



## Scope of Artificial Intelligence in Medical Sciences

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**Annotation.** This article analyzes the role of rational nutrition, physical education, morning exercises and the influence of bad habits (Smoking, alcohol consumption) The article focuses on the students' attitude to health as a social value. The authors cite the results of a sociological study that indicate the predominance of stereotypical opinions among the younger generation on healthy lifestyle and health in the process of forming a healthy lifestyle for young people. Also, the article reveals the importance of morning hygienic gymnastics in the process of forming a correct lifestyle.

**Keywords:** Student, rational nutrition, healthy lifestyle, physical health.

### *Introduction*

The emergence of the COVID-19 coronavirus pandemic in the world has shown a low level of physical health and a healthy lifestyle of the population of Uzbekistan, as in a number of other countries.[6]

*The COVID-19* corona virus infection has had a negative impact on the health of fellow citizens suffering primarily from cardiovascular diseases, respiratory diseases and obesity (overweight). As a result, today's pandemic has caused the premature death of many of our citizens. The pandemic today requires all of us to draw serious conclusions and adhere to the principles of a healthy lifestyle[1,8]

The situation that has arisen today requires all of us to draw serious conclusions, get rid of bad habits, regularly engage in mass sports, observe the principles of proper nutrition, in particular, refrain from excessive consumption of foods high in salt, sugar and fats, as well as flour dishes, sweets and bread products, — in short, to introduce a healthy lifestyle into our daily routine.[2,3,11] Currently, during the period of changes in the socio-economic and demographic situation in the country, it has become necessary to proclaim as a priority of the state social strategy the idea of preserving the health of citizens, formulated in official documents and decisions (decree of the President of the Republic of Uzbekistan on measures for the widespread introduction of a healthy lifestyle and the further development of mass sports.).

Consequently, the health of the nation is an unconditional social value, the basis of national wealth and a condition of national security, it reflects the resilience and geopolitical prospects of the country, is a condition for its sustainable development. Thus, the health of the nation acquires a system-forming importance for the state. It is in the interests of every citizen to treat their health responsibly [6]. There are also special features of working with students. In Uzbekistan, the reform of the education system carried out in higher educational institutions has touched upon topical issues of physical culture self-education of students, rational nutrition.[5] In the educational development program, the leading tasks are highlighted: health preservation, optimization of the



educational process using information and communication technologies, formation of the value of health and a healthy lifestyle. In modern society, the processes of informatization of all forms [9][9] of educational activities, including physical education of young people, are characterized by the processes of improvement and mass dissemination of modern information and communication technologies. These technologies are actively used to transfer information and ensure interaction between a physical education teacher and a student in a modern learning system. A teacher should not only have knowledge in the field, but also be an expert in their application in their professional activities [2]. With the help of network means of information and communication technologies, it becomes possible to have wide access to educational, methodological and scientific information on the daily routine, rational nutrition, physical culture, organization of consulting assistance to students, modeling of physical culture and recreation activities, conducting a practical lesson, reading lectures and training sessions in real time. [10] Students work with the help of information and communication technologies allows them to store and transfer the bulk of the studied material, provides deep assimilation and understanding of information. These technologies provide opportunities for self-study and self-verification of acquired knowledge. [11] Unlike the traditional method, electronic classes make it possible to present the material in a dynamic graphical form [2]. The use of a multimedia educational and methodological complex for physical culture and nutrition of students is an urgent task, the main purpose of which is to improve the educational process of physical culture at the university using modern information technologies. The use of information and communication research, which indicates the predominance of stereotypical opinions among the younger generation on a healthy lifestyle and health in the process of forming a healthy lifestyle for young people, the article examines the importance of morning hygienic gymnastics in the process of forming a correct lifestyle.

**Purpose:** To study the readiness of students of the medical institute for a healthy lifestyle, as well as an assessment of their diet. The formation of a proper lifestyle for a student is taking care of their health. To encourage students to promote health and its preservation, to support and promote a culture of healthy lifestyle among young people, to cultivate a kind of fashion for health.

### ***Materials and methods of research***

The anonymous survey included 250 second- and fourth-year students of a medical university aged 20-25 years, including 120 girls and 130 boys. They were asked to answer a number of questions concerning how to understand the elements of a rational approach to health (proper nutrition, sports, bad habits) The following options for a rational menu were included, whether morning exercises are being done, the presence of smoking cigarettes, nose, cigarettes.

### ***Results and discussion.***

During the survey, it was revealed that 66% of second-year students do not neglect the regularity of breakfast, of which 36% of girls, 30% of boys, 84% of fourth-year students have breakfast regularly, of which 50% of girls, 34% of boys. Of the surveyed second-year students, 34% do not always have breakfast, 23% rarely have breakfast and 11% do not have breakfast at all, senior students 26% do not always have breakfast, 18% rarely have breakfast and 8% do not have breakfast at all. At the same time, 23% of respondents do not take breakfast with them to study; sometimes 53% of respondents take something; often or always take food with them, respectively, 15% and 6% of students. So, according to research, up to 27% of students living in dormitories leave for classes without having breakfast. Of those who try not to skip breakfast, 12% consider porridge to be an integral part of the diet. The rest never eat porridge, which is a source of "slow" carbohydrates. 76% of students always eat various sandwiches and drinks such as tea and coffee, with or without milk, for breakfast. Sometimes 16% of respondents have breakfast like this. 6% of respondents try to eat meat/fish every day, milk and dairy products – 10%, cereals – 11%, vegetables and fruits - 23%. About half of the respondents eat semi-finished products every day. Some people consumed carbonated sugary drinks of various sweets, because such products contain a large number of various food additives, chips, and preservatives can have a positive effect on the human body, up to carcinogenesis. The majority of respondents (60%) recognize the imbalance of



their diet according to one or more criteria, but they cannot or do not want to be jealous, explaining this state of affairs by the lack of time for regular meals and its preparation on a daily basis. At the same time, the vast majority (95%) are aware of the consequences of malnutrition, and only 5% of respondents answered this question negatively. Due to the presence of complaints from the digestive system, 73% of the respondents attended polyclinics, and 27% did not address this issue even in the presence of gastrointestinal disorders. 33% of students have reliably established diseases of the digestive system, the second-year respondents revealed a low value-motivational component of physical culture, and there was no stable need for active independent physical culture and sports activities compared to fourth-year students. 19.8% of students do not show any physical and sports activity at all, 68.7% show low activity, 13.3% show optimal and high activity, mainly sports - only 5.2%. Following the study of the negative factor of harm to the human body, the prevalence of smoking made it possible to find out that the situation among students is not important, less well-off smokers among second-year boys were 27% of girls 5%, among fourth-year boys 19% of girls 3.3%, alcohol consumption 18% of the total respondents. They explained the main reasons for stress relief, fatigue for the company.

### **Conclusions.**

Thus, it was found that most of the students of the diet do not comply with the principles of rational nutrition when forming their diet. More than half of young people do not have breakfast, violates the diet and has a number of disadvantages, of which is a violation of the correct ratio of the daily amount of food (most of it is consumed in the evening). Students have no diversity in their diet, lack of vegetables, fruits, vitamins and minerals. At the same time, one third of the respondents have pathology from the digestive organs. The reasons for the inability to normalize the diet are objective (lack of time) or subjective (unwillingness to cook food at home (dorm) and addiction to fast food). Summarizing the above research, are they engaged in morning exercises, the presence of smoking cigarettes, nose, cigarettes. It can be said that morning gymnastics for a student is one of the most important components of his habitual life. Physical education is not just one of the fundamental components of a student's life, but also forms his comprehensive development and improvement. Physical education classes at the university help the student to correctly assess their abilities and develop them in the right direction, thereby strengthening their health. The above-mentioned results are requested from teachers on the need to work with students on the organization of proper nutrition, regulation of physical culture and wellness activities, preventive work against harmful habits of a healthy lifestyle. Today it is important to note that the elements of a proper lifestyle are the main social factor that protects against negative consequences during the transition from the stage of youth to adulthood.

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