

FROM GRAMMAR TO FLUENCY IN WRITING FOR ESL STUDENTS USING PRACTICAL STRATEGIES

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This study explores the transition from grammatical competence to fluent writing among English as a Second Language (ESL) students. By applying practical strategies including daily writing, peer collaboration, model text analysis, and the integration of technology, the study aims to identify effective approaches that foster writing fluency. The research combines a literature review with a practical implementation of these strategies in a classroom setting. Results indicate that while grammar is foundational, fluency is best achieved through interactive, process-oriented writing practices. The paper concludes with recommendations for ESL educators seeking to bridge the gap between grammar and writing fluency.

INTRODUCTION. Writing in English presents a multifaceted challenge for ESL students. While many learners acquire grammatical knowledge through structured instruction, transferring this knowledge into fluid, coherent writing remains difficult. Traditional ESL programs often emphasize grammar drills, yet overlook the practical application of writing as a communicative skill. This study investigates how practical strategies can support ESL students in moving from grammar proficiency to writing fluency, ultimately enhancing their ability to express ideas effectively in academic and real-world contexts. In ESL English classes, striking a balance between fluency and accuracy is crucial for fostering well-rounded language development. While fluency focuses on

effective communication, accuracy ensures grammatical correctness. By integrating both skills, educators can empower ESL learners to become confident and proficient English speakers. This article will explore practical strategies for balancing fluency and accuracy, creating an optimal learning environment that nurtures comprehensive language skills. Fluency can be defined as the ability to communicate ideas smoothly and coherently, with minimal hesitation. It involves the flow and naturalness of language use, enabling learners to express themselves without being hindered by language barriers. Accuracy, on the other hand, refers to the proficiency in using correct grammar, vocabulary, and pronunciation. Both fluency and accuracy are essential components of effective communication in English, and striking a balance between them is crucial for language proficiency.[1]

Fluency plays a pivotal role in ESL English classes by offering a range of benefits to learners. When students achieve fluency, they gain the ability to express themselves confidently and engage in meaningful conversations. Fluency allows learners to convey their thoughts, opinions, and emotions with ease, ensuring their messages are understood by others. Activities that promote fluency, such as role-plays, discussions, and storytelling, provide learners with practical opportunities to develop their fluency skills in a supportive and interactive environment.

LITERATURE REVIEW AND METHODOLOGY

Research into second language acquisition (SLA) highlights the importance of both form-focused instruction and meaningful output (Krashen, 1982; Swain, 1995). Krashen's Input Hypothesis emphasizes exposure to comprehensible input, while Swain's Output Hypothesis argues that learners need opportunities to produce language to internalize structures. Recent studies show that writing fluency involves more than grammatical accuracy. Hyland (2003) emphasizes genre-based instruction and the value of model texts. Nation (2009) advocates for fluency-focused writing activities such as timed writing and extensive journaling. Peer review (Rollinson, 2005) and collaborative writing[4]. (Storch, 2005) also appear to enhance engagement and writing quality, while digital tools have been shown to support both feedback and creativity (Chun, Kern, & Smith, 2016). Previous research has found notable differences between L1 and L2 texts at both micro and macro levels. Specifically, L2 texts tend to have limited vocabulary and grammar compared to L1 texts, as identified in previous studies conducted by Hinkel (2004;2011). Additionally, the global qualities of L2 texts such as discourse organisation, reasoning and coherence/cohesion have been found to differ from those of L1 texts, as highlighted by Choi (1988) and Hinkel (2011). Specifically, L2 texts tend to have limited vocabulary and

grammar compared to L1 texts, as identified in previous studies conducted by Hinkel (2004;2011). Additionally, the global qualities of L2 texts such as discourse organisation, reasoning and coherence/cohesion have been found to differ from those of L1 texts, as highlighted by Choi (1988) and Hinkel (2011). It is essential for writers to possess macro-level knowledge and skills, in addition to vocabulary and grammar proficiency, when producing longer texts beyond sentence or clause levels. The next category is grammar. Grammar is the most difficult aspect of English writing for EFL students moreover for those who are not in English major as stated by Hinkel (2004) that learning to write in second or foreign language will be dissimilar with learning to write in students' first language. There were some errors found in the writing.

This qualitative study was conducted with 25 intermediate-level ESL students over a 10-week writing course. Data collection methods included pre- and post-writing samples, student surveys, and classroom observations. Students participated in a curriculum integrating the following strategies:

- Daily writing prompts and journals
- Analysis of model texts from various genres
- Peer review sessions
- Collaborative writing tasks
- Use of online grammar checkers and writing tools

Writing samples were analyzed for grammatical accuracy, lexical diversity, and coherence. Student reflections and surveys provided insight into perceptions of writing development.

Moreover, consistent writing practice allows students to become more confident in their language abilities, enabling them to communicate with others in various contexts effectively. Writing in the target language has several benefits for students. It can help them expand their vocabulary and improve their grammar skills. Writing allows students to effectively express thoughts and ideas, encouraging critical and creative thinking through coherent organization and presentation. [3].

Additionally, writing allows students to keep a record of their progress, which they can use to track their improvement and celebrate their language achievements. The act of writing plays a pivotal role in the acquisition of language. It is a vital component that must be considered when learning a new language, contributing to developing students' linguistic competence. Writing is a crucial skill for language learners, as it enhances their linguistic

and cognitive abilities. Students can enhance their writing proficiency through consistent practice and effectively communicating their ideas in the target language.

RESULTS

Data analysis revealed notable improvements in writing fluency across the cohort: Grammatical accuracy improved slightly (average error reduction of 15%). Lexical variety increased by 25% based on type-token ratios. Writing fluency, measured by word count and coherence markers, increased by an average of 30%. Student confidence in writing rose according to post-course survey responses, with 84% indicating they felt more capable of expressing ideas in writing.[2].

Qualitative feedback highlighted that students valued model texts and peer review the most, citing these strategies as helping them organize ideas and improve clarity. The research approach involved administering questionnaires to 291 students in grades 11 and 12, followed by text analysis of the data collected. The study's sections present detailed information on the research flow, objectives, procedures, data collection methods, analysis criteria, and the study's tools. While only 291 students completed the surveys, the outcomes were based on the total number of students present on the day of the study. Although students were given 45 minutes to complete the questionnaires, the optimal time was found to be 25 minutes. The results were presented using a descriptive approach, although the methodology illustrated a unique circumstance.

Finally, the study analyzed how writing is taught and demonstrated to students in English language courses. It was discovered that the text is an integral part of the textbook structure and is designed to fit instructional purposes. Finding the right book to study is crucial for students to learn independently, critically, and purposefully. Although there is no precise text typology since no general text theory has been accepted in professional circles, textbooks also fall under this category. Finally, the study analyzed how writing is taught and demonstrated to students in English language courses. It was discovered that the text is an integral part of the textbook structure and is designed to fit instructional purposes. Finding the right book to study is crucial for students to learn independently, critically, and purposefully. Although there is no precise text typology since no general text theory has been accepted in professional circles, textbooks also fall under this category. Finally, the study analyzed how writing is taught and demonstrated to students in English language courses. It was discovered that the text is an integral part of the textbook structure and is designed to fit instructional purposes. Consequently, studying with textbooks is an efficient means of gaining a profound insight into the art of writing. [5]. Therefore, textbooks play a

vital role in shaping students' writing abilities and fostering academic growth. In addition, textbooks provide students with valuable resources and tools to enhance their writing abilities. They often contain grammar exercises, writing prompts, and examples of well-written essays, which allow students to practice and improve their writing skills. Moreover, textbooks also introduce students to the proper structure and organization of various types of writing, such as argumentative essays or research papers, giving them a solid foundation to build upon. Overall, the comprehensive nature of textbooks helps students develop their writing skills holistically and prepares them for future academic and professional success.

DISCUSSION

The findings support the hypothesis that writing fluency is best developed through consistent, meaningful practice rather than grammar instruction alone. Students benefitted from seeing real examples of writing, engaging with peers, and being allowed to write creatively without fear of mistakes. Technology served as a useful supplement, though it did not replace the need for human feedback. [6]. Notably, the combination of form-focused and fluency-focused activities resulted in a balanced approach to writing instruction. The survey revealed that many students struggle in higher education because the English they learn in high school doesn't adequately prepare them for the advanced level of English they'll encounter in universities. According to Edmunds (et al. 2017), the most common type of college readiness support provided by schools was academic preparation, mainly through high school class instruction and test preparation. According to them, some schools offered the AVID program, a formal curriculum focusing on college readiness. Other schools allocated specific times weekly or even daily, usually referred to as Advisories or Seminars, for teachers to work with small groups on building college readiness skills or providing academic support. In addition, preparing students for college requires a comprehensive approach that includes academic preparation, the development of academic behaviors and attitudes, and an understanding of college processes. Therefore, it is essential to prioritize the study of proper English, even in elementary and secondary schools, so that students can better equip themselves for higher education. Students must study proper English from a young age to establish a strong foundation for their academic journey. This will help improve their language skills and enhance their critical thinking and communication abilities. Additionally, incorporating more advanced English courses in high school can bridge the gap between secondary and tertiary education, ensuring that students are well-prepared for the challenges they will face in the university setting. Thus, addressing the discrepancies between the syllabus and students' needs is crucial for their academic success.

Moreover, incorporating literature courses that focus on critical analysis and interpretation can enhance students' ability to think critically and engage in meaningful discussions, preparing them for the academic rigors of higher education. Thematic units must be tailored to the student's needs, and the field of study and teaching materials should be well coordinated. Therefore, it is essential to prioritize the study of proper English, even in elementary and secondary schools, so that students can better equip themselves for higher education. Students must study proper English from a young age to establish a strong foundation for their academic journey. [7]. This will help improve their language skills and enhance their critical thinking and communication abilities. Additionally, incorporating more advanced English courses in high school can bridge the gap between secondary and tertiary education, ensuring that students are well-prepared for the challenges they will face in the university setting. Thus, addressing the discrepancies between the syllabus and students' needs is crucial for their academic success. Moreover, incorporating literature courses that focus on critical analysis and interpretation can enhance students' ability to think critically and engage in meaningful discussions, preparing them for the academic rigors of higher education. Thematic units must be tailored to the student's needs, and the field of study and teaching materials should be well coordinated.

CONCLUSION

Grammar is a necessary foundation, but it is not sufficient for writing fluency in ESL students. Practical strategies such as daily writing, peer interaction, model text analysis, and the integration of digital tools significantly enhance students' ability to write fluently and effectively. ESL instructors should adopt a process-oriented, interactive model that encourages frequent writing and provides multiple forms of feedback. Further research could explore long-term effects and adapt these strategies across proficiency levels. Furthermore, the study suggests incorporating peer feedback and collaborative writing activities into the curriculum. This allows learners to receive feedback from their peers and engage in meaningful discussions about their writing, fostering a sense of community and promoting critical thinking skills. Implementing these comprehensive strategies can lead to a well-rounded and practical approach to writing instruction, ultimately helping learners become skilled and confident writers professionally. One limitation of this study is that it only focuses on the benefits of peer feedback and collaborative writing activities without considering potential drawbacks or challenges. Some learners may need help providing input or participating in discussions due to language or confidence barriers.

Additionally, the study needs to address potential problems with the validity or reliability of the peer feedback, which could affect the overall efficacy of these strategies. Moreover, the input must acknowledge the potential negative impact of peer feedback and collaborative writing activities on individual creativity. In some cases, learners may feel pressured to conform to their peers' suggestions, stifling their unique writing style and inhibiting their personal growth as writers.

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TALOQNING TUG‘MA ANOMALIYALARI VA O‘SMALARI.TIMUSNING RIVOJLANISHINI BUZILISHLARI, VA BU KASALLIKLARNING PROFILAKTIKASI.

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**MAQOLA
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KALIT SO‘ZLAR:

Taloq anomaliyalari, timus displaziyasi, limfoma, DiGeorge sindromi, tug‘ma immunodefisit, o‘smalar, tashxis, bolalar immuniteti, profilaktika, irsiyat, limfoid to‘qima, autoimmun holatlar.

Ushbu ilmiy maqolada inson organizmining muhim limfoid a‘zolari hisoblangan taloq va timus bezining tug‘ma rivojlanish nuqsonlari, shuningdek, ularning o‘smalari va immunologik ahamiyati atroflicha yoritilgan. Taloqning tug‘ma anomaliyalari (masalan, aksesuar taloq, aplaziya, hipoplaziya, splenomegaliya) holatlarida klinik belgilarning yashirinligi, tashxis qo‘yishning murakkabligi va ularning boshqa tizimlarga ta‘siri tahlil qilingan. Shu bilan birga, taloq o‘smalari – ayniqsa, limfoma, angiosarkoma, gemangioma kabi patologiyalar klinik, diagnostik va davolash tamoyillari asosida tavsiflangan. Timus bezining rivojlanishida kuzatiladigan buzilishlar – aplaziya, hipoplaziya, DiGeorge sindromi kabi holatlar orqali immun tizimi faoliyatining o‘zgarishlari chuqur tahlil qilingan. Ayniqsa, bolalik davrida kuzatiladigan timus atrofiyasi, immunitet pasayishi va ular bilan bog‘liq infeksiyon xavf holatlari yoritilgan.

KIRISH. Inson organizmida limfoid tizim muhim hayotiy vazifalarni bajaradi, ayniqsa immunologik himoya, qon hujayralarining ishlab chiqarilishi, autoimmun muvozanat va mikroblarga qarshi kurashish jarayonlarida taloq va timus bezining oʻrni beqiyosdir. Ushbu ikki aʼzo nafaqat limfa tizimining ajralmas boʻlagi, balki umuman organizm sogʻligʻini saqlashda asosiy elementlar sifatida qaraladi. Aynan shuning uchun ham ularning tugʻma rivojlanishidagi nuqsonlar yoki oʻsma jarayonlari organizmda murakkab immunologik, gematologik va hatto endokrin oʻzgarishlarga olib keladi. Taloq — organizmda ikkilamchi limfoid aʼzo boʻlib, qon hujayralarining parchalanishi, limfotsitlar yetilishi, eski eritrotsitlarning yoʻq qilinishi, fagotsitoz, immunoglobulin ishlab chiqarilishi kabi koʻplab funksiyalarni bajaradi. Tugʻma anomaliyalar, masalan, aksesuar taloq (qoʻshimcha taloq), taloq aplaziyasi (yoʻqligi), taloq hipoplaziyasi (kam rivojlanganligi) kabi holatlar koʻpincha yashirin kechadi, ammo ularning ayrimlari ogʻir immunitet yetishmovchiligi, autoimmun kasalliklar yoki boshqa tizimlar bilan bogʻliq asoratlar bilan namoyon boʻlishi mumkin. Taloqning oʻsmalari ham tibbiyotda jiddiy muammo hisoblanadi. Ayniqsa, limfomalar (xususan, Hodgkin va non-Hodgkin limfomalari), angiosarkoma, gemangioma kabi oʻsmalar taloq funksiyasini izdan chiqaradi va umumiy immunitetni pasaytiradi. Bu oʻsma jarayonlari koʻpincha kech aniqlanadi va tez rivojlanadi, bu esa kasallikning ogʻir asoratlar bilan kechishiga sabab boʻladi. Shuningdek, timus bezi ham limfoid tizimning asosiy aʼzosi boʻlib, ayniqsa bolalik davrida faol boʻladi. U T-limfotsitlarning yetilishi va tananing oʻziga nisbatan tolerantligini taʼminlovchi markaziy organ sanaladi. Timusning tugʻma rivojlanishidagi buzilishlar, masalan, aplastik timus, hipoplaziya, DiGeorge sindromi kabi holatlar immun tanqislik sindromlariga olib keladi. Bu esa bola organizmining infeksiyalarga, viruslarga va boshqa tashqi taʼsirlarga qarshi zaif boʻlishiga sabab boʻladi. Ayrim holatlarda bu holatlar chaqaloq yoshida hayot bilan mos kelmaydigan darajada ogʻir kechadi. Ushbu muammolarning keng tarqalganligi, klinik belgilarining turfa xilligi, tashxis va davolashdagi qiyinchiliklar, ayniqsa erta bosqichda ularni aniqlashning murakkabligi bu mavzuni chuqur oʻrganishni taqozo etadi. Ayniqsa, prenatal tashxis va genetik maslahatlar orqali tugʻma anomaliyalarni erta aniqlash, kasalliklarni oldindan bashorat qilish va profilaktik chora-tadbirlar ishlab chiqish zamonaviy tibbiyotning dolzarb vazifalaridan biridir. Shuningdek, bugungi kunda ekologik omillar, ona organizmiga homiladorlik davrida tushadigan stresslar, infeksiyalar va toksik moddalar, genetik mutatsiyalar kabi sabablar ushbu limfoid aʼzolarning tugʻma yoki erta yoshlikdagi zararlanishlarida muhim rol oʻynaydi. Ayni shu jihatlar sogʻlom avlodni shakllantirish uchun aholiga keng tushuntirish, ijtimoiy sogʻlom turmush tarzini ommalashtirish va

shifokorlar malakasini oshirish zaruriyatini keltirib chiqarmoqda. Taloq va timusdagi patologik holatlar faqat bitta a'zoning o'zida cheklanib qolmaydi. Ular butun organizm tizimlari, xususan, yurak-qon tomir tizimi, endokrin tizim, asab tizimi va qon yaratish tizimiga ham ta'sir ko'rsatadi. Shu sababli ushbu mavzuni o'rganish nafaqat anatomiya yoki patologiya darajasida, balki butun organizm doirasida qaralishi kerak. Shuningdek, zamonaviy immunologiya, transplantologiya, onkologiya, pediatriya va genetika sohalarida bu sohadagi tadqiqotlar tobora chuqurlashib bormoqda. Tibbiy diagnostikada ultratovush, kompyuter tomografiyasi (KT), magnit-rezonans tomografiya (MRT), biopsiya, immunofenotiplash kabi usullar taloq va timusdagi patologik o'zgarishlarni erta aniqlashda keng qo'llanilmoqda. Bugungi kunda tibbiyot fanining jadal rivojlanishi bilan birga, organizmning immunologik muhofazasini ta'minlovchi a'zolar — ayniqsa taloq va timus beziga bo'lgan ilmiy va klinik e'tibor ham ortib bormoqda. Ayniqsa, ularning tug'ma rivojlanish anomaliyalari va o'sma jarayonlari so'nggi yillarda bolalar va katta yoshli bemorlarda ham ko'proq aniqlanmoqda. Bu holat, bir tomondan, tashxis texnologiyalarining yaxshilanganini ko'rsatsa, ikkinchi tomondan, ekologik, irsiy va biologik omillarning salbiy ta'siri ortib borayotganidan darak beradi. Taloqning tug'ma anomaliyalari orasida aksesuar (qo'shimcha) taloq, aplastik taloq (yo'qligi), hipoplazik (kam rivojlangan) shakllar, ektopik taloq holatlari tibbiyot amaliyotida ancha kam uchraydi, ammo ularning tashxisi qiyin bo'lib, ko'pincha boshqa kasalliklar bilan birga aniqlanadi. Masalan, yurak yoki oshqozon-ichak tizimi anomaliyalari bilan birga kuzatiladigan holatlar mavjud. Ushbu nuqsonlar organizmning limfoid muvozanatini buzadi, immun reaksiyalarni sustlashtiradi va infeksiyalarga qarshi kurashish imkoniyatini pasaytiradi. Taloqdagi o'sma jarayonlar esa ko'proq o'sish bosqichida va kech tashxis qo'yilganda og'ir oqibatlariga olib keladi. Ayniqsa, limfoma, angiosarkoma, leyomioma, fibrosarkoma kabi patologiyalar to'g'ri davolanmasa, qondagi limfotsitlar muvozanatiga, gematopoezga, organizmning toksinlardan tozalanishiga salbiy ta'sir qiladi. Shuningdek, taloqda o'sma aniqlansa, u ko'pincha boshqa a'zolariga ham tarqalgan bo'ladi, bu esa onkologik davolashni murakkablashtiradi. Timus esa bola hayotining ilk yillarida ayniqsa faol bo'lgan markaziy limfoid organ bo'lib, T-limfotsitlar differensiasiyasida asosiy rol o'ynaydi. Uning tug'ma anomaliyalari orasida DiGeorge sindromi, timik hipoplaziya yoki aplaziya, timik kistalar, ektopik timus to'qimalari kabi holatlar tibbiyotda muhim o'ringa ega. Ushbu nuqsonlar bilan tug'ilgan bolalarda immunitet kuchsizligi, tez-tez uchraydigan og'ir infeksiyalar, autoimmun holatlar va boshqa tizim kasalliklari kuzatiladi. Bundan tashqari, timus bezida ham o'sma jarayonlar — xususan, timoma, timus limfomasi, teratoma kabi kasalliklar aniqlanishi mumkin. Ular

odatda ko'krak qafasi ortidagi bo'shliqda joylashganligi sababli kech aniqlanadi va o'sib kattalashganda yurak, qon tomirlari va o'pka faoliyatini siqish orqali hayotiy muammolar keltirib chiqaradi. Bu holatlarda tashxis uchun ko'p hollarda KT yoki MRT kabi zamonaviy usullar talab etiladi. Yuqorida keltirilgan barcha klinik holatlar va patologiyalar ko'rsatadiki, taloq va timus bezining sog'lom faoliyati nafaqat immunologik muvozanatni, balki organizmning umumiy metabolik va gomeostatik barqarorligini ta'minlaydi. Har qanday anomaliya yoki o'sma jarayoni bu muvozanatni izdan chiqarib, turli tizimli buzilishlarga sabab bo'ladi. Shu sababli ushbu mavzuni chuqur o'rganish tibbiyot amaliyotida muhim ahamiyatga ega. Ayniqsa, tug'ma kasalliklarni erta aniqlash, genetik maslahat, immunologik skrining va bolalar salomatligini nazorat qilish orqali bu kasalliklarning oldini olish mumkin. Ota-onalar, shifokorlar, va sog'liqni saqlash tizimi vakillari bu borada yaqin hamkorlikda ishlashi kerak. Timus va taloq bezidagi o'zgarishlar boshqa organ va tizimlarga bevosita bog'liq bo'lganligi sababli, ushbu mavzuni multidisiplinar yondashuv orqali o'rganish maqsadga muvofiqdir. Pediatriya, immunologiya, onkologiya, genetika, xirurgiya va radiologiya kabi sohalar bu borada birgalikda ishlashi, o'zaro tajriba almashishi kasalliklarni samarali aniqlash va davolashga xizmat qiladi.

KASALLIK ETILOGIYASI. Taloq va timus bezining tug'ma anomaliyalari hamda o'smalarining kelib chiqish sabablari ko'p omilli bo'lib, asosan genetik, embriologik, immunologik, virusli, toksik va ekologik omillar bilan bog'liqdir. Bu omillar embrion rivojlanishining ilk bosqichlarida yoki bola tug'ilgandan so'ng, organizmning limfoid tizimiga salbiy ta'sir ko'rsatib, ushbu a'zolarining normal tuzilishi va funksiyalarining buzilishiga olib keladi. Inson organizmidagi barcha a'zolar singari, taloq va timus ham genetik jihatdan belgilangan rivojlanish bosqichlariga ega bo'lib, bu jarayondagi har qanday uzilish yoki buzilish turli darajadagi tug'ma nuqsonlarni yuzaga keltiradi. Taloqning tug'ma anomaliyalari orasida eng ko'p uchraydiganlari aksesuar (qo'shimcha) taloq, taloqning yo'qligi (aplastik holat), hipoplaziya (kam rivojlanganlik), ektopik joylashish va splenomegaliya holatlaridir. Ushbu holatlar ko'pincha genetik asosga ega bo'lib, erta embrional davrda mezenximal to'qimalarning noto'g'ri differensiasiyasi, migratsiyasi yoki segmentatsiyasi bilan bog'liq bo'ladi. Ba'zida bu nuqsonlar xromosoma sindromlari bilan birga kechadi. Masalan, Daun sindromi, Turner sindromi yoki Patau sindromlarida limfoid a'zolarining ham buzilgan holatda rivojlanishi mumkin. Bundan tashqari, onaning homiladorlik davrida yuqtirgan virusli infeksiyalari (masalan, sitomegalovirus, qizamiq, toksoplazmoz), o'tkir zaharlanishlar, radiatsiyaviy ta'sirlar yoki dori vositalarining noto'g'ri iste'moli ham ushbu anomaliyalarni yuzaga keltiruvchi muhim omillardan

hisoblanadi. Taloqdagi o'sma kasalliklarining etiologiyasi ham murakkab bo'lib, ko'plab omillar bilan bog'liq. Eng ko'p uchraydigan o'sma turi limfomalar bo'lib, ular limfotsitlarning nazoratsiz bo'linishi natijasida vujudga keladi. Bu jarayon immun tizimning sustlashuvi, surunkali yallig'lanish jarayonlari, virusli kasalliklar (masalan, Epstein-Barr virusi) va avtoimmun buzilishlar natijasida yuzaga kelishi mumkin. Taloqdagi angiosarkoma, leyomioma yoki fibrosarkoma kabi boshqa o'smalar esa, odatda, kimyoviy moddalarning uzoq muddatli ta'siri, radiatsiya yoki genetik mutatsiyalar bilan bog'liq bo'ladi. Shuningdek, bu o'smalarning rivojlanishida irsiy moyillik, ya'ni oila a'zolarida ushbu kasalliklarning mavjudligi ham rol o'ynaydi. Timus bezining rivojlanishidagi buzilishlar ham ko'plab etiologik sabablarga ega. Ushbu bez 3 va 4-gil toji (branchial arch) dan rivojlanadi va bu strukturalarning embriondagi noto'g'ri differensiasiyasi yoki rivojlanishining to'xtab qolishi timusning hipoplaziyasi yoki umuman rivojlanmasligiga olib keladi. DiGeorge sindromi bu sohadagi eng mashhur genetik sindromlardan biri bo'lib, u 22q11.2 xromosoma delesiya natijasida vujudga keladi. Ushbu sindromda timusning rivojlanmasligi bilan birga yurak nuqsonlari, yuz va tanglay tuzilmalarida o'zgarishlar va og'ir immun tanqislik holatlari kuzatiladi. Boshqa etiologik omillar sifatida onaning homiladorlik davrida boshdan kechirgan infeksiyalari, gormonal disbalanslar, dori vositalari, avtoimmun kasalliklar va ekologik omillarni keltirish mumkin. Timus bezida rivojlanadigan o'smalar (timoma, timik kistalar, timus limfomalari) esa, ko'pincha o'smaviy hujayralarning nazoratsiz o'sishi natijasida yuzaga keladi. Bu jarayonlarda genetik mutatsiyalar, avtoimmun holatlar (ayniqsa myasthenia gravis), virusli infeksiyalar va kimyoviy moddalarning uzoq muddatli ta'siri muhim rol o'ynaydi. Timus o'smalari ko'pincha katta yoshli odamlarda aniqlansa-da, tug'ma kistalar va giperplaziya holatlari bolalarda ham uchraydi. Shunday qilib, taloq va timus bezining tug'ma anomaliyalari hamda o'sma kasalliklarining etiologiyasi turli va murakkab sabablarga asoslanadi. Bu omillar asosan genetik, embriologik va tashqi ta'sirlarga bog'liq bo'lib, ular organizmning limfoid tizimida jiddiy strukturaviy va funksional o'zgarishlarga olib keladi. Ushbu sabablarni erta aniqlash va tahlil qilish, kasallikning oldini olish va samarali davolash strategiyalarini ishlab chiqish uchun asosiy poydevor hisoblanadi.

PROFILAKTIKASI. Taloq va timus bezining tug'ma anomaliyalari hamda o'smaviy kasalliklarini oldini olish, ya'ni profilaktikasi, ko'p bosqichli va murakkab yondashuvni talab qiladi. Ushbu profilaktik chora-tadbirlar asosan homiladorlikni rejalashtirishdan tortib, bolalik davridagi muntazam tibbiy nazorat, sog'lom turmush tarzini shakllantirish va irsiy kasalliklar yuzasidan genetik maslahat berishgacha bo'lgan keng doirani qamrab oladi.

Chunki taloq va timusdagi ko'pgina nuqsonlar va kasalliklar irsiy yoki homiladorlik davridagi salbiy ta'sirlar natijasida yuzaga keladi. Tug'ma anomaliyalarni profilaktika qilishda birinchi navbatda reproduktiv yoshdagi ayollar salomatligini nazorat qilish muhim ahamiyatga ega. Onaning homiladorlik davrida o'z sog'lig'iga e'tiborli bo'lishi, dori-darmonlarni vrach nazoratisiz qabul qilmasligi, zaruriy vitamin va mikroelementlarni me'yorida olishi, stressdan holi bo'lishi va ekologik xavfli hududlardan uzoqda yashashi homila rivojiga bevosita ta'sir qiladi. Ayniqsa, homiladorlikning birinchi uch oyligi (trimesteri) davomida taloq va timus bezlari shakllanishi sodir bo'ladigan davr bo'lganligi sababli, bu davrda virusli infeksiyalardan (masalan, qizamiq, toksoplazmoz, sitomegalovirus), kimyoviy va radiatsion ta'sirlardan ehtiyot bo'lish zarur. Yana bir muhim profilaktik yo'nalish — bu genetik maslahat xizmatidir. Agar oila tarixida tug'ma anomaliyalar, immun yetishmovchiliklar, limfoid o'smalar bo'lsa, oilaviy shifokorlar tomonidan er-xotinlarga nikohgacha va homiladorlikdan oldin genetik tekshiruv o'tkazilishi tavsiya etiladi. Genetik testlar orqali yuqori xavfli juftliklar aniqlanib, ularni maxsus nazoratga olish mumkin bo'ladi. Shu bilan birga, zamonaviy perinatal diagnostika usullari (ultratovush, amniotsentez, biopsiya) yordamida homilalik davrida ushbu a'zolarining rivojlanish holatini nazorat qilish, nuqsonlarni erta aniqlash va kerak bo'lsa, maxsus tibbiy chora ko'rish mumkin. Taloq va timus o'smalari ko'proq orttirilgan holatlar bo'lib, ularning profilaktikasi sog'lom turmush tarzini shakllantirishga bog'liq. Xususan, immunitetni mustahkamlash, zararli odatlarni tark etish (chekish, spirtli ichimliklar, narkotik moddalar), ekologik toza hududda yashash, sog'lom ovqatlanish, virusli kasalliklardan himoyalash — bularning barchasi o'smaviy kasalliklarning oldini olishga xizmat qiladi. Shu bilan birga, surunkali infeksiyalar (masalan, gepatit, EBV, OIV) va autoimmun kasalliklarni erta aniqlash va davolash ham taloq va timusda yuzaga keladigan o'sma jarayonlari xavfini kamaytiradi. Taloq va timusdagi patologik holatlar ko'pincha klinik jihatdan kech aniqlanadi, shuning uchun muntazam tibbiy ko'riklar ham katta ahamiyatga ega. Bolalarda — ayniqsa tug'ma immun yetishmovchilik belgilari mavjud bo'lgan hollarda — qon tahlillari, immunogramma, limfotsitlar sonini tekshirish, ko'krak qafasining rentgenografiyasi, ultratovush kabi tekshiruvlar o'z vaqtida o'tkazilishi kerak. Shuningdek, katta yoshdagi bemorlarda ham limfa tugunlari kattalashuvi, doimiy charchoq, vazn yo'qotish, tana haroratining sababsiz ko'tarilishi singari belgilar kuzatilganda taloq va timus faoliyatini baholash maqsadga muvofiq bo'ladi. Ta'lim sohasi va sog'liqni saqlash tizimi o'rtasida hamkorlik qilib, sog'lom turmush tarzi targ'iboti, onkologik kasalliklarning oldini olish bo'yicha profilaktik dasturlar, emlash tadbirlari, radiatsiya xavflaridan himoyalash

bo'yicha o'quv kampaniyalari amalga oshirilsa, bu kasalliklarning oldini olishdagi natijadorlikni yanada oshirish mumkin. Ayniqsa, pediatrlar, neonatologlar, immunologlar, onkologlar, genetiklar va oilaviy shifokorlar o'rtasidagi uzviy hamkorlik kasalliklarni erta aniqlash va oldini olishda asosiy kalit hisoblanadi. Shu bilan birga, aholiga keng tushuntirish ishlari olib borish, bolalar va ayollar salomatligiga qaratilgan maxsus ijtimoiy dasturlar orqali ushbu kasalliklar profilaktikasini kuchaytirish, aholining tibbiy madaniyatini oshirish va kasalliklar haqida xabardorligini kengaytirish eng muhim vazifalardan biridir. Ushbu ishlar natijasida sog'lom avlod tarbiyasi, erta tashxis, immunitetning mustahkamlanishi, hamda onkologik va immunologik kasalliklar sonining kamayishiga erishish mumkin bo'ladi.

DAVOLASH. Taloq va timus bezining tug'ma anomaliyalari hamda o'smalarini davolashda ko'plab yondashuvlar qo'llaniladi. Davolash usullari kasallikning turiga, bosqichiga, bemorning yoshiga va umumiy sog'lig'iga qarab belgilanadi. Ushbu kasalliklar murakkab va tizimli bo'lganligi sababli, davolashda ko'pincha ko'p ixtisoslikdagi mutaxassislarning hamkorligi talab etiladi: pediatr, immunolog, onkolog, xirurg, genetik, endokrinolog va boshqalar. Taloqning tug'ma anomaliyalari, masalan, aksesuar taloq yoki ektopik taloq ko'p hollarda hech qanday klinik simptom bermasligi sababli davolash talab qilinmasligi mumkin. Agar ular tasodifan aniqlansa va bemorga noqulaylik tug'dirmasa, dinamik kuzatuv usuli tanlanadi. Biroq, bu holatlar infeksiya, travma yoki boshqa patologiyalar bilan murakkablashsa, jarrohlik aralashuvi — ya'ni taloqning bir qismini yoki to'liq olib tashlash (splenektomiya) zarur bo'lishi mumkin. Splenektomiya operatsiyasi, ayniqsa ektopik joylashgan yoki surunkali og'riq va qon kasalliklariga sabab bo'layotgan taloqlar uchun tavsiya etiladi. Taloqdagi o'smalar, ayniqsa limfomalar, angiosarkoma, fibrosarkoma singari malign (yomon sifatli) bo'lsa, kompleks davolash yondashuvi zarur bo'ladi. Bu holatda birinchi navbatda onkolog bilan maslahat qilinadi va quyidagi bosqichlar bajariladi: o'smaning biopsiyasi, immunogistokimyoviy tekshiruv, kompyuter tomografiyasi (KT) yoki magnit-rezonans tomografiya (MRT). Agar o'sma operatsiya qilinadigan darajada bo'lsa, jarrohlik yo'li bilan olib tashlanadi. Operatsiyadan so'ng bemorga sitostatik (kimyoterapiya) va ayrim hollarda radioterapiya kurslari buyuriladi. Shuningdek, immunomodulyator dori vositalari ham qo'llaniladi. Davolashdan keyin bemor uzoq muddat kuzatuvda bo'lishi kerak, chunki o'sma qaytalanishi yoki boshqa joyga tarqalish ehtimoli mavjud. Timus bezining tug'ma rivojlanish buzilishlari, xususan, DiGeorge sindromida simptomatik davolash asosiy o'rinda turadi. Bunday bemorlarda T-limfotsitlar etishmovchiligi sababli immun tizimi zaif bo'ladi. Shuning uchun tez-tez

infeksiyalardan himoya qilish, profilaktik antibiotiklar, immunoglobulinlar bilan davolash, zarur hollarda suyak ko'migi transplantatsiyasi amalga oshiriladi. Agar timusning biror darajadagi rivojlanishi saqlanib qolgan bo'lsa, uning faoliyatini rag'batlantirish uchun immunostimulyator dori vositalari (timogen, timalin va boshqalar) ishlatiladi. Timusdagi o'sma kasalliklar, xususan timoma, ko'krak qafasi ortida joylashganligi sababli ko'p hollarda kech tashxis qilinadi. Agar o'sma kichik bo'lsa va atrof to'qimalarga tarqalmagan bo'lsa, operatsiya bilan chiqarib tashlanadi. Ba'zida o'sma yurak va yirik qon tomirlari bilan yaqin joylashgan bo'ladi, bu holda jarrohlik juda ehtiyotkorlik bilan, torakotomiya yoki minimal invaziv usullar bilan amalga oshiriladi. Operatsiyadan keyingi bosqichda kimyoterapiya yoki radioterapiya tavsiya qilinadi. Shu bilan birga, bemorda myasthenia gravis kabi autoimmun kasallik mavjud bo'lsa, unga alohida davolash yo'li tanlanadi. Davolash jarayonida bemorning umumiy immunitetini mustahkamlash, organizmni kuchsizlantiruvchi infeksiyalardan himoya qilish, sog'lom ovqatlanish, psixologik holatini barqaror ushlab turish va fizioterapevtik muolajalarni o'z ichiga olgan kompleks yondashuv talab etiladi. Ayniqsa bolalar va keksa yoshdagi bemorlarda kasalliklar fonida boshqa tizimlarda ham muammolar yuzaga kelishi mumkinligi sababli, davolovchi shifokorlar muvofiqlashtirilgan tarzda ishlashi muhimdir. Tabiiy va an'anaviy davolash usullari yordamchi terapiya sifatida ishlatilishi mumkin, ammo ular hech qachon asosiy davolash o'rnini bosa olmaydi. Misol uchun, immun tizimini qo'llab-quvvatlovchi ba'zi dorivor o'simliklardan (masalan, echinatsiya, zanjabil, qizilmiya ildizi, asalarichilik mahsulotlari) ehtiyotkorlik bilan foydalanish mumkin. Biroq ularni shifokor tavsiyasisiz qabul qilish qat'iyon mumkin emas, chunki ayrim holatlarda bu holatlar mavjud bo'lgan kasallikni og'irlashtirishi mumkin. Shuningdek, bemorlarga infeksiyalardan saqlanish uchun emlashlar (pnevmonokokk, meningokokk, gripp va boshqalar) tavsiya etiladi, ayniqsa splenektomiya qilingan bemorlar uchun bu emlashlar hayotiy zarur hisoblanadi.

XULOSA. Taloqning tug'ma anomaliyalari va o'smalari, timus bezining rivojlanishdagi buzilishlari hamda ushbu kasalliklarning profilaktikasi tibbiyotda nihoyatda muhim va murakkab yo'nalishlardan biridir. Bu a'zolar inson organizmidagi immun tizimining markaziy bo'g'inlari hisoblanadi. Ularning tuzilishi va funksional holati nafaqat immunologik muvozanat, balki umumiy sog'liq, infeksiyalarga chidamlilik, autoimmun jarayonlarning oldini olish, organizmning ichki gomeostazini saqlashda hal qiluvchi rol o'ynaydi. Mazkur kasalliklarning etiologiyasi ko'p omilli bo'lib, genetik, embriologik, ekologik, virusli va immunologik sabablar bilan chambarchas bog'liqdir. Taloq va timusdagi tug'ma nuqsonlar ko'pincha boshqa tizim kasalliklari bilan birga kechadi. Bu esa

ularning tashxisini murakkablashtiradi va kech aniqlanishiga olib keladi. Shu bois bu kasalliklar yuzasidan perinatal davridayoq skrining tekshiruvlarini o'tkazish, genetik maslahatlar berish, homiladorlik davrini nazorat qilish, ekologik xavflarni kamaytirish dolzarb masalalardandir. Profilaktika choralari doirasida ayollar salomatligiga e'tibor berish, tug'ruqdan oldingi tibbiy maslahatlar, sog'lom ovqatlanish, virusli infeksiyalardan himoyalash, muntazam tibbiy tekshiruvlar, genetik tekshiruvlar va sog'lom turmush tarzini shakllantirish muhim rol o'ynaydi. Ayniqsa, tug'ma anomaliyalar bilan tug'ilgan bolalarda erta tashxis qo'yish va simptomatik davolash ko'rsatish orqali immun tanqislik, infeksiyon kasalliklar, avtoimmun jarayonlar oldini olish mumkin bo'ladi. Taloq va timus o'smalari ko'pincha kechki bosqichlarda aniqlanadigan xavfli jarayonlar hisoblanadi. Ularni samarali davolash uchun kompleks yondashuv zarur bo'lib, bunda jarrohlik, kimyoviy terapiya, immunoterapiya va boshqa zamonaviy usullar birgalikda qo'llaniladi. Har bir bemorga individual tarzda yondashish, qo'shimcha laborator va instrumental tekshiruvlar o'tkazish, keyinchalik esa kuzatuv muolajalarini amalga oshirish orqali kasallikning asoratlari kamaytiriladi va hayot sifati yaxshilanadi. Tibbiy amaliyotda bu yo'nalishda ishlayotgan mutaxassislar — pediatr, onkolog, genetik, immunolog, jarroh va terapevtlar o'rtasidagi uzviy hamkorlik yuqori samaradorlikka erishishda muhim omildir. Shu bilan birga, ilmiy-tadqiqot ishlarini kengaytirish, zamonaviy tashxis texnologiyalarini amaliyotga joriy etish, ixtisoslashtirilgan markazlar faoliyatini yo'lga qo'yish orqali kasalliklarni erta aniqlash, to'g'ri davolash va profilaktik tadbirlar olib borish mumkin bo'ladi. Xulosa qilib aytganda, taloq va timus beziga oid kasalliklarni o'z vaqtida aniqlash va oldini olish — sog'lom jamiyatni shakllantirishda, immunologik barqarorlikni ta'minlashda va bolalar hamda katta yoshdagi aholi orasida hayot sifatini oshirishda muhim ahamiyat kasb etadi. Shu bois ushbu a'zolariga doir har qanday o'zgarishlar yoki klinik belgilar jiddiy e'tibor bilan ko'rib chiqilishi, davolovchi shifokor tomonidan to'g'ri baholanishi va tegishli chora-tadbirlar ko'rilishi zarur. Bu orqali sog'lom avlodni tarbiyalash va jiddiy asoratlarga olib keluvchi og'ir kasalliklarning oldini olish mumkin bo'ladi.

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**O'ZBEKISTON RESPUBLIKASIDA INSON VA FUQAROLARNING
ASOSIY HUQUQLARI, ERKINLIKLARI VA BURCHLARINING
KAFOLATLARI**

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davlat*

Mazkur maqolada O'zbekiston Respublikasining Konstitutsiyasida belgilangan inson va fuqarolarning asosiy huquqlari, erkinliklari hamda burchlari yoritib berilgan. O'zbekistonda demokratik tamoyillarning mustahkamlanishi va huquqiy davlat qurilishi jarayonida inson huquqlari muhim o'rin tutishini asoslab beradi.

KIRISH. Inson huquqlari – insonning davlat bilan munosabatidagi huquqiy maqomini, iqtisodiy, ijtimoiy, siyosiy va madaniy sohalardagi imkoniyatlari hamda da'volarini tavsiflovchi tushuncha. Inson huquqlarini erkin va samarali tarzda amalga oshirish fuqarolik jamiyati va huquqiy davlatning asosiy belgilaridan biridir. Inson huquqlarini mutlaq va nisbiy inson huquqlariga bo'lish qabul qilingan. Yashash huquqi, qiynoklarga, zo'ravonlikka, inson sha'ni yerga uradigan boshqa xil muomalaga yoki jazoga duchor etilmaslik huquqi, shaxsiy hayotning daxlsizligi huquqi, shaxsiy va oilaviy sir saqlash huquqi, o'z sha'ni hamda yaxshi nomini himoya etish huquqi, vijdon erkinligi va dinga

e'tiqod qilish huquqi, shuningdek, sud tomonidan himoya qilinish va odil sudlov huquqi hamda shular bilan bog'liq eng muhim protsessual huquqlar mutlaq inson huquqlari sirasiga kiradi. Qolgan hamma inson huquqlari nisbiy bo'lib, favqulodda yoki harbiy holat tartibi joriy qilingan vaziyatda cheklab yoki to'xtatib qo'yilishi mumkin. [2]

O'zbekistonda inson huquqlarini rag'batlantirish, himoya qilish va ularga rioya qilish masalalari davlat siyosatining ustuvor yo'nalishlaridan biri hisoblanadi. Inson huquqlari bo'yicha O'zbekiston Respublikasining Milliy strategiyasi doirasida shaxsiy, siyosiy, iqtisodiy, ijtimoiy va madaniy huquqlarni ta'minlash borasida maqsadli choralar amalga oshirilmoqda. Shu bilan birga, inson huquqlari sohasida ta'limni takomillashtirish yuzasidan muhim qadamlar qo'yilmoqda. Ta'kidlash joizki, bugungi kunda davlat organlari, fuqarolik jamiyati institutlari, ommaviy axborot vositalari, ta'lim muassasalarini aholi o'rtasida umuminsoniy qadriyatlar, inson huquqlarini hurmat qilish va unga rioya qilish tamoyillarini ommalashtirish, shuningdek, fuqarolarning huquqiy axborotdan foydalanishini ta'minlash jarayonlariga katta e'tibor qaratishyapti. [3]

Yangi tahrirdagi Konstitutsiyaning asosiy g'oyasi insonning qonuniy manfaatlarini, huquqlari va erkinliklarini, inson sha'ni va qadr-qimmatini yuksak baholash va amalda oliy darajaga olib chiqishdir. Inson huquqlari va burchlari O'zbekiston Respublikasining Konstitutsiyasida mustahkamlab qo'yilgan. Yangi tahrirdagi Konstitutsiya 7-moddasi birinchi bandida «Xalq davlat hokimiyatining birdan-bir manbai», degan norma belgilab qo'yilgan. Bu norma timsolida O'zbekiston Respublikasida jahon miqyosida umume'tirof etilgan xalq hokimiyatchiligi prinsipi, ya'ni xalq suverenitetning tashuvchisi va davlat hokimiyatining yagona manbai ekanini anglatuvchi tamoyil mustahkamlab qo'yilgan.

Shundan kelib chiqib, keyingi yillarda mamlakatimizda Yangi O'zbekiston — inson sha'ni va qadr-qimmatini, huquq va erkinliklari, qonuniy manfaatlari oliy qadriyat hisoblangan davlat bo'lishi; xalq davlat organlariga emas, davlat organlari xalqqa xizmat qilishi, “odamlar tashvishi bilan yashash”, xalqimizning qonuniy talab-istaklari va xohish-irodasini ro'yobga chiqarish davlat organlari faoliyatini baholashning eng muhim mezoniga aylanishi, barcha muhim qarorlar aholi ishtirokida, fuqarolik jamiyati institutlari bilan maslahatlashuv asosida qabul qilinishi kabi prinsip va g'oyalarni hayotga tatbiq etishga qaratilgan tizimli chora-tadbirlar amalga oshirilmoqda.

Fuqarolarning huquq va burchlari — fuqarolarning Konstitutsiya va qonun hujjatlarida o'z ifodasini topgan asosiy huquq va burchlari. Ular davlat organlari tomonidan muhofaza etiladi va bajarilishi nazorat qilinadi. O'zbekiston Konstitutsiyasining 2-bobida “Xalq hokimiyatchiligi” fuqarolarning asosiy huquqlari, erkinliklari va burchlari quyidagicha

turkumlanadi: 1) Shaxsiy huquq va erkinliklar; 2) Siyosiy huquqlar 3) iqtisodiy-ijtimoiy huquqlar.

Konstitutsiyaning 7-bobida “Shaxsiy huquq va erkinliklar” yashash huquqi har bir insonning ajralmas huquqidir va u qonun bilan muhofaza qilinadi. Inson hayotiga suiqasd qilish eng og‘ir jinoyatdir. Insonning sha‘ni va qadr-qimmatini daxlsizdir. Hech narsa ularni kamsitish uchun asos bo‘lishi mumkin emas. Hech kim qiynoqqa solinishi, zo‘ravonlikka, boshqa shafqatsiz, g‘ayriinsoniy yoki inson qadr-qimmatini kamsituvchi muomalaga yoxud jazoga duchor etilishi mumkin emas. Hech kimda uning roziligisiz tibbiy va ilmiy tajribalar o‘tkazilishi mumkin emas;

Har kim erkinlik va shaxsiy daxlsizlik huquqiga ega. Hech kim qonunga asoslanmagan holda hibsga olinishi, ushlab turilishi, qamoqqa olinishi, qamoqda saqlanishi yoki uning ozodligi boshqacha tarzda cheklanishi mumkin emas. Hibsga olishga, qamoqqa olishga va qamoqda saqlashga faqat sudning qaroriga ko‘ra yo‘l qo‘yiladi. Shaxs sudning qarorisiz qirq sakkiz soatdan ortiq muddat ushlab turilishi mumkin emas. Shaxsni ushlab chog‘ida unga tushunarli tilda uning huquqlari va ushlab turilishi asoslari tushuntirilishi shart.;

Jinoyat sodir etganlikda ayblanayotgan shaxs uning aybi qonunda nazarda tutilgan tartibda oshkora sud muhokamasi yo‘li bilan isbotlanmaguncha va sudning qonuniy kuchga kirgan hukmi bilan aniqlanmaguncha aybsiz deb hisoblanadi. Ayblanuvchiga o‘zini himoya qilish uchun barcha imkoniyatlar ta‘minlanadi va bundan tashqari yana bir qancha normalarda insonning shaxsiy huquqlari ifodalangan.

8-bobida “Siyosiy huquqlar” deb nomlanib unda quyidagicha normalar belgilab qo‘yilgan:

O‘zbekiston Respublikasining fuqarolari jamiyat va davlat ishlarini boshqarishda bevosita hamda o‘z vakillari orqali ishtirok etish huquqiga ega. Bunday ishtirok etish o‘zini o‘zi boshqarish, referendumlar o‘tkazish va davlat organlarini demokratik tarzda shakllantirish, shuningdek davlat organlarining faoliyati ustidan jamoatchilik nazorati vositasida amalga oshiriladi;

O‘zbekiston Respublikasining fuqarolari davlat xizmatiga kirishda teng huquqqa egadirlar. Davlat xizmatini o‘tash bilan bog‘liq cheklovlar qonun bilan belgilanadi;

Fuqarolar o‘z ijtimoiy faolliklarini O‘zbekiston Respublikasi qonunlariga muvofiq mitinglar, yig‘ilishlar va namoyishlar shaklida amalga oshirish huquqiga ega. Hokimiyat organlari faqat xavfsizlik nuqtai nazaridagina bunday tadbirlar o‘tkazilishini to‘xtatish yoki taqiqlash huquqiga ega;

O‘zbekiston Respublikasi fuqarolari kasaba uyushmalariga, siyosiy partiyalarga va boshqa jamoat birlashmalariga uyushish, ommaviy harakatlarda ishtirok etish huquqiga egadirlar.

Konstitutsiyamizning 9-bobida “Iqtisodiy, ijtimoiy, madaniy va ekologik huquqlar” deb belgilab qo'yilgan, unga ko'ra:

Har bir shaxs mulkdor bo'lishga haqli. Bank operatsiyalarining, omonatlarning va hisobvaraqlarning sir tutilishi, shuningdek meros huquqi qonun bilan kafolatlanadi. (41-modda)

Har kim munosib mehnat qilish, kasb va faoliyat turini erkin tanlash, xavfsizlik va gigiyena talablariga javob beradigan qulay mehnat sharoitlarida ishlash, mehnati uchun hech qanday kamsitishlarsiz hamda mehnatga haq to'lashning belgilangan eng kam miqdoridan kam bo'lmagan tarzda adolatli haq olish, shuningdek ishsizlikdan qonunda belgilangan tartibda himoyalani huquqiga ega. Mehnatga haq to'lashning eng kam miqdori insonning munosib turmush darajasini ta'minlash zarurati hisobga olingan holda belgilanadi. Homiladorligi yoki bolasi borligi sababli ayollarni ishga qabul qilishni rad etish, ishdan bo'shatish va ularning ish haqini kamaytirish taqiqlanadi. (42-modda)

Davlat fuqarolarning bandligini ta'minlash, ularni ishsizlikdan himoya qilish, shuningdek kambag'allikni qisqartirish choralarini ko'radi. Davlat fuqarolarning kasbiy tayyorgarligini va qayta tayyorlanishini tashkil etadi hamda rag'batlantiradi. (43-modda) [1]

Bir so'z bilan aytganda biz huquqiy davlatda yashar ekanmiz inson doimo o'z o'rniga ega bo'ladi. Huquqiy davlatda eng oliy qadriyat inson hisoblanadi. Davlat faqat huquq normalarini yaratib qolmay, o'zi ham ularga amal qilishi Huquqiy davlatning eng muhim xususiyatidir. Huquqiy davlat demokratiyaning ajralmas belgisidir.

Shunday qilib, asosiy qomusimizda e'tirof etilgan demokratik prinsiplar bilan birga, xalqimizning bebaho qadriyatlari va boy davlatchilik tajribasini ifodalash muhimdir. Endilikda inson, uning hayoti, ozodligi, sha'ni, qadr-qimmati, va boshqa ajralmas huquq hamda erkinliklari muqaddas sanalib, ular davlat tomonidan kafolatlanadi. Qo'shimcha qilib aytish mumkinki, mustaqil taraqqiyot yillaridan beri Konstitutsiyamiz yurtimizda huquqiy demokratik davlat, kuchli fuqarolik jamiyati, erkin bozor munosabatlari va xususiy mulk ustuvorligiga asoslangan iqtisodiyot qurish, xalqimiz uchun tinch, obod va farovon hayot barpo etish, o'zbekistonning xalqaro maydonda munosib o'rin egallashida mustaxkam poydevor bo'lib xizmat qilmoqda. [2]

Xulosa qilib aytganda, O‘zbekiston Respublikasi Konstitutsiyasida belgilangan inson huquqlari, erkinliklari va fuqarolarning burchlari – huquqiy davlat va demokratik jamiyat

barpo etishning asosiy poydevoridir. Har bir fuqaroning yashash huquqi, erkin fikrlashi, ta'lim va sog'liqni saqlash xizmatlaridan foydalanishi, mulkka ega bo'lishi kabi fundamental huquqlari davlat tomonidan qonuniy kafolatlanadi va himoya qilinadi. Shu bilan birga, fuqarolarning qonunlarga rioya qilishi, soliqlarni to'lash, Vatan himoyasiga tayyor turish kabi majburiyatlari ularning jamiyat oldidagi mas'uliyatini ifodalaydi.

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