

ANALYSIS OF A HEALTHY LIFESTYLE AMONG STUDENTS

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Abstract

This article discusses the importance of a healthy lifestyle and maintaining human health. The author analyzes a healthy lifestyle as the main guarantee of a quality life, studies the formation of a healthy lifestyle and the level of their health among volunteer students. It also indicates to what extent students follow a healthy lifestyle and what diseases and problems they encounter while maintaining a healthy lifestyle.

A healthy lifestyle is the basis for maintaining physical and mental well-being. It includes a series of habits and practices that help strengthen the body, maintain energy and improve quality of life. In the research article below, we'll look at the key aspects of a healthy lifestyle and how to implement them into your daily life.

Keywords: healthy lifestyle, student, proper nutrition, physical activity, quality of life, bad habits, smoking, alcohol.

Introduction

Materials and methods of research. In order to study the formation of a healthy lifestyle among students, 50 student volunteers of different ages were selected and a survey was conducted among them.

Results and discussion: To determine the lifestyle of students, we used a questionnaire method, as well as an oral survey. As a result of a survey of 50 students, their health was assessed and risk groups among students were identified. Data is shown in charts and tables.

Target groups (risk groups) of youth among students

№	Types of groups	Number
1.	low risk group (almost healthy)	45
2.	medium risk group (one, two or more risk factors)	3
3.	high-risk group (with a high-risk factor for morbidity)	2



Students rated changes in their health as follows.

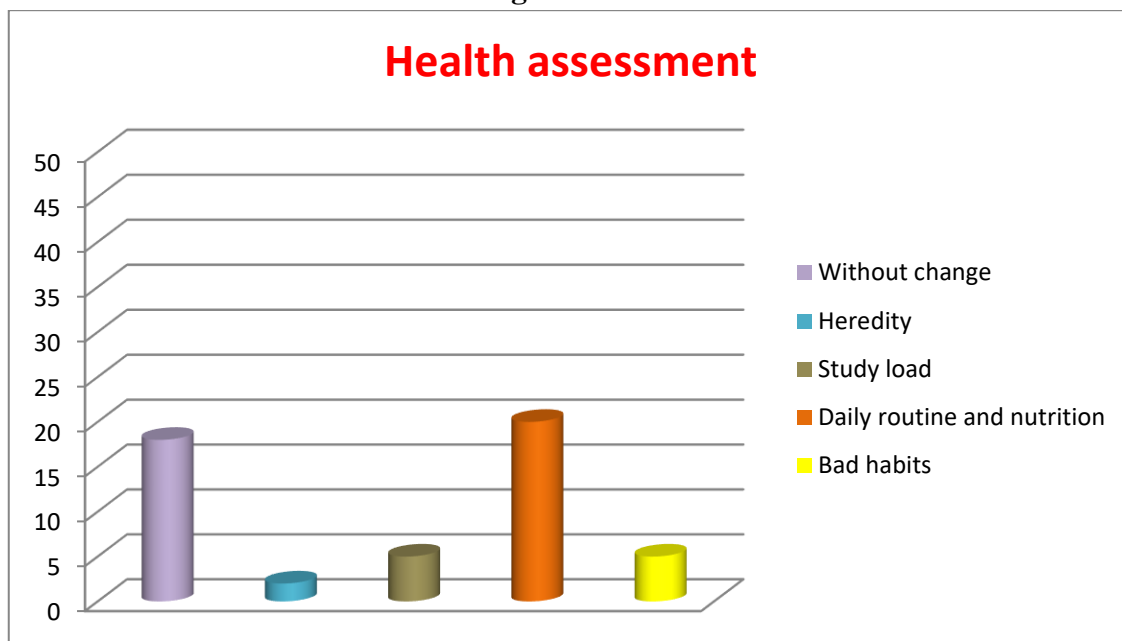


Diagram 1. State of change in students' health.

When asked if they go in for sports, the answers were as follows:

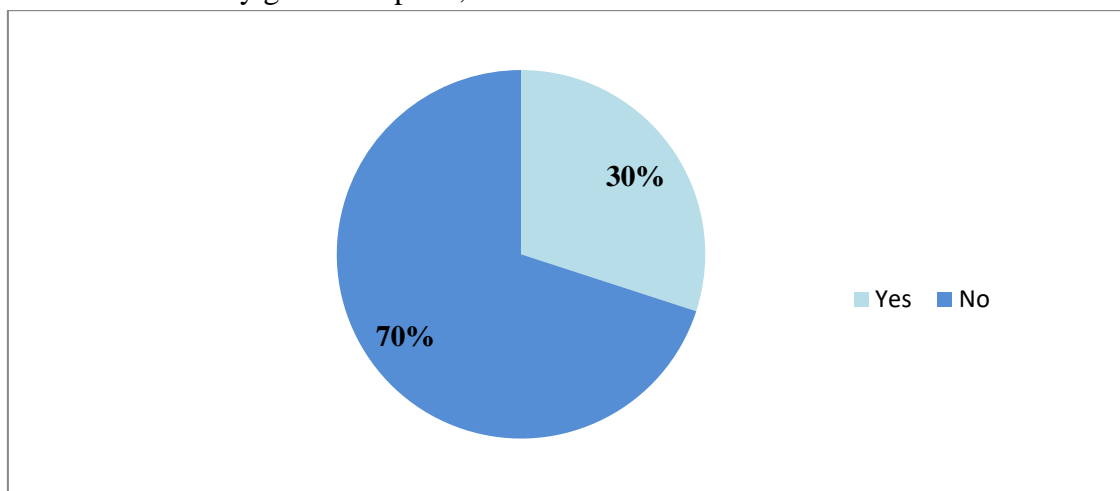


Diagram 2. Percentage of sports participation among students.

When we asked students what methods are used to treat diseases, they answered as follows:

- Using the preventive method (physical education and hygiene) - 5 students.
- 20 students consult a doctor
- 15 students self-medicate
- 10 students answered that they use all methods

When analyzing bad habits among students, the following indicators were identified:



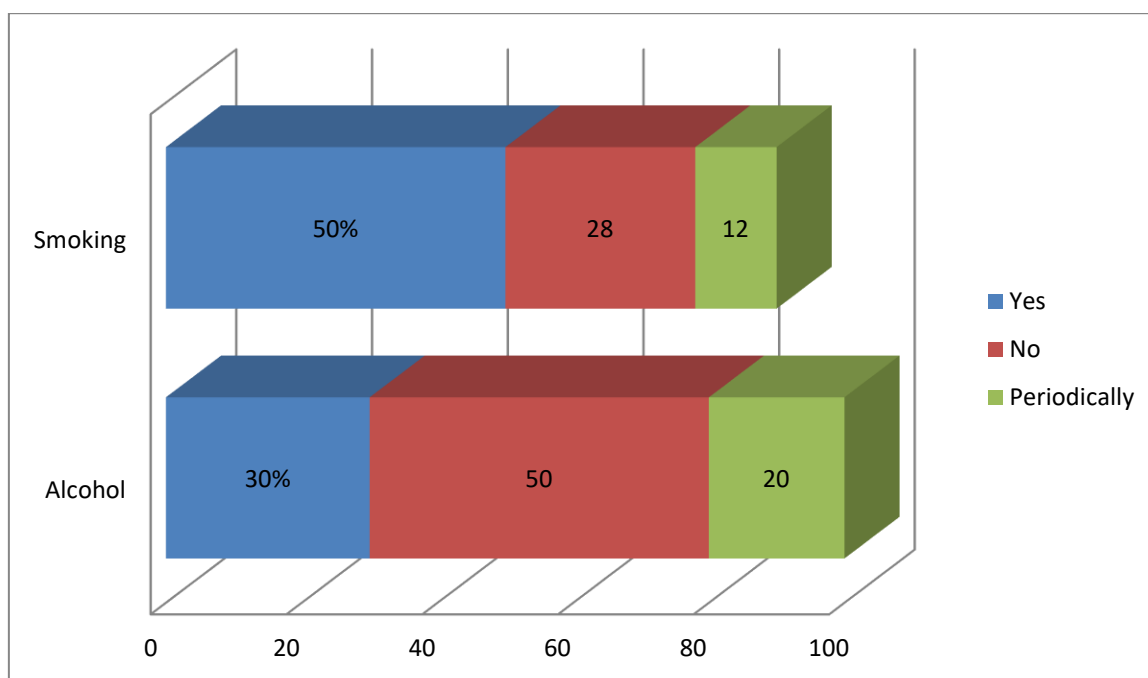


Diagram 3. Percentage of bad habits among students.

When studying morbidity among students, the spread of the following diseases was revealed:

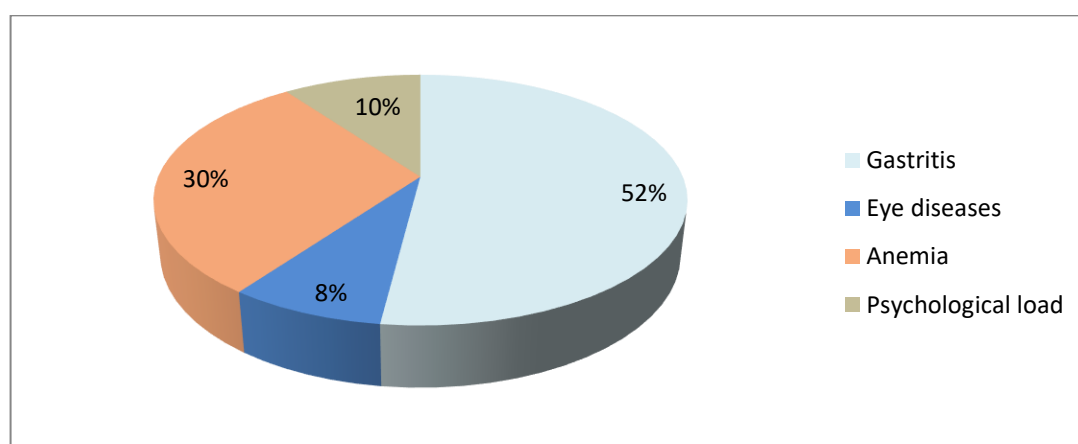


Diagram 4. Percentage of disease spread among students.

Conclusions

A healthy lifestyle (HLS) is a person’s way of life aimed at preventing disease and promoting health. It includes all areas of human existence - from food to emotional state. A healthy lifestyle is a purposeful lifestyle that includes a complete change in habits related to food, physical activity and rest.

In order to organize a healthy lifestyle among students, it is worth developing a schedule for healthy lifestyle clubs for students and conducting them regularly during the academic year, as well as organizing activities such as sports days, healthy nutrition days, etc. Introducing a healthy lifestyle into their routine helps the student understand how important it is to have a healthy body, because in a healthy body there is a healthy mind.



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