



FORMATION OF A HEALTHY LIFESTYLE - A WAY TO IMPROVE HEALTH

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Article history:	Abstract:
Received: November 8 th 2022 Accepted: December 10 th 2022 Published: January 14 th 2023	The article is devoted to determining the attitude of senior students - courses of the medical institute to the problem of forming a healthy lifestyle in relation to themselves as a person, determining the degree of their participation in active recreation, sports and physical culture, combating psycho-emotional stress under the influence of various risk factors determined by them.
Keywords: students' health, medical universities, medical students, risk factors.	

The state of health of young people in general and students in particular is not only an indicator of the state in the field of social policy, but also an indicator of the future health and economic well-being of the population of any country. In Uzbekistan, since the first years of independence, much attention has been paid to the health of children and youth. Numerous state programs are aimed at the formation of a healthy lifestyle of a person, starting from the birth of a child and in the process of his formation as a person [5].

One of the priority areas for the training of qualified and efficient personnel, according to S.V. Mikhailova (2018) is not only professional training, but also the strengthening of the physical and psychological health of students, as an indicator of the quality of education [4]. A study by a number of authors of students' health showed that when entering a university and during the period of study, a young person is forced to adapt to a whole range of new factors due not only to the specifics of the educational process, but also to changes in their worldview and personal status. It is during the period of study that separation from parents occurs, living in a hostel, sexual and marital relations arise [2,6].

As is known, in almost 60% of cases, the state of human health depends on the way of life [3]. Lifestyle is a culture of food, movement, profession, use of free time, creativity. Lifestyle affects spiritual and physical health, strengthening or destroying it, prolonging or shortening life. Therefore, a correct lifestyle is a health factor, and an unhealthy lifestyle is a risk factor [1]. In the learning process, this rule is offered for understanding and acceptance by students of all higher educational institutions, but to a greater extent, the formation of the right attitude to their lifestyle is typical for medical universities, since the doctor is not only obliged to maintain his own health, but also to engage in the formation of a healthy lifestyle in their patients.

THE PURPOSE OF OUR STUDY WAS: to study the attitude of senior students of the Tashkent Medical Academy to their own health and risk factors for the development of diseases.

MATERIALS AND METHODS OF THE STUDY: For the study, questionnaires were compiled, including 30 questions on the assessment of one's own health and the main risk factors for the occurrence of somatic diseases. Anonymous questioning was conducted among 125 students of 6-7 courses. To process the obtained data, a mathematical-statistical method and a package of standard EXCEL programs were used.

RESULTS AND DISCUSSION. The group of 125 respondents included 43 (34.4%) boys and 82 (65.6%) girls. The average age of boys is 23.6 ± 2.2 , girls 24.3 ± 2.4 years. $83.2 \pm 8.9\%$ of girls and $46.5 \pm 9.4\%$ of boys were married by the senior years ($p \leq 0.05$).

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