

## **The Effects of Tobacco Smoking on the Body of Adolescents in the Prevention of Harmful Sports-Oriented Habits**

***Khalimova Dilrabo Jalilovna***

***Abstract.*** In the 21st century, almost a billion people who have failed to overcome their addiction to cigarettes, snuff, hookahs, cigars and smoking pipes may die from tobacco. Smoking in all its forms remains the main preventable cause of death worldwide. Tobacco kills between one third and half of the people who have been using it regularly for 15 years. Representatives of the World Association of Lung Diseases believe that by 2030, the number of deaths due to smoking will increase to 10 million people per year. Smokers, on the other hand, cannot give up cigarettes, about 80% would like to do so, but only 4 people out of 100 can. The revenues of governments from tobacco taxes are on average 5,000 times more than the funds they spend on tobacco control.

***Keywords:*** gastrointestinal problems, chronic bronchitis, psychological characteristics.

Penetrating into various spheres of our lives, these bad habits have an increasingly detrimental effect on social well-being, intellectual, professional, and genetic potential of society. All this leads to a sharp reduction in the birth rate and average life expectancy, deterioration of people's health, undermining of the country's labor resources, weakening of the fundamental basis of society - the family.

According to official statistics, more than 2 million people die every year. The main cause is cardiovascular diseases (strokes, heart attacks), which account for more than 1 million deaths. Injuries are in second place, and about 310 thousand Russians die a year due to their fault. Immediately after them are oncological diseases that kill up to 300 thousand people. Infections, gastrointestinal problems, respiratory diseases, diabetes and other causes account for the same number of deaths. However, according to independent experts, the factors that led to the development of these diseases remain outside the framework of official statistics. At least in half of the cases out of a hundred, human death is caused by behavioral risk factors: alcohol abuse, smoking, and weight gain.

You found out that your child smokes. First of all, you should calm down, because excitement or anger never helps solve problems. In such a situation, it is ineffective to resort to scandal and punishment, this can embitter a teenager and undermine trust in a relationship. It is better to calmly discuss the problem with him, tell him that it bothers you, you are upset by the situation. You should pick up literature on the problem of smoking, familiarize yourself with it (yourself) and introduce the teenager. You should not intimidate a child or provide him with false information. Clearly state your position on smoking, without rejecting the child himself or denying him understanding and support. Tell us about the possibilities of overcoming a bad habit.

SMOKING, weakening the body's protective reactions, leads to the development of many fatal diseases. Smoking increases the risk of lung cancer. Smokers make up 96-100% of all patients with this terrible disease. Smokers are 20 times more likely to develop cancerous tumors of the lower lip, tongue, larynx, esophagus, stomach, kidneys and cervix. The mortality rate among smokers is 30-

80% higher than among non-smokers, increases with an increase in the number of cigarettes smoked, and is higher among people who started smoking at a young age. 25% of regular cigarette smokers will die prematurely due to smoking. Those who die as a result of smoking will lose 10-15 years of their lives on average. The blood composition changes under the influence of smoking. A smoker, inhaling tobacco smoke, condemns himself to oxygen starvation. Smoking has a negative effect on the respiratory system. Cigarette smoke comes into direct contact with the lungs, greatly increasing the risk of cancer, pneumonia, emphysema, chronic bronchitis and other lung diseases, including tuberculosis. The condition of the lungs of a smoker with 25 years of experience is no better than that of the liquidators of the Chernobyl accident, who inhaled radioactive dust.

By the way, the health of regular passive smokers suffers from smoking. Inhaling tobacco smoke in a smoky room by non-smokers for an hour corresponds to smoking 4 cigarettes. But one cigarette shortens life by 5-15 minutes. People who are systematically in smoky, poorly ventilated rooms can also get tuberculosis, inflammation of the pharynx, larynx, trachea, bronchi, lung cancer.

According to our data, most 17-year-old smokers have a smoking experience of three years or more, but none of them are aware of the formed dependence on nicotine. It is interesting that schoolchildren evaluate their own smoking habits: 98% of young smokers consider this hobby to be temporary, which they can part with at any time. It is noteworthy that 43% of smokers have already made attempts (from one to three) to quit smoking, but resorted to this habit again because of the need to relieve tension and relax. Even in these cases, teenagers do not realize their dependence on nicotine and still consider it possible to quit this habit at their first desire.

In grades 10-11, the survey gave the same results: for example, an average degree of nicotine dependence was diagnosed in 21% of smokers, a high degree in 10% of smokers. In addition, the survey adjusted the proportion of boys and girls who smoke towards their equal ratio already in the 10th grade.

The prevalence of smoking among schoolchildren increases from junior grade to graduation, while boys start smoking earlier than girls and among them the prevalence of addiction to smoking is more pronounced both during education and on average over all years of study. In addition, if twice as many boys smoke in the sixth grade (13 years old), then by graduation (18 years old) the difference between the sexes is only 11%.

Of particular interest were the results of studying the attitude of schoolchildren to smoking as a phenomenon of modern life. 91% of non-smokers and 49% of smoking schoolchildren believe that smoking is prohibited under any circumstances, except in certain situations associated with extreme stress, in order to alleviate the effects of a psychogenic factor. 34% of schoolchildren allow occasional smoking in the company to relieve tension and fatigue, however, 5.2% of smokers see smoking as a completely normal phenomenon of life, which should be present in the life of a modern young person. But surprisingly, the absolute majority of both smokers and non-smokers would not like to see their children with a cigarette, and only 2.7% of smokers consider it possible to form this habit in children, but not earlier than 1718 years old.

About the level of knowledge about the dangers of smoking on human health, 53.6% of respondents reported that they did not know anything about the dangers of nicotine, 12.8% heard from their parents, 11.2% received information from the media, 8.9% of teenagers discussed this problem with friends, only 4.0% of students were familiar with the effects of nicotine on the body in Finally, 1.7% of teenagers limited their "knowledge" to a warning on cigarette packs.

The number of smoking relatives in the family is significantly related to the smoking of schoolchildren. So, in families where there are no smokers, 17.8% of boys and 10.2% of girls tried to smoke; in families where three or more relatives smoke, 87.3% of boys and 64.9% of girls. A similar trend can be observed with regard to those who continue to smoke: in families where there are no smoking relatives, 18.2% of boys and 7.3% of girls smoke, whereas in families where there are three or more smoking relatives - 82.4% of boys and 59.5% of girls.

Teachers showed better awareness in the prevention of bad habits. They referred to the development of state programs; the interest of government bodies in the work of social services; the activity of society, schools, and families in relation to the physical, moral, and labor education of young people; the improvement of psychological and pedagogical assistance to adolescents, parents, and teachers in schools and social services. Parents place great emphasis on the organization of youth leisure and educational work of the school.

Research suggests that the main motives for alcoholism and smoking are adolescent reactions - grouping: in interpersonal relationships, the fear of being rejected by the group dominates, the fear of being unprofitably different from friends; alcohol consumption and smoking, according to teenagers, makes everyone equal. The increasing attractiveness of alcohol lies in an unconscious, illusory effect. Not alcohol itself, as such, but the projection of expectation, creates in the teenager's mind a picture that alcohol and nicotine have "unique" properties: they facilitate the process of communication, relieve tension, "open" creative consciousness, give self-confidence, cheer up, i.e. create a "comfort zone" (75 out of 60 people% have such feelings). From here, it seems to us, a dangerous path begins for the development of alcoholism and smoking among adolescents.

As studies have shown, extreme parenting options, i.e. where there is a blocking of leading activities; disrespect and rejection of the child's feelings; lack of self-affirmation and independence, disclosure of potential creative abilities; ignorance of the psychological characteristics of children and the early formation of bad habits begins as a possible way to resolve a severe internal conflict. Violations of family upbringing determine the peculiarities of character (accentuation), which are a risk factor for early alcoholism and tobacco smoking in adolescents.

We systematize the risk factors of early alcoholism and tobacco smoking in adolescents that arise: at the macro level: the lack of a clear state program aimed at early prevention of harmful habits in adolescents; socio-economic crisis; moral and spiritual impoverishment of society; lack of an integrated training system for organizing and conducting preventive work; at the meso level: the presence of high indicators in the territory migration flows, high criminality; media exposure; youth subculture; alcohol and tobacco advertising company; at the micro level: the weakening of the role of the family as the main institution of socialization of adolescents; an increase in the number of families leading an antisocial lifestyle; low psychological and pedagogical culture of parents; shortcomings of the pedagogical process contributing to school maladaptation; antisocial adolescent environment; psychophysiological personality traits (high level of anxiety, aggressiveness; inadequate self-esteem; lack of value orientations and socially positive low resistance to stress; inability to organize leisure time; adolescent reactions - grouping, imitation, emancipation, and others).

The result of the pedagogical prevention system was a decrease in the level of anxiety and aggressiveness of adolescents, as one of the main risk factors for the early formation of bad habits in adolescents. Qualitative analysis indicates cognitive restructuring: awareness of problems; reassessment of one's own personality; reassessment of the environment (improvement of constructive communication: the use of feedback, listening skills, identification, reflection, the ability to empathize and be attentive to others); actualization of self-knowledge; mastery of confident behavior strategies by adolescents; reducing the involvement of adolescents in alcoholism and tobacco smoking.

The diagnosis of early alcoholism and tobacco smoking among adolescents of experimental and control groups after experimental work confirmed the effectiveness of the pedagogical prevention system, the dynamism of this process, the interconnectedness of all its components, and the variability of its formation depending on the age characteristics of the teenager.

The result of working with the family was the resolution of tasks: family diagnostics, in order to determine the style of upbringing and interpersonal relations in the family; improvement of psychological and pedagogical culture; resolution of interpersonal conflicts; development of measures for the long-term development of a teenager based on cooperation and mutual understanding.

The result of preventive work with teachers were the following indicators: activation to self-knowledge, removal of personal anxiety as a condition for an adequate perception of reality; improvement of empathy and communication skills; improvement of psychological and pedagogical culture.

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