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**STUDYING THE MEDICAL ACTIVITY OF TMA STUDENTS*****Nosirov Jahongir Mirzo****A Student Of The 1st Faculty Of Medicine, Tma, Republic Of Uzbekistan****Sharipova Sajida Akhmetjanovna****Head Senior Teacher, Department Of Environmental Hygiene, Tma, Uzbekistan***ABOUT ARTICLE****Key words:** Medical activity, medical informativity, healthy lifestyle, personal hygiene, health.**Received:** 03.02.2023**Accepted:** 08.02.2023**Published:** 13.02.2023**Abstract:** The article deals with the problems of maintaining and forming a responsible attitude to their own health among students of the Tashkent Medical Academy, as the basis for sanitary and hygienic education and preventive work in their future professional activities. In the course of the study, the goals were achieved, insufficient medical awareness and activity of TMA students were established.**INTRODUCTION**

Health protection of student youth is considered one of the most important social tasks of the society. Students of higher educational institutions - the socio-economic, intellectual, creative potential of the country. At the same time, students can be attributed to the high-risk group, since the negative impact of the crisis in almost all the main spheres of society and the state is superimposed on the difficult age-related problems of modern students.

The formation of a healthy lifestyle among the population largely depends on the professional activities of medical workers, but at the same time, the influence of the medical activity of students, general practitioners, the effectiveness of their medical examination, trust in medical workers, the reliability of the sources of medical information received by students and the level of assessment of the quality of medical care is the basis for the development of measures to form the potential readiness of future GPs for professional activities in primary care.

Preventive medicine refers to the branch of medicine concerned with the health of individuals and populations to protect the maintenance and improvement of health and also the prevention of disease. To date, preventive medicine in Uzbekistan is to prevent the development of diseases of various age categories, the need for a healthy lifestyle in shaping the health of the population.

Medical activity is the attitude towards one's own health and the health of others, the implementation of medical prescriptions and prescriptions, hygiene recommendations, norms, rules for visiting medical institutions and the work of the institutions themselves.

**Medical activities include:**

- 1) Visiting medical institutions, following medical advice, prescriptions;
- 2) Behavior during treatment, prevention, rehabilitation, incl. self-medication, other medical measures;
- 3) Participation in the protection and improvement of the health of the population, care for the health of others (prevention, treatment, work of medical institutions, etc.);
- 4) Overcoming bad habits, traditions, customs, i.e. purposeful human activity in the formation of a healthy lifestyle.

High medical activity in life is a need and a necessity for the entire period of life.

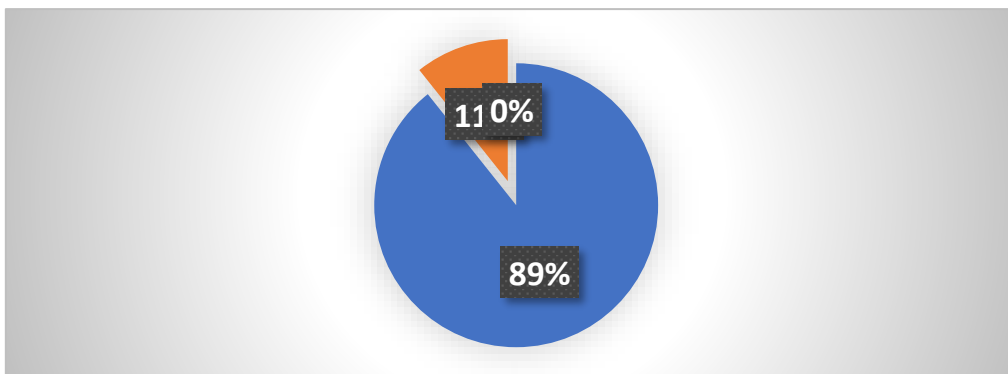
The purpose of the study is to study the medical awareness and level of medical activity of students of the Tashkent Medical Academy.

Materials and methods. 45 girls and 75 boys took part in this study. In total there are 120 TMA students. The questionnaire-survey method was used. To conduct this study, we compiled a questionnaire that allows us to assess the medical awareness and level of medical activity of TMA students. The survey was conducted anonymously. Our questionnaire called "Studying the medical activity of TMA students" consisted of 15 questions, Who is most responsible for your health?

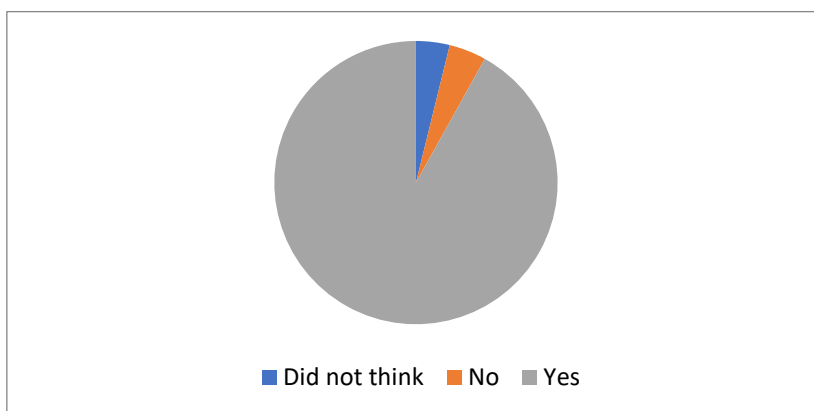
Do you know exactly which medical organization you can contact in case of symptoms of illness? Have you been given information by your educational institution about where you can go in case of health problems? Are you in any way in control of your health? How well do you follow the recommendations given to you by health professionals and others. Statistical processing methods were used to analyze the obtained data.

## RESULTS AND DISCUSSION

To the question “Who is responsible for your health? 90% of respondents answered that they themselves are responsible for their health, and the remaining 11% answered that the state and their parents are responsible.

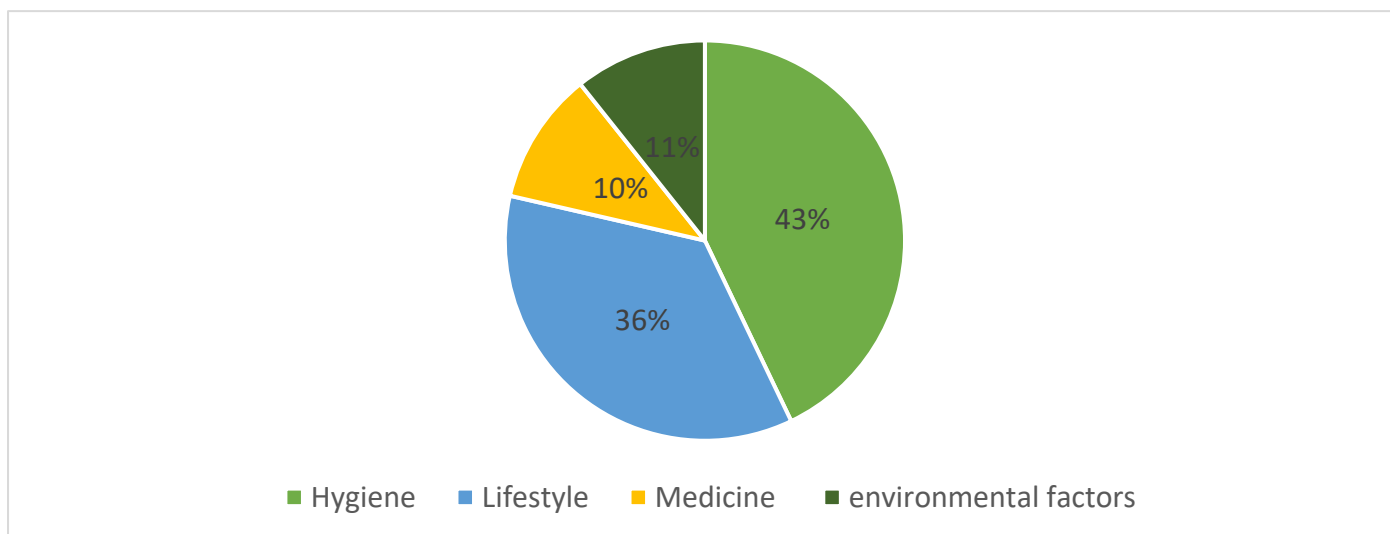


When asked if students are interested in their own health, they expected to receive a 100% affirmative answer. However, even though a few (9%) of those surveyed answered that they are not interested in their health or have not thought about it ....



You can see in the diagram which indicators the participants have chosen.

Looking at the answers of the participants, we asked the question - What are the main medical disciplines? This question was answered



To the next question: To whom and in what cases it is necessary to apply in case of illness? To this question, 5% of the respondents answered that when the first signs of the disease appear, they immediately go to the doctor, 43.5% of the respondents said they would go only if they feel very unwell, and 49.7% would self-medicate, 1.8% of the respondents would not at all be treated.

To the question "On whom does the formation of a healthy lifestyle among the population depend?" We could not get the expected result. Of the respondents, 35.5% of the participants answered that they themselves monitor a healthy lifestyle, 64.5% of a healthy lifestyle is curled from the state.

## CONCLUSION

The results of the survey-questionnaire of TMA students revealed a lack of medical awareness and activity of medical students. For the health education of students, it is necessary to allocate additional time and use various methods and forms, the media, watching various thematic films and programs, and lectures.

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