



Physical Health and Healthy Lifestyle

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ABSTRACT

This article analyzes the role of rational nutrition, physical culture, morning exercises and the influence of bad habits (Smoking, alcohol consumption). The article focuses on the attitude of students to health as a social value. The authors cite the results of a sociological study, which testify to the prevalence of a stereotypical opinion among the younger generation on a healthy lifestyle and health in the process of forming a healthy lifestyle for young people. Also, the article reveals the importance of morning hygienic gymnastics in the process of forming a correct lifestyle.

Keywords:

Student, rational nutrition, healthy lifestyle, physical health.

Introduction

The emergence of the corona virus pandemic COVID-19 in the world showed a low level of physical health and a healthy lifestyle of the population of Uzbekistan, as in a number of other countries. [6]

Corona virus infection COVID-19 has had a negative impact on the health of fellow citizens suffering primarily from cardiovascular diseases, respiratory diseases and obesity (overweight). As a result, today's pandemic has caused the premature death of many of our citizens. The pandemic today requires all of us to make serious conclusions to adhere to the principles of a healthy lifestyle [1,8]

The situation that has arisen today requires all of us to draw serious conclusions, get rid of bad habits, regularly engage in mass sports, observe the principles of proper nutrition, in particular, refrain from excessive consumption of foods high in salt, sugar and fat, as well as flour dishes, sweets and bread products, - in a word, to introduce a healthy lifestyle into our everyday life. [2,3,11] At present, in the period of changes in the socio-economic, demographic situation in the country, it is necessary to proclaim the idea of preserving the health of

citizens as a priority of the state social strategy, formulated in official documents, decisions (decree of the President of the Republic of Uzbekistan on measures for the widespread introduction of a healthy lifestyle and the further development of mass sports.).

Consequently, the health of the nation is an unconditional social value, the basis of national wealth and a condition of national security, it reflects the viability and geopolitical prospects of the country, is a condition for its sustainable development. Thus, the health of the nation acquires a systemic importance for the state. It is in the interests of every citizen to take responsibility for their health [6]. Also, the peculiarities of working with students. In Uzbekistan, the reforming of the education system, carried out in higher educational institutions, touched upon topical issues of physical culture self-education of student youth, rational nutrition. [5] The educational development program as the leading ones: the tasks of preserving health, optimization of the educational process using information and communication technologies, the formation of the value of health and a healthy lifestyle are singled out. In modern society, the processes of informatization of all forms [9] [9] educational

activities, including physical culture self-education of youth, are characterized by the processes of improvement and mass dissemination of modern information and communication technologies. These technologies are actively used to transfer information and ensure interaction between a teacher of physical culture and a student in the modern education system. A teacher should not only have knowledge in the field, but also be a specialist in their application in their professional activities [2]. With the help of network means of information and communication technologies, it becomes possible to have wide access to educational, methodological and scientific information on the daily routine, rational nutrition, physical culture, organization of consulting assistance to students, modeling of physical culture and health-improving activities, conducting a practical lesson, reading lectures of educational sessions in real time. [10] Students working with the help of information and communication technologies allows you to store and transfer the bulk of the studied material, gives deep assimilation and understanding information. These technologies provide opportunities for self-study and self-examination of the acquired knowledge. [11] Unlike the traditional method, e-classes make it possible to present material in a dynamic graphical form [2]. The use of a multimedia educational-methodical complex on physical culture and nutrition of students is an urgent task, the main goal of which is to improve the educational process in physical culture at a university using modern information technologies. The use of information and communication research, which testifies to the prevalence of stereotypical opinion among the younger generation on a healthy lifestyle and health in the process of forming a healthy lifestyle for young people. The article studies the importance of morning hygienic exercises in the process of forming a correct lifestyle.

Purpose

To study the readiness of students of a medical institute for a healthy lifestyle, as well as an assessment of their diet. The formation of

a correct lifestyle for a student is taking care of his health. Encourage students to improve health and preserve it, maintain and promote the culture of a healthy lifestyle among young people, cultivate a kind of fashion for health.

Materials and research methods

Anonymous survey included 250 students of the second and fourth courses of a medical university aged 20-25 years, of which 120 girls were boys - 130 people. They were asked to answer a number of questions, touching on how to understand the elements to a rational approach to health (proper nutrition, exercise, bad habits). The questions included options for a rational menu, whether they do morning exercises, whether they smoke cigarettes, nose, or cigarettes.

Results and discussion.

During the survey, it was revealed that 66% of second-year students do not neglect the regularity of breakfast, of which 36% of girls 30% of boys 84% of fourth-year students have breakfast regularly, of which 50% are girls 34% are boys. Of the surveyed second-year students, 34% do not always have breakfast, 23% rarely eat breakfast and 11% do not have breakfast at all, 26% do not always have breakfast, 18% rarely eat breakfast, and 8% do not eat breakfast at all. At the same time, 23% of respondents do not take breakfast with them to school; sometimes 53% of the respondents take something; often or always take food with them, respectively 15% and 6% of students. So, according to research, up to 27% of students living in hostels leave for classes without having breakfast. Of those who try not to skip breakfast, 12% consider it an integral part of the diet to eat porridge, the rest never eat porridge, which is a source of "slow" carbohydrates. They always eat various sandwiches and drinks such as tea and coffee, with added milk or without it, 76% of students. Sometimes 16% of respondents have breakfast like this. 6% of respondents try to eat meat / fish every day, milk and dairy products - 10%, cereals - 11%, vegetables and fruits 23%. About half of the respondents eat semi-finished products every day. Some drank carbonated

sweet drinks of various sweets, because. Such products contain a large amount of various food additives, chips, and preservatives can have a positive effect on the human body, up to carcinogenesis. The majority of respondents (60%) admit the imbalance of their diet according to one or several criteria, but they cannot or do not want to RECOGNIZE it, explaining this state of affairs by the lack of time for regular meals and daily self-preparation. At the same time, the overwhelming majority (95%) are aware of the consequences of malnutrition, and only 5% of the respondents answered this question in the negative. In connection with the presence of complaints from the digestive system, 73% of the respondents visited the polyclinic, and 27% did not apply for this, even in the presence of disorders of the gastrointestinal tract. 33% of students have reliably established diseases of the digestive system, the simplified second-year students revealed a low value-motivational component of physical culture, a stable need for active independent physical culture and sports activity was not formed compared to fourth-year students. 19.8% of students do not show physical sports activity at all, 68.7% - show low activity, 13.3% - optimal and high, mainly sports - only 5.2%. that the situation among the students is not important, the less well-to-do smokers among the second-year boys accounted for 27% of the girls 5%, among the fourth-year boys 19% of the girls 3.3%, the consumption of alcoholic drinks was 18% of the total respondents. They attributed the main reasons to stress relief and fatigue for the company.

Conclusions.

Thus, it was found that most of the students do not follow the diet in the formation of their principles of rational nutrition. More than half of the young people do not eat breakfast, they violate the diet and have a number of disadvantages, of which there is a violation of the correct ratio of the daily volume of food (most of it is consumed in the evening). Students do not have a variety in the diet, lack of vegetables, fruits, vitamin and mineral deficiencies. At the same time, a third

of the respondents have a pathology on the part of the digestive system. The reasons for the impossibility of normalizing the diet are explained by objective (lack of time) or subjective (unwillingness to independently prepare food at home (hostel) and addiction to fast food). Summarizing the above study, whether they are engaged in morning exercises, the presence of smoking cigarettes, nose, cigarettes. We can say that morning exercises for a student is one of the most important components of his usual life. Physical culture is not just one of the fundamental components of a student's life, but also forms his all-round development, improvement. Physical education classes at the university help the student to correctly assess their abilities and develop them in the right direction, thereby strengthening their health. The above results are asked by teachers on the need to work with students on the organization of proper nutrition, regulation of physical culture and health-improving activities, preventive work against bad habits of a healthy lifestyle. Today it is important to note that the elements of a correct lifestyle are the main social factor that protects against negative consequences during the transition from youth to adulthood.

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