



## Studying the Features of Health Preserving Behavior and Self-Assessment of Health of Youth Students

Rasulova Nilufar <sup>1</sup>, Teshaboeva Khushnoza <sup>2</sup>, Mukhiddinova Iroda <sup>3</sup>, Ozodova Madina <sup>4</sup>

<sup>1</sup> Associate Professor of the Department of Public Health and Health Management

<sup>2, 3, 4</sup> 3rd year students of the Faculty of Pediatrics, Tashkent Pediatric Medical Institute

**Abstract:** At present, against the background of the growing importance of higher education, there is a proportional increase in the number of its problems. And one of the most acute is the health of young people. Trends in this area over the past decades indicate not just a decrease in some indicators, but systemic deterioration associated with both the organization of student health care and changes in their lifestyle, which negatively affects the issue of professional orientation, as well as professional suitability. Numerous studies show that the lowest health indicators are determined among students of medical universities as a result of the peculiarities of the organization of training in medical educational institutions, a significant classroom and extracurricular workload, which worsen the health of future doctors, which also reduces their professional capabilities.

**Keywords:** Health, preserve, behavior, self-esteem, students, youth, states, indicator, result.

**Relevance.** Today, against the background of the growing importance of higher education, there is a proportional increase in the number of its problems. And one of the most acute is the health of young people. Trends in this area over the past decades indicate not just a decrease in some indicators, but systemic deterioration associated with both the organization of student health care and changes in their lifestyle, which negatively affects the issue of professional orientation, as well as professional suitability. Numerous studies show that the lowest health indicators are determined by students of medical universities as a result of the peculiarities of the organization of training in medical educational institutions, a significant classroom and out-of-class workload, which worsen the health of future doctors, which also reduces their professional capabilities.

**The purpose of the study.** Is to evaluate the features of health-preserving behavior and their health using the example of medical students. The study of the problem of a healthy lifestyle of young people is determined by the characteristics of this socio-professional, socio-demographic group, the characteristics of its formation, the potential for the development of society.

**Materials and methods.** During the study, a survey was conducted, which included both alternative and ranked by the degree of manifestation questions regarding bad habits, nutrition, self-assessment of one's own health, and the like. 242 students of 5-6 courses of medical and pediatric faculties took part in the survey. The respondents were divided by gender (girls 39.6%, boys 60.4%), as well as a group of domestic students (41.7%) and foreign students (58.3%). Statistical data processing was carried out with the subtraction of the relative value (P) and its error, the reliability of the obtained values was calculated by the Fisher criterion.

**Results and its discussion.** The study found that 60.5% of students consider themselves completely healthy, 35.0% - rather healthy, and 4.5% - rather sick. At the same time, 66.7% of respondents noted generally satisfactory health, 30.0% - fatigue, and 3.3% complained of a different nature. 34.8% of respondents associate the presence of fatigue with academic workload, lack of free time and rest. The fact that students are well aware of certain social norms regarding health care is

evidenced by the fact that the vast majority of medical students (50.9%) believe that they are sufficiently worried about their own health; 39.3% of respondents approached this issue more critically and noted that the level of their care is mediocre. First of all, the sincerity of anxiety for health is manifested in the frequency of bad habits. Thus, 22.9% of medical students smoke regularly, although in varying amounts, and another 7.9% smoke "occasionally". It is also shown that, with a certain frequency, student youth use alcoholic beverages of varying degrees of strength. So, at least once a week - beer (11.8%), wine (10.4%), vodka, cognac - (6.4%). In the course of the analysis of the eating behavior of students, it was found that one third of the respondents have fish and fish products in their diet weekly, half have cheese, 1/6 of the students consume meat less than once a week, and a third occasionally milk and dairy products. fresh vegetables and fruits. A significant number of students noted that quite often they feel worse and in half of the cases (46.1%) this is due to the presence of a pathological condition. Quite often (33.5%), the respondents indicated the influence of the peculiarities of the educational process on their well-being (unsatisfactory grades - 18.2%, performance of control tasks - 17.1%). A certain part of the respondents (24.9%) attribute the deterioration of their well-being due to family conflicts. To the question "How does your behavior change when you feel unsatisfactory?" half of the respondents (48.3%) answered that they did not consider it necessary to advertise their condition, almost a third (37.6%) needed care and attention from relatives, and 16.9% experienced emotional outbursts with elements of aggression. What can make a medical student take care of their own health in the first place? This question has already been answered. However, only 16.9% of the respondents noted that it is the presence of deviations in the state of health that is an incentive for the implementation of a set of measures to improve it.

**Conclusion.** Thus, the study showed that the majority of medical students consider themselves healthy. In addition, a detailed analysis of behavioral risks showed that, in the opinion of students, they are quite worried about their health, but this concern is rather an illusion, because factors that do not have health-preserving goals are common among students, such as bad habits, eating disorders, which certainly contributes to the formation of conditions for poor health. A negative trend should be considered the fact that young people seek medical help mainly in case of an emergency, forgetting that "prevention is better than cure". It is for this that mandatory regular preventive examinations are needed, the purpose of which is the early detection of deviations in health or an assessment of the current state with appropriate recommendations.

### Literature

1. Anikeyev D.M. Problemy formirovaniya zdorovogo obraza zhizni studencheskoy molodezhi / Pedagogika, psikhologiya i mediko-biologicheskiye problemy fizicheskogo vospitaniya i sporta. – 2019. – № 2. – S. 6-9.
2. Zdorov'ye studentov: sotsiologicheskii analiz // Otv. red. I.V. Zhuravleva; Institut sotsiologii RAN. – M., 2012. – S. 252.
3. Mozheyko L.F. Mediko-sotsial'nyye aspekty reproduktivnogo zdorov'ya devochek-podrostkov / – 2015. – № 4. – S. 50-52.
4. Pavelko I.I. // Zabota o zdorov'ye lichnosti – sovremennoye napravleniye preventivnoy pedagogicheskoy idei. – 2017. – T. 4. – S. 68-72.
5. Krivdina N.D. // Monitoring studentov kachestvom obucheniya i osobennosti vospitatel'noy raboty na pediatricheskom fakul'tete. – 2019. – № 3. – S. 28-31.