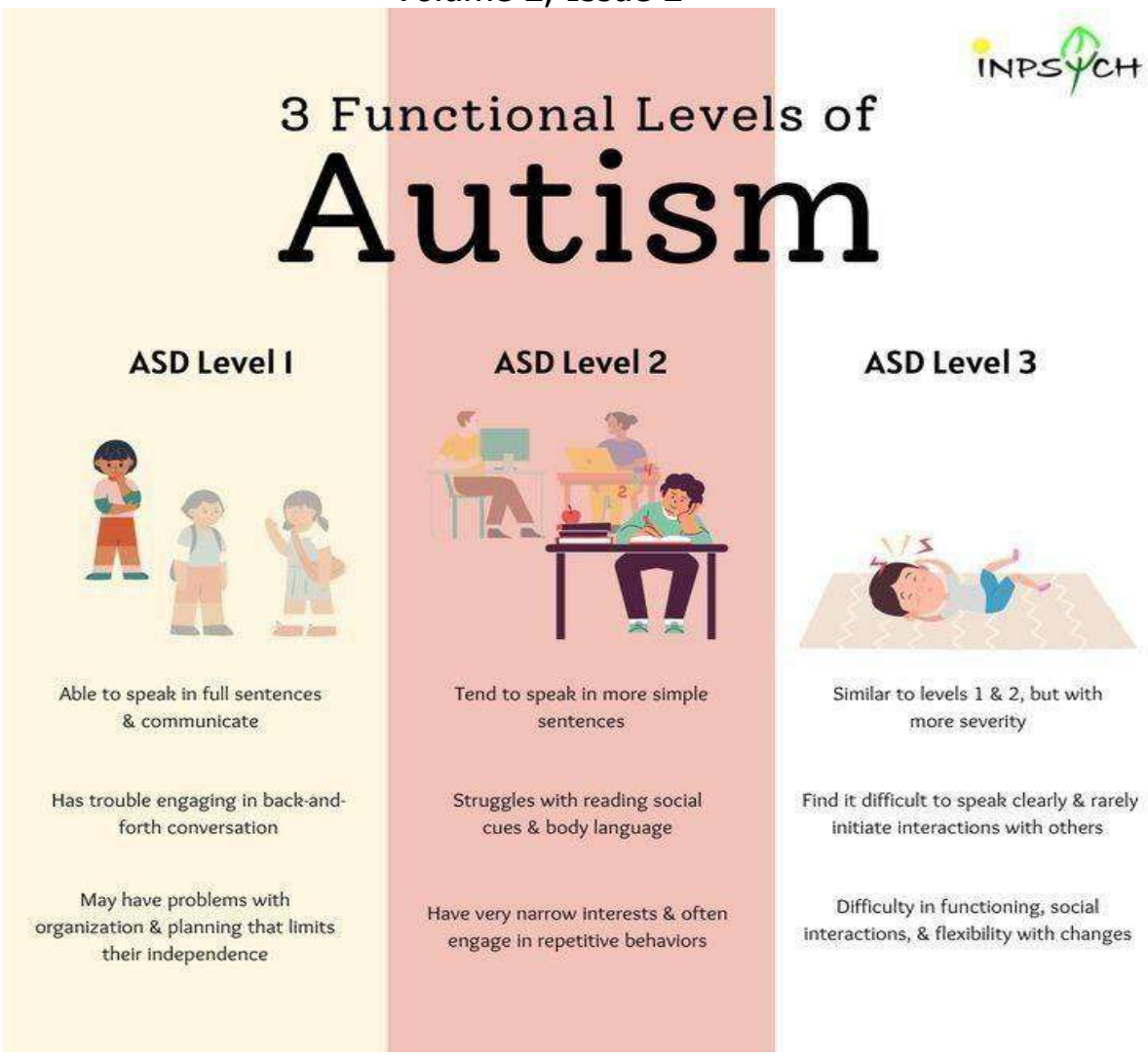

Autism treatment approaches vary widely and are individualized based on the patient's needs. The main treatment directions include:

1. Therapeutic Interventions: Social and Communication Therapy: Helps individuals develop social interaction skills. Behavioral Therapy (ABA – Applied Behavior Analysis): Focuses on reducing problematic behaviors and promoting positive behaviors. Speech and Communication Therapy: Aims to improve speech and language development.

2. Medications: While there is no specific medication for autism, certain drugs can be prescribed to alleviate symptoms such as anxiety or depression.

3. Education and Support: Special education programs and support services help children develop self-management skills. Treatment often requires active participation from parents, teachers, and social support networks. Early diagnosis and intervention play a crucial role in improving a child's development.

According to the World Health Organization (WHO), 3.4 billion people, or 43.1% of the global population, suffer from neurological disorders. Autism is among

these disorders and is one of the most prevalent neurodevelopmental conditions in children. In 2019, data showed that over 10 million children worldwide had been diagnosed with autism, and this number continues to increase by 11% annually. In the 1990s, 1 in 5,000 children was diagnosed with autism, whereas today, this figure has risen to 1 in 50 children. In Uzbekistan, more than 200 children have been diagnosed with autism, but the number of undiagnosed or untreated cases is likely much higher. These statistics highlight the global rise of autism and emphasize the importance of early diagnosis, treatment, and public awareness.

Although "digital autism" is not yet recognized as a formal medical diagnosis, excessive use of digital technology can negatively impact children's development. Therefore, monitoring screen time and encouraging creative and interactive activities involving technology is crucial for parents and educators. Future scientific research is needed to better understand the global effects of digital technologies on child development.

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АНАЛИЗ ЭФФЕКТИВНЫХ МЕТОДОВ ХИРУРГИЧЕСКОЙ И ОРТОПЕДИЧЕСКОЙ РЕАБИЛИТАЦИИ БОЛЬНЫХ С СОЧЕТАННЫМИ ТРАВМАМИ ЧЕЛЮСТНО-ЛИЦЕВОЙ ОБЛАСТИ

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Введение. Проблема лечения и реабилитации таких больных остается актуальной из-за сложности диагностики и необходимости многоуровневого подхода, включающего не только хирургическое вмешательство, но и ортопедическую помощь для восстановления функциональной активности пациента. Основными задачами являются восстановление анатомической целостности и функции челюстно-лицевой области, а также минимизация косметических дефектов. Ортопедическая реабилитация включает использование современных протезных технологий, а также коррекцию нарушений прикуса и функциональности.

Травмы челюстно-лицевой области занимают важное место в общей патологии травматологии и хирургии. Они могут иметь разнообразные формы и степени тяжести, что требует комплексного подхода к лечению, включая хирургическое вмешательство и реабилитацию. Сочетанные травмы челюстно-лицевой области возникают при повреждениях, когда одновременно страдают несколько анатомических структур, таких как челюсти, зубы, мягкие ткани и кости лицевого скелета. Эти травмы могут быть следствием автомобильных аварий, производственных происшествий, бытовых травм и насильственных воздействий.

Таким образом, хирургическая и ортопедическая реабилитация после сочетанных травм челюстно-лицевой области представляет собой многогранный процесс, который требует детального подхода к каждому случаю с учетом индивидуальных особенностей пациента. Важно отметить, что успешный результат лечения сочетанных травм возможен лишь при грамотном сочетании хирургической и ортопедической помощи, а также при тщательном соблюдении всех этапов реабилитационного процесса.

Цель исследования. Исследование направлено на анализ эффективных методов хирургической и ортопедической реабилитации больных с сочетанными травмами челюстно-лицевой области, оценку их результатов и разработку рекомендаций.

Материалы и методы. Для изучения методов хирургической и ортопедической реабилитации больных с сочетанными травмами челюстно-лицевой области был проведен комплексный анализ клинических данных пациентов, поступивших в травматологические и челюстно-лицевые отделения крупных медицинских учреждений в течение последних 3 лет. Пациенты были разделены на несколько групп в зависимости от типа травм: группа с изолированными переломами челюсти, группа с сочетанными переломами челюсти и зубочелюстной системой, а также группа с комбинированными травмами, включая повреждения мягких тканей лица.

Для оценки эффективности методов хирургического лечения использовались следующие диагностические методы: рентгенография, КТ (компьютерная томография), 3D моделирование травмированного участка лица, а также методики визуального осмотра и функциональных тестов. В лечении сочетанных травм использовались различные хирургические техники, включая репозицию и фиксацию костных фрагментов с помощью остеосинтеза, реконструкцию дефектов мягких тканей с использованием местных и свободных лоскутов, а также имплантацию зубных протезов.

Ортопедическая реабилитация включала использование индивидуальных ортодонтических аппаратов, протезирование зубных дефектов, а также восстановление функций жевания и речи с помощью функциональной реставрации зубочелюстной системы.

Этапы реабилитации включали два основных периода: ранний (время после операции) и поздний (долгосрочное восстановление). В раннем периоде фокус был на предотвращении инфекционных осложнений, устранении отеков и боли, а также восстановлении нормальной позиции челюсти. В поздний период проводились более сложные восстановительные мероприятия, включая восстановление зубного ряда, коррекцию прикуса и улучшение функциональности челюстно-лицевой области.

Результаты. Из 85 пациентов, участвующих в исследовании, в результате хирургического вмешательства удалось успешно восстановить анатомическую целостность и функциональность челюстно-лицевой области у 95% больных. Среди осложнений, наблюдавшихся в процессе лечения, были инфекции в области хирургического вмешательства, а также нарушение процессов сращения костей у 5 пациентов, что потребовало дополнительной хирургической коррекции.

Одним из ключевых факторов успешного лечения оказалось раннее восстановление движений челюсти с помощью физиотерапевтических процедур

и ортопедических аппаратов. Пациенты, получившие такую реабилитацию, показали лучшие результаты по восстановлению жевательной функции и нормализации прикуса.

В группе пациентов, нуждающихся в зубных протезах, было проведено успешное имплантирование зубных конструкций, что значительно улучшило эстетические и функциональные результаты лечения. Ортопедическое протезирование дало возможность пациентам вернуться к привычной жизни и обеспечило нормальное питание, что существенно снизило риски недостаточности питания в послеоперационный период.

Реабилитация в поздний период также включала использование аппаратных методов для коррекции прикуса, таких как брекет-системы, что позволило устранить функциональные нарушения, связанные с неправильным прикусом и нарушением расположения челюстей.

Заключение. Кроме того, значимым фактором успешного восстановления является мультидисциплинарный подход, включающий как травматологов и челюстно-лицевых хирургов, так и ортопедов и стоматологов. В дальнейшем требуется проведение дополнительных исследований для оптимизации методов реабилитации и определения наиболее эффективных подходов к лечению сочетанных травм челюстно-лицевой области.

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BOSHLANG'ICH SINFLARDA O'QUVCHILARNI IJOBIY FIKRLASHGA O'RGATISH.

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Annotatsiya: maqolada boshlang'ich sinf o'quvchilarining ijobiy fikrlashga o'rgatish, mashg'ulotlarda shakllantirish pedagogika muammo sifatida takomillashtirish, o'quvchilarning ijodiy fikrlashini rivojlantirish, darsda o'qilgan bilim va ko'nikmalarni o'quvchilarga tushunish, asosiy mazmun va g'oyani anglab yetishi uchun taxhil, taqqoslash, umumlashtirish kabi mantiqiy usullardan foydalanish haqida so`z yuritiladi.

Kalit so'zlar: Ijodiy fikrlash, bilim olish, adabiyot va san'at, mustaqil fikrlash, yangilik yaratish, ochiq savollar, innovatsion, muammolar, tafakkurini rivojlantirish.

Обучение учащихся позитивному мышлению в начальных классах.

Абстрактный: В статье говорится о обучении учащихся младших классов позитивному мышлению, совершенствовании формирования на уроках как педагогической задаче, развитии творческого мышления учащихся, использовании таких логических методов, как анализ, сравнение и обобщение, для того, чтобы учащиеся осмыслили полученные на уроке знания и умения, поняли основное содержание и идею.

Ключевые слова: Развитие творческого мышления, обучение, литература и искусство, самостоятельное мышление, новаторство, открытые вопросы, новаторство, проблемы, мышление.

Teaching students to think positively in primary grades.

Abstract: the article talks about teaching elementary school students to positive thinking, improving formation in classes as a pedagogic problem, developing

students' creative thinking, using logical methods such as analysis, comparison, and generalization in order for students to understand the knowledge and skills learned in the lesson, to understand the main content and idea.

Keywords: Developing creative thinking, learning, literature and art, independent thinking, innovation, open questions, innovative, problems, thinking.

Kirish: O'zbekiston Respublikasida ta'lim tizimini isloh qilish va rivojlantirishga alohida e’tibor qaratilmoqda. Bu masalada boshlang'ich sinf o’quvchilarini mustaqil va ijodiy fikrlashini rivojlantirish masalasi muhim o'rin tutadi. Prezident Shavkat Mirziyoyev ta'kidlaganidek, xalqimizning intellektual va ma'naviy salohiyati mamlakatimizning eng katta boyligi hisoblanadi[1]. Agar jamiyat hayotining tanasi iqtisodiyot bo‘lsa, uning joni va ruhi ma’naviyatdir, - dedi Shavkat Mirziyoyev yig‘ilishda. - Biz yangi O‘zbekistonni barpo etishga qaror qilgan ekanmiz, ikkita mustahkam ustunga tayanamiz. Birinchisi - bozor tamoyillariga asoslangan kuchli iqtisodiyot. Ikkinchisi - ajdodlarimizning boy merosi va milliy qadriyatlarga asoslangan kuchli ma’naviyat.

Yaqinda bo‘lib o‘tgan yirik tadbirlar - davlatimiz rahbarining Oliy Majlisga Murojaatnomasi, O‘zbekiston yoshlarining birinchi forumi hamda Xavfsizlik kengashining kengaytirilgan yig‘ilishida ma’naviyat yo‘nalishidagi dolzarb vazifalar belgilab berildi. Chunki bu borada yechimini kutib turgan, o‘zgarishlar shamoli kirib bormagan masalalar ko‘p. Milliy g‘oyaning mohiyatini to‘liq anglab yetmagan, eski mafkurani tasavvur qilib, bunga yuzaki qaraydiganlar ham yo‘q emas. Shu bois Prezident mamlakatimiz mafkurasining asosiy g‘oyasini ta’kidlab o‘tdi:

- Biz yaratayotgan yangi O‘zbekistonning mafkurasi ezgulik, odamiylik, gumanizm g‘oyasi bo‘ladi. Biz mafkura deganda, avvalo, fikr tarbiyasini, milliy va umuminsoniy qadriyatlar tarbiyasini tushunamiz. Ular xalqimizning necha ming yillik hayotiy tushuncha va qadriyatlariga asoslangan, - dedi davlatimiz rahbari.Shu nuqtai nazardan, boshlang'ich sinf o'quvchilarining ijodiy fikrlashini shakllantirish, aynan boshlang’ich sinfda, sinfdan tashqari mashg'ulotlarda, dolzarb pedagogik muammo sifatida namoyon bo'lmoqda. Mustaqil fikrning mavjudligi va rivojlanishi ko‘p jihatdan o‘quvchilarning erkinlik darajasiga bog‘liq. Mustaqil fikrlashni shakllantirish va rivojlantirish uchun o‘quvchilarning individual va jomoaviy darajada erkinligiga erishish zarur. Chunki mustaqil fikrlash shaxsning hislati sifatida har qanday faoliyat turida individual va jamoaviy yutuqlarga erishishda yuqori kursatkichni ta’minlaydigan muhim omillardan biri bo‘lib qoladi. Shu bilan birga, mustaqil fikrlash jamiyat insonga yaratib bergan imkoniyat va erkinliklarning mahsuli va inikosidir . Fikrlash esa, shaxs bilish faoliyati jarayoni bo‘lib, voqelikni bevosita va

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umumlashgan xolda aks ettirish bilan xarakterlanadi. Fikrlash fanlararo tadqiqotlarni, kompleks fanlarni o‘zida mujassamlashtiradi. Falsafa materiya bilan bog‘liqlikda fikrlash yordamida dunyoni bilishning yo‘llari va imkoniyatlarini o‘rganadi. Formal mantik fikrlashning asosiy shakllari (tushuncha, xukm, xulosa)ga etibor qaratadi. Fikrlashga oid tadqiqotlarning sotsiologik jihati turli jamiyatlarning ijtimony tuzilishi bilan bog‘liqlikda fikrlashning tarixiy rivojlanish jarayonini tahlil qilish bilan tavsiflanadi.

Boshlang’ich sinflarda mustaqil fikrlashga o’rgatuvchi mashqlar bolalarning narsa va atrof-muhit haqidagi bilimlarini tartibga soladi va ularga to’g’ri fikrlash usullarini o’rgatadi. O’quvchi maktabga kelganda,keng lug’at boyligiga ega bo’lsa ham, odatda, tafakkurning taqqoslash, qarshi qo’yish, umumlashtirish, guruhlash usullaridan foydalanishni bilmaydi (ayniqsa, bilish faoliyatining ob‟ekti aniq predmet emas, uni ifodalovchi so’zlar bo’lsa).Mustaqil fikrlashga o’rgatuvchi mashqlar bolalarning so’z boyligi va tilining umumiy o’sishida katta ahamiyatga ega bo’lib, lug’at ishi va tilga oid boshqa ishlar bilan bog’lab olib boriladi.

Boshlang’ich ta’lim insonning kelajakdagi bilim olish jarayonining poydevorini yaratadi. Bu bosqichda bolalarning nafaqat bilim olishi, balki mustaqil va ijodiy fikrlash qobiliyatlarini rivojlantirilishi muhim ahamiyat kasb etadi. Ijodiy fikrlash nafaqat adabiyot va san’at kabi sohalarda, balki matematika, fan va hayotiy muammolarni hal qilishda ham muhim rol o’ynaydi. Shu sababli, boshlang’ich sinf o’qituvchilari o’quvchilarning ijodiy fikrlashini rivojlantirish uchun turli usullar va materiallardan foydalanishlari kerak.Ijodiy fikrlash bu-odatiy yondoshuvlardan chiqib, yangi va noodatiy yechimlarni topaolish qobiliyatidir. U bolalarda quyidagi jihatlarni rivojlantiradi:

-mustaqil fikrlash-muammolarga mustaqil ravishda javob topish qobiliyati shakllanadi;

-muammolarni hal qilish har xil vaziyatlarga yangicha yondoshuvlar bilan yechim topaolish qobiliyati rivojlanadi;

-innovatsion yondashuv-turli fanlar bo’yicha yangilik yaratish va qiziqarli g’oyalarni ilgari surish ko’nikmasi xosil bo’ladi;

-o’ziga ishonch-o’z fikrlarini ifoda etish va himoya qilishga ishonchi ortadi;

Boshlang’ich sinflarda ijodiy fikrlashni rivojlantirish usullari:

1.Savol-javob va ochiq savollar berish;

O’quvchilarga faqat aniq javob talab qiladigan savollar emas, balki ochiq savollar berish muhimdir.

Masalan: “Agar yerda tortishish kuchi bo’lmasa nima bo’ladi?”

-“Quyosh ertalab emas, kechasi chiqsa dunyo qanday bo’lardi? ”

Bu kabi savollar o'quvchilarning tasavvurini kengaytirib, mustaqil fikrlashga undaydi.

2.Rolli va ijodiy o'yinlardan foydalanish:

Bolalar o'yin orqali yangi bilimlarni tez o'zlashtiradilar.

Masalan:-hikoyani davom ettirish o'yini-o'qituvchi bir hikoyani boshlab beradi, bolalar esa o'z versiyalarini aytadilar.

-"Narsalar qanday gapiradi?"-bolalar atrofdagi buyumlarni tasavvur qilib, ular qanday gapirishlarini tasvirlaydi.

3.Rasm chizish va vezual tasvirlash.

Bolalar ijodiy tafakkurini rivojlantirish uchun rasm chizish samarali usuldir. Masalan - "Ertangi kunni qanday tasavvur qilasan?" mavzusida rasm chizish.

-Oddiy shakllardan foydalanib, yangi obrazlar yaratish. Bu usul tasavvur qilish qobiliyatini oshiradi va ijodkorlikni rivojlantiradi.

4.Muammolarni turlicha hal qilishga o'rgatish.Bolalarga bitta mammoni turli xil usullar bilan hal qilish imkoniyatini berish kerak.

Masalan:

-matematik misollarni turli usullar bilan yechish. Biror muammoga turli vaziyatlarda yechim toppish. Bu o'quvchilarda muammolarni har tomonlama ko'rib chiqish va noodatiy fikrlash ko'nikmasini shakllantiradi.

5.Guruhda ishlash va munozaralar tashkil qilish. Bolalar guruh bo'lib ishlash orqali o'z fikrlarini ifoda etish va boshqalar bilan baxslashishni o'rganadilar.

Masalan:

-"Eng yaxshi ixtiro nima?" mavzusida munozara uyushtirish.

-"kelajakdagi maktab qanday bo'lishi kerak?"degan mavzuda guruh bilan loyiha yaratish. Bu usul o'quvchilarning fikr almashish, muhokama qilish va tanqidiy fikrlash ko'nikmalarini rivojlantiradi.

Xulosa shuki, ijodiy fikrlashni rivojlantirish-zamonaviy ta'limning eng muhim yo'nalishlaridan biridir. Boshlang'ich sinflarda ijodiy fikrlashga e'tibor qaratish kelajakda bolalarning intellektual salohiyatini oshiradi. Ularni hayotdagi muammolarga noodatiy yechim topaoladigan shaxsga aylantiradi. O'qituvchilar ochiq savollar berish, ijodiy o'yinlar tashkil qilish, muammolarni turlicha hal qilish va guruh ishlariga jalb etish orqali o'quvchilarning fikrlash doirasini kengaytirishlari lozim. Shu tarzda ijobiy fikrlovchi, mustaqil va innovatsion fikrlaydigan avlod tarbiyalanadi.

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BOSH MIYA O‘SMALARI: SABABLARI, BELGILARI VA DAVOLASH USULLARI

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Annotatsiya: Ushbu maqolada bosh miya o‘smalarining xavfli va xavfsiz turlari, ularning rivojlanish sabablari, klinik belgilari va zamonaviy davolash usullari haqida ilmiy yondashuv asosida so‘z yuritiladi. Tadqiqotlar va amaliy klinik kuzatuvlar natijalariga tayangan holda, diagnostika usullari va davolash samaradorligi tahlil qilinadi.

Kalit so‘zlar: bosh miya saratoni, diagnostika, terapiya, operatsiya, nevrologiya, nur terapiyasi, kimyoterapiya, metastazlar.

ОПУХОЛИ ГОЛОВНОГО МОЗГА: ПРИЧИНЫ, СИМПТОМЫ И МЕТОДЫ ЛЕЧЕНИЯ

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Аннотация: В данной статье рассматриваются злокачественные и доброкачественные виды опухолей головного мозга, причины их развития, клинические симптомы и современные методы лечения на основе научного подхода. Анализируются методы диагностики и эффективность лечения на основе исследований и клинических наблюдений.

Ключевые слова: рак головного мозга, диагностика, терапия, операция, неврология, лучевая терапия, химиотерапия, метастазы.

BRAIN TUMORS: CAUSES, SYMPTOMS, AND TREATMENT METHODS

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Abstract: This article discusses malignant and benign types of brain tumors, their causes, clinical symptoms, and modern treatment methods based on a scientific approach. Diagnostic methods and treatment effectiveness are analyzed based on research and clinical observations.

Keywords: brain cancer, diagnosis, therapy, surgery, neurology, radiation therapy, chemotherapy, metastases.

Kirish: Bosh miya o‘smalari organizmning muhim funksiyalarini boshqaruvchi markaziy a’zoda rivojlanadigan patologik jarayondir. Ushbu o‘smalar xavfli (malign) va xavfsiz (benign) shakllarga bo‘linib, ularning rivojlanish mexanizmlari va klinik kechishi turlicha bo‘ladi.

Jahon sog‘liqni saqlash tashkiloti (WHO) ma’lumotlariga ko‘ra, dunyoda har yili 250 mingdan ortiq odamda bosh miya o‘smalari aniqlanadi. Glioma, meningioma, nevrinoma va adenomalar ushbu patologiyaning eng keng tarqalgan turlaridandir. So‘nggi yillarda bosh miya o‘smalarining etiologiyasi va davolash usullari bo‘yicha ko‘plab ilmiy tadqiqotlar olib borilmoqda.

McLendon va Braun ("Neuro-Oncology") o‘z tadqiqotlarida neyro-onkologiyaning dolzarb masalalarini ko‘rib chiqib, bosh miya o‘smalarining zamonaviy tasnifini taklif etganlar. Trapeznikov ("Онкология") esa onkologik kasalliklarning molekulyar mexanizmlarini o‘rganib, genetik mutatsiyalar va o‘smalar rivojlanishi o‘rtasidagi bog‘liqlikni tahlil qilgan. Ushbu ilmiy manbalar miya o‘smalarining tashxis va davolash usullari bo‘yicha yangi yondashuvlarni ilgari surishga xizmat qiladi.

Etiologiya va Patogenez: Bosh miya o‘smalarining paydo bo‘lishi turli omillarga bog‘liq bo‘lib, quyidagi asosiy sabablar ajratib ko‘rsatiladi:

1. **Genetik omillar:**
   - TP53, EGFR, IDH1/IDH2 kabi genlarning mutatsiyaga uchrashi neyro-onkologik kasalliklarning rivojlanishiga olib kelishi mumkin.
   - Oilaviy moyillik ba’zi xavfli o‘smalar bilan bog‘liq bo‘lishi kuzatilgan.
2. **Radiatsiya va ekologik ta’sirlar:**
   - Ionizatsiyalovchi nurlanish (rentgen va gamma nurlari) o‘smalarning rivojlanish ehtimolini oshiradi.
   - Kimyoviy moddalarning (formaldehid, pestitsidlar, og‘ir metallar) uzoq muddatli ta’siri xavfli omillardan biridir.
3. **Viruslar va infeksiyalar:**
   - **Epstein-Barr virusi (EBV)** va **inson papilloma virusi (HPV)** ba’zi markaziy asab tizimi saratonlari bilan bog‘liq ekani aniqlangan.

- Sitomegalovirus (CMV) ba’zi o‘smalar rivojlanishida rol o‘ynashi mumkin.

4. **Gormonal o‘zgarishlar:**
   - Endokrin tizimdagi buzilishlar, jumladan, estrogen va progesteron gormonlarining oshishi yoki kamayishi miya o‘smalarining rivojlanishiga ta’sir qilishi mumkin.

Klinik belgilar: Bosh miya o‘smalarining simptomlari ularning joylashuviga bog‘liq holda turlicha namoyon bo‘ladi. Eng ko‘p uchraydigan simptomlar quyidagilar:

- **Bosh og‘rig‘i:** Ertalab kuchayishi, intrakranial bosim ortishi bilan bog‘liq.
- **Qusish:** Ko‘pincha ovqat qabul qilish bilan bog‘liq bo‘lmaydi.
- **Ko‘rish buzilishi:** Ko‘ruv nervi diskining shishishi yoki atrofiya natijasida yuzaga kelishi mumkin.
- **Epileptik xurujlar:** O‘smalar miya po‘stlog‘iga bosim o‘tkazganida yuzaga keladi.
- **Ruhiy va nevrologik buzilishlar:** Xotira yo‘qolishi, depressiya, agressivlik yoki motivatsiya pasayishi kabi belgilar kuzatilishi mumkin.

Diagnostika: Bosh miya o‘smalarini aniqlash uchun quyidagi zamonaviy diagnostik usullar qo‘llaniladi:

1. **Magnit-rezonans tomografiya (MRT):** O‘smalarning aniq joylashuvi va kattaligi aniqlanadi.
2. **Kompyuter tomografiya (KT):** Suvli kistalar va metastazlarni aniqlashda qo‘llaniladi.
3. **Biopsiya:** O‘smadan namuna olinib, morfologik tekshiruv o‘tkaziladi.
4. **Nevrologik tekshiruvlar:** Reflekslar va sensor-motor faoliyat baholanadi.

Davolash usullari: Bosh miya o‘smalarini davolash quyidagi usullar orqali amalga oshiriladi:

1. **Xirurgik davolash:**
   - Xavfsiz o‘smalar to‘liq olib tashlanadi.
   - Qisman rezeksiya usullari ham qo‘llaniladi.
2. **Nur terapiyasi:**
   - Proton terapiya va stereotaktik radiojarrohlik (Gamma Knife) qo‘llaniladi.
3. **Kimyoterapiya:**
   - Temozolomid (TMZ) kabi sitotoksik dorilar xavfli o‘smalarni yo‘q qilishda ishlatiladi.
4. **Immunoterapiya:**

- Monoklonal antitanachalar (nivolumab, pembrolizumab) o‘smalarga qarshi ishlatiladi.
- CAR-T terapiya usullari sinov bosqichida.

5. **Simptomatik davolash:**
   - Kortikosteroidlar, antikonvulsantlar va analgetiklar orqali alomatlar yengillashtiriladi.

Xulosa: Bosh miya o‘smalari turli omillar ta’sirida rivojlanib, jiddiy nevrologik muammolarni keltirib chiqarishi mumkin. Kasallikni erta aniqlash va zamonaviy davolash usullarini qo‘llash orqali bemor hayot sifatini yaxshilash mumkin. Profilaktika choralariga sog‘lom turmush tarziga rioya qilish, radiatsiyadan himoyalanish va genetik xavf omillarini inobatga olish kiradi.

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ХИМИЧЕСКИЕ КОМПОНЕНТЫ *Tribulus macropterus* ФЛОРЫ УЗБЕКИСТАНА

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Растения флоры Узбекистана являются богатыми источниками многих биологически активных веществ, в том числе терпеноидов и фенольных соединений. Исследования в области химии терпеноидов и фенольных соединений посвящены изучению новых богатых растительных источников этих классов с целью создания на их основе отечественных высокоэффективных препаратов для медицинского практики.

Богатыми источниками терпеноидов и фенольных соединений являются растения рода *Tribulus* L. семейства *Zygophyllaceae*, в том числе ранее не исследованный вид *Tribulus macropterus.*

Tribulus macropterus Boiss. – якорцы крупнокрылые, многолетнее растение, толстоватой стеблями с высотой 20-40 см. Листья с 5-6 парами листочков, короткие, 3-5 см длиной, черешки их короткие, прилистники ланцетные, листочки продолговатые, островатые, опушение серебристо бело-серые. Цветоножки 5-15 мм длиной, лепестки светло-желтые, 7-10 мм длиной [1].

Ранее, фитохимическими исследованиями было показано, что растения рода *Tribulus* L. продуцирует терпеноиды, фенолкарбоновые кислоты, флавоноиды, алкалоиды и олигосахариды [2-7].

Однако, для этого вида якорца практически не изучены терпеноиды и фенольные соединения. В связи с этим, в данной работе приведены результаты фитохимического исследования на предмет содержания фенольных соединений и терпеноидов в надземной части *T. macropterus,* собранной в период цветения в Сурхандарьинской области Узбекистана.

Для выделения компонентов надземную часть (листья, цветочные корзинки) исследуемого растения в количестве 1000 г. экстрагировали при комнатной температуре водным 70%-ным спиртом, взятым по соотношению к сырью 1:5 (вес-объём), четырехкратно по 8 ч при степени измельченности сырья 3-5 мм. Затем объединённые экстракты упаривали до густой массы (230 г) смешивали с 250 г силикагеля марки КСК и фракционировали на хроматографической колонке

последовательно экстракционным бензином, хлороформом, этилацетатом, *н*-бутанолом.

При разделении этилацетатной фракции (55 г) спиртового экстракта на хроматографической колонке с силикагелем с элюированием системой хлороформ-метанол в различных соотношениях (9:1, 8:2, 7:3) получено три подфракции соответственно. Полученную первую подфракцию, рехроматографировали на сефадексе LH-20 в метаноле. При этом в индивидуальном виде выделили соединения **1-4**.

При разделении *н*-бутанольной фракции (30 г) спиртового экстракта на хроматографической колонке с силикагелем с элюированием системой этилацетат-метанол в различных соотношениях (9:1, 8:2, 7:3) также было получена три подфракции. При рехроматографировании на сефадексе LH-20 подфракцию 1, выделены соединения **5** и **6**.

Разделение остальных подфракций продолжается.

Идентификацию выделенных соединений **1–6** провели изучением их спектральных (УФ, ИК, ЯМР ^{1}H и ^{13}C) данных с последующим сопоставлением с таковыми литературных данных для этих соединений.

Соединение 1. Бесцветные кристаллы с т.пл. 213-214 °C. Спектр ЯМР ^{1}H (400 МГц, DMSO-d_6, δ, м.д., J/Гц): 3.86 (3H, с, OCH_3), 6.36 (1H, д, J = 16.0, H-8), 6.88 (1H, д, J = 8.0, H-5), 7.06 (1H, дд, J = 8.0, 1.6, H-6), 7.15 (1H, д, J = 1.6, H-2), 7.30 (1H, д, J = 16.0, H-7). На основании полученных данных спектрального анализа и их сравнения с описанными в литературе соединение **1** идентифицировано как феруловая кислота [8].

Соединение 2. Порошок белого цвета с т.пл. 164-166 °C, на основании спектральных данных ИК, ЯМР ^{1}H и ^{13}C и непосредственным сравнением с аутентичным образцом соединение **2** идентифицировали как стигмастерол [9].

Соединение 3. Желтоватый порошок т.пл. >300 °C (с разл.). Спектр ЯМР ^{1}H (400 МГц, DMSO-d6, δ, м.д.) 8.06 (1H, д, J=8.9, H-2′, H-6′), 6.94 (1H, дд, J=8.9, 2.2, H-3′, H-5′), 6.45 (1H, д, J=2.0, H-8), 6.20 (1H, д, J=2.0, H-6), 12.49 (1H, OH-5), 10.80 (1H, уш.с, OH), 10.13 (1H, уш.с, OH), 9.43 (1H, уш.с, OH). Спектр ЯМР ^{13}C (100 МГц, DMSO-d6, δ, м.д.) 146.7 (C-2), 135.6 (C-3), 175.8 (C-4), 156.0 (C-5), 98.1 (C-6), 163.8 (C-7), 93.4 (C-8), 160.6 (C-9), 102.9 (C-10), 121.5 (C-1′), 129.4 (C-2′, C-6′), 115.3 (C-3′, C-5′), 159.1 (C-4′). На основании полученных данных спектрального

анализа и их сравнения с описанными в литературе соединение **3** идентифицировано как кемпферол (3,5,7,4′–тетрагидроксифлавон) [10].

Необходимо отметить, что кверцетин может оказывать положительное влияние на метаболизм, препятствуя развитию ожирения [13]. Он может также препятствовать пролиферации клеток опухолей, снижает экспрессию факторов риска сердечно-сосудистых заболеваний и рассматривается как агент, способный подавлять развитие процессов атеросклероза [14]. Многочисленные исследования антиканцерогенной активности кверцетина, проведенные большей частью *in vitro*, свидетельствуют о том, что он не обнаруживает никакого токсического эффекта в отношении здоровых клеток [15]. Так, на клетках опухоли груди показано, что кверцетин усиливает действие лекарственного препарата доксорубицина, тогда как токсическое действие доксорубицина на здоровые клетки, наоборот, ослабляется в присутствии кверцетина [16]. А, флавоноид рутин - сильный антиоксидант, препятствует образованию канцерогенных веществ, укрепляет стенки кровеносных сосудов, улучшает кровообращение, включая кровообращение в капиллярах суставов и позвоночника, обеспечивает приток необходимых питательных веществ к суставам, улучшая их функцию [17], в связи с этим, он находит широкое применение в медицине.

Таким образом показано, что собранная в период цветения надземная часть *T. macropterus* является источником биологически активных терпеноидов и фенольных соединений (**1-6**), а также отметить, что эти соединения впервые выделены из надземной части этого объекта.

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YURAK GLIKOZIDLARINI O'ZIDA SAQLOVCHI O'SIMLIKLARNI BIOLOGIK FAOL MODDALARINI O'RGANISH

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Annotatsiya: Ayrim o'zida yurak glikozidlarini saqlovchi o'simliklardagi biologic faol birikmalarni o'rganish va ularni tibbiyotdagi qo'llanilishi va boshqa hususiyatlari bilan tanishish.

Kalit so'zlar: Folia digitalis, Digitalis purpurae, yirik gulli angishvonagul, digitalis grandiflora; sigirquyruqdoshlar, *Scrophulariaceae,* Digitalis purpurae

Аннотация: Изучение биологически активных соединений некоторых растений, содержащих сердечные гликозиды, и ознакомление с их применением в медицине и другими особенностями.

Ключевые слова: Folia digitalis, Digitalis purpurae, наперстянка крупноцветковая; коровьи хвосты, Scrophulariaceae, Digitalis purpurae

Abstract: Study of biologically active compounds in some plants containing cardiac glycosides and get acquainted with their use in medicine and other features.

Key words: Folia digitalis, Digitalis purpurae, digitalis grandiflora; cowtails, Scrophulariaceae, Digitalis purpurae

Kirish: Angishvonagul bargi – *Folia digitalis* ikki yillik va ko'p yillik o'tlar turkumi. Yevropa va Osiyoda 25 ga yaqin turi bor barchasi zaharli o'simliklardir. Angishvonaning poyasi tikka uzunligi 40– 150 sm. Qizil angishvona va sariq angishvonaning bargidan purpurea A, purpurea B, digitoksin, gitoksin va yurak kasalliklariga qarshi ishlatiladigan boshqa glyukozidlar olinadi.

O'simlikning nomi. Angishvonagul o'simligining quyidagi ikki turidan foydalanilanadi: qizil angishvonagul – Digitalis purpurae va yirik gulli angishvonagul – digitalis grandiflora; sigirquyruqdoshlar - *Scrophulariaceae* oilasiga mansub o'simlik.

Qizil angishvonagul ko'p yillik o't o'simlik bo'lib, bo'yi 30-120 sm ga yetadi. Ildizidan birinchi yili faqat ildizoldi to'pbarglar, ikkinchi yili esa poya o'sib chiqadi. Poyasi bitta yoki bir nechta tik o'suvchi bo'lib, tuklar bilan qoplangan. Ildizoldi barglari cho'ziq tuxumsimon, o'tkir uchli, to'mtoq tishsimon qirrali, uzun bandli

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bo'lib, uzunligi 12 -25 sm. Poyaning pastki qismidagi barglari uzun bandli, uzunligi 12-20 sm. Barg poyasining yuqori qismiga chiqqan sari kichiklashadi, bandi esa qisqara boradi. Poyaning hamma qismidagi barglari to'mtoq tishsimon qirrali, barg bandi esa qanotli bo'ladi. Barg plastinkasining yuqori tomoni burishgan, to'q yashil, pastki tomoni esa kulrang, sertuk, to'rsimon tomirlangan. Barg plastinkasining pastki tomonidagi tomirlari juda yaxshi taraqqiy etgan, ular aniq bilinib turadigan mayda to'r hosil qiladi. Barg plastinkasi pastki tomoning sertuk bo'lishi va tomirlarining o'ziga hos to'r hosil qilishi bu o'simlikning asosiy xarakterli belgilaridan biridir. Gullari egilgan bo'lib, bir tomonli shingilga to'plangan. Gulkosachasi qo'ng'iroqsimon, asos qismiga qadar 5 bo'lakka qirqilgan. Tojbargi 5 ta, angishvonasimon yoki naychasimon – qo'ng'iroqsimon birlashgan, pastki qismi ingichkaroq, usti qizil, ichi oq, ikki labli, yuqori labi sal qirqilgan 2 bo'lakli, pastki labi 3 bo'lakli bo'lib, to'toq uchburchak shakliga ega. Otaligi 4 ta, onalik tuguni 2 xonali, yuqoriga joylashgan. Mevasi – ikki xonali, ko'p urug'li ko'sakcha. Iyun – iyul oylarida gullaydi, urug'i iyul – avgust oylarida yetiladi. **O'simlikning hamma qismi zaxarli!**

Yirik gulli angishvonagul ko'p yillik, bo'yi 40-100 sm ga yetadigan o't o'simlik. O'simlikda birinchi yili faqat ildizoldi to'pbarglar, ikkinchi yili esa poya hosil bo'ladi. Poyasi tik o'suvchi, shoxlanmagan. Bargi lansetsimon yoki cho'ziq lansetsimon, o'tkir uchli , bir oz o'tkir arrasimon qirrali. Poyaning pastki qismidagi barglari keng qanotsimon bandli, yuqori qismidagilari esa bandsiz. Barg plastinkasining har ikkala tomoni yashil rangga bo'yalgan. Tuklar bargning pastki tomonidagi tomirlar bo'ylab joylashgan. Barg uzunligi 7-25 sm, eni 2-6,5 sm, tomirlari kam shoxlangan. Gullari egilgan bo'lib, bir tomonli shingilga to'plangan. Gullari sariq, gulkosachasi 5 bo'lakli, tojbargi 5 ta, birlashgan – angishvonasimon. Mevasi – ko'p urug'li, ikki xonali ko'sakcha. Iyun – iyul oylarida gullaydi.

Kimyoviy tarkibi. Angishvonagul o'simligining hamma qismi tarkibida yurak glikozidlari bo'ladi. Qizil angishvonagul o'simligining bargida purpureaglikozid A, prupuraglikozid B, 0,25-0,3% digtoksin, gitoksin, 0,11% gitaloksin va boshqa yurak glikozidlari bor. Purpureaglikozid A ferment ta'sirida glyukozaga va digitoksin glikozidiga, digitokzin glikozidi esa kislota ta'sirida 3 molekula digitoksozaga va digitoksigenin aglyukoniga parchalanadi. Shuningdek, purpureaglikozid B glyukozaga va gitoksin glikozidiga, so'ngra 3 molekula digitoksozaga hamda gitoksigenin aglikoniga parchalanadi.

O'simlik urug'i tarkibida digitalinum verum, gitoksin va boshqa yurak glikozidlari bo'ladi.

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Barg va urug' tarkibida yurak glikozidlaridan tashqari, steroid saponinlar, flavonoidlar hamda organik kislotalar bor.

Qo'llanilishi. Angishvonagul o'simliklarining preparatlari yurak porogi hamda yurak kompensatsiyasi buzilishi natijasida qon aylanishining II va III darajali buzilishini, gipertoniya va yurakning tebranuvchi aritmiyasini davolashda ishlatiladi. Ular strixnin, kofein va kamfora bilan birlikda og'ir yuqumli kaslliklardan keyingi yurak va qon tomirlarining zaralanishidan kelib chiqqan yurak faoliyati susayishini davolashda ishlatiladi.

Angishvonagul o'simligining bargi, glikozidlari, shuningdek bargdan tayyorlangan preparatlar kumulyatsiya ta'siriga, ya'ni organizmda to'planib qolib, so'ngra ta'sir qilish hususiyatiga ega. Ular ko'p iste'mol qilinsa, kishi zaxarlanishi mumkin. Shuning uchun angishvonagul o'simligi preparatlari yurakka ta'sir etuvchi boshqa preparatlar bilan birga navbatma-navbat ishlatilishi kerak.

Dorivor preparatlari. Bargdan tayyorlangan poroshok, tabletka, damlama, kordigit hamda tabletka holidagi digitoksin va boshqalar.

Angishvonagul o'simligining boshqa turlari ham o'rganilgan. Ular tarkibida qizil angishvonagul singari yurak glikozidlari hamda ularning preparatlari tibbiyotda ishlatilishiga ruxsat etilgan. Boshqa angishvonagul o'simliklarining preparatlari ham yurak kasalliklarida ishlatiladi.

Kimyoviy tarkibi. Barg tarkibida yurak glikozidlari bor. Bulardan tashqari, bargdan apigenin, lyuteolin flavonoidi ham ajratib olingan. Urug'i tarkibida 6,67% digitonin steroid saponini bor.

Qo'llanilishi. Dorivor preparati qizil va yirik gulli angishvonagullar preparatlari bilan birgalikda yurak kasalliklarini davolashda qo'llaniladi.

Sertuk angishvonagul bargi – *folia digitalis lanatae*

Mahsulot tayyorlash. Sertuk angishvonagulning birinchi yili ildizoldi to'pbarglari yil bo'yi 2 marta, ikkinchi yili o'simlik gullagunicha 2-3 marta yig'iladi. Terilgan barglar tezlikda 50-60^{0}C quritgichlarda quritiladi.

Kimyoviy tarkibi. Sertuk angishvonagul o'simligining bargi tarkibida 0,5-1% gacha yurak glikozidlari bo'ladi. Glikozidlar summasidan lanatozid A, lanatozid B, lanatozid C va boshqa yurak glikozidlari ajratib olingan. Sertuk angishvonagul urug;i tarkibida ham yurak glikozidlari bor. Barg va urug' tarkibida yurak glikozidlardan tashqari steroid saponinlar, atsetilholin, flavanoidlar va boshqalar bor. Har uchchala A, B va C lanatozidlar ferment ta'sirida o'zidan bir molekula glyukoza hamda atsetil

radikali ajiratib, digitoksin, gitoksin va digoksin glikozidlariga kislota ta’sirida uch molekula digitoksozaga va o’zining aglikoniga parchlanadi.

Qo’llanilishi. Sertuk angishvonagul o’simligining dorivor preparatlari qizil va yirik angishvona gul preparatlari singari yurak kasaliklarini davolashda qo’llaniladi. Farqi shundaki, sertuk angishvonagul dorivor prepatlari tezroq organizmga so’riladi, organizmda ko’p yig’ilib qolmaydi va siydik haydash – diuretik ta’siri kuchliroq. Lekin bu o’simlikni preparatlari ham boshqa angishvonagul preparatlari singari ehtiyotlik bilan va faqat shifokor maslahatiga ko’ra ishlatilishi kerak.

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ADVANTAGES AND DISADVANTAGES OF IMMITATION TRAINING

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Abstract. The article deals with topical issues of simulation training in the course of training practices of medical University. The task of the educational process at the medical University is to form practical skills of students from the first year with the help of simulation training.

Key words: medical education, simulation training, practical skills.

When studying academic disciplines at a university, the priority is the formation of general and professional competencies, the effectiveness of mastering which depends on the cognitive activity of the student himself.

The traditional system of practical training in the field of health care has a number of shortcomings, which are leveled by simulation training [1].

In connection with these changes, the problem of mastering professional skills is of particular importance today. It is necessary that the student participated in educational activities in a motivated manner, using modern teaching technologies, so that educational activities would increase the level of professional skills and competencies [2].

Already from the 1st course, future doctors get acquainted with clinical practice, the psychology of communication with patients. A special role in the professional training of doctors is played by educational and industrial practices, when the student makes the most comprehensive use of all his abilities, his real preparation for independent work. Through practice, they accumulate initial work experience. For a future doctor, detailed mastery of practical work skills is a necessary guarantee of further, successful medical activity. During the educational process of the disciplines of educational practices on the 1st year in the specialty "Medicine" - "Nursing the therapeutic profile", "Pediatrics" - "General care for sick adults and children of the therapeutic profile", 2nd year "Dentistry" - "Fundamentals of clinical care" has to constantly focus on students there, attention is paid to the fact that the acquired general and professional competencies, even in the work of middle and junior honey.

personnel, will be useful in further practical medical activities. Therefore, the introduction of simulation teaching methods is one of the conditions for effective student training in mastering practical skills.

At the Ferghana Medical Institute of Public Health, the process of developing simple practical skills is concentrated in departments equipped with elementary simulators, while the development of complex practical skills and control of their mastery takes place on the basis of a simulation technology center equipped with simulators of a high level of realism with a feedback system and controllers [3].

In preparation for practical activities, it is customary to distinguish between technical and non-technical skills. Technical (manipulation) skills - in terms of labor intensity, all manipulations are divided into simple (basic), medium complexity and high-tech. Basic technical skills - manipulations for patient care (treatment of the oral cavity, washing, feeding, bedding, changing clothes, moving, assistance with natural needs). Interventions of medium complexity - methods for assessing the patient's condition (measuring body temperature, counting the number of heartbeats, respiratory movements), simple physiotherapy procedures (compresses, mustard plasters), non-infectious use of drugs. High-tech interventions - these manipulations are associated with a violation of the integrity of the skin, contact with the mucous membranes of the patient: the introduction of drugs by injection (intradermal, subcutaneous, intramuscular, intravenous injections), infusions and transfusions into peripheral veins. Drainage of hollow organs through natural openings (aspiration of gastric contents and gastric lavage, duodenal sounding, bladder catheterization, all types of enemas). Non-technical skills - a combination of cognitive (gathering information, assessing a situation, making decisions) and social skills (communication, being able to work in a team, etc.)

Non-technical skills include communication skills, namely:

the ability to collect information;
correct assessment of the information received;
forecasting the development of an event;
decision-making;
overview of options;
risk weighting;
the ability to convey information and receive it;
teamwork;
ability and willingness to assist;
coordination, distribution of powers;
leadership;

prioritization; assessment of the time factor;
stress management, fatigue factor assessment and many others [4].

Namely, non-technical skills - a combination of cognitive and social skills (the ability to communicate, leadership, cooperation, the ability to work in a team, the ability to present one's ideas, solve open social problems, etc.) [5] cause particular difficulty for students.

According to the work program, within the framework of the competency-based approach, educational practice is organized from educational and practical work in the classroom, the development of practical skills on simulators and work in hospital departments.

Based on the topics of the classes, a list of practical skills has been compiled that must be mastered during the training practice, from the simplest (change of bed and underwear, use of a heating pad, setting a wet warming compress) to difficult for first-year students (setting injections and providing emergency pre-hospital care).
help).

30% of the time is allocated to the theoretical component of the training and practical session, and the development of practical skills in the classroom in the simulation class and therapeutic departments of the hospital takes 70% of the time. Much attention in the educational practice is given to the independence of students in the course of developing practical skills.

Simulation technologies, algorithms and standards, simulators and phantoms, videos of practical skills, which are an obligatory component of the professional training of future medical workers, an important stage in the preparation of students at the Fergana Medical Institute of Public Health, help to develop and acquire skills.

Given that educational practice involves the acquisition of practical skills within the framework of a competency-based approach under the supervision of teachers, some methodological approaches to the development of practical skills and the formation of professional competencies using simulation technologies have been developed from the experience of our work. The organization of work in training and practical classes is based on a scheme of 6 levels: theoretical familiarization, observation of performance, work with algorithms and checklists, complete theoretical understanding, demonstration of the skill by the teacher, independent performance (on simulators) [6].

Practical training is impossible without contact and communication with real patients, but increasingly, patient safety and well-being is a fundamental ethical issue [7]. In 2009, the World Alliance published a guide to patient safety for medical schools, which notes that universities should create a safe and secure educational environment

for teaching clinical skills. One way to achieve this goal is through simulation learning, which allows students to make mistakes in a safe environment [8].

Consolidation of professional skills acquired in training practices takes place at summer production practice (SOP) for 1st and 2nd year students, where students work as an assistant to junior medical staff and a ward nurse at various clinical bases in Ferghana, implementing and deepening the acquired theoretical and practical knowledge, and also get the first independent experience of communicating with patients [9].

A survey was conducted among students of the 1st, 2nd and 3rd year of the faculty "General Medicine", "Pediatrics" at the end of the training practice and after the internship "Assistant of junior medical personnel", "Assistant to the ward nurse". After analyzing the questionnaires of 1st year students after completing the training practices, we obtained the following results.

To the question “Are you ready for the upcoming summer internship after completing the internship”? students expressed readiness for 5 points, which amounted to (54.5%), for 4 points - (68.5). The fear of the students was caused by filling out the documentation and adapting to the conditions of an unfamiliar team.

The percentage of mastering practical skills at 5 points was noted by 72.5% of first-year students, at 4 points - 15%, at 3 points - 12.5%, in addition, students expressed fear when communicating with patients "one on one" (35%). (74.5%) students noted their independence in the course of educational practice, (22.6%) noted activity only in the presence of a teacher, and (2.9%) percent declared a lack of interest in classes. Negative moments in the development of simulation skills in the classroom for educational practice, according to teachers, can be considered the emotions of students (biased laughter, lack of communication with the patient, lack of reality of the situation). After passing the production practice after the 1st and 2nd courses, 64% of students noted their readiness for their next practice, 36% expressed uncertainty in practical skills that they performed only in the 1st year during the training practice.

Thus, the lack of consolidation of skills and the time interval leads to their partial loss and self-doubt. After passing the industrial practice, on the question of independence, it was noted that 82.5% of students worked independently after the task, in the presence of medical personnel - 17.5% of students. Which indicates an increase in communication and practical skills during the work experience.

Negative moments during the first-year internship, according to the reviews of the practice leaders, can be considered a partial loss of skill (the theoretical part is performed, and the practical one, only with the prompts of medical workers), uncertainty in their actions, some students have a frivolous attitude to industrial

practice, self-doubt when working in a team and when communicating with medical personnel.

Thus, after analyzing the results of the experience of the last five years, questioning students and reviews of practice leaders, we can draw the following conclusions: work in simulation classes leads to the full development of practical skills, however, consolidation of the results should take place simultaneously with work in a hospital, difficulties in the first courses cause a lack of full knowledge of anatomy and physiology, which leads to a biased assessment of the situation, and therefore causes various emotions (laughter, tears, embarrassment). consolidation of practical skills should take place constantly, using video material of practical skills. Particular attention should be paid to non-technical components of the practical skill, such as communication skills, using non-standard situations in the classroom.

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HOZIRGI KUNDA KARIESNI ZAMONAVIY VA TABIIY HOLATDA DAVOLASH USULLARI

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ANNOTATSIYA: Ushbu maqolada kariesning kelib chiqish sabablari, uni zamonaviy va tabiiy usullar bilan davolash hamda oldini olish yo‘llari haqida batafsil ma’lumot berilgan. Zamonaviy stomatologiyada lazer terapiyasi, ozon bilan davolash, biomimetik materiallar va infiltratsion texnologiyalar kabi innovatsion usullar qo‘llanilmoqda. Shu bilan birga, tabiiy vositalar – yog‘ bilan chayish, misvak, propolis va o‘simlik choylari kabi usullar ham tish sog‘lig‘ini saqlashda samarali ekanligi ta’kidlangan. Maqolada kariesdan himoyalanish uchun to‘g‘ri ovqatlanish, muntazam og‘iz gigiyenasi va stomatologik tekshiruvlarning muhimligi ham yoritilgan. Zamonaviy ilm-fan yutuqlari va tabiiy muolajalar kombinatsiyasi kariesning oldini olish va davolashda katta natijalarga erishishga imkon beradi.

KALIT SO‘ZLAR: Karies, tish sog‘lig‘i, stomatologiya, zamonaviy davolash, tabiiy muolajalar, laser terapiya, biomimetik materiallar, og‘iz gigiyenasi, misvak, ozon terapiyasi.

KIRISH

Karies – bu tish to‘qimalarining yemirilishi natijasida hosil bo‘ladigan keng tarqalgan stomatologik kasallik bo‘lib, u o‘z vaqtida davolanmasa, tishning to‘liq yemirilishiga va jiddiy asoratlar rivojlanishiga olib kelishi mumkin. Hozirgi kunda kariesni davolashda turli zamonaviy texnologiyalar va tabiiy muolajalar keng qo‘llanilmoqda. Ushbu maqolada kariesning sabablari, zamonaviy davolash usullari hamda tabiiy vositalar bilan oldini olish va davolash usullari yoritiladi.

KARIESNING KELIB CHIQISH SABABLARI

Karies quyidagi omillar ta’sirida rivojlanadi:

Noto‘g‘ri ovqatlanish – Shirin va kislotalar ko‘p bo‘lgan mahsulotlarni ortiqcha iste’mol qilish.

Og‘iz gigiyenasiga rioya qilmaslik – Tishlarni muntazam tozalamaslik va noto‘g‘ri yuvish usuli.

Genetik moyillik – Ba’zi insonlarda tish emali tabiiy ravishda yupqa va zaif bo‘ladi.

Bakterial infektsiyalar – Streptococcus mutans kabi bakteriyalar tish yuzasida kislotali muhit hosil qilib, emalni yemiradi.

Fluor yetishmovchiligi – Fluor tish emalini mustahkamlashga yordam beradi, uning yetishmovchiligi esa karies xavfini oshiradi.

ZAMONAVIY KARIES DAVOLASH USULLARI

Hozirgi kunda stomatologiyada kariesni davolash uchun turli innovatsion texnologiyalar qo‘llaniladi:

1. Lazer bilan davolash

Lazer texnologiyasi tish emalini aniq va og‘riqsiz davolashga imkon beradi.

Bu usul bakteriyalarni o‘ldiradi va plombalash jarayonini tezlashtiradi.

An’anaviy burg‘ilashga nisbatan kamroq og‘riq va stress keltirib chiqaradi.

2. Ozon terapiyasi

Ozon gazining antibakterial xususiyatidan foydalangan holda karies boshlang‘ich bosqichida davolanadi.

Bu usul tish emalini asrashga yordam beradi va burg‘ilashni talab qilmaydi.

3. Plombalash (restavratsiya)

Zamonaviy plomba materiallari estetik jihatdan tabiiy tish rangiga mos keladi va uzoq muddat saqlanadi.

Kompozit materiallar, keramika va shisha ionomer sementlari ishlatiladi

4. Infiltratsion texnologiya (ICON usuli)

Kariesning dastlabki bosqichlarida tish emalini mexanik ishlov bermasdan maxsus suyuqlik bilan mustahkamlash

Bu usul minimal invaziv va og‘riqsiz hisoblanadi.

5. Biomimetik materiallardan foydalanish

Yangi biomateriallar tish emalini tabiiy qayta tiklashga yordam beradi.

Bioaktiv shisha va kalsiy-fosfat asosidagi materiallar emal regeneratsiyasini rag‘batlantiradi.

TABIIY VOSITALAR BILAN KARIESNI DAVOLASH VA OLDINI OLISH

Tabiiy vositalar kariesning oldini olish va tish emalini mustahkamlashda yordam beradi. Quyida samarali tabiiy usullar keltirilgan:

1. Yog‘ bilan chayish (Oil Pulling)

Hindiston an’anaviy tibbiyotida hindiston yong‘og‘i yoki kunjut yog‘i bilan og‘izni chayish usuli qo‘llaniladi.

Bu usul bakteriyalarni kamaytiradi va tish emalini mustahkamlaydi.

2. Kalsiy va D vitamini iste’moli

Sut, pishloq, yogurt va ko‘katlar tish emalini mustahkamlashga yordam beradi.

D vitamini tanqisligi karies xavfini oshiradi, shuning uchun quyosh nuri va tabiiy D vitamini manbalarini iste’mol qilish muhimdir.

3. Misvak ishlatish

Misvak tarkibida antibakterial moddalar mavjud bo‘lib, tishlarni tabiiy ravishda tozalaydi.

Bu usul asosan islomiy dunyoda keng tarqalgan.

4. Propolis va asal mahsulotlari

Propolis antibakterial va yallig‘lanishga qarshi xususiyatlarga ega bo‘lib, og‘iz bo‘shlig‘ini infektsiyalardan himoya qiladi.

5. Ziravorlar va o‘simlik choylari

Dolchin, chinnigul va zanjabil antibakterial ta’sir ko‘rsatib, og‘izdagi zararli mikroorganizmlarni kamaytiradi.

Yashil choy tarkibidagi flavonoidlar va katexinlar tish emalini himoya qiladi.

KARIESNING OLDINI OLISH CHORALARI

Kariesning oldini olish uchun quyidagi tavsiyalarga rioya qilish kerak:

Kuniga kamida ikki marta tishlarni to‘g‘ri tozalash.

Fluoridli tish pastalaridan foydalanish.

Shirin va gazlangan ichimliklarni iste’mol qilishni kamaytirish.

Doimiy ravishda stomatologga borish va profilaktik tekshiruvlardan o‘tish.

Tishlar orasini maxsus ip bilan tozalash (flossing).

XULOSA

Karies bugungi kunda eng keng tarqalgan stomatologik muammolardan biri bo‘lib, uning zamonaviy davolash usullari an’anaviy burg‘ilash texnologiyalaridan tortib, lazer va biomimetik texnologiyalargacha bo‘lgan turli innovatsiyalarni o‘z ichiga oladi. Shu bilan birga, tabiiy vositalar bilan kariesni oldini olish va tish emalini mustahkamlash mumkin. To‘g‘ri ovqatlanish, muntazam og‘iz gigiyenasi va stomatologik tekshiruvlar orqali karies rivojlanishining oldini olish mumkin. Kelajakda regenerativ tibbiyot va nanoimplantatsiya texnologiyalari kariesni butunlay davolash imkoniyatlarini yanada kengaytirishi kutilmoqda.

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ПРЕЭКЛАМПСИЯ ВА ГИПЕРТЕНЗИВ ҲОЛАТЛАР: ҲОМИЛАДОРЛИКДАГИ ХАВФЛАР, ДИАГНОСТИКА ВА ДАВОЛАШ УСУЛЛАРИ

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Аннотация: Преэклампсия ва ҳомиладорликдаги гипертензив ҳолатлар она ва чақалоқ саломатлиги учун жиддий хавф туғдиради. Ушбу мақолада преэклампсиянинг патофизиологияси, диагностика усуллари ва даволаш стратегиялари кўриб чиқилган. Илмий адабиётлар таҳлилига асосан, ҳомиладорликдаги гипертензиянинг турли шакллари, уларнинг учраш тезлиги ва оқибатлари таҳлил қилинди. Натижаларга кўра, гестацион гипертензия ҳомиладор аёлларда энг кўп учрайдиган ҳолат (6%), преэклампсия эса 4.2% ҳолатларда аниқланган. Замонавий терапия усуллари, жумладан, магний сульфат ва антигипертензив дори воситалари билан даволаш самарадорлиги тасдиқланган. Ҳомиладорлик давридаги гипертензив ҳолатларни эрта аниқлаш ва уларнинг олдини олишга қаратилган тадқиқотларни ривожлантириш муҳим аҳамият касб этади.

Калит сўзлар: преэклампсия, гестацион гипертензия, хроник гипертензия, ҳомиладорликда гипертензия, магний сульфат терапияси, қон босими мониторинги, перинатал хавфлар

ПРЕЭКЛАМПСИЯ И ГИПЕРТЕНЗИВНЫЕ СОСТОЯНИЯ: РИСКИ, ДИАГНОСТИКА И ЛЕЧЕНИЕ ПРИ БЕРЕМЕННОСТИ

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Аннотация: Преэклампсия и гипертензивные состояния во время беременности представляют серьезную угрозу для здоровья матери и ребенка. В данной статье рассмотрены патофизиология преэклампсии, методы диагностики и стратегии лечения. На основе анализа научной литературы исследованы

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различные формы гипертензии при беременности, их частота встречаемости и последствия. Согласно полученным результатам, гестационная гипертензия является наиболее распространенной (6%), а преэклампсия выявляется в 4,2% случаев. Доказана эффективность современных терапевтических методов, включая лечение магния сульфатом и антигипертензивными препаратами. Развитие исследований, направленных на раннее выявление гипертензивных состояний во время беременности и их профилактику, имеет важное значение.

Ключевые слова: преэклампсия, гестационная гипертензия, хроническая гипертензия, гипертензия при беременности, терапия сульфатом магния, мониторинг артериального давления, перинатальные риски.

PREECLAMPSIA AND HYPERTENSIVE CONDITIONS: RISKS, DIAGNOSIS, AND TREATMENT DURING PREGNANCY

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Abstract: Preeclampsia and hypertensive conditions during pregnancy pose a significant threat to maternal and fetal health. This article examines the pathophysiology of preeclampsia, diagnostic methods, and treatment strategies. Based on a review of scientific literature, different forms of hypertension during pregnancy, their prevalence, and consequences are analyzed. According to the findings, gestational hypertension is the most common condition (6%), while preeclampsia is detected in 4.2% of cases. The effectiveness of modern therapeutic approaches, including magnesium sulfate and antihypertensive drugs, has been confirmed. Advancing research focused on the early detection and prevention of hypertensive conditions during pregnancy is of great importance.

Keywords: preeclampsia, gestational hypertension, chronic hypertension, hypertension in pregnancy, magnesium sulfate therapy, blood pressure monitoring, perinatal risks.

Кириш: Преэклампсия ҳомиладорлик давомида юзага келадиган жиддий гипертензив ҳолат бўлиб, у моддий моддалар алмашинуви, буйрак, жигар ва асаб тизимига жиддий таъсир кўрсатади. У дунёда ҳар йили 5-8% ҳомиладорлик ҳолатларида учрайди ва она ҳамда чақалоқ саломатлиги учун катта хавф туғдиради (American College of Obstetricians and Gynecologists, 2020).

Преэклампсиянинг аниқ сабаблари тўлиқ ўрганилмаган бўлса-да, плацентар қон айланиши ва эндотелиал дисфункция асосий омиллардан бири ҳисобланади. Диагностика усулларининг такомиллашиши ва даволашда янги терапевтик ёндашувлар ишлаб чиқиш муҳим аҳамиятга эга.

Адабиётлар шарҳи: Қуйида 2019-2024 йилларда чоп этилган илмий мақолалар асосида преэклампсия ва гипертензив ҳолатлар бўйича асосий хулосалар келтирилади:

1. **Magee et al. (2021)** – Преэклампсия ва бошқа гипертензив ҳолатларнинг патофизиологияси, ташхислаш усуллари ва хавф омиллари ҳақида умумий маълумот беради.
2. **Brown et al. (2020)** – Ҳомиладорликдаги гипертензиянинг турли шакллари (хроник гипертензия, гестацион гипертензия, преэклампсия) ва уларнинг даволаш стратегиялари таҳлил қилинган.
3. **Roberts & Hubel (2019)** – Плацентар ноқонунийлик ва оксидатив стресснинг преэклампсияга таъсири ўрганилган.
4. **ACOG Guidelines (2023)** – Преэклампсияни эрта аниқлаш ва профилактика учун тавсиялар берилган.
5. **Sibai et al. (2022)** – Магний сульфат ва антигипертензив дори воситалари билан даволаш самарадорлиги баҳоланган.

Тадқиқот методологияси: Ҳомиладорликда гипертензив ҳолатлар ва преэклампсия бўйича тиббий маълумотлар таҳлил қилинди.

- 2019-2024 йилларда жаҳон миқёсидаги илмий тадқиқотлар асосида энг муҳим маълумотлар саралаб олинди.
- Гипертензив ҳолатлар учраш тезлиги ва хавфлилик даражаси бўйича статистик таҳлил амалга оширилди.

Натижалар ва муҳокама: Преэклампсия бўйича глобал тадқиқотлар натижаларига асосан, бу ҳолатнинг ҳомиладорлик давомида учраш эҳтимоли ва оқибатлари таҳлил қилинди.

Гипертензив ҳолатлар учраш тезлиги (%) қуйида 2019-2024 йиллар оралиғида турли гипертензив ҳолатларнинг учраш тезлиги кўрсатилган диаграмма келтирилади.

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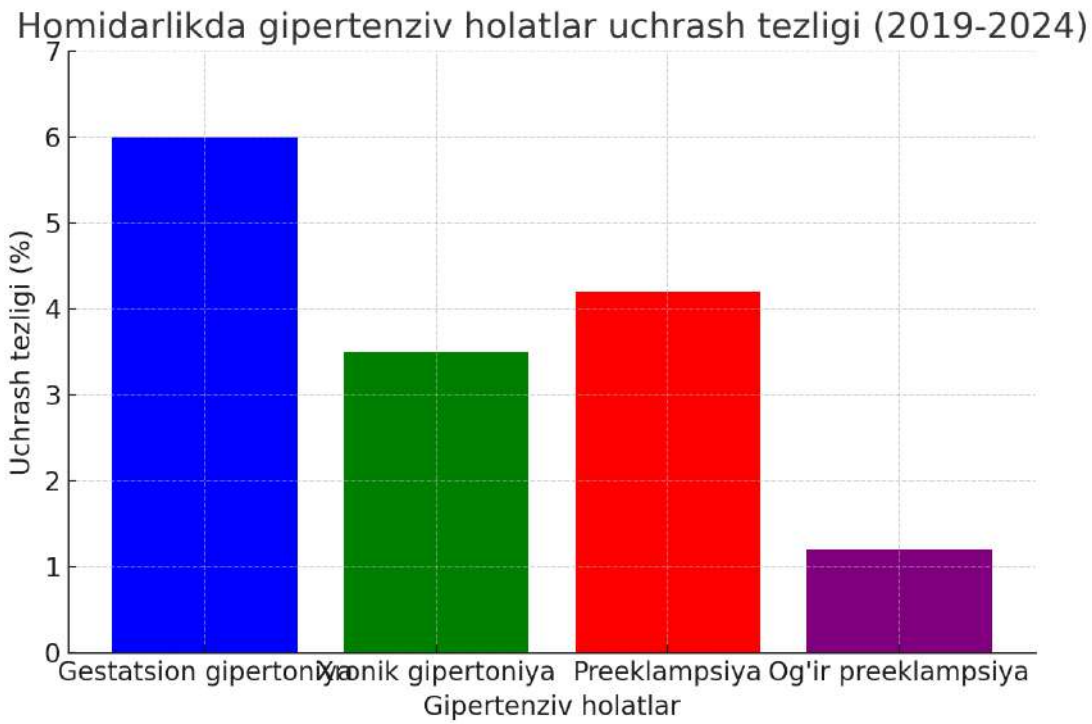

Юқоридаги диаграммага асосан, **гестацион гипертензия** ҳомиладорлик давомида энг кўп учрайдиган гипертензив ҳолат бўлиб, **6%** аёлларда кузатилади. **Преэклампсия** эса тахминан **4.2%** ҳолатларда учрайди ва оғир ҳолатлари **1.2%** ни ташкил қилади.

Хулоса ва таклифлар:

- Преэклампсия ва гипертензив ҳолатларнинг эрта аниқланиши муҳим аҳамият касб этади.
- Магний сульфат ва антигипертензив дорилар билан даволаш самарадорлиги юқори.
- Қон босими мониторинги ва антиоксидант терапия усуллари ривожлантирилиши лозим.

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SUT BEZI SARATONI: EPIDEMIOLOGIYA, XAVF OMILLARI, DIAGNOSTIKA VA DAVOLASHNING ZAMONAVIY YONDASHUVLARI

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Annotatsiya

Sut bezi saratoni (SBS) ayollar orasida eng keng tarqalgan o‘sma kasalliklaridan biri bo‘lib, dunyo bo‘ylab millionlab insonlarning hayotiga ta’sir qiladi. Ushbu maqolada kasallikning dolzarbligi, tarqalish statistikasi, xavf omillari, diagnostika usullari va davolashning zamonaviy strategiyalari tahlil qilinadi. Shuningdek, genetik moyillik va ekologik omillarning kasallik rivojlanishiga ta’siri ham ko‘rib chiqiladi. Tadqiqot natijalari kasallikni erta bosqichda aniqlash va davolash samaradorligini oshirishga qaratilgan ilmiy yondashuvlarni o‘z ichiga oladi.

Kalit so‘zlar: Sut bezi saratoni, epidemiologiya, xavf omillari, diagnostika, skrining, genetik moyillik, immunoterapiya, onkologiya, molekulyar terapiya, biotexnologiya.

Mavzuning dolzarbligi

Sut bezi saratoni dunyo bo‘ylab ayollarda eng ko‘p uchraydigan onkologik kasalliklardan biri hisoblanadi. Jahon Sog‘liqni Saqlash Tashkiloti (JSST) ma’lumotlariga ko‘ra, har yili taxminan 2,3 million yangi holat qayd etiladi va ushbu kasallik ayollarda o‘limga sabab bo‘ladigan onkologik kasalliklar orasida birinchi o‘rinda turadi.

Kasallikning dolzarbligi quyidagi sabablar bilan bog‘liq:

Kasallikning keng tarqalishi – rivojlangan va rivojlanayotgan davlatlarda SBS diagnostikasi ko‘payib bormoqda.

Kasallikning kech aniqlanishi – erta bosqichda tashxis qo‘yish imkoniyati mavjud bo‘lsa ham, ko‘plab hollarda kasallik kech aniqlanadi.

Yangi terapiya usullarining zarurati – davolash samaradorligini oshirish uchun individual va innovatsion yondashuvlar ishlab chiqilmoqda.

Shuning uchun, SBS ning xavf omillarini tahlil qilish, erta tashxislash va davolash usullarini rivojlantirish hozirgi onkologiya sohasida eng dolzarb yo‘nalishlardan biri hisoblanadi.

Tadqiqot maqsadi

Ushbu tadqiqotning asosiy maqsadi sut bezi saratonining rivojlanish sabablari, xavf omillari, diagnostika va zamonaviy davolash usullarini keng qamrovda o‘rganishdir. Tadqiqot quyidagi yo‘nalishlarga qaratilgan:

1. Kasallikning epidemiologiyasi – global va mahalliy miqyosda sut bezi saratonining tarqalish ko‘rsatkichlarini o‘rganish.

2. Xavf omillarini aniqlash – genetik, ekologik, gormonal va turmush tarzi bilan bog‘liq omillarni tahlil qilish.

3. Diagnostikaning samaradorligini oshirish – erta bosqichda kasallikni aniqlash uchun ilg‘or texnologiyalarni baholash.

4. Innovatsion davolash usullari – immunoterapiya, molekulyar terapiya va gen terapiyasining ahamiyatini o‘rganish.

Tadqiqot natijalari

1. Epidemiologik holat va xavf omillari

Dunyo bo‘ylab har yili 2,3 million yangi SBS holati qayd etiladi. O‘lim holatlari esa har yili 700 ming kishini tashkil qiladi. Kasallik ko‘proq rivojlangan davlatlarda kuzatilsa-da, rivojlanayotgan mamlakatlarda ham o‘sish tendensiyasi mavjud.

Asosiy xavf omillari:

Genetik omillar: BRCA1 va BRCA2 gen mutatsiyalari mavjud bo‘lgan ayollarda SBS rivojlanish xavfi 60-80% ga oshadi.

Gormonal ta’sir: Erta hayz ko‘rish (≤12 yosh) va kech klimaks (≥55 yosh) kasallik xavfini oshiradi.

Ekologik omillar: Radiatsiya ta’siri, kimyoviy moddalar va noto‘g‘ri ovqatlanish xavfni oshiruvchi omillardir.

Turmush tarzi: Chekish, spirtli ichimliklar iste'mol qilish va jismoniy faollikning yetishmovchiligi kasallik ehtimolini oshiradi.

2. Diagnostika usullari

SBS ni erta aniqlash uchun quyidagi ilg‘or diagnostika usullari qo‘llaniladi:

Mammografiya: 40 yoshdan oshgan ayollar uchun tavsiya etilgan asosiy skrining usuli.

Ultratovush tekshiruvi (UZI): Mammografiya natijalarini tasdiqlash yoki yosh ayollarda qo‘llanadigan muqobil usul.

Magnit-rezonans tomografiya (MRT): Yuqori xavf ostida bo‘lgan bemorlar uchun qo‘llaniladi.

Biopsiya: O‘sma to‘qimasidan namunalar olish orqali malign jarayonni tasdiqlash usuli.

3. Davolash usullari

SBS davolashning samaradorligi kasallikning bosqichiga bog‘liq bo‘lib, quyidagi yondashuvlar mavjud:

1. Jarrohlik muolajalari:

Mastektomiya – butun sut bezini olib tashlash.

Lumpektomiya – faqat saraton o‘smasi joylashgan qismni olib tashlash.

2. Kimyoterapiya:

O‘sma hujayralarining o‘sishini bostirish uchun kimyoviy dorilar qo‘llaniladi.

Mahalliy yoki tizimli terapiya sifatida qo‘llanadi.

3. Radioterapiya:

Kasallik qaytalanishining oldini olish uchun nurlantirish usuli ishlatiladi.

4. Gormonal terapiya:

Estrogen retseptorlariga ta'sir qiluvchi dorilar (Tamoksifen) qo‘llaniladi.

5. Molekulyar va immunoterapiya:

HER2-pozitiv SBS bemorlari uchun Trastuzumab kabi dori vositalari samarali hisoblanadi.

PD-1/PD-L1 inhibitorlari immun tizimining o‘sma hujayralariga qarshi faolligini oshiradi.

Xulosa

Sut bezi saratoni ayollar orasida keng tarqalgan bo‘lib, uning erta tashxislanishi va individual yondashuv asosida davolashning ahamiyati katta. Zamonaviy diagnostika usullari va innovatsion terapiya usullari kasallikni samarali davolash imkoniyatlarini oshirmoqda. Kelajakdagi ilmiy tadqiqotlar esa yangi gen terapiya va onkologik vaksinalar yordamida SBS ga qarshi kurashishda yangi umidlarni ochishi kutilmoqda.

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ZAMONAVIY BANK TIZIMI: ASOSIY TAMOYILLAR VA TENDENSIYALAR

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СОВРЕМЕННАЯ БАНКОВСКАЯ СИСТЕМА: ОСНОВНЫЕ ПРИНЦИПЫ И ТЕНДЕНЦИИ

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MODERN BANKING SYSTEM: MAIN PRINCIPLES AND TRENDS

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Annotatsiya: Zamonaviy bank tizimi global iqtisodiy tendensiyalar va texnologik taraqqiyot bilan chambarchas bog'liq. Ushbu maqolada bank tizimining asosiy tamoyillari, jumladan, barqarorlik, shaffoflik, mijozga yo'naltirilganlik va innovatsion yechimlar muhokama qilinadi. Shuningdek, raqamli bank xizmatlari, fintech startaplar va blokcheyn texnologiyalarining bank sektoriga ta'siri tahlil qilinadi.

Kalit so'zlar: zamonaviy bank tizimi, raqamli bank, fintech, blokcheyn, barqarorlik, innovatsiya, mijozga yo'naltirilganlik.

Аннотация: Современная банковская система тесно связана с глобальными экономическими тенденциями и технологическим прогрессом. В данной статье рассматриваются основные принципы банковской системы, такие как устойчивость, прозрачность, клиенториентированность и инновационные решения. Также анализируется влияние цифровых банковских услуг, финтех-стартапов и технологии блокчейн на банковский сектор.

Ключевые слова: современная банковская система, цифровой банк, финтех, блокчейн, устойчивость, инновации, клиенториентированность.

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Annotation: The modern banking system is closely linked to global economic trends and technological advancements. This article discusses the key principles of the banking system, including stability, transparency, customer orientation, and innovative solutions. It also analyzes the impact of digital banking services, fintech startups, and blockchain technology on the banking sector.

Keywords: modern banking system, digital banking, fintech, blockchain, stability, innovation, customer orientation.

KIRISH

Bugungi kunda bank tizimi jadal rivojlanib, global iqtisodiyotning ajralmas qismiga aylangan. Moliyaviy texnologiyalarning taraqqiy etishi, raqamli xizmatlarning kengayishi va iste'molchilar talabining o'zgarishi bank sektorida yangi tamoyillar va tendensiyalarni shakllantirmoqda. An'anaviy bank xizmatlaridan tashqari, raqamli banklar, fintech kompaniyalari va blokcheyn texnologiyalari kabi innovatsion yechimlar bank tizimining samaradorligini oshirishga xizmat qilmoqda.

Bank tizimining asosiy tamoyillari – barqarorlik, shaffoflik, mijozga yo'naltirilganlik va innovatsiyalarga ochiqlik bugungi zamonaviy moliyaviy institutlarning muvaffaqiyat kaliti hisoblanadi. Ushbu maqolada zamonaviy bank tizimining rivojlanish tamoyillari, yangi tendensiyalar va texnologik innovatsiyalarning bank sohasiga ta'siri tahlil qilinadi.

Metodologiya

Ushbu tadqiqotda zamonaviy bank tizimining asosiy tamoyillari va tendensiyalarini o'rganish uchun turli metodologik yondashuvlar qo'llanildi. Tadqiqot jarayonida quyidagi usullar ishlatildi:

1. Nazariy tahlil

Bank tizimining rivojlanish tamoyillari va zamonaviy tendensiyalarini o'rganish uchun ilmiy maqolalar, xalqaro moliyaviy tashkilotlarning hisobotlari va amaliy tadqiqotlar tahlil qilindi.

2. Taqqoslash usuli

An'anaviy bank tizimi va zamonaviy fintech innovatsiyalarining solishtirma tahlili amalga oshirildi. Raqamli banklar, blokcheyn texnologiyalari va fintech kompaniyalari taqdim etayotgan xizmatlarning an'anaviy bank xizmatlariga ta'siri o'rganildi.

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3. Empirik tadqiqot

Bank xizmatlarining mijozlarga ta’siri va ularning innovatsiyalarga moslashishi bo‘yicha mavjud statistik ma’lumotlar va real misollar tahlil qilindi. Fintech kompaniyalari va banklarning so‘nggi yillarda joriy qilgan texnologik yangiliklari o‘rganildi.

4. SWOT-tahlil

Zamonaviy bank tizimining kuchli va zaif tomonlari, shuningdek, imkoniyatlari va tahdidlarini aniqlash uchun SWOT-tahlil usuli qo‘llanildi. Bu usul orqali bank tizimining kelajakdagi rivojlanish istiqbollari baholandi.

Mazkur metodologik yondashuvlar orqali zamonaviy bank tizimi va uning rivojlanish tendensiyalari bo‘yicha aniq va asosli xulosalar chiqarildi.

Zamonaviy bank tizimining asosiy tamoyillari

Zamonaviy bank tizimi bir necha muhim tamoyillar asosida shakllanadi. Ulardan eng muhimi:

Barqarorlik va xavfsizlik – Banklar iqtisodiy beqarorlik sharoitida ham mijozlarning mablag‘larini ishonchli saqlashi va barqarorlikni ta’minlashi lozim. Kapital yetarliligi va likvidlik talablariga rioya qilish bu jarayonda muhim o‘rin tutadi.

Shaffoflik va hisobdorlik – Bank faoliyatining shaffofligi moliyaviy institutlarga bo‘lgan ishonchni oshiradi. Zamonaviy bank tizimi xalqaro moliyaviy hisobot standartlariga mos bo‘lishi va regulyatorlar talablarini bajara olishi kerak.

Mijozga yo‘naltirilganlik – Bank xizmatlari nafaqat korporativ mijozlar, balki jismoniy shaxslar uchun ham qulay va tezkor bo‘lishi lozim. Foydalanuvchilarning talab va ehtiyojlariga moslashgan xizmatlar mijozlarning sodiqligini oshiradi.

Innovatsiyalar va texnologiyalarni joriy etish – Raqamli transformatsiya jarayoni bank xizmatlarining sifatini oshirish va operatsion xarajatlarni kamaytirishda muhim rol o‘ynaydi.

Raqamli bank xizmatlari va fintech tendensiyalari

So‘nggi yillarda raqamli texnologiyalar bank sohasida katta o‘zgarishlarga sabab bo‘ldi:

Raqamli banklar – An’anaviy bank filiallariga ehtiyojni kamaytirib, mobil ilovalar orqali to‘liq xizmat ko‘rsatuvchi banklar paydo bo‘lmoqda. Bunday banklar operatsion xarajatlarni kamaytirib, xizmatlarni arzonroq va tezroq taqdim etishga imkon yaratmoqda.

Fintech kompaniyalari – Bank tizimiga kuchli ta’sir ko‘rsatmoqda. Ular innovatsion to‘lov tizimlari, kreditlash platformalari va investitsiya xizmatlarini taklif etib, raqobatni oshirmoqda.

Blokcheyn texnologiyasi – To‘lov tizimlarining xavfsizligini oshirish va moliyaviy operatsiyalarni tezlashtirishda muhim ahamiyat kasb etmoqda. Markazlashmagan moliyaviy xizmatlar (DeFi) esa banklarning an’anaviy rolini qayta shakllantirishga olib kelmoqda.

Zamonaviy bank tizimining kelajakdagi istiqbollari

Bank tizimi rivojlanishining asosiy yo‘nalishlari quyidagilar bo‘lishi kutilmoqda:

Sun’iy intellekt va avtomatlashtirilgan xizmatlar mijozlarga individual yondashuvni yaxshilaydi.

Kiberxavfsizlikni mustahkamlash dolzarb masala bo‘lib qolmoqda, chunki bank xizmatlarining raqamlashtirilishi xakerlik hujumlari xavfini oshirmoqda.

Barqaror moliyaviy yechimlar, ekologik toza investitsiyalar va ijtimoiy mas’uliyatli bank xizmatlari rivojlanmoqda.

Xulosa

Zamonaviy bank tizimi jadal rivojlanayotgan global iqtisodiy va texnologik tendensiyalarga moslashmoqda. Barqarorlik, shaffoflik, mijozga yo‘naltirilganlik va innovatsiyalar asosiy tamoyillar sifatida saqlanib qolmoqda. Raqamli bank xizmatlari, fintech startaplar va blokcheyn texnologiyalari bank sohasiga yangi imkoniyatlar yaratib, xizmatlarni yanada tezkor, qulay va xavfsiz qilishga xizmat qilmoqda. Kelajakda sun’iy intellekt va avtomatlashtirish yanada rivojlanib, bank tizimini yanada samarali qilishga yordam beradi. Shu sababli, banklar o‘z strategiyalarini zamonaviy tendensiyalarga mos ravishda shakllantirishlari zarur.

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CARDIOMETABOLIC SYNDROME: THE IMPACT OF DIABETES, HYPERTENSION, AND OBESITY ON CARDIOVASCULAR DISEASES

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Abstract: Cardiometabolic syndrome is a complex pathological condition characterized by the coexistence of diabetes, hypertension, and obesity, significantly increasing the risk of developing cardiovascular diseases. This article analyzes the pathophysiological mechanisms of cardiometabolic syndrome, including insulin resistance, inflammatory processes, and dyslipidemia, and their impact on heart function. Additionally, strategies for disease prevention and treatment, including lifestyle modifications, pharmacological approaches, and current clinical recommendations, are discussed. The research findings highlight the necessity of developing effective preventive and therapeutic measures against cardiometabolic syndrome.

Keywords: cardiometabolic syndrome, diabetes, hypertension, obesity, cardiovascular diseases, insulin resistance, dyslipidemia, inflammation, metabolic disorders, prevention, pharmacotherapy.

Кардиометаболический синдром: влияние сахарного диабета, гипертонии и ожирения на сердечно-сосудистые заболевания

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Аннотация: Кардиометаболический синдром — это комплексное патологическое состояние, характеризующееся сочетанием сахарного диабета,

гипертонии и ожирения, что значительно повышает риск развития сердечно-сосудистых заболеваний. В данной статье анализируются патофизиологические механизмы кардиометаболического синдрома, включая инсулинорезистентность, воспалительные процессы и дислипидемию, а также их влияние на функцию сердца. Кроме того, рассматриваются стратегии профилактики и лечения данного состояния, включая изменение образа жизни, фармакологические подходы и актуальные клинические рекомендации. Результаты исследования подчеркивают необходимость разработки эффективных профилактических и терапевтических мер против кардиометаболического синдрома.

Ключевые слова: кардиометаболический синдром, сахарный диабет, гипертония, ожирение, сердечно-сосудистые заболевания, инсулинорезистентность, дислипидемия, воспаление, метаболические нарушения, профилактика, фармакотерапия.

Relevance of the Problem: Cardiometabolic syndrome (CMS) is one of the most pressing global health issues today. The components of this syndrome—diabetes, hypertension, and obesity—affect millions of people worldwide, significantly increasing the risk of developing cardiovascular diseases (CVD). According to the World Health Organization (WHO), CVD remains one of the leading causes of mortality and disability.

Modern lifestyle factors such as poor diet, physical inactivity, and stress contribute to the widespread prevalence of cardiometabolic syndrome. Notably, obesity and insulin resistance are also increasing among children and adolescents, posing a serious threat to the health of future generations. Furthermore, cardiometabolic syndrome imposes a substantial economic burden not only on individual patients but also on the entire healthcare system, as treatment costs continue to rise annually. Strengthening preventive measures, ensuring early diagnosis, and developing effective therapeutic approaches are crucial for addressing this issue. Therefore, studying CMS and its relationship with CVD is one of the priority areas of scientific and clinical research today.

Pathophysiological Mechanisms: The key pathophysiological mechanisms of cardiometabolic syndrome include insulin resistance, inflammatory processes, and dyslipidemia. These factors have a complex impact on the cardiovascular system, paving the way for atherosclerosis, hypertension, and other heart diseases.Insulin Resistance (IR): As a central pathogenic factor of cardiometabolic syndrome, insulin resistance is characterized by reduced cellular sensitivity to insulin. In this condition: Glucose cannot efficiently enter cells, leading to hyperglycemia. The pancreas compensates by increasing insulin secretion (hyperinsulinemia). Insulin's effects on

blood vessel walls are disrupted, leading to endothelial dysfunction, which increases the risk of atherosclerosis and hypertension. Chronic Low-Grade Inflammation: Chronic low-grade inflammation plays a key role in the development of metabolic disorders in cardiometabolic syndrome: In obesity, adipose tissue produces inflammatory mediators. These mediators impair insulin signaling pathways, exacerbating insulin resistance. Chronic inflammation contributes to oxidative stress and endothelial dysfunction, facilitating the onset of cardiovascular diseases.

Lipid Metabolism Disorders: Lipid metabolism disorders in cardiometabolic syndrome lead to atherogenic dyslipidemia: Triglyceride levels are elevated, while high-density lipoprotein (HDL) levels are reduced. Atherogenic forms of low-density lipoproteins (LDL) increase. These changes promote atherosclerosis, raising the risk of heart attack and stroke. Prevention and Treatment Strategies: Preventing and treating cardiometabolic syndrome and its complications (diabetes, hypertension, obesity, cardiovascular diseases) require a comprehensive approach. The main strategies include lifestyle modifications, pharmacological therapy, and surgical interventions. Lifestyle Modifications: Lifestyle changes are the most effective methods for preventing and managing early-stage cardiometabolic syndrome. These include: Consuming low-glycemic index foods (whole grains, vegetables, legumes). Controlling fat intake (reducing trans fats and saturated fats while increasing omega-3 fatty acid consumption). Reducing salt and sugar intake.

Physical Activity and Stress Management: Engaging in at least 150 minutes of moderate-intensity aerobic exercise per week (walking, jogging, swimming, cycling) is recommended. Chronic stress can contribute to insulin resistance and hypertension; thus, meditation, breathing techniques, and psychotherapy play a crucial role. Correcting sleep disorders (ensuring 7-8 hours of quality sleep) is also essential.

Pharmacological Treatment: If lifestyle modifications are insufficient or if the patient has high-risk factors, medication therapy is implemented. Diabetes Management: Metformin – enhances insulin sensitivity. GLP-1 agonists (liraglutide, semaglutide) – reduce appetite, aiding in obesity and diabetes management. SGLT-2 inhibitors (dapagliflozin, empagliflozin) – remove excess glucose through urine and reduce heart failure risk. Hypertension Treatment: ACE inhibitors (enalapril, lisinopril) – lower blood pressure and protect the heart. Beta-blockers (metoprolol, bisoprolol) – reduce heart workload. Diuretics (hydrochlorothiazide, spironolactone) – help eliminate excess fluid, lowering blood pressure. Lipid Management: Statins (atorvastatin, rosuvastatin) – lower cholesterol levels and slow atherosclerosis progression. Fibrates (fenofibrate, gemfibrozil) – reduce triglycerides.

Surgical Interventions: In cases of severe obesity and associated metabolic disorders, bariatric surgery may be effective. Gastric bypass – reduces stomach size, limiting food intake and improving metabolism. Sleeve gastrectomy – removes part of the stomach, increasing insulin sensitivity and reducing hunger hormones. Cardiovascular Procedures: Coronary artery bypass grafting (CABG) – used to treat heart ischemia related to diabetes and atherosclerosis. Angioplasty and stenting – improve blood flow by widening narrowed arteries.

Conclusion: Cardiometabolic syndrome (CMS) is one of the most pressing issues in modern medicine, arising from a combination of diabetes, hypertension, and obesity. This syndrome significantly increases the risk of cardiovascular diseases (CVD), stroke, myocardial infarction, and heart failure. A comprehensive approach is required for the prevention and treatment of cardiometabolic syndrome. Preventive measures include improving nutrition, increasing physical activity, reducing stress, and enhancing sleep quality. If lifestyle modifications are insufficient, pharmacological therapy (metformin, statins, antihypertensive drugs) and, in severe cases, bariatric or cardiovascular surgical interventions are employed. Studies indicate that early detection of CMS and its complications, minimizing risk factors, and utilizing modern treatment strategies can prevent CVD-related mortality and disability. Therefore, strengthening preventive programs within healthcare systems and encouraging patients to take proactive steps toward their health are essential tasks. Due to the complexity and widespread prevalence of cardiometabolic syndrome, the medical community must continue conducting in-depth research and developing new pharmacological and therapeutic approaches to effectively combat this disease.

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DIFTERIYA KASALLIGINING BOLALARDA KECHISHI, LABORATORIYA DIAGNOSTIKA VA DAVOLASH PROFILAKTIKASI.

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ANNOTATSIYA: Difteriya – o‘tkir infeksion kasallik bo‘lib, yuqori nafas yo‘llari va shilliq pardalar yallig‘lanishi bilan tavsiflanadi. Kasallikning eng ko‘p uchraydigan shakli halqum difteriyasi bo‘lib, ayniqsa bolalar orasida keng tarqalgan. Ushbu maqolada 84 bemorda kuzatilgan klinik holatlar, laboratoriya diagnostikasi va davolash natijalari o‘rganildi. Natijalar shuni ko‘rsatdiki, bemorlarning aksariyatida halqum difteriyasi (59.5%) uchragan, burun difteriyasi esa 17.9% bemorda kuzatilgan. Tadqiqot difteriyaning turli shakllarini aniqlash va samarali davolash strategiyalarini ishlab chiqishga yo‘naltirilgan.

KALIT SO‘ZLAR: Difteriya, bolalarda difteriya, difteriya tayoqchasi, nafas yo‘llari infeksiyalari, bakteriologik tashxis, klinik tahlil, halqum difteriyasi, burun difteriyasi.

ПРОТЕКАНИЕ ДИФТЕРИИ У ДЕТЕЙ, ЛАБОРАТОРНАЯ ДИАГНОСТИКА И ПРОФИЛАКТИКА ЛЕЧЕНИЯ

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АННОТАЦИЯ: Дифтерия – это острое инфекционное заболевание, характеризующееся воспалением верхних дыхательных путей и слизистых оболочек. Наиболее распространённой формой заболевания является дифтерия глотки, особенно часто встречающаяся среди детей. В данной статье рассмотрены клинические случаи у 84 пациентов, лабораторная диагностика и результаты лечения. Итоги исследования показывают, что в 59,5% случаев у пациентов была выявлена дифтерия глотки**,** а дифтерия носа наблюдалась у

17,9% больных. Данное исследование направлено на изучение различных форм дифтерии и разработку эффективных стратегий лечения.

КЛЮЧЕВЫЕ СЛОВА: Дифтерия, детская дифтерия, дифтерийная палочка, инфекции дыхательных путей, бактериологическая диагностика, клинический анализ, дифтерия глотки, дифтерия носа.

COURSE OF DIPHTHERIA IN CHILDREN, LABORATORY DIAGNOSTICS AND TREATMENT PREVENTION

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ABSTRACT: Diphtheria is an acute infectious disease characterized by inflammation of the upper respiratory tract and mucous membranes. The most common form of the disease is pharyngeal diphtheria, which is widespread, especially among children. This article examines clinical cases observed in 84 patients, laboratory diagnostics, and treatment outcomes. The results indicate that 59.5% of patients had pharyngeal diphtheria, while nasal diphtheria was observed in 17.9% of cases. This study aims to analyze different forms of diphtheria and develop effective treatment strategies.

KEYWORDS: Diphtheria, pediatric diphtheria, diphtheria bacillus, respiratory tract infections, bacteriological diagnosis, clinical analysis, pharyngeal diphtheria, nasal diphtheria.

METODOLOGIYA: Ushbu tadqiqot **84 nafar bemor** ishtirokida olib borildi. Bemorlarga **bakteriologik tekshiruv, laringoskopiya va PSR diagnostikasi** orqali tashxis qo‘yildi. Bemorlarning yoshi 2 yoshdan 12 yoshgacha bo‘lib, kasallik shakllari quyidagi ko‘rinishda taqsimlandi:

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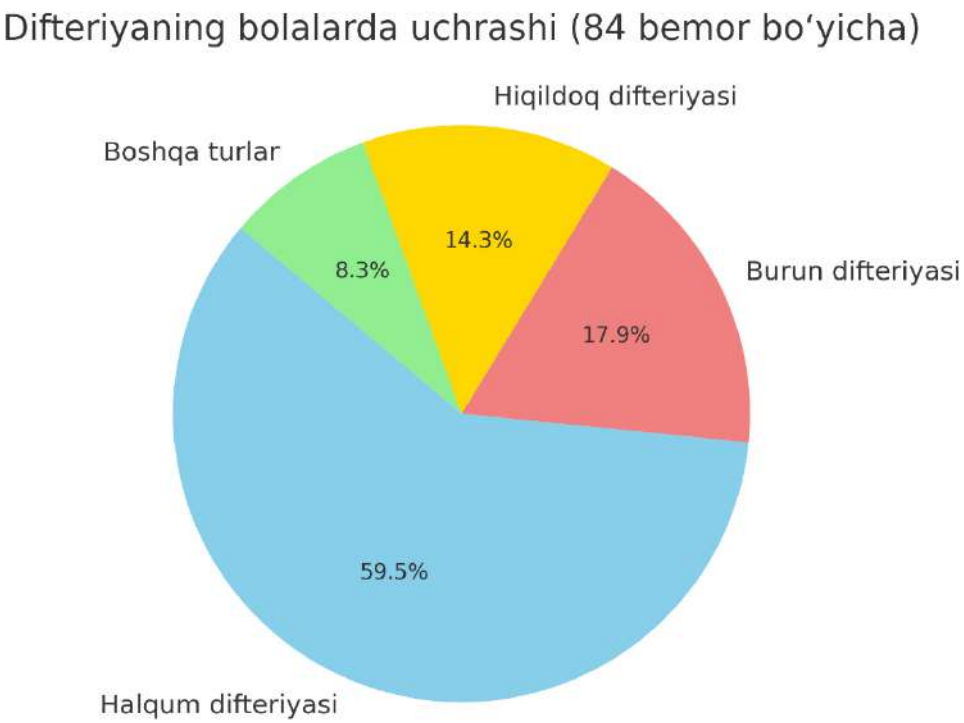

- Halqum difteriyasi – 50 nafar bemor (59.5%)
- Burun difteriyasi – 15 nafar bemor (17.9%)
- Hiqildoq difteriyasi – 12 nafar bemor (14.3%)
- Boshqa turlar (ko‘z, teri, jinsiy a’zolar) – 7 nafar bemor (8.3%)

Davolash choralari sifatida barcha bemorlarga difteriyaga qarshi antitoksik zardob, antibiotikoterapiya va simptomatik davo qo‘llandi.

NATIJALAR: Tadqiqot natijalari difteriyaning eng ko‘p uchraydigan shakli halqum difteriyasi ekanligini ko‘rsatdi. Diagrammada kasallikning turli shakllari bo‘yicha taqsimot aks ettirilgan. Shuningdek, quyidagi kuzatishlar aniqlandi:

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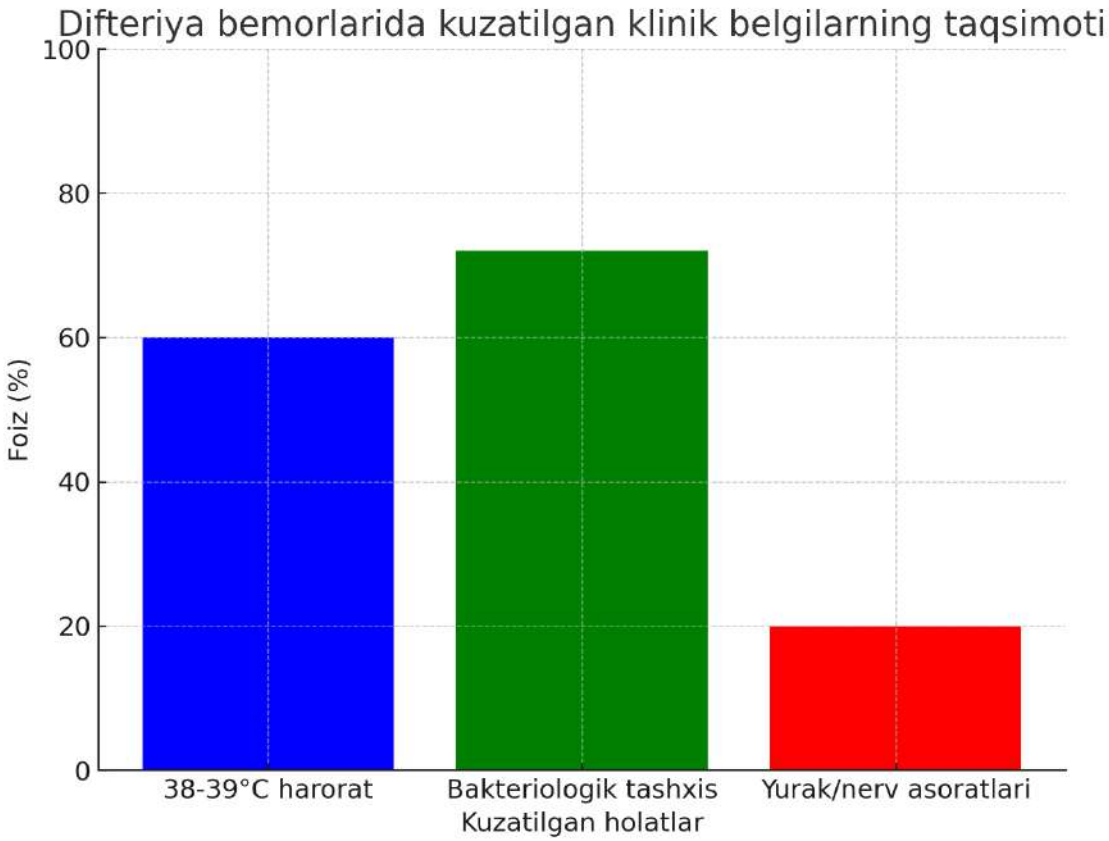

Harorat: 60% bemorlarda 38-39°C issiqlik kuzatilgan.
Tashxis: 72% bemorda bakteriologik usul bilan difteriya tayoqchasi aniqlangan.
Asoratlar: 20% bemorda yurak yoki nerv tizimi asoratlari kuzatilgan.

Ushbu natijalar difteriyaning erta tashxis va kompleks davolash muhimligini ko‘rsatadi. Davolash o‘z vaqtida amalga oshirilgan bemorlarda sog‘ayish jarayoni tez kechgan.

MUHOKAMA: Ushbu tadqiqot natijalari shuni ko‘rsatdiki, difteriyaning bolalarda eng ko‘p uchraydigan shakli halqum difteriyasi bo‘lib, barcha bemorlarning 59.5% ini tashkil etdi. Bu holat difteriya tayoqchasining (Corynebacterium diphtheriae) asosan yuqori nafas yo‘llarini zararlashi bilan bog‘liq bo‘lishi mumkin. Burun difteriyasi esa 17.9% bemorda kuzatilib, aksariyat hollarda uzoq davom etadigan tumov, burun bitishi va qon aralash shilimshiq ajralishi bilan namoyon bo‘ldi.

Difteriyaning og‘ir shakllari, xususan, hiqildoq difteriyasi (laringial difteriya) 14.3% bemorda qayd etildi. Bu kasallik shakli nafas yo‘llarining torayishi va stenoz rivojlanish xavfi bilan bog‘liq bo‘lib, ayniqsa, 5 yoshgacha bo‘lgan bolalar uchun o‘ta xavfli sanaladi. Ushbu bemorlarga o‘z vaqtida antitoksik zardob va traxeya intubatsiyasi kabi chora-tadbirlar qo‘llanilgan.

Tadqiqot shuningdek, difteriyaning diagnostikasi va davolash usullarining samaradorligini baholash imkonini berdi**.** Ma'lum bo'lishicha, bakteriologik tashxis (bemorlarning 72% ida tasdiqlangan) kasallikni aniqlashda muhim ahamiyat kasb etadi. Shu bilan birga, PSR diagnostikasi mikroorganizmlarni tez aniqlash va bemorlarni o'z vaqtida izolyatsiya qilish imkonini beradi.

Tadqiqot natijalari shuni ko'rsatdiki, **davolash jarayonida antitoksik zardob eng samarali vositalardan biri bo'lib, toksinlarni neytrallashda muhim rol o'ynaydi**. Antibiotikoterapiya esa ikkilamchi bakterial infeksiyalarni oldini olishga yordam berdi. Shu bilan birga, **84 bemordan 20% ida yurak yoki nerv tizimi asoratlari** qayd etilgan bo'lib, bu difteriya toksinining organizmga keng ta'sir qilishini tasdiqlaydi.

Tadqiqot natijalari ilgari o'tkazilgan ilmiy ishlar bilan mos tushadi. Xususan, Sh.X. Xo'jayev (1993) tomonidan olib borilgan tadqiqotlarda difteriyaning yuqori nafas yo'llarida ko'proq uchrashini ko'rsatib o'tgan. Bundan tashqari, O'zbekiston Milliy Ensiklopediyasida ham difteriyaning toksinli shakllari yurak va nerv tizimiga ta'sir etishi mumkinligi qayd etilgan.

Shuningdek, tadqiqot shuni ko'rsatdiki, **profilaktika choralariga qat'iy rioya qilgan bolalarda kasallikning og'ir shakllari kamroq kuzatilgan**. Bu O'zbekistonda amalga oshirilayotgan **majburiy emlash dasturlarining samaradorligini** tasdiqlaydi.

ILMIY YANGILIK: Ushbu tadqiqotning ilmiy yangiligi shundaki, bolalar orasida difteriyaning turli klinik shakllari bo'yicha statistik tahlil o'tkazilib, kasallikning taqsimoti, tashxis qo'yish usullari va davolash samaradorligi baholandi. Tadqiqot natijalariga ko'ra:

1. Difteriyaning eng ko'p uchraydigan shakli halqum difteriyasi bo'lib, bemorlarning 59.5% ini tashkil etdi. Bu kasallikning epidemiologik o'ziga xosligini aniqlashga yordam beradi.
2. Bakteriologik tashxis usullarining samaradorligi 72% holatda tasdiqlandi, bu esa tashxis jarayonida ushbu usulning muhimligini ko'rsatadi.
3. Difteriya bilan kasallangan bolalarning 20% ida yurak va nerv tizimi asoratlari qayd etildi, bu esa toksinlarning sistematik ta'sirini chuqur o'rganish zarurligini ko'rsatadi.
4. Kasallikning og'ir kechishi va asoratlarning rivojlanish xavfi tashxis qo'yish va davolashning tezkorligiga bog'liq ekani isbotlandi.
5. Majburiy emlash dasturlari kasallikning oldini olishda muhim rol o'ynashi yana bir bor tasdiqlandi, ya'ni emlangan bolalar orasida difteriyaning og'ir shakllari kamroq kuzatildi.

Ushbu tadqiqot avvalgi ilmiy ishlarni boyitib, difteriyaning bolalar orasida tarqalish xususiyatlarini chuqur o‘rganishga va samarali davolash usullarini aniqlashga xizmat qiladi.

TAVSIYALAR:

1. Erta tashxis qo‘yish muhimligi
    - Difteriyaning erta bosqichlarida bakteriologik tekshiruv va PSR diagnostikasi o‘tkazilishi shart.
    - Har qanday tomoq infeksiyasida difteriyani istisno qilish uchun laringoskopiya tavsiya etiladi.
2. Davolash samaradorligini oshirish
    - Antitoksik zardob bemorlarga imkon qadar erta yuborilishi lozim.
    - Kasallikning og‘ir shakllarida plazmaferez va intensiv terapiya qo‘llanilishi kerak.
    - Antibiotikoterapiya faqat ikkilamchi bakterial infeksiya rivojlangan hollarda qo‘llanilishi maqsadga muvofiq.
3. Profilaktik choralarni kuchaytirish
    - Majburiy emlash dasturlarini kengaytirish va aholiga difteriyaning xavfi haqida tushuntirish ishlari olib borish lozim.
    - Sanitariya-gigiyena qoidalariga qat’iy rioya qilish va bolalar muassasalarida muntazam profilaktik tekshiruvlarni yo‘lga qo‘yish kerak.
4. Difteriyaning asoratlariga qarshi monitoring tizimini joriy etish
    - Difteriya toksinining yurak va nerv tizimiga salbiy ta’siri inobatga olinib, kardiologik va nevrologik kuzatuvlar kuchaytirilishi kerak.
    - Og‘ir bemorlarda yurak elektrokardiografiyasi (EKG) va nervologik testlar muntazam o‘tkazilishi lozim.
5. Tibbiyot xodimlari uchun qo‘shimcha o‘quv dasturlari
    - Shifokor va tibbiyot xodimlari difteriyani erta tashxislash va davolash bo‘yicha qo‘shimcha malaka oshirish kurslariga jalb qilinishi zarur.
    - Ularni zamonaviy diagnostik va davolash protokollari bilan tanishtirish kasallikning oldini olishda muhim rol o‘ynaydi.

XULOSA: Difteriyaning bolalarda kechishi og‘ir bo‘lishi mumkin, shuning uchun uni erta tashxislash va samarali davolash muhim sanaladi. Tadqiqot natijalari shuni ko‘rsatdiki, antitoksik zardob va kompleks terapiya kasallik oqibatlarini kamaytirishga yordam beradi. Profilaktik choralar sifatida emlash va gigiyena qoidalariga rioya qilish tavsiya etiladi.

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ОҒИЗ БЎШЛИҒИДА КЎП ШАКЛЛИ ЭКССУДАТИВ ЭРИТЕМА БИЛАН ОҒРИГАН БЕМОРЛАРНИ ТАШҲИСЛАШНИНГ САМАРАЛИ УСУЛЛАРИ

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Аннотация: Кўп шаклли экссудатив эритема (КШЭЭ) оғиз бўшлиғи шиллиқ пардасининг яллиғланиши билан характерланадиган касаллик бўлиб, инфекция, дори реакциялари ёки автоиммун жараёнлар натижасида ривожланади. Ушбу мақолада 186 нафар беморда ўтказилган клиник ва лаборатория тадқиқотлари асосида КШЭЭ ташҳислашдаги энг самарали усуллар таҳлил қилинади. Лаборатория натижалари статистик таҳлил қилинган ва диаграммалар орқали ифодаланган.

Калит сўзлар: Кўп шаклли экссудатив эритема, оғиз бўшлиғи, ташҳислаш, гистопатология, иммунологик таҳлил, биомаркерлар, рақамли диагностика.

ЭФФЕКТИВНЫЕ МЕТОДЫ ДИАГНОСТИКИ ПАЦИЕНТОВ С МНОГОФОРМНОЙ ЭКССУДАТИВНОЙ ЭРИТЕМОЙ ПОЛОСТИ РТА

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Аннотация: Многоформная экссудативная эритема (МЭЭ) — это заболевание, характеризующееся воспалением слизистой оболочки полости рта, возникающее в результате инфекций, лекарственных реакций или аутоиммунных процессов. В данной статье анализируются наиболее эффективные методы диагностики МЭЭ на основе клинических и лабораторных исследований, проведенных у 186 пациентов. Результаты лабораторных исследований подвергнуты статистическому анализу и представлены в виде диаграмм.

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Ключевые слова: многоформная экссудативная эритема, полость рта, диагностика, гистопатология, иммунологический анализ, биомаркеры, цифровая диагностика.

EFFECTIVE DIAGNOSTIC METHODS FOR PATIENTS WITH MULTIFORME EXUDATIVE ERYTHEMA OF THE ORAL CAVITY

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Abstract: Multiforme exudative erythema (MEE) is a disease characterized by inflammation of the oral mucosa, developing as a result of infections, drug reactions, or autoimmune processes. This article analyzes the most effective diagnostic methods for MEE based on clinical and laboratory studies conducted on 186 patients. The laboratory findings have been statistically analyzed and presented in the form of diagrams.

Keywords: multiforme exudative erythema, oral cavity, diagnostics, histopathology, immunological analysis, biomarkers, digital diagnostics.

Кириш: **КШЭЭ оғиз бўшлиғининг яллиғланиши билан характерланадиган касаллик бўлиб, беморларда оғриқ, шиллиқ пардада эрозия ва геморрагик қипиқлар шаклланиши билан намоён бўлади. Бу касаллик инфекция (герпес вируси, микоплазма) ёки иммунологик реакциялар натижасида юзага келиши мумкин.**

КШЭЭ ташҳислашда **клиник белгилари, гистопатологик текширувлар, иммунологик ва вирусологик таҳлиллар**, шунингдек, **автоиммун касалликларни аниқлаш учун биомаркерлар** муҳим аҳамият касб этади (Bajaj P. ва бошқалар, 2013).

Янги тадқиқотлар КШЭЭнинг COVID-19 билан боғлиқлиги ҳам мумкинлигини кўрсатмоқда (L Zhang ва бошқалар, 2021). Шунинг учун ташҳис қўйишда замонавий методлардан фойдаланиш долзарб масала ҳисобланади.

Материаллар ва усуллар: **Тадқиқотга 186 нафар бемор жалб қилинган бўлиб, уларда КШЭЭ ташҳисланган. Беморлар клиник ва лаборатория таҳлиллардан ўтказилди:**

Клиник белгилари: оғизда эрозия ва геморрагик пуфакчалар.

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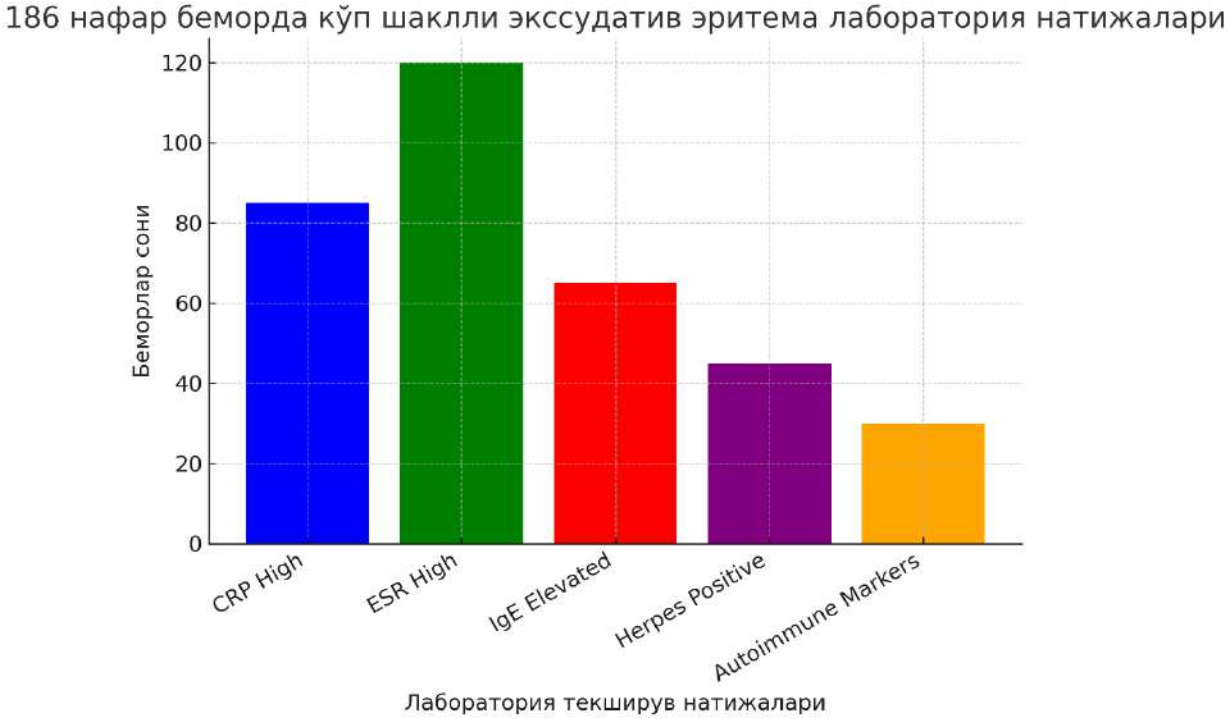
Лаборатория таҳлиллари:

- **CRP (С-реактив оқсил) –** яллиғланиш маркери
- **ESR (эритроцит чўкиш тезлиги) –** яллиғланиш даражаси
- **IgE (иммуноглобулин Е) –** аллергик реакциялар кўрсаткичи
- **Герпес вируси тестлари –** КШЭЭ этиологиясини аниқлаш
- **Автоиммун маркерлар** – аутоиммун жараёнларни баҳолаш

Барча таҳлил натижалари диаграммаларда кўрсатилди.

Натижалар:

Лаборатория таҳлилларининг натижалари қуйидаги диаграммада ифодаланган:



Лаборатория таҳлил натижалари:

Лаборатория таҳлили	Юқори натижалар (%)	Беморлар сони	Таҳлил**
CRP (юқори)	45.6%	85	Йаллиғланишнинг кучайганлигини кўрсатади,

			касалликнинг оғир кечишини англатади.
ESR (юқори)	64.5%	120	Оғир яллиғланиш жараёнлари борлигини кўрсатади.
IgE (кўтарилган)	34.9%	65	КШЭЭ аллергик компонентга эга эканлигини билдиради.
Герпес вируси мусбат	24.2%	45	Герпес инфекцияси билан боғлиқ ҳолатларнинг мавжудлигини кўрсатади.
Автоиммун маркерлар мусбат	16.1%	30	КШЭЭнинг автоиммун компонентга эга бўлиши мумкинлигини кўрсатади.

Муҳокама ва хулоса: **КШЭЭ ташҳислашда комплекс ёндашув талаб этилади. Бизнинг тадқиқот натижалари қуйидагиларни кўрсатади:**

1. **Лаборатория таҳлиллари:** КШЭЭ ташҳислашда муҳим аҳамиятга эга. **ESR ва CRP** юқори бўлган беморларда касаллик оғир кечган.
2. **Герпес вируси билан боғлиқ КШЭЭ** – 45 беморда вирус мусбат натижа берган, бу инфекцион сабабли КШЭЭ ҳолатларини тасдиқлайди (Teplyuk N.P. ва бошқалар, 2024).
3. **Автоиммун маркерлари мусбат бўлган беморлар** – КШЭЭнинг иммун тизимига боғлиқ бўлиши мумкинлигини кўрсатади (KR Magliocca ва S.G. Fitzpatrick, 2017).
4. **КШЭЭ ташҳислашда гистопатологик ва молекуляр таҳлиллар муҳим** – Аниқ ташҳис қўйиш учун **биопсия ва иммуногистохимиявий таҳлиллар** самарали ҳисобланади (Bajaj P. ва бошқалар, 2013).

ТАҲЛИЛ ВА ХУЛОСАЛАР: Оғиз бўшлиғидаги КШЭЭнинг асосий сабаби яллиғланиш жараёнлари, ESR (64.5%) ва CRP (45.6%) юқори бўлган беморлар сони юқори. Бу яллиғланиш кучли кечаётганини кўрсатади. Бу натижалар ташҳис қўйишда CRP ва ESR ни текшириш муҳимлигини кўрсатади.

КШЭЭнинг аллергик реакция ва автоиммун тизим билан боғлиқлиги:

- **IgE юқори (34.9%)** — бу ҳолат КШЭЭ аллергияга боғлиқ эканлигини кўрсатиши мумкин.
- **16.1% беморларда автоиммун маркерлар мусбат** чиқди, бу КШЭЭнинг автоиммун механизмлар билан боғлиқлигини кўрсатади.

Герпес вируси ва КШЭЭ ўртасидаги боғлиқлик

- **24.2% беморларда герпес вируси мусбат натижа берган**. Бу КШЭЭнинг герпес вируси билан боғлиқ турларини аниқлаш учун вирусологик таҳлилларнинг аҳамиятли эканлигини кўрсатади.

Хулоса

1. **КШЭЭ ташҳислашда ESR, CRP, IgE ва вирусологик таҳлиллар муҳим**
2. **Герпес инфекцияси ва автоиммун касалликлар КШЭЭни чақириши мумкин**
3. **Лаборатория натижаларига асосланиб, беморларга индивидуал даволаш режаси ишлаб чиқилиши керак**

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INFLATSIYA VA UNING IQTISODIY TA'SIRI

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Termiz iqtisodiyot va servis universiteti
Iqtisodiyot yo'nalishi 2-23-guruh talabasi

Annotatsiya: Ushbu maqolada inflyatsiya tushunchasi, uning turlari, sabablari va iqtisodiy oqibatlari tahlil qilinadi. Shuningdek, inflyatsiyaga qarshi kurash usullari va O'zbekiston tajribasi o'rganiladi.

Kalit so'zlar: inflyatsiya, iqtisodiy ta'sir, narxlar o'sishi, pul qadrsizlanishi, inflyatsiyaga qarshi siyosat, O'zbekiston iqtisodiyoti.

Kirish

Inflyatsiya iqtisodiyotning muhim va murakkab hodisalaridan biri bo'lib, u mamlakatning iqtisodiy barqarorligiga sezilarli ta'sir ko'rsatadi. Inflyatsiya jarayoni narxlar darajasining umumiy o'sishi va pulning xarid qobiliyatining pasayishi bilan tavsiflanadi. Ushbu maqolada inflyatsiyaning mohiyati, turlari, sabablari va iqtisodiy oqibatlari batafsil ko'rib chiqiladi.

Tahlil va muhokama

Inflyatsiyaning mohiyati va turlari

Inflyatsiya (lotincha "inflatio" — shishish) — bu tovar va xizmatlar narxlarining umumiy darajada barqaror o'sishi jarayonidir. Inflyatsiya pulning qadrsizlanishiga olib keladi, ya'ni pulning xarid qobiliyati pasayadi. Inflyatsiya turlari quyidagicha tasniflanadi:

1. **Sur'atiga ko'ra**:
   - *Mo'tadil inflyatsiya*: Narxlar yiliga 10% gacha o'sadi. Bu holatda iqtisodiyot nisbatan barqaror bo'lib, inflyatsiya darajasi past hisoblanadi.
   - *Tezlashgan inflyatsiya*: Narxlar yiliga 10% dan 50% gacha o'sadi. Bu holatda narxlar o'sishi sezilarli bo'lib, iqtisodiyotga salbiy ta'sir ko'rsatadi.
   - *Giperinflyatsiya*: Narxlar yiliga 50% dan ortiq o'sadi. Bu holatda iqtisodiyot izdan chiqadi, pulning qadrsizlanishi juda tez sodir bo'ladi.
2. **Namoyon bo'lish shakliga ko'ra**:
   - *Ochiq inflyatsiya*: Narxlar oshishi ochiq ravishda kuzatiladi va rasmiy statistikada aks etadi.
   - *Yashirin inflyatsiya*: Narxlar oshishi rasmiy statistikada aks etmaydi, lekin bozorda tovarlar tanqisligi yoki sifatining pasayishi orqali namoyon bo'ladi.
3. **Kelib chiqish sabablariga ko'ra**:

- *Talab inflyatsiyasi*: Iste'molchilar talabining taklifdan oshib ketishi natijasida narxlar oshadi.
- *Taklif inflyatsiyasi*: Ishlab chiqarish xarajatlarining oshishi (masalan, xomashyo yoki ish haqi narxlarining ko'tarilishi) natijasida narxlar oshadi.

Inflyatsiyaning sabablari

Inflyatsiyaning kelib chiqishiga turli omillar ta'sir ko'rsatadi:

- **Pul massasi oshishi**: Muomaladagi pul miqdorining ortishi narxlar oshishiga olib keladi. Agar iqtisodiyotda tovar va xizmatlar hajmi o'zgarmasa, pul massasining oshishi inflyatsiyani keltirib chiqaradi.
- **Davlat byudjeti taqchilligi**: Davlat xarajatlarining daromadlardan oshib ketishi byudjet taqchilligiga olib keladi. Bu holatda davlat qarz olish yoki qo'shimcha pul emissiyasi orqali taqchillikni qoplaydi, bu esa inflyatsiyani kuchaytiradi.
- **Ishlab chiqarish xarajatlarining oshishi**: Xomashyo, energiya resurslari yoki ish haqi narxlarining oshishi ishlab chiqarish xarajatlarini ko'paytiradi, bu esa mahsulot narxlarining oshishiga olib keladi.
- **Import qilinadigan tovarlar narxining oshishi**: Chet eldan import qilinadigan tovarlar narxining oshishi ichki bozorda narxlarning oshishiga sabab bo'ladi.
- **Inflyatsion kutilmalar**: Iste'molchilar va ishlab chiqaruvchilarning kelajakda narxlar oshishiga bo'lgan kutilmalari inflyatsiyani kuchaytirishi mumkin. Masalan, ishchilar ish haqlarini oshirishni talab qilishlari, ishlab chiqaruvchilar esa narxlarni ko'tarishlari mumkin.

Inflyatsiyaning iqtisodiy oqibatlari

Inflyatsiya iqtisodiyotga turli yo'llar bilan ta'sir ko'rsatadi:

- **Iste'molchilar uchun**: Narxlarning oshishi aholining real daromadlarini pasaytiradi, chunki bir xil miqdordagi pulga kamroq tovar va xizmatlar sotib olish mumkin bo'ladi. Bu turmush darajasining pasayishiga olib keladi.
- **Ishlab chiqaruvchilar uchun**: Ishlab chiqarish xarajatlarining oshishi foyda marjasini kamaytiradi. Bu investitsiyalarni qisqartirishga va ishlab chiqarish hajmining pasayishiga olib kelishi mumkin.

Pul islohotlari va uning pul muomalasini barqarorlashtirishdagi o`rni. Talab va taklif inflyatsiyasi.

Pul islohoti deb pul muomalasini barqarorlashtirish maqsadida davlat tomonidan pul tizimini o`zgartirishga aytiladi. Pul islohoti metall pul muomalasi davrida, II Jahon urushidan keyin oltin deviz, oltin dollar muomalasi davrida o`tkazildi.Sobiq SSSRda pul islohoti 1922 – 24 yillarda va 1947 yillarda o`tkazildi.O`zbekistonda pul islohoti 1994 yilda o`tkazildi va respublika mustaqil davlat sifatida o`zining milliy pul birligiga

ega bo`ldi.Pul muomalasini barqarorlashtirishga pul islohotini o`tkazmasdan ham erishish mumkin. Pul muomalasini barqarorlashtirishning quyidagi usullari mavjud: revalvatsiya, devalvatsiya, denominatsiya. Mamlakatning iqtisodiy rivojlanish darajasiga, iqtisodiyotning holatiga, pulning qadrsizlanish darajasiga, davlat siyosatiga ko`ra davlat pul islohotini o`tkazishi, pulni revalvatsiya, denominatsiya qilishi mumkin.Pul kuchli qadrsizlangan vaziyatda faqat pul islohotini o`tkazish yo`li bilan pul tizimini barqarorlashtirish mumkin. Pul islohoti, ya`ni nullifikatsiyada kuchli qadrsizlangan pul birligi bekor qilinadi va o`rniga yangi pul birligi kiritiladi. Masalan, sobiq SSSRda 192224 yillarda sovznaklarning kuchli qadrsizlanishi natijasida 1 rubl 50 mlrd. sovznakga almashtirilgan. Urushdan keyingi Germaniyada giperinflyatsiya natijasida 1924 yilda muomalaga yangi nemis markalari kiritilgan. eski reyxsmarkalar kuchli qadrsizlanishi natijasida muomalaga chiqarilgan yangi markalar 1 marka 1 trillion eski reyxsmarka nisbatida almashtirildi.

Reyxsmarkalar muomalasi bekor qilindi.Revalvatsiya – bu pul birligining oltin qiymatini tiklashdan iborat. Masalan, I jahon urushidan keyingi 19251928 yillarda o`tkazilgan pul islohoti tufayli funt sterlingning urushgacha bo`lgan oltin qiymati belgilandi. II Jahon urushidan keyin revalvatsiya natijasida dollarning valyuta kursi ko`tarildi. Germaniya Federativ Respublikasida 1961, 1969, 1971 yillarda revalvatsiya o`tkazilgan.Devalvatsiya – bu milliy valyuta kursining chet el vayutasiga nisbatan tushishidir. Pul birligining oltin miqdori belgilangan sharoitda devalvatsiya oltin miqdori tushib ketishini anglatgan. Masalan, 1971 yilda AQSH dollarining oltin miqdori 7,89 % ga, 1973 yil fevralda 10% ga kamaytirilgan. Suzuvchi valyuta kurslariga o`tgandan keyin devalvatsiya boshqariladigan valyuta kurslari asosida olib boriladi.Denominatsiya – baholar masshtabini yiriklashtirish, yani pul birligidagi «0»larni qisqartirishdan, pul birligida ko`rsatilgan nominalni kamaytirishdan iborat. Sovet pul tizimi qaror topa boshlagan davr – 1921 1922 yillarda ikki marta denominatsiya o`tkazilgan.

Xulosa

Inflyatsiya iqtisodiyotning murakkab va ko'p qirrali hodisasi bo'lib, uning sabablari va oqibatlari turlicha bo'lishi mumkin. Narxlar darajasining oshishi aholining real daromadlariga, ishlab chiqarish jarayonlariga va investitsiya muhitiga salbiy ta'sir ko'rsatadi. Shu sababli, inflyatsiyani nazorat qilish va uning salbiy oqibatlarini kamaytirish uchun davlat tomonidan puxta o'ylangan iqtisodiy siyosat yuritilishi zarur. O'zbekiston tajribasi shuni ko'rsatadiki, inflyatsiyaga qarshi samarali choralar ko'rish orqali iqtisodiy barqarorlikka erishish mumkin.

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TEMUR TUZUKLARI VA ZAMONAVIY BOSHQARUV TAMOYILLARI

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Annotatsiya: Ushbu maqolada Amir Temurning davlat boshqaruv sohasida, hamda ichki va tashqi siyosatda amalga oshirgan islohotlari o'z davrida uning saltanatini yanada mustahkam bo' lishiga olib kelgan boshqaruv haqida yoritiladi.

Kalit so'zlar: diplomat, Temur tuzuklari, adolatli tamoyillar, Temuriylar davlati, musulmon fiqhi qoidalari, Islom qudrati, moliya, iqtisod, insonparvar, qonun-qoida, adolat, tartib-intizom.

Abstract: This article discusses the reforms implemented by Amir Temur in the field of state administration, as well as domestic and foreign policy, which led to the further strengthening of his reign during his reign.

Keywords: diplomat, Timur's regulations, fair principles, Timurid state, Muslim jurisprudence, Islamic power, finance, economy, humanitarian, law and order, justice, discipline.

Аннотация: В данной статье рассматриваются реформы, проведенные Амиром Темуром в области государственного управления, а также внутренней и внешней политики, которые привели к дальнейшему укреплению его власти в период его правления.

Ключевые слова: дипломат, постановления Тимура, справедливые принципы, государство Тимуридов, мусульманская юриспруденция, исламская власть, финансы, экономика, гуманитарный, закон и порядок, справедливость, дисциплина.

KIRISH: O'zbekistonning yangi taraqqiyoti davrida mamlakatimizda olib borilayotgan islohot va yangilanishlar ko'lamida milliy harbiy san'at tarixini chuqur o'rganishga ham alohida e'tibor berildi. O'zbekiston Respublikasi Prezidenti, Qurolli Kuchlar Oliy Bosh Qo'mondoni Shavkat Miromonovich Mirziyoyev tomonidan milliy harbiy san'at tarixi hamda zamonaviy jang amaliyotlarini chuqur o'rganib, qo'shinlar tayyorgarligi usul va uslublarini yanada takomillashtirish vazifasi qo'yildi, respublikaning barcha harbiy akademik litseylariga "Temurbeklar maktabi" nomi berildi. Sharq olimi Ibn Xaldun "Xotiralari"da Sohibqironning xizmatlariga quyidagi yuksak baho berilgan: "Amir Temur Odam ato davridan to shu paytgacha siz kabi

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podshoh chiqqan emas... asabiyatda ularga yer yuzidagi hech bir podshoh, Xusrav ham, Qaysar ham, Iskandar ham, Buxtannasr ham teng kela olmaydi. Xusrav forslarning kattasi va shohidir. Lekin forslar qayerda-yu, turklar qayerda! Qaysar va Iskandar Rum podshohlaridur. Lekin rumliklar qayerda-yu, turklar qayerda! Buxtannasr bobiliylar va nabotiylarning kattasidir. Lekin ular turklarga teng kela olarmidi!"Amir Temurning harbiy boshqaruv sohasidagi islohotlari o'sha davr tarixiy manbalarida yoritilgan va "Temur tuzuklari" Amir Temur jang san'atini o'rganishda eng muhim manbalardan hisoblanadi. Ushbu asarda sipoh saqlab turish, sipohga ulufa berish, askarlarni eng quyi martabadan oliy martabagacha tarbiyalab ko'tarish, katta nog'ora va bayroq berish, sipohning yaroq-jabduqlari va anjom - jihozlari, navkarning begiga va bekning navkariga muomala qilish va boshqa tuzuklari keltirilgan. "Tuzuklar"ning yaratilgan davri, muallifi, originalligi xususida bahsli mulohazalar mavjud. Bizningcha, asarning yozilish xususiyatiga ko'ra, ya'ni "Amr qildimki", "Buyurdimki", "Belgilab qo 'ysinlarki", -kabi iboralarga tayangan holda asar Sohibqironning saltanat va harbiy boshqaruviga oid amr va farmonlari, buyruqlari jamlangan kitob sanaladi.

"Tuzuklar"da barcha vazirlarga katta talablar qo'yilgan (ayni damda sipoh, harbiy ishlar bo'yicha vazirga ham tegishli): "Kamolotga erishgan vazir ulkim, davlat muomalalarini tartibga keltirib, mulkiy va moliyaviy ishlarni to'g'rilik bilan, asli-nasli tozaligini ko'rsatib, ajoyib tarzda bajaradi. Olgulik joyidan olib, bergulik yerga beradi. Ruxsat etuvchi va taqiqlovchi buyruqlarida uning aslligi bilan toza naslligi ko'rinib turadi. (Hech kimga) dushmanlik va jabr-zulm qilmaydi. Xoh sipohdan, xoh raiyatdan bo ' lsin, har kimning nomini yaxshi so'zlar bilan tilga oladi. Birovdan yomonlik axtarmaydi, aytsalar eshitmaydi. Agar birovdan yomonlik ko'rgan bo'lsa, unga nisbatan shunday muomala qiladiki, u (oxiri) yomonligidan qaytadi. O'ziga yomonlik qilgan odamga nisbatan shunday yaxshilik qiladiki, u (oxiri) oldiga bosh egib keladi. Aqlli, bilimdon va hushyor vazir shunday bo'ladiki, agar saltanat ishlarida chigil-jumboq uchrasa, aqlu farosat uni barmog'i bilan uni yechib yuboradi. Amir Temur va temuriylar davri davlatchiligi, ma'naviyati o'zining salohiyati, mazmuni, tarbiyaviy kuchi va ta'siri bilan xalqimiz tarixida alohida o'rin tutadi.

O'zbekiston o'zining davlat mustaqilligiga erishgach, uning bir necha ming yillik ijtimoiy-siyosiy tarixini har taraflama o'rganish uchun keng imkoniyatlar yaratildi. Ayniqsa, markazlashgan Amir Temur saltanati, uning o'zbek davlatchiligi va madaniyatini rivojlantirishdagi o'rni masalalariga oydinlik kiritilib, tarixchi, sharqshunos olimlarimiz ko'plab birinchi manba ahamiyatidagi asarlarni o'zbek tiliga tarjima qilib, nashr ettirdilar. Davlatimizning siyosati va xalqimiz xohish-irodasiga asoslangan Vazirlar Mahkamasining 1994 yil 29 dekabrda «Amir Temur tavalludining

660 yilligini nishonlash to'g'risida»gi qarori, 1995 yil 26 dekabrda esa Prezidentimizning «1996 yilni Amir Temur yili deb e'lon qilish to'g'risida»gi farmonlari qabul qilindi. 1996 yil martida «Temuriylar tarixi» davlat muzeyini tashkil qilish xususida, «Amir Temur» ordenini ta'sis etish to'g'risida farmonlar chiqdi. YUNESKO qarori asosida Amir Temur tavalludining 660 yilligi butun dunyoda keng nishonlandi. 1996 yil aprelida shu tashkilotning Parijdagi bosh qarorgohida «Temuriylar davrida fan, madaniyat va ta'lim ravnaqi» mavzuida ilmiy konferensiya o'tkazilib, Buyuk davlat arbobining tarixdagi o'rniga yuksak baho berildi. «Amir Temur jahon tarixida qudratli va gullab-yashnagan davlat barpo etgan buyuk sarkarda va davlat arbobi sifatidagina mavqei tutmaydi.U o'z poytaxti bo'lmish Samarqandni er yuzining chinakam madaniy va ilmiy markazlaridan biriga aylantirdi. Bu ulug' zot qurdirgan me'morchilik va xalq san'atining javohirlari yanglig' bugungacha qad ko'tarib turgan osori atiqalar shahar va qishloqlarimiz ko'rkiga ko'rk qo'shib kelyapti. Sohibqiron zamonasining ajoyib diplomati, davlatlar o'rtasida do'stona munosabatlar o'rnatilishi va iqtisodiy aloqalar rivojlanishining tarafdori sifatida ham mashhur edi. U olimlar va hokimlar, me'morlar va shoirlarning buyuk homiysi yanglig' dong chiqargan».Bugungi kunda demokratik huquqiy davlat qurayotgan xalqimiz Vatanimiz tarixida huquqiy davlat haqidagi tasavvur va qarashlarning yuzaga kelishi hamda rivojlanishi, uning yuridik manbalari, dunyoviy huquq va qonunchilik masalalarini ham bilishni istaydi, albatta. Ana shu nuqtai nazardan qaraganda, Temur tuzuklarini tarixiy-huquqiy tadqiq etish alohida dolzarblik kasb etadi. Zero, o'tmish merosimiz, uning boy davlatchilik va huquqiy asoslari, xususan, Amir Temur davrida davlat va huquq borasida qo'llanilgan adolatli tamoyillar bugungi kunda mustaqilligimizga ham xizmat qilib, shaxsning yuksak siyosiy, axloqiy va huquqiy madaniyatini shakllantirishda ko'maklashmoqda. Amir Temur hayoti va faoliyatini yorituvchi asosiy tarixiy manbalar benihoya ko'p va xilma-xil bo'lib, bu uning nomi, jahon tarixidagi roli beqiyos ekanligi va g'oyat mashhurligidan dalolat beradi. Temurning ijtimoiy-siyosiy tamoyillari tizimini yanada batafsilroq bayon qilsak, quyidagi manzara hosil bo'ladi: 1. Amir Temur iqtisodiyotni har qanday saltanat poydevori, deb tushungan. «Davlatu saltanat - deb ta'kidlaydi, Temur o'zining «Tuzuklari»da, - uch narsa bilan - mulk, xazina va lashkar bilan tirikdir». Bu bilan Temur davlatning yashashi va ijtimoiy rivoji uchun, avvalo, iqtisodiy imkoniyatlarga ega bo'lishi zarurligini ta'kidlaydi. 2. Amir Temurning qarashlariga ko'ra, har bir mamlakat, turli xil iqtisodiy imkoniyatlaridan kelib chiqib, barcha mintaqalar «xususida to'la ma'lumotlarga ega bo'lishi va ularning iqtisodiy xususiyatlarini hisobga olishi» lozim. 3. Amir Temur asosiy ishlab chiqarish vositasi bo'lgan er egaligiga katta e'tibor qildi va har bir viloyatni idora qilishda davlat, vaqf, xususiy er egaligi tartiblarini saqlab qoldi va bunga er maydonining miqdori,

egalik huquqini davlat manfaatini ko'zda tutib, o'zgartirishga harakat qildi. 4.Temur mehnatning yaratuvchanlik faoliyatini nazarda tutib, uni ijtimoiy qadriyat, deb tushundi. 5. Amir Temur iqtisodiyotida moliya.

XULOSA

Xulosa ornida shuni aytish lozimki, buyuk sarkarda Amir Temurning davlat boshqaruv sohasida, hamda ichki va tashqi siyosatda amalga oshirgan islohotlari oz davrida uning saltanatini yanada mustahkam bolishiga olib kelgan. Hozirgi kunda kundan-kun gullab-yashnab borayotgan Mustaqil Ozbekiston Respublikasida amalga oshirilayotgan keng kolamli islohotlar ham davlat boshqaruv sohasida mamlakatimizning ertangi kuniga bo'lgan ishonchni yanada mustahkamlab, buyuk davlat arbobi Amir Temur tajribasini chuqur organib, amalda buyuk bobolarimiz tajribasidan unumli foydalanilayotganining isbotidir. Bu esa xalqimiz kelajagi uchun adolatli turmush tarzi yaratib berish yo lida qilinayotgan say-harakatlarning samarasidir. Amir Temurning qanday shaxs va davlat arbobi bo'lganligi hamda uning sifatlari haqida juda ko'p mualliflar o'z fikrlarini aytganlar. Ammo aynan uni ko'rib, suhbat qilgan kishilar Ibn Xaldun, don Klavixo hamda Temurning maslahatchisi va, ayniqsa, g'arb mamlakatlariga yuborilgan xristian elchisi Ioann Fransiskning, hozirda Parij milliy kutubxonasida saklanayotgan xotiralari, ayniqsa, qimmatli, ishonchli dalildir. «Amir Temur fors, arab va turk tillarini biladi. Qur'on ilmi va Islom huquqshunosligi ilmida shu qadar kuchli olimki hech bir musulmon olimi u bilan munozara kilishga qodir emas, u olim va shoirlarga katta hurmat ko'rsatadi. Buning sababi shundaki, uning o'zi olim va donishmanddir».

Ya'ni «Ulug' bobokalonimiz Amir Temur «qaerda qonun hukmronlik qilsa, shu erda erkinlik bo'ladi», degan gaplarini tarix sahifalariga zarvaraqlar bilan yozdirgan edi». Temur davrining mumtoz tarixchilaridan bo'lgan Ibn Arabshoh Amir Temurning fazilatlarini sharhlab: «Temur tengi yo'q fe'l-atvorli, chuqur mulohazali kishi bo'lib, uning tafakkur dengizining qa'ri yo'q va (uning) ta'biri tagiga na tekisligu, na g'adir-budur orqali yo'l topiladi», - deb yuksak baho bergan edi. Amir Temur dasturi va siyosiy-huquqiy qarashlarida mukammal jamiyatni orzu qilishdan ko'ra, ko'proq uni amalga oshirish hamda uning mas'uliyatini o'z zimmasiga olish yaqqol sezilib turadi. Shuning uchun ham Amir Temurning davlat arbobi, sarkarda va mutaffakir sifatidagi o'ziga xos tomoni shundaki, u o'zi hukmronlik qilgan .

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YAIPI HUDUDIY MAHSULOT HAJMINI TREND MODELLARI YORDAMIDA PROGNOZLASHTIRISH

Odillov Abrorbek Qurbonnazar o'g'li

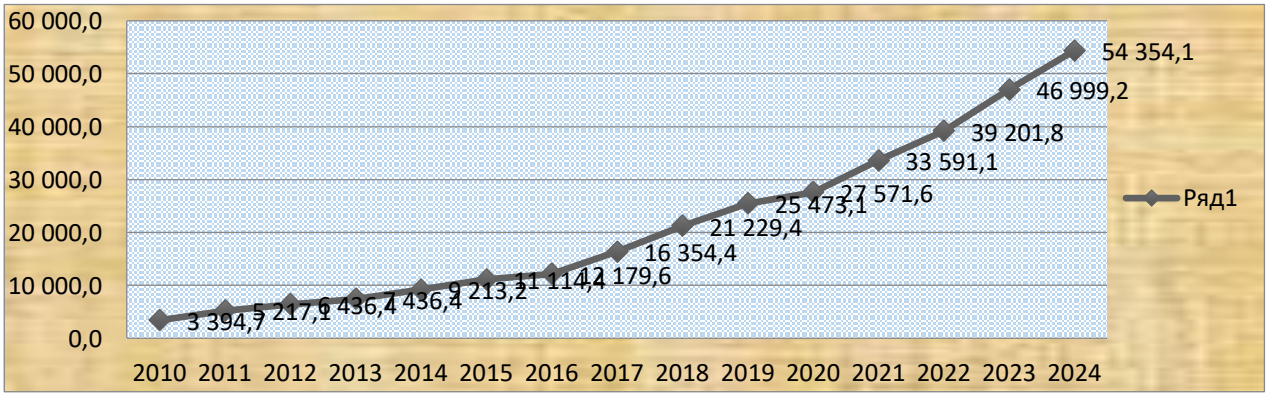
TISU 2-kurs talabasi

Annotatsiya :*Maqolada Surxondaryo viloyati yalpi hududiy mahsulotining hajmini modelashtirish masalalari bayon etilgan*

Kalit so'zlar: Trend, moddellari, eksponentsial, chiziqli, parabola, darajali, logarifmlik.

Ushbu raqamlar 2010-2024-yillar oralig'ida yalpi hududiy mahsulot (YHM) hajmining o'sish tendensiyasini aks ettiradi. 2010-yilda 3 394,7 mlrd so'mni tashkil qilgan YHM, 2024-yilga kelib 54 354,1 mlrd so'mga yetgan. Bu degani, ushbu davr mobaynida iqtisodiyot barqaror o'sib borgan. Ayniqsa, 2016-yildan keyin o'sish sur'ati tezlashib, 2016-2024-yillar oralig'ida YHM qariyb 3,3 baravar oshgan. Bu iqtisodiy islohotlar, investitsiyalar hajmining oshishi va ishlab chiqarish quvvatlarining kengayishi bilan bog'liq bo'lishi mumkin.

Yillik o'sish sur'atlarini tahlil qilsak, dastlabki yillarda nisbatan past bo'lgan o'sish, keyinchalik jadalroq tus olgan. 2010-2015-yillarda YHM yiliga o'rtacha 1 500-2 000 mlrd so'mga oshgan bo'lsa, 2016-yildan keyin bu ko'rsatkich ancha yuqori darajaga chiqib, ayrim yillarda 6 000-7 000 mlrd so'mgacha yetgan. Bunday dinamik o'sish iqtisodiy faoliyatning diversifikatsiyalanganini va yalpi hududiy mahsulot tarkibida sanoat, xizmatlar hamda qishloq xo'jaligi sohalarining ahamiyati oshganini ko'rsatishi mumkin. Shu bilan birga, inflyatsiya va valyuta kursi o'zgarishlari ham YHM nominal hajmining ortishiga ta'sir qilgan bo'lish ehtimolda holi emas.



1-rasm 2010-2024-yillar uchun Surxondaryo viloyati yalpi hududiy mahsulot hajmini (mlrd so'm)

1. Trend modellaridan foydalangan holda yalpi hududiy mahsulot (YHM) hajmini modellashtirish iqtisodiy o‘sishning uzoq muddatli tendensiyalarini aniqlash va prognoz qilishga yordam beradi.

2. Linear, eksponensial yoki logistika modellar orqali YHM dinamikasini tahlil qilish kelajakdagi rivojlanish trayektoriyasini baholash va investitsiya strategiyalarini shakllantirishga imkon yaratadi.

3. Modellashtirish natijalari asosida iqtisodiy siyosatning samaradorligini oshirish, resurslarni optimal taqsimlash va hududiy iqtisodiyotning barqarorligini ta’minlash mumkin.

Vaqtli qatorni prognozlash uchun trend modelidan foydalanildi bunda quyidagi natijaga erishildi.

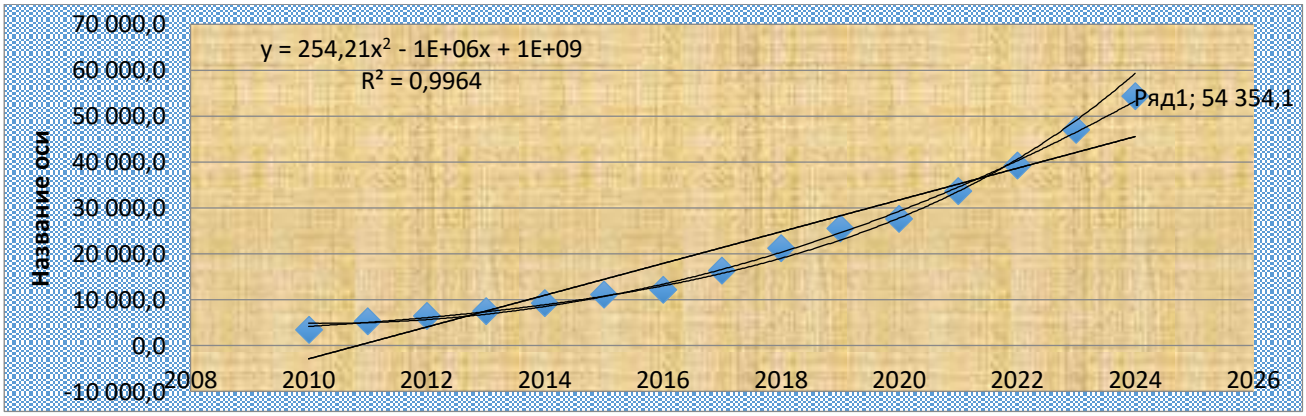
1-jadval

Model turlari

T /r	Model	Tenglamasi	Determinatsiya koeffitsiyenti
1	Eksponentsial	y= 7E-163e^{0,1899t}	R^2 = 0,9913
2	Chiziqli	$y = 3459{,}6t - 7E + 06$	R^2 = 0,9229
3	Logarifimli	$y = 7E + 06ln(x) - 5E + 07$	R^2 = 0,9224
4	Darajali	$y = 0t^{383{,}04}$	R^2 = 0,9915
5	Polinom	$y = 254{,}21t2 - 1E + 06t + 1E + 09$	R^2 = 0,9964

1-jadvalda determinatsiya koeffitsiyenti Polinom modelda eng katta demak u eng sifatli model .Uning chizmasi quyidagicha keltirilgan

2-rasm 2010-2024-yillar uchun Surxondaryo viloyati yalpi hududiy mahsulot hajmini (mlrd so’m)



Xulosa qilib 2010-2024-yillar uchun Surxondaryo viloyati yalpi hududiy mahsulot hajmi uchun mos model Polinom trend modeli hisoblanadi.Uning determinatsiya koeffitsiyenti R^2 = 0,9964.Ushbu modeldan foydalanib prognoz qiymatlar ishlab chiqish mumkin.

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SURXONDARYO VILOYATI SANOAT ISHLAB CHIQARISH HAJMINI EKONOMETRIK MODELLASHTIRISH

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Annotatsiya: Maqolada Surxondaryo viloyati Sanoat ishlab chiqarish hajmini ekonometrik modellashtirish masalalarini bayon etilgan.

Kalit so'zlar: Trend modellari, eksponentsial, chiziqli, parabola, darajali, logarifmik.

Abstract: The article describes the issues of econometric modeling of industrial production in Surkhandarya region.

Keywords: Trend models, exponential, linear, parabolic, graded, logarithmic.

Аннотация: В статье рассмотрены вопросы эконометрического моделирования промышленного производства в Сурхандарьинской области.

Ключевые слова: Трендовые модели, экспоненциальные, линейные, параболические, степенные, логарифмические.

2010-2024 yillar oralig'ida Surxondaryo viloyati sanoat ishlab chiqarish hajmi katta o'sishni ko'rsatdi. 2010 yilda 756,4 mlrd so'm bo'lgan sanoat ishlab chiqarish hajmi 2024 yilga kelib 14888,6 mlrd so'mga yetdi. Bu 2024 yilda sanoat ishlab chiqarish hajmining 2010 yilga nisbatan 19,7 barobarga oshganini ko'rsatadi. Ayniqsa 2018 yildan boshlab sanoat ishlab chiqarishining o'sish tempi tezlashdi va 2020 yildan keyin turli sohalarda modernizatsiya, yangi ishlab chiqarish ob'ektlarini tashkil etish innovatsiyalar va investitsiyalarni jalb etish orqali yanada yuksak sur'atda o'sish kuzatidi.

Ayniqsa 2024 yildagi hajmning 2023 yilga nisbatan yanada katta o'sishi, bu sanoat sohasida yirik loyihalarning amalga oshirilishini va yangi investorlar tomonidan qo'shimcha kapital kiritilganliligini ko'rsatadi. Bundan tashqari, sohaga yangi texnologiyalarni joriy etish va ekologiyaga muvofiq ishlab chiqarishni rivojlantirishga katta e'tibor qaratilayotgani natijasida, Surxondaryo viloyati sanoat ishlab chiqarishda kelajakdagi o'sish uchun mustahkam asos yaratilgan.

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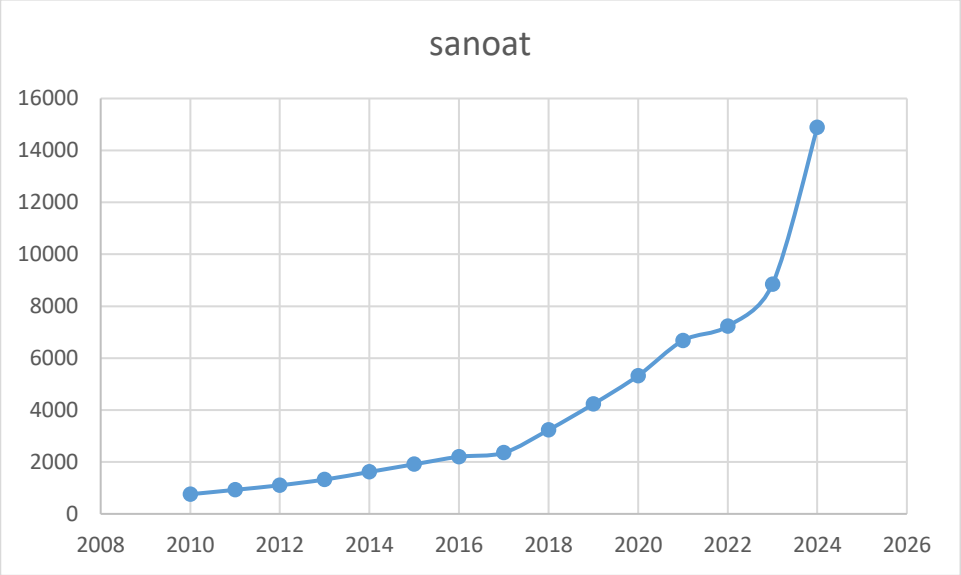

1-rasm. 2010-2024 yillar uchun Surxondaryo viloyati Sanoat ishlab chiqarish hajmini ekonometrik modellashtirish (mlrd so'm)

Surxondaryo viloyatining 2010-2024 yillardagi sanoat ishlab chiqarish hajmini tahlil qilishda trend modellari muhim ahamiyatga ega. Ushbu davrdagi ko'rsatkichlar o'sish tendensiyasini ko'rsatib, ayniqsa, 2024-yilda sezilarli o'sish kuzatilgan. Trend modellari vaqt o'tishi bilan iqtisodiy ko'rsatkichlarning o'zgarishini aniqlash imkonini beradi. Xususan, oddiy chiziqli trend, eksponensial trend yoki polinom trend modellaridan foydalanish orqali sanoat ishlab chiqarish hajmining o'sish sur'atlarini, dinamikasini va kelajakdagi prognozlarini aniqlash mumkin.

Ekonometrik modellashtirish sanoat ishlab chiqarish hajmini tahlil qilishda chuqurroq tushuncha beradi. Masalan, vaqt qatorlari (time series) modeli yordamida mavsumiylik, sikliklik va tasodifiy o'zgarishlarni ajratish mumkin. Autoregressiv (AR), ko'p o'zgaruvchili regressiya (Multiple Regression) yoki Autoregressive Integrated Moving Average (ARIMA) kabi modellardan foydalanish orqali sanoat hajmidagi o'zgarishlarga ta'sir qiluvchi omillar, masalan, investitsiyalar, xom ashyo narxlari, eksport-import dinamikasi kabi omillarni baholash mumkin. Bu esa tahlilni nafaqat o'tgan davr uchun, balki kelajak uchun ham ishonchli prognozlar qilish imkoniyatini yaratadi.

Trend modellari yordamida sanoat ishlab chiqarish hajmining kelajakda qanday o'zgarishi mumkinligini oldindan aytish mumkin. Masalan, 2024-yildagi keskin o'sish tendensiyasini davom etishi yoki barqarorlashishi kutilayotganini modellash orqali aniqlash mumkin. Ushbu prognozlar esa mahalliy hokimiyat va investorlar uchun iqtisodiy rejalashtirishda, yangi sanoat loyihalarini ishga tushirishda va resurslarni

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samarali taqsimlashda muhim o‘rin tutadi. Shuningdek, trend modellari yordamida iqtisodiy xavflarni oldindan aniqlash va tegishli choralarni ko‘rish imkoniyati ham mavjud.

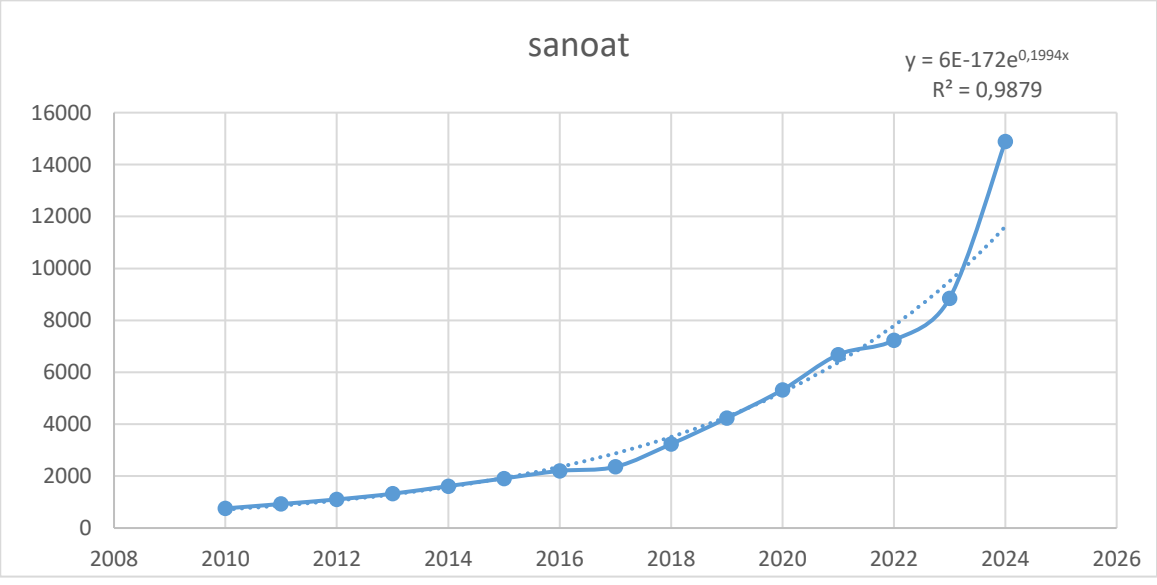
Vaqtli qatorlarni prognozlash uchun trend modelidan foydalanildi. Bunda quyidagi natijalarga erishildi:

1-jadval

Model turlari.

T/R	Model	Tenglamasi	Determinantsiya koeffitsiyenti
1.	Eksponentsial	$y = 6E\text{-}172e^{0,1994x}$	$R^2 = 0,9879$
2.	Chiziqli	$y = 768,98x - 2E+06$	$R^2 = 0,7769$
3.	Logarifmli	$y = 2E+06\ln(x) - 1E+07$	$R^2 = 0,7762$
4.	Polinom	$y = 91,695x^2 - 369127x + 4E+08$	$R^2 = 0,9396$
5.	Darajali	$y = 0x^{402,22}$	$R^2 = 0,9878$

1-jadvalda determinatsiya koeffitsiyenti eksponentsial modelda eng katta. Demak, u eng sifatli model. Uning chizmasi quyida berilgan:



1-rasm. 2010-2024 yillar uchun Surxondaryo viloyati Sanoat ishlab chiqarish hajmini ekonometrik modellashtirishning eksponentsial modeli.

Xulosa qilib, 2010-2024 yillar uchun Surxondaryo viloyati Sanoat ishlab chiqarish hajmini ekonometrik modellashtirish uchun mos model eksponentsial trend modeli hisoblanadi. Uning determinatsiya koeffitsiyenti $R^2 = 0,9879$. Ushbu modeldan foydalanib prognoz qiymatlar ishlab chiqarish mumkin.[1]

Foydalanilgan adabiyotlar.

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[1] Muallif ishlanmasi

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1-NAFTILAMIN ASOSIDA KOMPLEKS HOSIL QILUVCHI SORBENT SINTEZI VA TADQIQOTI

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Annotatsiya

Ushbu maqolada d-metallar kationlari bilan kompleks hosil qilish xususiyatlarga ega bo‘lgan karbamid, formaldegid va 1-naftilamin (KFNA) asosida olingan sorbentning fizik-kimyoviy xossalariga dastlabki moddalar mol nisbatlarining ta’siri o‘rganilgan. Karbamid, formaldegid va 1-naftilamin 2:5:0.2 mol nisbatda bo‘lganda sorbsion sig‘im yuqori ekanligi kuzatildi. Ion almashinuvchilarning haroratga barqarorligi termik analizda aniqlangan.

Аннотация

В данной статье изучено влияние мольного соотношения исходных материалов на физико-химические свойства сорбента на основе мочевины, формальдегида и 1-нафтиламина (КФНА), обладающего комплексообразующими свойствами с катионами d-металлов. Было замечено, что сорбционная емкость высока, когда мочевина, формальдегид и 1-нафтиламин находятся в мольном соотношении 2:5:0,2. Температурную стабильность ионообменников определяли термическим анализом.

Annotation

In this article, we studied the effect of the molar ratio of starting materials on the physicochemical properties of a sorbent based on urea, formaldehyde, and 1-naphthylamine (UFNA), which has complexing properties with d-metal cations. It has been observed that the sorption capacity is high when urea, formaldehyde and 1-naphthylamine are in a molar ratio of 2:5:0.2. The temperature stability of ion exchangers was determined by thermal analysis.

Kalit so‘zlar: Sorbent, karbamid, formaldegid, 1-naftilamin, termik tadqiqotlar.

Ключевые слова: Сорбент, карбамид, формальдегид, 1-нафтиламин, термические исследования.

Key words: Sorbent, urea, formaldehyde, 1-naphthylamine, thermal studies.

Fan texnika rivojlangan hozirgi davrda yangi turdagi sorbentlar sintez qilish, ularning ba’zi metall kationlariga nisbatan kompleks hosil qilish xossalarini aniqlash va ular yordamida eritmalar tarkibidan metall kationlarini ajratib olib, ushbu jarayonida

hosil bo‘ladigan birikmalarning tarkibi, tuzilishi, fizik-kimyoviy xossalarini o‘rganish noorganik kimyoning dolzarb muammolaridan biridir [1].

Ushbu maqolada karbamid, formaldegid smolasi 1-naftilamin (KFNA) bilan o‘zaro polikondensatsiya reaksiyasi asosida azot, kislorodli kompleks hosil qiluvchi sorbent sintezi o‘rganilgan. Sorbent sintez qilishning optimal sharoitlari, polikondensatsiya jarayoniga haroratning ta’siri bo‘yicha tadqiqotlar **olib borilgan [2]**. Karbamid, formaldegid va 2,4-dinitrofenilgidrazin asosidagi xelat hosil qiluvchi sorbent sintezi o‘rganilib, xelatlovchi sorbentning ba'zi xususiyatlarini aniqlash uchun harorat va boshlang'ich moddalarning molyar nisbati ta'siri o‘rganildi. Sintez qilingan xelat hosil qiluvchi sorbentning strukturasi IQ spektroskopiya yordamida aniqlangan [3].

Ushbu maqolada karbamid formaldegid va anilin asosida yangi turdagi polimer ligand sintez qilindi. Ligandning sintez qilish sharoitlari, polikondensatsiya jarayoniga haroratning ta’siri o‘rganildi. *Ligandning IQ-spektroskopik va termik tahlil natijalarini tahlil qilindi [4].*

Ushbu maqolada karbamid, formaldegid ishqoriy muhitda difenilkarbazon (KF-DK) bilan o‘zaro polikondensatsiya reaksiyasi asosida sorbent sintez qilib olindi. KF-DKning Cu (II) ionlari bilan sorbsiya jarayoniga muhit ta’siri kuzatilib, eritmaning muhiti pH=5-6 bo‘lganda, karbamid, formaldegid va difenilkarbazon 2:5:0,2 mol nisbatda bo‘lganda sorbsion sig‘im yuqori ekanligi aniqlangan. KF-DKning tashqi yuza qavat morfologiyasi skanerlovchi elektron mikroskop (SEM) da tahlil qilindi. 10 mkm da olingan foto suratda sorbent yuzasining g‘ovakligi kuzatildi [5].

Sintez qilingan KF-FG va MF-DK markali kompleks hosil qiluvchi ionitlar mis va nikel ionlarida sorbsiya jarayoni kuzatildi. Tadqiqot natijalariga ko‘ra, mis va nikel ionlari uchun statik almashinuv sig'imi KF- DG + Cu 3,8 mg-ekv/g va KF- DG + Ni - mg·ekv/g. KF-DK + Cu ham 4 mg·ekv/g, KF- DK + Ni esa 3,8 mg·ekv/g ni tashkil qildi [6].

KFDFK asosida sintez qilingan kompleks hosil qiluvchi ionitning IQ-spektrlari o‘rganilganda, unda 1640-1550 sm^{-1} sohalarda -CH_2-C=O keton gruppa, 1390-1330 sm^{-1} sohalarda aromatik xalqalar, va aminoguruhga bog‘langan C-N valent tebranishi (1020-1200 $см^{-1}$) namayon bo‘ladi. -N=N-ning yutilishi 1400-1450 sm^{-1} sohalarda saqlanadi. Bu o‘z navbatida karbamid formaldegid va difenilkarbozon bilan o‘zaro ta’sirlashib, ionit hosil qilganligidan dalolat beradi [7].

Shunday qilib, tadqiqotning maqsadi karbamid, formaldegid va 1-naftilamin asosida olingan sorbentning dastlabki moddalar mol nisbatlariga d-metall kationlarining sorbsiyasi bog‘liqligi va haroratga bardoshliligini o‘rganishdir.

Karbamid formaldegid smolasini 1-naftilamin bilan modifikatsiyalash yo‘li bilan kompleks hosil qiluvchi sorbent sintezi o‘ganilib, reaksion aralashma 90-100 °C haroratda 1,5-2 soat qizdirib, **qizil sarg‘ish rangli qattiq g‘ovaksimon sorbent sintez qilindi. Reaksiya unumi 85%.**

Termoanalitik tadqiqotlar DTG -60 SHIMADZU (Yaponiya) qurilmasida, K tipidagi termokuplli va platina tigellarda o‘tkazildi. Barcha o‘lchovlar argon oqim tezligi 100 ml/min bo‘lgan inert argon atmosferada o‘tkazildi. O‘lchovlarning harorat diapazoni 10-600 ° C, isitish tezligi 20 K / min. Bir o‘lchov uchun namuna miqdori 5 mg ni tashkil qiladi. O‘lchov tizimi In standart moddalar to‘plami bilan sozlangan.

Termiz davlat universiteti ilmiy laboratoriyasida termoanalitik tadqiqotlar o‘tkazildi.

Olingan natijalar tahlili. Sintez qilingan kompleks hosil qiluvchi sorbentning asosiy sorbsion va fizik-kimyoviy xususiyatlari uning konsentrasiyasiga bog'liq bo‘ladi.

Turli xil miqdordagi o‘zaro bog'langan kompleks ionitni olish uchun 1-naftilaminning turli namunalari sintez qilindi. Polikondensatsiya reaksiyasi, reaksiyaga kirishuvchi moddalar: karbamid, formaldegid va 1-naftilaminning mos ravishda 2:5:0,1 dan 2:5:0,3 gacha bo‘lgan molyar nisbatida amalga oshirildi. 1-naftilamin miqdorining o‘zgarishi ayrim d-metallarning sorbsiyalanish darajasi bilan aniqlab olindi.

1-jadval

KFNAning sorbsion xossalarini reaktivlar nisbatiga bog‘liqligi

Ko‘rsatkichlarni nomlanishi		Mollar nisbatida: karbamid, formaldegid, 1-naftilamin		
		1:5:0,1	**1:5:0,2**	**1:5:0,3**
Sochma og‘irligi, g/ml		0,72	0,58	0,5
0,1 N eritmalar uchun statik almashinuv sig‘imi, mg-ekv/g:	Cu^{2+}	3,4	3,8	3,6
	Zn^{2+}	3,5	3,7	3,3
	Co^{2+}	2,6	2,8	2,2
	Ni^{2+}	3,3	3,7	3,5
	Cd^{2+}	1,7	1,9	1,6

Jadval ma’lumotlaridan ko‘rinadiki, 1-naftilamin miqdori ortishi bilan ion almashinuv qobiliyati asta-sekin kamayadi. KFNA 2:5:0,3 mol miqdorda ion almashinuvchi kompleks ionitning funksional guruhlar bir-biriga yaqinlashib, g'ovak

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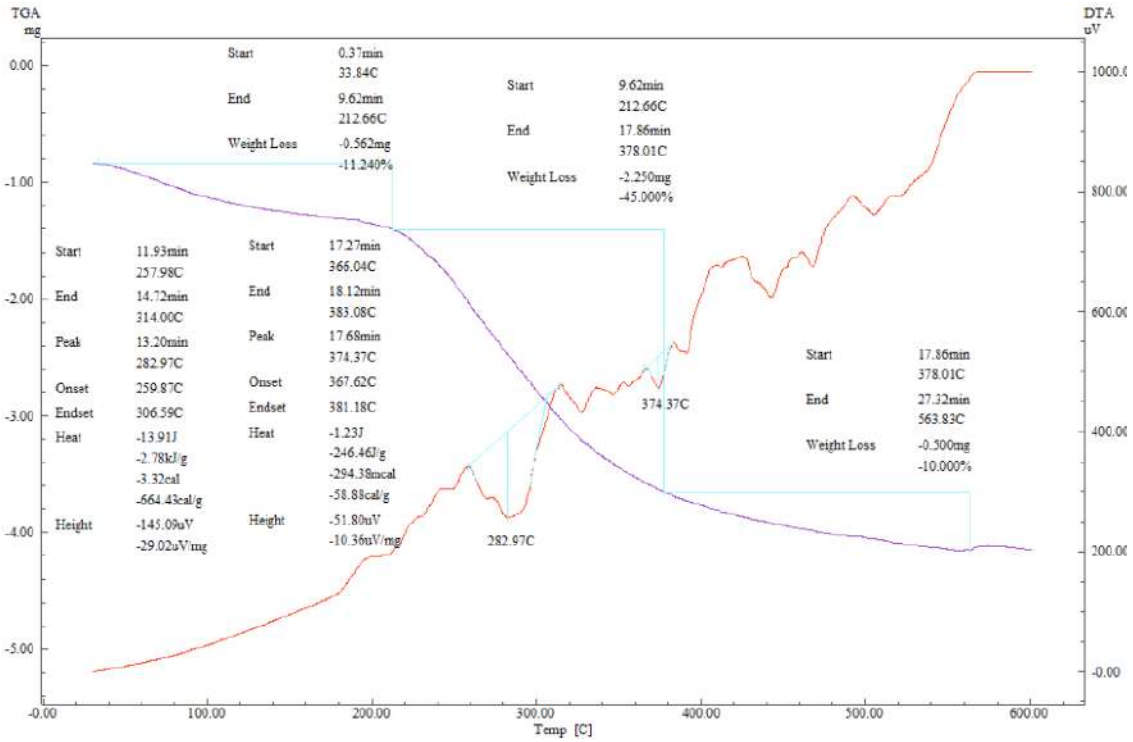
radiusining pasayishi, ionlarning tarqalishiga geometrik to‘siqlar hisobiga bo‘kishning pasayishi natijasida metallarning sorbsiyalanish pasayishini izohlash mumkin. O‘tkazilgan tadqiqotlarga ko‘ra, **1-naftilamin miqdori ortib borishi bilan** eng yaxshi ko‘rsatkichga ega bo‘lgan kompleks sorbent mos ravishda karbamid, formaldegid va **1-naftilaminning** 2: 5: 0,2 nisbatida olingan.

Kompleks ionitning termik turg‘unligini o‘rganish bo‘yicha tajribada olingan sorbentni qizdirish jarayonida birikmalar tuzilishining destruksiyasi natijasida massa o‘zgarishi bilan kuzatiladigan turli ekzotermik va endotermik issiqlik effektlari derivatografik analiz natijalari asosida tahlil qilindi. Termik tahlilining barcha namunalari dinamik rejimda 100 gradus/min tezlikda platinadan tayyorlangan hovonchada olib borildi. KFNAning (TGA) va (DTA) analizi uchun maksimal 600 °C harorat tanlab olinib, ushbu moddaning tahlil natijalari keltirildi. Sorbent 600 °C haroratga chidamli platinadan tayyorlangan og‘zi ochiq tigelda 5 mg miqdorda olinib, 30 °C haroratdan boshlab asta-sekin harorat ko‘tarilib borildi (1-rasm).



1-rasm. KFNA ning termogravimetrik derivatogrammasi (TGA) va differensial termogravimetrik analizi (DTA)

KFNA ning DSK-TG-DTG grafiklarini o‘rganish natijasida 30 - 564 ºC harorat sohasida namuna massasining uch bosqichda kamayishi kuzatildi. Birinchi bosqichda 34-213 ºC harorat oralig‘ida kristallizasiya suvining chiqib ketishi natijasida massa kamayishi 11,24% ni tashkil qilgan. Ikkinchi bosqichda 212,6-378 ºC harorat oralig‘ida

massa kamayishi 45% ni tashkil qilgan. Uchinchi bosqich 378-563 ºC DSK-TG-DTG harorat oralig‘idagi massa kamayishi 10 % ni tashkil qilgan.

Quydagi 2-jadvalda harorat har 100 ºC ga ko‘tarilganda KFNA massasi tegishli ravishda o‘zgarishi, yo‘qotilgan massa ortib borishini va sarflangan energiya miqdori keltirilgan.

2-jadval

KFNAning TGA va DTA egri chizig‘i natijalari tahlili

№	Harorat ºC	Qoldiq massa, mg	Yo‘qotilgan massa, mg	Yo‘qotilgan massa, %	Sarflanadigan energiya miqdori (µV*s/mg)
1	100	3,9	1,1	22	31,9
2	200	3,65	1,35	27	7,25
3	300	2,15	2,85	57	43,53
4	400	1,2	3,8	76	27,56
5	500	0,92	4,08	81,6	8,13
6	600	0,86	4,14	82,8	1,74

Karbamid farmaldegid va 1-naftilaminning derivatogrammasida 283, 330, 374, 447, 470, 510 ºC haroratlarda oltita endotermik va 199, 242, 260, 315, 425, 497 ºC haroratlarda oltita ekzotermik effektlar kuzatildi. 283 ºC haroratdagi birinchi endoeffekt sorbent tarkibidagi gigroskopik suvning chiqib ketishi bilan bog‘liq bo‘lib, bunda massa kamayishi 11 % ni tashkil qilgan. 283 va 374 ºC haroratlardagi endoeffektlar, shuningdek, 408 ºC haroratdagi ekzoeffekt tabiatiga ko‘ra sorbent tarkibidagi aminoguruhlarni protonlashtirishda qatnashgan guruhlar tarkibidan suv, ammiakning ajralib chiqishi bilan bog‘liq. Bu haroratlarda sorbent massasining umumiy kamayishi 60,8 % ga teng. 30-600 ºC harorat diapazonida KFNAning umumiy massasining kamayishi 84 % ni tashkil qilgan. Parchalanishning umumiy entalpiyasi ΔQ = -2,78 kJ / g ga teng.

3-jadval

KFNA termolizining derivatografik ma'lumotlari

Effektning harorat intervali, ºC	Effekt cho‘qqisi, ºC	Massa o‘zgarishi, %	Umumiy massa o‘zgarishi, %	Effekt tabiati
197-203	199	1,2	11,4	Ekzotermik
235-255	242	1,07	23,6	Ekzotermik

230-265	260	2,6	25,8	Ekzotermik
257-314	283	10	44	Endotermik
310-320	315	2,6	46	Ekzotermik
320-335	330	3,8	49,8	Endotermik
366-383	374	2	56,4	Endotermik
408-435	425	1,8	62	Ekzotermik
438-455	447	1,2	66	Endotermik
464-477	470	1	68	Endotermik
478-505	497	0.4	69	Ekzotermik
504-520	510	0.6	72	Endotermik

3-jadvalda olingan KFNA ning derivatorgrafik tadqiqotlarda kuzatilgan ekzotermik effektlar sorbent tuzilishining o‘zgarishini, endotermik effektlar esa sorbentning havo ishtirokisiz o‘zgarishi bilan tushuntililadi. Tahlil natijalaridan ko‘rinadiki, olingan kompleks ionitning termik barqarorligi yuqori.

XULOSA. Karbamid formaldegid va 1-naftilamin asosida olingan kompleks hosil qiluvchi ionitning fizik-kimyoviy xossalariga dastlabki moddalar mol nisbatlari ta’sirini aniqlash natijalariga ko‘ra, karbamid, formaldegid va **1-naftilaminning** 2: 5: 0,2 nisbatida **yuqori sorbsion sig‘imli sorbent olindi**. differensial skanerlovchi kalorimetriya usulida olingan ma’lumotlar asosida sintez qilingan kompleks hosil qiluvchi sorbent 266°C haroratgacha termik barqarorligi aniqlandi.

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USING CONTEMPORARY TECHNOLOGIES TO TEACH VOCABULARY

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Abstract: *In addition to discussing contemporary methods that can be useful in foreign language instruction, the paper addresses the problems associated with analyzing the peculiarities of teaching vocabulary and learning strategies based on its integrated use.*

Keywords: *Foreign language, vocabulary, students, lexical abilities, communication, teaching of communicative language, and syntax.*

The establishment of a community of highly qualified specialists with competitive advantages is a unique feature of the modern world. Among these advantages, proficiency in two or more foreign languages can be determined by experience and knowledge. By studying the language and topic of the specialty on the foundation of an integrated course, it is possible to maximize the teaching of foreign languages. Assessing the role of vocabulary in language learning is challenging. Without professional vocabulary, a specialist will not be able to communicate effectively and carry out his professional responsibilities. Nowadays, the focus in the methodology of teaching foreign languages has moved from the teacher to the students themselves because of the widespread use of the Internet and multimedia technologies [1].

The process of learning is increasingly more interconnected and interdependent. Qualified specialists start to realize how important it is to continuously update and improve their language skills. There are a lot of strategies that facilitate the acquisition of a language in the methodology of teaching foreign languages. The author examines in detail strategies that refresh professional vocabulary in this article. It will be possible to increase professional vocabulary throughout life through the integrated use of vocabulary learning strategies. The standards for the authenticity of foreign languages as a means of communication in the dialect of cultures have grown in the context of the changing socio-economic realities of society (Milrud 1997). If a person does not

retain enough words and abilities in his memory to combine them to achieve a communicative intention, then no communication is possible. For inclusion in speech, the student's vocabulary should be in a state of "mobilization readiness" (Bim 1998) [2].

The Leitner system's adopted method requires us to take a stock of fish. The top card is moved to the bottom of the pile if the word on it is known. After seeing the translation, a word that is unknown is moved to the middle of the pile (closer to the beginning) so that it happens earlier and more frequently than words that are already known. As a result, we are able to repeat the necessary challenging vocabulary and its lasting memorization more frequently.

We may use idiomatic verbs and idioms to create flash cards. The website flashcards.html (http://www.english-4kids.com) has a large selection of ready-made, adorable fish cards. Memorabilia The Mind An alternative to traditional methods of processing and transmitting information (such as notes, short notes, diagrams, etc.) is a map memory card. Because it has a natural psychological foundation, this alternative is more productive. More importantly, it transforms the learner into an active creator of his own knowledge. The memory card method's psychological foundation is associative thinking. From the perspective of its creators, the memory card itself is a representation of our brain's work.

It will pull a chain of dozens of related events and facts, and it is sufficient to represent in memory one of these information cards. As a result, multidimensional associative thinking enables you to view the world not just as a whole but also in relation to other things. The memory card's guiding principles Tony Buchan developed several guidelines for making memory cards, which are explained in detail in his book "How to Mind Map." These guidelines are as follows: 1. The main concept, issue, or word is situated in the middle. By emphasizing the keyword of the associative chain, Busan provides the main meaning. 2. You can utilize drawings and images to illustrate a fundamental idea. 3. Every branch has a unique color.

4. To create maps, colored pencils, markers, and other tools are utilized. 5. The central idea is linked to the main branches, and the second, third, etc. orders are linked to the main branches. 6. The branches should be curled rather than straight, like a tree's branches. 7. A branch is written on a single keyword above each line. One person's or one group's individual product is the outcome of the work. provide a space for the manifestation of creative abilities and expresses individual capabilities. Benefits of Mental Cards • convenient to use • show the connections between phenomena, the logic

of thinking • contribute to better storage of information • collect a large amount of data together • develop creativity, thinking This technique is good to use in group work at the stage of consolidating the lexical material covered on a specific topic [3].

Rhymes, poems, songs The study of lexical units takes place in a playful way, which contributes to the comfortable state of students in the lesson. Children usually have erratic attention. Therefore, it is imperative in terms of the lesson to provide for types of work that relieve stress, switch the attention of children, cause a positive emotional mood. Learning rhymes, poems meets the age and psychological characteristics of children. They are easy to memorize, possess such characteristics as rhythm, sound repeatability. Learning poetry gives children pleasure. And what is experienced emotionally positively remains in the memory for a long time, leaving a mark on the child's mind. Thanks to rhyme, lexico-grammatical structures are easily activated in oral speech. The crucial point here is the use of an authentic speech pattern, and here songs and poems have many advantages over prose material. They are easy to enter, easy to remember, you can sing in chorus, which removes the psychological press from insecure students. In genuine song material, whole phrases and individual lexical units are often found that are characteristic of colloquial speech. Crosswords Crosswords are a great way for students to activate vocabulary. This strategy can be used in the first lesson of a new topic. Students will remember the words they will use in the next lesson. A crossword puzzle is a great way to repeat the previously learned before the test work. Invite students to create a crossword puzzle based on the new words of the topic they have learned. They will repeat their spelling, remember the meanings. For weak students, you can add a thematic list of words to the crossword puzzle so that they can choose the right ones. Of course, the list of strategies for expanding the vocabulary of students can be continued further, and each teacher will choose those methods that are closer to him. The main thing to remember, work on vocabulary should be constant and systematic [4].

Students will be able to restock their professional vocabulary on their own at any moment by using the aforementioned vocabulary learning strategies. It should be noted that because these strategies are interconnected and integrated into one another, they must be used comprehensively. Learning a professional foreign language is a continuous and linguistic process. Students themselves play an important role, but teachers may assist by teaching them how to employ strategies. Pupils should understand the importance of education, be accountable for it, and consistently apply its outcomes in real life. Only in this interaction could the intended outcomes be realized.

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ЭТИОПАТОГЕНЕЗ ЭНДОМЕТРИОЗА, СТЕПЕНЬ ИЗУЧЕННОСТИ

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Ключевые слова: эндометриоз, стадия боли, ретроградная менструация, "теория Сампсона", "эмбриональная теория", роль микротрубочек, рак яичников, рак молочной железы.

Введение.Эндометриоз – это хроническое, эстроген-зависимое заболевание, которое характеризуется ростом тканей, схожих с эндометрием, за пределами матки. Оно не является злокачественным, но может вызывать значительные неудобства. В мире около 10% (190 миллионов) женщин страдают этим заболеванием. Среди женщин, сталкивающихся с бесплодием, частота выявления эндометриоза составляет от 25% до 80%, а среди тех, кто испытывает боли в области таза, этот показатель достигает 40-80%. Основной проблемой для больных эндометриозом является риск рецидива. Частота рецидивов симптомов после хирургического лечения составляет 21,5% в течение 2 лет и 50% в течение 5 лет. Рост эндометриоидных тканей за пределами матки вызывает боль, хроническое воспаление, образование рубцов и может препятствовать наступлению беременности.

Материалы и методы. Был проведен анализ литературы на основе 8 научных статей, диссертационных работ и материалов конференций, опубликованных в базах данных Scopus, PubMed, Google Scholar и Medline за период с 2015 по 2025 годы.

Полученные результаты и их анализы.

Этиологические факторы

1. Ретроградная менструация (теория Сампсона) – обратный ток менструальной крови, при котором фрагменты эндометрия попадают в маточные трубы и брюшную полость.

2. Генетическая предрасположенность – полиморфизм определённых генов и наличие эндометриоза в семейном анамнезе.

3. Перитонеальная метаплазия – трансформация перитонеальных клеток в эндометриальные.

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4. Нарушение иммунологического контроля – снижение способности иммунной системы уничтожать клетки эндометрия.

2.Патогенетические механизмы

Эктопическое расположение – выход тканей эндометрия за пределы полости матки.

Имплантация – прикрепление и развитие фрагментов эндометрия в брюшной полости.

Пролиферация – неконтролируемый рост и инвазия клеток эндометрия.

Неоангиогенез – формирование новых кровеносных сосудов для обеспечения кровоснабжения эктопических тканей.

Патологические процессы

Воспаление и иммунологическая дисфункция.

Образование фиброзной ткани и рубцов.

Нарушение функции окружающих органов.

Клинические осложнения

*Боль в животе и воспаление.

*Репродуктивные дисфункции и бесплодие.

*Адгезия и сращение органов.

Таблица 1: Основные факторы и механизмы патогенеза эндометриоза

Фактор	Описание	Доказательства/Научные доказательства
Ретроградная менструация (теория Сампсона)	Попадание эндометриальных клеток в брюшную полость в результате	Обнаружение фрагментов эндометрия с помощью лапаротомии.

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	ретроградного тока менструальной крови.	
Генетическая предрасположенность	Полиморфизм некоторых генов (например, HOX и WNT) способствует развитию эндометриоза.	Высокая частота эндометриоза в семейном анамнезе.
Перитонеальная метаплазия	Изменение перитонеальных клеток в эндометриальные.	Исследования, демонстрирующие связь между клетками Мюллера и перитонеальной метаплазией.
Иммунологическая дисфункция	Ослабленная иммунная система не способна уничтожать эктопические эндометриальные клетки.	Дефицит Т-клеток и увеличение воспалительных маркеров.
Теория стволовых клеток эндометрия	Стволовые клетки эндометрия перемещаются в брюшную полость и начинают пролиферацию.	Доказано G. Pittatore в 2004 году.
Neoangiogenez Неоангиогенез	Формирование новых кровеносных сосудов создаёт условия для эктопического роста.	Endometriyal to'qimalarda VEGF (vascular endothelial growth factor) darajasining yuqoriligi. Повышенный уровень VEGF (vascular endothelial growth factor) в эндометриальной ткани.

Описанные процессы:

1.Эктопическая имплантация эндометрия → пролиферация.
2.Ослабление иммунной системы → воспаление → формирование фиброзной ткани.
3.Неоангиогенез → развитие кровеносных сосудов → рост эктопических тканей

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Исследования	**Ученые**	**Выявленные доказательства**
Эпигенетические механизмы	Dr.Hugh и S.Taylor[12]	Метилирование ДНК и мутации в иРНК вызывают патологический рост эндометриальных клеток.
Эндометриоз и рак яичников	V.C.Kok и соавторы[4],J.B.Mogensen и соавторы [5]	У женщин с эндометриозом риск развития рака яичников повышен в 1.2–1.8 раза по сравнению с пациентами, не страдающими данной патологией.
Эндометриоз и другие виды рака	V.C.Kok и соавторы[4],J.B.Mogensen и соавторы [5]	Эндометриоз яичников связан с раком молочной железы и кишечника.
Клинические характеристики эндометриоидной аденокарциномы	H.E.Dinkelspiel и соавторы [6],A.V.M.Brihante и соавторы[7]	Эндометриоидная аденокарцинома (ЭАК) по сравнению со злокачественными опухолями, не связанными с эндометриозом, характеризуется более медленным ростом, высокой степенью дифференцировки и низкой инвазивностью.
Генетическое и эпигенетическое воздействие	A.V.M.Brilhante и соавторы [7],M. Herreros-vilanueva[8]	Важная роль генетических, эпигенетических, гормональных факторов и микроатрофий в эндометриоидной аденокарциноме.
Свободные радикалы Fe и окислительный стресс	M.E Hout и M Herreros-Villanueva [8,9] M.E. Hout & M. Herreros-Villanueva.	В эндометриоидных опухолях свободные радикалы железа вызывают окислительный стресс, способствуя возникновению мутаций.
Гормональная дисфункция при эндометриозе	Dr. John A. A. Vercellini и соавторы 2021[10]	Роль дисбаланса эстрогенов и прогестерона в развитии заболевания.
Роль микротрубочек	Dr.Horne и Dr.D.Jordan 2019[11]	Модификации тубулина усиливают миграцию эндометриозных клеток.

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Заключение.Этиопатогенез эндометриоза изучен не полностью, а его клинические осложнения продолжают активно исследоваться. В развитии заболевания важную роль играют ретроградная менструация (теория Сампсона), генетическая предрасположенность, перитонеальная метаплазия, иммунологические нарушения и гормональный дисбаланс. Эктопическая имплантация, пролиферация и неоангиогенез способствуют развитию воспаления, фиброза и дисфункции органов.

Фактор	Описание
Эпигенетические механизмы	Метилирование ДНК и мутации иРНК способствуют патологическому росту эндометриальных клеток.
Связь с онкологией	Эндометриоз повышает риск развития рака яичников (эндометриоидная аденокарцинома).
Гормональная дисфункция	Дисбаланс эстрогенов и прогестерона играет ключевую роль в патогенезе; агонисты ГнРГ и прогестины являются важными терапевтическими средствами.
Микротрубочки и клеточная миграция	Модификация микротрубочек способствует распространению эндометриоидных клеток.
Оксидативный стресс и свободные радикалы железа	Оксидативный стресс усугубляет развитие эндометриоза, а контроль метаболизма железа может замедлить этот процесс.

Вывод: Научные знания о этиопатогенезе и клиническом течении эндометриоза продолжают расширяться. Эпигенетические, генетические и иммунологические исследования открывают новые возможности для ранней диагностики, эффективного лечения и снижения риска рецидивов. Необходимо комплексное изучение и инновационные терапевтические подходы к эндометриозу.

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Anatatsiya

Qon — inson va boshqa hayvonot dunyosining organizmlarida hayotiy jarayonlarning yuritilishi uchun zarur bo‘lgan muhim suyuqlikdir. Bu suyuqlik organizmning barcha tizimlarida oziqa moddalarini tashish, tanadagi issiqlikni tarqatish, shuningdek, immun tizimining to‘g‘ri ishlashini ta’minlashda muhim rol o‘ynaydi. Qonning tarkibi, vazifalari, uning inson hayotidagi o‘rni va sog‘liqni saqlash tizimidagi ahamiyati haqida gapirganda, bu mavzu dolzarb bo‘lib, tibbiyot va biologiya sohalarida katta e’tibor qaratilmoqda.

Kalit so‘zlar: qon, qizil qon tanachalari, oq qon tanachalari, trombositlar, plazma, koagulyatsiya, anemiya, gemofiliya, qon bosimi, tibbiyot, sog‘liqni saqlash

Анатасия

Кровь – важная жидкость, необходимая для жизненных процессов в организме человека и других животных. Эта жидкость играет важную роль в транспортировке питательных веществ во все системы организма, распределении тепла в организме и обеспечении правильного функционирования иммунной системы. Если говорить о составе и функциях крови, ее роли в жизни человека и значении в системе здравоохранения, то эта тема является актуальной и получает большое внимание в области медицины и биологии.

Ключевые слова: кровь, эритроциты, лейкоциты, тромбоциты, плазма, свертывание крови, анемия, гемофилия, артериальное давление, медицина, здоровье.

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Anatasia

Blood is an important fluid necessary for life processes in the organisms of humans and other animals. This fluid plays an important role in transporting nutrients in all systems of the body, distributing heat in the body, and ensuring the proper functioning of the immune system. When talking about the composition and functions of blood, its role in human life and its importance in the healthcare system, this topic is relevant and is receiving great attention in the fields of medicine and biology.

Keywords: blood, red blood cells, white blood cells, platelets, plasma, coagulation, anemia, hemophilia, blood pressure, medicine, health

Anatomiya va fiziologiya jihatidan qonning ahamiyati

Qon tarkibida hujayralar va suyuqlik komponentlari mavjud. Hujayralar qizil qon tanachalari, oq qon tanachalari va trombositlardan iborat bo‘lib, har biri o‘ziga xos vazifani bajaradi. Qizil qon tanachalari kislorod va karbonat angidridni tashishda ishtirok etadi. Oq qon tanachalari immunitet tizimida yuqumli kasalliklarga qarshi kurashishda faol qatnashadi. Trombositlar esa qonning quyilishiga (koagulyatsiya) sabab bo‘ladi. Qonning suyuq qismi esa plazmadan iborat bo‘lib, uning tarkibida proteinlar, elektrolitlar, vitaminlar va boshqa zarur moddalar mavjud.

Qonning asosiy vazifalaridan biri — organizmga oziq moddalarini tashishdir. Qon orqali kislorodning nafas olish organlaridan to‘qimalarga yetkazilishi va uglerod dioksidining aksincha tashilishi amalga oshadi. Shuningdek, bu suyuqlik tana haroratini saqlab qolish, zararli moddalarni chiqarib yuborish, jigar va buyraklarda toksinlarni filtrlashda ishtirok etadi. Bundan tashqari, qonning immun tizimiga ta’siri, organizmni bakteriyalar va viruslardan himoya qilishdagi roli ham muhimdir.

Muammo va dolzarbligi

Bugungi kunda qon bilan bog‘liq muammolar inson salomatligi uchun juda katta xavf tug‘dirmoqda. Xususan, qon kasalliklari, masalan, anemiya, gemofiliya, qondagi qon tomirlarining o‘zgarishi (tramboflebit, yurak-qon tomir kasalliklari), qon bosimining o‘zgarishi (hipertoniya), shuningdek, qonning koagulyatsiya tizimidagi nosozliklar, masalan, qon quyilishining sekinlashishi kabi muammolar keng tarqalgan. Ushbu muammolar inson hayoti uchun jiddiy tahdid solmoqda va ularning dolzarbligi tobora ortib bormoqda.

Shuningdek, qon donorlari yetishmasligi, qon bosimining o‘zgarishi va gematologik kasalliklar tibbiyotda dolzarb muammolardan biridir. Davolash usullari va yangi texnologiyalar, masalan, sun’iy qon ishlab chiqarish kabi yutuqlar, bu sohadagi ilmiy izlanishlarning ahamiyatini yanada oshiradi.

Xulosa

Qon, uning tarkibi va ahamiyati haqida ko‘plab tadqiqotlar va ilmiy izlanishlar olib borilmoqda. Ushbu suyuqlik nafaqat tananing ichki tizimlarining faoliyatini ta’minlashda, balki inson hayotining o‘zida ham katta rol o‘ynaydi. Shu bilan birga, qon bilan bog‘liq kasalliklar va muammolar hozirgi kunda tibbiyotning eng dolzarb sohalaridan biri bo‘lib qolmoqda. Qonning sog‘lom bo‘lishi va uning tizimli faoliyatini davom ettirish, organizmning umumiy salomatligini saqlashda katta ahamiyatga ega. Bu borada ilm-fan, tibbiyot va texnologiyalar o‘zining yangi yutuqlari bilan bizni hayratda qoldirmoqda.

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BOTULIZM BO'LGAN ODAMNI SAMARALI DAVOLASH

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Anatatsiya

Botulizm — bu asosan Clostridium botulinum bakteriyasidan kelib chiqadigan, asab tizimini shikastlantiruvchi jiddiy va hayot uchun xavfli bir infeksion kasallikdir. Ushbu kasallik, ko‘pincha toza bo‘lmagan oziq-ovqatlar, konservalar yoki boshqa past haroratda saqlangan mahsulotlar orqali yuqtiriladi. Kasallikning rivojlanishi va bemorning holatining yomonlashishi asab tizimining falajlanishi, nafas olish organlarining yetishmovchiligi kabi jiddiy oqibatlarga olib kelishi mumkin. Shuning uchun, botulizmni erta aniqlash va samarali davolash, hayotni saqlashda hal qiluvchi ahamiyatga ega. Mazkur maqolada botulizmning belgilari, davolash usullari va muammo dolzarbligi haqida batafsil ma'lumotlar keltiriladi.

Kalit so‘zlar: botulizm, Clostridium botulinum, toksin, antitoksin, asab tizimi, nafas olish, reanimatsiya, oziq-ovqat xavfsizligi, davolash, profilaktika, tibbiyot

Анатасия

Ботулизм — серьезное и опасное для жизни инфекционное заболевание, поражающее нервную систему, вызываемое преимущественно бактерией Clostridium botulinum. Это заболевание часто передается через нечистые продукты питания, консервы или другие продукты, хранящиеся при низких температурах. Развитие заболевания и ухудшение состояния больного могут привести к тяжелым последствиям, таким как паралич нервной системы, дыхательная недостаточность. Поэтому раннее выявление и эффективное лечение ботулизма имеют решающее значение для спасения жизни. В данной

статье представлена подробная информация о симптомах ботулизма, методах лечения и актуальности проблемы.

Ключевые слова: ботулизм, Clostridium botulinum, токсин, антитоксин, нервная система, органы дыхания, реанимация, безопасность пищевых продуктов, лечение, профилактика, медицина.

Anatasia

Botulism is a serious and life-threatening infectious disease that damages the nervous system, mainly caused by the bacterium Clostridium botulinum. This disease is often transmitted through unclean food, canned goods or other products stored at low temperatures. The development of the disease and the worsening of the patient's condition can lead to serious consequences, such as paralysis of the nervous system, respiratory failure. Therefore, early detection and effective treatment of botulism is crucial in saving life. This article provides detailed information about botulism symptoms, treatment methods, and the urgency of the problem.

Key words: botulism, Clostridium botulinum, toxin, antitoxin, nervous system, respiratory, resuscitation, food safety, treatment, prevention, medicine

Botulizmning sabablari va alomatlari

Botulizm — bu Clostridium botulinum bakteriyasining toksini tufayli yuzaga keladigan kasallik bo‘lib, bu toksin asab tizimiga zarar yetkazadi. Bakteriya, ayniqsa, oksigensiz muhitda, ya’ni konserva qilingan oziq-ovqatlarda va past haroratda saqlanadigan mahsulotlarda ko‘payadi. Yuqtirishning asosiy manbalari esa pastgacha qaynatilmagan yoki noto‘g‘ri saqlangan oziq-ovqatlar, konservalar va uy sharoitida tayyorlangan mahsulotlardir.

Botulizmning asosiy alomatlari quyidagilarni o‘z ichiga oladi:

1. **Ko‘z alomatlari:** ko‘rishning xiralashishi, ko‘rishning dvigatel tizimining buzilishi.
2. **Asab tizimi alomatlari:** yuzning, tilda va og‘izda muammolar, so‘zlashishning qiyinlashishi, yutishdagi qiyinchiliklar.
3. **Nafas olish tizimi alomatlari:** nafas qisishi, nafas olishning to‘xtashi va hatto falajlanish xavfi.
4. **Tana harorati o‘zgarishi:** botulizmda odatda tana harorati ko‘tarilmaydi, chunki bu kasallikning termoregulyatsiyasi asosan buzilmaydi.

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Botulizmni davolashning samarali usullari

Botulizmning samarali davolashini tashkil etish uchun bir nechta muhim qadamlar mavjud. Ularning eng muhimi — toksin ta’sirini maksimal darajada kamaytirish va bemorning hayotini saqlab qolishdir. Botulizmni davolashda quyidagi asosiy usullarni qo‘llash zarur:

1. **Antitoksinlarni qo‘llash:** Botulizmni davolashning eng samarali usuli — bu botulizmga qarshi antitoksinlarni qo‘llashdir. Antitoksinlar toksinning faoliyatini to‘xtatadi va asab tizimidagi shikastlanishni kamaytiradi. Shuni ta’kidlash lozimki, antitoksinlar faqat kasallikning erta bosqichlarida samarali bo‘ladi, shuning uchun tezkor tibbiy yordam kerak.
2. **Sun’iy nafas olish va reanimatsiya:** Botulizm asosan nafas olish tizimini ta’sir etadi, shuning uchun bemor nafas olishning yetishmovchiligi bilan duch kelishi mumkin. Bunday hollarda sun’iy nafas olish va reanimatsiya yordamida bemorni saqlab qolish muhimdir.
3. **Antibiotiklar:** Agar infektsiya bakteriyalarning o‘sishi yoki ko‘payishi tufayli yuzaga kelsa, antibiotiklar qo‘llaniladi. Ammo botulizmda antibiotiklar faqat bakteriyani o‘ldirishga yordam beradi, toksinning ta’sirini bartaraf etishda samarali emas.
4. **Erta tashxis va profilaktika:** Botulizmni davolashda tashxisni erta qo‘yish juda muhim. Agar bemor orasida yuqorida keltirilgan alomatlar paydo bo‘lsa, darhol tibbiy yordamga murojaat qilish zarur. Shuningdek, profilaktika tadbirlari ham ahamiyatli: oziq-ovqatlarni to‘g‘ri saqlash, konservalashda sanitariya-gigiena qoidalariga rioya qilish.

Muammo va dolzarbligi

Botulizm kasalligi tibbiyotda juda dolzarb muammolardan biri hisoblanadi. Xususan, botulizmning xavfi ko‘p hollarda oziq-ovqat mahsulotlarining noto‘g‘ri tayyorlanishi va saqlanishi bilan bog‘liq bo‘ladi. Bu esa hayotiy xavflarni keltirib chiqarishi mumkin. Botulizmning oldini olish va unga qarshi samarali kurashish uchun, ayniqsa, rivojlanayotgan mamlakatlarda bu kasallikka qarshi profilaktika choralari yanada takomillashtirilishi kerak.

Bundan tashqari, botulizmga qarshi antitoksinlarning mavjudligi, uning qimmatligi va o‘z vaqtida topilishi bilan bog‘liq muammolar ham mavjud. Shuningdek, botulizmni davolashda tibbiy muassasalarining to‘g‘ri jihozlanishi va mutaxassislarning malakasi

ham muhim o‘rin tutadi. Shuning uchun, botulizmni davolash tizimini takomillashtirish va samarali profilaktika choralari joriy etish hozirgi kunda dolzarb masalalardan biridir.

Xulosa

Botulizm kasalligi inson hayoti uchun jiddiy tahdid soluvchi, tez rivojlanadigan va to‘g‘ri davolanmasa, o‘limga olib kelishi mumkin bo‘lgan infeksion kasallikdir. Kasallikning samarali davolash usullari — bu antitoksinlar va to‘g‘ri reanimatsiya usullari, shuningdek, botulizmni erta aniqlash va profilaktika choralarini ko‘rish muhimdir. Ushbu kasallikni davolash va unga qarshi kurashishda ilg‘or tibbiy texnologiyalar va malakali mutaxassislar katta rol o‘ynaydi. Botulizm kasalligining dolzarbligi esa nafaqat uning kasalliklar bilan bog‘liq xavfi, balki profilaktika va davolashda yangi yutuqlarni talab qiluvchi dolzarb tibbiy muammo ekanligidadir.

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BUYRAKNI ZAMONAVIY USULLATDA KO'CHIRIB O'TKAZISH

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Anatatsiya

Buyrak yetishmovchiligi — bu jahon bo'ylab keng tarqalgan, inson hayotini jiddiy xavf ostiga qo'yadigan tibbiy holatdir. Buyraklar organizmda ortiqcha suyuqlik, toksinlarni va boshqa zararli moddalarni chiqarib yuborish, shuningdek, tanadagi muvozanatni saqlashda asosiy rol o'ynaydi. Buyraklar faoliyatining yomonlashuvi, ayniqsa, ularning to'liq ishlamasligi, organizmda zararli moddalar yig'ilishiga olib keladi. Bunday holatlar ko'pincha buyrak transplantatsiyasini talab qiladi. Buyrak transplantatsiyasi, zamonaviy tibbiyotda eng samarali davolash usullaridan biri sifatida ajralib turadi. Ushbu maqolada buyrak transplantatsiyasining dolzarbligi, zamonaviy texnikalari va davolashdagi yangi yutuqlar haqida so'z boradi.

Kalit so'zlar: buyrak transplantatsiyasi, laparaskopiya, immunosupressiv davolash, donor, 3D-baskich, reject, tibbiy texnologiyalar, davolash, transplantatsiya, buyruq yetishmovchiligi

Анатасия

Почечная недостаточность является распространенным, опасным для жизни заболеванием во всем мире. Почки играют ключевую роль в выведении из организма лишней жидкости, токсинов и других вредных веществ, а также в поддержании баланса в организме. Ухудшение функции почек, особенно их неполное функционирование, приводит к накоплению вредных веществ в организме. В таких случаях часто требуется трансплантация почки. Трансплантация почки является одним из наиболее эффективных методов

лечения в современной медицине. В данной статье рассматривается актуальность трансплантации почки, современные методики и новые достижения в лечении.

Ключевые слова: трансплантация почки, лапароскопия, иммуносупрессивная терапия, донор, 3D-Basque, отторжение, медицинская технология, лечение, трансплантация, командный отказ.

Anatasia

Kidney failure is a common, life-threatening medical condition worldwide. Kidneys play a key role in removing excess fluid, toxins and other harmful substances from the body, as well as maintaining balance in the body. Deterioration of kidney function, especially their incomplete functioning, leads to the accumulation of harmful substances in the body. Such cases often require a kidney transplant. Kidney transplantation stands out as one of the most effective treatment methods in modern medicine. This article discusses the relevance of kidney transplantation, modern techniques and new advances in treatment.

Key words: kidney transplantation, laparoscopy, immunosuppressive treatment, donor, 3D-Basque, reject, medical technology, treatment, transplantation, command failure

Buyrak transplantatsiyasining zaruriyati va dolzarbligi

Buyrak yetishmovchiligi bilan og'rigan bemorlarning soni jahon bo'ylab ortib bormoqda. Ularning ko'plari dializ jarayonlarini o'tkazishsa ham, bu usul hayot sifatini sezilarli darajada yaxshilashga yordam bermaydi. Shunday qilib, buyrak transplantatsiyasi, ya'ni buyrakni boshqa shaxsdan ko'chirib o'tkazish, bemorning hayotini saqlab qolish va sog'lig'ini tiklash uchun eng samarali va uzoq muddatli davolash usuliga aylanmoqda. Biroq, donor buyraklarining etishmasligi va transplantatsiya jarayonining murakkabligi, bu jarayonni dolzarb muammolaridan biri bo'lib qoladi.

Buyrak transplantatsiyasining dolzarbligi nafaqat buyrak yetishmovchiligi muammosiga, balki transplantatsiya operatsiyasining o'ziga xos qiyinchiliklari va bemorlarning immun tizimining qabul qilish qobiliyatiga bog'liqdir. Shuningdek, donor buyraklarining sifatini ta’minlash, ularning uzoq muddat ishlashini ta’minlash va reject (qabul qilmaslik) holatlarining oldini olish masalalari tibbiyotda dolzarb bo'lib qolmoqda.

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Buyrak transplantatsiyasi jarayonining zamonaviy usullari

Bugungi kunda buyrak transplantatsiyasini amalga oshirishda bir qator zamonaviy usullar va texnologiyalar qo'llaniladi. Ularning asosiylari quyidagilardir:

1. **Laparoskopik transplantatsiya**
   Laparoskopik jarrohlik — bu minimal invaziv texnika bo‘lib, u kichik kesiklar orqali amalga oshiriladi. Laparoskopiya yordamida jarroh ko‘proq aniq va kamroq invaziv tarzda buyrakni joylashtiradi. Bu metod bemorning tiklanish jarayonini tezlashtiradi va kasallikdan keyin og'riqni kamaytiradi. Shuningdek, bu texnika operatsiyaning xavfsizligini oshiradi.
2. **Hibrid texnologiyalar**
   Zamonaviy texnologiyalardan biri — bu "hibrid texnologiya" bo'lib, bu operatsiyalarni bir nechta davolash usullarini birlashtiradi. Masalan, donor buyraklari maksimal darajada saqlanishi va uning siqilishining oldini olish uchun yangi texnologiyalar qo‘llaniladi. Hibrid texnologiyalar yordamida transplantatsiya jarayonida yanada yuqori muvaffaqiyat darajasi kuzatiladi.
3. **Donorlarning tanlovi va immunosupressiv davolash**
   Buyrak transplantatsiyasida donorlar eng katta rol o‘ynaydi. Buyrakni to‘g‘ri tanlash, qabul qiluvchi organizmning immun tizimiga mos kelishini ta'minlash juda muhimdir. Zamonaviy texnikalar orqali donor va qabul qiluvchining immun tizimining mosligini tekshirish mumkin, bu esa transplantatsiya muvaffaqiyatini oshiradi. Bunda immunosupressiv dori vositalari yordamida transplantatsiya jarayonida rejeksiyaning oldini olishga harakat qilinadi.
4. **3D-baskich texnologiyasi**
   Yangi texnologiyalar, jumladan, 3D-baskich texnologiyalari, buyrakni transplantatsiya qilishdan oldin uning strukturasi va shaklini aniq va to‘liq tiklash imkonini beradi. Bu texnologiyalar donor buyraklarining xavfsizligini ta'minlashda hamda transplantatsiya jarayonini osonlashtirishda yordam beradi. 3D-baskich texnologiyasi orqali jarrohlar operatsiyani yanada muvaffaqiyatli o'tkazishlari mumkin.

Muammo va dolzarbligi

Buyrak transplantatsiyasining dolzarb muammolaridan biri — donor buyraklarining yetishmasligi. Ko'plab bemorlar transplantatsiya uchun donorni topishdagi qiyinchiliklarga duch kelishadi. Donor buyraklarini olishda sog‘lom va xavfsiz sharoitlarni ta'minlash juda muhimdir. Shuningdek, transplantatsiya jarayonida qabul

qiluvchining immun tizimining o‘ziga xosligi va reject (qabul qilmaslik) muammosi, bemorning uzoq muddatli hayotini ta’minlashda eng katta sinovlardan biridir.

Shuningdek, transplantatsiya jarayonidan keyingi tiklanish davrida bemorning holati va tibbiy yordamning o‘z vaqtida ko‘rsatilishi hamda immunosupressiv terapiyaning to‘g‘ri tashkil etilishi muhim ahamiyatga ega.

Xulosa

Buyrak transplantatsiyasi bugungi kunda buyrak yetishmovchiligi bilan og‘rigan bemorlar uchun eng samarali va uzoq muddatli davolash usuliga aylandi. Zamonaviy tibbiyotda ushbu jarayonni yanada muvaffaqiyatli o‘tkazish uchun turli texnologiyalar va usullar, shu jumladan, laparaskopiya, immunosupressiv davolash, donor tanlashning yangi usullari va 3D-baskich texnologiyalari qo‘llanilmoqda. Bu yutuqlar buyrak transplantatsiyasining samaradorligini oshirib, bemorning hayotini saqlab qolish imkonini beradi. Biroq, donor buyraklarining yetishmasligi va transplantatsiya jarayonining murakkabligi hamon dolzarb muammolardan biri bo‘lib qolmoqda. Shuning uchun bu borada yangi texnologiyalarni ishlab chiqish va transplantatsiya tizimini takomillashtirish zarurdir.

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VOCATIONAL SCHOOLS AND ENTERPRISES INTEGRATING CURRICULUM DEVELOPMENT

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Abstract: The qualitative organization of training practices for polytechnic students is a complex process, and its rational implementation serves to ensure the professional development of future personnel. As is known, the training of personnel in a particular direction and specialty is carried out on the basis of accumulated experience, educational standards regulated by scientific research, as well as a system of regulatory documents and educational and methodological literature that provide it legally. Therefore, in this case, a long-term approach is taken in training personnel. This is the main component of personnel training and is given state importance in our country. It is important to apply training practices to specific conditions, not only to apply them, but also to apply innovations and creative developments aimed at training high-quality personnel in the educational process, and to use standard and non-standard methods and technologies in this, to take an authoritative position in the organization, and in general, to implement special approaches aimed at ensuring the success of the strategy. In training personnel, it would be advisable to develop working curricula in collaboration with foreign technical universities, primarily in cooperation with enterprises and technical institutes.

Keywords: Educational practice, specialty, regulatory documents, educational and methodological literature, work programs.

Introduction. Vocational schools help develop students' practical skills by integrating curricula with manufacturing enterprises, harmonizing education and production processes. To this end, it is important to collaborate with enterprises in the development of production practices and curricula.

Advantages of collaborating with businesses in developing training programs:

Developing practical skills:

Students will learn about production processes and improve their practical skills.

Adaptability to production requirements: Training programs are adapted to innovations and requirements in the production sector.

Employment opportunities: Through partnerships with businesses, students increase their employment opportunities.

The main steps that need to be taken during the integration process are:

1. Establishing partnership agreements: Vocational schools and cadres should establish contacts with technical institutes and universities to jointly conduct work training programs and conclude partnership agreements with manufacturing enterprises in order to continue their profession.
2. Curriculum Development: Develop curriculums that are tailored to the needs and requirements of businesses.
3. Organization of internships: Conducting student internships at manufacturing enterprises.
4. Teacher training: Introduce teachers to production processes and improve their skills.
5. Monitoring and Evaluation: Assessing the effectiveness of the integration process and making necessary changes.

It is important to organize the vocational education system in cooperation with institutions and enterprises that implement the development prospects and priority tasks of the country's economy, modern technical and technological development trends, and advanced practices of developed foreign countries, organize internships, train personnel, and prepare personnel who meet the requirements of educational standards of professions and specialties, who are spiritually mature, and who are competitive in the labor and educational services market, which, in turn, is an important stage in the development of our society.

The state pays special attention to improving the system of continuing education and training highly qualified personnel in accordance with the modern needs of the labor market, the openness and quality of educational services. In recent years, in order to develop vocational education, modernize the educational process and ensure its content, comprehensive measures have been taken to strengthen its legal framework, and a number of systematic measures have been taken to provide targeted support to talented young people in achieving significant results in international and republican olympiads and competitions.

It was considered important to regulate the content of personnel training for the vocational education system, based on the prospects for the country's social and economic development, the needs of society, and modern achievements in science, engineering, and technology. Vocational orientation - a process of formation of a person in relation to himself as a subject of future professional activity, that is, in the future he

will adapt to the relations of a market economy. Non-traditional education - performs didactic functions such as attracting students to their profession, expanding their knowledge, educating and activating them in their ability to think independently. The effectiveness of non-traditional education also lies in the fact that its participants acquire holistic systematic knowledge and, on the basis of the development of independent and creative thinking skills, form basic skills for future professional activity, ensuring the direct connection of the educational process with practice. That is why it is considered one of the most effective methods of developmental teaching.

On June 15, a videoconference meeting was held under the chairmanship of President Shavkat Mirziyoyev on measures to train the population for professions and improve the activities of monocenters. Many sectors, such as industry, agriculture, services, and construction, are developing in our country, and new enterprises are opening. In order to provide them with qualified workers and specialists, the directions of higher and secondary specialized education are being changed. "Ishga Marhamat" monocenters are being established in the regions, and young people are being trained in professions.

Material and methods. The development strategy sets out the next steps in this regard - creating the opportunity for every citizen to study for a profession and reducing poverty by half. There are all the grounds for this. For example, in 2022 alone, more than 9,000 large and medium-sized projects worth a total of $16 billion are being implemented. They need about 300,000 qualified workers. At the same time, this year 404 thousand young people will graduate from secondary education and 151 thousand from vocational education and enter the labor market. Directing them correctly and ensuring their employment is an urgent task. But, frankly, 330 professional schools, 173 colleges and 207 technical schools are not producing the expected results. Only 40-50 percent of their potential is being used. The “Ishga Marhamat” monocenters cover only 10 percent of the unemployed. The curricula in many colleges and technical schools do not meet the requirements of the time, and there is a shortage of 1,350 vocational textbooks and literature. As a result, employers are forced to retrain employees.

Results and discussion. Vocational Education Councils are being established in each region, district and city, and they are headed by khokims. The council includes heads of state agencies, banks, rectors, the Chamber of Commerce and Industry, and, based on the district economy, heads of industrial, agricultural, construction and service enterprises. Based on the need for specialists, they determine the professions to be trained in monocenters and colleges, assign young people to production enterprises and organize internships. The educational practices in the curricula of professions and

specialties should be carried out in special classrooms, workshops, experimental and testing sites, polygons, studios, fully equipped with modern equipment, machines, devices, equipment, materials and other necessary equipment that are relevant to this profession (specialty) and correspond to the current level of development and development prospects of the industry, as well as in special classrooms, workshops, experimental and testing sites, polygons, studios, as well as in enterprises and organizations, where the above conditions are met, the formation of practical skills in students and their safety is ensured, which in turn serves to ensure that a certain part of the hours allocated for educational practices is spent in enterprises and organizations, which in turn serves to develop students into mature personnel. Practical training classes and educational practices in professions and specialties in the humanitarian and social directions should be carried out in special classrooms equipped with modern computers and normative documents, catalogs, reference books and other sources relevant to the profession, which is an important factor for students' free use of open information and acquisition of knowledge. Ensuring that educational and production practices of professions and specialties are conducted in enterprises, organizations, and economic associations where the profession (specialty) of the student is located and, as far as possible, provided with the necessary conditions, creates conditions for an independent professional to combine education with practice and work on himself.

Conclusion. I think it would be very important for enterprises and technical universities to establish partnerships and jointly develop working curricula. Integration (from the Latin "integratio" - restoration, completion, "integer" - whole) is the process of combining different parts into a single whole. Each lesson should be carefully planned with a clear goal in mind. In this process, the teacher determines the educational and educational goal of the lesson. The stages of the lesson, that is, how to start, how to finish, the use of visual materials, etc. are decided in advance. The lesson, taking into account the possibilities of the vocational school and the social environment, is connected with practice, and is equipped with instructional tools, which will help students develop skills and qualifications. The advantage of vocational schools is that they form practical skills in providing knowledge to cadres, that is, they teach a profession. If we work together as I mentioned above, we will achieve good results in training cadres. The student will start from a vocational school in the profession of his choice. The next process will continue without hesitation in which higher education institution to enter.

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THE ROLE OF ENVIRONMENTAL CONSCIOUSNESS IN COGNITIVE DEVELOPMENT: PSYCHOLOGICAL AND EDUCATIONAL PERSPECTIVES

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Abstract: This article explores the impact of environmental consciousness on cognitive development, emphasizing its psychological and educational significance. It examines how fostering environmental consciousness enhances problem-solving skills, critical thinking, and ethical decision-making. Additionally, the study investigates how educational systems can integrate environmental awareness into curricula to cultivate responsible and engaged citizens. The findings indicate that embedding ecological education in learning processes improves cognitive abilities and promotes sustainable behavior.

Keywords: environmental consciousness, cognitive development, psychology, sustainability, education, critical thinking.

Introduction: In an era marked by environmental challenges such as climate change, resource depletion, and pollution, fostering environmental consciousness is more critical than ever. Environmental consciousness refers to an individual's awareness, attitudes, and behaviors concerning ecological sustainability and the impact of human actions on nature. Research indicates that individuals with high environmental awareness tend to exhibit stronger problem-solving skills, ethical reasoning, and social responsibility [1].

Educational institutions play a key role in shaping environmental awareness, as they provide structured learning environments that can integrate sustainability concepts across disciplines. This paper explores the psychological and educational implications of environmental consciousness, highlighting its role in cognitive development and sustainable behavior formation.

Methodology: The research employs a mixed-method approach, incorporating:

- Literature Analysis: Review of existing research on environmental psychology, cognitive science, and education.

- Experimental Study: Comparison of students engaged in environmental education programs versus those following traditional curricula.

- Surveys and Interviews: Collection of data from students and educators on their perceptions of environmental awareness and its cognitive effects.

- Observational Studies: Examination of student behavior in sustainability-related activities.

A sample of 350 students from different educational backgrounds was analyzed using qualitative and quantitative methods to assess the correlation between environmental awareness and cognitive skills.

Results and Discussion

The Cognitive and Psychological Impact of Environmental Consciousness

Environmental consciousness enhances cognitive functions by stimulating analytical thinking, problem-solving, and ethical reflection. Individuals with strong environmental awareness demonstrate improved cognitive flexibility and adaptability in decision-making processes. Studies suggest that exposure to ecological education strengthens systems thinking, allowing individuals to perceive interconnections between human activities and environmental changes [2].

Psychologically, a heightened sense of environmental responsibility fosters emotional intelligence, empathy, and intrinsic motivation toward sustainable behavior. Engaging in nature-related activities, such as conservation efforts and ecological research, positively influences personal development and emotional well-being.

Educational Strategies for Promoting Environmental Consciousness

1. **Experiential Learning:** Outdoor activities and hands-on ecological projects enhance students' understanding of environmental systems.
2. **Interdisciplinary Integration:** Combining environmental studies with psychology, ethics, and technology to promote holistic education.

3. **Project-Based Learning:** Encouraging students to tackle real-world environmental problems fosters critical thinking and solution-oriented skills.
4. **Digital and Interactive Tools:** Utilizing simulations, virtual reality, and gamification to enhance environmental education.
5. **Community Engagement:** Encouraging participation in environmental initiatives strengthens a sense of responsibility and active citizenship.

Findings from the Experimental Study

The study revealed that students who received structured environmental education demonstrated:

- Higher Analytical Thinking: Greater ability to evaluate and synthesize complex ecological data.

- Improved Ethical Reasoning: Increased awareness of sustainability and ethical decision-making in environmental contexts.

- Enhanced Problem-Solving Skills: Greater creativity in addressing ecological challenges.

- Stronger Emotional Connection to Nature: Increased empathy toward environmental conservation efforts.

These findings underscore the need for incorporating environmental consciousness into mainstream education to promote cognitive and ethical development.

Conclusion: Environmental consciousness is an essential component of cognitive development, influencing analytical thinking, ethical reasoning, and social responsibility. Integrating ecological education into curricula enhances students' intellectual and emotional growth, preparing them to address global sustainability challenges. This study highlights the necessity for educational institutions to adopt interdisciplinary and experiential learning approaches that foster a deep understanding of environmental issues.

Future research should explore the long-term cognitive and behavioral impacts of environmental education on diverse populations. Additionally, policymakers and educators must collaborate to design effective strategies for embedding sustainability education across academic disciplines.

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O'ZBEKISTONNING ILMIY TARAQQIYOTIGA QASHQADARYOLIK OLIMLARNING QO'SHGAN HISSASI

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Annotatsiya: Mazkur maqolada 1991-2023-yillar oralig'ida Qashqadaryolik olimlarning O'zbekiston ilm-fani va rivojlanishiga qo'shgan hissasi tahlil qilinadi. Mustaqillik yillarida ushbu hududdan yetishib chiqqan olimlar tarix, arxeologiya, filologiya, tabiiy fanlar, qishloq xo'jaligi va texnika sohalarida qanday yutuqlarga erishgani, ularning ilmiy ishlanmalari hamda jamiyat taraqqiyotiga ta'siri o'rganiladi. Tadqiqot davomida olimlarning ilmiy faoliyati, monografiya va tadqiqotlari, xalqaro ilmiy hamkorlikdagi ishtiroki va ularning ilmiy maktab shakllantirishdagi roli yoritiladi. Shu bilan birga, Qashqadaryo olimlarining mamlakatning madaniy va iqtisodiy rivojlanishidagi o'rni ham tahlil qilinadi. Maqola tarixiy tahlil va statistik ma'lumotlarga asoslangan bo'lib, O'zbekiston ilm-faniga qo'shilgan ulkan hissani ochib berishga qaratilgan.

Kalit so'zlar: Qashqadaryolik olimlar, O'zbekiston ilm-fani, mustaqillik yillari, ilmiy tadqiqotlar, innovatsiyalar, tarix, arxeologiya, texnika fanlari, qishloq xo'jaligi, xalqaro hamkorlik, ilmiy maktab, madaniy meros.

KIRISH

O'zbekiston mustaqillikka erishganidan so'ng ilm-fan, ta'lim va texnologiya sohalarida jadal rivojlanish jarayonlari boshlandi. Bu davrda mamlakatning turli hududlaridan chiqqan olimlar ilmiy izlanishlar olib borib, milliy hamda xalqaro miqyosda e'tirofga sazovor bo'ladigan natijalarga erishdilar. Ayniqsa, Qashqadaryo viloyati olimlari fan, texnologiya, tarix, arxeologiya, filologiya, qishloq xo'jaligi va texnika sohalarida muhim yutuqlarga erishib, mamlakat rivojiga salmoqli hissa qo'shdilar.

Mazkur maqolada 1991-2023-yillar oralig'ida Qashqadaryolik olimlarning ilm-fan va jamiyat taraqqiyotiga qo'shgan hissasi tahlil qilinadi. Ushbu davrda ilmiy izlanishlar va innovatsion ishlanmalar qaysi yo'nalishlarda amalga oshirilgani, olimlarning xalqaro ilmiy hamkorlikdagi ishtiroki, ularning monografiya va tadqiqotlari hamda ilmiy maktablar shakllantirishdagi roli o'rganiladi. Shuningdek,

ularning ishlarining O‘zbekiston madaniy, ijtimoiy va iqtisodiy rivojlanishiga ta’siri ham tahlil qilinadi.

Tadqiqotning dolzarbligi shundaki, Qashqadaryolik olimlarning ilmiy faoliyatini o‘rganish ularning yutuqlarini kengroq targ‘ib qilish, yosh olimlarni ilm-fanga jalb etish va ilmiy an’analarni davom ettirish uchun muhim ahamiyat kasb etadi. Shu bois maqolada ushbu mavzuga oid aniq dalillar, tarixiy hujjatlar va ilmiy tadqiqotlarga asoslangan ma’lumotlar keltiriladi.

ASOSIY QISM

1991-yildan boshlab O‘zbekistonda ilm-fan va ta’lim sohalarida keng ko‘lamli islohotlar amalga oshirildi. Mustaqillik yillarida Qashqadaryo viloyatidan yetishib chiqqan olimlar turli sohalarda ilmiy izlanishlar olib bordilar. Ularning tadqiqotlari nafaqat mahalliy balki xalqaro ilmiy jamoatchilik tomonidan ham e’tirof etildi. Ushbu davrda tarix, arxeologiya, filologiya, qishloq xo‘jaligi, texnika va tabiiy fanlar sohasida muhim ilmiy ishlar yaratildi.

Qashqadaryolik olimlar tomonidan yozilgan monografiyalar, ilmiy maqolalar va o‘quv qo‘llanmalari respublika ilm-fanining rivojlanishiga katta hissa qo‘shdi. Masalan, tarixchi olimlar mustaqillik yillarida O‘zbekistonning davlat qurilishi, milliy qadriyatlar va madaniy merosni saqlash masalalarini tadqiq etgan bo‘lsalar, tabiiy fanlar sohasi vakillari innovatsion texnologiyalar va ekologik muammolar bo‘yicha izlanishlar olib bordilar.

Qashqadaryolik olimlar tomonidan amalga oshirilgan ilmiy tadqiqotlarni quyidagi yo‘nalishlarda ko‘rib chiqish mumkin:

Tarix va arxeologiya: Viloyatning tarixiy yodgorliklari, qadimiy shaharlar va madaniy meros obyektlari bo‘yicha ilmiy tadqiqotlar olib borilgan. Arxeologlar tomonidan Qashqadaryo hududidagi qadimiy qishloqlar va yodgorliklar o‘rganilib, ularning ahamiyati haqida ilmiy asarlar yozildi.

Filologiya va adabiyotshunoslik: Qashqadaryolik adabiyotshunoslar milliy adabiyot taraqqiyoti, she’riyat va proza rivojiga oid ilmiy izlanishlar olib bordilar. O‘zbek tilining rivojlanishi, terminologiya va tarjima masalalariga doir ilmiy tadqiqotlar yaratildi.

Tabiiy fanlar va ekologiya: Hududning iqlim o‘zgarishlari, suv resurslaridan foydalanish va qishloq xo‘jaligi bilan bog‘liq tadqiqotlar amalga oshirildi.

Texnika va innovatsiyalar: Muqobil energiya manbalarini ishlab chiqish, qishloq xo‘jaligi texnologiyalarini takomillashtirish bo‘yicha ishlanmalar yaratildi.

So‘nggi yillarda Qashqadaryolik olimlar xalqaro konferensiyalar, ilmiy anjumanlar va grant loyihalarida faol ishtirok etdilar. Ular Turkiya, Rossiya, AQSh, Xitoy va Yevropa

davlatlaridagi ilmiy markazlar bilan hamkorlik olib borib, qator qo‘shma loyihalar amalga oshirdilar. Jumladan, tarixiy yodgorliklarni o‘rganish, qishloq xo‘jaligi innovatsiyalari va ekologik muammolar bo‘yicha ilmiy tadqiqotlar xalqaro miqyosda muhokama qilindi.

Xalqaro ilmiy jurnallarda nashr qilingan maqolalar va chet el ilmiy institutlari bilan hamkorlikda olib borilgan tadqiqotlar Qashqadaryolik olimlarning ilmiy salohiyatini namoyon etib, O‘zbekiston ilm-fanining jahon maydonidagi mavqeini mustahkamlashga xizmat qildi.

Qashqadaryolik olimlarning tadqiqotlari nafaqat nazariy jihatdan, balki amaliy jihatdan ham mamlakat taraqqiyotiga hissa qo‘shgan. Jumladan:

Qishloq xo‘jaligi sohasida – yangi seleksiya usullarining ishlab chiqilishi va hosildorlikni oshirishga qaratilgan tadqiqotlar amalga oshirildi.

Arxeologiya va madaniy meros – qadimiy yodgorliklarning restavratsiyasi va turizmni rivojlantirish bo‘yicha ilmiy ishlar olib borildi.

Ekologiya va atrof-muhit muhofazasi – suv resurslarini samarali boshqarish va ekologik muammolarni hal qilishga qaratilgan ilmiy tadqiqotlar o‘tkazildi.

Ushbu ilmiy yutuqlar viloyat hamda butun respublika taraqqiyotiga katta hissa qo‘shib, mamlakatning ilmiy salohiyatini oshirishga xizmat qildi.

MUHOKAMA

Qashqadaryolik olimlarning mustaqillik yillarida O‘zbekiston ilm-faniga qo‘shgan hissasi turli sohalarda sezilarli natijalar berganini ko‘rsatadi. Ushbu davrda amalga oshirilgan tadqiqotlar va ilmiy izlanishlar nafaqat mahalliy miqyosda, balki xalqaro darajada ham e’tirof etildi. Muhokama qismida quyidagi asosiy jihatlarni ko‘rib chiqamiz:

1. Ilmiy faoliyatning dolzarbligi va muammolari

Qashqadaryolik olimlarning ilmiy faoliyati milliy madaniy merosni asrash, ekologik muammolarni hal qilish, zamonaviy texnologiyalarni joriy etish kabi dolzarb masalalar bilan bog‘liq bo‘ldi. Ularning tadqiqotlari O‘zbekistonning ijtimoiy-iqtisodiy rivojlanishiga bevosita ta’sir ko‘rsatgan. Shu bilan birga, ilmiy izlanishlar jarayonida qator muammolar ham kuzatildi, jumladan:

Ilmiy loyihalarni moliyalashtirish va qo‘llab-quvvatlash masalalarining yetarlicha rivojlanmagani.

Chet el ilmiy markazlari bilan hamkorlik qilishda ayrim byurokratik to‘siqlarning mavjudligi.

Ilmiy kadrlar tayyorlash va yosh tadqiqotchilarni ilm-fanga jalb etish muammolari.

2. Qashqadaryolik olimlarning ilm-fandagi o‘rni

Qashqadaryolik olimlarning ilmiy faoliyati O‘zbekiston ilm-fani rivojlanishida muhim o‘rin tutgan. Xususan, tarix, arxeologiya, qishloq xo‘jaligi, texnika va tabiiy fanlar sohalarida erishilgan yutuqlar milliy fan taraqqiyotiga bevosita hissa qo‘shdi. Olimlar tomonidan yozilgan ilmiy ishlar va o‘quv qo‘llanmalari ta’lim jarayonida keng qo‘llanilib, yosh avlodning ilmiy dunyoqarashini shakllantirishga xizmat qilmoqda.

Bundan tashqari, Qashqadaryolik olimlarning yurt taraqqiyoti uchun ilmiy-innovatsion g‘oyalari amaliyotga joriy etilishi orqali hududiy iqtisodiyot va ijtimoiy soha rivojlanishiga ham sezilarli ta’sir ko‘rsatdi.

3. Xalqaro ilmiy hamkorlik va istiqbollar

Oxirgi yillarda Qashqadaryolik olimlarning xalqaro ilmiy hamjamiyat bilan aloqalari mustahkamlanmoqda. Xorijiy universitetlar va ilmiy markazlar bilan hamkorlikda olib borilayotgan tadqiqotlar O‘zbekiston fanining jahon miqyosidagi mavqeini oshirishga xizmat qilmoqda. Ayniqsa, ekologiya, qishloq xo‘jaligi, arxeologiya va texnika sohalarida xalqaro ilmiy loyihalar orqali o‘zaro tajriba almashish muhim ahamiyat kasb etmoqda.

Kelajakda ilmiy faoliyatni yanada rivojlantirish uchun quyidagi istiqbollar e’tiborga olinishi lozim:

Ilmiy loyihalar uchun grant va sarmoya jalb qilishni kengaytirish.

Yosh olimlarni rag‘batlantirish va ularga qo‘shimcha imkoniyatlar yaratish.

Ilm-fan natijalarini ishlab chiqarishga joriy etish va amaliy tadqiqotlarni kuchaytirish.

Xalqaro ilmiy hamkorlikni kengaytirib, ilmiy jurnallarda nashrlarni ko‘paytirish.

4. Ilmiy merosning kelajak avlodga ta’siri

Qashqadaryolik olimlarning ilmiy ishlari kelajak avlod uchun katta ahamiyat kasb etadi. Ularning tadqiqotlari nafaqat ilmiy bilimlarni boyitish, balki yosh avlodni ilmiy izlanishlarga jalb qilish, milliy merosni saqlash va fan sohalarida innovatsion rivojlanishga turtki berishi mumkin.

Shunday ekan, Qashqadaryolik olimlarning ilmiy faoliyati va tadqiqot natijalari O‘zbekiston fanining taraqqiyoti uchun muhim poydevor bo‘lib xizmat qilishi shubhasiz.

NATIJA

Mazkur tadqiqot natijalariga ko‘ra, 1991-2023-yillar davomida Qashqadaryolik olimlarning O‘zbekiston ilm-faniga qo‘shgan hissasi sezilarli darajada bo‘lgan. Ularning ilmiy izlanishlari tarix, arxeologiya, qishloq xo‘jaligi, texnika, tabiiy fanlar va filologiya kabi sohalarda muhim natijalarga erishishga xizmat qilgan. Tadqiqot natijalari quyidagi jihatlarni o‘z ichiga oladi.

Tarix va arxeologiya sohasida olib borilgan tadqiqotlar orqali viloyatning qadimiy yodgorliklari chuqur o‘rganilib, ilmiy muomalaga kiritildi.

Qishloq xo‘jaligi sohasida hosildorlikni oshirish, yer unumdorligini saqlash va muqobil energiya manbalaridan foydalanish bo‘yicha innovatsion tadqiqotlar olib borildi.

Texnika va tabiiy fanlar yo‘nalishida muhim ilmiy ishlanmalar amalga oshirildi, bu esa viloyat sanoati va ekologiyasiga ijobiy ta’sir ko‘rsatdi.

Qashqadaryolik olimlarning ilmiy ishlari nafaqat nazariy bilimlarni rivojlantirish, balki amaliy hayotga joriy etish imkoniyatlarini ham yaratdi.

Qishloq xo‘jaligi va ekologiya sohasidagi tadqiqotlar dehqonchilik texnologiyalarini modernizatsiya qilish va suv resurslaridan samarali foydalanish uchun muhim asos bo‘ldi.

Madaniy merosni asrash bo‘yicha tadqiqotlar O‘zbekistonning tarixiy yodgorliklarini restavratsiya qilish va turizmni rivojlantirishda katta rol o‘ynadi.

Qashqadaryolik olimlar turli xalqaro anjumanlar, ilmiy konferensiyalar va grant dasturlarida ishtirok etib, ilm-fan rivojiga global miqyosda hissa qo‘shdilar.

Ularning ilmiy maqolalari nufuzli xalqaro jurnallarda chop etilib, O‘zbekiston ilmiy salohiyatining xalqaro maydonda tanilishiga yordam berdi.

Kelajakda yosh olimlarni ilmiy izlanishlarga jalb qilish, zamonaviy laboratoriyalar va ilmiy markazlarni rivojlantirish ilm-fan taraqqiyotini yanada jadallashtirishi mumkin.

Ilmiy tadqiqot natijalarini sanoat, qishloq xo‘jaligi va ekologiya sohalariga kengroq joriy etish orqali O‘zbekistonning ijtimoiy-iqtisodiy rivojlanishiga sezilarli hissa qo‘shish mumkin.

Qashqadaryolik olimlarning ilmiy maktablarini rivojlantirish va ularning izlanishlarini davom ettirish muhim strategik vazifa hisoblanadi.

Umuman olganda, mazkur tadqiqot Qashqadaryolik olimlarning ilmiy faoliyati va natijalari O‘zbekiston ilm-fanining rivojlanishida alohida o‘rin tutishini ko‘rsatadi. Ushbu yutuqlarni keng targ‘ib qilish va qo‘llab-quvvatlash kelajakda ilmiy izlanishlarni yanada samarali qilishga xizmat qiladi.

XULOSA

Qashqadaryolik olimlarning 1991-2023-yillar oralig‘ida O‘zbekiston ilm-faniga qo‘shgan hissasi beqiyos bo‘lib, ularning ilmiy faoliyati milliy fan taraqqiyotiga ham, hududiy rivojlanishga ham ijobiy ta’sir ko‘rsatdi.

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CHALLENGES AND OPPORTUNITIES OF AUTHENTIC ASSESSMENT FOR READING COMPETENCE

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Annotation

Reading competence is a foundational skill in education, crucial for students' academic success and lifelong learning. Traditional assessment methods, such as multiple-choice tests and standardized exams, often fail to capture the depth of students' reading comprehension and critical thinking skills. Authentic assessment, which evaluates students' reading abilities through real-world tasks, offers a more holistic and meaningful way to measure competence. However, this approach presents significant challenges, including grading subjectivity, time constraints, and the need for extensive teacher training. This article explores the challenges and opportunities of implementing authentic assessment in reading education, examining its impact on students' learning outcomes, engagement, and long-term literacy development. The research highlights best practices, recommendations for educators, and future directions for integrating authentic assessment effectively into reading instruction.

Keywords

Authentic assessment, reading competence, literacy skills, performance-based evaluation, formative assessment, critical thinking, student engagement, educational innovation, reading comprehension.

Introduction

Reading competence is an essential skill that impacts students' overall academic performance and future career success. It is not just the ability to decode words but involves deeper comprehension, analysis, critical thinking, and the application of knowledge in various contexts. Traditional assessment methods, such as multiple-choice tests and fill-in-the-blank exercises, often fail to measure these higher-order skills.

Authentic assessment is an alternative approach that evaluates students in real-world scenarios, allowing them to demonstrate their reading abilities through essay

writing, research projects, presentations, debates, and reflective discussions. Unlike standardized tests, authentic assessments emphasize contextual understanding and the ability to synthesize information from multiple sources.

The importance of authentic assessment is growing due to shifts in educational paradigms, which emphasize critical thinking, problem-solving, and lifelong learning over rote memorization. However, despite its advantages, implementing authentic assessment in reading instruction comes with several challenges, such as grading subjectivity, teacher workload, and resistance from traditional education systems.

The ability to read, comprehend, and analyze complex texts is essential in both academic and professional settings. However, traditional assessment methods often fail to measure a student's ability to interpret and analyze texts critically rather than just recalling facts; apply reading skills in real-life situations, such as researching, summarizing, and evaluating sources; engage in discussions and debates that require deeper comprehension and argumentation.

Authentic assessment offers an alternative approach by incorporating real-world literacy tasks that mirror the ways individuals use reading skills outside the classroom. For instance:

Portfolios allow students to track their reading progress over time;

Project-based learning encourages in-depth exploration of topics;

Performance-based assessments require students to synthesize and apply knowledge;

Despite its effectiveness, many educators struggle with practical implementation due to the lack of clear guidelines, time constraints, and resistance from standardized testing systems.

Literature Review

Authentic assessment in reading competence has gained significant attention in language education due to its ability to measure students' real-world skills rather than just memorized knowledge. Several researchers have explored the challenges and opportunities associated with implementing authentic assessment methods in reading instruction.

Authentic assessment is characterized by its focus on real-life tasks that require students to apply their knowledge in meaningful contexts[1]. Unlike traditional standardized tests, which often emphasize multiple-choice questions and rote memorization, authentic assessment methods—such as portfolios, projects, and performance-based tasks—encourage critical thinking, comprehension, and interpretation skills[2].

One of the main challenges in using authentic assessment for reading competence is the complexity of its design and implementation. Teachers often struggle with creating assessment tasks that are both valid and reliable[3]. Additionally, grading can be subjective, making it difficult to ensure consistency in scoring[4]. Another issue is the time-consuming nature of authentic assessment methods, as they require detailed feedback and individualized evaluation[5].

Furthermore, students who are accustomed to traditional testing may initially find authentic assessment challenging, as it demands higher-order thinking skills and deeper engagement with texts[6]. The lack of teacher training and institutional support can also hinder its effective implementation[7]. Some studies suggest that without clear guidelines and standardization, authentic assessment can lead to inconsistencies in evaluation, raising concerns about its reliability[8].

Despite these challenges, authentic assessment offers numerous benefits. It promotes student engagement and motivation by making learning more relevant and meaningful[9]. Research has shown that authentic assessment methods enhance reading competence by encouraging students to interact with texts in a critical and reflective manner.

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Additionally, authentic assessment supports differentiated instruction, allowing educators to tailor assessment tasks to meet diverse learner needs[10]. It also aligns with modern educational frameworks, such as the Common European Framework of Reference for Languages (CEFR), which emphasizes communicative competence and real-world language use[11]. This approach not only improves language proficiency but also fosters independent learning, making students more prepared for real-world communication.

Results and Discussion

The analysis of the methodological works suggest that authentic assessment is a more effective way to evaluate reading competence, as it fosters deep comprehension, critical thinking, and real-world literacy skills. However, successful implementation requires:

1. Development of clear rubrics to ensure grading consistency.

2. Time-efficient assessment strategies, such as peer evaluations and digital portfolios.

3. Teacher training programs to equip educators with effective assessment techniques.

4. Institutional support to integrate authentic assessment into the curriculum.

A hybrid approach—combining authentic and traditional assessments—may offer the best solution, ensuring both practical feasibility and comprehensive evaluation.

Conclusion

Authentic assessment provides a holistic and meaningful way to evaluate reading competence, aligning with modern educational needs. While challenges such as grading subjectivity, time constraints, and institutional resistance exist, they can be addressed through structured rubrics, teacher training, and gradual implementation. Future research should explore technology-driven solutions for authentic assessment, such as AI-based grading tools and digital literacy portfolios. By embracing authentic assessment, educators can foster deeper literacy skills, enhance student engagement, and prepare learners for real-world reading challenges.

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ФЕРТИЛЛИКНИ ТИКЛАШ УЧУН ЛАПАРОСКОПИК УСУЛЛАРНИНГ САМАРАДОРЛИГИ

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Аннотация: Фертилликни тиклашда лапароскопик жарроҳлик усуллари кам инвазив ва самарали даволаш усуллари сифатида қўлланилмоқда. Ушбу мақолада тухум йўллари беккилишини бартараф этиш, эндометриозни даволаш, миомэктомия ва поликистик тухумдон синдроми учун лапароскопик дриллинг каби жарроҳлик усулларининг самарадорлиги таҳлил қилинган. Илмий тадқиқотлар натижаларига кўра, бу усуллар ҳомиладорлик эҳтимолини 30-70% гача ошириши мумкин. Лапароскопик жарроҳликнинг афзалликлари ва чекловлари муҳокама қилиниб, даволаш таклифлари берилган.

Калит сўзлар: Фертиллик, лапароскопия, тухум йўллари, эндометриоз, миомэктомия, адгезиолизис, тубопластика, поликистик тухумдон синдроми, репродуктив жарроҳлик.

ЭФФЕКТИВНОСТЬ ЛАПАРОСКОПИЧЕСКИХ МЕТОДОВ В ВОССТАНОВЛЕНИИ ФЕРТИЛЬНОСТИ

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Аннотация: Лапароскопические хирургические методы широко применяются как малоинвазивные и эффективные способы восстановления фертильности. В данной статье анализируется эффективность хирургических методов, таких как устранение обструкции маточных труб, лечение эндометриоза, миомэктомия и лапароскопическое дриллинг яичников при синдроме поликистозных яичников. Согласно результатам научных исследований, данные методы могут повысить вероятность наступления беременности на 30–70%. Рассмотрены преимущества и ограничения лапароскопической хирургии, а также предложены лечебные рекомендации.

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Ключевые слова: Фертильность, лапароскопия, маточные трубы, эндометриоз, миомэктомия, адгезиолизис, тубопластика, синдром поликистозных яичников, репродуктивная хирургия.

EFFECTIVENESS OF LAPAROSCOPIC METHODS IN FERTILITY RESTORATION

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Abstract: Laparoscopic surgical methods are widely used as minimally invasive and effective approaches for fertility restoration. This article analyzes the effectiveness of surgical techniques such as tubal obstruction removal, endometriosis treatment, myomectomy, and laparoscopic ovarian drilling for polycystic ovary syndrome. According to scientific research findings, these methods can increase pregnancy chances by 30–70%. The advantages and limitations of laparoscopic surgery are discussed, and treatment recommendations are provided.

Keywords: Fertility, laparoscopy, fallopian tubes, endometriosis, myomectomy, adhesiolysis, tuboplasty, polycystic ovary syndrome, reproductive surgery.

Кириш: Фертиллик (ҳомиладор бўлиш қобилияти) кўплаб омиллар таъсирида пасайиши мумкин, жумладан, тухумдон касалликлари, эндометриоз, тухум йўлларининг беккилишлари ва бошқа гинекологик муаммолар. Ҳозирги кунда лапароскопик жарроҳлик усуллари фертилликни тиклашда самарали ва кам инвазив усул сифатида кенг қўлланилмоқда. Ушбу мақолада лапароскопик усулларнинг турлари, самарадорлиги ва муваффақият даражаси ҳақида илмий асосланган маълумотлар тақдим этилади.

Лапароскопик усулларнинг турлари ва механизми: Лапароскопик жарроҳлик бу – кичик тешиклар орқали камера ва махсус асбоблар ёрдамида амалга ошириладиган жарроҳлик усулидир. Фертилликни тиклаш мақсадида қуйидаги лапароскопик процедуралар қўлланилади:

1. **Лапароскопик миомэктомия** – бачадон миомаси бўлган ҳолларда уни олиб ташлаш.
2. **Лапароскопик эндометриозни даволаш** – эндометриоз ўчоқларини йўқ қилиш ва тухумдон ҳосилдорлигини яхшилаш.

3. **Лапароскопик адгезиолизис** – тухум йўлларида ёпишмаларни (адгезияларни) бартараф этиш.
4. **Лапароскопик тубопластика** – тухум йўлларининг очиқлигини тиклаш.
5. **Поликистик тухумдон синдроми (PCOS) учун лапароскопик дриллинг** – тухумдонларнинг гиперстимуляциясини камайтириш ва овуляцияни яхшилаш.

Лапароскопик усулларнинг самарадорлиги: Турли тадқиқотлар лапароскопик жарроҳликнинг фертилликни тиклашдаги самарадорлигини исботлаган. Қуйидаги муҳим тадқиқотлар натижаларига асосланиб, бу усулларнинг самарадорлигини кўриб чиқамиз:

Лапароскопик миомэктомия: Миомани олиб ташлашдан кейин 6-12 ой ичида ҳомиладорлик эҳтимоли 50-70% гача ошади (Parker, 2020).

Лапароскопик эндометриозни даволаш: Босқич I-II эндометриозда лапароскопик усулдан сўнг ҳомиладорлик даражаси 65% га етади (Johnson et al., 2021). III-IV босқичларда эса ушбу усулдан кейин ҳомиладорлик эҳтимоли 35-50% атрофида бўлади.

Лапароскопик адгезиолизис: Ёпишмаларни олиб ташлашдан кейин ҳомиладорлик даражаси 40-60% га ошиши мумкин (American Society for Reproductive Medicine, 2022).

Лапароскопик тубопластика: Агар тухум йўлларининг қисман беккилиш ҳолати бўлса, жарроҳликдан сўнг ҳомиладорлик 30-50% гача ошиши мумкин (Duffy et al., 2022).

PCOS учун лапароскопик дриллинг: 6 ой ичида овуляциянинг тикланиш эҳтимоли 80%, Табиий ҳомиладорлик 50-60% гача ошиши мумкин (Gordts et al., 2021).

Лапароскопик усулларнинг афзалликлари ва камчиликлари:

Афзалликлари: Кам инвазив усул бўлгани учун жарроҳликдан сўнг тезроқ тикланиши, қон йўқотишнинг камлиги, камроқ ножўя таъсирлар, Госпитализация муддатининг қисқариши кузатилади.

Камчиликлари: Барча беморлар учун мос келмайди (масалан, оғир эндометриоз ёки катта миомаларда), тўлиқ муваффақият кафолати йўқ, нархи юқорилиги ҳисобланади.

Хулоса ва тавсиялар: Лапароскопик жарроҳлик усуллари фертилликни тиклашда самарали ва хавфсиз усуллардан бири ҳисобланади. Ушбу усуллар тухум йўллари беккилишини бартараф этиш, эндометриозни даволаш ва овуляцияни яхшилаш орқали ҳомиладорлик эҳтимолини оширади. Аммо, қайси

усул мос келишини аниқлаш учун аниқ ташхис қўйиш ва индивидуал ёндашиш талаб этилади.

Тавсиялар: Лапароскопик жарроҳликни ўтказишдан олдин беморга гормонал ва репродуктив текширувлар ўтказиш зарур. Ушбу усуллардан кейин ҳомиладорлик эҳтимолини ошириш учун индивидуал даволаш режаси тузиш муҳим. Жарроҳликдан сўнг тезроқ тикланиш ва натижани яхшилаш учун ҳаёт тарзига аҳамият бериш керак (тўғри овқатланиш, стрессни камайтириш, фолий кислотаси қабул қилиш).

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ETYMOLOGY AND SEMANTIC ANALYSIS OF THE NAMES OF FAMOUS ITALIAN DISHES

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Abstract

This article examines the etymology and semantics of the names of well-known Italian dishes, revealing their role as cultural markers and symbols of national identity. The study combines linguistic, historical, and cultural analyses to explore how historical events, regional traditions, and social transformations influenced the formation of gastronomic terms such as ***pizza***, ***pasta***, ***lasagna***, ***tiramisù***, and ***carbonara***. The research highlights that these names, in addition to their nominative function, carry deep cultural meanings, reflecting the social and historical realities of different periods in Italian history. The findings may be useful in linguocultural studies, translation theory, and the promotion of national culinary heritage in the context of globalization.

Keywords: Italian cuisine, gastronomic vocabulary, etymology, semantics, national identity, culture, food terminology, culinary culture.

INTRODUCTION

In modern linguistics and cultural studies, there is a growing interest in the study of gastronomic vocabulary as a reflection of national identity and cultural traditions. Italian cuisine, known for its diversity and rich history, occupies a special place in this context. The names of dishes such as pizza, pasta, lasagna, and tiramisu have become internationally recognized and are widely used in many languages around the world. However, behind these seemingly simple terms lie deep historical roots and cultural meanings that have developed over the centuries.

The relevance of this research stems from the need for a deeper understanding of how historical events, cultural exchanges, and linguistic processes have influenced the formation and evolution of the names of key Italian dishes. Exploring the etymology and semantics of these names not only allows us to trace their linguistic development but also to identify the cultural and social factors that contributed to their spread and adaptation in various linguistic and cultural environments.

The aim of this study is to conduct a comprehensive analysis of the origins and semantic features of the names of the most well-known Italian dishes, with a particular focus on their historical and cultural context and the processes of adaptation in other languages.

The scientific novelty of this research lies in its interdisciplinary approach to the analysis of gastronomic vocabulary, combining methods of linguistics, cultural studies, and history. Particular attention is paid not only to linguistic aspects but also to the cultural contexts in which the names of dishes were formed and transformed, as well as their role in intercultural communication.

Thus, this study is aimed at gaining a deeper understanding of how historical, cultural, and linguistic factors contributed to the formation and evolution of the names of famous Italian dishes, as well as at identifying the specific features of their perception and adaptation in different cultural contexts.

METHODS

To achieve the objectives of the research and to address the set tasks, a comprehensive approach was applied, combining methods of linguistic and cultural analysis. The main stages and methods of the research included:

1. **Collection and selection of lexical material.** At the initial stage, the names of well-known Italian dishes, such as pizza, pasta, lasagna, tiramisu, and carbonara, were collected. The sources for this stage included cookbooks, specialized dictionaries, and online resources dedicated to Italian cuisine.
2. **Etymological analysis.** To determine the origins and historical development of the dish names, etymological dictionaries and academic articles were used. Special attention was given to the *Dizionario Etimologico della Lingua Italiana*, which provides a detailed examination of the origins of many Italian gastronomic terms.
3. **Semantic analysis.** The meanings and semantic changes of the dish names were studied using componential analysis and the analysis of dictionary definitions. Various contexts in which these terms are used were examined to identify their semantic characteristics and evolution.
4. **Cultural analysis.** To understand the cultural and historical factors influencing the formation of the dish names, works on the history of Italian cuisine and gastronomic culture were consulted. In particular, the book *Italian Cuisine: A*

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Cultural History was used, as it describes the development of Italian gastronomy in the context of cultural and social changes.

The application of these methods made it possible to conduct a comprehensive analysis of the etymology and semantics of the names of well-known Italian dishes, taking into account their historical development, cultural specifics, and processes of adaptation.

RESULTS

The analysis of the names of the most well-known Italian dishes shows that each gastronomic term conveys not only information about the composition or preparation method, but also reflects the historical, social, and cultural realities of various periods in Italian history.

Etymological and cultural-historical analysis of names:

Pizza

The word “pizza” is mentioned as early as the 10th century in documents from the southern Italian region of Campania. Its etymology remains debated, with the most accepted versions being:

1. From the Late Latin *pinsa*, meaning “to press, to flatten”, which reflects the technique of manually stretching the dough.[1]
2. From the Lombard *bizzo*, meaning “a piece”, emphasizing the simplicity and accessibility of a food meant to be eaten by hand.[2]

Historically, pizza is closely linked to Neapolitan folk cuisine, where it served as an inexpensive and quick meal for workers and peasants. However, as Italy's culinary culture developed, pizza acquired symbolic significance: it became not just food, but a symbol of regional pride and cultural unity.[3] A crucial moment was the creation of “Pizza Margherita” in 1889 in honor of Queen Margherita of Savoy, solidifying pizza's place as part of Italy’s national identity.[4]

Pasta

The term "pasta" traces back to the Latin *pasta*, which in turn derives from the Greek

[1] Cortelazzo, M., & Zolli, P. (1999). *Dizionario etimologico della lingua italiana*. Zanichelli.
[2] https://www.treccani.it/enciclopedia/cucina-italiana/
[3] Montanari, M. (2006). *Food is culture*. Columbia University Press.
[4] Capatti, A., & Montanari, M. (2003). *Italian cuisine: A cultural history*. Columbia University Press.

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πάστη, meaning “dough" or "a mixture”.[5] Pasta is one of the oldest culinary categories in Italy, with references to boiled dough appearing in ancient Roman treatises.

Semantically, pasta occupies a special place in Italian culture: it is not just a dish, but a symbol of the family table, shared meals, and cultural continuity. In central and southern Italy, pasta is seen as a daily staple, while in the north, it is often associated with festive traditions. Over time, the word “pasta” acquired symbolic meaning, representing simplicity, accessibility, and the joy of communal meals.

Lasagna

The name “lasagna” originates from the Latin *lasanum*, which referred to a cooking pot.[6] Over time, the term shifted to denote the dish prepared in such a pot. This transition demonstrates a typical metonymic process in culinary vocabulary, where the name of the container becomes the name of its contents.

Lasagna is particularly characteristic of the Emilia-Romagna region. In Bologna, the classic version with meat ragù and béchamel sauce was developed. Lasagna symbolizes home comfort, family celebrations, and festive meals for large gatherings. Interestingly, the word itself came to reflect the idea of layering and variety, which corresponds with the cultural diversity of Italy as a whole.

Tiramisù

The name “tiramisù” appeared relatively recently — in the 1960s, in the Veneto region. Its etymology is transparent: *tirami su* literally means “lift me up”.[7] However, this simple phrase carries multilayered semantics. On the one hand, the name refers to the physical effect of caffeine and sugar, which energize and invigorate. On the other hand, it evokes lightness, effortless pleasure, and even flirtation — the dessert is often associated with romantic dinners and a relaxed, carefree atmosphere.[8]

The term “tiramisù” is also actively exploited in advertising texts, where its meaning extends to a metaphor for "lifting one’s mood." In this sense, the name transcends the boundaries of gastronomic vocabulary, becoming part of a broader cultural discourse.

Carbonara

The name “carbonara” is traditionally linked to charcoal burners (*carbonari*) who are

[5] Cortelazzo, M., & Zolli, P. (1999). *Dizionario etimologico della lingua italiana*. Zanichelli.
[6] Montanari, M. (2006). *Food is culture*. Columbia University Press.
[7] Gambero Rosso. (2023). *Tiramisù: storia, origine e curiosità sul dolce più amato al mondo*. Gambero Rosso.
[8] Montanari, M. (2006). *Food is culture*. Columbia University Press.

said to have created this simple, hearty dish of pasta, eggs, cheese, and bacon while working in the Apennine Mountains.[9] This connection with charcoal workers is reflected not only in the name, but also in the dish's character — it emphasizes the value of simple, high-quality ingredients.

An alternative etymology links the name to black pepper, sprinkled on top of the dish, resembling specks of coal dust. In either case, carbonara preserves the symbolism of honest, rustic cuisine, which competes on equal footing with refined restaurant dishes.

Italian gastronomic terms do not merely designate dishes — they also perform important cultural functions. They:

1. Mark regional identity (pizza as a symbol of Campania, lasagna as a symbol of Emilia-Romagna);
2. Convey national values, such as simplicity, hospitality, and the cult of home cooking;
3. Create a particular emotional coloring, with tiramisù representing lightness and joy.

Thus, the names of Italian dishes represent not just lexical units, but full-fledged cultural symbols that actively contribute to shaping Italy's image in the global cultural space.

DISCUSSION

The analysis of the names of popular Italian dishes demonstrates that gastronomic vocabulary is not merely a part of the language, but an important link within the broader system of national culture, reflecting historical and social processes, values, and the worldview of the Italian people.

Etymological analysis revealed that a significant portion of dish names can be traced back to Latin and Greek roots, which confirms the continuity of Italy's gastronomic culture since antiquity. However, the formation of modern names was influenced not only by Latin and Greek, but also by regional dialects, which preserved and enriched the lexical inventory during the Middle Ages and the Renaissance.

[9] Capatti, A., & Montanari, M. (2003). *Italian cuisine: A cultural history*. Columbia University Press.

The history behind the emergence and consolidation of certain names, such as *pizza*, *lasagna*, and *carbonara*, highlights the close connection between culinary tradition and the socio-economic structure of various Italian regions. For example, pizza, as a symbol of Campania, emerged within the context of urban poverty; lasagna became associated with festive cuisine in Emilia-Romagna; and carbonara reflects the realities of rural labor in the Apennines. Thus, each name encodes not only the ingredients or preparation method of the dish but also a whole layer of social and historical realities.

At the semantic level, the names of Italian dishes exhibit a multilayered structure. These names include:

- Denotative level — the direct reference to a specific dish (for example, *pasta* as a general term for pasta products).
- Cultural level — references to historical events, regional traditions, or cultural symbols (such as *Pizza Margherita*, which symbolizes Italian national unity).
- Emotional and evaluative level — creating cultural and emotional imagery (for instance, *tiramisù* evokes a sense of lightness, pleasure, and even flirtation).

A particularly significant phenomenon is metonymy, where the name of a cooking vessel (*lasanum*) or a social group (*carbonari*) becomes the name of a dish. This process demonstrates the organic connection between language, gastronomy, and the daily cultural practices of Italians.

Italian gastronomic vocabulary also plays a crucial identification function. The names of dishes mark regional identity, reinforce national values, and create symbolic images that communicate the Italian lifestyle beyond the country's borders. In this way, culinary terminology becomes part of the global "Made in Italy" cultural brand, where food serves as a symbol of quality, tradition, and a distinct way of life.

Modern research in gastronomic linguistics confirms that cuisine is not only a material phenomenon but also a symbolic system, in which every element—from ingredients to dish names—conveys cultural meaning. Italian cuisine is one of the brightest examples of this process, with each region, each historical period, and each social group contributing to the formation of a collective culinary heritage.

As Italian dishes spread across the globe, their names have acquired international status. Nevertheless, despite the effects of globalization, many of these names retain their historical and cultural depth, largely due to their strong etymological and cultural

associations embedded in the collective memory of Italians. This demonstrates how stable Italy's culinary lexicon remains despite global cultural exchange.

A significant role in preserving the authenticity of these names is played by gastronomic discourse. Cookbooks, travel guides, restaurant menus, and culinary television programs do not merely convey recipes — they actively create cultural narratives in which etymology and cultural connotations become essential parts of gastronomic storytelling.[10]

The findings of this research can contribute to several fields, including:

- Linguocultural studies, where they can serve as examples of how language and culture interact within the domain of gastronomy;
- Translation studies, particularly in the adaptation of culinary texts into other languages, where it is essential to preserve not only the denotative meaning but also the cultural significance;
- Cultural diplomacy, where they can be applied to the promotion of Italian culture through culinary branding and gastronomic tourism.

CONCLUSION

The study of gastronomic vocabulary is becoming increasingly relevant within the framework of linguocultural studies, where language is seen not only as a means of communication but also as a repository of cultural codes, traditions, and the historical memory of a nation. Italian cuisine, with its diversity and global popularity, serves as a vivid example of how national culture is reflected in language through the names of dishes. Many of these names, such as *pizza*, *pasta*, *lasagna*, and *tiramisù*, have firmly established themselves in the global lexicon and have become an integral part of culinary discourse in many countries. However, behind these well-known words lie not just labels for food products, but entire layers of cultural meaning that have been shaped over centuries.

The relevance of this study is due to the need to understand how historical events, cultural exchanges, and socio-economic processes influenced the formation and development of the names of Italian dishes. The study of the etymology and semantics

[10] Gambero Rosso. (2023). *Tiramisù: storia, origine e curiosità sul dolce più amato al mondo*. Gambero Rosso.

of such names allows not only tracing their linguistic evolution, but also uncovering the cultural codes that reflect the Italian way of life, worldview, and national values.

Overall, the analysis shows that the names of Italian dishes perform several key functions. Firstly, they **mark regional identity** and shape perceptions of the geographic and cultural specifics of different regions of Italy. Secondly, they **transmit national values** — simplicity, respect for tradition, the importance of family meals, and respect for local products. Thirdly, they **create stable cultural images**, which contribute to the global perception of Italy.

Thus, Italian gastronomic vocabulary is not just a set of words, but a **powerful symbolic tool** that reflects historical memory, social relations, and aesthetic ideals. The preservation of original names when Italian dishes are introduced abroad confirms their **symbolic value** and **cultural significance**. In the context of globalization, it is precisely through authentic dish names that cultural codes are transmitted and a positive image of Italy is formed in the global cultural space.

The results of this study may be useful not only within the fields of linguocultural and semantic research but also in practical domains — including **gastronomic tourism, international marketing,** and the **promotion of national brands.**

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O‘ZBEKISTONDA ISHSIZLIK VA MEHNAT BOZORI SIYOSATI

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Annotatsiya: Ushbu maqolada O’zbekistonda ishsizlik muammosi va mehnat bozori siyosati tahlil qilinadi. Ishsizlikning sabablari, turlari va unga qarshi kurashish bo’yicha davlat siyosatining asosiy yo’nalishlari yoritiladi. Shuningdek, 2022-2024-yillarda mehnat bozoridagi o’zgarishlar, qonunchilik islohotlari va hukumat tomonidan ko’rilgan chora-tadbirlar batafsil ko’rib chiqiladi.

Ushbu maqolani yozishdan maqsad: Maqolaning asosiy maqsadi – O’zbekistonda ishsizlik darajasini kamaytirish bo’yicha amalga oshirilayotgan siyosiy chora-tadbirlarni tahlil qilish, mehnat bozoridagi muammolar va ularning yechimlari haqida batafsil ma’lumot berishdir. Shuningdek, so’nggi yillarda mehnat bozorida yuz bergan o’zgarishlar, hukumatning islohotlari va yangi qonunlarning ta’siri o’rganiladi.

Natija: Maqola natijasida O’zbekiston mehnat bozorida kuzatilayotgan tendensiyalar va ishsizlik darajasining kamayishi bo’yicha olib borilayotgan chora-tadbirlarning samaradorligi haqida xulosalar beriladi. Yangi ish o’rinlari yaratish, bandlikni oshirish va iqtisodiy o’sishga ko’mak beruvchi omillar tahlil qilinadi.

Kalit so’zlar: Ishsizlik, mehnat bozori, iqtisodiy siyosat, bandlik, islohotlar, ish bilan ta’minlash, mehnat munosabatlari, qonunchilik, O’zbekiston, iqtisodiy rivojlanish.

Annotation: This article analyzes the issue of unemployment and labor market policy in Uzbekistan. The causes and types of unemployment, as well as the main directions of state policy to combat it, are discussed. Additionally, changes in the labor market from 2022 to 2024, legislative reforms, and government measures are examined in detail.

Purpose of this article: The main goal of this article is to analyze the political measures taken to reduce the unemployment rate in Uzbekistan and to provide detailed information on labor market issues and their solutions. Furthermore, the study explores labor market trends, government reforms, and the impact of new laws in recent years.

Results: As a result of the analysis, conclusions are drawn regarding trends in Uzbekistan’s labor market and the effectiveness of measures taken to reduce

unemployment. The article also examines factors that contribute to job creation, employment growth, and economic development.

Keywords: Unemployment, labor market, economic policy, employment, reforms, job creation, labor relations, legislation, Uzbekistan, economic development.

Аннотация: В данной статье анализируются проблемы безработицы и политики на рынке труда в Узбекистане. Рассматриваются причины и виды безработицы, а также основные направления государственной политики по борьбе с этим явлением. Кроме того, подробно изучается изменения на рынке труда в 2022-2024 годах, законодательные реформы и меры, принимаемые правительством.

Цель данной статьи: Основная цель статьи – проанализировать политические меры, принимаемы для снижения уровня безработицы в Узбекистане, а также подробно рассмотреть проблемы рынка труда и возможные пути их решения. Также рассматриваются тенденции на рынке труда, государственные реформы и влияние новых законов за последние годы.

Результаты: В результате проведенного анализа сделаны выводы о тенденциях на рынке труда Узбекистана и эффективности мер по сокращению безработицы. В статье также рассматриваются факторы, способствующие созданию новых рабочих мест, увеличению занятости и экономическому развитию.

Ключевые слова: Безработица, рынок труда, экономическая политика, занятость, реформы, создание рабочих мест, трудовые отношения, законодательство, Узбекистан, экономическое развитие.

Ishsizlik har qanday iqtisodiyotning dolzarb muammolaridan biri bo’lib, u iqtisodiy barqarorlik va ijtimoiy farovonlikka ta’sir etadi. Mehnat bozori[1] siyosati esa ish bilan ta’minlash darajasini oshirish, iqtisodiy o’sishni rag’batlantirish va aholi farovonligini yaxshilashga qaratilgan chora-tadbirlarni o’z ichiga oladi. Ishsizlik turli sabablarga ko’ra yuzaga kelishi mumkin:

1. Tsiklik ishsizlik – iqtisodiyotdagi inqiroz yoki pasayish natijasida ish o’rinlarning kamayishi.

2. Tuzilmaviy ishsizlik – mehnat bozoridagi talab va taklif o’rtasidagi muvofiqlik, ya’ni yangi texnologiyalar joriy qilinishi natijasida ayrim kasblarga ehtiyojning kamayishi.

[1] Mehnat bozori – bu ish kuchiga bo’lgan talab va taklifning shakllanishi va muvozanatlashuvi sodir bo’ladigan ijtimoiy-iqtisodiy tizimidir. Bunda ish beruvchilar (talab) va ish izlovchilar (taklif) o’zaro aloqaga kirishadi va mehnat shartlari, ish haqi miqdori, ish joylari soni kabi omillar bo’yicha kelishuvga erishadilar.

3. Frictional (o'tkinchi) ishsizlik – ish izlovchilar va ish beruvchilar o'rtasidagi vaqtinchalik nomuvofiqlik sababli yuzaga keladi.

4. Yashirin ishsizlik – rasmiy statistikada kas etmagan, lekin real hayotda mavjud bo'lgan ishsizlik turi.

Mehnat bozozri siyosati ishsizlikni kamaytirish va ishchi kuchining samarali bandligini ta'minlashga qaratilgan. Ushbu siyosat ikki asosiy yo'nalishda olib boriladi:

1. Faol mehnat bozori siyosati: kasbiy tayyorgarlik va qayta tayyorlash dasturlari, ish izlovchilarga ko'mak berish va maslahat xizmatlari, ish izlovchilarga ko'mak berish va maslahat xizmatlari, davlat tomonidan ish o'rinlari yaratish dasturlari, ish bilan ta'minlash dasturlarini rivojlantirish.

2. Noaktiv mehnat bozori siyosati: ishsizlik nafaqalarini taqdim etish, ijtimoiy himoya tizimini rivojlantirish, ishsizlar uchun moliyaviy yordam dasturlarini amalga oshirish.

2023-yil yakuniga ko'ra, O'zbekistonda ishsizlik darajasi 6,8% ni tashkil etdi, bu 2022-yilga nisbatan 2,1% punktga kamayishini anglatadi. 2022-yil 28-oktabrda yangi Mehnat kodeksi[2] qabul qilindi, bu mehnat munosabatlarini tartibga solishda va ishchi huquqlarini himoya qilishga qaratilgan muhim qadam bo'ldi. 2022-yilning ikkinchi choragida 16-30 yoshdagi yoshlar orasida ishsizlik drajasi 14,5%ni, ayollar orasida esa 12,8%ni tashkil etgan[3]. 2023-yilning 1-yanvar holatiga ko'ra, O'zbekistonda mehnat resurslari soni 19,7 million kishini tashkil etdi. 2024-yilning noyabr oyida ishga joylashishga muhtoj aholi soni 876000 kishini tashkil etib, yil boshidan buyon 148000 kishiga kamaydi. 2020-yilda ishsizlik darajasi 10,5% bo'lgan bo'lsa, 2024-yilga kelib bu ko'rsatkich 5,8%ga tushdi. 2020-2023- yillar oralig'ida O'zbekiston aholisi yillik o'sish sur'ati 2,1%ni tashkil etdi, bu esa yiliga tahminan 700-800 ming kishiga oshishni anglatadi. Aholining 57% mehnatga layoqatli yosh toifasiga kiradi. 2023-yil sentabr oyida o'rtacha nominal ish haqi yil davomida 18%ga oshib, 4,4 million so'mga yetdi. IT sohasida ish haqi 44%, mehmonxona va restoran sektorlarida 38%, transportda 37%, savdoda 32% va moliya sohasida 30%ga oshdi. O'zbekiston hukumati ishsizlikni kamaytirish va mehnat bozorini rivojlantirish maqsadida bir qator chora-tadbirlarni amalga oshirdi.[4] Xususan, kichik va o'rta biznesni qo'llab quvvatlash, tadbirkorlikni rag'batlantirish, ta'lim tizimini mehnat bozozrining ehtiyojlariga moslashtirish kabi islohotlarni o'tkazildi. Bundan tashqari, "Yashil" ish o'rinlarini yaratishga alohida e'tibor qaratilib, qayta tiklanuvchi energiya manbalari, energiya

[2] Mehnat kodeksi – 1994-yilning 1-aprelda qabul qilingan. Hozirda O'zbekiston Respublikasining yangi tahrirdagi Mehnat kodeksi 2023-yilning 30-aprelida kuchga kirdi va u 34 bob, 581 ta moddadan iborat. Shuningdek, mamlakat hududida mehnat munosabatlarini tartibga soluvchi asosiy normativ-huquqiy hujjat hisoblanadi.

[3] Gazeta.uz – https://www.gazeta.uz/oz/2022/03/08/unempoyment

[4] Spot.uz - https://www.spot.uz/oz/2023/02/22/Unemployed-population/

samaradorligi va qishloq xo'jaligi kabi ekologik toza tarmoqlar ham rivojlandi. Shuningdek, 2023-yilda kambag'allik darajasi 14,1%dan 11%gacha pasayishi kuzatildi, bu esa bandlik darajasining oshishi va ishsizlikning kamayishi bilan bog'liq, desak mubolag'a qilmagan bo'lamiz. Eng ko'p bo'sh ish o'rinlari chakana savdo[5], qurilish,umumiy ovqatlanish, ishlab chiqarish hamda ta'lim sohalariga to'g'ri keladi. Hududlar bo'yicha Toshkent shahri 60%, Samarand 115 va Toshkent viloyatlariga 9% yetakchilik qildi. Bu haqda, Markaziy bankning 2024-yilning birinchi choragi bo'yicha mehnat bozori sharhida keltirilgan. Qurilish va savdo tarmoqlaridagi ishchilar soni oshib, qishloq xo'jaligida, aksincha – kamaygan. Birinchi chorakda bo'sh ish o'rinlarining o'rtacha soni qariyb 36,8 mingtani tashkil etib, o'tgan yil yakuniga nisbatan, 14%ga oshgan. Yattlar[6] soni 8,2%ga oshib, 262,8 ming kishini tashkil eydi. Ular asosan, chakana savdo +8,6% va maishiy xizmat ko'rsatish +18,9%, faoliyat yo'nalishlarida ro'yhatdan o'tmoqda. O'zini-o'zi band qilganlar soni yil boshidan 287 ming kishiga oshgan. Regulyator qurilish[7] va xizmatlar sohasi o'sishi iqtisodiy o'sishning asosiy dravyerlari bo'lishini kutmoqda. Chakana savdoda bandlikning yuqori o'sishi talab bilan bog'liq. Ish izlovchilar orasida transport, qurilish, buxgalteriya va maishiy xizmat ko'rsatish sohalariga takliflar yuqori. Talab mavjudligiga qaramay, ishchi kuchi taklifida nomutanosibliklar mavjud. Bu IT, tibbiyot, ishlab chiqarish kabi sohalarda bo'sh ish o'rinlarining saqlanib qolayotgani va xususiy sektordagi yuqori va o'rta malakali ishchilarning ish haqlari o'rtasidagi tafovut ilan izohlanadi. Yangilanishlar maishiy xizmat, qo'riqlash\xavfsizlik va talabalar uchun bo'sh ish o'rinlariga to'g'ri keladi. Ish haqining nominal o'sish sur'ati yillik 19,8%ni, inflyatsiya hisobiga esa 9,8%ni tashkil etdi. Ishchi kuchiga bo'lgan yuqori talab fonida savdo 24,4%ga, hamda axborot va aloqa 23,5%ga sohalarida yuqori ko'rsatkichlar saqlanib qoldi. Biroq, qurilish sohasida takliflar oshishi bilan ish haqi o'sishi pastroq 6,6%ga shakllandi. Tashqi mehnat migratsiyasi tendensiyalarida [8]o'zgarishlar hozircha mavjud emas. Transchegaraviy pul o'tkazmalari o'tgan yilning mos davriga nisbatan 8,6%ga oshdi. Pul o'tkazmalaridagi o'sish migratsiya oqimi va valyuta kurslarining barqaror saqlanib qolgani bilan izohlanishi mumkin. Ko'nikma va malakalarga bo'lgan talab muhojirlarning ishga joylashishda asosiy to'siq bo'lb

[5] Chakana savdo – tovar va xizmatlarning bevosita iste'molchilarga, ya'ni jismoniy shaxslarga shaxsiy foydalanish uchun sotilish jarayonidir. Chakana savdo korxonalari, do'konlar, supermarketlar, bozorlar va onlayn savdo platformalari orqali amalga oshiriladi.

[6] Yatt (Yakka tartibdagi tadbirkor) – yuridik shaxs tashkil qilmasdan, mustaqil ravishda tadbirkorlik faoliyatini olib boruvchi jismoniy shaxsdir.

[7] Regulyator qurilish – bu muayyan soha yoki tarmoqda tartibga solish, nazorat qilish va boshqaruv mexanizmlarini yaratishga qaratilgan qurilish jarayoni. Bu atama odatda muhandislik, infratuzilma va energetika sohalarida ishlatiladi.

[8] Tashqi mehnat migratsiyasi – bu fuaqarolarning doimiy yashash joyini o'zgartirmasdan, xorijiy mamlakatlarda vaqtincha mehnat faoliyatini amalga oshirish jarayonidir.

qolmoqd. Ko'rilayotgan choralar esa qo'shimcha mehnat dividentini oshiradi. 2024-yilda minimal iste'mol xarajatlari qiymati 648 ming so'm etib belgilangandi. 1-maydan ayrim pensiya turlarining eng kam miqdorlari unga tenglashtirildi.[9]

2025-yil ishsizlik va kambag'allikni qisqartirishda hal qiluvchi yil bo'ladi – Shavkat Mirziyoyev. O'zbekiston Respublikasi prezidenti 2025-yil ishsizlik va kambag'allikni qisqartirishda hal qiluvchi yil bo'lishini ta'kidladi. Bu uchun 1,5 mln aholi doimiy ishga joylashtirilib, 2 milliondan ziyod odam biznesga jalb qilinadi. 60 ta tuman va shahar kambag'allik va ishsizlikdan xoli hududga aylantiriladi. Prezident Shavkat Mirziyoyev aholi bandligini ta'minlash va yangi yondashuvlar asosida kambag'illikni qisqartirishga oid chora-tadbirlar taqdimoti bilan tanishdi. Bu haqda, Prezident matbuot xabar qildi. Bu yil 5 200 000 fuqaroning bandligini ta'minlash va 1 500 000 aholini kambag'allikdan chiqarish maqsad qilingan. Birinchi marta 60 ta tuman va shahar kambag'allik va ishsizlikdan holi hududga aylantirilishi qayd etildi. Mahalla bankirlari bilan birga 1,5 million aholi doimiy ishga joylashtirilib, 2 000 000 dan ziyod odam biznesga jalb qilinadi. Shu maqsadda bu yil kichik biznes loyihalariga jami 120 trillion so'm kredit ajratiladi. Ta'kidlashicha, xorijiy tajriba asosida 32 ta yo'nalishda kambag'allikni qisqartirish bo'yicha ambag'al oilalar a'zolari kooperatsiya asosida ishga olinadi. 123 ta tumanda kambag'al aholi 20 000 gektar o'rmon va ko'chatzor barpo etish hamda dorivor o'simliklar yetishtirishga jalb etiladi. Ular ekkan har 100 ta daraxt uchun 375 000 so'm subsidiya to'lanadi. Turizm salohiyati bor joylarda mehmon uylari va oshxonalar, muayyan pochta bo'limlarida elektron tijorat markazlari ochilib, kambag'al oila vakillari ishga olinadi. Umuman, 2025-yilda 6000 nafar 472 ta mahallada yangi yondashuvlar asosida loyihalar amalga oshirilib, 210 000 nafar aholi kambag'allikdan chiqariladi. Shuningdek, chekka hududlardagi, og'ir toifadagi qishloqlarga alohida e'tibor qaratilishi aytildi. O'zbekiston mahallalari uyushmasi ularga ishchanlik ruhini olib kirib, boqimandalikni kamaytirishga, kambag'al oilalar mehnatini qo'llab-quvvatlashga mas'ul bo'lishi belgilandi. Davlat rahbari 2025-yil ishsizlik va kambag'allikni qisqartirishda hal qiluvchi yil boshini yana bir bor ta'kidlab, bu boradagi chora-tadbirlarni tartibli va manzilli amalga oshirish bo'yicha ko'rsatmalar berdi. Kambag'allikni qisqartirish va bandlik vazirligiga bu vazifalarning bajarilishini qat'iy nazoratga olish topshirildi. Har bir loyiha, har bir chora-tadbir elektron platformaga kiritilib, yaratilgan ish o'rinlari soliq bazasida tekshirilishi belgilandi. Mahalliy hokimlik hodimlari va "mahalla yettiligi" uchun o'quvlar tashkil etish, yaxshi tajribalarni targ'ib qilish muhimigi aytildi[10].

[9] Spot.uz – https://www.spot.uz/oz/2024/05/13/labor-market/
[10] Gazeta.uz – https://www.gazeta.uz/oz/2025/01/17/poverty

Xulosa. O'zbekistonda ishsizlik va mehnat bozori siyosati so'nggi yillarda sezilarli o'zgarishlarga uchradi. Hukumat tomonidan amalga oshirilayotgan chora-tadbirlar natijasida ishsizlik darajasi sezilarli darajada pasayib, mehnat bozozri barqaror rivojlanmoqda. Xususan, yangi ish o'rinlarini yaratish, bandlik dasturlarini qo'llab-quvvatlash va kasb-hunar o'rgatish tizizmini rivojlantirishga katta e'tibor qaratilmoqda. 2022-2024-yillar davomida mehnat bozorida qator islohotlar amalga oshirildi. Yangi Mehnat kodeksi qabul qilinib, ishchilarning huquqlari mustahkamlandi. Kichik va o'rta biznesni qo'llab-quvvatlash, "yashil" ish o'rinlarini yaratish, hamda xorijiy mehnat migratsiyasini tartibga solish bo'yicha tizimli ishlar olib borildi. Natijada, bandlik darajasi oshib, aholining o'zini-o'zi band qilish imkoniyatlari kengaydi. Kelgusi yillarda mehnat bozozri siyosatini yanada takomillashtirish uchun raqamli iqtisodiyot, kasbiy ta'lim, inklyuziv bandlik va ish o'rinlari yaratish bo'yicha qo'shimcha islohotlar amalga oshirilishi kutilmoqda. Xususan, 2025-yil mamlakatda ishizlik va kambag'allikni qisqartirish bo'yicha hal qiluvchi yil sifatida belgilangan bo'lib, bu borada aniq rejalashtirilgan tizimlar amalga oshirilishi kutilmoqda. Davlatning bandlik siyosati nafaqat qisqa muddatli muammolarni hal qilish, balki uzoq muddatli iqtisodiy barqarorlik va aholining farovonligini oshirishga qaratilgan kompleks yondashuvga asoslanmoqda.

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