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THE IMPORTANCE OF A HEALTHY LIFESTYLE IN STRENGTHENING THE HEALTH OF ADOLESCENTS**Feruza Salomova**Head of the Department of Environmental Hygiene of the
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Actuality . Health protection of children and adolescents is one of the strategic tasks of the society and the state, and it involves paying attention to the prevention of the occurrence and development of diseases.

One of the most important tasks of today is the formation of a healthy lifestyle among young people, who are considered the main subject of society's development. Taking care of the youth, who are the future of our country, has become one of the priorities of our state policy. In our country, 1998 was named "Year of the Family", 2000 - "Year of Healthy Generation", 2008 - "Year of Youth", 2010 - "Year of Healthy Generation", 2014 - "Year of Healthy Child", 2016 - "Year of Healthy Mother and Child" , 2021 was named "Year of Youth Support and Public Health Promotion", as well as the Law "On the foundations of state policy regarding youth in the Republic of Uzbekistan", Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoev of July 5, 2017 "On improving the effectiveness of the state policy on youth and supporting the activities of the Youth Union of Uzbekistan" and State programs adopted on their basis, on the initiative of the President of the country, the Youth Union of Uzbekistan, a completely new organization in place of "Kamolot" Youth Union, Establishment of a state organization of the Youth Affairs Agency of Uzbekistan because of the great trust expressed in the youth, who are the future of our country. The decision of the President of December 18, 2018 "On measures to support the prevention of non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" has also been adopted.

According to official statistics, the most significant increase in incidence over the past 10 years has been observed among older adolescents [1].

Modern schoolchildren spend at least a third of the day at school, their health indicators have clear negative trends [2].

Adolescents are the most important and promising part of our society and determine the development of the country. In the current unstable socio-economic and ecological situation, malnutrition, the introduction of innovative technologies in teaching, an increase in the size and complexity of the educational load, gadgets, an unfavorable psychological environment in families and school groups, a decrease in sports activities for general physical activity, as well as other reasons together, it leads to the inability of children and adolescents to adapt to the world around them. As a result, the problem of weakening the anatomical and physiological, physical and mental health of modern schoolchildren remains urgent [3].

The purpose of the study. Hygienic evaluation of the routine of general education school students and formation of a healthy lifestyle to prevent illness.

Materials and methods. A total of 800 teenagers from 14 to 17 years of age, 403 boys , 397 girls took part in the survey of 249 and 29 secondary school students of Tashkent

City.

The results. Health is one of the important components of human development, an inalienable right of a person, a guarantee of self-development, active participation in personal and community life. A healthy lifestyle includes such concepts as productive work, active rest, physical education and sports, physical training, personal hygiene, proper nutrition, refraining from harmful habits, mental and spiritual nutrition, and regular medical check-ups.

The routine of teenagers is definitely different from the arrangement and organization of free time of young children. In fact, it is a transitional period that combines elements specific to the children's routine and the regime necessary for adults.

The main differences between the regimes of children and adolescents are related to the following points: the frequency of meals; the duration of sleep; the duration and volume of physical and mental stress. Of course, the time for rest is also different.

A teenager's routine should include: morning exercise and washing; engage in leisure and fun activities; proper nutrition; enough sleep; spending time on physical education and sports; being in the fresh air; proper organization of classes; going to bed on time. Of course, the daily routine is based on the level of workload.

In our study, the results showed that the students' morning physical education was studied from the initial indicators of the daily routine. It was found that 11.4% of boys and 7.2% of girls of school N249 participated in the survey regularly engaged in morning physical education (8.7% and 18.3% in N29 schools); 23.3% and 20.7% do not do it regularly (school N 29 - 18.5% and 19.5%); 39.3% and 43.3% - sometimes, (school N29-39.6% and 34.5%); 26% and 28.8% - it was found that they do not practice at all (school N29 - 33.2% and 27.7%).

In our study, when the time spent by schoolchildren on daily homework was also studied, the percentage of students preparing lessons for an hour was 17.6% for the 9th grade of schools N249 (school N29 - 30.7%), from 1 to 2 hours - 51.3% and 49.4%, those who spend 3 hours and more - 24.7% and 17.5%. These data show that in school N249, students of different ages spend more time on homework than students in school N29. It turns out that this condition is more common in boys. In particular, it was found that in school N249, boys who do homework for more than 4 hours are 4 times more than in school N29.

As an important component of normal sleep routine, it is necessary for physical and mental development [5]. How much sleep should teenagers get? The need for normal sleep changes with age. The average duration of sleep for elementary school students is 9 hours, for middle school students - 8 hours, and for older students - 7 hours. The results of our research showed that children in the compared groups had almost the same lack of sleep (12.7 and 12.4%, respectively). We hypothesized that this was due to the early start of classes in the 1st shift (8:00) and the late bedtime.

It is nutrition that ensures human life activity, normal growth and development, strengthens his health and helps prevent diseases.

It is important to make a proper diet for teenagers. It is necessary to pay attention to the calorie content of food, the presence of vitamins, proteins, fats and carbohydrates. Food should contain products rich in calcium. Teens should eat calcium-rich foods every day.

A teenager's diet should be regular. Breakfast - the first at home, the second at school; lunch; afternoon tea; dinner. The menu should be as diverse as possible, so that the child receives the necessary amount of basic, important nutrients and secondary substances from food products. Dinner is recommended to be at the same time every day [5].

During our research, we paid a lot of attention to the students' eating habits when

assessing their nutrition, because when the eating habits change, the positive reflex to food is broken, appetite is lost. Schoolchildren should eat at least 3 times a day (Sanitary rules and regulations 0017-21). 16.8% of the students of school N249 and 19.8% of students of school N29 were found to eat 3 meals a day. 55.7% of schoolchildren in school N249 and 53.5% in school N29 had breakfast. It was found that 72.5% of students in the comparison groups in school N249 and 86.5% in school N29 ate lunch at home or in public places.

All students participating in the survey eat dinner at home, traditionally high-calorie dishes are prepared for dinner.

Schoolchildren should eat at least 3 meals a day (Sanitary rules and regulations 0017-21). When we studied the eating habits of the students of the school, it was found that 81.7% of the schoolchildren had disturbed eating habits.

The analysis of the daily diet of the students under control showed that they did not consume enough milk and milk products (butter, cheese), meat and meat products (sausage), fish and fish products, and eggs. Foods rich in vitamins and minerals, especially fresh vegetables and fruits, are not consumed enough.

Thus, it was observed that some of the students under our study did not follow the diet (reduction in the number of meals, lengthening of the time between meals), and the quality of the diet was low. These results, that is, the daily diet of modern schoolchildren does not meet hygienic requirements and the student's body is forced to work in a mode of calcium, iron, vitamins and many other macro and microelements deficiency, do not contradict the information presented in the literature [5]. Proper and regular nutrition is one of the leading factors that have the greatest impact on the development and health of a growing organism.

Taking into account that the school timetable is of great importance for the health of students, we analyzed the timetable (18 options) and its compliance with hygienic requirements. It was found that the daily and weekly study load of both schools is 1-2 hours more than the hygienic norm. (Sanitary rules and regulations 0341-16 "Sanitary-epidemiological requirements for the conditions and conditions of education in general education schools")

In a well-structured timetable, when all daily subjects are added up in order of difficulty, the highest scores should correspond to the middle days of the week, such as Tuesday and Wednesday.. (Sanitary rules and regulations 0341-16 Chapter -13 Application -3).

It was found that in 37% of the studied schools, the day with the highest working capacity - Tuesday - the least educational load was placed. In most classes, the maximum study load corresponded to the days corresponding to the least mental capacity (Monday and Saturday).

Conclusion. Summary. Reasonable adherence to the daily routine is the basis of a healthy lifestyle. It is necessary to follow the schedule in such a way that eating, sleeping, resting, being in the open air, learning, active movement and other activities are on time. Adherence to the daily routine promotes health; prevents fatigue; makes disciplined, willful and orderly; forms useful skills.

In most of the schoolchildren in the compared groups, it was found that the routine was violated (a decrease in physical activity, an increase in the educational load, an increase in the use of audio-visual aids and computer equipment) and a failure to observe proper nutrition (a decrease in the number of meals, an increase in the time between meals, and a decrease in the quality of food content low in terms). Among the socio-hygienic factors in the body of schoolchildren, the most important risk factors for the development of pathological changes are the violation of the daily routine and the

quality of food, hypodynamia. All of the mentioned factors are almost controllable, therefore, taking into account these factors, eliminating them or at least reducing their impact can be considered an important reserve in preventing pathological changes in the body of children and adolescents.

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