

Health and Profession

Usmanova Mukhlisakhan Sobirovna

Assistant professor of Kokand DPI

Annotation:

This article describes the importance of determining whether a person's health meets the requirements of a certain profession, the impact and importance of working conditions on the human body.

Keywords: working conditions, a person's health, suitability for a profession, difficult and harmful working conditions, a range of interests, mental activity.

If a person's health is not good, he is considered unfit for a certain profession, if he is deemed unfit for work in a certain profession according to the opinion of doctors, that person is considered unfit for this profession. This means that a person cannot do this work at all, or this work will increase the changes in his health (perhaps not so noticeable at the moment) and increase his pain. It is the doctor's duty to determine whether a person's health meets the requirements of a certain profession. That's why everyone entering work or an educational institution must undergo a medical examination. But it often happens that such a medical examination is carried out after a person has chosen a profession in his opinion. Then it is important to consult a doctor in time so as not to regret or suffer.

Everyone choosing a profession should know the factors that are considered unfavorable for the body. This will help him to correctly assess his capabilities. So what are these factors? In some cases, these are large physical pressures, periods of deviation from the optimal microclimate (low or high temperature), in other cases, this factor consists of excessive dust, noise and vibration, and in third cases, the use of toxic substances. and so on.

Occupations can be divided into four groups according to the effect of working conditions on the human body.

The first group includes occupations whose working conditions are close to household occupations. As an example, we can cite professions related to watchmaking and household service. This is the largest group of working professions.

The professions of the second group, for example, the profession of cooking, are professions related to the moderate or uneven influence of the production factor. When working in such professions, the body is temporarily affected by high air temperature, humidity and other similar factors. This causes the blood vessels to beat faster and sweat to increase. Therefore, such professions can be recommended only to people with good thermoregulation, as well as to people who do not have diseases in the cardiovascular system and respiratory organs.

The third group includes professions characterized by a combination of various unfavorable production factors. The profession of a weaver can be cited as an example. This profession is not suitable for people who have heart, lung, hearing organs, locomotor system disease (or are prone to disease symptoms), and people who do not see well.

The fourth group consists of occupations associated with difficult and harmful working conditions. For example, an electric welder, a steel caster, etc. are among such professions.

Our country takes care of everyone's health, measures to prevent occupational diseases are carried out systematically. The list of production enterprises and professions, which have been given a number of reliefs for small specialists, has been defined and approved. When choosing a profession, the inconsistency of medical indicators is primarily determined by the nature of the disease. Only a doctor can give a conclusion about whether your health is suitable for the chosen profession.

However, it should also be taken into account that the body's ability to resist various diseases is very large, and a person can overcome the disease by using all his will power to take up the profession he loves.

Everyone should think about their health from a young age, acquire knowledge in the field of hygiene, first aid skills, and learn to live a healthy lifestyle.

Exercising the body, playing sports, working and resting, following a diet, using your free time wisely, and other similar activities are necessary to grow physically strong and healthy. are conditions. Of course, a person who wants to grow up healthy should completely give up bad habits such as drinking alcohol and smoking. Because they have an extremely harmful effect on the body: it destroys health, narrows the scope of interest, reduces mental activity, and finally leads to a person's decline.

Each person has certain personal qualities and characteristics that are unique to him. It is possible to make a decision about the suitability of a person for this or that profession depending on the extent to which these personal qualities match the requirements of the chosen profession.

For representatives of professions (pilots, surgeons, energy system operators, etc.) that are dangerous for people's health and life, unexpected situations may occur in the course of their work, it is absolutely suitable for their profession. condition is applied. The same can be said about professions related to art: for example, if a person does not have the ability to work in the field of visual arts, it is possible to become a painter, architect, sculptor.

Vocational aptitude is not an innate quality. It is formed in labor activity. In the process of work, not only professional perception, memory and thinking develop, but also a certain type of behavior, his specific orientation to work in a team, demandingness, a sense of duty, and other similar qualities of a person develop.

In most professions, there are no absolute requirements for a person in terms of their suitability; necessary qualities, characteristics, and abilities that are lacking in it can be compensated for by developing others.

Can all qualities in a person be divided into several types: professionally valuable, harmful or neutral (unbiased) qualities? No. The fact is that even when it comes to the simplest profession, it is impossible to talk about unique and undoubtedly valuable qualities. For example, let's take the profession of multi-loom weavers. Some of them achieve high results due to quick action, others achieve success due to carefulness, careful work, knowing the purpose of work, and third types achieve success due to organizing work at the same pace. The more skilled an employee is, the more he uses his strengths to the maximum extent and overcomes his weaknesses and compensates for them by various means. As a result, an unrepeatable individual style of work is created. That is why there is a wise saying: "Fear the master of the work".

A person's suitability for his profession is determined by the following main qualities: citizenship qualities (for example, religious faith, patriotism, the need to work for the public, common good, etc.); hard work, honest attitude to work, positive interest and inclination towards activities in this

field, breadth and depth of intelligence, thoroughness, discipline, developed self-control, initiative, good health and other similar qualities are special abilities (for example, for a person who tunes pianos and grand pianos, the ability to listen to music is well developed, for the leader of Kamalot YOIH, the ability to communicate with many people and get along quickly is necessary, etc.).

You can and should regularly develop certain qualities necessary for your profession (faith, honesty, sense of duty, teamwork are qualities that require regular development).

We have now looked at one side of the interrelationship in the "human occupation" formula. Now we will talk about the situation in which the profession itself may become unfit for a person. This can be explained by looking at the following example.

Designers have created a powerful lifting machine, but look at it, it is very difficult to control this machine (unloading, braking, pressing the stop button, pushing it from one place to another requires too much physical effort). In this case, it is not necessary to talk about the fact that a person, for example, a woman, is not worthy to work as a machinist in this car, it is necessary to change the way of driving the car.

From the above, it can be concluded that a person's suitability for a profession is a variable characteristic. The formation of professional aptitude is not only the development of certain qualities in a person (for example, with the means of self-education), but at the same time, it also requires changing the working conditions and means of production.

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