

AN INNOVATIVE APPROACH TO IMPROVING THE QUALITY OF LIFE

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Abstract

The article highlights the importance of pens in improving the quality of life of people and children who currently have problems with arm muscles. It is said that pens facilitate independent actions in everyday life, increase users' self-confidence and make them more active in society, as well as have a positive effect on long-term health and psychological stability.

Keywords. Grip, arm muscles, physical, social, childhood, neurological disorders, the elderly, people with disabilities, psychological, activity, independence.

HAYOT SIFATINI YAXSHILASHDA INNOVATSION YONDASHUV

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Annotatsiya

Maqolada hozirgi kunda qo'l mushaklarida muammolari bo'lgan shaxslar va bolalar hayot sifatini yaxshilashdagi tutqichlarning ahamiyati yoritiladi. Tutqichlar kundalik hayotdagi mustaqil harakatlarni osonlashtirishi, foydalanuvchilarning o'zlariga bo'lgan ishonchini oshirib, ularni jamiyatdagi faolligi, shuningdek, u uzoq muddatli sog'liq va psixologik barqarorlikka ijobiy ta'sir ko'rsatishi haqida yoritiladi.

Kalit so'zlar. Tutgich, qo'l mushaklari, jismoniy, ijtimoiy, bolalar, nevrologik kasalliklar, kata yoshli insonlar, imkoniyati cheklangan, psixologik, faollik, mustaqil.

Аннотация

В статье освещается важность ручек в улучшении качества жизни людей и детей, у которых в настоящее время есть проблемы с мышцами рук. Рассказывается, что ручки облегчают самостоятельные действия в повседневной жизни, повышают уверенность пользователей в себе и делают их более активными в обществе, а также положительно влияют на долгосрочное здоровье и психологическую стабильность.



Ключевые слова. Хватка, мышцы рук, физические, социальные, детские, неврологические расстройства, пожилые люди, люди с ограниченными возможностями, психологические, активность, самостоятельность.

Introduction

One of the most important issues in society is to improve the quality of life of each person, increase the ability to self-support and expand the opportunities for active participation in social life. In particular, the importance of assistive technologies in performing simple tasks of daily life for persons with physical disabilities is increasing. In this direction, our offer is "CG" (comfortable grip) grips. These handles allow not only people with physical disabilities, but also young children to independently form skills throughout their lives. In addition, it serves as a means of facilitating the performance of daily tasks for people who are experiencing weakness in hand muscles and difficulties in motor movements. Through this, people of any age can change their lives, strengthen their skills of self-management and independent action. To meet daily needs such as eating, writing, drawing, it allows you to grab and hold the necessary tools. The "CG" (comfortable grip) project is aimed at improving the quality of life of people with hand muscle defects. Through this project, children and adults can strengthen their motor skills, learn new skills and gain the opportunity to move independently.

Considering the technological significance and innovative aspects of this handle, the handle is ergonomically designed and designed to suit the shape and strength of the user's hand. The design of the product is user-friendly and safe, with modern colors and patterns added to it. This is an important factor for attracting children's attention and encouraging continuous use of the product. In addition, the product is made of light materials, which allows it to be easily used by people of different ages and physical abilities, and does not cause a feeling of fatigue. In order to implement social adaptation and rehabilitation of persons with special needs, one of the priorities of our country, these handles support social inclusion for children and adults, that is, they create conditions for people with physical limitations to actively participate in society. Handrails provide the ability to perform simple tasks independently, which increases people's self-confidence. Also, through spiritual support, they can overcome psychological obstacles in taking their place in society.

Another important aspect of seizures is its social and psychological impact. People with disabilities and people with motor skills difficulties often feel like they are left out of society. They have difficulty moving independently and are often forced to ask for help from others. Through these levers, they are able to be more independent and independent in carrying out simple life tasks, which increases their self-confidence and strengthens their connection to the community. The ability to act independently and provide self-service plays an important role in the psychological development of the child and the sense of self-fulfillment of adults. Through this, people with disabilities will have the opportunity to manage their lives by themselves, not depending on others. Such independence strengthens their self-confidence in their inner world and helps them get rid of negative psychological situations. Also, this product allows you to perform simple exercises. For example, by grasping a product, holding food, or typing, users can regularly use their hand muscles, which has an intensive, positive effect on health.



Regular use of this brace is clinically recommended as it not only reduces neurological problems but also improves overall physical health. This product is intended for individuals with impaired hand muscles and motor movements, cerebral palsy, Parkinson's, paralysis secondary to a stroke, apraxia in various disorders, dyspraxic conditions, tremor, Ectrodactyly, Syndactyly or other disorders. very suitable for people. It also helps in teaching independent feeding and other tasks for healthy children. From a medical point of view, hand grips are recommended for improving muscle function, maintaining a healthy lifestyle and general physical health.

Conclusion

In short, this product is a new innovative solution to improve the quality of life for people with limited physical abilities and children. This grip gives users a sense of independence and confidence in performing simple life tasks, helping them to achieve great things in their daily lives. This product, which has a beneficial effect on social, psychological and physical health, will gain great importance for the broad sections of the society in the future. It is an effective tool not only for people with disabilities, but also for children. With the help of this product, people will have the opportunity to increase independence, physical strength and psychological confidence in their lives. At the same time, it occupies a special place among the wide range of technological solutions aimed at improving the quality of life of every person in society.

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