

## HEALTH ASSESSMENT OF ANDIZHAN STATE MEDICAL INSTITUTE STUDENTS TAKING INTO ACCOUNT THEIR SOMATOTYPE

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### ABSTRACT

I think it should be accompanied by measures to accelerate education in universities, improve the quality of training of young professionals, to ensure high mental and physical performance. In particular, in many countries it is common for students to suffer from various somatic diseases and neuropsychiatric disorders, and in this small article we also consider the health status of students of Andijan State Medical Institute, taking into account their somatotype. we try to study and research.

**Keywords:** Public health, student health, hygiene factors, exercise, health, hygiene growth, Somatic type indicators.

### INTRODUCTION

Public health is the health of the population; It is an exaggeration to say that "the science or art of preventing disease, prolonging life and improving health through organizational efforts, choosing society, organization at its discretion (public or private, public or individual)" 'a will not. Indeed, public health prevention methods include the introduction of educational programs, policy, service development, and research. The concept of vaccination is related to the concept of public health. The tremendous positive impact of public health programs is widely acknowledged. Twentieth-century health policy has seen, in part, a decline in infant and child mortality and a steady increase in life expectancy for many people around the world. For example, the average life expectancy of Americans has increased from 1900 to 30 years, and worldwide by six years.

Human health, in particular, is an indicator of quality, which is quantitative parameters: anthropometric (height, weight, chest size, geometric shape of organs and tissues); physical (heart rate, blood pressure, body temperature); biochemical (the amount of chemical elements in the body, erythrocytes, leukocytes, hormones, etc.); biological (composition of intestinal flora, the presence of viral and infectious diseases) and other biomarkers. There is a concept of "norm" for the state of the human body, which takes into account the fact that the values of the parameters correspond to the range determined by medical science and practice. Deviation of the value from the given range can be a sign and evidence of deterioration of health. Externally, the loss of health is due to disturbances in the structure and function of the body, changes in its flexibility.

The criterion of occupational health is the ability of a person to work, which is defined as "the maximum possible efficiency of the activities of a specialist, taking into account the functional state of his body, its physiological value." In the modern understanding, occupational health refers to a certain level of specialist characteristics that meet the requirements of professional activity and ensure its high efficiency. Maintaining a person's occupational health and ensuring efficiency at the same time is related to a person's psychological professional adaptation (flexibility). Disorders of adaptation (symptoms of maladaptation) are, on the one hand, the occurrence of negative mental states, on the other hand, a decrease in its effectiveness. Occupational health is a necessary condition for professional (and vital) well-being. No matter how advanced medicine is, it cannot cure everyone. Man is the creator of his own health, so it is wise to lead an active and healthy lifestyle from the earliest age, to exercise, to engage in physical education and sports, to follow the rules of personal and social hygiene, and so on. It would be good to achieve real harmony through the development of the population. The problem of strengthening the health of the population should be addressed in the context of modern society, taking into account the peculiarities of socio-economic, scientific and technological development and significant changes in values. is a problem that has.

According to the experts of the World Health Organization, health is not a lack of diseases and physical disabilities, but a state of complete physical, mental and social well-being. Many modern scientists define the concept of health as the ability of a person to perform optimal physiological, psychological and social activities. Human health is related to virtually all areas of his vital activity. Changes in any of them directly or indirectly reach the psychosomatic level of health. Health is a harmonious combination of biological and social characteristics of a person, which allows him to adapt to the conditions of the macro and microsphere, as well as socially and economically productive life. allows you to live with.

In this small article, we will try to do some research, realizing that Andijan State Medical Institute is one of the most pressing issues facing the society and the state, and students are one of the representative groups of the country's youth. In particular, students are the most dynamic social group in the period of formation of social and physiological maturity, which is well adapted to social and natural environmental factors, and at the same time has a high risk of health disorders. I think the most effective way to solve these problems is to have a well-organized physical activity, a healthy lifestyle, and a wide use of physical culture.

The urgency of studying the problem of student health at the Andijan State Medical Institute is due, on the one hand, to the need to achieve the most complete correction of the state of health in various diseases, and, secondly, to create conditions. for active work and social life. All of the above makes it possible to consider the health problem as a priority area of in-depth scientific research. The purpose of our research is to assess the health and physical development of students at the Andijan State Medical Institute, which can serve as a basis for the assessment of somatotype physical development, physical performance, psychological state, health. can be the basis for a program to prevent the development of pathology, which justifies the elements of physical education, including lifestyle. In terms of universality and specificity, the most interesting seems to be the student contingent, as on the one hand students live in conditions

similar to the rest of the population and determine the almost uniform distribution of somatic species

An analysis of available literature sources and patent documents has shown that it is not enough to study the health status of students taking into account their somatotypes, which can complicate the prognosis and prevention of possible diseases, professional growth success. It allows students to study their health status in terms of their somatotype, a comprehensive approach that determines their physical development, psychological characteristics, quality of life, the formation of management factors of health formation, including health. maintenance of physical education, training process and medical care technologies. Throughout the article, we sought to justify the use of somatotype indicators in assessing students' health status and developing preventive measures for them. To achieve this goal, the following tasks were solved:

- Analysis of the structure of pathological affection of students, taking into account the somatotype;
- To describe the psycho-emotional state of students and identify possible relationships with the somatotype;
- To determine the relationship between somatotype, health status and lifestyle;
- Development of guidelines for a comprehensive assessment of student health and lifestyle, taking into account the somatotype.

Distribution characteristics of boys and girls aged 17–21 years were determined on three variable independent levels: general, structural, and proportional. The data obtained describe the relationship between the somatotypic characteristics of the organism and the health and lifestyle of the students. Young people of the macrosomatic type (in terms of overall variability) were found to have a lower risk of endocrine, nervous, and digestive system diseases, physical health, physical activity, and prevalence. bad habits are among them. The hygienic importance of somatotype as an endogenous factor influencing the formation of student health has been shown. The practical significance of the work is that with the help of somatotype it is possible to predict the level and structure of the disease in students, to substantiate health technologies for their training and physical education, as well as to make preventive recommendations for optimizing their lifestyle. . In the article, we try to develop "Methodological recommendations for a comprehensive assessment of student health on somatic type indicators" on the basis of type materials. During the science days for students, demonstrated and discussed at the Andijan State Medical Institute in the departments of physical activity, exercise and health, hygiene growth, the implementation of the main stages of the work.

Our research shows that the majority of students have a satisfactory home environment; 26% live in dormitories. Determining the attitude of students to their own health showed that only 24.6% of students consider themselves healthy, 67.6% consider their health satisfactory, and 7.9% consider themselves poor. they think. This is the subjective opinion of the students. It is worth noting that these studies, compared with objective data on the state of health, allow medical students to assess their health very accurately. M&S-type students were found to be more "optimistic" about their health than other types, which is true.

Health stems from the impact of medical data and the need for family members to be physically stronger. In general, we can say that the majority of students in our sample: motor movement

is insufficient; disorderly food; hypersensitivity to bad habits; living conditions are satisfactory. Thus, the results of the research confirm the need to divide students into somatotypes in the study of social and hygienic factors. Given that physical education classes are included in the university curriculum only for 1-2 courses, it can be assumed that from the 3rd year it will decrease. The core curriculum pays little attention to students' healthy lifestyle issues.

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