ON THE PHYSICAL CONDITION OF CONSCRIPTS IN THE KHOREZM REGION.

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Relevance of the topic. The main factor determining the eligibility for military service and the ability to serve is the health of the conscript. According to data, 53% of school-age children in the Volgograd region, or 345,000, are in poor health. The readiness of young men for service in armed forces units is declining. While in the 1980s one in twenty young men was recognized as unfit and restricted for military service, in the 1990s it was one in five. Currently, the share of young men exempted from conscription due to poor health indicators is already 30-35%. Two-thirds of young men have some restrictions on military service. In this regard, the study of the health status of conscripts in the Khorezm region is of interest.

Purpose of the scientific work. Studying the morphological and functional characteristics of the physical development of young men of conscription age.

The data of 381 young people from the city of Urgench, who were involved in the medical commission for conscription in 2020-2022, were studied by analyzing their medical records.

Results obtained. The young men involved in the study were born between 2002 and 2004, and 80% were young men who were considered practically healthy prior to the examination. During the inspection, a restriction on fitness for military service was identified in 133 out of 381 young people, i.e., 34.9%.

More than half of the identified limitations were chronic somatic diseases associated with internal organ diseases in 195 patients (51.2%), various types of surgical diseases in 71 patients (18.6%), eye diseases in 56 patients (14.7%), weight loss in 17 patients (4.5%), musculoskeletal disorders in 11 patients (3%), circulatory diseases in 11 patients (3%), nervous system diseases in 9 patients (2.4%), respiratory diseases in 9 patients (2.4%), and psychosomatic disorders in 2 patients (0.5%).

In conclusion, it can be said that the physical development of conscription-age adolescents lags far behind, and it is necessary to carry out sufficient work in schools to develop them physically, which, in turn, will be an effective contribution to the development of the country's defense system.

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