

EATING DISORDERS IN STUDENTS AND ITS CONSEQUENCES

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Annotation

This article examines the problems of poor eating habits among students and their impact on health and performance. The main reasons for students' irregular eating habits are analyzed, including high academic stress, lack of time, and low knowledge of healthy eating. The consequences of poor eating habits, such as weakened immunity, cognitive decline, and the development of chronic diseases, are discussed. The study's findings highlight the need to foster a healthy eating culture among students and implement preventative measures in educational institutions.

Keywords

food hygiene, diet, students, health, balanced nutrition, disease prevention.

Introduction

Human health depends largely on lifestyle, and a balanced diet plays a key role among its key factors. Nutrition is a vital biological process that provides the body with energy and essential nutrients. Maintaining a healthy diet plays a key role in maintaining normal bodily function and preventing various diseases.

In today's environment, students often face the problem of poor eating habits. This is due to high academic workloads, lack of time, stress, and the specifics of the student lifestyle. Many students skip meals, replace full meals with quick snacks, or consume foods with low nutritional value.

Poor eating habits can lead to serious health consequences, including digestive disorders, decreased immunity, impaired concentration, and decreased performance. Therefore, studying student eating habits is a pressing issue in modern medicine and nutritional hygiene.

The aim of this study was to investigate the causes of poor eating habits in students and determine their impact on health and performance.

Literature review. Issues of balanced nutrition and food hygiene are widely studied in modern scientific literature. According to hygiene experts, a healthy diet

should include regular meals, a balanced diet, and appropriate time intervals between meals.

Research shows that irregular eating habits lead to metabolic disorders. Scientists note that long gaps between meals contribute to the development of gastrointestinal diseases, including gastritis and peptic ulcers.

Furthermore, modern research indicates that poor nutrition negatively impacts cognitive function. A lack of vitamins, micronutrients, and energy can lead to memory impairment, decreased concentration, and reduced mental performance.

Thus, an analysis of the scientific literature shows that maintaining a healthy diet is essential for maintaining the health and performance of students.

To study the problem of irregular eating habits among students, a review of the scientific literature and a survey of university students were conducted. Eighty students aged 18 to 23 participated in the study. The survey included questions about meal frequency, diet, food preferences, and students' well-being. The data obtained were processed using statistical analysis methods.

A comparative analysis of the survey results with data from scientific research in the field of food hygiene was also conducted.

The study found that a significant portion of students don't maintain a healthy diet. Around 60% of students surveyed skip breakfast, citing a lack of time or a lack of appetite in the morning.

Around 45% of students eat irregularly, limiting themselves to quick snacks between classes. Only 25% of students eat three or four full meals a day.

It was also found that most students prefer fast food, junk food, and sugary drinks. Meanwhile, their consumption of vegetables, fruits, and other healthy foods remains inadequate.

Eating irregularly can lead to various negative consequences. Among the most common student complaints were:

- rapid fatigue
- decreased concentration
- headaches
- digestive disorders
- decreased immunity

The findings support other studies that indicate poor eating habits are a common problem among students. Irregular meals and consumption of foods with low nutritional value negatively impact health and performance.

Furthermore, an unbalanced diet can lead to the development of chronic diseases in the future. Developing healthy eating habits and increasing students' knowledge about healthy eating are particularly important.

Educational institutions can play a key role in addressing this issue. Providing affordable, high-quality meals in student cafeterias, conducting educational events, and implementing programs to foster a healthy eating culture can significantly improve the situation.

Conclusion. Thus, the results of the study showed that irregular eating habits are a common problem among students. The main reasons for irregular eating habits include heavy academic workloads, lack of time, and insufficient knowledge of healthy eating principles.

Irregular eating habits can lead to various negative consequences, including poor health, weakened immunity, and decreased mental performance. It is especially important to consider that college age is a period of active habit formation that can last a lifetime.

Therefore, special attention must be paid to fostering a healthy eating culture among students. Key preventative measures include educational outreach, developing healthy eating habits, and creating a favorable environment for providing nutritious meals in educational institutions.

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