

Analysis Of the Lifestyle of First-Year Students of The Medical Faculty

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Abstract. The health of young people is a priority area of public health activities, because the well-being of the state depends on it. The lifestyle of medical university students is one of the basic values, since its future professional status involves training and forming the commitment of adults and children to a healthy lifestyle.

Keywords: healthy lifestyle, medical university students.

Introduction. In modern society, maintaining and strengthening the health of young people is one of the most important tasks of the state social policy.

Beginning of studies at a medical university leads to a change not only in the usual way of life, but also leaves its mark on their health.

After the entrance examinations, most first-year students are faced with a new structure and conditions of study.

The volume of the academic workload increases, pedagogical requirements are raised, special subjects appear, relocations are associated with classes at departments located in different areas of the city.

Many are faced with the difficulties of independent living away from home for the first time.

Not only the formation of adaptive-compensatory mechanisms to new conditions, health, but also the quality of education and professional future depend on the commitment of first-year students to a healthy lifestyle [5, 6].

A healthy lifestyle is a process of a person's compliance with certain norms, rules and restrictions in everyday life that contribute to maintaining health [1].

A future doctor should be ready not only to become a conductor of knowledge to improve the health of children and adults, but also to be a worthy role model, a standard of a healthy lifestyle for everyone around [2, 3].

The aim of the work was to study and analyze the lifestyle of first-year students of the medical faculty of Gulistan State University.

Objects and methods of research. An anonymous questionnaire was developed to study the lifestyle of first-year students of the medical faculty of Gulistan State University.

188 students took part in the survey. Of these, 141 (75.0%) were girls and 47 (25.4%) were boys.

Results and their discussion. As a result of processing the survey data, a fairly high awareness of the components of a healthy lifestyle was revealed. Students put the leading positions in giving up bad habits (55.6%), physical activity (47.1%), proper nutrition (30.1%), adherence to a daily routine (25.9%), and optimal distribution of time for study and rest (24.8%).

Only about 20% of students believe that this is a multifactorial concept in which each component is important.

Regular visits to the doctor for preventive purposes (3.7%) and adherence to personal hygiene rules were among the last in terms of their contribution to the formation of a healthy lifestyle. (2.1%).

The actual focus of students on a healthy lifestyle coincides with their theoretical knowledge.

52.1% of students answered that they lead a healthy lifestyle constantly, 41.0% - periodically, 6.9% - do not adhere to these principles.

The main obstacles, respondents attributed to the lack of necessary persistence, will, persistence (19.1%), lack of time (17.6%), lack of free time (12.8%), lack of conditions (9.6%).

Only 2.1% indicated a lack of funds

About 32% of students found it difficult to answer this question.

One of the leading components of a healthy lifestyle is rational nutrition.

An analysis of the questionnaires showed that 33% of students believe that they adhere to a healthy diet and diet; 19.1% note that they eat unhealthy food, 47.9% try to stick to a healthy diet, but this does not always work out.

About 65% of first-year students eat 3-4 times a day. A third of students eat 1-2 times a day. Not having breakfast is the most common violation of the diet.

50.1% do not have breakfast every day, 10.1% never have breakfast.

Unfortunately, the lack of time leads to eating dry food every day, or several times a week for 73% of first-year students.

The diet of 21% of first-year students consists mainly of fast food and semi-finished products.

The students cite lack of time and fatigue after classes as the reason for the lack of dishes prepared independently according to traditional home recipes in the diet.

The intense rhythm of life of a first-year medical student requires emotional and physical relaxation.

Regular physical education improves health indicators, adaptation to real life, forms a healthy behavioral style in the future, increases resistance to negative social phenomena, improves academic performance [4].

Unfortunately, about 40% of respondents play sports only during physical education classes. 30.9% of respondents attend sports sections 2-3 times a week, 27.1% - sometimes, 5.9% - do not play sports.

At the same time, 76.1% of students are convinced of the positive impact of physical education and sports on their health.

It is alarming that in their free time, about 70% of first-year students prefer passive recreation.

Basically, students sit on the Internet, spend time communicating on social networks, play computer games, listen to music and almost completely exclude physical activity.

One of the ways to spend time and relieve stress, first-year students indicate smoking - 11.2%.

Unfortunately, the theater has lost its appeal, and is in low positions in the rating.

Sleep is an integral part of a healthy lifestyle for any person.

A good night's sleep allows you to restore the mental and physical resources of the body. This is one of the most important factors in combating stressful situations and overall well-being.

Based on existing standards, the duration of sleep for a first-year student should be at least eight hours.

Sleep deprivation - a state of insufficient sleep - is a common health problem among students of the Faculty of Medicine.

Unfortunately, 56.4% of first-year students of the Faculty of Pediatrics sleep no more than 5-6 hours a day.

This leads to complaints of fatigue, drowsiness, and poor perception of information.

Today, the Internet is one of the main sources of information due to the huge amount of data posted on the network and the ability to easily access it.

According to the analysis, 54.8% of first-year students use the Internet to gain knowledge about a healthy lifestyle.

Other sources of information fade into the background. Mass media were indicated by 13.3% of respondents, classes - 10.6%, conversations with friends and acquaintances 5.9%, conversations with parents 4.3%.

About 3% of students receive information from specialized literature.

Conclusion. The analysis showed that despite a fairly high level of awareness of the principles of a healthy lifestyle, it is not on the list of priorities of modern first-year medical students.

Promotion of a rational approach to health should begin with the family and continue during the course of study at the university.

The leading positions among the risk factors contributing to the deterioration of health indicators are occupied by poor nutrition, low physical activity, insufficient sleep duration, and irrationally organized leisure.

Thus, it is necessary to increase the health literacy of medical students from the first year of study.

The health-preserving environment of the university should take into account the prevailing factors and contribute to the formation of a sustainable motivation for a healthy lifestyle.

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