

ATTITUDES OF SCHOOL STUDENTS TOWARDS A HEALTHY LIFESTYLE

Khakimov Tuymorod Bakhtiyorovich

Bukhara State Medical Institute

Annotation: Among the factors influencing the formation of the health of children and schoolchildren, a special role belongs to the way of life[1,2,3,4,5]. The study of lifestyle allows us to identify a number of risk factors for the development of diseases and a decrease in the functional capabilities of the body of children and adolescents[6,7,8,9,10]. Information on the presence and prevalence of risk factors is the basis for the development of targeted preventive measures[11,12].

Keywords: information, motivation of schoolchildren, healthy lifestyle, behavior, prevention

The purpose of the study: o study the lifestyle of schoolchildren in organized groups.

1. To identify the level of awareness of adolescents about a healthy lifestyle.
2. To study the prevalence of behavioral risk factors among schoolchildren
3. To study the age dynamics of changes in the awareness of schoolchildren and motivation to maintain a healthy lifestyle.
4. Assess the level of information and preventive work among schoolchildren.

Control materials and methods: In the course of the work, 240 adolescents aged 13-15 years were examined, of which 38.4% were boys and 41.6% were girls. Assessment of the awareness of schoolchildren about a healthy lifestyle and the diagnosis of behavioral risk factors was carried out using a questionnaire survey method. The data obtained was processed on an IBM PC using

an application package. To assess the significance of differences, the χ^2 test and the Student's test were used. To identify the main trends in the formation of the lifestyle of schoolchildren, a mathematical correlation analysis was used

Results and analysis: The study examined such aspects of the life of modern adolescents as the nature of nutrition, physical activity, adherence to a night's sleep schedule and the prevalence of bad habits. As a result of the conducted research, it was found that the level of awareness of healthy schoolchildren and lifestyle is 32.5%. The proportion of schoolchildren who consider it harmful to health: irregular eating is 52.09%, low physical activity -83.33%, lack of sleep -85.00%, smoking -97.50%. Evaluation of the nature of schoolchildren's diet showed that 32.92% of respondents eat hot food at least three times a day. 45.83% of schoolchildren consume meat, poultry and fish at least once a day. Milk and dairy products are daily present in the diet of 46.25% of respondents. We also assessed the level of preventive work with schoolchildren on rational nutrition. Answer affirmatively to the question "Have you been taught any of the lessons during this school year about the benefits of healthy eating?" 65.83% of respondents. It was found that in the dynamics from the 7th to the 9th grade, the intensity of preventive work decreases. An analysis of the daily routine of schoolchildren showed that only 32.5% of the respondents have a physiological sleep rate. The proportion of adolescents with a physiological duration of night sleep at the age of 13-15 is significantly less than among high school students and amounts to 23.64% versus 55.38%, respectively ($\chi^2 = 26.692$; $p < 0.001$). The average nighttime sleep was found to be 6.78 hours. At the same time, for girls it is significantly less (5.98 hours) than for boys (7.31 hours; $t = 2.03$; $p = 0.04$). The proportion of children with a physiological sleep rate decreases by 2-2.5 times by grade 11 compared with grades 7 and 9.

LITERATURE:

1. Nazarov J., Sharipova M. A. The Immune System in Children with Different incidence Rates Ard //central asian journal of medical and natural sciences. – 2021. – C. 5-7.
2. Nazarov J. S. E. et al. Diuretic Therapy of Ascites in Patients with Liver Cirrhosis in the Absence of Azotemia //central asian journal of medical and natural sciences. – 2021. – C. 22-24.
3. Nazarov Z. S. E. using brainstorming and case-study method in practical classes of microbiology //Новый день в медицине. – 2021. – №. 1. – C. 79-85.
4. problem pollution of the environment. T.B. Hakimov Emergent: Journal of Educational Discoveries and Lifelong Learning (EJEDL). – 2022. – C. 121-126.
5. Khakimov T.B. School Children’s View of a Healthy Lifestyle // Spanish Journal of Innovation and Integrity. – 2022. – C. 368-370.
6. Zokirov V.Z., Manasova I.S. Analysis of working conditions by parameters of the physiological state of workers cotton plant. // academia: An International Multidisciplinary Research Journal. – 2020. – P. 1297-1301.
7. Yuldasheva D.H., Zokirov V.Z., Oltiboyev R.O., modern approaches to the pathogenesis of non-alcoholic fatty liver disease. // Euro-Asia Conferences. – 2021. – P. 384-389.
8. Yuldasheva D.H., Muxamedova Z.R., Zokirov V.Z. chronic liver disease and covid-2019 (literature review and own data). // E-Conference Globe. – 2021. – P. 193-197.
9. Yuldasheva D.H., Zokirov V.Z., G‘ulomova Sh.Q. Non-alcoholic fatty liver disease: Modern view of the problem // A Multidisciplinary Peer Reviewed Journal.Vol.6. Issue 12. Dec.2020. – P. 286 – 292
10. Zokirov V.Z., Yuldasheva D.H., Muxamedova Z.R. assessment of comparative analysis of the course of non-alcoholic fatty liver disease in middle-aged and elderly patients who suffer covid-19 through ultrasound elastometry (via fibroscan). // World

Bulletin of Public Health (WBPH) Available Online. Vol.5. December-2021 – P. 64 – 66

11. Zokirov V.Z. (2021). chronic liver disease and covid-2019 (literature review and own data) // research journal of trauma and disability studies. Vol.1. December-2021 – P. 1–6

12. Zokirov V.Z. (2022). covid 19 o'tkazgan va o'tkazmagan jigarning noalkagol yog'xastaligi bilan og'rigan bemorlar klinikasi va laborator tahlillarining solishtirma tahlili. Scientific Progress Markazi, Yanvar 2022 – P. 670-675.

