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ВЛИЯНИЕ ЗАВТРАКА НА ПОВЫШЕНИЕ ПРОДУКТИВНОСТИ УЧЕБНОЙ ДЕЯТЕЛЬНОСТИ СТУДЕНТОВ

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Аннотация

Введение. В статье рассмотрена проблема взаимосвязи завтрака на повышение продуктивной учебной деятельности студентов УГМУ Минздрава России. Изучены и проанализированы данные нескольких групп студентов. **Цель исследования** – изучить влияние и пользу утреннего приема пищи на эффективную учебную деятельность обучающихся. Объектом наблюдения явились 100 студентов УГМУ Минздрава России, из них 77 девушек и 23 юноши. Средний возраст опрошенных составил 18-20 лет. **Материал и методы.** В исследовании был использован метод анкетирования. Полученные данные были проанализированы и преобразованы в процентном соотношении. **Результаты.** Большинство студентов делают выбор в пользу сытного завтрака и отмечают улучшение общего самочувствия и работы мозга. **Выводы.** Обучающимся, которые избегают приемов пищи в утреннее время следует обратить внимание на свой рацион питания, поскольку растущий организм испытывает потребность в большом количестве энергии, витаминов для работы мозга и всего организма, что непосредственно влияет на высокую успеваемость.

Ключевые слова: завтрак, студент, продуктивная работа, энергия.

THE IMPACT OF BREAKFAST ON IMPROVING THE PRODUCTIVITY OF STUDENTS' LEARNING ACTIVITIES

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Abstract

Introduction. The article considers the problem of the relationship of breakfast to increase the productive educational activity of students of the UGMU of the Ministry of Health of the Russian Federation. The data of several groups of students were studied and analyzed. **The aim of the study** is to study the influence and benefits of morning meals on the effective educational activities of students. The object of observation was 100 students of the UGMU of the Ministry of Health of Russia, 77 of them girls and 23 boys. The average age of the respondents was 18-20 years old. **Material and methods.** The survey method was used in the study. The data obtained were analyzed and converted as a percentage. **Results.** Most students opt for a hearty breakfast and note an improvement in overall well-being and brain function. **Conclusion.** Students who avoid meals in the morning should pay attention to their diet, since the growing body needs a lot of energy, vitamins for the brain and the whole body, which directly affects high academic performance.

Keywords: breakfast, student, productive work, energy.

INTRODUCTION

Breakfast is the first meal in the morning after waking up [1]. Many nutrition experts believe that breakfast is a must-have meal. A balanced and nutritious morning meal saturates with energy, gives strength for the whole day, accelerates metabolism. The quality and quantity of food determines how productive your day will be [2]. In the modern world, the problem of malnutrition is often raised. In pursuit of a beautiful figure, people begin to skip meals, forget about their importance for the body [3]. Any balanced breakfast, lunch or dinner contains all the nutrients and vitamins necessary for the body [4]. It is often possible to observe that in the morning a person is sluggish, sleepy, feels tired, cannot quickly complete the task, is constantly distracted. And then during lunch, he can already overeat too much, because the body wants to get what it lacks. Because of this, extra pounds appear, problems with the gastrointestinal tract [2]. Therefore, food should be taken completely in the morning [5].

The aim of the study is to consider the impact of breakfast on student productivity. Find out if the first meal is important.

MATERIAL AND METHODS

The study was conducted on the basis of the Ural State Medical University. The survey method was used in the study. The questionnaire included 11 questions. The data obtained were

summarized, analyzed and converted as a percentage. Google Forms was used to collect and analyze data.

A Google questionnaire was conducted to assess the availability and composition of students' breakfasts. It included the following questions:

- 1) Do you agree with the statement that breakfast should be balanced?
- 2) How do you rate your breakfasts from 1 to 5?
- 3) Have you noticed that brain function improves when you have a balanced breakfast?
- 4) Have you noticed that having a balanced breakfast makes you less tired?
- 5) Have you noticed that if you don't have breakfast, it leads to overeating during the day?
- 6) Have you noticed that if you have breakfast, your health improves?
- 7) Have you noticed that if you have breakfast, your memory improves? (you remember the material better, you concentrate better)
- 8) Why don't you have breakfast in the morning?
- 9) Do you think breakfast is necessary?
- 10) How fast does your satiety go?
- 11) Do you have breakfast in the morning?

RESULTS

When assessing the impact of breakfast on the productive work of students, it turned out: 79.5% of students have breakfast in the morning, 15.9% go without a morning meal, 4.6% sometimes. For many, breakfast mainly consists of proteins, and 32% of students eat in a balanced way, their satiety persists for a very long time. For those who mainly consume carbohydrates for breakfast (26.8%), the feeling of hunger returns after 1-1.5 hours. Nevertheless, 86.4% of respondents believe that breakfast is necessary, and about 90% of students agree with the statement that breakfast should be balanced, but many avoid morning meals due to lack of time and lack of hunger.

Conducting a survey on the well-being of students, information was obtained: 38.6% of people remembered the material better, 68.2% had an excellent emotional state, 59.1% replied that breakfast energizes them, so they get tired less, 54.5% noted an improvement in brain function and, as a result, increased concentration and academic performance. Breakfast was also evaluated on a scale from 1 to 5. Among the respondents, the following results were revealed: only 18.2% of students rate their breakfasts at 5, 36.4% rate their breakfasts at 4, 27.3% - 3, 6.8% - 2, 11.4% - 1.

DISCUSSION

In today's world, many students forget about the importance of breakfast. Everyone has different reasons: someone does not have time to eat, someone does not feel hungry [4]. Each student's day consists of several pairs, on which it is important not to lose concentration and be as productive as possible [2]. When preparing for classes, a large amount of energy is spent on memorizing material or solving logical problems [1]. It is more difficult for a hungry student to get involved in the educational process, because the physiological needs of the body are not being met.

Based on the survey, we were able to conclude that those students who preferred breakfast felt much better, which contributed to their productive work during the day. In many ways, our results have coincided with other studies in this area. After all, many researchers have noted an improvement in general well-being after breakfast. Brain function improved, which helped to be responsible for quick and correct decisions. In addition, it was noted that the academic performance of such students has increased. But the results may also fluctuate due to individual characteristics of a person.

CONCLUSION

These results of the study lead to the conclusion that most students have breakfast in the morning, which allows them to feel much better, stay focused and cheerful longer, and better assimilate material in the classroom. Therefore, having a breakfast, especially a balanced one, helps to increase student productivity and promotes better learning activities. Students who avoid eating after waking up should pay attention to their diet, including fruits and vegetables, fermented dairy products and protein products.

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ИССЛЕДОВАНИЕ ВОПРОСА СОХРАНЕНИЯ РЕПРОДУКТИВНОГО ЗДОРОВЬЯ МОЛОДЫХ ЛЮДЕЙ

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Аннотация

Введение. Актуальность темы исследования обусловлена необходимостью формирования у молодёжи потребности в сохранении своего репродуктивного здоровья, что связано с недостаточным осознанием важности репродуктивной деятельности в жизни человека, значительным ухудшением репродуктивного здоровья молодёжи, и, как следствие, снижением рождаемости и увеличением количества людей с диагнозом бесплодие.

Цель исследования – определить уровень знаний студентов Уральского государственного медицинского университета по вопросу сохранения репродуктивного здоровья и актуальности уроков полового воспитания.

Материал и методы. Было проведено анонимное анкетирование 214 студентов первого курса Уральского государственного медицинского университета. Основным методом исследования стало анонимное анкетирование.

Результаты. Данные опроса выявили недостаточный уровень знаний студентов о сохранении репродуктивного здоровья и необходимость проведения мероприятий по половому воспитанию молодых людей.

Выводы. Предложены рекомендации по сохранению репродуктивного здоровья, которые могут стать частью методических материалов по половому воспитанию молодых людей.

Ключевые слова: репродуктивное здоровье, молодые люди, половое воспитание.

RESEARCH INTO THE ISSUE OF PRESERVING THE REPRODUCTIVE HEALTH OF YOUNG PEOPLE

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Abstract

Introduction. The relevance of the study is due to the need to preserve the reproductive health of young people. There is insufficient awareness on importance of reproductive activity in human life, a significant deterioration in the reproductive health of young people, and as a result, a decrease in the birth rate and an increase in the population diagnosed with infertility. **The aim of study** is to determine the level of knowledge of young people on the problem of preserving reproductive health and relevance of sex education lessons. **Material and methods.** An anonymous survey of 214 first-year students of Ural state medical University was conducted to achieve the aim of the study. **Results.** Survey data revealed an insufficient level of knowledge of students and proved the need for activities on sex education for young people. **Conclusion.** Recommendations were proposed to preservation of reproductive health as an integral part of methodological material for sex education of young people.

Keywords: reproductive health, young people, sex education.