

THE IMPACT OF INCORRECT DAILY ROUTINE ON STUDENTS' HEALTH

Yuldasheva F. U,

Ten V.B.

Tashkent Medical Academy

A correct daily lifestyle is the basis of physical, mental health and success in life for every person. During this period, it is especially important for students to establish a correct daily routine. An incorrect daily routine can have a serious negative impact on the health of students. Decreased academic performance: With improper daily routine and poor planning of study time, students face difficulties in the learning process. Postponing homework and exam preparation until the last minute will lead to lack of time, which will lead to stress and poor grades.

Lack of sleep: One of the most common problems among students. Going to bed late and waking up early or having an irregular sleep schedule negatively affects your physical and mental health. This, in turn, leads to decreased ability to concentrate, fatigue, and even a weakened immune system.

Stress and psychological pressure: Improper daily routine Many tasks are not completed on time due to improper time management, which causes constant stress and anxiety in the student. On the other hand, high levels of stress can harm mental health, leading to decreased motivation and increased risk of depression.

Reduced physical activity: Without a proper daily routine, it will be difficult to find time for physical activity or exercise. On the other hand, a sedentary lifestyle can lead to weight gain, cardiovascular disease, and other health problems. Lack of physical activity also negatively affects mental health, lowering mood and reducing productivity.

Eating disorders: An improper daily routine usually leads to improper nutrition. Fast and unhealthy eating is common among students. This leads to vitamin and nutrient deficiencies, decreased energy, and poor overall health.

Loss of motivation: Improper discipline destroys discipline, which affects the student's ability to achieve goals. Not working according to plan, lack of time, and constant distractions distract the student from his goals and reduce his motivation to achieve them.

Impact on social life: A chaotic daily life also negatively impacts social life due to poor time management. Not having time for friends and family can lead to feelings of loneliness, stress, and low mood. And the lack of social life is detrimental to a student's overall mental and emotional health.

Reduced creativity: Lack of adequate sleep and rest, stress and excessive fatigue also affect students' creativity. There is not enough time and energy for creative thinking and innovation, which limits academic and personal success.

A proper daily routine is the basis for physical, mental health and success in life for every person. It is especially important for students to establish a proper daily routine during this period. An improper daily routine can have a serious negative impact on the lives of students.

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