

Studying the Population's Knowledge about Healthy Lifestyle in Namangan Region

Inatullaeva Rano Yunusovna

Senior Lecturer at NamSU

Mamarova Shodila Dilshod qizi

Student of General Medicine, Faculty of Medicine, Namangan State University

Abstract: The article presents the results of the population's knowledge about a healthy lifestyle, which was carried out through questionnaires and interviews. 167 people aged 16 to 80 years in the Namangan region of the Republic of Uzbekistan took part in the survey and interviews. The survey was conducted using a questionnaire consisting of 15 questions about a healthy lifestyle. From the results of the study, it follows that many people do not follow a healthy lifestyle, and also do not have a specific concept of a healthy lifestyle. To inform the population about a healthy lifestyle, it is necessary to conduct information campaigns, educational programs, and sporting events. Increasing public knowledge about healthy lifestyles is important and should be a public health priority.

Keywords: Healthy lifestyle, HLS, health, nutrition, sports, bad habits.

Introduction. A healthy lifestyle is an individual system of human behavior that provides him with physical, mental and social well-being in the environment. It includes taking care of our body, mind and communication with others. A healthy lifestyle includes regular physical activity, proper nutrition, avoidance of bad habits such as smoking and drinking alcohol, absence of unhealthy stress, optimal work and rest schedule, personal hygiene, hardening, and a positive outlook on life. A healthy lifestyle creates the best conditions for the normal course of physiological and mental processes, which reduces the likelihood of various diseases and increases human life expectancy. One of the main aspects of a healthy lifestyle is proper nutrition. In today's world, we too often consume processed foods that are high in calories, rich in fat and sugar. Instead, opt for grains, fresh fruits and vegetables, low-fat dairy products, and protein sources such as fish and poultry. It is important to control portion sizes and avoid overeating. Regular physical activity also plays an important role in maintaining a healthy lifestyle. Physical exercise can strengthen your heart and lungs, maintain an optimal weight level, and improve your overall fitness and mood.

Bad habits such as smoking and drinking alcohol are hazardous to health and should be eliminated from our lives. Smoking increases the risk of lung cancer, heart disease and other serious problems, and alcohol can cause a variety of diseases, including cirrhosis of the liver and cardiovascular problems. Adequate rest and sleep also play an important role in a healthy lifestyle. By waking up rested, a person is able to function effectively throughout the day. Good health, maintained and strengthened by the person himself, will allow him to live a long and joyful life. Health is an invaluable wealth of each person individually, and of the entire society as a whole. From an early age it is necessary to lead an active healthy lifestyle, harden yourself,

engage in physical education and sports, observe the rules of personal hygiene, and eat rationally. 50% of a person's health is determined by how healthy a lifestyle he leads, 20% by genetic factors and heredity, another 20% by living conditions (ecology, climate, place of residence), 10% by healthcare.[1] In our opinion, in defining the concept of "healthy lifestyle" it is necessary to take into account heredity, the functioning of the body, behavior in society, lifestyle (sleep, nutrition, etc.). It should be agreed that the formation of a healthy lifestyle is based on scientific knowledge, medical and preventive measures, a rational daily routine, work and rest, physical activity, properly organized nutrition and the absence of bad habits [2]. Research by scientists has shown that if every person adhered to 10 basic rules of a healthy lifestyle, then people would live at least 100 years. These 10 tips, developed by an international group of psychologists, doctors and nutritionists, are as follows:[3]

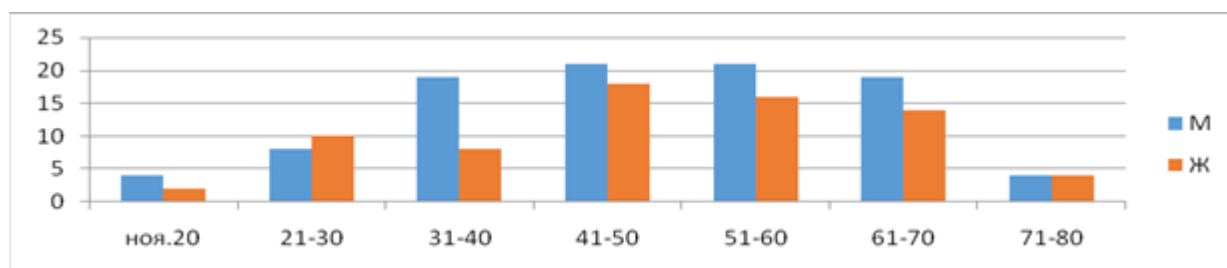
1. Do only work that pleases you;
2. Always have your own point of view;
3. Adhere to the rules of rational nutrition;
4. Give up bad habits;
5. Sleep at a temperature of 17-18°C;
6. Treat everything with love and tenderness;
7. Engage in active mental work;
8. Eat sweets periodically;
9. Give your body emotional relief more often;
10. Do physical labor.

Purpose of the study. To determine the population's knowledge about a healthy lifestyle in the Namangan region.

Materials and methods of research. The study was conducted using a questionnaire consisting of 15 questions. The questionnaire survey methodology included two sides: interviewing and questioning, carried out in parallel. 167 people aged 16 to 70 years in the Namangan region of the Republic of Uzbekistan took part in the survey and interviews. The developed questionnaire was used as a questionnaire. With its help, the population's knowledge of healthy lifestyle, sports activity, health, lifestyle, bad habits, proper nutrition, sleep quality, etc. were assessed.

Research results. 167 people in the Namangan region took part in the survey. Among the participants were 72 women and 95 men. The age of the participants at the time of the survey ranged from 16 to 80 years. The average age was 40-50 years. Ages from 16 to 20 years old included 6 participants, 21-30 years old – 18 participants, 31-40 years old – 27 participants, 41-50 years old – 27 participants, 51-60 years old – 37 participants, 61-70 years old – 33 participants, 71-80 – 8 participants.

Diagram No. 1. Number of participants



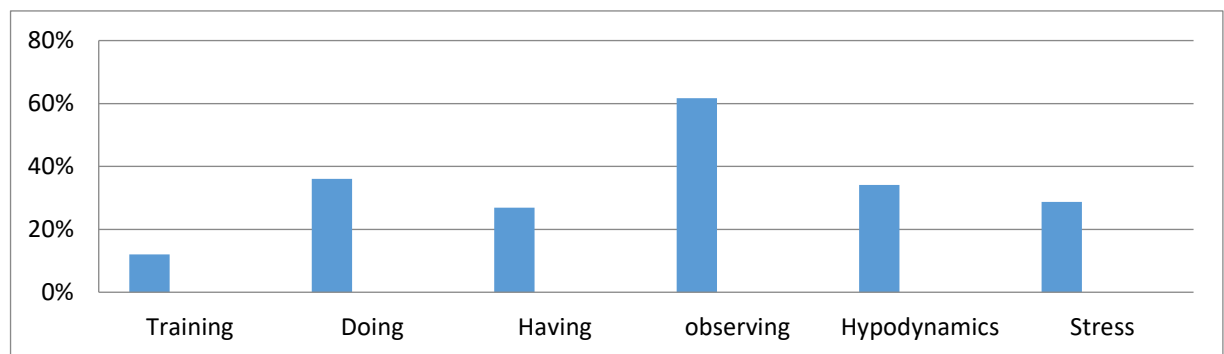
The questionnaire included questions about proper and balanced nutrition, lifestyle, living conditions, physical activity, the presence of bad habits, a rational day and rest, playing sports,

personal hygiene, regular health monitoring, mental state, etc.

From the results of the study it follows that:

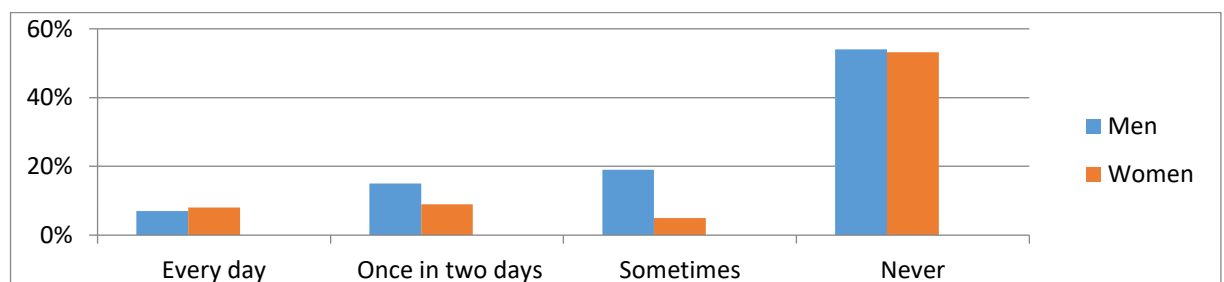
1. 20 participants are involved in sports, of which 14 are men and 6 are women.
2. 60 participants are doing morning exercises, of which 41 are men and 19 are women.
3. 45 participants have bad habits, of which 43 are men and 2 are women.
4. 103 participants maintain personal hygiene, of which 51 are men and 52 are women.
5. Physical inactivity is observed in 57 participants, of which 23 are men and 34 are women.
6. Mental disorders in the form of stress were observed in 48 participants, of which 21 were men and 27 women.
7. 78 participants eat properly and balanced, of which 33 are men and 45 are women.
8. 74 participants regularly monitor their health status, of which 35 are men and 39 are women.
9. 98 participants have regular physical activity, of which 51 are men and 47 are women.
10. 33 participants have insomnia, of which 14 are men and 19 are women.

Diagram No. 2. Percentage of survey results



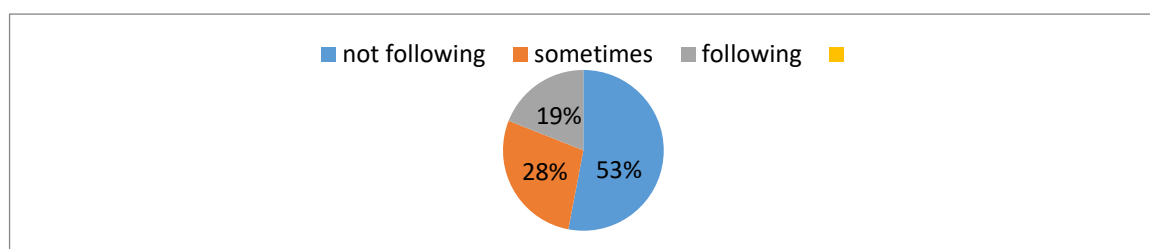
From the survey results it is clear that the majority of respondents, both men and women, do not do morning exercises.

Diagram No. 3. Performing a set of morning exercises by survey participants.



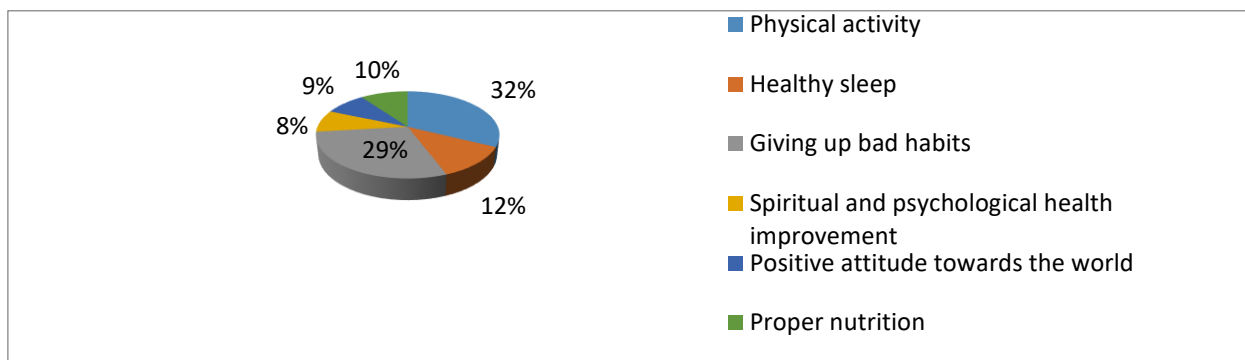
One aspect of a healthy lifestyle is proper and balanced nutrition. According to studies, participants are much less likely to think about a proper and balanced diet.

Diagram No. 4. Compliance with diet by participants



A healthy lifestyle is a key element in developing a full and balanced personality. It includes many aspects, but participants consider the following to be the most important components of a healthy lifestyle.

Diagram No. 5. The main components of a healthy lifestyle according to the participants



The diagram shows that the majority of surveyed participants consider regular physical activity and giving up bad habits to be the most important in a healthy lifestyle.

As a result of the survey, it turned out that only 33.7% of men and 39.2% of women among those surveyed lead a healthy lifestyle. Most of the surveyed participants do not follow a healthy lifestyle and are also not aware of healthy lifestyles. Almost 40% of the surveyed participants have no idea about healthy lifestyle.

Conclusion. A healthy lifestyle is an important factor in maintaining physical and mental well-being. The problem of a rational approach to health is a pressing problem, since only a small part of the surveyed participants lead a healthy lifestyle. Insufficient knowledge of the population about a healthy lifestyle can lead to various diseases and health problems, for example, poor diet and lack of physical activity can lead to obesity, diabetes, and cardiovascular diseases.

Therefore, it is necessary to increase the level of knowledge of the population about healthy lifestyle. To increase the level of knowledge of the population about healthy lifestyles, it is necessary to conduct information campaigns, educational events, sports competitions, organize trainings and seminars about a healthy lifestyle, and promote a healthy lifestyle through television programs. It is also important to pay attention to young people, since it is at an early age that the foundations of a healthy lifestyle are formed, and it is also necessary to include educational programs about healthy lifestyles in school textbooks.

And also medical institutions should play an important role in prevention and education of the population about a healthy lifestyle. In general, increasing the population's knowledge about healthy lifestyles is an important step to improve public health.

List of used literature:

1. Osipov Yu.S. Great Russian Encyclopedia. / Yu.S. Osipov, - M. scientific publishing house, 2008. – 300 s.
2. Chumikov A.N., Bocharov M.P. Public relations: theory and practice. – M.: Delo, 2006. – 552 p.
3. Regulyan V.F. The path to strength, beauty and grace / V.F. Regulyan, - Dushanbe: Irfon, 1990.- 400 p.
4. Nikolay Amosov. My health system. — 1997
5. Brekhman I.I. Valeology is the science of health. – M.: Physical culture and sport, 1990.
6. Lisitsin Yu.P. Lifestyle and public health. – M.: Knowledge, 1982.

7. Vasilyeva O.S., Pravdina L.R. Different approaches to understanding the concept of “healthy lifestyle” [Text] / O.S. Vasilyeva, L.R. Pravdina. // Psychology. 2010.
8. Formation of a healthy lifestyle for young people / Martynenko A. V. et al. M.: Medicine, 1988;
9. <https://gp16.medkhv.ru/index.php/medinfo/32-zdorovyj-obraz-zhizni-i-ego-sostavlyayushchie>
10. <http://forum-nauka.ru>