



THE IMPORTANCE OF NURSING ACTIVITIES IN FORMING A HEALTHY LIFESTYLE AMONG CHILDREN

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Abstract: This article analyzes the role and significance of school nursing activities in shaping a healthy lifestyle among children. During the research, the level of students' knowledge regarding healthy living culture, their hygienic habits, and physical activity were examined. Effective ways of strengthening students' health through preventive and health-promoting activities of school nurses were developed.

Keywords: nurse, healthy lifestyle, prevention, hygiene, health promotion, school students.

Introduction

In modern society, maintaining and strengthening the health of the younger generation has become a pressing issue. In this process, the activities of healthcare workers, especially school nurses, play an important role alongside the education system. Forming a healthy lifestyle among students is a key condition for ensuring their physical, mental, and social well-being. The development of health culture in children should not be limited to theoretical knowledge; it must also aim to instill healthy habits in everyday life. From this perspective, school nurses are key specialists who provide methodological support to students, parents, and teachers in organizing preventive and health-promoting activities.

The school nurse is not only a primary healthcare provider but also a specialist responsible for promoting a healthy lifestyle among students, monitoring compliance with sanitary and hygienic norms, and implementing early disease prevention. Therefore, improving and optimizing the work of school nurses is one of the urgent tasks today.

In this regard, several governmental decrees and regulations have been adopted. Among them are the Presidential Decree "On measures to improve the provision of medical services in general education schools" (April 23, 2019) and the joint orders of the Minister of Health (No. 56, November 5, 2019) and the Minister of Public Education (No. 56k/s, November 5, 2019).

Currently, large-scale reforms are being implemented in the healthcare system of the Republic of Uzbekistan. The "New Uzbekistan Development Strategy 2022–2026" identifies the improvement of health services in educational institutions and the strengthening of school medicine as a priority direction, reaffirming the relevance of this field.

Aim and Objectives

Aim: To determine the role and importance of nursing activities in forming a healthy lifestyle among children and to develop proposals for further improvement of this activity.



Objectives:

- To study the preventive and hygienic measures carried out by school nurses;
- To identify effective methods used to promote healthy living culture among students;
- To analyze the impact of nursing activities on children's health;
- To develop proposals to increase the effectiveness of health-promoting work.

Methods

The research was conducted during the 2024–2025 academic year in several general education schools of the Bukhara region. A total of 100 students, 5 class teachers, and 2 school nurses participated in the study. The following methods were applied:

- Survey method: assessed students' knowledge and practical skills regarding a healthy lifestyle;
- Observation: analyzed children's hygienic habits, diet, and physical activity;
- Medical record review: examined the dynamics of common diseases among students.

Results and Discussion

The research revealed that while 60% of students possess general knowledge about a healthy lifestyle, these skills are not sufficiently applied in daily life. Cases of unbalanced nutrition (25%), physical inactivity (18%), and sleep disorders (12%) were identified. Health promotion sessions, hygiene lessons, preventive examinations, and sports activities conducted by school nurses contributed to increased student interest in health culture. Collaborative events with parents and teachers—such as “Healthy Child – Healthy Future” and “Proper Nutrition Week”—showed positive outcomes.

These findings demonstrate that the active involvement of nurses in promoting a healthy lifestyle plays a crucial role in shaping hygienic culture and improving the quality of life among children.

Conclusion

Nursing activities hold a vital place in forming a healthy lifestyle among school students. According to the research results, consistent health-promoting efforts strengthen students' hygienic culture, healthy eating, and physical activity habits. For effective organization of nursing activities, it is recommended to:

- Strengthen health promotion among students and parents;
- Conduct regular preventive medical examinations;
- Use visual and interactive methods to enhance hygienic culture at school.

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