

ГИГИЕНА И ПРОФИЛАКТИЧЕСКАЯ МЕДИЦИНА

УДК 613.21

ПРОБЛЕМА НЕПРАВИЛЬНОГО РЕЖИМА ПИТАНИЯ НА ПРИМЕРЕ СТУДЕНТОВ УГМУ

Евгения Александровна Григорьева, Ирина Вячеславовна Мунина, Хангома
Хайдаровна Ходжаева

Кафедра иностранных языков и межкультурной коммуникации
ФГБОУ ВО «Уральский государственный медицинский университет»
Министерства здравоохранения РФ
Екатеринбург, Россия

Аннотация

Введение. В статье рассмотрена проблема неправильного режима питания студентов первого курса УГМУ. Изучены и проанализированы время, количество приемов и объем пищи, а также последствия нерационального питания. **Цель исследования** – выявить особенности пищевого поведения студентов вуза. Объектом наблюдения явились 100 студентов УГМУ, из них 27 юношей и 73 девушки. Средний возраст опрошенных составил 18–20 лет. **Материал и методы.** В исследовании было использовано сочетание методов опроса и анкетирования. Полученные данные были преобразованы в процентном соотношении. **Результаты.** У большинства студентов выявлены нарушения режима питания: многие студенты не завтракают, пропускают обед или перекусывают на ходу. У многих респондентов обильные приемы пищи приходятся на вечернее время, перед сном. **Выводы.** Первокурснику следует обратить внимание на свой режим питания с увеличением кратности приема пищи минимум до 3 раз в день. Поскольку это влияет на его физическое и умственное развитие, адаптацию, успеваемость, уровень работоспособности и, как следствие, качество жизни.

Ключевые слова: первокурсник, антропометрические данные, анализ питания, последствия неправильного режима питания.

THE PROBLEM OF IMPROPER DIET ON THE EXAMPLE OF USMU STUDENTS

Evgenya A. Grigoryeva, Hangoma H. Hodzhaeva, Irina V. Munina
Department of Foreign Languages and Intercultural Communication
Ural state medical university
Yekaterinburg, Russia

Abstract

Introduction. The article deals with the problem of improper diet of first-year students of the USMU. The time, the number of meals and the amount of food, as well as the consequences of irrational nutrition were studied and analyzed. **The purpose of the study** - to identify the peculiarities of the eating behavior of university students. The object of observation was 100 students of USMU, 27 of them boys and 73 girls 18-20 years old. **Material and methods.** The study used a combination of survey and questionnaire methods. The data obtained were converted as a percentage.

Results. Most students are found to have food disorders: many students do not have breakfast, skip lunch or have a snack on the go. Many respondents have plenty of meals in the evening, before bed. **Conclusions.** The first-year student should pay attention to his diet with an increase in the frequency of eating at least 3 times a day. As it affects its physical and mental development, adaptation, academic performance, performance level and resulting quality of life.

Keywords: first-year student, anthropometric data, nutritional analysis, consequences of improper power supply.

INTRODUCTION

According to the World Health Organization, the overall morbidity of students has increased. The importance of rational nutrition increases during the academic period when the mental physical pressure is on the increase. Nutrition is one of the most important means of replenishing the energy costs of the body during physical exertion and thereby increasing is rapid recovery [1-4].

The purpose of the study - the article discusses the peculiarities of the eating behavior of university students. A representative group is formed by random sampling. The objects of observation was 100 students of USMU, 27 of them boys and 73 girls 18-20 years old.

MATERIAL AND METHODS

The study used a combination of survey and questionnaire methods. The data obtained were converted as a percentage.

RESULTS

Young people, as a rule, do not think about the consequences of poor nutrition. After entering the institution, many students change their eating patterns. To assess the diet of students, an oral survey and a survey were conducted in Google form. It included a number of the following questions:

1. Sex
2. Age
3. Weight
4. Height
5. How many times a day do you eat?
6. Specify the time to eat
7. How often do you snack between meals?
8. Do you have breakfast in the morning?
9. Eating conditions (university dining room, house, nearest cafes, lunch with you or snack on the go)
10. Do you have chronic diseases?
11. Do you think you eat right?
12. What is your academic performance?
13. Do you experience a feeling of chronic fatigue?

When assessing the diet of students, it turned out: 29% eat at least three meals a day, 44% eat twice a day, 27% eat once a day. The time intervals between meals are different: 29% - 3-4 hours, 71% - more than 6 hours. Most of the respondents have meals 21 p.m. Of the respondents 10 young men and 33 girls have breakfast in the

morning. Conditions for eating by students at lunchtime: in the university canteen - 27%, in the nearest cafe - 43%, dine at home - 7%, bring with them - 23%.

Given the rhythm of a modern student's life, very often instead of full nutrition, you have to resort to fast food. 87% of respondents eat fast food. The remaining 13% exclude fast food from the diet.

Poor diet increases the risk of developing many diseases. 25% of students have gastrointestinal problems (gastritis, gastroduodenitis, food allergies). 49 people experience chronic fatigue and need for sleep.

43 people have good academic performance, 57 - satisfactory.

An analysis of anthropometric data showed that 76% of girls and 75% of boys have normal body weight. Overweight 16.7% of young men, lack of weight in 8.3%. Overweight 15% of girls, lack of weight in 9%.

DISCUSSION

The concept of diet includes the multiplicity and time of eating during the day, its distribution by energy value and volume. The mode of nutrition depends on the daily routine, the nature of work and climatic conditions. For normal digestion, the regularity of eating is of great importance. If a person always takes food at the same time, then he develops a reflex for the release of gastric juice at that time and creates conditions for better digestion of it.

Eating disorders have a negative impact on human health. It manifests itself in a decrease in the number of meals per day from four to five to two, an incorrect distribution of the daily diet for individual meals, an increase in dinner before 35-65% instead of 25%, an increase in the intervals between meals from 4-5 to 7-8 hours. The commandments of folk wisdom about nutrition are forgotten: "Shorten dinner - lengthen life"; "It is reasonable to eat - to live long".

Many years of practice have developed the following rules for rational nutrition:

1. Freshness. You cannot leave cooked food even for a few hours.
2. Variety of food: the more different foods are included in the diet, the more physiologically active substances enter the body.
3. Seasonality of nutrition. In spring and summer, you need to increase the amount of plant food. In the cold, add foods rich in proteins and fats to the diet.
4. Maximum pleasure from food. To do this, first of all, you need to abandon the rush, at least for the time of eating.
5. Specific product combinations. There are incompatible dishes, and this must be taken into account.
6. Avoid dietary stresses (abrupt changes in eating patterns that cause significant tension in adaptation mechanisms).

CONCLUSIONS

These results of the study allow us to conclude: most students have been diagnosed with dietary disorders. Many first-year students do not have breakfast, do not have lunch, the intervals between meals are different. The main meal is in the evening. This leads to problems with weight, diseases, chronic fatigue, migraine, low academic performance. The first-year student should pay attention to his diet with an increase in the frequency of eating at least 3 times a day.

Students are the reserve of our country, these are future parents, the well-being of the country and its further development depend on them.

A low culture of nutrition, insufficient awareness of young people in matters of healthy nutrition make it necessary to carry out appropriate sanitary and educational work.

LIST OF REFERENCES:

1. Apanasenko, G.L. Healthy lifestyle / G.L. Apanasenko// Medical and pharmaceutical sciences.-2008.- С.6-13.
2. Ivanov, V.D. Formation of healthy competence of students of higher educational institutions // Medical and pharmaceutical sciences.-2015.- С.239-242.
3. Omarov, R.S. Fundamentals of rational nutrition / R.S. Omarov, S.N. Shlykov. - Stavropol: AGRUS Stavropol State Agrarian University, 2018.-121с.
4. Talyzov, S.N. Basics of a healthy student lifestyle / S.N. Talyzov// Journal of physical culture. Sport. Tourism. motor recreation.-2016.- С 16-20.

Сведения об авторах

Е.А. Григорьева* – студент

Х.Х. Хайдаровна – студент

И.В. Мунина – ассистент кафедры

Information about the authors

E.A. Grigoryeva* – student

H.H. Khodzhaeva – student

I.V. Munina – department assistant

***Автор, ответственный за переписку (Corresponding author):**

evgeniugrigoreva@gmail.com

УДК 613.7

РЕЖИМ ДНЯ СТУДЕНТОВ ВО ВРЕМЯ УЧЕБНОГО СЕМЕСТРА

Юлия Алексеевна Королева, Олеся Ракибовна Мусина, Лидия Владимировна Тимеева

Кафедра иностранных языков и межкультурной коммуникации

ФГБОУ ВО «Уральский государственный медицинский университет»

Министерства здравоохранения РФ

Екатеринбург, Россия

Аннотация

Введение. Большинство студентов нерационально распределяют свое время.

Цель исследования - изучение и анализ особенностей распорядка дня студентов. **Материал и методы.** Была разработана анкета, включающая в себя вопросы о распределении времени на различные виды деятельности. Проведено исследование методом анкетирования среди 50 студентов первого курса.

Результаты. В процессе исследования было выявлено, что планируют свой день 52% (26 человек) обучающихся, но при этом придерживаются этого плана только 24% (12 человек). **Выводы.** По результатам анкетного опроса были выявлены как положительные, так и отрицательные особенности распорядка дня студентов.