

ANALYSIS OF THE VITALITY OF STUDENTS

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Annotation:

This article provides an assessment of the state of health, an analysis of nutrition, physical education, daily routine and regime, bad habits of junior and senior students of the medical institute. The analysis shows that the nutrition of the subjects is irrational, due to an inadequate diet, there is not enough meat, dairy products, vegetables, fruits, and an excess of dried milk. Violation of the daily routine, insufficient sports activity, is characterized by a lack of free time, a tense rhythm of life. This causes pathology on the part of the digestive organs, an increase in the number of boys and girls with chronic diseases, with diseases of two or more body systems, a decrease in working capacity, mental activity during the school day. These suggestions are useful for solving the issues of the daily routine and regime: organization of normal nutrition of students, healthy sleep, morning exercises, performance of academic load.

Keywords: diet, students, rational nutrition, usefulness, routine, bad habits, health protection, diseases, sport.

Relevance: The preservation of the health of students and the prevention of diseases of students is partially or completely related to nutrition, daily routine and regime, hardening of the body remains quite an urgent problem of the present time. The way of life of students has its own character. It is diverse and overloaded, characterized by high tension of all functional systems of the body, the nervous system is especially overstressed. The training load increases 2-3 times during the sessions. This leads to a chronic violation of the daily routine: lack of sleep, intense information load and irrational nutrition. The diet is monotonous, characterized by a lack of vitamins in the diet (fish, meat, milk, kefir, sour cream) and an excess of food intake in dry water.[1.2]

The difficulty of the material under study, the severity of educational loads, the intensification and normalization of the educational process affect the mental and emotional stress of students, which affects their nervous and somatic health [10].

The process of getting used to new circumstances is a serious factor in the adaptation of a habitual lifestyle and the formation of prosperous relationships outside the family [3].

The problem of protecting the health of young students is currently becoming increasingly relevant. The reasons for poor health can be various external circumstances, including a person's irrational attitude to his health [13].

One of the tasks of preserving the health of students is to carry out preventive measures to assess risk factors.[4,15]

At this time, the emergence of the coronavirus pandemic in the world has not passed by the youth, which was a concomitant factor showed a low level of physical fitness and weak immunity among the population of Uzbekistan, including students, as in a number of other countries.[3,12]

The above data today requires all of us to give a serious opinion, give up various bad habits, engage in physical culture, support the principles of rational nutrition, in particular, to run away or not to eat foods with a high salt content, excessive consumption of sweets, beverages, and bakery products, as well as pasta dishes, - thus, recommend a healthy lifestyle in our daily life. At present, during the reform of the economic, socio-structural situation in the world, it became necessary to inform the population of the region as a priority of the country's economic [9]strategy of the idea of preserving the health of the people, formulated in special concepts, decisions of the decree of the President of the Republic (Uzbekistan on measures for the widespread introduction of a healthy lifestyle and the further development of mass sports.).[8,9]

Consequently, the health of the population is an inseparable social value, the basis of national wealth and a condition of national security, it reflects the resilience and geopolitical development of the world's population, is a condition for its sustainable future. Thus, the health of the nation acquires a system-[12,13]forming importance for the state. It is in the interests of each person to treat their life activity [6].Also, the peculiarity of working with students In the country, the change in the education system, the structure in higher educational institutions, sports self-education awakened topical issues of student youth, normal nutrition. The role of leaders in the concept of education development: reflects the tasks of preserving health, improving the quality of the educational process using new technologies, forming the value of a healthy lifestyle and health.[5]

In the modern structure , the processes of informatization of all forms of prophetic education activities, including sports self-education of students , will be formed by the processes of achievements of mass dissemination of modern information technologies[6] . These technologies are actively used to transmit information and ensure the interaction of a physical education teacher and a student in a modern learning system. Assistants should be a specialist in their application, not only have knowledge in the field, in their teaching activities [2].With the help of network means of communication and information technologies, it becomes possible to have great access to educational methodological and scientific information on the order of the day, rational nutrition, sports culture, organization of information assistance to students, formation of physical culture and wellness activities, conducting practical classes, honoring lectures of training sessions in real time. Students work with the help of communication and information technologies allows them to keep and transmit the most important volume of the studied material, gives a decent assimilation and understanding of information. Such technologies provide opportunities for self-acquired knowledge. Unlike the previous methods, computer classes provide an opportunity to study the material in a diagrammatic graphical form [2]. The use of a computer-electronic educational and methodical collection on sports culture and rational nutrition of students is an urgent problem, the main purpose of which is to improve the educational process in physical culture at the university using modern computer technologies.[7]

The purpose of the study: to study the state of health, diet, physical education, daily routine, bad habits and readiness of medical institute students for a healthy lifestyle. The formation of a proper lifestyle for a student is taking care of their health. To encourage students to promote health and its preservation, to support and promote the culture of a healthy lifestyle among young people, to cultivate a kind of fashion for health. Ensuring the formation of a stable immune system against diseases in every citizen through regular physical education and mass sports and the formation of healthy lifestyle skills, rejection of bad habits, adherence to the principles of proper nutrition, systematic and effective organization of rehabilitation and rehabilitation activities, mass physical activity events, the creation of appropriate infrastructure and other necessary conditions: [9].

Materials and methods of research: 250 second- and 250 fourth-year students of a medical university aged 20-25 years were included in the questionnaire, of which 120 girls and 130 boys were students. They were asked to answer a number of questions affecting how to understand the elements to the right approach to health consisting of questions conditionally divided into blocks: rational and high-quality nutrition, daily routine and routine, physical education

and sports, bad habits and more. The following options of the rational menu were included, whether they are engaged in morning exercises, the presence of smoking cigarettes, nose, cigarettes. Students chose one or more options that were more in line with their opinion. In order to obtain information about students belonging to health groups, about the presence and severity of diseases, medical certificates (form 086/y) and results and discussion were studied.[8]

During the survey, it was revealed that 54% of second-year students neglect the regularity of breakfast, of which 24% are girls, 30% are boys, 22% do not always have breakfast, 13% rarely have breakfast and 11% do not have breakfast at all, 64% of fourth-year students observe regularity, of which 24% of girls are 30% of boys. senior year students 26% do not always have breakfast, 18% rarely have breakfast and 8% do not have breakfast at all. More than half of them eat dried fruits, cupcakes, cookies, sandwiches for breakfast, and drink tea and coffee, with milk added, only 7-8% of them use porridge. Every day, 12% of senior year students, 6% of junior year students try to include meat and fish products in their diet. Dairy products senior year students – 10%, cereals - 11%, vegetables and fruits 23%. and the junior course-7% cereals -9%, vegetables and fruits 21%. More than half of the respondents eat dried milk every day. Some students used a printer drink of various sweets, chips because such products contain a lot of different food dyes, and preservatives can have harmful effects on the human body, up to carcinogenesis. The majority of fourth-year students (70%) admit that their diet does not correspond to one or more indicators of full nutrition. Not only the caloric content of foods, but also the diet has a significant impact on the state of health. It was revealed that the majority of students do not have a full breakfast, 65% of students have dinner after 19.00, while 40% mostly before bedtime. Distribution of the daily diet by individual meal

	Eating	Normal
Meal time		
breakfast	10-15	20-25
afternoon snack	-	10-15
lunch	20-30	40-45
dinner	55-60	20-25
Energy consumption, kcal / day	2000-2200	2500-2800
protein	7,8	13

fat	22,5	33
CARBOHYDRATE	69,7	54

Conclusions: The analysis showed that the cause of risk factors among students of a medical institute is quite large. At the same time, young people are greatly mistaken about their lifestyle, considering it healthy. [14].

They do not realize the need for rational nutrition, adequate physical activity, remoteness from bad habits in increasing the adaptive reserves and immunity of the body to the influence of negative external factors. About 62% of second-year respondents violate the rules of normal nutrition, 38% are aware of the need for a daily routine and diet. Among the senior courses, 28.9% do not observe the regularity of their meals. Almost half of the simplified diet consists of the same assortment, observing a balanced food, a lack of minerals and vitamins. This leads to pathological changes on the part of the digestive system of medical students.[17]

From the duration of the sport of students, a low-formed active independent physical culture was found. Weak value-motivational sustainable need for physical culture and sports activity, morning exercises are not performed regularly. Low physical activity is indicated by 21% of boys and girls 17.8% are averagely active, 58.7% are not always active, 18.3% are optimal and high, mainly sports - only 5.2%.[12,13,14]

Among senior students, low activity 54.7% high 15.9 regularly, 8.4% The main reason for low physical activity is the lack of time, especially the junior course missed morning exercises without understanding. From the analysis of whether he has bad habits, it was found that more than half of the deluded among those who do not give up bad habits. underestimate the impact of bad habits of alcohol and tobacco use. Most young people who smoke, abuse alcohol, believed that they were leading a healthy lifestyle. Moreover, almost all of the surveyed respondents answered satisfactorily to the question "Do you lead a normal lifestyle, do you consider it sufficient to maintain your health?" All of them believed that they had a normal daily routine to preserve their health. Thus, the factual materials about the life of students testify to its disorder and chaotic organization. In the routine and daily routine of students of the medical institute, significant violations are noted. Among the main above reasons for violations: irregular balanced nutrition, low physical activity, compliance with the daily regimen. It is necessary to point out the lack of free time, the intense rhythm of the day, large intellectual loads (mental work), and a lack of understanding of the elements of the normal course of life. Such negative consequences of life are most clearly manifested by the time of his graduation from the institute. The number of acquired chronic

diseases of various body systems of students is increasing, gastrointestinal upset, nervous conditions, and young people complain of fatigue and headache. way of life for the preservation and strengthening of health. Today it is necessary to consciously systematize the formation of the correct routine and mode of life, to think about your health. The solution to this problem should be comprehensive:

widespread promotion of a culture of healthy eating among students, including refusal to indiscriminate eating and eating before bedtime, Promotion of compliance with sanitary and hygienic rules as an integral part of a healthy lifestyle at the student level.[11,15,16]

Formation of a modern material and technical base for physical education and sports, professional and higher educational institutions. Classes morning daily gymnastics is a mandatory minimum of physical exercise. It should become for everyone the same habit as washing in the morning. It is also useful to take a daily walk while studying to walk. [nine; ten]. Regular walking has a beneficial effect on the body of students, relieves fatigue, increases efficiency, improves mood, and improves well-being. very important. It is important to wean them from bad habits, to promote the formation of a new habit in the student to take care of their health. Along with the well-known rules and principles of the formation of a healthy lifestyle for a student, psychology plays an important role. A very subtle inner world with a familiar inner "I" is a fertile ground for the work of a psychologist, who should direct the student to decide in favor of leading a healthy lifestyle. To study students for the strengthening and preservation of health, to inform and raise the culture of a healthy lifestyle among young people, to cultivate a kind of fashion for health. At present, there is an urgent need to create a national program, which is provided and planned by the state, which is not yet available. To do this, you need to form a healthy image of health, which is significantly different from what advertising usually offers us. Ideally, students should be taught to have their own opinions and to distinguish between conscious and imposed choices [18,19]. 2. It is normal to introduce into the educational process knowledge aimed at the formation of a healthy lifestyle, the very (from the beginning) admission to the institute.

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