



## **International Congress on Economics, Management and Business Studies**

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### **THE ROLE OF HYGIENE EDUCATION IN MAINTAINING THE HEALTH OF CHILDREN AND ADOLESCENTS**

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#### **Abstract**

Maintaining and improving the health of children and adolescents is a priority for modern society. During childhood and adolescence, fundamental habits are formed, including hygiene habits, which later determine a person's quality of life. Adherence to personal and public hygiene rules helps prevent infectious diseases, promote healthy physical development, and improve performance.

The bodies of children and adolescents are in a period of active growth and development, making them particularly sensitive to adverse environmental factors. Failure to maintain proper hygiene can lead to weakened immunity, frequent illnesses, and problems with posture, vision, and metabolism. Hygiene plays a vital role not only in physical but also mental health, fostering a sense of cleanliness, discipline, and responsibility for one's well-being.

Personal hygiene includes regular care of the body, skin, hair, mouth, and nails. Children should be taught from an early age to wash their faces daily, wash their hands with soap before eating and after using the toilet, and brush their teeth regularly. During adolescence, skin care becomes especially important due to hormonal changes and increased sebum production.

A balanced and nutritious diet is an important factor in health. Food should be age-appropriate, varied, and safe. Maintaining a healthy diet and avoiding



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excessive consumption of fast food, sugary soft drinks, and foods with artificial additives promotes normal growth and prevents gastrointestinal diseases.

A healthy daily routine includes a balance of study, rest, physical activity, and sleep. Children and adolescents should get enough sleep, spend time outdoors, and exercise regularly. A healthy daily routine helps maintain productivity and reduce fatigue.

An important aspect is the organization of a student's workspace: proper posture at a desk or table, adequate lighting, and maintaining a safe distance from educational materials and the computer screen. This helps prevent posture and vision problems, which often occur during school age.

Developing good hygiene habits begins in the family. Parents set a good example for their children and should systematically instill in them the fundamentals of a healthy lifestyle. Educational institutions also play a significant role by conducting health education, teaching health lessons, and creating a safe learning environment.

In recent years, technological advances have created new threats to children's health. For example, smartphones and tablets, the flood of AI-powered content, and prolonged use of social media are exacerbating problems such as vision problems, sleep disorders, attention deficit, and mental fatigue in children. The body's circadian rhythms, melatonin production, and nervous system activity are highly sensitive to constant visual and electromagnetic stimuli, causing a biophysical imbalance in the body. This directly leads to poor health, problems with socialization, decreased academic potential, and a diminished interest in life.

**Conclusion.** Hygiene education for children and adolescents is an important way to improve health, promote harmonious development, and prevent many diseases. Developing strong hygiene habits is only possible through the joint efforts of



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family, school, and society. Maintaining hygiene in everyday life contributes to the development of a healthy, active, and socially well-adjusted generation.

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