

Specific Characteristics of Forming a Healthy Lifestyle among Technical School Students

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Abstract: *In the current globalization process, the rationally organized agenda of maintaining human health, raising a healthy and well-rounded intelligent generation is one of the most urgent problems. approach is becoming the demand of the times.*

Keywords: *health, healthy lifestyle, students.*

The concept of a healthy lifestyle refers to a human way of life that maintains health and reduces the risk of non-infectious diseases, normalizes sleep patterns and controls behavioral factors.

Today, despite the fact that a number of scientific researches have been carried out on the organization of a rational agenda for children and adolescents receiving education and upbringing in various educational institutions, a rational agenda for preventive measures aimed at reforming the education system and preventing diseases among the population in our republic a number of shortcomings in the organization of the procedure are identified. [1,2,3]. At the same time, today our doctors are mainly engaged in the treatment of diseases. They forget that the main factor in the prevention and treatment of the disease is the patient's lifestyle, and in this regard, it is necessary to promote a healthy lifestyle. The need to raise the medical culture of the population, to strengthen work in the field of sanitation and hygiene, to protect the health of pregnant women, to take care of young mothers in accordance with plagues, and to pay serious attention to ensuring the quality and caloric content of their rations has been recognized by our government. is set as a priority. Over the past few years, the significant improvement of people's living conditions, the reduction of physical loads when the emotional stress of work increases, risk factors in many countries of the world (smoking, alcohol consumption, unbalanced nutrition, stressful situations, constant psycho-emotional stress, hypodynamia, bad material - created conditions for the spread of domestic conditions, drug use, unfavorable moral climate in the family, low cultural and educational level, low medical culture, etc.) [4,5]. These risk factors are the main reason for the occurrence of many diseases among the population. The correct lifestyle of the entire population, high medical culture, adherence to all standards of behavior in public is not only health care, but also the main way to increase labor productivity. Ecology plays a big role in the life of young people, which affects all areas of life: nutrition, health, life expectancy, mood. It is important to understand that the quality of life decreases as the environment deteriorates. Physical well-being is defined by health and longevity as well as physical comfort. Physical well-being can be achieved through modern medicine, a healthy lifestyle, proper nutrition and a comfortable environment. Studying valeology helps students to increase their professional potential. Today's doctor

is a promoter of a healthy lifestyle, he needs to know not only the essence of health care, but also its social factors.

The purpose of the study: to study the lifestyle of students of the Technical University of Public Health named after Siyab Abu Ali ibn Sina, to determine whether they follow a healthy lifestyle.

Materials and methods: In order to study the formation of a healthy lifestyle among students, a questionnaire consisting of 31 questions was prepared and a survey was conducted among the students of the Technical College of Public Health named after Siyob Abu Ali Ibn Sina. The survey was conducted in 2024, with a total of 202 respondents, including 46 students of nursing, 48 of midwifery, 56 of preventive medicine, 52 of pharmacy. A student from Nala participated. The results of the questionnaire were analyzed on the basis of the Microsoft Excel program. A healthy lifestyle is a comprehensive criterion, which includes medical factors, maintaining people's health, maintaining a healthy lifestyle, following sanitary and hygienic rules, social factors: preventing physical and mental stress, proper nutrition, refraining from harmful habits (smoking, drinking, drug addiction) and economic factors: being free from cold and chemical harmful effects at home and at work, not buying harmful and synthetic clothes, etc. includes other similar activities. In this research, respondents' knowledge about medical factors, including medical culture, existing disease diagnosis, treatment methods and its complications, the nature of your diet and diet foods, analysis results, hereditary diseases and their risks, sanitation and hygiene rules compliance issues were explored.

Research results: 52 (25.7%) of those who participated in the survey were 1st year students, 104 (51.5%) were 2nd year students, 46 (22.8%) were 3rd year students. (68%) of them are women, (32%) are men. 24 (12%) work while studying, 178 (88%) study only. 56 (27%) of them commute to school and 146 (73%) live in student accommodation and rent. Questions from our questionnaire-what do you think is a healthy lifestyle-5% of respondents indicated sleep on time, 30% always badantarbias, 60-65% indicated a full diet and hygiene. Next question: Can you call your lifestyle healthy? the following answers were received from the respondents, that is, 80% of the respondents answered yes, 15% said no, and 5% of the respondents indicated that it was difficult for me to answer. Why did you start leading a healthy lifestyle? 20% said to have a beautiful figure, 10% to restore health, 65% to be healthy, 5% of respondents did not want to answer. What methods do you personally use to maintain your health? the following answers were received from the respondents, i.e. 36 of the respondents refrain from smoking and alcohol, 37 of them practice physical education, 83 of them practice proper nutrition, 32 of them observe the daily routine, 7 of them practice medical activity, 5 of them practice other methods. showed. The following answers were received from the respondents to the question: Do you smoke? That is, 15% of the respondents answered yes, and 85% said no. If you smoke, how many cigarettes do you smoke per day? 15 percent of the respondents who answered yes to the question marked the answer from 1 to 10.

15% of the respondents rated their health as good, 76% as average, and 9% as bad. The next question is imagine that you have free time in the evening. How do you spend it? 60 students wrote that they spend their free time with cultural recreation (watching movies and listening to music), 161 students with talking on the phone, spending time on the Internet, 20 students with sleeping, and 40 students with walking. Do you think students should do physical education or sports? 80% answered yes, 20% answered strongly. Do you personally play sports? to the question, 10% of students said that they do it.

Summary

In conclusion, it should be said that "A person's health in many ways depends on him first of all, for this he should lead his life rationally, be healthy to prevent any diseases Adhering to the requirements of lifestyle and culture of life is undoubtedly important." If we consider it as a simple example, when a patient consults a doctor about his illness, the doctor usually prescribes medicines and cures the

disease. It's a pity that today we have forgotten the diet tables about the disease. When we are busy with paperwork and lack of time, we forget about our disease-causing lifestyle. In fact, the body itself is internal medicine. The body itself cures the disease. And external medicine (various medicines, drugs and various treatments) does not eliminate the disease itself, but prepares the ground for the body to overcome the disease. That is why the application of specific features, components and systems of a healthy lifestyle as a science in the maintenance of human health makes it possible to solve problems in this regard.

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