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«YOSH OLIMLAR TIBBIYOT JURNALI»**

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Mazkur hujjat Vazirlar Mahkamasining 2017 yil i5 sentabrdagi 728-son qarori bilan tasdiqlangan O'zbekiston Respublikasi Yagona interaktiv davlat xizmatlari portali to'g'risidagi nizomga muvofiq shakllantirilgan elektron hujjatning nusxasi hisoblanadi.

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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

НАУЧНЫЕ ОБЗОРЫ

- Асадова Г.А.** / Диагностические и лечебные мероприятия перинатальной службы в Узбекистане 101
- Джалилова Г.А., Асадов Р.Х., Саттарова З.Р.** / Организационные аспекты гемодиализной помощи населению в Узбекистане 109
- Джалилова Г.А., Мирдадаева Д.Д., Одилова М.А.** / Охрана материнства и детства в Республике Узбекистан..... 114
- Mustafaqulova K.I., Jumanazarov S.B.** / Yurak ishemik kasalligi stabil zo‘riqish stenokardiyasida refleksoterapiyaning qo‘llanilishi..... 118
- Исломжонова М.М., Саидмуродов К.С., Исмаилов Д.Ш., Садриддинова М.С., Рахматова Ф.У.** / Функциональное состояние сердечно-сосудистой системы юных спортсменов и подростков, не занимающихся активными видами спорта, с разным уровнем физической подготовленности..... 123
- Юсупова Ш.А., Камилова Б.М., Пинязов А.Х.** / Эффективность применения лазера Q-SWITCH при удалении Невуса Ота..... 130
- Курбанбаева С., Мустанов А.Ю., Матназарова Г.С., Брянцева Е.В.** / Динамика заболеваемости менингококковой инфекцией 135
- Rishabh, Mirkhamidova S.M.** / The impact of different types of addiction on human health 141
- Deepanshu Tanwar, Mirkhamidova S.M.** / Problems and challenges faced by hostel students 146
- Himanshu Tanwar, Mirkhamidova S.M.** / The impact of smoking on students’ life..... 150
- Chirag, Mirkhamidova S.M.** / The impact of social media on student health 155
- Himanshu Dahiya, Mirkhamidova S.M.** / The impact of alcohol on student health 160

THE IMPACT OF SMOKING ON STUDENTS' LIFE

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Abstract. *Health and a healthy lifestyle is a qualitative prerequisite for the future self-realization of young people, their active longevity, the ability to create a family and bear children, for complex educational and professional work, social, political and creative activity. However, students do not consider their health as a capital that needs to be preserved and increased in order to bring its dividends in the future. Young people quite confidently put health in the first place in the hierarchy of life values and priorities, but at the same time, as sociological studies show, they do not take proper measures to preserve and increase this capital.*

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

ВЛИЯНИЕ КУРЕНИЯ НА ЖИЗНЬ СТУДЕНТОВ

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Аннотация. *Здоровье и здоровый образ жизни являются качественной предпосылкой будущей самореализации молодежи, ее активного долголетия, способности к созданию семьи и деторождению, к комплексной воспитательной и профессиональной деятельности, общественной, политической и творческой деятельности. Однако студенты не рассматривают свое здоровье как капитал, который необходимо сохранять и приумножать, чтобы в будущем приносить свои дивиденды. Молодежь достаточно уверенно ставит здоровье на первое место в иерархии жизненных ценностей и приоритетов, но при этом, как показывают социологические исследования, не предпринимает должных мер для сохранения и приумножения этого капитала.*

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

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Annotatsiya. *Salomatlik va sog'lom turmush tarzi yoshlarning kelajakda o'zini o'zi anglashi, ularning faol uzoq umr ko'rishi, oila qurish va farzand ko'rish qobiliyati, murakkab ta'lim va kasbiy faoliyat, ijtimoiy, siyosiy va ijodiy faollik uchun sifatli shartdir. Biroq, talabalar o'z sog'lig'ini kelajakda o'z dividendlarini olib kelish uchun saqlab qolish va oshirish kerak bo'lgan kapital deb hisoblamaydilar. Yoshlar hayot qadriyatlarini va ustuvorliklari ierarxiyasida salomatlikni ishonch bilan birinchi o'ringa qo'yadilar, lekin shu bilan birga, sotsiologik tadqiqotlar shuni ko'rsatadiki, ular ushbu kapitalni saqlash va ko'paytirish uchun tegishli choralarni ko'rmaydilar.*

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

Introduction. The action or habit of inhaling and exhaling the smoke of tobacco by sucking on the end of a lit cigarette, cigar, pipe, etc. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis. Smoking is major cause of cardiovascular disease, such as heart disease and stroke [1,2,4,6,8].

Smoking increases the risk of blood clots, which block blood flow to the heart, brain or legs. Some smokers end up having their limbs amputated due to blood circulation problems caused by smoking.

In this article we give you a short overview of new insights into the effects of smoking on health, both on smokers themselves and on those who are exposed to other people's tobacco smoke. The number of diseases and conditions that are known to be caused by active smoking has now risen to over thirty. The risk of premature death is not, as previously thought, twice as high in smokers as in non-smokers, but actually three times as high. Passive smoking too has been shown to have a whole range of negative effects on health. Further, the causal mechanisms of, amongst other things, the development of cancer, ischemic heart disease and nicotine dependence under the influence of smoking have been largely unravelled. - Various issues require further investigation; these include the effect of smoking on psychological health and the effects of 'third-hand' smoke [7,9,11,14]. In the meantime, a concerted campaign against this consumer product with its deleterious effects on the health of the population is overdue. **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.

The leaves of the tobacco plant were originally harvested and smoked by Native Americans and were introduced to Europe by

Christopher Columbus in the 15th century. The botanical name for tobacco, *Nicotiana tabacum*, is derived from Jean Nicot, who sent the tobacco leaf to the Queen of France in the 16th century. During the late 18th century, packaged cigarettes and cigars rapidly gained popularity. Although it was suspected in the early 20th century that tobacco was linked to throat and mouth cancers, it was not until 1964 when the US government released the document titled *Smoking and Health: Report of the Advisory Committee to the Surgeon General of the Public Health Service*. It has since been the prominent topic of most annual Surgeon General Reports.

The original report was an objective review of literature that pointed to tobacco use as being causal to a number of deleterious health conditions. There has since been much research conducted, and many new findings regarding the disease-causing aspects of tobacco smoking have been elucidated. Despite the widely published results of this research tobacco smoking-related illnesses remain the leading cause of preventable death in the United States. [1,8,10,12,13]

About 23% of the worldwide population smokes cigarettes. This includes 32% of all males and 7% of all women. Eastern and Southeast Asia have the highest prevalence of smokers in the world with about 45%, while the Caribbean and North America have the lowest prevalence at 20%. [4]

In 2017, the CDC estimates that 19.3% of the United States population over 18 years old uses some kind of tobacco product. About 14% of the total population use cigarettes while the remaining 5% use cigars, electronic cigarettes, smokeless tobacco, or pipes. Furthermore, 24.8% of men smoke cigarettes, while 14.2% of women smoke cigarettes.

By age group, smokers represent 18.3% of adults aged 18 to 24 years old, 22.5% of adults aged 25 to 44 years old, 21.3% of adults aged 45 to 64 years old, and 11% of adults 65% and older. [5]

Although some of the exact mechanisms for tobacco smoking-related illnesses have yet to be elucidated, several studies have linked tobacco smoking to a plethora of devastating ill-

nesses including coronary artery disease (CAD), cancers in every human organ system, chronic obstructive pulmonary disease (COPD), and decreased reproductive health.[6][7][8][9]

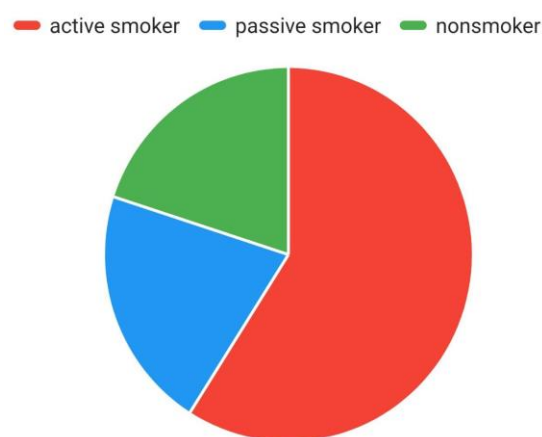
Tobacco smoking correlates with an increased risk of developing at least 17 classes of human cancers. There are roughly 60 known cancer-causing molecules, called carcinogens, in tobacco smoke. It has been proposed that these carcinogens directly damage the DNA by forming covalent bonds with DNA, forming molecules called DNA adducts. These DNA adducts are damaged pieces of DNA that, if not repaired properly, cause mutations during cellular division when their reproduction results in a mutated copy of the DNA. Over time, these mutations collectively lead to disruption of the normal cell reproductive cycle leading to neoplastic tumor formation.[10][11]

Chronic obstructive pulmonary disease (COPD) has also been shown to heavily correlate with tobacco smoking. The reactive oxidants found with cigarette smoke create a chronic inflammatory state in the lungs, which may persist even after smoking cessation. This inflammatory state causes the lungs to remodel and can eventually lead to gross structural changes. It has also been proposed that there is an auto-immune component to lung disease, caused by the reaction of autoantibodies to antigens created either directly or indirectly from TS.[12][13]

Result. Low QoL and depression are associated with higher odds of smoking initiation and lower odds of successful smoking cessation. There is a negative relationship between smoking and QoL and the magnitude of this association is related to the number of cigarettes smoked. Secondhand smoke also appears to be negatively associated with QoL. Smoking cessation significantly improves QoL. These findings have been replicated across populations with diverse socioeconomic and cultural groups around the world.

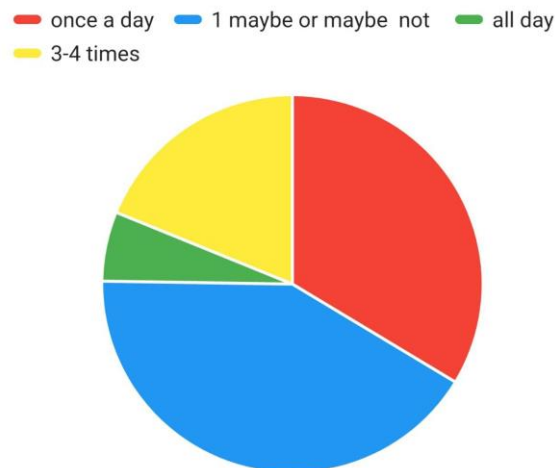
These are some questions that i asked to local students, to international students nd some locals of Republic of Uzbekistan.

These are the results of my survey:



There are more active smokers than passive smokers.
Very few are non smokers.

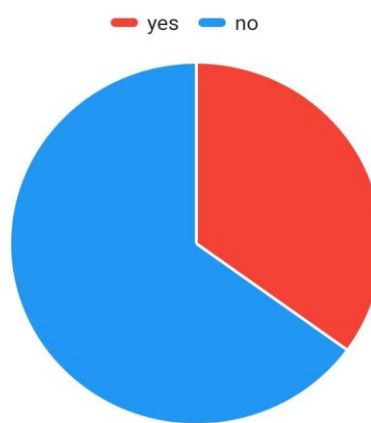
Q- How often students smoke in a day



Maximum students and locals. Smoke once a day

They should quit.

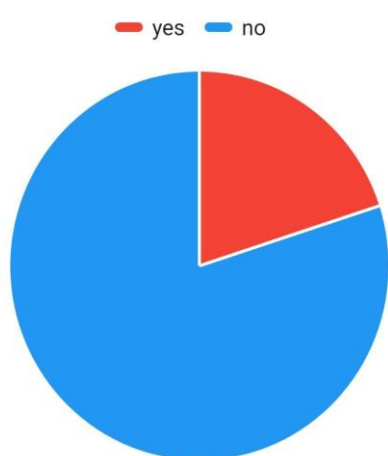
Q- They start smoking for enjoyment



Students smoke for enjoyment

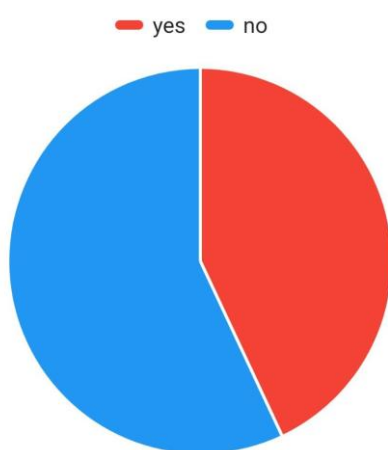
It's occasionally okay but they must quit.

Q- Students indulge others in smoking



Most of the students is not indulging other. They smoke. It's good but they should quit.

Q- Students habitual of smoking



Conclusion.

QoL data promotes smokers and practitioners to become more sensitive to the sub-clinical adverse effects of cigarette smoking, thereby improving motivation to quit, cessation rates, and treatment outcomes.

Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general. Quitting smoking has immediate as well as long-term benefits, reducing risks for diseases caused by smoking and improving health in general.

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