

The Current Eating Habits of Students and their Physiological Analysis

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Annotation: In today's rapidly developing world, one of the pressing issues is the lack of adherence to proper eating habits and the insufficient nutritional value of consumed foods. This article analyzes the common dietary patterns among students, the negative consequences of poor nutrition, and the impact of a balanced diet on human physiology.

Keywords: healthy diet, dietary patterns, young, eating habits.

Introduction

In today's developing age, people are facing various problems of their own. One of these problems is not following the diet and not having enough nutrients in the food you eat. Malnutrition is especially common among students. Many of them have habits such as disordered eating, eating fast food and less exercise, and overeating. This can negatively affect students' health and educational activities. This article analyzes the physiological effects of students' eating habits.

Weight gain during college is probable when individuals transition to university life, a pivotal phase when young people' behaviors, including dietary habits, are prone to modification due to newfound independence in food selection.

These groups of individuals are at higher risk of developing unhealthy eating behaviours with inadequate nutrient intake, as shown by some of the researchers. Some of these behaviours include irregular meals, not eating breakfast, reduced fruit and vegetable intake and increased consumption of fried food. Apart from the change in dietary habits, poor exercising habits, bad time management and the increasing amount of stress from school work also contribute to weight gain

Common eating habits of students

- Disordered eating is basically skipping breakfast or skipping meals during the day; - Eating fast food and semi-finished products, i.e. fast food products with a lot of preservatives,

excess fat and sugar; - Consuming a lot of carbonated drinks and sweets can lead to excess weight, dental diseases, cardiovascular diseases and lack of energy. - Inadequate consumption of protein, vitamins and minerals, most students rarely eat fresh fruits and vegetables, protein-rich products. Various changes and diseases in the body caused by improper nutrition: - Lack of energy - Decreased immunity - Digestive problems - Obesity - Metabolic diseases Any student who follows a healthy diet has a higher chance of living a long life. For this, of course, it is necessary to eat breakfast correctly and on time, eat regularly, eat more natural, fresh fruits and vegetables, avoid fizzy and carbonated drinks. Proper nutrition is of great importance in forming a healthy lifestyle of students. According to the experiments carried out by many scientists and researchers, it was concluded that the wrong diet leads to many problems. For this reason, it is possible to maintain the health of students and improve their studies by following a regular and balanced diet

Conclusion

Poor eating habits are a serious public health concern among young adults who have transitioned to university life, where they are subjected to stress and a lack of leisure. Poor eating habits and substance misuse are two examples of characteristics that make it difficult to adopt healthy practices. Although students' activities are deemed transient as part of university life, harmful habits developed at this age tend to continue throughout adulthood. Rapid changes in physical growth and behavioral development have made these young individuals nutritionally vulnerable, with poor eating habits that do not satisfy dietary requirements. Common unhealthy eating practices among young adults included meal skipping, eating away from home, snacking, and fast food consumption.

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