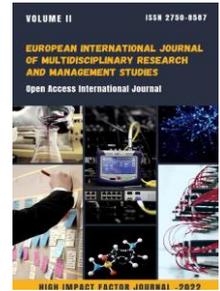

**EUROPEAN INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY
RESEARCH AND MANAGEMENT STUDIES**

VOLUME03 ISSUE02

DOI: <https://doi.org/10.55640/eijmrms-03-02-07>

Pages: 35-40



**STUDYING THE ACTUAL NUTRITION OF STUDENTS OF TECHNICAL INSTITUTIONS
(UZBEKISTAN, GERMANY)*****Niyazova O.A.****Tashkent Medical Academy, Uzbekistan****Jalolov N.N.****Tashkent Medical Academy, Uzbekistan****Khairullaeva L.G.****Tashkent Medical Academy, Uzbekistan*

ABOUT ARTICLE

Key words: Students, rational nutrition, health, research, study, gastrointestinal diseases.**Received:** 01.02.2023**Accepted:** 05.02.2023**Published:** 10.02.2023**Abstract:** Currently, nutrition problems are relevant for all segments of the population, including children and adolescents, students. In this study, the nutrition of students of technical institutes (Tashkent Technical Institute, Technical University of Berlin) was studied and, according to its results, the majority of respondents have an unbalanced diet. Therefore, measures are needed to solve this problem in order to prevent an increase in diseases associated with the gastrointestinal tract, not only among students, but also among the entire population.

INTRODUCTION

As you know, rational nutrition is an integral part of a person's well-being, since it takes a significant part in the development of the physical and mental state, so meals should not be chaotic.

The health of the population, especially student youth, is largely determined by its nutrition, which must be rational and balanced. Rational nutrition is a properly organized supply of nutrients to the human body, with which we get energy and the necessary vital elements in the right amount and ratio.

Today, governments of countries pay great attention to the quality of nutrition, pass laws at different levels, issue decrees [6, 8-9, 11]. The nutrition of students is practically not regulated, so most of them

do not eat fully. Most often, students eat extremely irregularly, snacking on the go, dry food, 1-2 times a day, many do not use the services of canteens. Due to the violation of the diet during their studies, many students develop various diseases of the digestive system.

The student's health is the most important basis for his future. The organization of rational nutrition of students during their studies at the university is one of the most important factors in maintaining their health and the effectiveness of education. Studying the attitude of students to the issue of nutrition is an important direction in the formation of young people's value orientations towards maintaining their own health through optimal nutrition, developing students' self-awareness in the field of healthy nutrition, improving the quality of life and education of students, as well as reducing the number of alimentary-dependent diseases among young people. [6-8, 10].

Everyone knows that malnutrition leaves negative consequences for the body and is the cause of many diseases. According to statistical data, in the period for 2007-2017 in Uzbekistan, the number of diseases associated with the gastrointestinal tract increased by 22.4% and began to amount to 3.5 million people [10].

According to some studies in countries with developed statistics, 80-90% of people suffer from chronic gastritis; 7-14% - peptic ulcer; 50% - gastroesophageal reflux disease; 40-81% constantly experience heartburn [1-4, 7].

According to WHO, in most countries the percentage of the population with overweight is more than 40%. Excess weight leads to disorders of the cardiovascular system, hormonal disorders, pathologies of the musculoskeletal system and many others. Thus, in 2019, 1.5 million people died due to diabetes, entering the top ten most common causes of death, and coronary heart disease affects 126 million people in 2020, being the cause of 16% of deaths [5].

Purpose of the study. The study and hygienic assessment of the nutrition of students of higher educational institutions.

MATERIALS AND RESEARCH METHODS

The study was conducted at the technical universities of Uzbekistan (Tashkent Technical Institute) and Germany (Technische Universität Berlin). To analyze the nature of the nutrition of students, a questionnaire was developed containing 27 questions. The questionnaire was completed by 70 students from the Tashkent Technical Institute and 60 students from the Berlin Technical Institute. The

students who filled out the questionnaire are currently studying in 2-3 courses (18-21 years old). Next, a statistical analysis was carried out.

Research results. After the survey, it was found that almost all students note changes in the mode and quality of nutrition since the start of their studies (85% in Germany, 90-95% in Uzbekistan). This confirms that students are at risk of being prone to disorders associated with the gastrointestinal tract.

The survey showed that among students (Tashkent Technical Institute) only 35% of students fully eat 3 times a day, more than 50% are not able to follow the correct regimen and eat more often with short snacks or dry food (Figure 1).

Almost the same situation is observed among students of the Technical University of Berlin: only 45% of students have a full three meals a day (consisting of hot dishes). As a result of the study, it was found that German students, like Uzbek students, eat irregularly, often skipping meals.

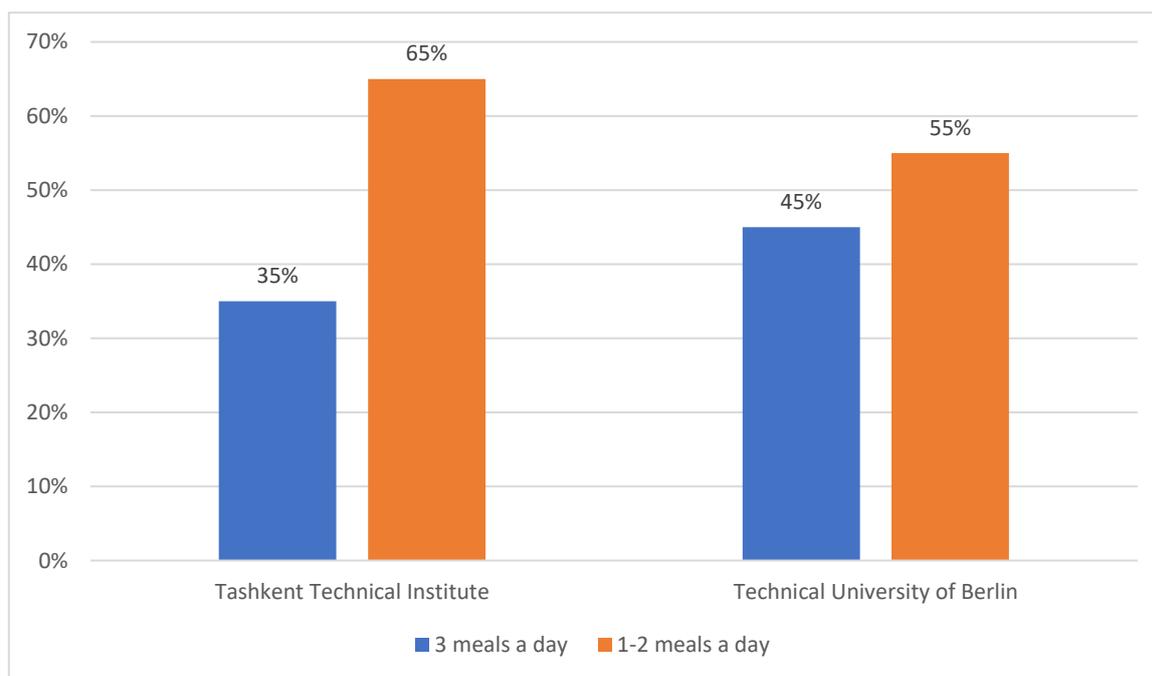


Figure 1. The frequency of intake of full-fledged food among the students surveyed per day.

When analyzing the quality of nutrition of students, several basic foodstuffs and the regularity of their use (every day, every other day, 1-2 times a week) were identified. After analyzing the consumption of basic foodstuffs: about 80% of students of the Tashkent Technical Institute consume protein products such as fish and milk 1-2 times a week, about 20% do not use them at all or do it very rarely. More than 60% of students can afford daily fruit consumption, and more than 80% of students can afford vegetables.

Students consume fats more than the norm, due to which a large number of people suffering from overweight are found. Improper nutrition is a snack in favor of sweet and fatty: the more they are consumed, the higher the risk of upsetting the metabolism, up to diabetes.

An analysis of the daily consumption of dairy, meat and grain products by students of the two countries showed that meat products are consumed more by students of the Tashkent university. As for dairy and grain products, they are in great demand among German students.

An analysis of daily water consumption showed that German university students consume an average of 2.5 liters per day. water (Figure 2). Uzbek students consume only 1.5 liters. water, which is essentially small, but not critical. As for the consumed soda, it should be said that German students drink it almost daily (80%).

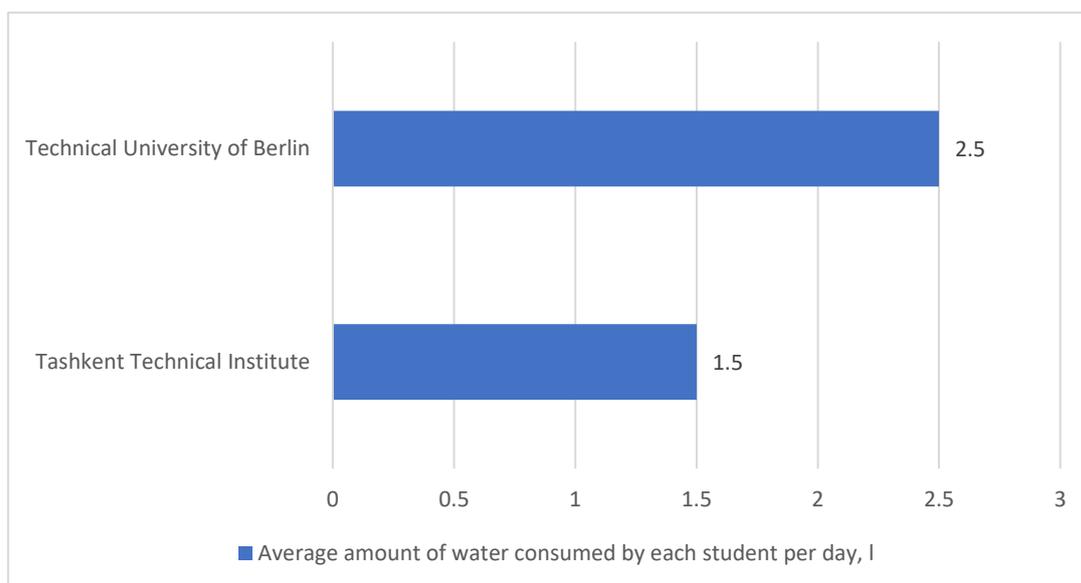


Figure 2. Average amount of water consumed daily by each student.

Students spend a lot of time at universities and for the sake of their health, the university should have canteens. The canteens themselves should provide a varied selection of dishes, and a sufficient number of seats. One of the questions in the survey was the question: “Does the canteen in your educational institution satisfy you?”. As a result of the vote count, it became known that 60% of the students of the Tashkent Technical Institute were not satisfied with the canteens (Figure 3).

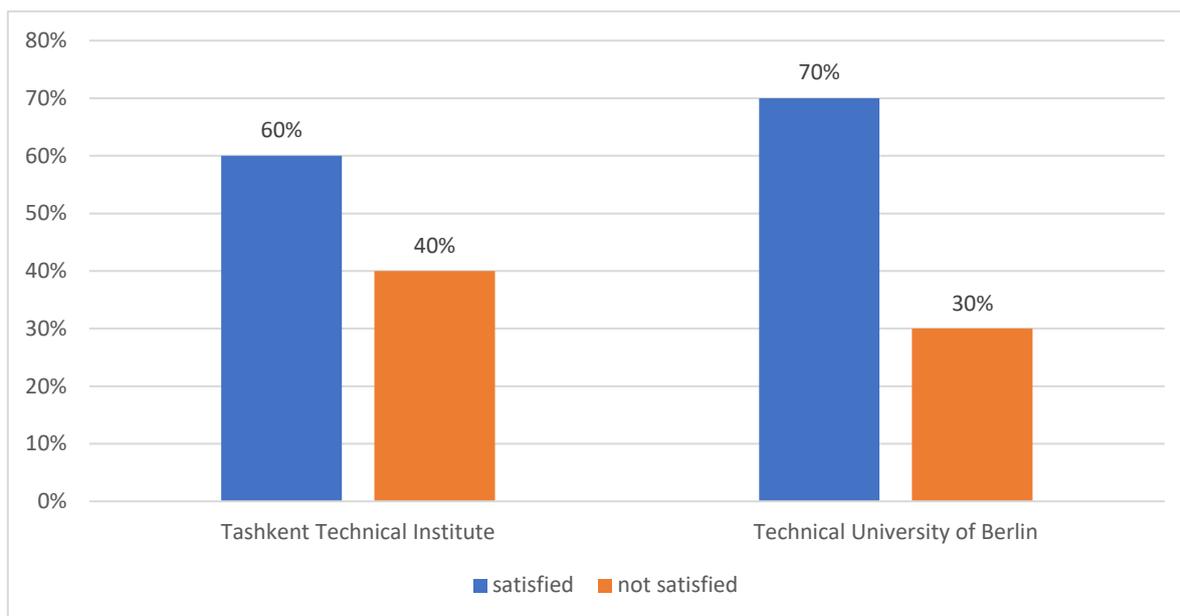


Figure 3. Percentage of students satisfied or dissatisfied with canteens at institutes.

To the question: “What is the bigger problem?” the answers were different. The main reasons why the canteen of the Tashkent Technical Institute did not satisfy the students were the following:

- high prices (the most common answer is 60%);
- a small variety of dishes - 47%;
- poor quality of products - 10%;
- insufficient number of seats - 30%.

In German universities, the number of students satisfied with canteens was higher (about 70%). The remaining 30% of students were mostly dissatisfied with the small selection of meals.

Conclusion. The analysis of the nutritional status of students made it possible to identify non-compliance with the principles of rational nutrition, which will inevitably lead to the development of diseases that shorten human life and make it incomplete. Improper nutrition is associated with the lack of the proper level of knowledge in nutrition, which is necessary for building a healthy diet.

During the study, the following was found:

- Students obviously have a disturbed diet, so they replace the missed meals with "dry food" and fast food;
- Canteens in educational institutions of the Tashkent Technical Institute are not very popular for various reasons;

- Some products are not readily available for regular consumption, as seen in the example of dairy products and fish;
- Many students believe that changes in nutrition have appeared since the beginning of their studies at the institutes. Workload and volume of work also affect the quality and nature of food.

REFERENCES

1. Abdulkhakov R.A. The prevalence of Helicobacter pylori// Kazan medical journal. - 2002. - T.83, No. 5. - P. 365-367.
2. Afanasenkova T.E., Nikitin G.A., Ilyushchenkov P.A., Russiyanov V.V. Smolensk State Medical Academy. // "The prevalence of exacerbations of stomach diseases associated with helicobacter pylori, depending on age, sex and season."
3. <https://vrach-aspirant.ru/articles/gastroenterology/13105/>
4. Valenkevich L.N., Yakhontova O.I. Diseases of the digestive system. Guide to gastroenterology for physicians. - St. Petersburg: Publishing house DEAN, 2006. - 656 p.
5. Vasiliev Yu. V. Chronic gastritis// Consilium medicum, App. Issue 3-2002, pp. 6-10.
6. Data from the World Health Organization.
7. <https://www.who.int/ru/news-room/fact-sheets/detail/obesity-and-overweight>
8. Efremov A.V., Kondyurina E.G., Novoselov Ya.B. The system of educational standards in the field of health nutrition - organization, implementation, development. Mat. IX All-Russian. Congress of Dietitians and Nutritionists "Nutrition and Health". - M.: Dynasty, 2007.
9. Isakov V.A. Epidemiology of GERD: East and West// Clinical and Experimental Gastroenterology 5, 2004. – P. 34–37.
10. Kicha D.I., Drozhzhina N.A., Maksimenko L.V. Evaluation of the actual nutrition of students. Mat. X All-Russian Congress of Dietitians and Nutritionists "Nutrition and Health". - M.: Dynasty, 2008.
11. Makhkamova D.M., Akhmadaliev N.O., Mirsagatova M.R., Khakimova D.S. Hygienic assessment of the adequacy of the actual individual nutrition of students // Vrach Herald. - 2021. - No. 3 (100). - P.77-81.
12. Umarova, Sh. Z. Analysis of the statistics of gastroenterological patients in the Republic of Uzbekistan // Young scientist. - 2019. - No. 3 (241). - P. 100-105. — URL: <https://moluch.ru/archive/241/55693/>
13. Sharipova S. A., Boboeva I., Yusupbekova N., Sattorov B. Toshkent tibbiyot academy and talabalarining amaldagi ovkatlanishini hygienist baholash // Young scientist. - 2019. - No. 25 (part VI). — P. 479-481.