



## STUDYING THE EFFECT OF IRRATIONAL NUTRITION ON THE STUDENT'S BODY

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### Annotation

This article discusses the concept of irrational nutrition. Nutrition is one of the most important means of replenishing the plastic and energy costs of the body during physical exertion and thereby its fastest recovery. The article is devoted to the study of the peculiarities of the eating behavior of university students. The object of observation were students of the Tashkent Medical Academy. The average age of the surveyed was 18-23 years. The study used a combination of survey and questionnaire methods. The data obtained were converted as a percentage.

**Keywords:** nutrition analysis, students, irrational nutrition, proper nutrition.

### Introduction

It is quite difficult to give an exact definition of irrational nutrition. Improper nutrition is an imbalance between the needs of the body and the actual level of nutrient intake, which, in turn, leads to the development of food deficiency syndromes, food addiction, food poisoning or obesity.

Improper nutrition includes both malnutrition, in which nutrients enter the body in insufficient quantities, and overeating due to an excess of nutrients entering the body. In other words, an improper diet is an unbalanced diet characterized by too low or too high a level of nutrient intake.

Protecting and strengthening the health of students is mainly determined by their lifestyle. The problem of nutrition is very relevant, both for all segments of the population and for all levels of education, starting from preschool and ending after university. It is during the training period that a person's health is formed for the rest of his life. Proper nutrition is one of the most important factors shaping the health of the population. Physical and mental development, the level of working capacity and life expectancy, adaptation, academic performance, as well as the body's resistance to various adverse environmental influences depend on how rationally a person eats. Young people often do not think about the consequences of improper nutrition. After





entering educational institutions, many students change their diet. In the diet of students, the volume of consumption of meat, fish and dairy products, vegetables and fruits decreases; the consumption of pasta and flour products, eggs increases, i.e. there are significant deviations from physiological norms in terms of caloric content and nutritional substances.

The problem of nutrition is especially acute for students. The student period is very intense and diverse, characterized by a great overstrain of the nervous system. The load, especially during the session, increases significantly up to 15-16 hours a day. It is also characterized mainly by a sedentary lifestyle – inactivity. In combination with a poor diet, this adversely affects the body and its condition. One of the reasons for poor nutrition among medical students can be considered the specifics of their training. They are forced to spend a long time in the walls of an educational institution, or on evening and night duty. But the main reasons for the improper nutrition of medical students can be considered:

1. Lack of time.
2. Lack of funds.
3. Inability to cook.

Improper nutrition affects not only the physical, but also the mental health of a person. For example, a lack of vitamin niacin can cause depression. Malnutrition and overeating, which are the causes of many diseases, can be attributed to improper nutrition. For example, overeating causes obesity, gallstone disease, diabetes mellitus, gout.

The purpose of our study was to clarify the subjective assessment of the nutrition of students at the Tashkent Medical Academy (TMA). Materials and principles of the study The representative group was formed by random sampling and had a continuous character. The object of observation was 100 TMA students, 48 of them boys and 52 girls (20% live in a dormitory, 40% live in a rented apartment, independently). The average age of the surveyed was 18-23 years. In the course of the study, a combination of survey and questionnaire methods was used. The results obtained were converted as a percentage.

Results and discussion. When assessing the diet of students: only 29% of respondents eat at least 3 times a day, the majority (44%) have a multiplicity of at least 2 times, and 27% - one meal. The time intervals between meals are different: 3-4 hours – 25%, more than 6 hours – 71%. The majority of respondents have the main meal in terms of volume and calorie content in the evening. Respondents' dinner acceptance time: 18-19 hours. Of the respondents, 10 boys and 15 girls have breakfast in the morning, sometimes (they do not have time) – 19 boys and 22 girls. For breakfast, they prefer:





coffee and tea with a sandwich – 35%, dairy products (yogurt) – 15%. Conditions for students to eat at lunchtime: (10%) of students have lunch in the university canteen; 19% go to the nearest food outlets to the university, and 15% bring lunch with them. They prefer a snack between meals: vegetables and fruits – 22%, bakery products – 33%, dairy products – 20%, light snacks – 7%. Improper nutrition increases the risk of developing many diseases. 25% of respondents have problems with the gastrointestinal tract (chronic gastritis, gastroduodenitis, biliary dyskinesia). About 10% of students are allergic to any food product. 5% of respondents find it difficult to answer the question, as they do not know their allergic status. Young men are more likely to have allergies. Next, we found out the presence of essential foods in the weekly diet. 40% of students eat fresh vegetables every day. The most common vegetables were cucumbers, tomatoes, potatoes and cabbage. Apples, bananas and citrus fruits took the leading positions among fruits (every day – 30%, 2-3 times a week – 45%, rarely - 25%). When analyzing the frequency of consumption of dairy products: 20% do not include this group of products in the diet at all, 15% extremely rarely, 35% of respondents 3-4 times a week and 30% daily. Among these dairy products, the most popular are milk (45% of students), kefir, cottage cheese and cheese. According to the results of the survey, it was revealed that 8% of students have no animal meat in their weekly diet. Only 35% of respondents consume meat products daily. At the same time, chicken (40%), pork (30%) and beef (25%) were in the first three places in popularity. 5% of respondents consume mutton. More than half of all respondents consume chicken meat 3-4 times a week. Students eat fish and seafood, only 25% of respondents indicated the presence of this group of products in their weekly diet. 18% do not eat fish, and they do, but "extremely rarely" the majority – 57%. As a side dish, they use: different types of cereals – 30%, mainly potatoes – 10%, pasta – 48%. Flour products in various forms (cookies, pies, buns, cupcakes, cakes, etc.) are quite common in the diet of students. 35% have a daily presence of this group of products, 53% have flour products 3-4 times a week. 12% of respondents completely exclude flour products from their diet. Bread is preferred: rye or bran - 30%, wheat – 28%, gray bread – 10%, do not use – 32%. 35% of people observe the drinking regime. The predominance of bread products, potatoes, and sugar in the diet indicates the carbohydrate orientation of the diets of young people. Given the rhythm of life of a modern student, very often, instead of a full meal, one has to resort to eating food from the "fast food" category. Some students (38%) indicated that they consume "fast food" daily, 1-2 times a week - 27%, rarely - 15%. The rest completely exclude "fast food" from the diet. The diet during the week is varied in 55% of students. Observe the daily calorie content of food – 12% of respondents. They prefer lean, boiled or steamed food – 25%, fried and fatty





food – 47%, pickled, smoked – 28%. The analysis of anthropometric data showed that among the surveyed students, persons with normal body weight mainly prevailed (girls – 76.9%, boys – 75%). Overweight was more often detected in boys (16.7%) than in girls (9.6%). In 13.5% of cases, girls had a body weight deficit, and in 8.3% of boys, their body weight and BMI were significantly lower compared to age and gender standards. Qualitative characteristics of diets allow us to speak about the deficit of protein food intake in a significant part of students. Students (55%) are interested in and receive information about a rational, balanced diet. Such a change in the structure and quality of nutrition is the main cause of general fatigue, low working capacity and various diseases, including diseases of the digestive system, endocrine and others.

### **Conclusion:**

These research results allow us to draw conclusions: most students have revealed eating disorders; many students do not have breakfast, do not have lunch, the intervals between meals are different; whereas it is known that regular eating helps to improve performance, prevent morbidity, increase physical activity of students. Many respondents have copious meals in the evening, before going to bed, which also characterizes the irrationality of nutrition. Thus, an important element of the organization of rational nutrition of students is the diversity and correct distribution of the volume of daily food intake between its individual meals, regular. Three meals a day are recommended for students, in which the daily caloric content is distributed as follows: breakfast – 30%, lunch – 45%, dinner – 25% of the daily diet. With four meals a day, the distribution of the daily caloric content of the diet is as follows: breakfast – 25%, second breakfast – 15%, lunch – 35%, and dinner – 25%. Conclusions. The main nutrients of the students' diets are not balanced in terms of protein, fat and carbohydrates (dietary fiber deficiency). Therefore, students should pay attention to the qualitative composition of their nutrition, as well as the diet, with an increase in the frequency of meals up to at least 3 times a day.

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