

ANALYSIS OF THE HEALTH STATUS OF SCHOOL-AGE STUDENTS

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School-age children experience a critical period of physical and psychological development. During this period, their health status has a significant impact on their educational process, intellectual development, and social life in general. Therefore, it is important to analyze the health of school-age children and develop measures to improve it.

The study used statistical analysis, questionnaires, medical examination results, and scientific articles to identify the main types of health problems among schoolchildren and study their causes.

Main results**1. Physical health of students**

According to research, the most common physical health problems among schoolchildren are:

- Postural deformities (scoliosis, kyphosis, lordosis) – 25-30%
- Eye diseases (myopia, astigmatism) – 20-25%
- Digestive problems – 15-20%
- Chronic diseases (allergies, asthma) – 10-15%

2. Psychological and mental health problems

Approximately 30 percent of students reported being prone to stress and depression.

Insufficient sleep led to decreased concentration and study efficiency (40%).

Social adjustment problems and communication difficulties were observed (15%).

Factors affecting health

Nutrition: A lack of sufficient vitamins and minerals in the diet was observed in 40% of students.

Physical activity: 35% of students lead a sedentary lifestyle.

Effects of electronic devices: More than 60% of students spend more than 3 hours a day on a computer or smartphone, which causes eye problems and psychological problems.

Hygiene: Dental and skin diseases are associated with insufficiently formed hygiene habits (20%).

Recommendations

1. Implementing school health programs

- Conduct annual medical examinations and establish health monitoring.
- Improving the quality of physical education lessons and adapting them to students.

2. Forming a culture of proper nutrition

- Establishing a healthy eating routine in school cafeterias.
- Limit your consumption of fast food and sweetened carbonated drinks.

3. Strengthening psychological health

- Expanding psychological services in schools.
- Conduct special training on the prevention of stress and depression.

4. Increase physical activity

- Attracting students to sports clubs.
- Organizing active breaks in schools.

The health of school-age children is an important factor in ensuring their future success and integration into society. The results of the study show that a comprehensive approach is required to improve the physical and mental health of students. The level of diseases among schoolchildren can be reduced by promoting a healthy lifestyle, expanding health programs in educational institutions, and actively involving parents in this process.

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