

# Anthropometric Indicators Of Teenagers Of Military Conscription Age In Different Regions Of Karakalpakstan

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**Annotation.** In the region of Karakalpakstan, great attention is paid to the development of measures to improve physical development indicators and to adapt the body of teenagers of military draft age to the adverse environmental factors of the external environment. In this regard, the purpose of our article entitled "Anthropometric parameters of youths of military draft age in different regions of Karakalpakstan" is to determine the dynamics of anthropometric and morphofunctional parameters in youths of military draft age depending on the somatic type. Adolescents of military conscription age based on goals and duties

**Key words:** anthropometric indicators, dynamics, physical development, centile assessment, growth

Physical development is a biological process that occurs all the time, and at each age stage, they are distinguished by the relationship of certain morphological and other characteristics of the body with each other and with the external environment, and reserves of physical forces due to this specificity. N.A. Agadjanyan (2001) and S.V. According to Alekseev (2002), the study of human physical development should be one of the priorities of the state, because physical development is the most important criterion describing human health [4; 29-p, 21].

Today, creating conditions for quality training of young professionals capable of physical and mental work, active work in various spheres of public and state life, science and culture is one of the urgent problems in Uzbekistan (including Karakalpakstan). Some exogenous factors, such as social conditions, sedentary lifestyle, poor nutrition, presence of diseases, unfavorable environmental conditions, can not only disrupt the sequence of development, but also cause irreversible changes [5; 153-160- b, 7; p. 256].

We carried out a comparative characterization of anthropometric parameters of teenagers of military draft age living in different regions of the Republic of Karakalpakstan. According to the information we have received, teenagers of military conscription age living in different regions of Karakalpakstan are distinguished by a sufficiently large age-dependent variability of the studied morphological indicators. We carried out a comparative characterization of anthropometric parameters of teenagers of military draft age living in different regions of the Republic of Karakalpakstan. According to the information we have received, adolescents of military conscription age living in different regions of Karakalpakstan are distinguished by a sufficiently large age-dependent variability of the studied morphofunctional indicators.

**Table 1**

**Centile assessment of the level of physical development and functional status of adolescents of military draft age living in the Northern regions of Karakalpakstan (n = 200)**

Physical development indicators	Centile corridor indicators		
	25	50	75
Body height, cm	174,05±5,9	174,77±6,5	175±6,4
In the lying position, cm	130,14±11,6	131,32±3,4	132,56±3,1
Body weight, kg	68,79±8,3	69,19±10,7	71,58±12,5
KQA (quiet time)	89±5,6	89,64±5	91±7,2
KQA (while exhaling)	93,19±5,4	95,26±7	95±5

KQA (at the time of exhalation (cm))	87,3±5,7	88,86±5,2	89,16±7,3
Slave dynamometer (right slave)	62±15,5	68,6±15,3	69,95±18,7
Slave dyno (left slave)	60,79±18,2	65,21±20,8	65,65±16,8
BA, cm	55,53±1,6	56,38±1,4	57,33±1,5

Tables are compiled to assess the level of morphological and physical development of adolescents. In addition, the tables allow to estimate the group readiness of young recruits based on the distribution of the centile corridor [8; p. 220].

Table 2

Centile evaluation of the level of physical development and physiological and functional status of young men of draft age living in the Southern regions of Karakalpakstan (n = 195)

Physical development indicators	Centile corridor indicators		
	25	50	75
Body height, cm	173,8±4,8	176,94±5,8	175,59±3,9
In the lying position, cm	131,87±2,9	132,52±2,4	132,71±3,2
Body weight, kg	68,88±9,6	69,07±11	69,27±9,6
KQA (quiet time)	86,59±5,5	88,7±5,9	89,47±6,3
KQA (while exhaling)	92,41±6,7	93,48±5,4	94,53±6,5
KQA (at the time of exhalation (cm))	85,24±5,2	86,44±5,9	87,47±5,9
Slave dynamometer (right slave)	62,59±16,4	64,52±16,9	71,87±12,7
Slave dyno (left slave)	54,29±18	58,81±17,2	63,47±17,3
BA, cm	56,73±1,6	56,83±1,5	57,08±1,4

This approach was developed by A.L. It was carried out by Shklyar (2006) to assess the dynamics of the physical and functional condition of students of a higher medical institution, taking into account their somatotypes.

Table 3

Centile evaluation of the level of physical development and physiological and functional status of adolescents of draft age living in the Central regions of Karakalpakstan (n=236)

Physical development indicators	Centile corridor indicators		
	25	50	75

Body height, cm	176±5,8	176,27±6,8	176,67±5,2
In the lying position, cm	132,4±5,4	132,68±2,9	133,83±1,9
Body weight, kg	63,83±6,1	65,12±8	70,73±8,5
KQA (quiet time)	85,5±5	86,94±4,9	89,3±4,9
KQA (while exhaling)	90,33±3,6	91,35±4,4	94,33±5,2
KQA (at the time of exhalation (cm))	83,83±5,2	85,76±5,1	87,53±5,2
Slave dynamometer (right slave)	62,32±13,7	68,33±7,5	70,93±13,4
Slave dyno (left slave)	57,62±16,1	63,03±16,5	65,83±7,4
BA, cm	55,6±1,5	56,17±1,3	56,78±1,7

In this regard, there was a need to determine the indicators of the morphofunctional state and the factor determining the level of development of quality characteristics of movement of young conscripts. As a working hypothesis, it was assumed that somatotypological differences in the physical development, physiological and functional development of adolescents at the age of calling can be such a factor. As it can be seen from the given data, significant differences were obtained in terms of HTS, body weight and KQA among the three groups of young men of draft age with weak, average and good body composition.

Table 4  
**Reliability of the differences in the studied indicators in adolescents of draft age living in Karakalpakstan**

Indikator	Group		
	Medium – Weak	Average – Good	Weak - Good
Body height, cm	p>0,01	p>0,05	p>0,05
Body weight, kg	p<0,05	p<0,001	p<0,05
KQA calm state, cm	p<0,05	p<0,001	p<0,05

Significant differences in the values of the FTD values were obtained between a group of adolescents with weak and good body composition. The analysis showed that calculating the average value of the learned sign in the group without taking into account the somatotypological characteristics of adolescents, as well as comparing the values of the signs without taking into account the criterion of reliability, leads to the loss of some characteristics of intergroup characteristics.

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