

**Adolescent health and factors lifestyle**  
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**Здоровье подростков и факторы образа жизни**  
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**Abstract:** *The most acute problems are to study the health of young people in the next 5 or even the future of the next 10 years. The community work of individual approach in reviewing the decisions of the biological rhythm, physiological, mental balance in a rapid period of growth and development of the organism.*

**Аннотация:** *Острейшая проблематика состоит в изучении здоровья молодого поколения в ближайшие 5, и даже следующие 10 лет. В общности работы индивидуального подхода в рассмотрении решений биологического ритма, физиологического, психического равновесия в бурный период роста и развития организма.*

**Keywords:** *adolescent, lifestyle, risk factors.*

**Ключевые слова:** *подростки, образ жизни, факторы риска.*

A significant role in the formation of a variety of diseases plays a lifestyle that lead adolescents. The most important for the formation of health is a medical activity, since it includes all the activities that have a direct impact on health outcomes. In Uzbekistan, the youth 15 - 25 years of age is 23.9%, and up to 30 years - 64% of the population of the republic and is a huge potential for accelerating economic growth. Therefore youth health at the present stage of development of Uzbekistan attaches priority importance [2, p. 4].

Currently, in the Republic of Uzbekistan more than 300 thousand young people are studying in colleges, of which about 65,000 - are studying in medical colleges. With college students social position can be regarded as a specific population group, which has its differences in lifestyle, values, attitudes, standards of behavior [1, p. 6].

The largest numbers of college students are in the age group of about 15 - 19 years. By this age, young people have a certain health status that has already been formed in the previous years, especially during the years of schooling.

To study the effect of conditions and lifestyle factors on the health of all surveyed students were divided into 2 groups. The 1st group consisted of students at the Medical College, the 2nd - Students, Teachers College. Thus, in the 1st group of 200 adolescents were included in group 2 -200. In our study, parents of more than ¾ of (78.0%) students had the highest (45.5%) and secondary vocational education (33.0)%, 15.2% incomplete higher education, 10.0% of students do not know the parents' education.

Among parents surveyed students were no persons with primary education and without education. According to the social status of the majority (60.0%) of the parents were mainly workers (utilities, drivers), 36.5% - employees (teachers, health workers and service employees), 3.5% is temporarily closed.

We have not found a statistically significant effect of the level of education and social status of the parents on the state of health of pupils. The lack of influence of the level of education and social status of the parents on the state of health of students, apparently, due to the fact that adolescents are more independent, active between the ages of 15 - 19 years. In addition, at this age, there are other more important factors that are specific to this age group.

College students have little interest in fiction: 61.3% of them spend on her reading less than 1 hour a day, or do not read at all, 33.3% - 1-2 hours, 6.4% - more than 2 hours

Today's students live in conditions of physical activity deficit: in general 57% health and 29% Teachers College (average 43.0%) do not engage in physical culture and sports (this includes all classes in the curriculum). This is due to low motivation of students to a healthy lifestyle.

Of great importance in the formation of a healthy lifestyle has on the state of human awareness of their own health. The important role played by self-assessment by pupils of their condition. It is noteworthy that according to this indicator, students of 1st and 2<sup>nd</sup> groups are not significantly different.

72% of students in group 1 and 69.0% in group 2 consider themselves quite healthy; respectively, 24 and 25% of students indicated that they have not in health abnormalities, however 4 and 6% expressed complaints about his health. Teens, concern for their health associated with diseases of the respiratory system, digestive system, nervous system disorders in the musculoskeletal system, with a lack of physical training.

One of the most important criteria of efficiency improvement of the students is their level of physical activity that involves and recreational activities covering the different types of activities carried out in their free time. The range of tasks to be solved in the course of recreational activities is quite diverse: leisure, recuperation,

switching from one activity to another, getting pleasure from activities, emotional discharge, etc. The ability to relax is the ability to choose the right, the most useful and attractive forms of active recreation.

However, there is an optimal model of free time, which would be old enough for everyone. In this regard, the content of active recreation every teen should contribute to its harmonious development. It is not only rejuvenation, fun, entertainment, but also the development of the creativity of the individual.

In order to maintain a normal level of mental and physical performance in college students should perform the following activities: daily in the morning to perform a sanitary physical culture exercises, attending health clubs or recreational and sports clubs or on their own exercise.

In their free time to participate in cultural and recreational activities - change of activity is always a beneficial effect on the psyche.

**Conclusion:** The most significant impact on the health of students have character and nutrition, recreation, physical activity, physical training, awareness on the state of his health in adolescents students.

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