

## THE IMPORTANCE OF DAILY ROUTINE AND ENVIRONMENT IN THE GROWTH AND DEVELOPMENT OF CHILDREN AND ADOLESCENTS

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**Abstract:** The article examines the impact of daily routine and environmental factors on the growth and development of children and adolescents. The key principles of a healthy lifestyle, including balanced nutrition, physical activity, adequate sleep, and psychological comfort, are analyzed. Special attention is given to ecology and the surrounding environment as important aspects of shaping the health of the younger generation.

**Keywords:** growth and development, daily routine, environment, healthy lifestyle, ecology, children, adolescents.

### Main Part:

1. **Introduction** The issues of growth and development in children and adolescents play a key role in modern pediatrics and educational systems. The formation of a healthy lifestyle depends on many factors, among which adherence to a daily routine and the influence of the surrounding environment are of particular importance. Throughout childhood and adolescence, the body undergoes intensive growth, and the development of all systems and organs requires a comprehensive approach to providing necessary conditions.

2. **Daily Routine and Its Importance** A daily routine includes a clearly structured schedule of sleep, nutrition, study, and rest. Regularity and adherence to the routine contribute to normal physical and mental development. Sleep plays an important role in growth, as the growth hormone is actively produced at night. Lack of sleep can lead to growth retardation, cognitive decline, and weakened immunity. Following a structured nutrition schedule ensures the intake of essential vitamins and minerals that strengthen bones, muscles, and the nervous system.

It is important to consider age-specific characteristics when forming a daily routine. For example, preschool children require at least 10–12 hours of sleep, including a daytime nap, while adolescents need 8–10 hours of night sleep. Additionally, regular meal times improve metabolism and prevent obesity or weight deficiency.

3. **The Influence of the Environment** The surrounding environment has a significant impact on a child's health and development. Environmental conditions, air pollution levels, water and food quality can contribute both to normal development

and the formation of various pathologies. Children living in favorable conditions tend to have higher levels of physical and intellectual development. For example, polluted air increases the risk of respiratory diseases, while a lack of clean water can lead to gastrointestinal infections.

The external environment also includes noise levels, microclimate at home and in educational institutions, the presence of green areas, and the level of physical activity. Modern studies confirm that children who spend more time outdoors have better vision, stronger immune systems, and higher levels of physical fitness.

4. **Physical Activity and Psychoemotional State** Regular physical activity promotes the harmonious development of the musculoskeletal system, improves cardiovascular function, and strengthens the immune system. A sedentary lifestyle in childhood leads to the development of chronic diseases such as obesity, hypertension, and posture disorders. It is important for children to have opportunities to engage in sports, attend sports clubs, or simply spend their free time actively.

Furthermore, the emotional climate at home and school plays a crucial role in shaping a child's personality. Psychological comfort and support from adults contribute to the stable development of the nervous system. Children who experience constant stress or pressure from their environment are more likely to suffer from psychosomatic illnesses, anxiety disorders, and academic difficulties.

#### 5. **Recommendations for Optimizing Growth and Development Conditions**

- Adherence to a daily routine considering age characteristics.
- Monitoring the quality of nutrition and drinking water.
- Creating favorable environmental conditions.
- Ensuring sufficient physical activity.
- Establishing a positive psychological climate in the family and educational institutions.
- Limiting screen time and promoting healthy sleep habits.
- Developing communication skills and social adaptation in children.

**Conclusion:** An optimal daily routine and a favorable environment are fundamental factors that determine the health and development of children and adolescents. A comprehensive approach to forming a healthy lifestyle minimizes the risks of diseases and promotes full physical and intellectual development of the younger generation. It is essential for parents, educators, and medical specialists to interact and create the most favorable conditions for the comprehensive development of children.

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