

ANALYSIS OF THE INFLUENCE OF NUTRITION ON THE FREQUENCY OF GASTRITIS IN STUDENTS OF TASHKENT

Jalolov N. N.

Niyazova O. A.

Tashkent Medical Academy, Uzbekistan

Abstract

This article is devoted to the identification and analysis of factors that contribute to the manifestation of such a disease as gastritis in the student sphere of life. After the survey, the main factors contributing to the development of gastritis in students were identified.

Keywords: Nutrition, students, gastritis, fast food.

Introduction

Almost half of the world's population suffers from diseases of the gastrointestinal tract. Statistics convincingly show that gastritis accounts for more than 80% of the structure of gastrointestinal diseases. Today, this serious disease affects not only adults, but also school-age children and students. The most common cause of gastritis is an incorrect diet: hasty food, not chewed food or dry food; eating too hot or too cold food; eating spicy dishes (mainly spicy and very salty food). Most often, diseases develop in people who are in a state of neuropsychiatric stress, neglect a healthy diet, abuse alcohol and smoking [1, 4-9].

The purpose of the study:

To analyze the health status of students of the first and sixth courses on the example of gastritis, a disease of the gastrointestinal tract.

To achieve this goal, the following tasks were set:

1. Collection of statistical data (questionnaires).
2. Analysis of the received information and generalization of the received data.
3. Determination of various groups of factors influencing the frequency of gastritis in students of the Tashkent Medical Academy.

Materials and Methods

The study was conducted on the basis of the Tashkent Medical Academy. In order to determine the frequency of gastritis, a disease of the gastrointestinal tract, we compiled a questionnaire consisting of 10 questions. In the course of the study, first-year and first-year students were interviewed. A total of 118 people were interviewed, including 63 first-year and 54 first-year students. Further, statistical data processing was carried out

Results and Discussion:

Table 1. "Do you eat right", in %

	1 course	2 course
Yes	56.8±4.6	33.0±4.3
No	43.0±4.6	67.0±4.3

On a question "Do you eat right?" 56.8 % of first-year students answered positively (25.0% of them have gastrointestinal diseases). The situation with 2nd-year students is different: the vast majority of them, namely 67.0 %, do not monitor their diet (25.0% of them have gastrointestinal diseases).

Table 2. Frequency of fastfood consumption by 1st and 2nd year students, in %

	1st course	2nd course
Attend FFR, in %	62.4±4.5	93.2±2.1
Once a week	15.4±3.3	23.5±3.9
Once a month	53.8±4.6	52.9±4.6
Once a year	30.8±4.3	23.6±3.9

According to the survey results, the majority of students visit fast food restaurants, namely 62.4% of 1st-year students and 93.2% of 2nd-year students.

And more than half of them go there once a month.

Table 3. Reasons for visiting the FFR, in %

	1 course	2 course
Fast, tasty, diverse	30.7±4.3	27.8±4.1
I don't have time to cook and eat at home	61.6±4.5	61.1±4.5
Sometimes I just want	7.7±2.5	11.1±2.9

Both first-year and second-year students believe that the reason for their frequent visits to FFR is the elementary lack of time for cooking and eating home-made food.

Gastritis is commonly referred to as a student's disease [2]. According to medical statistics, currently 35% of students suffer from gastritis. The reason for the prevalence of this disease among students is that modern living conditions make students think not only about studying, but also about how to support themselves. As a result, young people who only need to study are torn between work and study, and they do not have enough time and sometimes even money to eat properly. In the morning, a cup of strong tea or coffee, at lunch-sausages, sausages, pizza or fried pie with a carbonated drink, for dinner-factory dumplings with ketchup or another semi-finished product from a bag. And it also happens that students eat only in the evening, and during the day they interrupt their hunger with

chips, ice cream, cookies and other products. Naturally, hasty dry food and poorly chewed food injure the gastric mucosa and lead to gastritis. In recent years, gastritis has become noticeably younger, if earlier it was mainly found in students who ate dry-boiled food, today even schoolchildren suffer from it [3].

It is not difficult to trace the trend in the incidence of gastritis among students. From the table, we can see that 2gastritis is more common in 2nd-year students (38.9%) than in 1st-year students (23.8 %).

Table 4. Student gastritis incidence, in %

	1 course	2 course
The incidence of gastritis	is 23.8±3.9	38.9±4.5

Table 5. Causes of gastritis, in %

	1 course	2 course
Heredity	40.0±4.5	19.0±3.6
Poor nutrition	26.7±4.0	42.9±4.6
Frequent stress	20.0±3.7	33.3±4.4
Other causes	13.3±3.1	14.8±3.3

The main cause of gastritis in first-year students is heredity (40.0 %), while second-year students believe that the main cause of their disease is poor nutrition (43.0%).

Conclusions:

Thus, we analyzed the frequency and causes of gastritis in students. I must say that in modern society, people do not see their existence without fast food restaurants, cooking homemade food has taken a back seat, which, in turn, increases the number of cases of gastrointestinal diseases. According to the survey results, many students understand the need for proper healthy nutrition, but they do not want to change anything in their lifestyle and diet without thinking about the possible consequences. In our modern world, where people are under constant stress and strain, gastritis has taken one of the leading places among socially significant diseases.

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