

## ASSESSMENT OF A HEALTHY LIFESTYLE AMONG STUDENTS

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The country is reforming the higher school system, which is accompanied by the need to assimilate an increased amount of educational material in combination with insufficient healthy lifestyle skills, psycho-emotional stress, which makes it difficult for students, especially first-year students, to adapt, and leads to overstrain of a number of body systems and conditions that can transform into various diseases. Health is the main value of life, it occupies the highest step in the hierarchy of human needs[4]. Health is one of the most important components of human happiness and one of the leading conditions for successful social and economic development. The realization of intellectual, moral, spiritual, physical and reproductive potential is possible only in a healthy society [5].

**Keywords:** WHO, Healthy lifestyle, prevention, study TSMU, students, society.

According to the definition of experts of the World Health Organization (WHO), health is a state of complete physical, spiritual and social well-being, and not only the absence of disease and physical defects [1]. A healthy lifestyle includes a person's aspirations for life, health covers the sum of actions aimed at strengthening and preventing its violation.

Healthy eating is scientifically based on the rational nutrition of different population groups, taking into account customs and traditions, which ensures satisfaction of needs, helps to prevent diseases and strengthen health, is a diet based on the consumption of various food products.

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In the last decade, there has been a negative trend in the health of young people, which is associated with the deterioration of socio-economic and environmental conditions. In this sense, students are particularly concerned, which will determine the intellectual level of our country and its competitiveness. The country is reforming the higher school system, which is accompanied by the need to assimilate an increased amount of educational material in combination with insufficient healthy lifestyle skills, psycho-emotional stress, which makes it difficult for students, especially first-year students, to adapt, and leads to overstrain of a number of body systems and conditions that can transform into various diseases [1,2].

Protecting the health of students is traditionally considered one of the most important social tasks of society. Successful training of highly qualified personnel, ensuring the sustainability of economic development and national security of the state, is closely linked to the preservation and strengthening of health, improving the working capacity of students [3]. A study was conducted to determine the lifestyle of students **The purpose of the study:**

✓ Studying the healthy lifestyle of students of the Tashkent State Medical University (TSMU).

### **Research objectives:**

✓ Conducting an assessment of the healthy lifestyle of students. Conducting a sociological survey among TSMU students. Preparation of conclusions and proposals to improve a healthy lifestyle among students.

60 students participated in this study. The analysis of statistical data made it possible to draw the following conclusions:

46% of respondents do not eat breakfast regularly and do not adhere to proper nutrition by eating fatty foods;

43% of respondents are stressed, of which 8 students already have gastrointestinal diseases such as gastritis;

Many students don't pay enough attention to their overall health;

Students who use tobacco products accounted for 21% of active smokers, and 27% of passive smokers%;

Many students did not have a proper understanding of gastrointestinal disease before contacting a gastroenterologist;

Most do not follow a healthy lifestyle.

The level of risk factors for the development of cardiovascular diseases among students is quite high: the prevalence of smoking is more than 25%, alcoholic beverages are consumed by more than 60%, and the number of students engaged in active physical activity is no more than 25%. At the same time, the majority of students believe that they themselves are responsible for their health and are ready and willing to receive information on developing a healthy lifestyle. Only well-organized propaganda of medical and hygienic knowledge helps reduce diseases and helps raise a healthy, physically strong generation. In the formation of a healthy lifestyle, the role of educational programs aimed at preserving and strengthening the health of students, creating an active life position in maintaining their own and public health should be a priority.

**Conclusion:**

- ✓ All students need to undergo preventive examinations once a year to prematurely identify various diseases that arise as a result of non-compliance with healthy lifestyle.
- ✓ According to the results of the study of the health status of students, TMA in terms of the incidence of gastrointestinal diseases can serve as an information base and a basis for planning and organizing wellness and rehabilitation treatment programs aimed at young people.
- ✓ It is necessary to widely introduce automated questionnaire methods into the activities of joint ventures and medical institutions providing medical care to students in order to actively identify people at risk of gastrointestinal diseases and patients, followed by timely formation of prevention and rehabilitation treatment programs for patients with diseases of the gastrointestinal tract.

Actively promote healthy lifestyle among students. Since doctors and students of medical universities are always considered as a model group for the rest of the population in relation to a healthy lifestyle, the contribution of each medical worker in the promotion of healthy lifestyle is extremely important.

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