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LIFESTYLE AND EMOTIONAL FACTORS IN CHILDREN WITH DELAYED DEVELOPMENT: A REGIONAL ASSESSMENT

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Abstract: The increasing rate of developmental delays in children has highlighted the need for research that goes beyond biological causes, placing greater emphasis on lifestyle and emotional well-being. In early childhood, the family environment, daily routines, and emotional support systems are essential to shaping cognitive and social development. Understanding these factors is especially important in regions with limited access to pediatric mental health services.

Keywords: lifestyle, emotional development, developmental delay, early childhood, parental influence

Aim of the Study: This study aims to examine how lifestyle patterns and emotional environments affect developmental delays in children. Conducted at the Fergana Regional Children's Multidisciplinary Medical Center, it explores associations between daily living conditions, emotional changes in children, and the rate of developmental delays.

Materials and Methods: The study involved 68 children (aged 2–7 years) who were diagnosed with developmental delays from January 2022 to January 2025. Data were collected through structured parental questionnaires on daily routines (diet, sleep, screen time), emotional behavior checklists, and developmental screenings (e.g., ASQ, DDST). Clinical observations and interviews with caregivers provided insights into parenting styles and home environment. Chi-square and multivariate regression analyses were used to identify risk factors (significance set at $p < 0.05$).

Results and Discussion: Of the 68 children, 60.7% were male. A disrupted lifestyle—characterized by irregular sleeping patterns, low physical activity, and prolonged screen exposure—was significantly associated with delayed development ($p = 0.014$). Emotional changes, such as increased irritability and reduced social interaction, were found in 68% of children. Lack of structured family routines and limited parental interaction were major contributors. Children who received consistent emotional support and structured activities (reading, play therapy, outdoor time) demonstrated better developmental progress within 6 months of intervention ($p < 0.001$).

Conclusion: This study underscores the importance of lifestyle structure and emotional stability in managing developmental delays. Emotional responsiveness and daily routines are modifiable risk factors that can significantly influence a child's developmental outcome, especially when medical services are limited. Recommendations:

1. Train primary care providers to assess lifestyle and emotional health during routine child check-ups.
2. Introduce public health programs aimed at educating families on the impact of lifestyle on child development.
3. Develop region-specific guidelines to include emotional and lifestyle assessments in early developmental screening.

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