

THE MAIN TYPES OF HUMAN ACTIVITY AND INFLUENCE ON THE HUMAN ORGANISM

Shermatova Yakutkhan Sabirovna

Kokan State Pedagogical Institute

Teacher of the Department of Inclusive Education

ABSTRACT

This article is about the main types of human activity, the impact of this activity on human health. It will be explained about the means of influencing the body of the factors that have a negative effect on the person.

Keywords: The main types of human activity, prevention of fatigue, harmful and dangerous factors in work, the impact of dangerous situations on the human body

Labor physiology Labor physiology is a science and the functioning of the human body in work. This, in turn, requires the development of standards for improving and improving working conditions.

The main issues of labor physiology:

- study of the physiological laws of labor activity;
- study of physiological parameters of various activities;
- development of various recommendations to improve a person's work, maintain health and work performance in the long term.

In the course of work, a person has to do all kinds of work. We studied labor into physical and mental types.

Physical work is performed by our movement organs, increases the activity of the human body (heart, nerves, respiratory tract) and ensures their work.

Mental work is receiving information, focusing attention and concentration in the mind.

Types of work

Labor activities are divided into:

- hard physical work causes a number of disadvantages. This, in turn, leads to a decrease in production and interruptions, as a result of which these interruptions take up 50% of workers' time;
- mechanized work. In this case, energy loss will be from 3 to 4000 in workers. In mechanized work, only the fingers work more, and the same kind of work leads to rapid fatigue;
- work related to semi-automation and automation. Here, man does little work, most of the work is done by machinery. The task of a person is to use this mechanism, transfer the product and receive the finished product;
- conveyor. Here, the work is done by the conveyor, the product is transferred to each workplace. This saves time, but the properties of nerve fibers decrease and lead to fatigue;
- related to working distance management. Here, a person is included in the main operational link. Human activity is of great importance here, he is responsible for monitoring the work and readiness of tools, as well as indicators;

- intellectual (mind) work - operator, creative management, work of medical staff, teachers, pupils and students. Intellectual work is the analysis of various information, strengthening of memory and attention. Energy loss here is 2000-2400 kcal per day.

The task of the operator is performed responsibly and with high nerve power.

Labor of teachers and medical workers

The work of teachers and medical workers is a work related to people, which leads to lack of time, correct decision-making, and nervous tension.

Pupils' and students' work is based on exams and tests. The main thing is that memory and attention work better.

Creative work is the most difficult work, which requires a good memory and attention. Creative work is characteristic of writers, composers, artists and architects. In them, nerve fibers get tired, tachycardia, blood pressure increase, and temperature rise are observed.

Hardness of work depends on its intensity (physical and mental energy) and individual characteristics of the worker.

Hard physical work

Body temperature can rise up to 1-1.5°C during hard physical work. The main place in physical labor is the organization of the workplace. Muscles can work in oxygenated and deoxygenated conditions. Here we can show the breakdown of glucose - glycolysis.

Taking into account that man is the main force that develops society and manages the production system, maintaining his production activity and health is an important factor in the way of social development.

Work protects a person from three things:

Heart palpitations.

From need.

From walking on the wrong path.

An important requirement of industrial enterprises is not only the production of quality products, but also the improvement of production conditions, the elimination of sources that cause injuries in production, the work activity is not a source of fatigue, exhaustion and diseases for a person, but joy and it is necessary to try to ensure that it is an activity that brings happiness. Work productivity depends on a person's health and psychological state.

Dangerous and harmful factors that negatively affect human health.

Substances obtained in chemical industry enterprises, dust of chemical compounds, harmful gases have a negative effect on human health. An increase in the amount of carbon monoxide in the air causes dizziness, rapid heartbeat (tachycardia), decreased hemoglobin, and disorders of the cardiovascular system. Industrial waste, the work of chemical enterprises, nuclear tests, space flights seriously threaten the balance of nature and human life. Substances obtained and used in the chemical industry - ammonia, gases, gasoline, kerosene, alcohols, ethers, acids and alkalis are considered poisonous. It is necessary to use personal protective equipment during work.

Harmful habits that have a negative impact on human health and psychology are alcohol, cigarettes, tobacco, cannabis, etc.

As a result of regular consumption of alcohol, cigarettes, tobacco, and cannabis, a person's health weakens, memory and work ability decrease, and psychological changes appear. The

main changes that occur in the psyche of people as a result of natural disasters are insomnia, panic, strong excitement, waking up at night with fear, confusion, etc.

In some psychologically unprepared and untrained people, a feeling of fear and a desire to run away from dangerous places appear, while in others there is a hardening of the psychological shock, the thinking process is completely disrupted.

In any situation, initial personal fear creates the ground for dry fear and confusion. A confused team loses its collective characteristics.

What can be done against confusion.

One of the best tools in the fight against panic is to give the public clear, convincing and sufficiently complete information about the incident, reminding them of the rules of behavior and giving information about the measures taken from time to time. It is necessary to stand.

What if there is confusion? What to do? It should be stopped immediately. As soon as possible, it must be prevented quickly, before the confusion spreads.

First of all, people are distracted and away from the source of fear for a short time. People should be allowed to recover from their fear for a moment and try to control the crowd. It is necessary to direct the attention of confused people from the "leader" to a person who acts with coolness and intelligence. Here, one of the strong-willed people should give a command in a loud and firm voice.

After this is done, it is necessary to immediately involve everyone in dealing with the danger. Usually, when the initial fear is over, most people feel a sense of guilt and a high level of activity. Taking advantage of this situation, it is necessary to give everyone a specific task and involve everyone in rescue work.

If the confusion involves many people, it is recommended to divide them into small groups, because it is easier to manage with a small group.

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

It is necessary to cultivate, educate and honor the sense of duty and responsibility. It is not given to all, and not all will have it. Loyal only to true patriots, to his people, not in words, but in deed.

It is given to people who do their daily work without noise, and it is necessary to educate many young people in the spirit of patriotism, love and loyalty to their Motherland.

REFERENCES

1. Komiljon, Raximova Xurshidaxon Sadikovna Sattarova Kamola. "PEDAGOGICAL AND EDUCATIONAL SYSTEM OF EDWARD SEGEN IN SPECIAL PEDAGOGY." *Confrencea* 3.03 (2023): 63-67.
2. Sadikovna, Rakhimova Khurshidakhan. "CORRECTIONAL AND PEDAGOGICAL WORK SYSTEM OF AUDITORY-SPEECH REHABILITATION OF CHILDREN WITH COCHLEAR IMPLANTS." *International Journal of Early Childhood Special Education* 14.6 (2022).
3. Oppoxo'jayev, Xojixuja, and Faxriddin To'ychiboyev. "MAXSUS EHTIYOJLI BOLALARNING TA'LIM-TARBIYASIDAGI TENG HUQUQLILIK MUAMMOSINI HAL

- ETISHDA INKLYUZIV TA'LIMNI AHAMIYATI." Инновационные исследования в науке 2.5 (2023): 27-33.
4. USULLARI." Молодые ученые 1.2 (2023): 99-102.
 5. Azimjon o'g, Oppoxo'jayev Xojixuja. "YUQORI SINIF O'QUVCHILARINI OILAVIY HAYOTGA TAYYORLASH JARAYONINI TASHKIL ETISH TAMOYILLARI." Science Promotion 1.2 (2023): 18-25.
 6. Xabibullo o'g'li, Xovodillayev Murodjon, and Komilov Otabek Iqboljon o'g'li. "ESHITISHIDA NUQSONI BO'LGAN BOLALARNING ESHITISH IDROKINI RIVOJLANTIRISH TEXNOLOGIYALARI." Science Promotion 2.1 (2023): 28-34.
 7. Turgunovich, Meliboyev Tavakkal. "ISSUES OF STRENGTHENING THE REPRODUCTIVE HEALTH OF THE POPULATION." Galaxy International Interdisciplinary Research Journal 11.10 (2023): 52-56.
 8. Meliboyev, Tavakkal. "OF HEREDITY IN THE FORMATION OF A HEALTHY AND SICK ORGANISM." Models and methods in modern science 2.11 (2023): 56-59.
 9. Sabirovna, Shermatova Yaqutxon. "HARAKAT-TAYANCH APPARATINING MEXANIK SHIKASTLANISHLARI." ILMIY TADQIQOTLAR VA JAMIYAT MUAMMOLARI 1.2 (2023): 18-22.
 10. Ilxomovna, Raximova Muniraxon. "The role of logorhythmic in working with children with hearing impairments." Asian Journal of Multidimensional Research 11.12 (2022): 30-34.
 11. Ilhomovna, Rahimova Muniraxon, and Erkinova Sarvinoz. "Modern Methods Of Pedagogical Examination Of Children With Hearing Impairments." European Scholar Journal 2.10 (2021): 118-119.
 12. Raximova, Muniraxon Ilxomovna. "THE ROLE OF LOGORHYTHMIC IN WORKING WITH CHILDREN WITH HEARING IMPAIRMENTS." Asian Journal of Multidimensional Research.
 13. Ibragimovna, Turg'unboyeva Zulxumor. "ZAIF ESHITUVCHI O'QUVCHILARNI NUTQIY SIFATLARINING RIVOJLANISH XUSUSIYATLARI." Science Promotion 1.2 (2023): 131-138.
 14. Minavvarovna, Umarova Saboxon. "BASIC PATHOLOGY OF CHILDREN'S BRAIN." Journal of Science-Innovative Research in Uzbekistan 1.6 (2023): 271-276.
 15. Minavvarovna, Umarova Saboxon. "THE MAIN TYPES OF HUMAN WORK AND THEIR IMPACT ON THE HUMAN BODY." Journal of new century innovations 20.4 (2023): 74-78.
 16. Umarova, S. M., and M. F. Raxmonalievna. "THE IMPACT OF MENTAL DISORDERS ON CHILDREN'S HEALTH." Евразийский журнал академических исследований 2.5 (2022): 528-531.
 17. QIZI, XONBABAYEVA MADINABONU ASQARJON. "Kasbiy faoliyatda zamonaviy logopedni kompetentligini rivojlantirish yo'llari." International Conference on Developments in Education Hosted from Delhi, India. Scienceweb-National database of scientific research of Uzbekistan, 2023.
 18. Xonbabayeva, Madinabonu, and Mohigul Fayzimatova. "MAKTABGACHA YOSHDAGI BOLALARGA UCHRAYDIGAN DISLALIYA NUQSONINING BARTARAF ETISH USULLARI." Development of pedagogical technologies in modern sciences 2.6 (2023): 39-42.

19. QIZI, XONBABAYEVA MADINABONU ASQARJON. "Logopedik mashg'ulotlarni olib borishda sujok terapiyaning o'rni." International Multidisciplinary Conference Hosted from Manchester, England. Scienceweb-National database of scientific research of Uzbekistan, 2023.
20. Hatamjon o'g'li, Haydarov Islomjon. "Technologies for the Formation Of The Skill Of Creative Thinking In Weak Auditory Students." INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630 Impact factor: 7.429 11.11 (2022): 265-271.
21. Shahnigor, Rakhimova Khurshidakhon Sadikovna Khomidova. "FORMATION OF KNOWLEDGE, SKILLS AND COMPETENCES IN THE PROCESS OF TRAINING CHILDREN WITH HEARING DEFECTS TO WORK." Confrencea 3.03 (2023): 188-192.
22. Sadikovna, Rakhimova Khurshidakhon. "COCHLEAR IMPLANTATION: AN INNOVATION IN THE DEVELOPMENT OF TECHNOLOGY, MEDICINE, DEAF PEDAGOGY AND SPEECH THERAPY." Open Access Repository 4.2 (2023): 321-330.
23. Sadikovna, Rakhimova Khurshidakhon, and Rustamova Feruzabanu. "CONTRIBUTION OF CHARLES MIKHAIL EPE TO THE EDUCATION OF DEAF CHILDREN." Galaxy International Interdisciplinary Research Journal 11.3 (2023): 563-566.
24. O'ghiloy, Rakhimova Khurshidakhon Sadikovna Kurbanuva. "CHILDREN WITH LOCAL MOVEMENT DEFECTS." Confrencea 3.03 (2023): 226-230.
25. Raximova, Xurshidaxon. "NATIONAL AND FOREIGN ADVANCED TRENDS IN HIGHER EDUCATION EFFICIENCY IMPROVEMENT." JOURNAL OF NORTHEASTERN UNIVERSITY (2022).
26. Sadikovna, PhD Rakhimova Khurshidakhan, and Nabiyeva Umidakhan. "ORGANIZING SOCIAL WORK ACTIVITIES OF STUDENTS WITH HEARING PROBLEMS." (2023).
27. Sadikovna, PhD Rakhimova Khurshidakhan, and Odilova Rislig'oy. "PROBLEMS OF PREPARING HIGH SCHOOL STUDENTS WITH HEARING DEFECTS FOR FAMILY LIFE." (2023).
28. Sadikovna, PhD Rakhimova Khurshidakhan, and Sharafuddinova Zuhra. "FORMATION OF MATHEMATICAL CONCEPTS OF CHILDREN WITH HEARING DEFECT USING INNOVATIVE TECHNOLOGIES." (2023).
29. Hatamjon o'g'li, Haydarov Islomjon. "EDUCATION OF STUDENTS WITH HEARING DEFECTS THROUGH SCIENCE LESSONS DEVELOPMENT OF SPEECH AND THINKING." Open Access Repository 4.3 (2023): 837-844.
30. Sobirkhanovna, Makhmudova Madinakhan. "PECULIARITIES OF WORKING WITH CHILDREN WITH MENTALLY RELATED IN THE CONDITIONS OF INCLUSIVE EDUCATION." (2023).
31. Madinakhan, Makhmudova, and Abdukhakimova Zumradkhan. "WAYS OF FORMING THE READINESS OF CHILDREN WITH UNDERDEVELOPED SPEECH FOR WRITTEN SPEECH." (2023).
32. Sobirkhanovna, Makhmudova Madinakhan, and Akhmedova Vazirakhan. "EFFECTIVE ORGANIZATION OF CORRECTIONAL-LOGOPEDIC WORK IN CHILDREN WITH CEREBRAL PALSY." Open Access Repository 4.3 (2023): 134-141.

33. Teshaboeva, Feruza Raximovna. "Literacy education of speech impaired children as a pedagogical psychological problem." *Confrencea* 5.05 (2023): 299-302.
34. Nabiyev, R. Sh. "MAKTABGACHA YOSHDAGI AQLI ZAIF BOLALARNING SHAXSI VA SHAXSLARARO MUNOSABATI XUSUSIYATLARINI O'RGANISH METODLARI." *Science Promotion* 1.2 (2023): 129-134.
35. Shukhratovich, Makhmudov Khurshid, and Tahirova Mahliyo. "Ways To Increase The Vocabulary Of Mentally Retarded Children Of Preschool Age Based On Plot Role-Playing Games." *International Journal of Early Childhood Special Education* 15.2 (2023).
36. Эркабоева, Нигора, et al. "Педагогик маҳорат: схема ва расмларда." Т.: "Наврўз (2012).
37. Erkaboeva, N., et al. "Pedagogical skills: in diagrams and pictures: Methodical manual." Tashkent: TDPU named after Nizami 14 (2012).
38. Эркабоева, Нигора Шерматовна. "ОСОБЕННОСТИ СОВРЕМЕННЫХ УЗБЕКСКИХ СЕМЕЙ." *Ученый XXI века* 4-1 (2016).
39. Khayitov L. R., Musayeva F. METHODS OF TAKING NATURAL SCIENCE LESSONS FOR STUDENTS OF A SPECIALIZED STATE EDUCATIONAL INSTITUTION FOR CHILDREN WITH SPECIAL EDUCATIONAL NEEDS // *Science Promotion*. – 2023. – Т. 1. – №. 1. – С. 44-50.