

Study Of The Attitude Of Students Of The Medical Faculty Of Gulistan State University To The Formation Of A Healthy Lifestyle

Ortikov Azamat Mamadiyorovich – Assistant Lecturer of the department “General Medical Sciences”, Faculty of Medicine, Gulistan State University. 120100, Republic of Uzbekistan, Syrdarya region, Gulistan city, district-4. Mobile phone number:+99891 621-40-03

Nazarkulova Shokhsanam Ulugbek qizi – Assistant Lecturer of the department “General Medical Sciences”, Faculty of Medicine, Gulistan State University. 120100, Republic of Uzbekistan, Syrdarya region, Gulistan city, district-4. Mobile phone number:+99890907-94-68. E-mail: shokhsanamulugbekovna94@gmail.com

Nabiev Ulugbek Nemat ogli – Assistant Lecturer of the department “General Medical Sciences”, Faculty of Medicine, Gulistan State University. 120100, Republic of Uzbekistan, Syrdarya region, Gulistan city, district-4. Mobile phone number: +99891 500-18-99. E-mail: ulugbek.nabiev.92@mail.ru

Annotation. The article is devoted to the study of the attitude of students of the Medical Faculty of the Gulistan State University of the Republic of Uzbekistan to a healthy lifestyle and the study of factors influencing its formation. The object of the study were students of the Medical Faculty specializing in General Medicine, numbering 70 people.

Key words: survey, healthy lifestyle, students' health status, nutrition, prevention.

Relevance. One of the current and important medical and social problems at the present stage is the preservation and strengthening of the health of young people.

A healthy lifestyle is considered by representatives of sociological and philosophical directions as a global sociological aspect, which is an integral part of human life. Attention to the problem of health and maintaining a healthy lifestyle by students is explained by the fact that the level of health of students, who make up a significant share in the structure of the population and form the future labor force of the country, will largely determine the socio-economic development of society.

One of the areas of professional training for doctors is preventive work, which makes it especially important to develop a value-based attitude towards health among medical students.

The purpose of the study was to study and evaluate students' attitudes towards the concept of “healthy lifestyle”. The collection of empirical data was carried out using a questionnaire method, which made it possible to obtain data from a primary source.

The majority of respondents consider it necessary to maintain their own good level of physical health for the following reasons: they identified the importance of health for themselves as a sense of self-confidence - 53.4%.

23.1% consider health as a guarantee of material and family well-being; believe that health helps to successfully solve everyday problems – 13.5%.

However, only 23.1% of respondents pointed to their own health as a possible example for patients in future medical practice. It is obvious that for most students a healthy lifestyle is significant, but only a small part of respondents associate it as a personal example for patients in subsequent medical practice.

Introduction. Characteristics of students' health status act as a comprehensive indicator of orientation and adaptation to changing environmental conditions.

Issues of lifestyle and health of student youth require a multicomponent solution.

The skills of a correct attitude towards one's own health should be developed in students of a medical university from the moment they enter the university and be strengthened as a priority in all areas of future professional activity.

Studying at a medical university places high demands on the health of students.

Training in technologies for ensuring health, including one's own, is the key to the success of professional socialization of medical university students [1,2].

The focus on personal and professional self-realization is, in general, characteristic of modern students. However, many students, declaring their healthy lifestyle, do not actually adhere to it, which indicates a lack of awareness of the value of a healthy lifestyle, i.e. The concept of health as well-being is in its infancy. Value orientations, as one of the important elements of the internal structure of a person, are also a regulator of his behavior.

They reflect the individual's orientation toward certain values and determine preferred attitudes toward one or another of them.

Having a general and abstract nature, values, without indicating acceptable types of behavior, represent criteria with which one can evaluate events, objects, people according to their merits or moral qualities.

The need to make an important decision encourages people to turn to value guidelines [3].

Self-assessment of one's own health status is an informative indicator of an individual's health.

As a base, health in the system of life values occupies one of the leading places after family and work, as it contributes to the achievement of various human goals and needs.

In the present social and economic reality, it often acts as the only means for solving life problems.

First of all, this applies to the category of young people entering life without social and material support from the older generation.

The value of health as a means to a long and fulfilling life becomes less important compared to the value of health as a means of achieving life goals.

This situation is also observed among students of medical universities. Thus, goals - guidelines should be one of the main factors regulating motivation to lead a healthy lifestyle.

Materials And Principles Of Research

The collection of empirical data was carried out using a questionnaire method, which made it possible to obtain data from a primary source.

In addition to traditional statistics providing general information, the method of factor analysis and the SPSS application package were used when processing the questionnaires.

The general population was made up of students of the specialty "General Medicine", numbering 70 people. The general distribution of students by gender was as follows: women 76%, men 24%.

The questionnaire contained closed alternative questions taking into account the requirements accepted in sociology for questioning.

Research Results

Mastering the profession of a doctor presupposes a responsible attitude, first of all, to one's own health and an attitude towards health as the highest value.

These aspects will be a measure of not only professional, but also personal competence in health matters.

It is known that from 17% to 50% or more of those entering universities have various health conditions.

In the process of adapting to new conditions, first-year students experience physical inactivity, lack of free time, and high psycho-emotional stress.

The above factors have a negative impact and aggravate chronic diseases [4,5].

The results of the student survey showed that 91.3% of respondents are supported by their parents. 53.2% of girls and 28.5% of boys face a large number of unresolved problems.

Difficulties, according to respondents, are associated with a change of place of residence, the destruction of previous connections, way of life, and habits.

The transition to independent adult life is accompanied by doubts about the correct choice of specialty and university, and the resolution of financial difficulties.

1.8% of respondents are not satisfied with their lives, which is due to difficulties in organizing everyday life and education.

Visiting students independently organize their lives, living in the worst living conditions in a dormitory, in a rented apartment or room, where they prepare for classes.

The majority of students surveyed – 85.7% – noted that they regularly do not get enough sleep.

Their sleep duration is less than 5 hours. At the same time, students noted that sleep restriction weakens the body and reduces the ability to absorb material [6].

Students more often choose passive leisure: working on the computer (games, Internet), listening to music - 67.3%.

The majority of respondents are engaged in physical education, but practically do not use any health improvement methods in everyday life.

One of the main reasons making it difficult for students to adapt is the insufficient amount of time to do independent work. The total working time of a student is 9 hours a day. During the session, preparation time increases to 12-15 hours a day.

Such overloads, being the cause of stress, often lead to disruption of the adaptation process [8].

A survey conducted to study issues of student adaptation showed that $13 \pm 0.05\%$ experienced discomfort from the new learning and living conditions, $72 \pm 0.05\%$ of students experienced constant discomfort after a busy school day.

A state of general fatigue was noted in more than half of the students, nervous tension in $6 \pm 0.01\%$ of students; $18 \pm 0.02\%$ noted eye fatigue, $7 \pm 0.01\%$ of respondents complained of headaches.

A large role in successful adaptation should be given to maintaining a healthy lifestyle, fulfilling hygienic requirements for organizing educational activities and recreation [1,9].

The majority of respondents (54.9%) rated their health as satisfactory; 40.9% considered themselves to be in excellent or good health; 4.2% of students rated their health as poor.

As a rule, young men assessed their state of health as excellent; self-esteem that revealed satisfactory health was presented mainly among girls.

Thus, there are gender differences on this issue. It can be assumed that girls are more critical of their health. According to the literature, women tend to be more attentive to their health, which suggests that their subjective assessments of their health are acceptable and reliable [2,8].

One of the important areas of activity of medical educational organizations is the formation of medical and preventive competencies among future doctors of all specialties [5,7].

The majority of students consider it necessary to maintain their own good level of physical health for the following reasons: they identified the importance of health for themselves as a sense of self-confidence - 53.4%.

23.1% consider health as a guarantee of material and family well-being; believe that health helps to successfully solve everyday problems - 13.5%.

However, only 23.1% of respondents pointed to their own health as a possible example for patients in future medical practice. It is obvious that for most students a healthy lifestyle is significant, but only a small part of respondents associate it as a personal example for patients in subsequent medical practice.

Disease prevention, according to many authors, is the future of medicine, where one of the methods of preventing diseases is practicing a healthy lifestyle.

It seems necessary to draw the attention of medical students to this aspect of prevention and propaganda of this method among the population [5,9].

An analysis of students' attitudes towards a healthy lifestyle showed that for the majority of them (61.7%) a healthy lifestyle is a combination of factors such as physical activity, the absence of bad habits, and adherence to healthy eating rules.

Only 2.3% of students identified such a factor as "work and rest schedule," which indicates students' non-compliance with the schedule and lack of proper rest.

In order to identify barriers to leading a healthy lifestyle, a number of issues were analyzed.

A third of the students surveyed (34.9%) have bad habits. Among boys, the percentage of people with bad habits is higher than among girls. The main factor preventing one from leading a healthy lifestyle, as follows from the survey, was smoking; in second place was the factor "fatty foods and fast food"; the third most important factor, "drinking alcoholic beverages," was identified by 3.9% of respondents.

Most of the students surveyed would like to lead a healthy lifestyle, as opposed to those who made their choice not in favor of a healthy lifestyle.

The majority of boys and girls (61.6%) noted that they prefer not to spend money on a healthy lifestyle, or spend little.

At the same time, the majority of students (69.3%) believe that a healthy lifestyle is the key to longevity and health.

23.1% disagree with this statement, 7.6% find it difficult to answer this question.

One of the important issues for students is the problem of organizing meals.

The number of meals, as a rule, is no more than two times a day for most students, the average time between meals is more than six hours [3,4,7].

When answering the question about maintaining a proper diet, respondents' opinions were divided as follows:

37.4% of students try to follow a diet;

51.3% adhere to the diet sometimes;

11.3% of students fail to monitor their diet.

Consequently, such a factor as nutrition is given insufficient importance.

The quality and regularity of nutrition leaves much to be desired. It can be assumed that leading a healthy lifestyle is, to a certain extent, declared, since many students who believe that they lead a healthy lifestyle do not actually adhere to its norms.

In accordance with the characteristics of the profession, the highly qualified work of a doctor at the present stage requires a certain physical fitness, which determines the specific features of physical education in medical universities.

Researchers have identified the fact that students do not always correctly assess the role of physical education and sports in increasing mental and physical performance and in preventing deviant behavior[10].

In our survey, answers to questions about the role of physical education and sports were distributed as follows.

The majority of the students surveyed can afford to attend various sports sections.

A number of students (23.1%) can afford to attend sports sections, but they are not interested in it.

11.7% of respondents cannot attend sports clubs due to lack of financial resources; 9.6% do not attend because there is no time and desire.

Almost all of the students surveyed noted that the university has created all the conditions for physical education and sports, as well as the fact that there are conditions for a healthy diet.

More than half of the respondents engage in physical education irregularly, from time to time, and only a small part of the respondents, 29.7%, engage in physical education systematically.

The majority of students (59.3%) see the goal of physical education as an opportunity to lose weight and improve their figure.

A small number of respondents prefer to engage in physical education in order to have a varied physical activity.

Among the disciplines that, according to students, contribute to the acquisition of theoretical and practical knowledge in the field of a healthy lifestyle are: physical education, physiology, biology.

To a lesser extent, according to respondents, hygiene will contribute to the acquisition of theoretical and practical knowledge in the field of a healthy lifestyle.

At the same time, the hygiene course can be considered one of the most promising courses at medical universities, forming a value-based attitude towards one's own health.

In the process of studying various modules of the discipline, such as food hygiene, municipal hygiene, issues of strengthening and preserving not only public, but also one's own health are highlighted.

Conclusion. Preventive work with the population is one of the areas of professional training for doctors, therefore the subject of social control and management, built into the program of a medical university, is the individual formation of a healthy lifestyle and the formation of a value-based attitude towards health.

Conducting such surveys seems necessary from the point of view that the answers to the questions posed will allow students to pay attention to problems related to health, which is important for the formation of a conscious attitude towards their own health.

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