

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.

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РЕЖИМ ДНЯ СТУДЕНТОВ ВО ВРЕМЯ УЧЕБНОГО СЕМЕСТРА

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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.

Ключевые слова: режим дня, распорядок дня, студенты.

STUDENTS DAILY ROUTINE DURING THE ACADEMIC SEMESTER

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Abstract

Introduction. Most students do not rationally allocate their time. **The purpose of the study** and analyze the features of the daily routine of students. **Material and methods.** A questionnaire was developed that includes questions about the allocation of time for various activities. A survey was conducted among 50 first-year students. **Results.** In the course of the study, it was revealed that 52% (26 people) of students plan their day, but only 24% (12 people) adhere to this plan. **Conclusions.** According to the results of the questionnaire survey, both positive and negative features of the students' daily routine were revealed.

Keywords: daily routine, students.

INTRODUCTION

A properly organized daily routine is an important condition not only for building an effective educational process, but also for preserving the health of students. Together with admission to a higher educational institution, a university student finds himself in the latest social circumstances that affect the regime change. For this reason, it is necessary that, including from the initial days of study at the university, convalescent events take an important role in the daily routine of students. Only in this case, they will have a stable skill to use various physical activities together in order to increase motor activity, as well as strengthen health.

The purpose of the study - to study and analyze the features of the daily routine of students.

MATERIAL AND METHODS

A questionnaire was developed that includes questions about the allocation of time for various activities. A survey was conducted among 50 first-year students.

RESULTS

In the course of the study, the main features of the students' daily routine were revealed. This is how 52% (26 people) of students plan their day, but only 24% (12 people) adhere to this plan. Also, preparation for classes in 56% (28 people) is from 3 to 5 hours, and the duration of sleep in the majority, (26 people which was 52%) is 6-7 hours, with a sleep rate of 8-9 hours per day. This can lead to consequences such as memory loss, impaired concentration, weakened immunity and can cause irritability and short temper. [1] It was also revealed that 58% (29 people) of students allocate recommended time or more for outdoor walks (2 hours a day), while during walks, a person has a decrease in the activity of the area of the brain that is responsible for negative emotions. Consequently, due to sufficient exposure to the fresh air, students' feelings of fatigue and stress decrease. [2] In addition, it was revealed that the majority (32 people which was 64%) of students spend more than 3 hours at the

computer, which exceeds the norm (no more than 2 hours). This can lead to headaches, back, neck, shoulder and arm pain, drowsiness, fatigue, burning, itching and watery eyes. [3] Also, according to the results of the questionnaire survey, it became known that students prefer to spend their free time reading (5 people - 10%), creativity (26%), sports (8 people which was 16%), relaxing with friends (21 people which was 42%), visiting theaters (3 people which was 6%), computer games (14 people - 28%), home economics (4 people which was 8%).

DISCUSSION

According to the results of the questionnaire survey, it became clear that students have factors (such as lack of sleep duration and a lot of time spent at the computer) during the day that negatively affect their health.

CONCLUSIONS

According to the results of the questionnaire survey, both positive and negative features of the students' daily routine were revealed. The positive features include a sufficient pastime in the fresh air, which helps strengthen the immune system, improves the functioning of the heart and blood vessels, accelerates metabolism and has a positive effect on health. The negative features include a lack of sleep duration, this causes a slowdown in thought processes, a decrease in reaction, a weakening of memory, and a long time spent at the computer, which negatively affects vision, musculoskeletal system, the work of the cardiovascular system and the general condition of a person. Both factors negatively affect the health of students.

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