

Studying Dependence on Carbonated Beverages among Students and its Consequences

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Annotation: This scientific study examines the level of dependence on carbonated beverages among students and their negative effects on the human body. During the research, the composition of carbonated drinks, consumption habits, and their physiological consequences were analyzed. Special attention was given to their impact on bone strength, gastrointestinal function, the nervous system, and metabolism, based on scientific sources.

Keywords: carbonated beverages, dependence, student health, physiological consequences, metabolism, skeletal system, gastrointestinal function, healthy lifestyle.

It is well known that today students are considered the main pillar of our country, standing at the forefront of the population group that is rapidly growing and developing along with other countries of the world. The fact that students' current nutrition is either insufficient or, in some cases, excessive negatively affects the full morphological and functional development of their bodies. This, in turn, undermines their ability to become highly qualified specialists. In our Republic, large-scale efforts are being carried out to promote a healthy lifestyle, organize proper nutrition, and raise a healthy generation [1–4].

For students of any age, healthy nutrition plays an important role in maintaining mental activity, concentrating attention, and ensuring overall well-being. Therefore, conducting research among

students on proper nutrition is of great significance, as it not only identifies the reasons for the consumption of soft drinks and their effects on health but also helps to develop measures aimed at forming healthy eating habits [5].

Furthermore, the results of such research contribute to increasing awareness about soft drink dependency among students and to the creation of healthy nutrition programs. For this reason, studying and analyzing soft drink consumption among students in each region is of great importance for protecting and improving their health [6].

Based on the above, we set the main task of studying the current consumption of soft drinks by students of Qarshi State University, located in the southern region of our Republic, from a physiological perspective. The preliminary research conducted with students led us to the following conclusions:

Out of 1000 students surveyed, 70% were found to consume soft drinks;

On average, 40% consume soft drinks regularly;

20% consume soft drinks 2–3 times a day.

According to the research results, it was revealed that the habit of regularly consuming soft drinks is widespread among students. The sugar, carbon dioxide, and various additives contained in such drinks have a negative effect on the body, leading to metabolic disorders, weight gain, weakening of bones and teeth, and problems in the digestive and nervous systems. Particularly alarming is the formation of soft drink dependency among young people, which undermines their healthy lifestyle.

Therefore, in order to protect students' health, it is necessary to reduce soft drink consumption, foster a culture of healthy eating, and expand preventive awareness campaigns.

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