



THE ROLE OF NURSING STAFF IN THE FORMATION OF A HEALTHY LIFESTYLE OF CHILDREN

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<https://doi.org/10.5281/zenodo.6584493>

ARTICLE INFO

Received: 01st May 2022

Accepted: 10th May 2022

Online: 14th May 2022

KEY WORDS

a healthy lifestyle, nurse, promotion of healthy lifestyles, balanced diet, physical activity, unhealthy habits (smoking, alcoholism, drug addiction), sanitary and hygienic standards set for children.

ABSTRACT

The main component in human life is "Health". Additionally, today the health of the population is one of the most important factors for successful social development and national security, an important resource for ensuring the stability of the state, and by the level of the quality of life, of the living standard and lifestyle, as well as the health condition of the population, one can conclude as a result of the effectiveness of state policy in the field social sphere.

1. INTRADUCTION

Today, one of the priority tasks of the social policy of the Republic of Uzbekistan is to preserve the health of the population and prevent morbidity. Health, as defined by the WHO (World Health Organization), is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. [1]

The relevance of the topic is due to the fact that the health of the childhood population of our country is currently characterized as critical, therefore, the search for effective methods for its improvement and the provision of medical care to paramedical personnel is an urgent public and state problem. President Shavkat Mirziyoyev instructed to revise the system of improving

the health of the population, pointing out the weak prevention of diseases, as well as the need to improve the culture of nutrition. "For 25 years we have been treating diseases instead of preventing them. Our people are also dissatisfied with this system. Rural medical posts only prescribe medicines and give injections, but there are no disease prevention systems," said Shavkat Mirziyoyev (quoted by Uzbekistan 24 TV channel). He added that half of the population is overweight, but many do not know about it. [2] The most important state task is to preserve the health of the population and especially the health of children. With the help of socio-hygienic, epidemiological, as well as other modern studies, it has been proven that the



conditions and lifestyle have a direct impact on the health of children. According to WHO, human health is affected by harmful factors, which are 10-15% related to medicine, 15-20% determined by genetic factors, 25% are determined by external factors (environmental, social, natural, political, economic, demographic conditions) and a healthy lifestyle, which makes up 50-55% and includes rational nutrition, physical activity, reproductive health, harmful factors, and other conditions that depend on the person himself. [1]

A healthy lifestyle (HLS) is gradually becoming a necessary condition for existence in a highly competitive environment, especially if we take into account environmental problems in large cities and the pace of life of the state. One of the components of a healthy lifestyle is a balanced diet. Rational nutrition ensures proper growth and formation of the body, contributes to maintaining health, high performance and prolonging life. [3] Including, sports and physical activity are also perceived as one of the priority means of education. [4] Smoking is one of the most common health habits in the world. Scientists have proven that more than 40 diseases have a causal relationship with tobacco smoking. According to the studied results of the study of the authors, it was revealed that 80% of smokers initiation to a cigarette occurs even before they finish school. In Russia, 7.3 million people started smoking at the age of less than 15 years, the earliest age of initiation to smoking is 8-10 years; among teachers and doctors called to prevent smoking, 45% are smokers; 92% of smoking parents admit to smoking in front of their own children. [5]. Alcohol, like smoking, leads to the development of many mental and physical disorders, the birth of

children with anomalies, and causes unhappy marriages. According to research by scientists, when studying the reports of psychiatric institutions in Europe and the United States, it turned out that alcohol is one of the main factors in the development of mental illness. According to WHO, it is 80 times higher than the number of suicides among teetotalers. In 2018, 4.3% of cancer cases in the WHO European Region were attributable to alcohol consumption. Thus, in total, about 180,000 cases of cancer (70,000 cases in women and more than 110,000 cases in men) were caused by alcohol consumption. In the same year, alcohol consumption resulted in nearly 92,000 cancer deaths. [1]

2. Material and methods.

The object of study is the role of nursing staff in the formation of a healthy lifestyle for children. The material of the study was the activity of the nursing staff working in the primary health care of the city of Kattakurgan. Also, a sociological survey was conducted of the parents of patients of the central family clinic of the Kattakurgan district, in the amount of 60 people, aged 22 to 55 years, to determine the effectiveness of methods in promoting a healthy lifestyle. During the study, statistical and general scientific methods of analysis and synthesis were used to study population health indicators, including children, and scientific approaches, which include the categories of "health" and "healthy lifestyle". At various stages of the work and in solving individual problems posed in the study, a wide range of methods was used: theoretical (analysis and synthesis of data, analysis of literary sources, inductive and deductive methods) and empirical (observation, conversation, analysis of documentation, questioning, testing).



3.Results

We conducted a sociological survey in which a group of respondents included 85% (51 patients) of mothers and 15% (9 patients) of fathers. Among the interviewed parents, the number of persons aged 25-40 years, and they amounted to 65% (39). Thus, the main age of the parents of patients visiting the central family polyclinic of the Kattakurgan district ranges from 25-40 years. The age of pediatric patients ranges from 1.5 to 14 years. The number of respondents who are married 75% (45

respondents), divorced - 20% (12 respondents) and have not yet started a family, also single mothers, respectively - 5% (3 respondents). In the study of the observed, 11.67% are respondents who belong to the high-income, 58.33% to the middle-income, 30.0% to the low-income strata of the population. The analysis of the socio-demographic characteristics of the group of scientific-empirical research consists to a large extent of the difference in family and financial status and in age. (Table 1)

Socio-demographic characteristics of respondents observed in the central family polyclinic of the Kattakurgan district medical association of the Samarkand region.

Socio-demographic characteristics of respondents	Number of persons	Percent (%)
Gender composition		
Parents (mothers)	51	85
Parents (fathers)	9	15
Age		
22-30 years old	16	26,7
31-38 years old	31	51,7
39-47 years old	10	16,6
47-55 years old	3	5
Family status		
Are married	45	75
Divorced	12	20
Not married (single mothers)	3	5
Financial situation		
High net worth	7	11,67
middle-income	35	58,33
Low-income	18	30

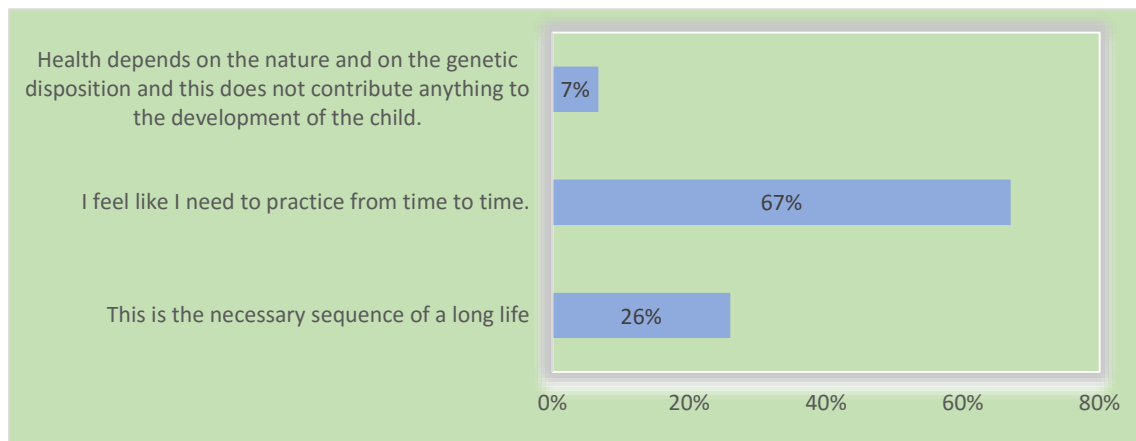
One of the main conditions for a healthy lifestyle of a child is a balanced diet. According to our scientific study, on the issues of compliance with the regimen and quality of rational nutrition, the following results were obtained: children who do not

skip breakfast at home make up 55%, taking a hot lunch in the afternoon - 43.5%. Also, the study revealed the following results of answers to the question "Do you think physical activity is necessary and how do you feel about physical education?" presented in Figure 1: "this is the necessary



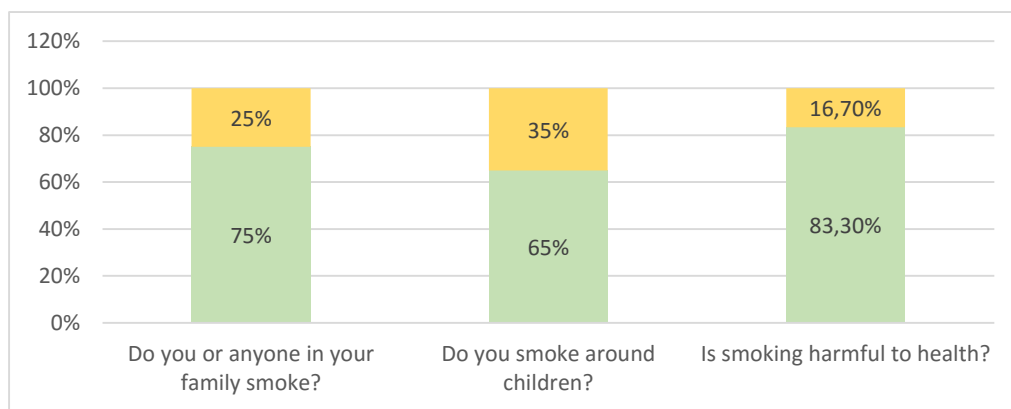
sequence of long life” - 26.7%; “I think I need to study from time to time” -66.7%; “Health depends on nature and genetic disposition, and this does not contribute anything to the development of the child” -6.7%. Thus, the

majority of patients and their parents recognize the positive impact of physical education on health, but still underestimate it. **Figure 1. How do you and your children feel about physical activity?**



Subsequent questions in the questionnaire were addressed to parents related to harmful habits. We know how smoking negatively affects our health. Further, the prevalence of this bad habit among our respondents was studied. It was established that in the family of the respondents at least one family member smokes for this reason, our figure has reached 75%. Table 5 shows the results of the survey, which shows the

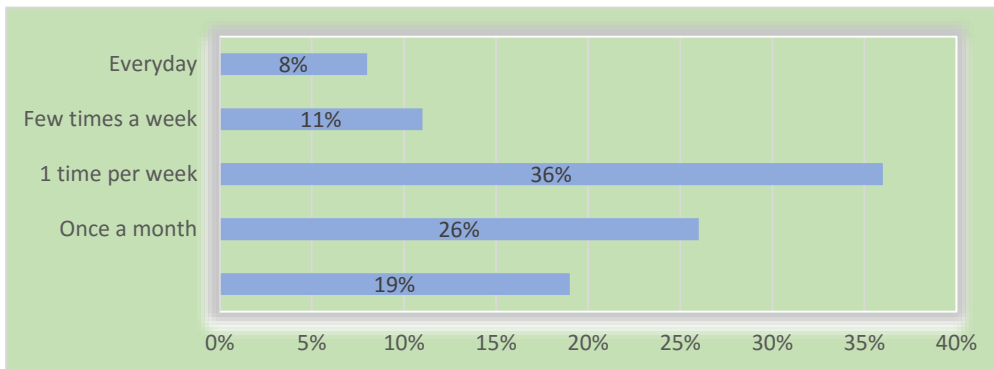
attitude of respondents to smoking, it is unacceptable that the majority consider it possible to demonstrate adherence to their bad habits in front of children. It should be noted that, nevertheless, the majority of the studied persons (83.3%) consider smoking a bad habit and have a desire to quit smoking. **Figure 2. Adherence of the observed respondents to smoking**



Q: How often do you or a member of your family drink alcohol? the majority of participants answered that they use it once a week - 36.7%. 11.7%, several times a week and consuming alcohol once a month 25% of respondents. In addition, those who drink

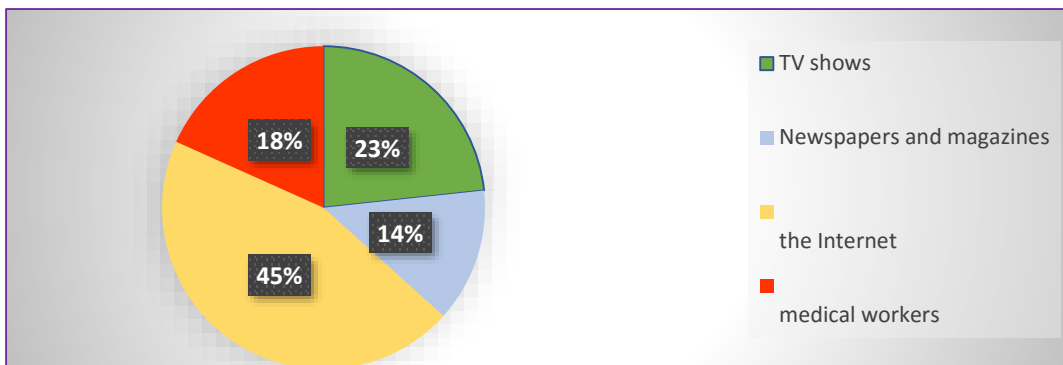
alcohol very infrequently make up 18.3%, and those who drink everyday - 8.3%. Some admit that it is not uncommon for alcohol to be consumed with children.

Figure 3. How often do you or a family member drink alcohol?



In Figure 4, parents were asked to choose the most important sources of information about a healthy lifestyle.

Figure 4. Key sources of information on healthy lifestyles



Analyzing the answers, it was found that 45.0% of parents consider the Internet to be the main source of information about a healthy lifestyle, justifying this by the convenience of obtaining the necessary data on the spot. The following sources of information about healthy lifestyles also turned out to be practically at the same level: health workers (18.3%) and television programs (23.3%). Respondents get the least amount of information about a healthy lifestyle from the press. They argue that they rarely read newspapers and magazines. Thus, it is possible to establish a source of propaganda for the formation of a healthy lifestyle of the population, at an

average level, the manifestation of trust in medical workers.

1. Discussion. Nowadays, in science, there are many teaching methods and opportunities for the formation of a healthy lifestyle in children. For the formation of a healthy lifestyle for children and their parents, it is important not only to provide information, but also to interest the child. It is important to provide information based on examples, and after that you can start learning. When considering the problem of forming a healthy lifestyle, the main work of paramedical personnel on the formation of a healthy lifestyle for children was characterized on the example of the central family polyclinic of the Samarkand region.



After a scientific-empirical study conducted on the basis of the Samarkand Region RCMO, an analysis was made of the level of knowledge of parents about the introduction of a healthy lifestyle for children, which was due to socio-demographic affiliation. When problematic issues were found in the parents of patients, it became clear what issues it is important to pay special attention to when training parents by medical personnel. Conversations were held on priority topics: "Rational nutrition" "Physical activity "On the dangers of smoking and alcohol" "Compliance with sanitary and hygienic rules" and "Rational mode of work and rest." As a result of conversations with the parents of patients, the level of knowledge about the introduction of a healthy lifestyle was revealed.

2. Conclusion. In advocacy, the main responsibility in the process of patient education rests with medical professionals,

including paramedical personnel. The nurse should begin the process of educating patients with the establishment of trusting relationships, mutual respect, taking into account ethics and deontology. Including the study of the interests and level of knowledge of parents and their children provides an opportunity for a closer relationship and trust between nurse parents.

It is in this process that the lack of information about healthy lifestyle among the parents of our little patients is established. In this case, the main task of medical personnel is to promote and help parents and their children in the formation of a healthy lifestyle. Based on this, we can say with confidence that prevention work should be associated not only with medical activities, but also include teaching the introduction of the correct lifestyle for children.

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