



FEATURES OF TEACHING A HEALTHY LIFESTYLE IN MEDICAL UNIVERSITIES

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In the current processes of globalization, a rationally organized agenda for preserving human health, raising a healthy and comprehensively developed intellectual generation is one of the most pressing problems and is becoming the imperative of the times. The concept of a healthy lifestyle refers to a person's lifestyle that preserves health and reduces the risk of non-communicable diseases, normalizes sleep patterns and controls behavioral factors. A healthy lifestyle means giving up tobacco and alcohol, reasonable nutrition, physical activity (physical education and sports) and other measures to improve mental health, despite the completion of a number of research works on the organization of rational nutrition for adolescents. , in our republic, a number of shortcomings have been identified in reforming the education system and organizing a reasonable agenda of preventive measures aimed at preventing diseases among the population. [1,2,3]. At the same time, today our doctors are mainly engaged in the treatment of diseases. They forget that the main factor in the prevention and treatment of the disease is associated with the lifestyle of the patient, in this regard, it is necessary to promote a healthy lifestyle. It is necessary to improve the medical culture of the population, strengthen work in the field of sanitation and hygiene, protect the health of pregnant women, ensure proper care for young mothers and children, and pay serious attention to ensuring the quality and calorie content of their diet. Over the past few years, there has been a significant improvement in people's living conditions, a decrease in physical activity with an increase in the emotional burden of work, risk factors in many countries of the world (smoking, alcohol consumption, unbalanced nutrition, stressful situations, constant psycho-emotional stress, physical inactivity, poor material and domestic conditions, drug use, unfavorable moral climate in the family, low cultural and educational level, low medical culture, etc.) created the conditions for its spread [4,5]. These risk factors are the main cause of many diseases in the population. The correct way of life of the entire population, high medical culture, compliance with all norms of behavior in society is not only health care, but also the main way to increase labor productivity [6,7]. Ecology plays a big role in the life of young people, which affects all areas of life: nutrition, health, life expectancy, mood. It is important to understand that the quality of life decreases as the environment deteriorates. (8) . Physical well-being is determined by health and longevity, as well as physical comfort. Physical well-being can be achieved through modern medicine, a healthy lifestyle, proper nutrition, and a comfortable environment.(10) Studying valueology helps students improve their

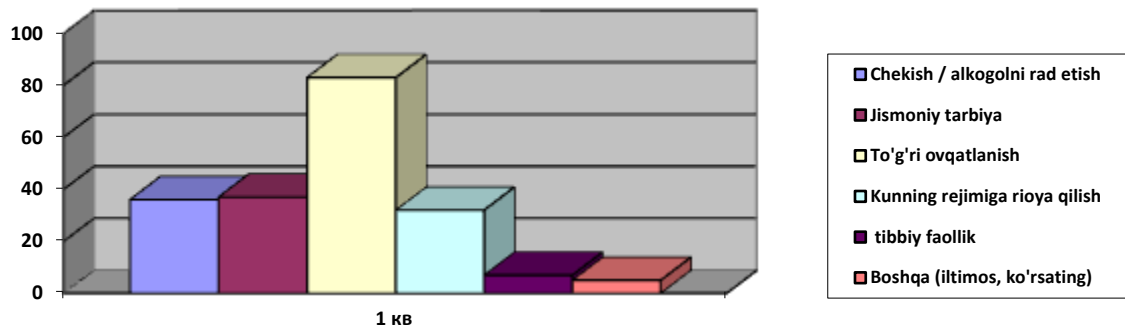
professional potential. A modern doctor is a promoter of a healthy lifestyle, he needs to know not only the essence of health care, but also its social factors.

The purpose of the study is to determine the observance of a healthy lifestyle among students of Samarkand State Medical University.

Material and methods In order to study the formation of a healthy lifestyle among students, a questionnaire consisting of 31 questions was prepared, and a survey was conducted among students at Samarkand State Medical University. The survey was conducted in 2022, a total of 202 respondents took part in it, including 56 students of the Faculty of Medicine, 48 students of the Faculty of Pediatrics, 46 students of the Faculty of Vocational Education, 52 students of the Faculty of Medical Prevention. The results of the survey were analyzed on the basis of the Microsoft Excel program. A healthy lifestyle is a complex criterion that includes medical factors: maintaining people's health, maintaining a healthy lifestyle, observing sanitary and hygienic rules, social factors: preventing physical and mental overload, proper nutrition, refraining from bad habits (smoking, drinking alcohol, drugs). drug addiction) and economic factors: being free from cold and harmful chemical exposure at home and at work, not buying harmful and synthetic clothing, etc. includes other similar actions. In this study, respondents' knowledge of medical factors, including medical culture, available diagnoses of diseases, methods of treatment and its complications, the nature of their diet and dietary products, test results, hereditary diseases and their risks, and issues of compliance with sanitary and hygienic rules were studied. have been researched.

Results and discussion. Of those who participated in the survey, 52 (25.7%) are 2nd year students, 104 (51.5%) 4th year students, 46 (22.8%) 6th year students. (38%) of them women, (62%) men. 24 (12%) work while studying, 178 (88%) only study. 56 (27%) of them go to school, and 146 (73%) live in student residences and rent. Questions from our questionnaire are your opinion What is a healthy lifestyle: 5% of respondents pointed to timely sleep, 30% to constant physical activity, 60-65% to proper nutrition and hygiene. Next question: Can you call your lifestyle healthy? the following answers were received from the respondents, i.e. 80 percent of the respondents answered yes, 15 percent of the respondents said no and 5 percent of the respondents indicated that they should answer me Why did you start to lead a healthy lifestyle? 20% were in favor of a beautiful figure, 10% for restoring health, 65% for being healthy, 5% of respondents did not want to answer.

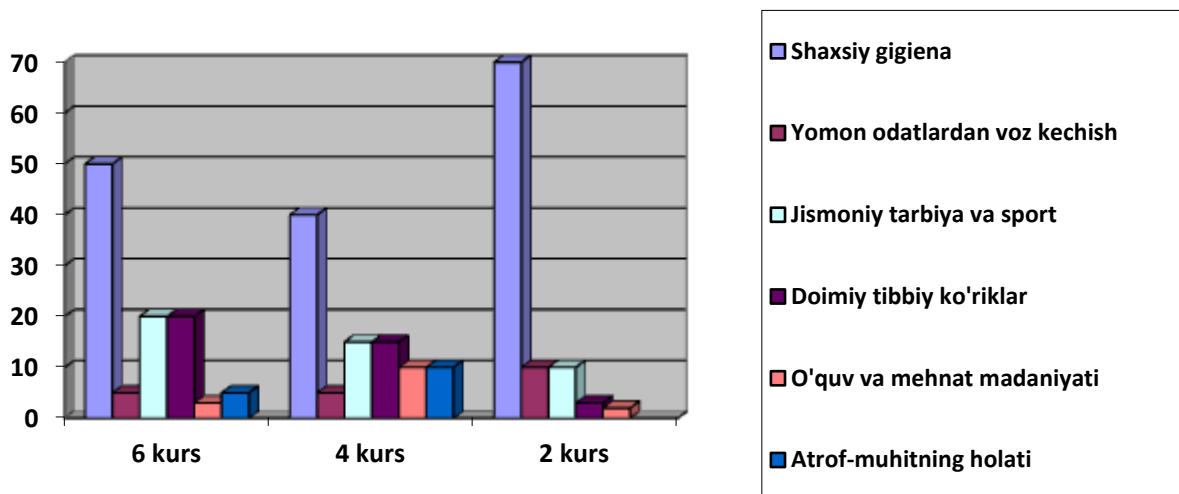
What methods do you personally use to maintain your health? the following answers were received from the respondents, i.e. 36 respondents refrain from smoking/alcohol, 37 of them are engaged in physical education, 83 of them eat right, 32 of them observe the daily routine, 7 of them are engaged in medical activities, 5 of them see what they are doing other methods (Fig. 1). Picture 1



Do you smoke? the following answer was received from the respondents, that is, 15% of the respondents answered yes, and 85% said no. If you smoke, how many cigarettes do you smoke per day? 15 percent of respondents who answered yes to the question marked the answer from 1 to 10.

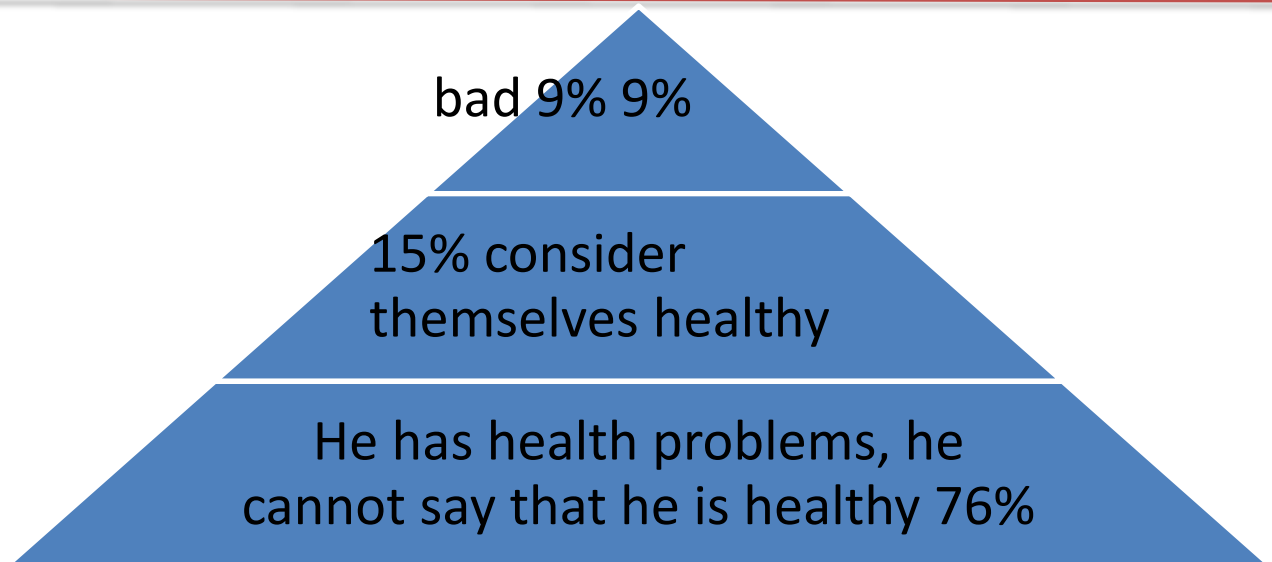
Do you drink alcohol (along with beer)? The following answers were received from the respondents, that is, 5% of the respondents said yes, 95% said yes. If you drink alcohol, how often? Respondents who indicated that they eat once a month, as a rule, less frequently

The significance of the following factors for maintaining a healthy lifestyle on a 5-point scale was determined as follows (Fig. 2). figure 2



Have you tried any drugs? 100% of the respondents answered in the negative. Do you take physical education classes at the university? the following response was received from the respondents: 30% of the respondents said yes, and 70% said no

15% of respondents rated their health as good, 76% as average, and 9% as poor (Fig. 3). Figure 3



The next question is imagine that you have free time in the evening. How do you spend it? 60 students wrote that they spend their free time with cultural recreation (watching movies, listening to music), 161 students with talking on the phone, spending time on the Internet, 20 students with sleep and 40 students with walks. Do you think students should be involved in physical education or sports? 80% answered yes and 20% said no. Are you personally involved in sports? To the question, 10% of the students answered that they were engaged.

the conclusion should be said that "A person's health largely depends on him in the first place, for this he must lead his life wisely, be healthy in order to prevent any diseases. Compliance with the requirements of lifestyle and everyday culture is undoubtedly important." If we look at a simple example, when a patient consults a doctor about his illness, the doctor usually prescribes medicines and treats the disease. It is a pity that today we have forgotten the dietary tables about the disease. When we busy with paperwork and lack of time, we forget about our disease-causing lifestyle. In fact, the body itself is an internal medicine. The disease is treated by the body itself. And external medicine (various medicines, medicines and various treatments) does not cure the disease itself, but prepares the ground for the body to overcome the disease. Therefore, the use of specific features, components and systems of a healthy lifestyle as a science in maintaining human health allows solving problems in this regard. Today, a healthy lifestyle is taught mainly in the system of sanitary and hygienic education or in the form of short courses, which are only taught to medical students at the graduate level and whether residency. In fact, after graduation, masters and residents are likely to conduct their activities in stationary conditions. Primary health care facilities employ general practitioners who have completed undergraduate courses. If we teach our trained medical staff not to treat diseases but to prevent diseases before them, to promote a healthy lifestyle in the treatment of diseases, we can reduce the incidence of disease and disability among our population. One of the modern problems of the present time is the demonstration of the unique significance

of studying and transferring knowledge about a healthy lifestyle in the system of social sciences and the possibility of their implementation on the basis of pedagogical technologies and reporting to the audience.

Since the main subject in health care is the person himself, it is advisable to recognize valueology as the imperative of the times and include it in a separate science or in a specific system of sciences for senior students of all institutes and medical institutions.

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