



## **A HEALTHY LIFESTYLE IN STUDENT YOUTH AND ITS FORMATION.**

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### **Abstract:**

The article presents the results of studying the concepts, knowledge and skills of students of an educational institution about a healthy lifestyle. Despite the fact that students have a healthy lifestyle knowledge, 44.5% do not follow it. One of the factors that determine human health is lifestyle, the proportion of which is 50-60%. Therefore, the formation of healthy lifestyle skills in young people is important in the Prevention of various chronic diseases in the future.

**Keywords:** Healthy lifestyle, students, nutrition, physical activity, medical activity.

A healthy lifestyle is a way of life activity that is genetically dependent on the typological peculiarities of this person, corresponding to specific living conditions and directions of its formation, preservation and strengthening of Health and the full - fledged implementation of his socio-biological tasks by a person. In particular, the diseases of modern people are primarily associated with its life activity and daily behavior, behavior. Currently, a healthy lifestyle is considered as the basis for Disease Prevention. In the United States, children associate a decrease in mortality by 80% and the mortality rate of general morality by 94%, an increase in the expected average life expectancy by 85%, not with success in medicine, but with the improvement of living and working conditions, as well as the rational organization of the lifestyle of the population (Mamatqulov B.M., 2022).

**THE PURPOSE OF THE STUDY.** Student-to assess the knowledge of young people about a healthy lifestyle, as well as to learn their skills.

**MATERIALS AND METHODS.** The study was conducted at the Yangier Abu Ali ibn Sino Public Health Technical School. A questionnaire-questionnaire was developed to study the lifestyle of students and determine their understanding of a healthy lifestyle. The survey consisted of 25 open-ended questions, and before conducting the questionnaire, instruction was conducted with students, the survey was voluntarily attended by 400 students of the Public Health Technical School named after Yangiyer Abu Ali ibn Sino, in particular, paramedic work, nursing educational areas, all students of 1-2 courses. Of these, 94.7% (379) were female (female) and 19.8% (21) were male (male). The materials obtained were analyzed statistically.

### **THE RESULTS OBTAINED AND THEIR DISCUSSION.**

A healthy lifestyle is closely related to proper nutrition. According to the World Health Organization, physical activity and failure to follow the norms and rules of nutrition, excessive consumption of foods and sweets with a high content of salt, sugar, fat, as well as insufficient intake of vitamins and minerals, leave young people behind in rational growth and mental development, and in adults cause the development of a number of diseases that lead to premature death of Unlike boys (46.4%), girls (60.9%) generally follow a round diet, observing proper nutrition. Of the boys (36.5%), women (50.3%) do not follow the rules of proper (rational) nutrition. Survey results showed that more than half of students eat 2 meals a day and about a third eat 1 hot meal a day. In addition, many students eat "Fast foods", chips, and other fast-food foods that later lead to gastrointestinal disorders. This in turn leads to a violation of the digestive system, excess weight, irritability, the appearance of cardiovascular, endocrine and immune systems, as well as other diseases. With that in mind, we asked them the question of what products they consume the most. 73.7% of students insisted that carbonated drinks were consumed regularly, 63% did not consume any fruit, 35.7% ate hamburgers or Hot dogs as dinner, and 19.3% of students insisted that potato fries were consumed daily. Some students spent more time on the phone or computer, getting used to the "lighter" lifestyle. Therefore, chronic diseases characteristic of many old age periods are rejuvenating. In recent years, the number of students in all higher education institutions has been increasing. The vital activity of students is often a sign of its disorder. Students often have Asthenic Syndrome or neurasthenia, which is characterized by the following symptoms: general weakness, physical and mental fatigue, irritability.



These are usually accompanied by frequent headaches, and as a result of which there is a sleep disorder, a feeling of inner restlessness, anxiety, irritability, inevitable deterioration in attention and memory, and depression occurs. To prevent this, it is necessary to lead a healthy lifestyle and carry out a rational regime of educational activities.

Among the students surveyed (40% boys, 25.4% girls) who recorded constant participation in gyms, swimming pools and other sports, 25.8% men and 20.2% women reported that they could not go according to financial means.

In addition, students gathered personal opinions about what needs to be done to form a healthy lifestyle in humans. While most students (60.0%) insisted that the role of the family was of great importance in the formation of a healthy lifestyle, 30% of students responded that the financial resources of the family were important for a healthy lifestyle, 20% of students insisted that for a healthy lifestyle, students should have sufficient conditions in institutions and hostels.

When assessing the process of forming a healthy lifestyle among the population, it is necessary to pay attention to the presence in each individual of three main elements necessary for the analysis of its daily life activities. Including in each individual: the presence of knowledge about a healthy lifestyle; the presence of a firm belief that living a healthy lifestyle can make a person healthy and extend his life; such as the presence of a diligent effort to live a healthy lifestyle. Students, what do you think is a healthy lifestyle? the question was answered by compliance with the rules of proper nutrition 4.5%, physical activity 0.5%, work and rest order 2%, absence of harmful habits 6.5%, 86.5% to all the listed options.

Due to adherence to the basics of physical education and a healthy lifestyle, my self-confidence and physical condition in my body improve the question I fully agree with 66.5%, I partially agree with 26%, I have difficulty answering 3%, partly disagree with 3%, generally disagree with 1.5%. A healthy lifestyle is one of the main reasons that are an obstacle to the formation of various diseases in the human body. According to the literature, 50-60% of human health depends on lifestyle. Any harmful habits lead to the appearance and development of various chronic diseases in the body. Despite the fact that various propaganda works are being carried out in our republic against smoking tobacco and drinking alcohol, it seems that there are harmful habits among young people. A healthy lifestyle is closely related to proper nutrition. According to the World Health Organization, physical activity and failure to follow the norms and rules of

nutrition, excessive consumption of foods and sweets with a high content of salt, sugar, fat, as well as insufficient intake of vitamins and minerals, leave young people behind in rational growth and mental development, and adults develop a number of diseases that lead to premature death of a person, such In the regulatory legal acts adopted in our republic on the reform of the health and physical education and sports sectors, the importance of improving these systems as one of the important directions of state policy in this area is paid to the formation of a healthy lifestyle among the population. Increasing physical activity among student-youth is one of the important issues. The majority of students surveyed (63.5% of boys-64.1% of girls ) responded that STT was the key to longevity and health care. Boys (65.2%) and girls (45.1%) who participated in the survey were regularly exposed to physical education. The rest of the students were occasionally involved in Physical Education (boys 22.6% and girls 34.6%).

At first glance, it seems that the issue is resolved, identifying the basic requirements of a healthy lifestyle. But the most important requirements in this area still stand before us. This requirement is for each person to have extensive knowledge and understanding in the field of each of the areas we have listed above and to apply this knowledge in their daily lives. If each of us does not have knowledge and experience in the above areas, we can hardly change anything. Thus, knowledge about the health of a person and its strengthening – a healthy lifestyle, as well as unskilled health. Only because of our unconsciousness in this area, our lack of sleep, most of the time our head remains sick, our body does not go out of suffering. In some cases, our dear life is ruined. In the past, the statements that people have long lived, that current progress has reduced the life of people, are completely unfounded. On the contrary, progress is giving a person the opportunity to live much healthier and longer. The main reason for Buninig is the fact that a person learns to be protected from the unfavorable factors of nature and society, and information about maintaining his own health, as well as skills, are being formed.

## **CONCLUSION.**

1. A healthy lifestyle consists of many other components such as productive work, active rest, badantaria and sports, conditioning the body, adherence to personal hygiene, rational nutrition, abstinence from harmful habits, annual doctor's examination and the like, and among student youth it is important to promote it and form skills.



2. Student youth live a healthy life if they apply elements of a healthy lifestyle to their own life. The correct and responsible attitude towards maintaining one's own health, which is an invaluable asset in people, leads to the formation of a healthy lifestyle, rational organization of one's own life activities, abandonment of unhealthy and risky habits, healthiness, and the formation of a life philosophy aimed at finding a harmonious maturation, both physically and mentally.

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