

Factors Forming the Health of Medical Faculty Students

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Abstract. The new millennium in human history began under environmental conditions that underwent significant changes back in the twentieth century

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In the thousand-year history of mankind, the previous century was perhaps one of the most turbulent and eventful.

In no other century have human activities and living conditions changed as rapidly as in the twentieth century, and the change in people's living conditions was directly related to the influence of scientific and technological progress.

The emergence and development of human diseases, of course, is associated with the objective living conditions of people (socio-economic well-being of society, the level of medical care, political stability, etc.), but first of all, emerging pathologies are a consequence of a person's underestimation of his attitude towards his own health.

A person's lifestyle, his health literacy, the ability to manage himself, his body and, ultimately, his health, are the most important condition for maintaining health, physical and mental activity, and increasing life expectancy.

In other words, the health of each individual person depends, first of all, on the lifestyle and the conscious attitude of the person himself, the individual, towards it.

In the “Law of the Republic of Uzbekistan “On the Protection of Citizens' Health,” one of the tasks of all levels of the medical service is the task of “forming a healthy lifestyle for citizens.”

The most effective work is to promote a healthy lifestyle among young people.

It's no secret that in modern society there is fierce competition between young professionals.

To win in it, it is not enough to be an expert in your field - you must also have good health, self-organization, and not have bad habits.

All this makes young people, while still students, think about developing the habit of a healthy lifestyle.

Student health is the result of a complex interaction of various factors, of which lifestyle has a significant impact on how you maintain your health [1].

An analysis of the scientific literature devoted to the problem of the health of student youth shows that in recent years it has become very relevant.

A number of works [3,4,6] note that the number of students in a special medical group has increased from 10 to 20–25%, and in some universities reaches 40%; According to forecasts, in the future it may reach 50% of the total number of students [7,8,10].

During their studies at the university, students' health does not improve; a number of authors note its deterioration.

Excessive weight gain occurs in 53% of men and 64% of women.

By the second year, the number of cases of disease increases by 23%, and by the fourth - by 43%.

A quarter of students move to a lower medical group.

Almost every tenth university student is seriously ill [3,9].

First of all, it is necessary to understand what factors cause health problems among the student population or may arise in the future.

The logical step would be to minimize the influence of these factors, and, ideally, completely eliminate them from your life.

The purpose of this study is to study and evaluate the factors influencing the health of the student population of the Faculty of Medicine of Gulistan State University.

To achieve this goal, an analysis of the scientific literature was carried out, the health indicators and lifestyle of 3rd year students of the Faculty of Medicine of Gulistan State University were studied, the factors shaping the lifestyle of students were assessed and recommendations were developed for introducing elements of a healthy lifestyle (HLS) of students into life.

The subjects of the study were 82 students who wished to take part in our research, which was carried out over one academic year.

The assessment of factors influencing the health of students was carried out based on survey data.

The morbidity level of students was studied based on the data of visits to the student clinic.

When processing the results, analytical and statistical research methods were used.

Research results: Of the 82 GulSU students who took part in the study, 52 were male and 30 were female.

Of the respondents, 3 students were aged 18–20 years, 35 students were aged 21–22 years, 42 students were aged 23–25 years. 29.3% of students combined study and work.

At the initial stage, students were interviewed.

The compiled questionnaire met WHO requirements and included questions regarding the daily routine, educational and work activities, nutrition, physical activity, the presence of bad habits, and the psychological status of students.

Of the male students surveyed, 65.4% answered the question “How do you rate your health” - good, 24.6% - satisfactory, 7.7% - found it difficult to answer and 2.3% answered - bad.

More than half of the female students surveyed answered the same question: 63.3% - good, 26.7% - satisfactory, 10% - undecided.

Analysis of the survey results showed that 85–92% of the total number of students do not have breakfast, eat fast food throughout the day, and do not comply with the requirement of a balanced diet.

The eating schedule is spontaneous; students do not always pay attention to the quality of food products.

All this indicates a lack of basic concepts about rational nutrition and neglect of one’s health.

Only 8–15% of students, some of whom live in student dormitories, follow the diet and rules of nutrition.

When assessing the daily routine, it was revealed that 67% of those surveyed do not pay any attention to the daily routine and do not consider this factor significant, 18% consider it important, 15% of students found it difficult to answer.

Physical education classes were noted by 63% of respondents, but 37% of students expressed a negative attitude towards this, citing lack of time due to the intense educational process.

Almost 90% of students noted excessive stress due to the complexity of subjects in the 3rd year.

Students identified stress as the main negative factor affecting their health.

Analysis of interview materials showed that stress is of paramount importance among working students, while among the non-working part of students, their bad habits turned out to be more significant factors - smoking, non-compliance with diet and daily routine, physical inactivity.

A study of the psychological status of students revealed that 84.5% of male and 70% of female students have a positive attitude towards life, despite the complexity of the educational process.

13.3% of male and 20% female students noted frequent mood swings, the rest of the respondents found it difficult to answer.

An analysis of the morbidity of students revealed that half of the respondents suffer from increased fatigue, inflammatory diseases of various organs and systems, have problems with teeth, suffer from anemia, and hypovitaminosis.

There was a tendency for untimely visits to the student clinic.

A comparative analysis of literature data showed that among the health indicators of students, the first place is occupied by fatigue (noted by 50% of students), mild ailments (26%), depressed psychological state (25%), and headaches (18%).

Colds (21%), diseases of the cardiovascular (14%) and digestive system (14%) are quite common.

The situation with diseases remains unchanged, requiring both closer attention from the students themselves and control from relatives and medical specialists.

Allergy diseases were indicated by 11% of students, dental diseases - 10%, diseases of the genitourinary system (urology, gynecology) - 2%

Note that the subjective assessment of health by students reflects the real situation with morbidity. More than 8% of students suffering from chronic diseases requiring constant medical supervision are registered at the dispensary.

This situation with diseases is confirmed by data on the frequency of doctor visits by students to clinics. Slightly less than half of students prefer to see a doctor no more than once a year.

Obviously, the majority of such requests are related to the need to obtain a health certificate, and not to undergo a preventive medical examination.

The data obtained allow us to conclude that due to the ongoing development of the students' body during the training period, it is more susceptible to various adverse effects.

This leads to disruption of the adaptation process and the development of a number of diseases.

The increase in the incidence of students reduces the effectiveness of the educational process, and subsequently limits their professional activities.

Conclusions: Analysis of the studies showed that the majority of 3rd year students at the Faculty of Medicine do not have sufficient information about healthy lifestyle, in particular about balanced nutrition, daily routine, the role of physical activity, the ability to control themselves and their attitude to health.

The lack of basic rules for observing elements of a healthy lifestyle contributes to increased fatigue, decreased immunity and an increase in the number of immune-related diseases.

The frequency of various pathologies among students indicates a delay in seeking medical help and a neglectful attitude towards one's health.

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