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## **The Meal of The Students**

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#### **Abstract**

The article studied the state of nutrition of students, their influence on the organism of students. Results of a study of the state of health, lifestyle and characteristics of physical activity of junior students of the medical institute. It has been established that the number of young men and women with chronic diseases, with diseases of two or more body systems, is increasing.

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## Introduction

The problem of nutrition and prevention of diseases, the development of which is partially or completely related to nutrition, remains quite relevant. The student time is very rich and varied, it is distinguished by a great tension of all functional systems of the body. The diet is monotonous, characterized by a lack of vegetables, fruits, dairy products, meat, and an excess of fast food in the diet.

The increasing complexity of the medical profession places increased demands on the health of future doctors. A large amount of training loads, the complexity of the material being studied, the intensification of the educational process lead to an increase in the psycho-emotional stress of students, which is reflected in the level of their mental and somatic health [1,2].

Important for the health of young people is the process of adaptation to new conditions of living and nutrition. They are characterized by a sharp change in their usual way of life, the formation of interpersonal relationships outside the family [3,4].

The problem of preserving the health of student youth is currently becoming increasingly important. The reasons for the deterioration of health can be various factors, including the wrong attitude of a person to his health [3,5,6].

One of the ways to preserve the health of students is the solution of the preventive task of diagnosing risk factors.

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.[6,7,8].

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 premature deaths for many of our citizens. The pandemic today requires all of us to draw serious conclusions and adhere to the principles of a healthy lifestyle.

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. At present, in a period of change in the socio-economic, demographic situation in the country, it became necessary to proclaim as a priority of the state social strategy the idea of preserving the health of citizens, formulated in official documents, decisions (the president of the republic of Uzbekistan on measures for the wide introduction of a healthy lifestyle and the further development of mass sport).

Therefore, healthy development of the nation is an unconditional social value, the basis of national wealth and a condition for national security, it reflects the viability and geopolitical prospects of the country, and is a condition for its sustainable development. Thus, the health of the nation acquires a system-forming value for the state. It is in the interests of every citizen to treat their health responsibly [6]. Also, the peculiarities of working with students In Uzbekistan, the reform of the education system, carried out in higher educational institutions, touched upon topical issues of physical culture self-education of student youth, rational nutrition. In the program for the development of education, the leading ones are: the tasks of maintaining health, optimizing the educational process using information and communication technologies, forming the value of health and a healthy lifestyle. In modern society, the processes of informatization of all forms of educational activities, including the physical education of young people, 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 physical education teacher and a student in the modern education system. The teacher should not only have knowledge in the field , but also be a specialist in their application in their professional activities [9]. With the help of network 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 training sessions in real time. Students work with the help of information and communication technologies allows you to store and transmit the bulk of the material being studied, gives a deep assimilation and understanding of information. These technologies provide opportunities for self-learning and self-testing of acquired knowledge. Unlike the traditional method, electronic classes make it possible to present material in a dynamic graphic form [7,8]. The use of a multimedia educational and methodological complex in 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. Application of information and communication.

Purpose of Research: to study the state of health, diet. The formation of a proper lifestyle for a student is taking care of one's health. Encourage students to promote health and preserve it, support and promote the culture of a healthy lifestyle among young people, cultivate a kind of fashion for health.

Materials and methods of research: Anonymous survey included 250 students of the second and fourth years of medical school at the age of 20-25 years, including 120 girls - boys - 130 people. They were asked to answer a number of questions, affecting both the understanding of the elements to the correct approach to health, consisting of questions conditionally divided into blocks: rational and high-quality nutrition, daily routine and routine, physical education and sports, bad habits,

and more. Questions were included: options for a rational menu, whether they do morning exercises, the presence of smoking cigarettes, nose, cigarettes. Students chose one or more options that were more in line with their opinion. In order to obtain information about students belonging to health groups, about the presence and severity of diseases, medical certificates (form 086/y) were studied.

## 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 eat breakfast regularly, of which 50% of girls 34% of boys. Of the surveyed second-year students, 34% do not always have breakfast, 23% rarely have breakfast and 11% do not have breakfast at all, senior students 26% do not always have breakfast, 18% rarely have breakfast and 8% do not have breakfast at all. At the same time, 23% of respondents do not take breakfast with them to study; sometimes 53% of respondents take something; 15% and 6% of students take food often or always with them, respectively. So, according to research, up to 27% of students living in dormitories leave for classes without having breakfast. Of those who try not to skip breakfast, 12% consider porridge to be an integral part of the diet, the rest never consume porridge, which is a source of "slow" carbohydrates. Always for breakfast they use various sandwiches and drinks such as tea and coffee, with or without the addition of milk, 76% of students. Sometimes 16% of respondents have breakfast like this. 6% of respondents try to eat meat/fish every day, 10% - milk and dairy products, 11% - cereals, 23% - vegetables and fruits. About half of the respondents eat semi-finished products every day. Some used carbonated sweet drinks of various sweets, because such products contain a large number 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 that their diet is unbalanced according to one or more criteria, but they cannot RECOGNIZE it or do not want to, explaining this state of affairs by the lack of time for a regular meal and its daily independent preparation. At the same time, the vast majority (95%) are aware of the consequences of malnutrition, and only 5% of respondents answered this question in the negative. Due to the presence of complaints from the digestive system, 73% of the respondents visited the polyclinic, and 27% did not apply for this reason even in the presence of disorders of the gastrointestinal tract. 33% of students have reliably established diseases of the digestive system. Questioning of students reflected their uncritical attitude to assessing their health. Every fifth (19.7%) of the respondents consider their health to be "excellent", almost half (47.9%) assess it as "good", 32.4% as "satisfactory". None of the students rated their health as "bad" or "very bad". At the same time, the question "How often do you get sick?" only a third (32.4%) answered that they practically do not get sick, more than 50% get sick no more than once every half a year, and 17% get sick once or more every three months. 42.3% of respondents indicated that the causes of the disease were mild malaise, 28.2% - seasonal acute viral infections and their complications, 8.4% - chronic diseases. Due to illness, 11.3% of boys and girls miss an average of 10 to 20 days of classes during the year.

The results of the survey show that 70.4% of students experience weakness, fatigue, irritability, tearfulness, sleep disturbances, decreased performance and attention, which are symptoms of chronic fatigue. The causes of chronic fatigue can be emotional overstrain, stress, changes in activity, illness. In 50.7% of the young people surveyed, headaches, dizziness, a feeling of "lightheadedness", tingling in the heart area, palpitations are observed, indicating functional disorders of the cardiovascular system, which are formed under the influence of a complex of adverse factors: smoking, alcohol consumption, wrong daily routine, physical inactivity, stress. To the question "How has your health changed over the past year?" 5.6% of the students surveyed answered that it had improved, 49.3% - did not change significantly, 32.4% - worsened and 12.7% - very much worsened. Every fifth (21.1%) student's vision has worsened over the past year.

According to the results of the analysis of questionnaires, 42.3% of respondents have one or another chronic pathology, 11.3% of them have diseases of two or more body systems.

In the structure of chronic pathology, diseases of the organs of vision (29.6%), the cardiovascular system (25.3%), the gastrointestinal tract (22.5%), the respiratory organs (19.7%), and the musculoskeletal system are leading (18.3%). The share of diseases of the nervous and endocrine systems accounts for approximately 8% each, the genitourinary system - 4.2%.

The research results allow us to note that the number of students with diseases of two or more body systems is increasing from 9.9% to 11.3%. There is a decrease in the level of health from the second year to the fourth, the number of girls and boys with chronic diseases in the second year increased by 21%.

An analysis of medical certificates showed that 14.3% of respondents (only one in seven) belong to the first, 56.4% - to the second, 23.2% - to the third, 5.4% - to the fourth, 0.7% - to fifth health group.

Findings. [10]

Most (73.3%) of the young people surveyed do not follow the diet. A quarter of respondents (26.7%) receive four meals a day, 49.3% three meals a day and 24% two meals a day. 80.3% of boys and girls rarely visit the canteen, 63.3% of students eat "harmful" food. Violation of the diet leads to the fact that a third of students complain of heartburn, abdominal pain.

Thus, significant violations are noted in the daily routine of students of the medical institute. Among the main causes of these violations, the influence of large intellectual loads should be indicated.

The study revealed that the number of smoking boys and girls is 21.1%. About 11% of them smoke for more than two years



and smoke ten cigarettes a day. Almost a third (29.6%) of the students who took part in the study drink alcoholic beverages. The presence of these risk factors has an adverse effect on the health of young people.

Good living conditions have 88.7% of respondents, satisfactory - 11.3%. It has been noticed that the better the student's living conditions, the more time it takes to travel from the place of residence to the place of study. More than four hours a day are spent on the road by 46.5% of boys and girls, more than two hours by 19.7% and about 30 minutes by 33.8%.

The analysis of the conducted survey shows that 70.4% of students do not watch TV, 28.2% watch no more than 30 minutes and only 1.4% watch more than 1 hour. Less than 30 minutes a day are spent working on the computer 56.3% of respondents, more than an hour - 36.6% and 7.1% - do not work at the computer. This indicates that, due to the large amount of academic workload, students of the medical institute have practically no free

Thus, it was found that most of the students in the formation of their diet do not follow the principles of rational nutrition. The diet of students has a number of disadvantages, of which is the 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, deficiency of vitamins and minerals. At the same time, a third of the respondents have a pathology from the digestive organs. The impossibility of correcting the diet is explained by objective (lack of time) or subjective (unwillingness to cook food at home (hostel) and addiction to fast food) reasons. The results obtained indicate the need to work with students on the organization of nutrition and a healthy lifestyle.

In this case, training sessions are held with a decrease in working capacity by 9-21%. decrease in mental performance during the school day by 7-18 %

The use of informatization of physical culture self-education allowed to increase the motivational component of the educational process. For further monitoring -

Ring of students using ICT, you must use the following methods:

■ building an optimal curriculum for the discipline "Physical Education" of the third generation; ■ health monitoring

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