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ТОМ 1

«Yosh olimlar tibbiyot jurnali» jurnali O'zbekiston Respublikasi Oliy ta'lim, fan va innovatsiyalar vazirligi huzuridagi Oliy attestatsiya komissiyasi Rayosatining 2023 yil 5 maydagi 337/6-son karori bilan tibbiyot fanlari buyicha dissertatsiyalar asosiy ilmiy natijalarini chop etish tavsiya etilgan milliy ilmiy nashrlar ruyxatiga kiritilgan.

Решением Президиума Высшей аттестационной комиссии при Министерстве высшего образования, науки и инноваций Республики Узбекистан от 5 мая 2023 г. № 337/6 «Медицинский журнал молодых ученых» внесен в перечень национальных научных изданий, рекомендованных для публикации основных научных результатов диссертаций по медицинским наукам

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THE IMPACT OF DIFFERENT TYPES OF ADDICTION ON HUMAN HEALTH

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Abstract. *The article discusses the impact of different types of dependence on human health this influence has its positive and negative sides. The search for literary sources was carried out using the bibliographic databases Web of Science, Scopus, DBLP, Medline. When selecting sources, they paid attention to experimental articles, literary reviews, the number of their citations over the past year. People have addiction that they don't want to quit but it is harming their well-being whether social or physical. They don't ask for help because they feel insecure and sometimes see this as a breach of their privacy. For solutions they can ask a therapist for help. A professional can help them better.*

Keywords: *Addiction, habit, healthy lifestyle, student, activity.*

ВЛИЯНИЕ РАЗЛИЧНЫХ ВИДОВ ЗАВИСИМОСТИ НА ЗДОРОВЬЕ ЧЕЛОВЕКА

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Аннотация. *В статье рассматривается влияние различных видов зависимости на здоровье человека, это влияние имеет свои положительные и отрицательные стороны. Поиск литературных источников осуществлялся с использованием библиографических баз данных Web of Science, Scopus, DBLP, Medline. При выборе источников обращали внимание на экспериментальные статьи, литературные обзоры, количество их цитирований за последний год. У людей есть зависимость, от которой они не хотят отказываться, но она наносит вред их благополучию, социальному или физическому. Они не обращаются за помощью, потому что чувствуют себя неуверенно и иногда рассматривают это как нарушение их частной жизни. Для решения они могут обратиться за помощью к терапевту. Профессионал может помочь им лучше.*

Ключевые слова: *наркомания, привычка, здоровый образ жизни, студент, активность.*

INSON SALOMATLIGIGA TURLI MOYILLIK TURLARNING TA'SIRI.

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Annotatsiya. *Maqolada turli xil qaramlikning inson salomatligiga ta'siri muhokama qilinadi, bu ta'sirning ijobiy va salbiy tomonlari bor. Adabiy manbalarni qidirish Web of Science, Scopus, DBLP, Medline bibliografik ma'lumotlar bazalari yordamida amalga oshirildi. Manbalarni tanlashda ular eksperimental maqolalar, adabiy sharhlar, o'tgan yildagi iqtiboslar soniga e'tibor berishdi. Odamlarda giyohvandlik bor, ular tark etishni xohlamaydilar, lekin bu ularning ijtimoiy yoki*

jismoniy farovonligiga zarar etkazadi. Ular yordam so'ramaydilar, chunki ular o'zlarini ishonchsiz his qilishadi va ba'zida buni shaxsiy hayotining buzilishi deb bilishadi. Yechimlar uchun ular terapevtadan yordam so'rashlari mumkin. Professional ularga yaxshiroq yordam berishi mumkin.

Kalit so'zlar: *Giyohvandlik, odat, sog'lom turmush tarzi, talaba, faoliyat.*

Introduction. What is Addiction? Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviours that become compulsive and often continue despite harmful consequences [1,2,5,7].

Prevention efforts and treatment approaches for addiction are generally as successful as those for other chronic diseases.

How does addiction affect human body?

Different types of drugs can affect your body in different ways, and the effects associated with drugs can vary from person to person.

How a drug affects an individual is dependent on:

- body size
- general health
- the amount and strength of the drug
- whether any other drugs have been taken around the same time

• a person's mood or the environment they are in.

As illegal drugs are not controlled substances the quality and strength may differ from one batch to another.

Drugs have short-term and long-term effects. These effects can be physical and psychological. Drugs can impact the way you think, feel and act. Making sure you know the risks can help reduce the potential harms you experience [3,4].

People use drugs for many reasons, these reasons might include to:

- feel good
- relax
- cope with stress, anxiety or feelings of depression
- deal with emotional pain or a history of trauma

- experiment
- stay awake
- fall asleep
- increase confidence
- enhance social experiences – such as partying

Not all drug use leads to dependence. And not everyone who uses drugs or alcohol wants (or needs) help.

Tolerance and dependence

People who use drugs regularly for a long period of time can develop dependence and tolerance to it. Tolerance means they need to take larger amounts to get the same effect. Dependence can be psychological, physical, or both. People who are dependent on drugs may find that using the drug becomes more important than other activities in their life. Remember that there is no safe level of drug use. Be careful when taking any kind of drug.

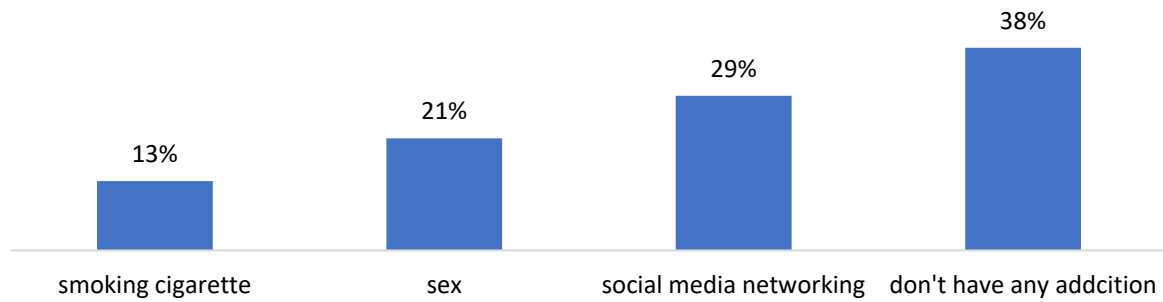
Getting Help

If you think that you or someone you care about is addicted to drugs or alcohol, recognizing the problem is the first step in getting help. Many people think they can kick the problem on their own, but that rarely works. Find someone you trust to talk to. It may help to talk to a friend or someone your own age at first, but a supportive and understanding adult is your best option for getting help. If you can't talk to your parents, you might want to approach a school counsellor, relative, doctor, favourite teacher, or religious leader [1,2,5,7].

Method. This is the personalized survey and the graphs are based on small proportion of people in the locality. The survey was done with the help of site www.freeonlinesurvey.com. Limited by my survey size the above graphs give quite good look of the results

Result. I asked people in our locality for their answers to our survey questions and the results are as follows.

What are you most addicted to?



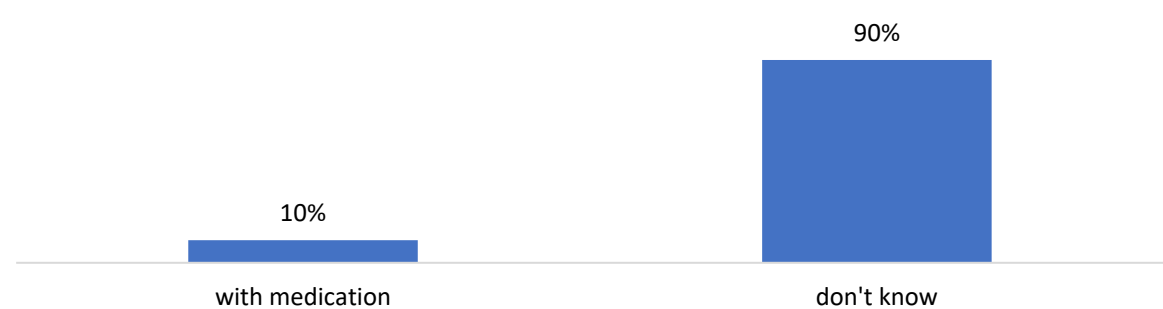
How much money you spend on these/this addiction of yours?



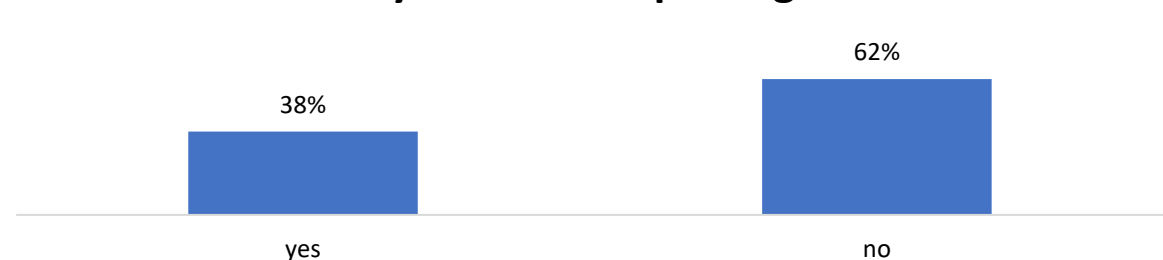
Do you feel good after doing it?

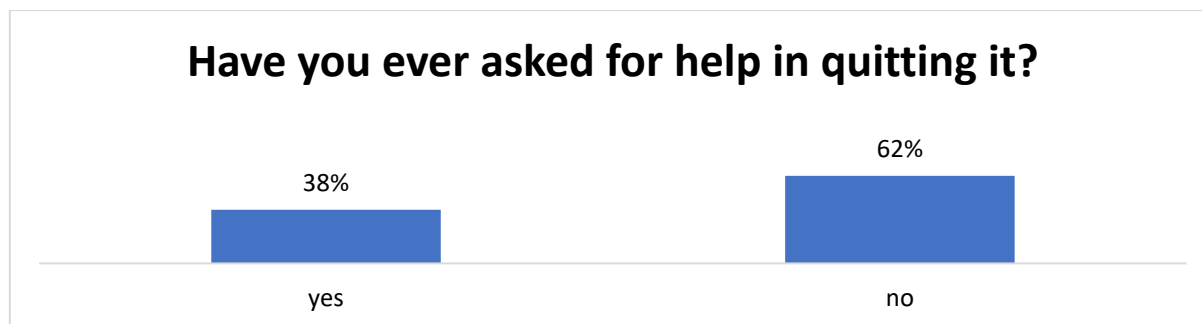


How did your addiction/s started?



Do you feel like quitting it?





Unfortunately, overcoming addiction is not easy. Quitting drugs or drinking is probably going to be one of the hardest things you or your friend have ever done. It's not a sign of weakness if you need professional help from a trained drug counsellor or therapist. Most people who try to kick a drug or alcohol problem need professional assistance or a treatment program to do so.

Tips for Recovery

After you start a treatment program, try these tips to make the road to recovery less bumpy:

Tell your friends about your decision to stop using drugs. True friends will respect your decision. This might mean that you need to find a new group of friends who will be 100% supportive. Unless everyone decides to kick their drug habit at once, you probably won't be able to hang out with the friends you did drugs with.

Ask your friends or family to be available when you need them. You might need to call someone in the middle of the night just to talk. If you're going through a tough time, don't try to handle things on your own — accept the help your family and friends offer.

Accept invitations only to events that you know won't involve drugs or alcohol. Going to the movies is probably safe, but you may want to skip a Friday night party until you're feeling more secure. Plan activities that don't involve drugs. Go to the movies, try bowling, or take an art class with a friend.

Have a plan about what you'll do if you find yourself in a place with drugs or alcohol. The temptation will be there sometimes. If you know how you're going to handle it, you'll be

OK. Establish a plan with your parents, siblings, or other supportive friends and adults so that if you call home using a code, they'll know that your call is a signal you need a ride out of there.

Remind yourself that having an addiction doesn't make a person bad or weak. If you fall back into old patterns (backslide) a bit, talk to an adult as soon as possible. There's nothing to be ashamed about, but it's important to get help soon so that all of the hard work you put into your recovery is not lost.

Helping a Friend with Addiction

If you're worried about a friend who has an addiction, you can use these tips to help him or her. For example, let your friend know that you are available to talk or offer your support. If you notice a friend backsliding, talk about it openly and ask what you can do to help.

If your friend is going back to drugs or drinking and won't accept your help, don't be afraid to talk to a nonthreatening, understanding adult, like your parent or school counsellor. It may seem like you're ratting your friend out, but it's the best support you can offer. Above all, offer a friend who's battling an addiction lots of encouragement and praise. It may seem corny, but hearing that you care is just the kind of motivation your friend needs.

Conclusion.

People have addiction that they don't want to quit but it is harming their well-being whether social or physical. They don't ask for help because they feel insecure and sometimes see this as a breach of their privacy. For solutions they can ask a therapist for help. A professional can help them better.

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