



STUDY AND ASSESSMENT OF HYGIENIC RISK FACTORS AFFECTING YOUTH HEALTH

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Abstract

This article, based on a questionnaire, examines the prevalence of bad habits among young people, indicators of sports participation, and knowledge of healthy lifestyle principles among 205 students studying at the Tashkent State Medical University and the National University of Uzbekistan.

Keywords: Alcohol, drugs, cigarettes, sports, daily routine, healthy lifestyle.

Introduction

A person, being born into the world and as a product of the social environment in which he was born and raised, first of all, assimilates healthy and, at the same time, unhealthy social norms that were previously formed in this social environment and passed down from ancestors to generations. As a result, a child develops his own behavior, character, and worldview. We are usually accustomed to accepting many things as they should be, sometimes we even adapt to this state or habit. In fact, we are convinced that this is wrong only after we suffer from some disease and identify and understand its causes. A disease does not appear in a person by itself, suddenly. Dozens of reasons are needed for it to appear in the body and take the form of a disease. One of such reasons is harmful habits. Indeed, one of the main characteristics of a healthy lifestyle is living without harmful habits. [3].

Harmful habits include alcohol consumption, smoking, and drug addiction.

For example, regular drinking of alcoholic beverages for a long time leads to alcoholism. Studies show that even 100 grams of alcohol can suddenly change the brain activity of a healthy person. Most of those who are suffering from



mental illnesses who turn to psychoneurological dispensaries are people suffering from alcoholism. The body of a teenager who has become accustomed to drinking begins to be gradually poisoned. Later, he becomes unable to stop drinking, drinks until he is severely intoxicated. In such a teenager, at first, his nerves fail, he becomes impressionable, irritable. As a result of alcoholism, the brain's working capacity gradually decreases, it becomes difficult to think, solve any important problem. Later, symptoms of sleep disturbance, irresponsibility, even distrust of others, fatigue, and general weakness are felt. If the disease is not prevented, the nervous system may be completely disrupted, and his mental state may change. Alcoholism can lead to serious complications, including:

- gastrointestinal diseases;
- brain, mental of the situation violation;
- liver diseases;
- heart-blood vein system diseases (heart attack, blood pressure increase);
- in the future from them to be born children crippled become congenital defect with to the world comes;
- life see duration for non-drinkers relatively for at least 10 years shrinks;
- crimes number increases.

Whole world Health storage organization stating person's death with related of circumstances four one directly alcoholic drinks consumption to do as a result comes to the surface.

Tobacco products consumption to do human to your health serious damage This simple truth life on our way over and over again to repeat despite, unfortunately, the current on the day whole in the world tobacco consumption those who do number increasingly increasing Especially in adulthood insufficient youth and women between this of the disease wide spreading It is pathetic [4,5].

Statistical to the information 95 % of the breath way diseases there is sick people smoker is considered. Stomach and ten two fingered intestine disease determined 98% of individuals smokers that is emphasized. From tobacco smoke appearance to be complications not only breath members, maybe organism there is all in systems appearance to be possible. So, to someone imitation, envy as smoking started in adolescence known time later, this defect permanent to habit around



remains. Long years during smoking to the organism slowness with negative impact so, in the end even to death progress possible [2].

The Purpose of the Study

Is to study the prevalence of harmful habits among students and make a hygienic assessment.

Research Object

Tashkent State Medical University and National University of Uzbekistan.

Research Methodology

A questionnaire was used to conduct the research.

Research results

A total of 205 students participated in the survey, of which 102 were students of TDTU (63 boys, 39 girls), 103 (72 boys, 21 girls) were students of the National University of Uzbekistan. All students who participated in the survey came from different regions of our Republic, live in the TSU and their own homes. Most of the students are 20-21 years old.

According to N.O. Akhmadaliev, smoking causes 17 types of cancer. In particular, 98 percent are esophageal or throat cancer; 96 percent are lung cancer; 30 percent are other types of cancer; 75 percent are chronic bronchitis and emphysema; 25 percent are ischemic heart disease; 20 percent of all deaths related to heart disease are caused by tobacco use.

Therefore, to the question **"Do you smoke cigarettes?"** asked to determine the **percentage of young people who smoke among students**, 8.2% of TDTU students said that they smoke regularly, 12.2% said that they smoke occasionally, and the remaining 79% said that they do not smoke at all. The following answer was received from Uzbek National University students to the same question, that is, 14.3 % said that they smoke regularly, 40.4% said that they smoke occasionally, and 45.3% said that they do not smoke at all.



According to the latest WHO report, alcohol consumption causes 2.6 million deaths worldwide each year. Alcohol causes at least seven types of cancer, including bowel and breast cancer.

Based on the questionnaire, the female students of both universities answered 100 percent "no" to the question **"Do you drink alcohol out of bad habits?"** , but **the following answers were obtained from the boys to the same questions:**

" Yes, regularly." I drink » - TDTU students 0 percent

« sometimes on holidays I drink » -42 percent

« no " I don't drink " - 58 percent

" Yes, regularly." I drink » - UzMU your students 0 percent

« sometimes on holidays I drink » - 4 6, 7 percent

« no " I don't drink " - 53.3 percent.

Drug addiction is a serious disease associated with the formation of a tendency of the human body to take increasingly large amounts of narcotic and psychotropic substances. Drug addiction is the use of narcotic or artificially prepared substances by ingestion, smoking, sniffing, applying to the body or injecting them into the bloodstream. The negative property of drugs is that a person who has tried them once becomes addicted, and taking them 2-3 times exposes him to a state where he cannot stop taking the drug. Drugs include opium, morphine, cannabis, cocaine, codeine, heroin, hashish and other artificially prepared toxic substances. Continuous use of these substances causes mental and physical changes in a person. Mental changes: insomnia, memory loss, headaches, irritability, mood swings, irritability, fatigue, confusion and other changes in the nervous system (talking to himself, getting dizzy, becoming unfit to study) are observed. Facing material and spiritual poverty, he eventually suffers from mental illness. As we have already mentioned , in such a state, the person will not be healthy. The babies born to him will be mentally retarded and disabled. Some of them will not live long after birth. Therefore, his children will not be healthy either. At first, it seems that this is not worth panicking about. He will only feel good during the first consumption. The next ones are taken only to relieve the pain. Gradually, the amount of consumption increases. Accordingly, the body also gets sick. It even reaches the point where he cannot even go out on



the street. When the amount given fails to relieve the pain, the amount consumed is increased. As a result, he becomes short of breath and suffers from a heart attack. In short, his final fate is death [1,5,9].

Well, the level of drug addiction among the students we selected for testing was similar to that of our mother. When asked **"Have you ever tried drugs?"**, 1.1 percent of UzM students answered "no."

"A person who regularly engages in physical exercises rarely needs treatment," wrote Abu Ali ibn Sina. The health-improving and educational functions of physical education are as follows: - you will be in a good mood all day long; - your work will be productive, your creative activity will be strong; - your nervous system will be balanced, you will be calm, thoughtful; - it will form feelings of activity, initiative, resistance to difficulties, courage, friendship; - regular physical exercise will lead to the formation of hygienic skills; - body fat will decrease, you will become compact, agile, and agile; - your muscles will tighten, your figure will become beautiful and harmonious; - blood flow in the vessels will improve, and the supply of oxygen and nutrients to the body and organs will improve; - the body's defenses will increase; - you will be younger, more beautiful, more active, and healthier than others. Among the methods of physical fitness, morning physical education is of great importance due to its popularity. Morning physical education awakens the body, improves metabolism, gives the body pleasure and activity, raises mood, helps to get rid of fatigue. Morning physical education, if carried out in the fresh air at the right time every day, not only gives good results, but also increases concentration and study skills throughout the day. Due to the inherent frivolity of man, most of our young people prefer to spend their valuable time in front of the TV, computer, watching various programs, playing games, drinking beer and other drinks and "relaxing". As a result, they such less mobility as a result various diseases come comes out [10,11].

It is up to each individual to exercise, do physical education exercises, keep their body clean, and wear clothes according to the season. The following answers were received from the students to the questions asked in this regard, including; **"Do you do sports?"**, 37.3 percent of female students of TDTU, 40 percent of male students, 71 percent of female students of NU of Uzbek students, and 53



percent of male students answered "Yes, I do." Students of both universities (83.6-92 and 787.8-92.8 percent, respectively) said that they walk a lot, and an average of 31 percent of TDTU students and 45 percent of NU of Uzbek students said that they do morning physical education.

It is no secret that many diseases are caused by not dressing according to the season. Therefore, when asked the question **"Do you dress according to the season?"**, 100% of male students from both universities answered "Yes", while 80% of female students from TDTU answered "Yes", and only 20% said that they dress "according to fashion", while in the responses of girls from the National University of Uzbekistan, these indicators were 71 - 29%, respectively.

Conclusion

The results show that an average of 11.25 percent of students at both universities reported smoking regularly, while 26.3 percent reported smoking occasionally. An average of 44.35 percent of students said they drank alcohol occasionally, on holidays, or depending on their mood.

"Do you do sports?", an average of 38.65 percent of students at both universities (TDTU) and 62 percent of students at the National University of Uzbekistan answered "Yes, I do." An average of 31 percent of TDTU students and 45 percent of students at the National University of Uzbekistan said they do morning physical education.

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