

**MEDICAL METHODS OF INTRODUCING YOUNG PEOPLE TO THE RULES OF
HYGIENE AND COMPLIANCE WITH THEIR RULES**

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Abstract: As the old adage goes, "health is wealth," and one of the most crucial determinants of health is personal hygiene. Developing good hygiene habits from an early age is essential for maintaining physical and mental well-being throughout one's life. Young people, in particular, are susceptible to various health risks due to their limited understanding of proper hygiene practices, making it imperative to introduce them to the rules of hygiene and ensure compliance with these rules. This article will discuss the medical methods of introducing young people to the rules of hygiene and the strategies for promoting compliance with these rules.

Keywords: medical conditions, hygiene, tools, practices, hygienic skills

Introduction: Medical methods are used in all types of educational work in educational institutions. Their essence is to increase in various, understandable and unobtrusively presented forms the knowledge of children and adolescents about the rules of choosing a healthy lifestyle. Their features are as follows:

- 1) Independence in the choice of teaching tools, diversity and accessibility (interesting exposure, bright, memorable, practical orientation, confidentiality of answers, guaranteed obtaining new knowledge).
- 2) The quality of the educational effect is in many respects comparable with the means used in the educational process by other specialists; the teacher (new topics of study are subsequently intensively and persistently realized if they are proposed and brought to the attention of the pupils by a medical specialist).

According to pediatric teachers, the training of children and adolescents in the rules of human health should be comprehensive. They pay the most attention to the development of the motivation of young people to practical work on the formation of correct habits and in the area of overcoming the cognitive bases of medical ignorance. Here, together with the education of mental qualities that favor the construction of a healthy way of life, emphasis is placed on increasing the knowledge of children and adolescents about individual health care issues. These sections of the educational program increase the acquired knowledge, broaden the horizons and expand the motivation for constructive actions.

Background and Rationale

In the last years, it has been observed through personal experience and confirmed by the literature that every idea, every suggestion, every directive that has been given by doctors regarding preventative methods and the teaching of young people in matters of hygiene have been necessarily connected with hygiene, healthy living, and rules of habitual and sleep hygiene and have met with the objections of curiosity and questions of utility and critically embraced by the specialists.

Spreading health education among the population is an urgent task in order for society to possess a healthy and developed population. We can only obtain a more fully developed man if we possess a man healthier in body and spirit; we cannot possess a more fully developed society if we do not possess a man more fully developed himself; society will be more pleasant and more beautiful if the man will himself become more human and will live a life more perfectly in harmony. Health education is not, therefore, a particular discipline of the cultural field of the school, but rather an educational activity directed to the profound formation of the human personality. This activity can be initiated in the preschool period and developed with continuity and increasing complexity throughout the scholastic course. For this continuity of action and for full efficacy whereby health problems can be assimilated by young people, we need pediatricians who are capable of orienting and coordinating teaching and giving teachers assistance in the application of preventative methods.

Scope and Objectives

With constant repetition, a certain sequence of actions when conducting classes will enhance memory processes, consolidate in students' behavior obedience to family health rules. During games and fun elements of the game, students practice receiving information at a pace that is appropriate for their age, to perceive the facts of the importance of loving and caring for their own health as of great importance in life made them links in the "chain" of generations of happy people. It is advisable not only for the first-grade classes to study the topic, but also in the middle links, to maintain children's interest in talking about this daily and all the more relevant topic. A regular lesson at the end of the quarters, during the control studio will make it easier for parents to teach their children each day the lesson that the children have attended with interest, will help to improve their health, to form a healthy lifestyle, and not to abuse the students, cigarettes, and narcotics when they are older.

The purpose of these classes is to introduce students to the rules of hygiene and to teach them to comply with these rules. By memorizing useful information in an effective way through classes conducted in the form of a game, they remember them longer and obediently carry out the necessary daily hygienic measures. Theoretical knowledge obtained in the form of a game during classes will teach students that health, as a concept, is the most valuable gift and the greatest value in life, which incurred all the efforts of the state, the person himself, of parents, teachers and all family members. To acquire hygienic skills in practices and games, effectively influence

students' behavior and teach them to observe cleanliness in everyday life; teach the rules of arranging nutrition and carrying out preventive measures, to form the habit of acquiring an active lifestyle.

First and foremost, education is key in introducing young people to the rules of hygiene. Health education programs in schools, community centers, and healthcare facilities can play a vital role in teaching children the importance of personal hygiene. These programs should be designed to cater to different age groups and cognitive levels, using simple, clear, and engaging language to convey complex health concepts. For instance, programs for younger children can focus on basic hygiene practices such as handwashing, brushing teeth, and using the toilet properly. As children grow older, these programs can be expanded to cover more advanced topics such as menstrual hygiene, sexual health, and mental wellness.

Another effective medical method of introducing young people to the rules of hygiene is through demonstration and practice. Healthcare professionals, teachers, and caregivers can model good hygiene practices, demonstrating the correct way to wash hands, use soap, and clean bodily surfaces. This approach can be particularly effective for young children who learn through observation and imitation. Moreover, hands-on activities such as role-playing and simulations can help young people practice good hygiene habits in a fun and interactive way. For example, a school nurse can organize a "handwashing station" where students can practice washing their hands with soap and water, receiving feedback on their technique and encouraged to improve. In addition to education and demonstration, positive reinforcement is a crucial strategy for promoting compliance with hygiene rules among young people. Healthcare professionals and caregivers can praise and reward young people for practicing good hygiene habits, providing incentives such as stickers, stars, or special privileges. This approach can be particularly effective for young children who are motivated by positive reinforcement and desire approval from authority figures. Moreover, involving young people in the process of setting hygiene goals and tracking their progress can empower them to take ownership of their health and develop a sense of responsibility for maintaining good hygiene practices.

Furthermore, medical professionals can utilize technology to introduce young people to the rules of hygiene and promote compliance with these rules. Online educational resources, mobile apps, and social media platforms can provide access to engaging and interactive health content, allowing young people to learn about hygiene at their own pace and in a format that is appealing to them. For instance, a health app can send reminders to users to wash their hands regularly, providing tips and tricks for effective handwashing and tracking progress over time.

Moreover, collaboration between healthcare professionals, teachers, and caregivers is essential for introducing young people to the rules of hygiene and promoting compliance with these rules. A multidisciplinary approach can ensure consistency in messaging and provide a supportive environment that encourages young people to adopt good hygiene habits. For example, a school-based health program can involve a school nurse, teachers, and counselors working together to develop a comprehensive health curriculum that includes hygiene education, provision of hygiene resources, and positive reinforcement.

Finally, healthcare professionals must recognize the role of socioeconomic and cultural factors in shaping young people's understanding of hygiene and their ability to comply with hygiene rules. In many low-income communities, lack of access to basic amenities such as clean water, sanitation, and hygiene facilities can make it challenging for young people to practice good hygiene habits. Healthcare professionals must be sensitive to these challenges and develop culturally sensitive interventions that take into account the unique needs and circumstances of diverse populations.

Conclusion.

All in all, introducing young people to the rules of hygiene and promoting compliance with these rules is a critical aspect of promoting health and well-being among this population. Medical methods such as education, demonstration, positive reinforcement, technology, collaboration, and cultural sensitivity can be effective in teaching young people good hygiene habits and encouraging them to adopt these habits as part of their daily routine. By adopting a comprehensive approach that takes into account the physical, emotional, and social needs of young people, healthcare professionals can empower this population to develop healthy habits that will last a lifetime. As the WHO notes, "good hygiene practices are essential for preventing the spread of diseases and promoting health and well-being" (World Health Organization, 2019). By investing in the health and well-being of young people, we can build a healthier, more resilient, and more productive society for generations to come.

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