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ON THE ISSUE OF THE FORMATION OF MEDICAL AND SOCIAL ACTIVITY OF STUDENTS

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Abstract

The results of the analysis of the health problems of student youth and the sociological research conducted indicate the relevance and need for the implementation of innovative mechanisms for increasing the effectiveness of vocational education through the integration of medical, social and psychological-pedagogical resources for improving student health indicators, which will make it possible to formulate and formulate management decisions for their implementation in practice institutions.

Keywords

health problems, method, treatment, student, healthy lifestyle.

INTRODUCTION

The health of society is one of the most significant social values and its protection is an important state, socio-economic and political task, the effective solution of which largely determines the future of the country. An analysis of the problem of the health status of young people in new economic conditions indicates its relevance due to the age-related characteristics of the period where intensive growth and personality formation occurs, morphological and psychological processes develop, the formation of vital systems of the body occurs, as a result of which it is vulnerable to the disasters occurring around it, susceptible to influencing favorable and negative environmental factors.

MATERIALS AND METHODS

Student youth in general are a special contingent, whose health status should be considered as a barometer of social well-being and medical care of the previous period of childhood, as well as a harbinger of changes in the health of the population in subsequent years [1].

It should be noted that a limited number of works have been devoted to the study of the health and living conditions of this social group in the republic, aimed mainly at identifying the dependence of indicators on the state of the environment, social and hygienic factors, and substantiating models for optimizing and preserving health. Their analysis showed that aspects of preserving and strengthening the health of students, who are the reserve of the intellectual potential of society, were considered by researchers in various periods of the socio-economic and political life of the country, as a result of which they acquire particular relevance in a situation characterized by a significant deterioration in the living conditions of the majority of the population, reforms in the healthcare system, accompanied by fundamental changes in the organization of medical, social and preventive care, etc. [2].

RESULTS AND DISCUSSION

Based on the survey, it was revealed that the majority of students (78.9%) live in two-parent families, some (16.2%) live in single-parent families, and 4.9% are orphans. Since the formation of a holistic

personality is influenced by the nature of relationships in the family, we conducted a survey, the results of which show that the relationships between family members of the majority of students are normal (82.6%), and only 17.4% in the family have a lack of mutual understanding with parents (Table 1).

Table 1
Relationships between students and parents

Nature of the relationship	Number of students (%)
Understand each other	65,0%
Parents are interested in studies	49,5%
Allowed to invite friends over	26,2%
Spending free time with parents	13,6%
Smoking and drinking alcohol are prohibited	18,4%
Quarrels and conflicts often occur	8,7%

As a result of the survey, it is indicative that only 13.6% of parents prefer to spend their free time with their children, which is largely due to dissatisfaction with their financial and living situation, low wages with a high cost of living, forcing parents to constantly think about earning money, spend most of their time at work and, accordingly, pay insufficient attention to raising children, creating a healthy lifestyle, monitoring their behavior, etc.

Analysis of answers on the correct daily routine and duration of sleep, which influence the neuropsychic and physical development of the individual, shows that the majority (66.7%) of boys and more than half (51.2%) of girls do not follow a daily routine (they eat irregularly, do not go in for sports, do not do morning exercises, etc.), most of them (61%) noted that their sleep is insufficient (22%) and restless (39%).

A study of the health level of students revealed that the majority have group III, about a third - group II, and a few - groups I, II and V, characterizing the level of their health as low, which is confirmed by the hidden nature of morbidity, a high proportion of chronic pathology (up to 50 % of all diseases), the results of expert assessments (health group I - 5%, and health group IV - 20%). At the same time, the main diseases that determine the structure of medical care include respiratory diseases, infectious diseases, injuries and poisonings, diseases of the musculoskeletal system, endocrine pathology, etc.

CONCLUSION

It is necessary to identify as priority areas for improving the health of student youth activities related to increasing social adaptation, positive medical activity, organizing leisure time for students, developing a healthy lifestyle during their studies at a university, providing social support expressed in material assistance to those in need, etc.

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