



# The Influence of A Health Lifestyle On The Academic Performance of Third-Year Tashkent Medical Academy Students

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## ABSTRACT

A healthy lifestyle ensures human development and health. It has a beneficial effect on the physiological and mental states of students.

Our research was aimed at certain influencing factors, students' performance and non-compliance with a healthy lifestyle.

## Keywords:

healthy lifestyle, performance, visual activity, kcal consumption, sleep duration, time spent at the computer, vaccinations, bad habits.

In the most famous ancient book of Avesto, sound recommendations were given about human health and its preservation. Chinese treatises and teachings of Kong Fu (2600 BC), Indian Ayurveda (1800 BC) have already systematically defined the concepts of health, ways to preserve and strengthen it. These teachings still have their deep significance and practical necessity today.

Health is a state of complete physical, mental and social well-being. The basics of a healthy lifestyle are: rational nutrition, physical activity and strengthening mental health.

Rational nutrition is a proper balanced diet. One of the foundations of the idea of a balanced diet is a pyramid, the base of which consists of

complex carbohydrates, then fiber and proteins, and the top is fats and oils.

According to the WHO definition, physical activity is any movement of the body produced by skeletal muscles. Physical activity has a great impact on mental performance.

Mental health is important when leading a healthy lifestyle. Positive thinking and limiting the flow of negativity, often obtained through a computer, serve to restore and strengthen mental health.

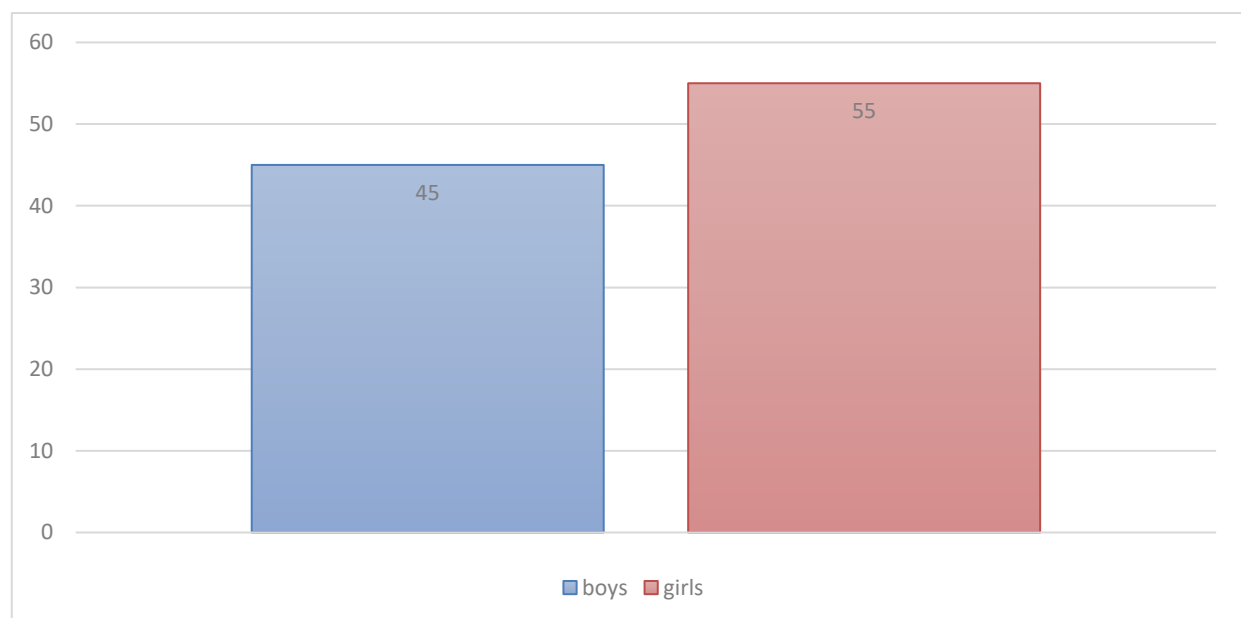
## Materials And Methods

The study was conducted on 100 healthy 3rd year students of the TMA Faculty of Medicine, who filled out the following questionnaire:

Full name	
BMI	

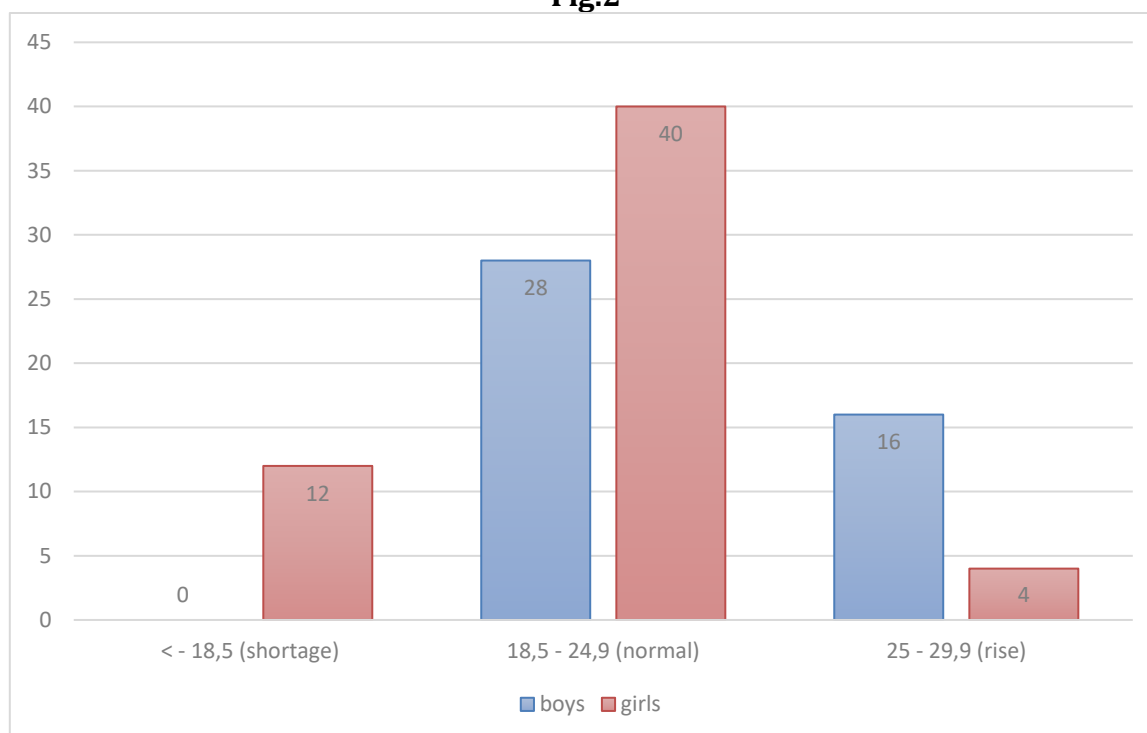
<b>Bad habits</b>	
<b>Blood pressure</b>	
<b>Physical activity</b>	
<b>Kcal consumption</b>	
<b>Time spent at the computer</b>	
<b>Sleep duration</b>	
<b>Personal hygiene (brushing teeth)</b>	
<b>Grade</b>	

The distribution of students by gender is shown in **Fig.1**



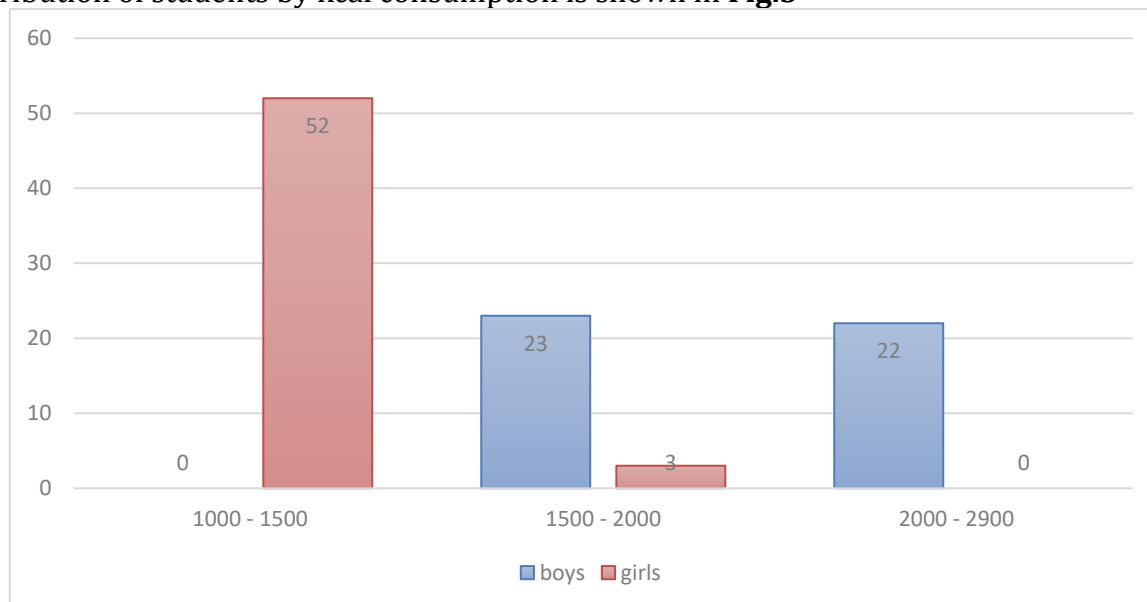
In the study, the number of girls slightly prevailed over boys.

The distribution of students by BMI according to WHO data is shown in **Fig.2**



According to BMI data, no one was obese among the students, and an increase in body weight was observed in 16% of boys. There were no bad habits among our students studied. All students had blood pressure within the normal range.

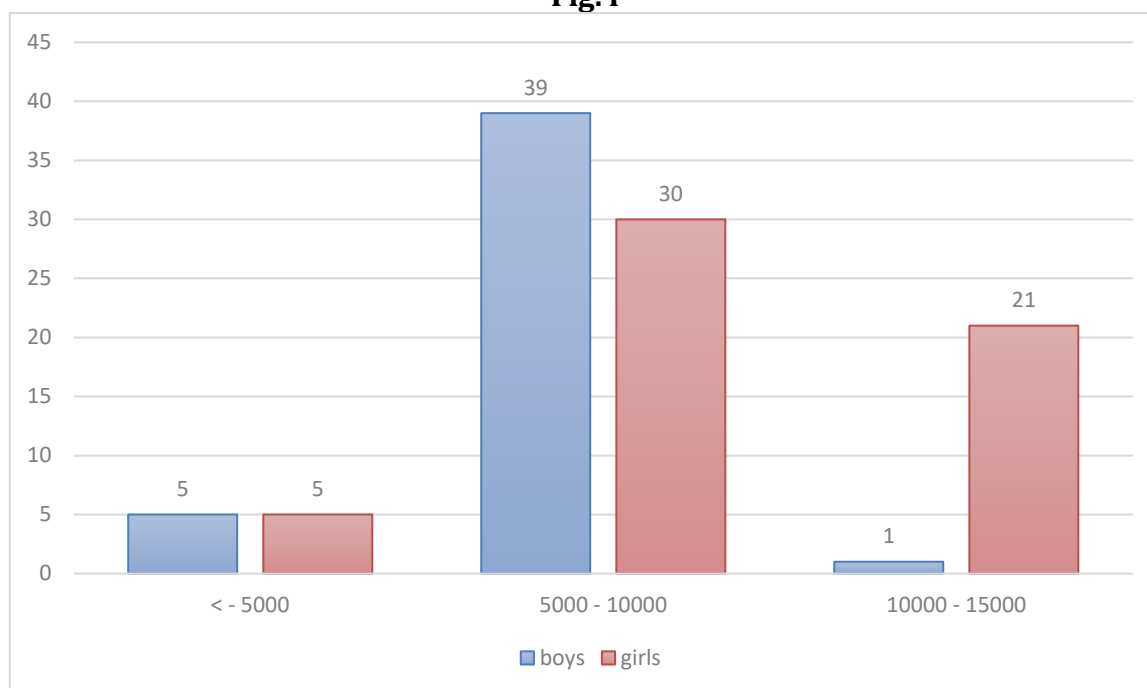
The distribution of students by kcal consumption is shown in **Fig.3**



The largest amount of kcal is consumed by 22% of boys, possibly due to physical activity (playing sports).

The distribution of students by the number of steps per day is shown in

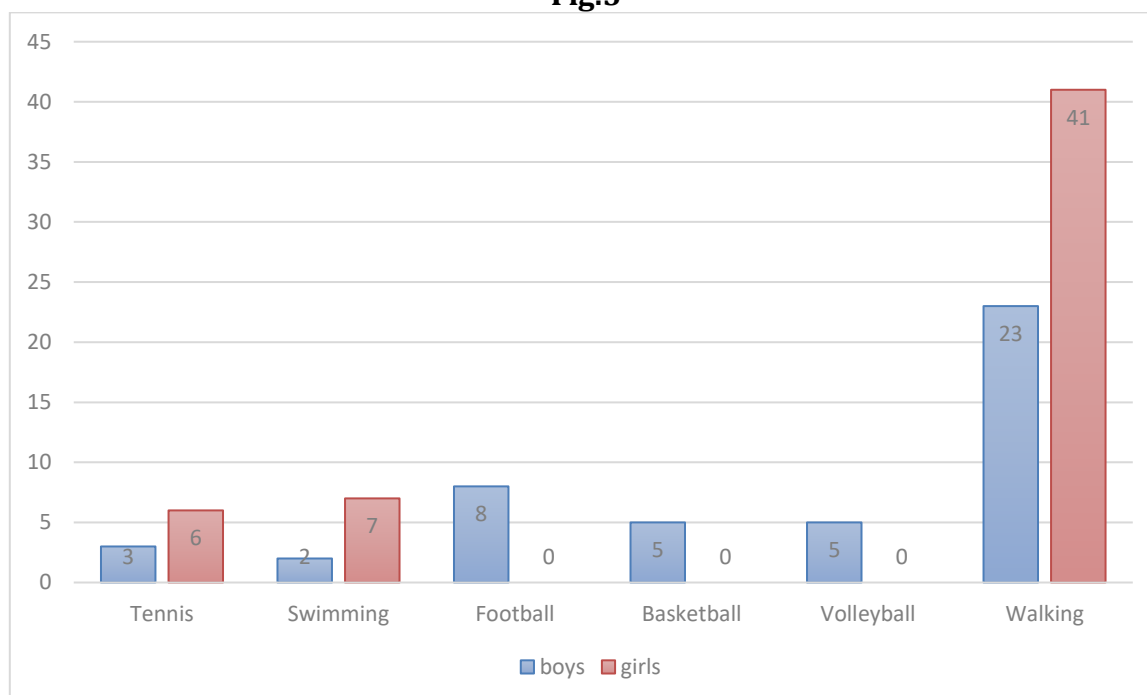
**Fig.4**



According to the results, it turned out that girls take the largest number of steps per day, instead of playing sports.

The distribution of students by type of sports activities is shown in

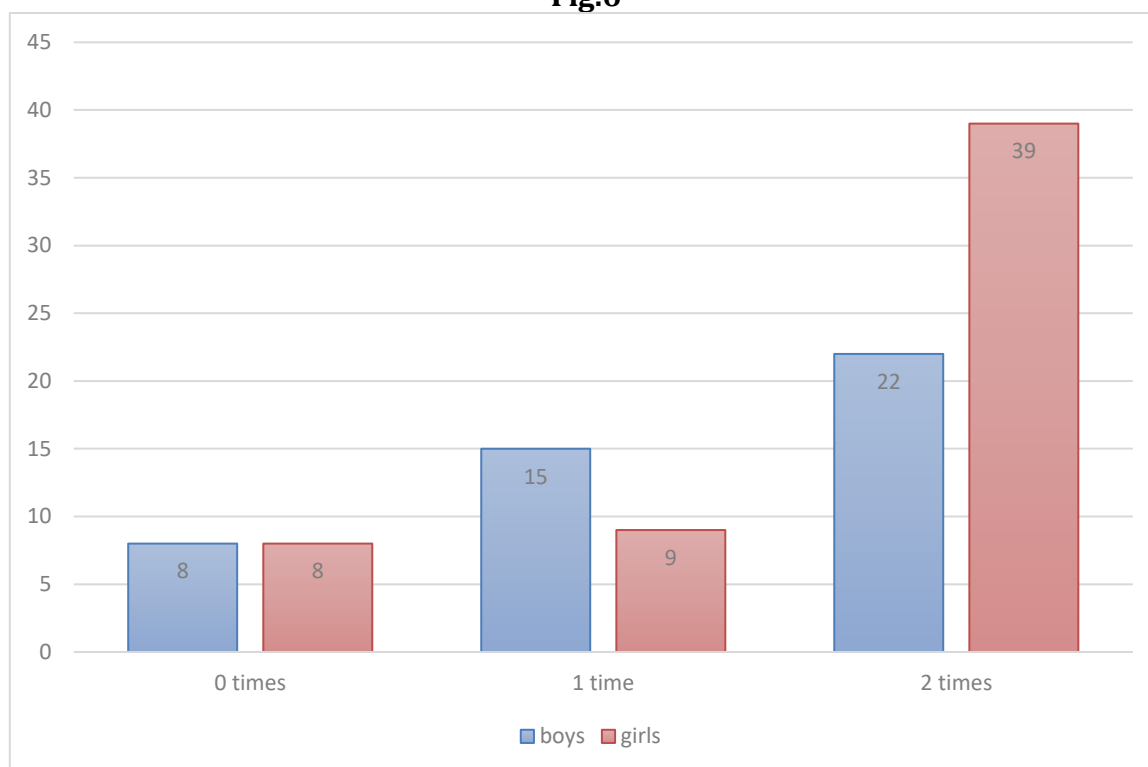
**Fig.5**



According to the study, it turns out that a limited number of students and mostly boys (13% of girls and 23% of boys) are engaged in various sports. Most students prefer walking in their free time, of which 23% are boys and 41% are girls.

The distribution of students according to personal hygiene, see

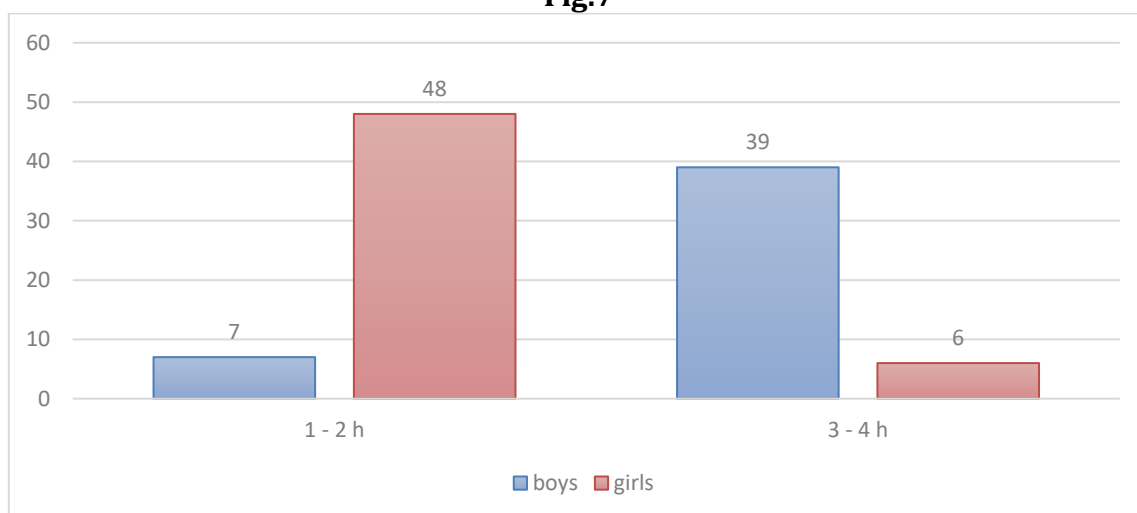
**Fig.6**



61% of students observe personal hygiene, in particular brushing their teeth 2 times a day, and girls predominate among them.

The distribution of students by time spent at the computer

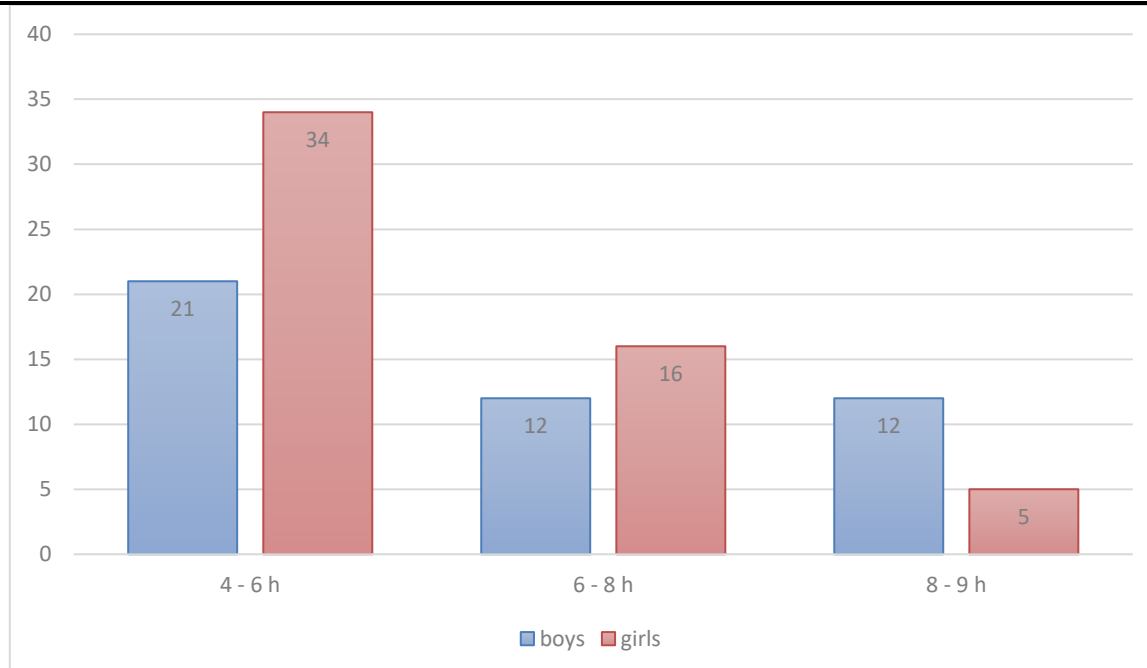
**Fig.7**



39% of boys spend the most time on the computer, which has an impact on preparing for classes, shortening sleep time and may contribute to the development of addiction.

The distribution of students by sleep duration is shown in

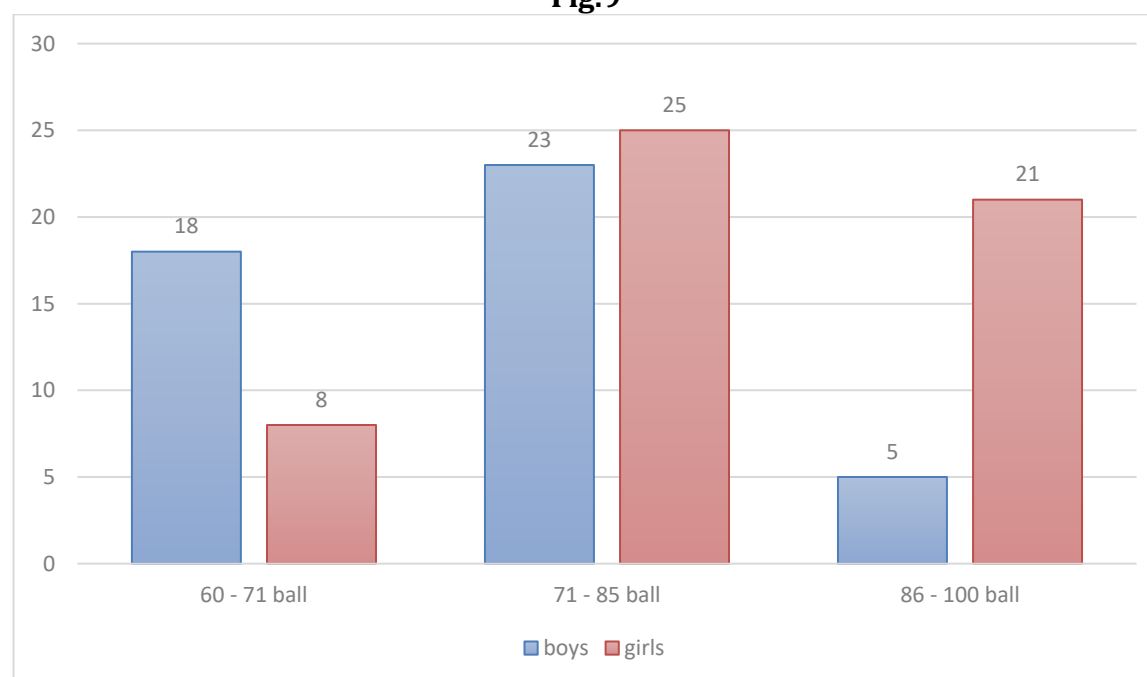
**Fig.8**



The analysis of sleep duration showed that girls devote insufficient time to sleep (due to preparation for classes), and boys devote more time (due to the length of time spent at the computer).

The distribution of students by academic performance is shown in

**Fig.9**



The obtained data on academic performance show that boys are doing more satisfactorily, girls are doing well and excellently more. This may be influenced by the activity of students, the length of time spent at the computer and the time spent sleeping.

Food consumption and personal hygiene are factors that are important in the future for a healthy lifestyle.

### Conclusion

The analysis and understanding of this issue at the state level allows not only to introduce a healthy lifestyle, but also modern approaches to the formation of a responsible attitude to one's health.

This study showed that indicators such as sleep, physical activity, and computer time have a great impact on student academic performance.

### References

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