



New Day in Medicine
Новый День в Медицине

NDM



TIBBIYOTDA YANGI KUN

Ilmiy referativ, marifiy-ma'naviy jurnal



AVICENNA-MED.UZ



ISSN 2181-712X.
EiSSN 2181-2187

7 (81) 2025

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**ТИББИЁТДА ЯНГИ КУН
НОВЫЙ ДЕНЬ В МЕДИЦИНЕ
NEW DAY IN MEDICINE**

*Илмий-рефератив, маънавий-маърифий журнал
Научно-реферативный,
духовно-просветительский журнал*

УЧРЕДИТЕЛИ:

**БУХАРСКИЙ ГОСУДАРСТВЕННЫЙ
МЕДИЦИНСКИЙ ИНСТИТУТ
ООО «ТИББИЁТДА ЯНГИ КУН»**

Национальный медицинский
исследовательский центр хирургии имени
А.В. Вишневского является генеральным
научно-практическим
консультантом редакции

Журнал был включен в список журнальных
изданий, рецензируемых Высшей
Аттестационной Комиссией
Республики Узбекистан
(Протокол № 201/03 от 30.12.2013 г.)

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7 (81)

2025

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www.bsmi.uz

<https://newdaymedicine.com> E:

ndmuz@mail.ru

Тел: +99890 8061882

Received: 20.06.2025, Accepted: 10.07.2025, Published: 15.07.2025

UDC 616.12-008.331.

THE RISE OF LIFESTYLE-RELATED DISEASES ESPECIALLY HYPERTENSION AMONG STUDENTS: CLINICAL ANALYSIS AND PREVENTIVE APPROACH

M.A. Abdullaeva <https://orcid.org/0000-0001-8090-8681>
Sh.Kh.Azimjonova <https://orcid.org/0009-0007-5167-3482>

Bukhara State Medical Institute named after Abu Ali ibn Sina, Uzbekistan, Bukhara, st. A. Navoi. 1 Tel: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ Resume

In recent years, there has been a significant increase in the incidence of lifestyle-related diseases among young people, especially university students. Common manifestations include chronic stress, sleep disturbances, reduced physical activity, and, as a result, functional hypertension. This article examines the leading causes of this trend, discusses the clinical manifestations of arterial hypertension in students, and proposes effective preventive strategies. Emphasis is placed on the importance of an intersectoral approach to protecting student health

Keywords: Hypertension, students, lifestyle, stress, prevention, blood pressure, youth health, psychosomatic disorders, sleep, physical activity

TALABALAR ORASIDA TURMUSH TARZI BILAN BOG'LIQ KASALLIKLARNING KO'TARILISHI, AYNIQSA GIPERTENZIYA: KLINIK TAHLIL VA PROFILAKTIK YONDASHUV

M.A. Abdullaeva, Sh.Kh.Azimjonova

Abu Ali ibn Sino nomidagi Buxoro davlat tibbiyot instituti, O'zbekiston, Buxoro sh.
A. Navoiy kochasi 1 Tel: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ Rezyume

So'nggi yillarda yoshlar, ayniqsa, oliy o'quv yurtlari talabalari o'rtasida turmush tarzi bilan bog'liq kasalliklarga chalinish holatlari sezilarli darajada oshdi. Umumiy ko'rinishlarga surunkali stress, uyqu buzilishi, jismoniy faollikning pasayishi va natijada funktsional gipertenziya kiradi. Ushbu maqolada ushbu tendentsiyaning asosiy sabablari ko'rib chiqiladi, talabalarda arterial gipertenziyaning klinik ko'rinishlari muhokama qilinadi va samarali profilaktika strategiyalari taklif etiladi. O'quvchilar salomatligini muhofaza qilishda tarmoqlararo yondashuv muhimligiga alohida e'tibor qaratiladi

Kalit so'zlar: Gipertoniya, talabalik, turmush tarzi, stress, profilaktika, arterial bosim, yoshlar salomatligi, psixosomatik kasalliklar, uyqu, jismoniy faollik

РОСТ ЧИСЛА ЗАБОЛЕВАНИЙ, СВЯЗАННЫХ С ОБРАЗОМ ЖИЗНИ, ОСОБЕННО ГИПЕРТОНИЧЕСКОЙ БОЛЕЗНИ, СРЕДИ СТУДЕНТОВ: КЛИНИЧЕСКИЙ АНАЛИЗ И ПРОФИЛАКТИЧЕСКИЙ ПОДХОД

М.А.Абдуллаева, Ш.Х.Азимджонова

Бухарский государственный медицинский институт имени Абу Али ибн Сины, Узбекистан, г. Бухара, ул. А. Навои. 1 Тел: +998 (65) 223-00-50 e-mail: info@bsmi.uz

✓ Резюме

В последние годы среди молодёжи, особенно студентов, наблюдается значительный рост заболеваемости, связанной с образом жизни. К наиболее распространённым проявлениям относятся хронический стресс, нарушения сна, снижение физической активности и, как следствие, функциональная гипертония. В статье рассматриваются основные причины этой тенденции, обсуждаются клинические проявления артериальной гипертонии у студентов и предлагаются эффективные профилактические стратегии. Подчёркивается важность межсекторального подхода к охране здоровья студентов

Ключевые слова: Гипертония, студенты, образ жизни, стресс, профилактика, артериальное давление, здоровье молодежи, психосоматика, сон, физическая активность

Relevance

A healthy lifestyle is the basis of human health. However, today's students find it difficult to find a balance between education, work, social activities and personal problems. As a result, various functional and psychosomatic diseases are spreading, especially hypertension. The modern student lifestyle is associated with high intellectual and emotional demands, which, in the absence of proper adaptation, can lead to the development of diseases more typical for older populations. According to the WHO, around 30% of individuals aged 18–25 have prehypertensive blood pressure values, and up to 10% exhibit persistent elevations above the norm (WHO, 2022).

Materials and methods

This transitional stage of life, involving adaptation to academic challenges, changes in social environment, irregular sleep and activity patterns, excessive use of stimulants, and poor diet, forms the basis for early onset of hypertension and other psychosomatic disorders. According to the European Society of Cardiology (ESC/ESH, 2023), approximately 15–20% of young adults experience unstable blood pressure due to psychoemotional overload. Without proper correction, up to 40% of these individuals may develop primary hypertension by the age of 30. Therefore, timely identification of risks and implementation of preventive measures are essential for safeguarding student health.

To summarize existing data on the prevalence of hypertension and other lifestyle-related diseases among students, identify key provoking factors, and describe effective clinical and preventive measures.

This analysis is based on a systematic review of scientific literature published between 2019 and 2024 in international and regional databases (PubMed, Scopus, eLIBRARY). The review includes studies from more than 15 countries, including Uzbekistan, Russia, Germany, the USA, India, Kazakhstan, and China. The analysis considered publications containing student survey results, clinical data on the frequency of hypertension, and descriptions of comprehensive preventive programs.

Results and discussions

Literature analysis allows us to identify the following most significant factors contributing to the development of lifestyle-related diseases among students:

1. Chronic stress and anxiety

More than 70% of students in various countries report frequent stress, especially during exam periods (Makarova et al., 2021; WHO, 2022). Constant emotional pressure leads to an imbalance in the autonomic nervous system and activation of the sympathoadrenal axis.

2. Sleep disturbances

Up to 60% of students aged 18–24 suffer from insomnia or irregular sleep patterns (Buysse et al., 1989; Wang et al., 2020). Sleep deficiency is directly associated with vascular wall hyperreactivity and blood pressure instability.

3. Nutrition and stimulants

Approximately 45% of students consume excessive caffeine, energy drinks, and fast food, provoking vascular reactions and metabolic disruptions (Tashpulatova, 2023). Some studies report that one in four students consumes energy drinks daily.

4. Sedentary lifestyle

Up to 65% of students fail to meet the minimum physical activity recommendations (Craig et al., 2003). In CIS and Asian countries, the proportion of physically inactive students is especially high due to digitalization of education and leisure.

5. Digital dependence

Screen time exceeding six hours per day correlates with higher levels of anxiety, sleep disturbances, and autonomic dysfunction (Chung et al., 2022).

6. Social and economic stress

Financial difficulties, living away from home, dormitory conflicts, and lack of family support all contribute to increased psychosocial stress.

Clinical Manifestations of Hypertension in Students

In its early stages, hypertension may be asymptomatic. However, summary data indicate the following common complaints among young people with borderline or elevated blood pressure:

- Headaches (up to 50%);

- Pulsation in the temples;
- Decreased concentration;
- “Flashes” before the eyes, especially after sleep;
- Frequent palpitations or resting tachycardia;
- Subclinical anxiety and irritability.

According to ESC/ESH (2023), hypertension in students is often masked as vegetative-vascular dystonia (VVD), requiring a distinct diagnostic approach.

Diagnostic and Preventive Approach

The following methods are recognized as effective in reducing the risk of developing hypertension and improving students' overall health:

1. Screening and monitoring
Annual blood pressure and weight checks;
Assessment of sleep quality and stress levels using standardized questionnaires (PSS, PSQI);
Involvement of students in self-monitoring when symptoms are present.
2. Educational and awareness programs
Lectures and seminars on healthy lifestyles, nutrition, and stress management;
Psychological support within universities.
3. Infrastructure development
Creation of rest zones and fitness spaces on campus;
Opening of regular-access clinics and counseling centers.
4. Online platforms and digital solutions
Use of mobile apps for tracking sleep, pressure, and activity;
Online consultations with healthcare providers and wellness coaches.

Conclusion

Lifestyle-related diseases, especially arterial hypertension, are increasingly diagnosed among students. The primary causes include chronic stress, sleep disorders, sedentary lifestyle, digital overload, poor nutrition, and lack of prevention. A multidisciplinary approach based on educational, medical, and psychological interventions can significantly reduce morbidity and improve the quality of student life.

Caring for the health of young people is not only a social responsibility but a strategic investment in the future of society.

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Entered 20.06.2025