

АДТИ ТАЛАБАЛАРИНИ ТИББИЙ-ИЖТИМОЙ ХАРАКТЕРИСТИКАСИ ВА УЛАРНИНГ СОЎЛИҚ ҲОЛАТИНИ НАЗОРАТИ

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✓ Резюме,

Тиббий олий таълим муассасалари талабалари орасида талабаларнинг ҳаёти тарзи, уларнинг соғлигини назорати асосий ўринда туради. Уларда мавжуд касалликлар даражаси, кечиши ва динамикадаги ўзгаришларини назорати асосий вазифалардан бири саналади. Олиб борилган ишларнинг натижаларини таҳлили интеграл усулларда баҳоланади. Унинг хулосаларига қараб, талабаларнинг тиббий - ижтимоий ҳаёт тарзи назоратга олинади. Бу эса талабаларни ўқув жараёнлари сифатига, таълим олиш ва касб эгаллашларида муҳим туртки вазифасини бажаради.

Калит сўзлар: талабалар, ҳаёт тарзи, соғлиқ ҳолати, тиббий-ижтимоий тавсиф.

ИНТЕГРАЛЬНАЯ ОЦЕНКА ВЕДУЩИХ МЕДИКО-СОЦИАЛЬНЫХ ХАРАКТЕРИСТИК ОБРАЗА ЖИЗНИ И СОСТОЯНИЯ ЗДОРОВЬЯ СТУДЕНТОВ АГМИ

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Дана характеристика образу и условиям жизни учащихся высшего медицинского образовательного учреждения, которая позволила определить основные тенденции в динамике, структуре и уровне заболеваемости. Сформулирована интегральная оценка ведущих медико-социальных характеристик образа жизни студентов. Установлена зависимость состояния их здоровья от социально-гигиенических показателей, факторов учебного процесса и, выявлены наиболее значимые из них.

Ключевые слова: студенты, образ жизни, состояние здоровья, медико-социальные характеристики.

INTEGRATED EVALUATION OF LEADING MEDICAL AND SOCIAL CHARACTERISTICS OF THE LIFESTYLE AND STATUS OF HEALTH OF STUDENTS OF AGMI

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The characteristics and ways of life of students of the higher medical educational institution are given, which allowed to determine the main trends in dynamics, structure and level of morbidity. An integral evaluation of the leading medical and social characteristics of students' way of life is formulated. The dependence of the state of their health on social and hygienic indicators, the factors of the educational process, and the most significant of them have been revealed.

Key words: students, lifestyle, health status, medical and social characteristics.

Introduction

The problem of protecting the health of student youth is one of the most difficult and priority tasks. The special social status, specific conditions of work, life and lifestyle of students distinguish them from all other categories of the population and make this group extremely vulnerable in social terms, subject to the impact of negative factors of public life [1,5].

The deterioration of the health of students is due to the complex impact of unfavorable factors, characterized by intensification of mental activity, due to the increase in the volume of training load in conditions of a shortage of study time in the learning process [3].

Reforming the educational system of higher education, the intensification of educational activities, the transition from the traditional organization of the educational process to innovative technologies significantly increase the demands on the state of health of students [1,2,4]. The situation is exacerbated by the growing

popularity among young people of the attractiveness of various types of non-physical activity and the growth of bad habits. The lifestyle of student youth does not meet the optimal hygiene requirements and norms, which is a prerequisite for the increase in morbidity.

Student youth are not ready to overcome the increasing intense social stress and choose pathological forms of behavior, such as anesthesia, alcoholism, antisocial behavior [5]. All the changes that have taken place over the past decades in our country have affected the young age groups characterized by the formation and formation of the personality, the choice and acquisition of a profession, the creation of a family and the upbringing of children.

Among all young people, university students are the progressive part of society that will ensure the development of the country in the near future. In this situation, the preservation of the health of young people, the prevention and correction of the way of life are even more urgent.

The purpose of the study

Was to assess the health status of the students of the Aglibus Research Institute. Yu. Atabekova taking into account their lifestyle, age features of the functional state of the organism.

Materials and methods

Department of General Hygiene AGMI. Yu. Atabekov conducted a selective study of students of the 1st and 6th courses, within the framework of the program for the development of healthy lifestyles among students of the Andijan State Medical Institute named after A.I. Yu. Atabekova.

Results and its discussion

As a result of the survey, it was established that respondents' awareness of the figures of their blood pressure was 58%. 34% know that they have a tendency to labile arterial pressure.

At the same time, the absolute majority of respondents are not treated and do not focus their attention on the "wrong" way of life and the presence of risk factors for their health.

Arterial hypertension was generally established in 4.9% of the examined, in the male population, the incidence of hypertension was 4.5 times higher than in women (4.7% vs. 0.2%). High normal blood pressure was detected in 19.6%, as often among boys (14.0%) than among girls (5.6%). It should be noted that high normal blood pressure was significantly more frequent in 6th-year students, both in young men and in girls. Attention is drawn to the fact that in 14% of cases arterial hypertension was due to an increase in diastolic blood pressure and only in 4.9% had a systolic character. 15.0% of the respondents indicated a periodic decline in blood pressure in the history, of which 4.3% of boys and 10.7% of girls. In 40.7% of the examined, weighed heredity for cardiovascular diseases was revealed: hypertension - 58.1%; CHD - 12.2%; myocardial infarction - 17.0%; stroke - 12.7%. Most students have low physical activity and high prevalence of overweight and obesity. Analysis of anthropometric data showed that, despite the fact that among the students surveyed, persons with normal body weight predominated (girls 76.9%, boys 66.7%). The average body weight in the first year students was significantly higher relative to the average body weight in the group of 6th year students. Overweight was more often detected in young men (27.8%) than in girls (9.85%). The girls in 11.8% of cases had a deficiency in body weight, and in young men 2.89%, their body weight and BMI were significantly lower in comparison with age and sex standards. Obesity of the 1st degree affects 2.6% of male students and 1.45% of female students.

It seems interesting that in the boys of the first year, the BMI was 22.1 kg/m² and 23.5 kg / m² in young men of the 6th year, while in the girls of the 1st year it was 24,3 kg/m² and 21.0 kg/m² girls in the 6th year, respectively. In addition, significantly higher BMI indices in individuals with elevated diastolic blood pressure (23.3 kg/m²) and a high normal BP (22.4 kg/m²) were significantly higher than in the case of students with normal BP (20,2 kg/m²), p 6 points according to the Fagstestm test). When determining the psychological readiness for quitting, it is established that 50.8% of students plan to continue

smoking and only a small part of smokers (20.6%) are ready to give up the bad habit. The study of the motives for familiarizing with tobacco smoking showed that 33.0% of the respondents started to smoke out of curiosity, 29.0% - following the example of friends, 26.0% - from nothing to do. More than 10 cigarettes a day are smoked by 12.0% of students, from 5 to 10 cigarettes - 38.0%, less than 5 cigarettes - 38.0%, 1-5 cigarettes per month - 12.0%. In addition to smoking, the results of a survey of students revealed a high degree of alcoholism in the student environment. During the year, at least once consumed alcoholic beverages 48.8% of respondents. Among the students of the 1st course, alcohol was consumed by 11.7% of the respondents and 53.9% of the students of the 6th year.

More than half (65.7%) of future doctors first tried alcohol at the age of 15-17, 14.2% - up to 15 years, 20.1% - over 17 years old. Low alcohol drinks considered harmful 87.2% of the respondent. In 1.4% of the students, the alcoholic beverage was associated with its strength, 1.4% with quality and 10.0% with the amount drunk. As is known, in the process of distribution of alcohol consumption among youth, social factors, environment play a big role, moreover, the influence of parents and peers is especially important. In families of interviewed students, alcohol is consumed no more often than once a week (57.1%), more often than once a week (1.4%), less than 5 times a year (15.7%) and do not eat (25.7%). Of particular concern is the fact that the number of alcoholized girls and boys was almost the same: 48.9 boys and 48.7% girls, respectively. A few significant differences were found in the frequency of alcoholic beverages taken: 1.2% of respondents (1.3% of boys and 1.1% of girls) daily consumed alcohol, 3-4 times a week - 0.4% of students and 0, 6%, respectively, 1-2 times a week - 0.4% (0.7 and 0.3%), 1-2 times a month - 9.7% (14.0 and 7.8%) and less frequently, than once a month - 37.2% (32.0 and 39.4%). Education in a university is one of those activities in which a huge mental and neuro-emotional load falls on a person. Significant intensification in the sphere of mental activity, increased demands made by new principles, forms and methods of teaching students lead to an increase in the tension of regulatory mechanisms of the central nervous system and various functions of the body. Therefore, the availability of objective and reliable information about the student's psychological status is important for assessing the health status of young people. As a result of psychological testing, it was established that when assessing the level of personal anxiety of 80 subjects, an elevated level was observed in 50% of students, the average level in 41%, and a low level of only 11%. A high level of situational anxiety was detected in 52% of students, the average level - in 45%, low level - in 3% of the subjects. Moreover, out of 50% of students with a high level of personal anxiety, 45% had an elevated level of situational anxiety, 2.4% had an average level of situational anxiety, 1.6% had a low level. And out of 5% of students with a low level of personal anxiety, a high level of situational anxiety was observed in 0.8% of students, an average of 1.7%, low in 2.5% of students.

Thus, the majority of the students surveyed had a high level of both personal and situational anxiety. In general, risk factors were not found in only 30.5% of boys and 8.2% of girls. Of particular concern is the health status of young people (24.2% of boys and 10.3% of girls) who have a combination of several risk factors. This greatly

increases the risk of developing chronic non-communicable diseases in the years to come. Practically only 27.0% of students are recognized as healthy. At 36,0% the combination of several diseases is revealed. In the structure of morbidity the pathology of the thyroid gland prevailed - 54.6%. In the group of students suspected of the possible presence of diabetes, 0.7% of those surveyed were referred to. Pathology of the gastrointestinal tract was detected in 21.8% of the examined, chronic nonspecific lung diseases in 20.0%, kidney disease in 14.0%, cardiovascular disease in 6.6%, neurocirculatory dystonia in 12, 0%. Closed craniocerebral traumas in the anamnesis were found in 5.0% of young men and 5.5% of girls. 24.1% of young men and 50% of girls who complain of weekly headaches, dizziness, memory impairment are in need of a neurologist's consultation. It should be noted that of the number of students with chronic pathology, only 15.9% (17.8% of boys and 12.8% of girls) are on dispensary records, and 42.2% have diseases for the first time during a preventive examination.

Conclusion

Thus, the results of our work once again showed us a high level of tension in the epidemiological situation regarding the main risk factors for chronic non-infectious

diseases. At present, there is a need to develop and implement preventive measures aimed at reducing morbidity in the youth environment. The obtained results indicate the need for students to motivate students to form a rational, healthy lifestyle in students in the process of studying at a university. The preservation and strengthening of the health of young people is possible with the interaction of all interested structures.

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