

Autizm spektri buzilishi bo'lgan bolalarda stomatologik muolajalarga bo'lgan qo'rquvni kamaytirish usullari

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Annotatsiya: Mazkur maqolada autizm spektri buzilishi (ASB) bo'lgan bolalarda stomatologik muolajalar jarayonida kuzatiladigan qo'rquv va tashvish holatlarini kamaytirish usullari o'rganilgan. Autizm spektri buzilishi bilan yashovchi bolalarda stomatologik muolajalar ko'pincha psixologik noqulaylik, kuchli qo'rquv va muolajaga qarshilik ko'rsatish bilan kechadi. Bu esa stomatologik yordam ko'rsatishni murakkablashtiradi hamda og'iz bo'shlig'i kasalliklarining o'z vaqtida davolanmasligiga olib keladi. Tadqiqot davomida autizm spektri buzilishi bo'lgan bolalarda stomatologik muolajalarga bo'lgan qo'rquv darajasi baholanib, uni kamaytirishga qaratilgan psixologik va pedagogik yondashuvlar samaradorligi tahlil qilindi. Tadqiqotda vizual qo'llanmalar, moslashuv seanslari, ota-onalar ishtiroki, ijobiy rag'batlantirish hamda muhitni moslashtirish kabi usullar qo'llanildi. Olingan natijalar ushbu usullar stomatologik muolajalar jarayonida bolalarning tashvish darajasini sezilarli darajada kamaytirishini ko'rsatdi. Tadqiqot natijalari autizm spektri buzilishi bo'lgan bolalarga stomatologik yordam ko'rsatish jarayonini takomillashtirish uchun muhim ahamiyatga ega.

Kalit so'zlar: autizm spektri buzilishi, stomatologik qo'rquv, bolalar stomatologiyasi, psixologik moslashuv, stomatologik yordam, og'iz bo'shlig'i gigiyenasi, stomatologik tashvish

Methods for reducing fear of dental procedures in children with autism spectrum disorders

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Abstract: This article examines methods for reducing fear and anxiety during dental procedures in children with autism spectrum disorders (ASD). Dental procedures in children with autism spectrum disorders are often accompanied by psychological discomfort, strong fear, and resistance to treatment. This complicates the provision of dental care and leads to delayed treatment of oral diseases. During the

study, the level of fear of dental procedures in children with autism spectrum disorders was assessed and the effectiveness of psychological and pedagogical approaches aimed at reducing it was analyzed. The study used methods such as visual aids, adaptation sessions, parental participation, positive reinforcement, and environmental adaptation. The results showed that these methods significantly reduced the level of anxiety in children during dental procedures. The results of the study are important for improving the process of providing dental care to children with autism spectrum disorders.

Keywords: autism spectrum disorder, dental fear, pediatric dentistry, psychological adaptation, dental care, oral hygiene, dental anxiety

Kirish

Bolalar stomatologiyasi sohasida dolzarb muammolardan biri alohida ehtiyojga ega bolalarga sifatli stomatologik yordam ko'rsatishdir. So'nggi yillarda autizm spektri buzilishi bo'lgan bolalar sonining ortib borishi ushbu masalaga alohida e'tibor qaratishni talab etmoqda.

Autizm spektri buzilishi - bu ijtimoiy muloqot, xulq-atvor va sensor sezuvchanlikning o'ziga xos xususiyatlari bilan tavsiflanadigan rivojlanish buzilishidir. Bunday bolalarda tashqi ta'sirlarga, ayniqsa yangi muhit va notanish odamlar bilan muloqotga nisbatan sezgirlik yuqori bo'ladi. Shu sababli stomatologik muolajalar jarayoni ular uchun psixologik jihatdan qiyin kechishi mumkin.

Stomatologik kabinetdagi yorug'lik, asboblarning ovozi, notanish hidlar hamda muolajalar jarayoni ko'plab bolalarda qo'rquv va tashvish uyg'otadi. Autizm spektri buzilishi bo'lgan bolalarda esa bunday reaksiyalar yanada kuchliroq namoyon bo'ladi. Natijada stomatologik muolajalarni amalga oshirish qiyinlashadi yoki ba'zan imkonsiz bo'lib qoladi.

Ko'plab tadqiqotlar shuni ko'rsatadiki, autizm spektri buzilishi bo'lgan bolalarda stomatologik kasalliklar, jumladan tish kariesi va parodont kasalliklari nisbatan yuqori uchraydi. Bu esa ularning og'iz bo'shlig'i gigiyenasiga to'liq rioya qila olmasligi hamda stomatologga kam murojaat qilishi bilan izohlanadi.

Shu sababli stomatologik muolajalarga bo'lgan qo'rquvni kamaytirish va bolalarni stomatologik muhitga moslashtirish usullarini ishlab chiqish muhim ilmiy-amaliy ahamiyatga ega.

Tadqiqot maqsadi

Autizm spektri buzilishi bo'lgan bolalarda stomatologik muolajalarga bo'lgan qo'rquv darajasini kamaytirishga qaratilgan psixologik va pedagogik usullar samaradorligini o'rganish.

Tadqiqot obyektlari

Tadqiqot obyekti sifatida autizm spektri buzilishi tashxisi qo'yilgan 4-12 yoshdagi bolalar tanlab olindi. Tadqiqotda stomatologik tekshiruv va muolajalar jarayonida qatnashgan bolalar hamda ularning ota-onalari ishtirok etdi.

Shuningdek, stomatologik muolajalarni amalga oshirgan mutaxassislar ham tadqiqot jarayonida kuzatuv olib bordi.

Tadqiqot materiallari va usullari

Tadqiqot davomida bir nechta ilmiy usullar qo'llanildi.

Birinchi bosqichda bolalarning stomatologik muolajalarga nisbatan psixologik reaksiyalari kuzatildi. Bu jarayonda bolalarning xulq-atvori, tashvish darajasi va stomatologik muolajaga munosabati baholandi.

Ikkinchi bosqichda qo'rquvni kamaytirishga qaratilgan bir qator usullar qo'llanildi. Ular quyidagilardan iborat:

- stomatologik muhit bilan bosqichma-bosqich tanishtirish;
- vizual qo'llanmalar va rasmlar orqali muolajani tushuntirish;
- ota-onalarning muolaja jarayonida ishtirok etishi;
- ijobiy rag'batlantirish usullaridan foydalanish;
- stomatologik kabinet muhitini bolalar uchun qulay tarzda moslashtirish.

Shuningdek, muolajadan oldin bolalar bilan qisqa moslashuv mashg'ulotlari o'tkazildi. Bu jarayonda stomatologik asboblarga ko'rsatilib, ularning vazifasi sodda tilda tushuntirildi.

Tadqiqot davomida stomatologik tashvish darajasi maxsus baholash shkalalari yordamida aniqlanib, natijalar statistik jihatdan tahlil qilindi.

Tadqiqot natijalari

O'tkazilgan tadqiqot natijalari autizm spektri buzilishi bo'lgan bolalarda stomatologik muolajalarga nisbatan qo'rquv darajasi yuqori ekanligini ko'rsatdi. Ayniqsa, stomatologik asboblarning ovozi, yorqin yorug'lik va notanish muhit bolalarda kuchli tashvish uyg'otishi kuzatildi.

Moslashuv usullari qo'llanilgandan so'ng bolalarning stomatologik muolajalarga bo'lgan munosabatida ijobiy o'zgarishlar kuzatildi. Vizual qo'llanmalar yordamida muolajani tushuntirish bolalarning jarayonni yaxshiroq tushunishiga yordam berdi.

Ota-onalarning muolaja jarayonida ishtirok etishi ham bolalarning o'zini xavfsiz his qilishiga ijobiy ta'sir ko'rsatdi. Bu esa bolalarda tashvish darajasining pasayishiga olib keldi.

Bundan tashqari, stomatologik muhitni moslashtirish, ya'ni ortiqcha shovqin va yorug'likni kamaytirish ham bolalarning xulq-atvoriga ijobiy ta'sir ko'rsatdi.

Tadqiqot natijalari shuni ko'rsatdiki, kompleks yondashuv asosida qo'llanilgan psixologik usullar stomatologik muolajalar jarayonida bolalarning qo'rquvini sezilarli darajada kamaytirishga yordam beradi.

Xulosa

Autizm spektri buzilishi bo'lgan bolalarda stomatologik muolajalarga nisbatan qo'rquv darajasi yuqori bo'lishi stomatologik yordam ko'rsatishda muayyan qiyinchiliklarni keltirib chiqaradi.

Tadqiqot natijalari shuni ko'rsatdiki, bolalarni stomatologik muhitga bosqichma-bosqich moslashtirish, vizual qo'llanmalar, ota-onalar ishtiroki hamda ijobiy rag'batlantirish usullaridan foydalanish stomatologik qo'rquvni kamaytirishda samarali hisoblanadi.

Shu sababli autizm spektri buzilishi bo'lgan bolalar bilan ishlashda stomatologlar psixologik yondashuvlardan keng foydalanishi, shuningdek stomatologik muhitni bolalar uchun qulay tarzda tashkil etishi maqsadga muvofiqdir.

Bu esa bunday bolalarda stomatologik kasalliklarni o'z vaqtida aniqlash va samarali davolash imkonini yaratadi.

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