

LIFESTYLE HEALTH LEVEL OF STUDENTS

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Purpose: To study knowledge, skills, qualifications, skill levels and health indicators in the process of forming a healthy lifestyle of students.

Participants and methods: The study was conducted in Gulistan State University in 2023-2024. Thus, 100 students (42 men and 58 women) of various specialties aged 17 to 23 years were tested. A survey was conducted to assess the level of knowledge, skills and abilities of students in the process of forming a healthy lifestyle. The health level of students was assessed by the method of qualitative express assessment of the level of physical health, which made it possible to assess the dynamics of the quality of healthy lifestyle formation.

Results: It was found that only 5.7% of males and 6.4% of females have a high level of knowledge on all components of health; only 7.0% of male and 8.3% of female students have a high level of knowledge about health-forming factors and have the skills to use them both in the educational process and in their future professional activities; 20.3% of male and 14.7% of female students do not have information about the negative effects of bad habits on health; 19.3% of male and 18.3% of female students did not know the components of a healthy lifestyle at all; 17.9% of male and 21.7% of female students do not have a motivational attitude towards a healthy lifestyle and do not know how to form them. It turned out that most of the male and female indicators describing the students' health level significantly worsened during the study period ($r < 0.05 - 0.001$).

Conclusion: The study revealed that most students (male and female) do not follow a healthy lifestyle. This is reflected in the low level of health of most students and the negative dynamics of indicators describing the level of health during the study. All this requires taking into account the features of forming a healthy lifestyle of students in physical education classes in higher education institutions.

Keywords: health; healthy lifestyle; physical education; students.