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STUDYING THE INFLUENCE OF NUTRITION ON THE DEVELOPMENT OF GASTRITIS IN STUDENTS

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In recent years, gastrointestinal diseases, particularly gastritis, have become increasingly common among students. The transition to independent living, heavy academic workload, stress, an irregular daily routine, and an unbalanced diet negatively impact the gastrointestinal tract. According to medical observations, gastritis is one of the leading chronic diseases among young people. Gastritis is an inflammatory disease of the gastric mucosa that can be acute or chronic. The main causes of gastritis include irregular meals, consumption of spicy, fried, and fatty foods, excessive fast food consumption, long periods between meals, consumption of carbonated beverages and coffee, stress, and overwork.

Students are a particularly vulnerable group, as their lifestyle often does not correspond to the principles of healthy eating.

Purpose of the study: to study the influence of nutrition on the occurrence of gastritis in students and to identify the main dietary risk factors.

Materials and methods: The study was conducted at Tashkent State Medical University. To determine the incidence of gastritis, a gastrointestinal disorder, we developed a 10-question questionnaire. First- and second-year students were surveyed. A total of 116 people were interviewed, including 62 first-year students and 54 second-year students. The data were then statistically processed.



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Results and discussion:

When asked, "Do you eat a healthy diet?" 57.0% of first-year students answered yes (25% of them have gastrointestinal diseases). The situation is different for second-year students: the overwhelming majority, 67%, don't monitor their diet (25% of whom have gastrointestinal diseases).

According to the survey results, the majority of students visit fast food cafes, namely 60% of first-year students and 74% of second-year students.

Moreover, more than half of them go there several times a month.

Both first-year and second-year students believe that the reason they frequently visit fast food restaurants is the simple lack of time to prepare and eat home-cooked food.

Gastritis occurs more frequently in second-year students (39%) than in first-year students (24%).

The overwhelming majority of first-year students attribute gastritis to heredity (34%), while second-year students believe that the main cause of their illness is poor nutrition (41%).

Conclusions: Thus, we analyzed the incidence and causes of gastritis in students. It should be noted that in modern society, people can't imagine their lives without fast food restaurants; home-cooked meals have become a secondary priority, which, in turn, increases the incidence of gastrointestinal diseases. Based on the survey results, many students understand the need for proper, healthy eating, but are unwilling to change their lifestyle and diet, without considering the potential consequences. In our modern world, where people are constantly stressed and tense, gastritis has become a leading socially significant disease.



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