

## The Importance of Teaching the Science of Valeology to Medical Technology Students

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**Abstract:** *The science of valeology teaches the laws of human health, ways to maintain and improve the health of the population and citizens. In addition, it includes laws on individual approach to people's health, development of medical activity in the mind of each population, as well as ways to prevent diseases by creating a healthy lifestyle. It creates a foundation for future health workers to think clinically about healthy individuals, pre-diseased individuals, and sick individuals and to advise each of them in their own direction. This subject allows students to acquire the knowledge necessary to reduce and prevent external environmental and social factors that have a harmful effect on the health of the population, as well as to develop measures aimed at strengthening the health of all members of society, and to apply them in practice.*

*One of the goals of science is to teach the factors that directly or indirectly affect human health: the environment, lifestyle, family and industrial relations, work, recreation, nutrition, and measures to improve them.*

**Keywords:** *valeology, risk factors, healthy lifestyle, environment, nutrition.*

It is important for technical school students to acquire the necessary knowledge and skills in the field of valeology during the academic year. The purpose of the study is to form and strengthen the concepts of health care in medical students, to acquire scientific knowledge and skills about the laws and methods of forming valeological culture in them, the means of promoting a healthy lifestyle and forming valeological culture.

It is necessary for a medical worker to know measures aimed at increasing morbidity among the population, the average life expectancy of the population, in addition to creating a healthy lifestyle, increasing medical activity in the mind of the population, knowing the basic concepts and categories of science, and creating theoretical, practical, methodological and organizational knowledge. Our main goal is to teach students to equip students with theoretical knowledge, valeological science with methods of observation, to carry out promotional activities aimed at the formation of a healthy lifestyle among the population, and at the same time, to properly organize patronage among the population.

Students learn the concept of the essence of individual health, find models, develop and implement forecasting methods, factors affecting public health, basic criteria: social environment, lifestyle, knowledge of environmental factors, have an idea of patronage service should be. In addition, they need to develop a screening and monitoring system based on the quantitative assessment of the health status of the population, individual health, formation of health psychology, concepts of "Health" and "Disease", maintenance and strengthening of individual health; organization of separate lecture classes on knowing and being able to use primary, secondary and tertiary prevention of diseases by increasing the level of health will further increase the student's knowledge of a healthy lifestyle.

**Materials and research methods:** We studied the knowledge and skills of 160 randomly selected students of the Faculty of Medical Sciences in the field of valeology. A sociological and questionnaire questionnaire was used in the research.

**Results.** A special course on valeological culture was held in the experimental group, which included lectures, seminars, practical training, interactive lessons, and individual interviews with each student. Activities were held to develop a program to increase the health level of individual health through the population, to properly organize the patronage service, to establish a healthy lifestyle among the population, to control the quality of health care, to educate the population hygienically and to form a healthy lifestyle.

The comparative analysis showed that if at the beginning of the experiment, in the experimental group of 160 students, 40 had relatively high valeological culture, 63 had average and 57 had low, according to the results of the experiment, 65 of the same 160 students respectively, high, 78 medium, and only 17 low. Our observations showed that students do not devote enough time to maintaining their health. When asked whether they follow a healthy lifestyle, 40% of respondents answered yes, 60% answered no. According to the data obtained from technical university students, 45% of respondents believe that taking care of your health does not depend on age, 32% of the elderly are more concerned about their health, 12% of middle-aged people and 11% of young people believe that they pay more attention to their health. 35% said yes and 65% no when asked if they have knowledge about rational nutrition.

**Conclusion.** Our research showed that students of the medical technical school study subjects related to a healthy lifestyle, but after passing tests and exams from these subjects, they do not always fully engage in a healthy lifestyle. In addition, the organization of the educational process and teaching methods often do not take into account the characteristics of their impact on the individual organism. These issues relate to curriculum, supervision, teacher-student relationships, teaching new material, and many other aspects of academic work.

Students studying valeology promote a healthy lifestyle, give up bad habits, do sports and make every effort to maintain health. It should be noted that the health of students of higher educational institutions is moderately satisfactory. This can be related to proper nutrition, exercise and not consuming substances harmful to the body. In order to strengthen the health of students, it is necessary to conduct various activities dedicated to the promotion of a healthy lifestyle as often as possible. This will help them to form the right attitude towards their health and keep it for many years.

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