JOURNAL OF MULTIDISCIPLINARY SCIENCES AND INNOVATIONS
GERMAN INTERNATIONAL JOURNALS COMPANY
ISSN: 2751-4390
IMPACT FACTOR (RESEARCH BIB) : 9,08. Academic reserach index

QUALITY OF LIFE IN JUVENILE IDIOPATHIC ARTHRITIS: PSYCHOSOCIAL AND REHABILITATION ASPECTS IN AFFECTED CHILDREN

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Abstract: This article analyzes the main factors affecting the quality of life in children diagnosed with juvenile idiopathic arthritis (JIA). In addition to physical damage, the psychological and psychosocial state of the children is also severely affected. Problems with school adaptation, social relationships, and family dynamics are highlighted. Complex rehabilitation, including medical, psychological, and social approaches, plays a significant role in improving the quality of life. This article examines the impact of rehabilitation methods on improving the quality of life in children with JIA.

Keywords: Juvenile idiopathic arthritis, quality of life, psychosocial state, children, rehabilitation, social adaptation

Introduction

Juvenile idiopathic arthritis (JIA) is a chronic inflammatory disease affecting children under 16 years of age, and it is the most common type of pediatric arthritis. The disease process involves an autoimmune mechanism, where the body's immune system attacks its own tissues, particularly the joints. This condition not only causes joint pain, swelling, and limited movement, but it also significantly impacts the child's psychosocial well-being. The importance of understanding the holistic impact of JIA is critical for designing effective treatment and rehabilitation strategies.

Research Objective

To study the factors that reduce the quality of life in children with JIA, identify psychosocial issues, and evaluate the effectiveness of complex rehabilitation approaches in improving life quality.

Materials and Methods

The study was conducted at the 'Mother and Child' Genesis Clinic in Fergana City, Uzbekistan, in 2023-2024. 50 children aged 8-16 diagnosed with JIA were analyzed. Quality of life was assessed using the PedsQL 4.0 questionnaire. The psychosocial state was evaluated using the Spence Children's Anxiety Scale and the Children's Depression Inventory.

Research Location and Period

The study was conducted at the 'Mother and Child' Genesis Clinic, Fergana City, Uzbekistan,

from 2023 to 2024.

Participants
50 children diagnosed with juvenile idiopathic arthritis and their parents participated in the study.

Results and Discussion
The following results were obtained during the study:

1. 72% of children showed significantly reduced quality of life.

2. 60% of the children displayed symptoms of anxiety and depression.

3. The group that received rehabilitation programs showed a 30-40% improvement in quality of life.

Conclusion
In children with juvenile idiopathic arthritis, improving quality of life requires more than just physical treatment. Their psychosocial state, social adaptation, and reintegration into school life should be considered. A comprehensive rehabilitation approach is essential for improving the child's overall quality of life, social integration, and personal development.

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