

15-17 YOSHLI O'SMIRLARDA YASHIRIN ARTERIAL GIPERTENZIYANING STRESS OMILLARI VA PSIXO-FIZIOLOGIK FUNKSIYALAR BILAN BOG'LIQLIGI.

Abdirazzaqova Mavjuda Akbarovna

Osiyo Xalqaro Universiteti Tibbiyot fakulteti.

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Nararov Kamol Nazarovich

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Annotatsiya

So'nggi yillarda arterial gipertenziya nafaqat kattalar, balki o'smirlar salomatligi uchun ham dolzarb muammoga aylanmoqda. Jahon ma'lumotlariga ko'ra, bolalar va o'smirlar orasida arterial gipertenziyaning tarqalishi 4–6% ni tashkil etadi va so'nggi yigirma yil davomida deyarli ikki baravar oshgan. Yashirin arterial gipertenziya esa o'smirlarda 2–13% gacha uchrab, klinik belgilar yaqqol namoyon bo'lmagani sababli ko'pincha o'z vaqtida aniqlanmaydi hamda kelajakda yurak-qon tomir asoratlari rivojlanish xavfini oshiradi. Mazkur maqolada 15–17 yoshli o'smirlarda yashirin arterial gipertenziyaning stress omillari va psixo-fiziologik funksiyalar bilan o'zaro bog'liqligi tahlil qilinadi. O'smirlik davrida o'quv yuklamasi, imtihonlar, oilaviy va ijtimoiy muammolar, uyqu rejimining buzilishi hamda emotsional zo'riqish simpatik nerv tizimi faolligini kuchaytirib, arterial qon bosimining yashirin oshishiga sabab bo'lishi mumkin. Maqolada ushbu omillarning yashirin arterial gipertenziya rivojlanishidagi o'rni, uni erta aniqlashning zamonaviy yondashuvlari hamda profilaktik chora-tadbirlarning ahamiyati ilmiy adabiyotlar asosida yoritilgan. Tadqiqot natijalari o'smirlar orasida yurak-qon tomir kasalliklari profilaktikasini takomillashtirish va yashirin arterial gipertenziyani erta aniqlash bo'yicha amaliy tavsiyalar ishlab chiqishda muhim ilmiy-amaliy ahamiyatga ega.

Kalit so'zlar:

Yashirin arterial gipertenziya, arterial qon bosimi, o'smirlar, 15–17 yosh, stress omillari, psixo-fiziologik funksiyalar, sutkalik arterial qon bosimi monitoringi (SABM), yurak-qon tomir tizimi, xavf omillari, profilaktika.

Abstract: In recent years, arterial hypertension has become a significant health concern not only among adults but also among adolescents. According to global data, the prevalence of arterial hypertension among children and adolescents ranges from 4% to 6% and has nearly doubled over the past two

decades. Masked arterial hypertension occurs in 2–13% of adolescents and often remains undiagnosed due to the absence of obvious clinical manifestations, thereby increasing the risk of future cardiovascular complications.

This article analyzes the relationship between stress factors and psychophysiological functions in adolescents aged 15–17 years with masked arterial hypertension. During adolescence, academic workload, examinations, family and social problems, sleep disturbances, and emotional stress may increase sympathetic nervous system activity, contributing to a hidden elevation in blood pressure. The article discusses the role of these factors in the development of masked arterial hypertension, modern approaches to its early detection, and the importance of preventive measures based on current scientific literature. The findings may contribute to improving strategies for the prevention of cardiovascular diseases and the early diagnosis of masked arterial hypertension among adolescents.

Keywords: masked arterial hypertension, arterial blood pressure, adolescents, 15–17 years of age, stress factors, psychophysiological functions, 24-hour ambulatory blood pressure monitoring (ABPM), cardiovascular system, risk factors, prevention.

Arterial gipertenziya bugungi kunda dunyo miqyosida yurak-qon tomir kasalliklari, nogironlik va erta o'limning asosiy xavf omillaridan biri hisoblanadi. So'nggi yillarda ushbu kasallikning nafaqat kattalar, balki bolalar va o'smirlar orasida ham uchrash tezligi ortib borayotgani ilmiy jamoatchilikning jiddiy e'tiborini tortmoqda. Jahon sog'liqni saqlash tashkiloti (JSST) hamda xalqaro kardiologik jamiyatlarning ma'lumotlariga ko'ra, bolalar va o'smirlar orasida arterial gipertenziyaning tarqalishi 4–6% ni tashkil etadi, ortiqcha tana vazniga ega bo'lgan o'smirlarda esa bu ko'rsatkich 10–15% gacha yetishi mumkin. Alohida e'tibor talab qiladigan holatlardan biri yashirin arterial gipertenziya bo'lib, bunda shifokor qabulida arterial qon bosimi me'yorida bo'lsa-da, sutkalik arterial qon bosimi monitoringi (SABM) davomida uning me'yordan yuqori ekani aniqlanadi. Ushbu holat uzoq vaqt davomida klinik belgilar bermasligi sababli o'z vaqtida tashxis qo'yilmaydi va keyinchalik yurak, miya hamda buyraklarda struktur va funksional o'zgarishlar rivojlanish xavfini oshiradi.

O'smirlik davri organizmning jadal o'sishi, gormonal qayta qurilishi va psixo-emotsional rivojlanishi bilan tavsiflanadi. Aynan 15–17 yosh oralig'ida o'quv yuklamasi, imtihonlar, kasb tanlash bilan bog'liq tashvishlar, oilaviy va ijtimoiy muammolar hamda uyqu rejimining buzilishi stress darajasining oshishiga olib keladi. Surunkali stress simpatik nerv tizimi va gipotalamo-

gipofizar-buyrak usti bezi o'qini faollashtirib, arterial qon bosimining yashirin oshishiga zamin yaratishi mumkin.

Shu sababli 15–17 yoshli o'smirlarda yashirin arterial gipertenziyaning stress omillari va psixo-fiziologik funksiyalar bilan bog'liqligini o'rganish kasallikni erta aniqlash, xavf guruhlarini belgilash hamda samarali profilaktik choralarni ishlab chiqishda muhim ilmiy va amaliy ahamiyatga ega.

Tadqiqot maqsadi

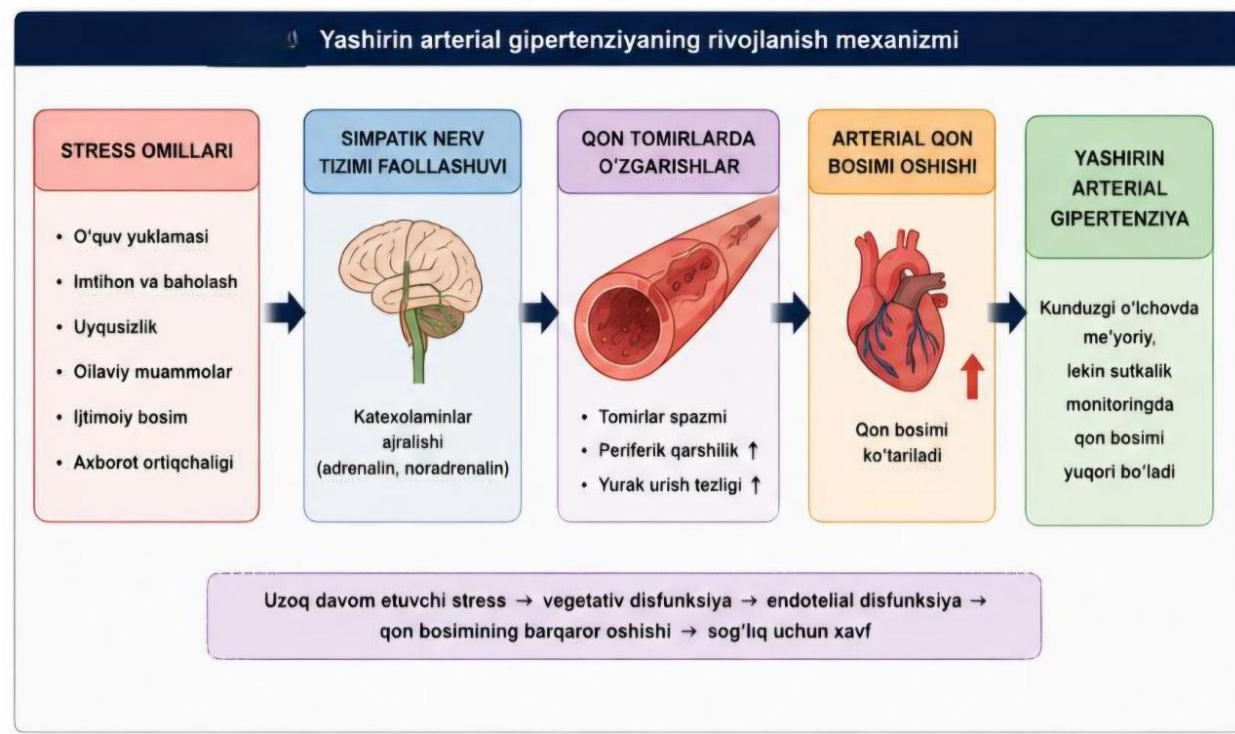
15–17 yoshli o'smirlarda yashirin arterial gipertenziyaning stress omillari va psixo-fiziologik funksiyalar bilan o'zaro bog'liqligini aniqlash, ushbu omillarning arterial qon bosimiga ta'sirini baholash hamda kasallikni erta aniqlash va profilaktikasini takomillashtirish bo'yicha ilmiy asoslangan tavsiyalar ishlab chiqish.



Materiallar va usullar

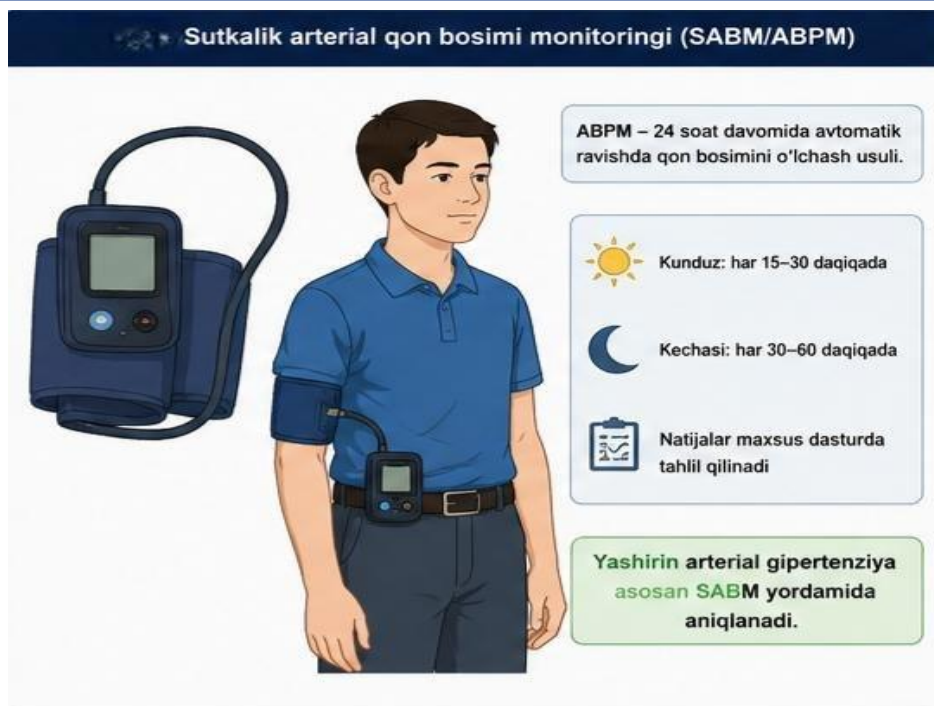
Tadqiqotda 15–17 yoshli o'smirlarda yashirin arterial gipertenziyaning stress omillari va psixo-fiziologik funksiyalar bilan bog'liqligiga oid mahalliy va xorijiy ilmiy adabiyotlar tahlil qilindi. Maqolani tayyorlash jarayonida zamonaviy ilmiy maqolalar, klinik tavsiyalar hamda xalqaro tashkilotlarning me'yoriy

hujjatlaridan foydalanildi. Tahlil davomida yashirin arterial gipertenziyaning rivojlanishiga ta'sir etuvchi asosiy stress omillari, psixo-fiziologik o'zgarishlar, shuningdek, kasallikni erta aniqlash va profilaktika qilishga oid ilmiy ma'lumotlar qiyosiy va tahliliy usullar yordamida umumlashtirildi.



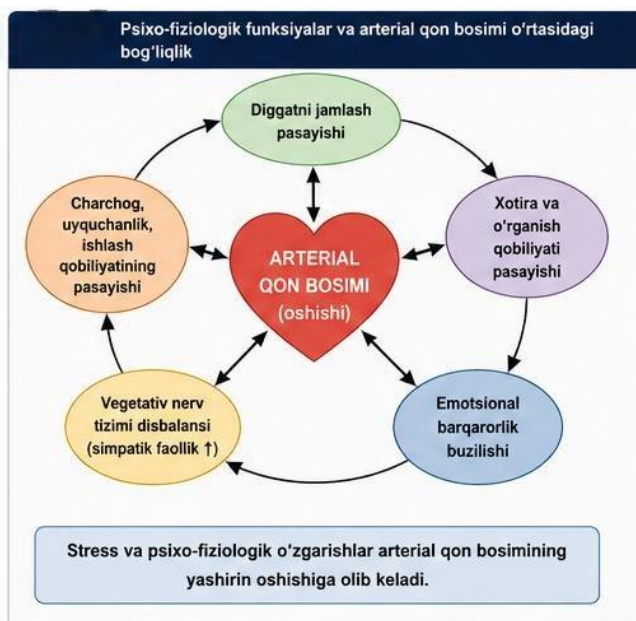
Natijalar va muhokama

Tahlil qilingan ilmiy adabiyotlar shuni ko'rsatadiki, 15–17 yoshli o'smirlarda yashirin arterial gipertenziyaning rivojlanishida psixo-emotsional stress muhim xavf omillaridan biri hisoblanadi. Doimiy o'quv yuklamasi, imtihonlarga tayyorgarlik, oilaviy va ijtimoiy muammolar hamda uyqu rejimining buzilishi simpatik nerv tizimi faolligini oshirib, arterial qon bosimining yashirin ko'tarilishiga sabab bo'lishi mumkin.



Shuningdek, yuqori stress darajasiga ega o'smirlarda diqqatni jamlash, xotira, emotsional barqarorlik va vegetativ nerv tizimi faoliyatida ayrim o'zgarishlar kuzatilishi qayd etilgan. Ushbu holatlar arterial qon bosimi ko'rsatkichlari bilan o'zaro bog'liq bo'lib, yashirin arterial gipertenziyaning erta rivojlanishiga zamin yaratadi.

Adabiyotlar tahlili shuni ko'rsatadiki, yashirin arterial gipertenziyani faqat bir martalik arterial qon bosimini o'lchash orqali aniqlash har doim ham mumkin emas. Shu sababli xavf guruhiga kiruvchi o'smirlarda sutkalik arterial qon bosimi monitoringi (SABM), psixologik holatni baholash va stress omillarini o'z vaqtida aniqlash kasallikka erta tashxis qo'yish hamda samarali profilaktika choralarini tashkil etishda muhim ahamiyat kasb etadi.



Xulosa

15-17 yoshli o'smirlarda yashirin arterial gipertenziyaning rivojlanishida stress omillari va psixo-fiziologik o'zgarishlar muhim o'rin tutadi. O'smirlik davriga xos psixo-emotsional zo'riqish, o'quv yuklamasi va uyqu rejimining buzilishi arterial qon bosimining yashirin oshishiga sabab bo'lishi mumkin. Shu bois xavf guruhiga kiruvchi o'smirlarda arterial qon bosimini muntazam nazorat qilish, zarurat tug'ilganda sutkalik arterial qon bosimi monitoringini (SABM) o'tkazish hamda stressni kamaytirishga qaratilgan profilaktik chora-tadbirlarni amalga oshirish kasallikni erta aniqlash va yurak-qon tomir asoratlarning oldini olishda muhim ahamiyat kasb etadi.

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