

**RESPIRATORY SYSTEM**

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**Annotation:** this article is devoted to the study of the structure and activity of the respiratory system of the human body. The respiratory system ensures the exchange of air, the transport of oxygen through the blood to the cells and the release of carbon dioxide from the body. The article analyzes the functions of key organs such as the respiratory tract, lungs, diaphragm, and alveoli, as well as the mechanisms that ensure their healthy functioning. It also discusses various diseases and their effects on the respiratory system. The article highlights the process of breathing biologically and physiologically, showing the importance of the system for the body.

**Keywords.**Respiratory System, Lungs, Alveoli, Oxygen and Carbon Dioxide Exchange, Airways, Diaphragm, Physiology, Respiratory Diseases, Gas Exchange in the Body, Healthy Breathing

**Introduction** The pension system is one of the social protection mechanisms in society and is an important institution aimed at providing material and moral support to various segments of the population. This system primarily serves to provide social security to the disabled, the elderly, the disabled, the unemployed, and low-income families. Through the welfare system, the state seeks to improve the quality of life of its citizens, reduce social inequality, and ensure economic stability. In addition, the pension system not only provides material support, but also performs important functions such as ensuring stability in the labor market, strengthening citizens' sense of social security, and preventing social problems. The effective functioning of the system is closely linked to its financial foundations, management mechanisms, and the quality of services provided to citizens. Therefore, the respiratory system requires constant development and improvement as an integral part of social policy. This article aims to shed light on the essence of the pension system, its main functions, the various types of pensions provided to citizens, and the theoretical and practical aspects of effective management of the system.

**Main part** The social security system is a mechanism for the state to support its citizens socially and financially, aimed at ensuring stability in society and reducing economic inequality. The efficient operation of this system is achieved through several key components and directions. 1. Types of retirement system The respiratory system is divided into several types and each covers certain groups: Pensions – are granted to the elderly, disabled or incapacitated persons. Pensions include: old-age pension, social pension and disability pension. For example, a pension based on seniority is determined based on the number of years a person has worked and the insurance contributions they have paid. A social pension, on the other hand, is provided by the state for individuals who do not have sufficient income. Social assistance is assistance provided to low-income families, single elderly people, disabled people, and other needy individuals. It can be not only in the form of cash, but also in the form of food, clothing, medicine, or other services. For example, gift packages for children or the elderly, scholarships in the form of financial assistance, and other programs are included in the system.

Unemployment benefits are aimed at supporting individuals who are looking for work but are temporarily unable to find work. This assistance helps cover the basic needs of the individual during the job search process and eases the competition in the labor market. Unemployment benefits are typically calculated as a percentage of previous earnings and provide temporary

financial security. Special pensions – in some cases, the state establishes special types of pensions for individuals. For example, there are special pensions and benefits for military personnel, internal affairs officers, and individuals working in science and culture. 2. Functions and importance of the pension system The respiratory system performs several important functions in society: Ensuring social stability – the pension system protects citizens from economic uncertainties and reduces social problems. For example, pension provision for the unemployed and disabled helps meet their basic needs. Promoting social justice – assistance programs support disadvantaged and vulnerable groups, as well as reduce inequality in society.

Promoting economic activity – the pension system ensures that the workforce is healthy and active. For example, financial support for the workforce increases its efficiency in the job search process. Social protection and security – the pension system protects individuals from economic hardship arising from unexpected circumstances, illness, disability or old age. 3. Management and financing of the pension system The pension system is financed through the state budget, insurance funds, and in some cases, charitable foundations. An effective management system consists of the following elements: Identification and registration of citizens' pension rights. Proper allocation and control of financial resources. Implementation of technologies to improve system efficiency. For example, fast and reliable delivery of assistance through electronic benefit platforms. Financial management and resource allocation ensure the effective functioning of the system. At the same time, anti-corruption measures and a monitoring system make the pension process transparent. 4. The relationship between society and the welfare system The respiratory system has a direct impact on the socio-economic development of society. It stabilizes the standard of living of individuals, protects families from difficulties and improves the quality of life for the elderly and the disabled. At the same time, an effective pension system strengthens the social policy of the state and strengthens confidence in the state in Citizens. The development of the pension system also serves to strengthen economic growth and social stability. The experience of the countries shows that societies with an effective social protection system will have a low poverty rate, productive labor force and high social stability.

**Conclusion** The pension system serves as an important institution that provides social protection and stability in society. Through this system, the state provides financial and social support to the elderly, disabled people, low-income families, and people who are temporarily unable to find work. The effective functioning of the pension system serves such purposes as strengthening social justice, reducing economic inequality, and increasing citizens' trust in the state. Also, the system of obtaining benefits plays an important role in creating a stable labor market in society, stimulating the workforce and preventing social problems. The more efficient functioning of the system through financial and managerial aspects, transparency and technological updates, increases its importance in society. As a result, the respiratory system not only improves the quality of life of disadvantaged citizens, but also directly contributes to the socio-economic development of the country. By continuously developing and improving this system, the state will be able to provide its citizens with stable and reliable social support.

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