

CHARACTERISTICS OF DYNAMICS OF A CONDITION OF WOMEN WORKING AT THE KNITTING INDUSTRIES (REPUBLIC OF UZBEKISTAN)

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Abstract: *the study of the dynamics of changes in the functional state of the organism of women employed in the knitting industry during the working day allowed establishing the presence and reliability of shifts in physiological reactions of various body systems, followed by the development of recommendations for the rationalization of work and rest, to improve working conditions. In the course of the labor process, the workers of knitwear production deteriorate psycho-emotional state. It is established that the noise level is characterized by an average degree of influence on the deterioration of the mood of the workers.*

Keywords: *hygiene, physiology of work, knitted production, psycho-emotional state, industrial noise, working conditions, women's body, labor process, dynamics of the working day, industrial fatigue.*

ХАРАКТЕРИСТИКА ДИНАМИКИ СОСТОЯНИЯ ЖЕНЩИН, РАБОТАЮЩИХ НА ТРИКОТАЖНЫХ ПРОИЗВОДСТВАХ (РЕСПУБЛИКА УЗБЕКИСТАН)

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Аннотация: *изучение динамики изменения функционального состояния организма женщин, занятых на трикотажных производствах, в течении рабочего дня позволило установить наличие и достоверность сдвигов физиологических реакций различных систем организма с последующей разработкой рекомендаций по рационализации режимов труда и отдыха, по улучшению условий труда. В ходе трудового процесса у работниц трикотажных производств ухудшается психоэмоциональное состояние. Установлено, что уровень шума характеризуется средней степенью влияния на ухудшение настроения и состояния работниц.*

Ключевые слова: *гигиена, физиология труда, трикотажное производство, психоэмоциональное состояние, производственный шум, условия труда, организм женщины, трудовой процесс, динамика рабочего дня, производственное утомление.*

Studies on the dynamics of indicators of the functional state of the organism of women working in the knitting industries of Uzbekistan have revealed that working conditions and the nature of the labor processes cause working women adverse changes in physiological reactions.

Labor processes of women of the basic professional groups: knitters, seamstress, ironers different busy personality, monotony, high touch loads, focusing more than 75% of the time shift and tension.

To study the nature and dynamics of the psycho-emotional state of women working in the knitting industry, a method based on self-assessment of health, activity and mood was used. The method is based on the fact that the investigated person is asked to correlate his state with a number of features presented in the form of polar opposites, between which the seven-membered scale is located. Characteristic "well-being" reflects strength, health, fatigue. The characteristics of movement, mobility, speed and rate of functions are classified as "activity", and the characteristics of the emotional state are classified as "mood".

The studies were conducted at the three most common occupations knit productions: equipment operators knitting, seamstress and ironers.

It was found that the operators of knitting equipment from the beginning to the end of the work shift deteriorate subjective indicators of self-assessment of psycho-emotional state: activity at 0.6 points ($p < 0.05$) health at 1.5 points ($p < 0.001$), mood at 2.4 points ($p < 0.001$). Similar dynamics of indicators of psycho-emotional state are revealed as the sewing - machine operator, and pressers. Deterioration of indicators was expressed by the following shifts: seamstresses – motorists activity by 0.2 points, health by 1.4 points ($p < 0.001$) mood by 2.3 points ($p < 0.001$); in Ironing activity 1.0 points ($p < 0.05$) health 0.9 points ($p < 0.001$), mood 0.9 points ($p < 0.001$).

Consequently, in the course of the labor process, the psycho-emotional state of workers in knitting industries deteriorates, and these changes are accompanied by the appearance of complaints of headache, lethargy and fatigue.

A study of the working conditions of women employed in knitwear showed that noise, which varied from 81 to 106 dB, was one of the unfavourable factors in production. It was found that the noise level is characterized by an average degree of influence on the deterioration of mood ($r=0,42$), decreased activity ($r=0,47$) and a high degree of influence on the deterioration of health ($r=1,0$).

The research materials were used in the development of hygienic recommendations for improving the working conditions of women working in the knitting industry of the Republic of Uzbekistan.

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