



FEATURES OF FORMING A HEALTHY LIFESTYLE IN STUDENTS

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Abstract:

A healthy lifestyle is a rational lifestyle, an integral feature of which is vigorous activity aimed at maintaining and improving health. A lifestyle that promotes public and individual health is the basis of prevention, and its formation is the most important task of the state's social policy in protecting and strengthening the health of the people.

Keywords: students' health, healthy lifestyle, hygiene, balanced diet, physical activity, giving up bad habits.

INTRODUCTION:

Health is the beginning of all beginnings, ensuring well-being in the future family, career growth and the continuation of life, therefore, one must constantly work on its preservation, development and improvement.

According to the World Health Organization, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The formation of health is, first of all, the problem of each person.

Health and a healthy lifestyle is a qualitative prerequisite for the future self-realization of young people, their active longevity, the ability to create a family and bear children, for complex educational and professional work, social, political and creative activity. The way of life is distinguished by the features of a person's daily life, including his work, activities, free time, satisfying the material and spiritual needs of a person, in addition to these participation in public life, norms and rules of conduct. Lifestyle-related diseases will increase due to negative changes in people's diet and behavior as their physical activity decreases. The state of health of young people is the most important component of the healthy potential of the nation, therefore, the preservation and development of the health of students and the formation of a healthy lifestyle in them today is a priority. It is no coincidence that teachers have recently shown a deep interest in the problem of students' health, instilling in them a responsible attitude towards their own health, the health of others and the health of future generations. However, students do not consider their health as a capital that needs to be preserved and increased. As sociological studies show, they do not take proper measures to preserve and increase this capital.

Researchers, based on the study of factors that adversely affect the health of students, came to the unanimous opinion that the educational process should

provide a positive impact on the health of the student in training and education through taking into account age, physiological and psychological characteristics of students (complexity and volume of educational material, compliance with educational and educational technologies, pedagogical style of activity and communication, optimal daily routine, etc.).

Attracting young people to a healthy lifestyle in their student years is the main condition for their physical, spiritual and intellectual development. The study of the health of modern students is an urgent problem that requires a comprehensive scientific analysis and active participation in its discussion of all specialists interested in this issue. Formation work should develop and improve a healthy lifestyle in accordance with the requirements of the present time. Unfortunately, universities do not always pay attention to students released from classes. Fatigue, the general physical development of a student are factors on which his cognitive activity and learning ability directly depend, these are also components as a health resource. The health of students now is not only a medical, pedagogical, but also a social problem.

Strengthening the health of students is mainly determined by lifestyle. Particular attention to it is manifested at the level of public consciousness, education and upbringing. Some students use more time for sports, others spend at the computer. The health of students cannot be considered only as the presence or absence of certain pathologies, which is a purely medical problem that is solved outside the education system.

It has been scientifically established that unfavorable socio-economic factors (living conditions, work and leisure, a person's financial income, nutrition quality, etc.) significantly affect a person's health, his tendency to diseases and his ability to resist them. In the new social conditions of university education, yesterday's schoolchild undergoes a complex socio-psycho-



physiological process, accompanied by a tension in the compensatory-adaptive systems of the students' body, he experiences mental and psycho-emotional stress, accompanied by a violation of the regime of work, rest and nutrition. This often leads to a breakdown in adaptation and the emergence of various diseases. Further, the reasons for the deterioration of students' health include high mental loads, intensification of the educational process and its existing orientation based on the predominance of static loads, which contributes to an artificial reduction in the volume of students' voluntary motor activity. 78.4% of students suffer from physical inactivity, the consequence of which is a decrease in working capacity, general reactivity of the body and an increase in morbidity. Among the reasons that cause the deterioration of the health of young people, we also include the prevalence among young people of smoking, the use of alcoholic beverages, and drugs. They associate their rest and leisure with visiting cafes, bars, etc. All this indicates a low level of youth health culture, an irresponsible attitude towards their health. Numerous studies show that the health of the population in most indicators is not only not improving, but, on the contrary, is deteriorating. At the same time, many diseases that until recently were considered "senile" are rapidly "younger" today. Most boys and girls have a set of chronic diseases. The incidence of students is growing every year. Accordingly, the number of healthy students decreases, which leads to a decrease in the effectiveness of educational activities. The problem of health and decrease in the level of morbidity of university students also implies the activation and attractiveness of healthy lifestyle promotion, an effective fight against bad habits, effective recreational and mass sports work, as well as effective organizational measures, including from the side of the university management.

Scientific institutes and researchers have collected some experience in solving problems related to the health of students. And, nevertheless, the problem of students' health is still complex, acute and multifaceted. Taking into account the influences inherent in modern conditions, which to some extent affect the health of students, it requires a different approach to its solution. Strengthening the health of students, increasing their efficiency is one of the main tasks of training highly qualified personnel, since the health of students, along with professional competence, should be considered as one of the indicators of the quality of training.

According to the results of medical examinations conducted among university students, there is a

general trend of deterioration in health status. Many universities are working to improve the health of students in their own dispensaries. In recent years, diseases that are in first place among students have not changed. According to statistics, in the first place is the diagnosis of overwork (30%), in the second place is vegetovascular dystonia (12.7%), in the third place is scoliosis (11.2%). There is an increase in the incidence of osteochondrosis, the cause of which is a sedentary lifestyle of students. The basis of optimal physical activity is regular exercise and sports. The main features that characterize the physical development of a person are strength, speed, agility, flexibility and endurance; improving each of the functions also promotes health.

If we consider the number of sick students in different courses, then the highest incidence is in the 1st and 2nd courses, since in the first years of study at the university, the workload increases sharply, the usual rhythm of life changes, the quality of food, place of residence (living in a hostel) - all this causes severe stress and has a negative impact on the health of students. Students most often develop asthenic syndrome or neurasthenia, which is characterized by the following symptoms: general weakness, physical and mental fatigue, decreased performance, irritability. These phenomena are accompanied by frequent headaches, sleep disturbances, a feeling of inner restlessness, anxiety, irritability. The state of being on the verge of a nervous breakdown does not allow one to concentrate, attention and memory, depression, depression inevitably worsen.

The life activity of students often testifies to its disorder and chaotic organization. This is reflected in such important components as untimely food intake, systematic lack of sleep, little exposure to fresh air, and insufficient physical activity. Accumulating during the educational period, the negative consequences of such life activity are most acute by the end of training, in the form of an increase in the number of diseases, which leads to a deterioration in the health of students. Regular work and rest is an essential element of a healthy lifestyle. In the regime of the day - the basis of the life of every man; therefore, it should be individualized depending on the state of health, level of performance, interests and habits. With regular regime discipline, a clear and necessary rhythm of the body's vital activity develops, which creates optimal conditions for work and rest and, therefore, promotes health and increased efficiency.

The most important factor that adversely affects the health of students is unbalanced high-calorie food and eating disorders. Rational nutrition is a physiologically



complete nutrition of healthy people, taking into account their gender, age, nature of work and climatic conditions of residence. Lack of time and the rapid rhythm of life led to malnutrition. Meals should consist of mixed foods, including proteins, fats, carbohydrates, vitamins and minerals. Then regular nutrition will ensure regular growth and formation of the body. The survey results showed that more than half of the students eat 2 times a day, and about a third take hot food only 1 time a day. Also, many students eat fast food, chips and other junk food, which subsequently leads to diseases of the gastrointestinal tract and metabolic disorders. The student's lifestyle, characterized by the noted negative features, is considered unhealthy. It contributes not only to the occurrence of disorders of the digestive system, but also to the appearance of diseases of the nervous, cardiovascular, endocrine, excretory and immune systems, as well as overweight. All this together worsens the working capacity and health of students. Smoking and alcohol abuse are the main and most common addictions among young people. The most common vice is smoking. It has been proven that smoking leads to a decrease in the level of perception of educational material. Smoking is often the cause of tumors in the mouth, throat, bronchi and lungs. Regular and prolonged smoking leads to premature aging.

CONCLUSIONS:

Thus, there is a great need to promote a healthy lifestyle among adolescents in all areas. Transforming healthy lifestyles through intervention programs at universities is essential to maintaining and enhancing the well-being and overall health of students. It is useful to reach young people at universities with effective health promotion programs to promote healthy lifestyles to help them gain knowledge, positive health attitudes and behaviors, and prevent them from developing unhealthy lifestyles or health-risk behaviors.

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