

THE INFLUENCE OF AN INCORRECT DAILY ROUTINE ON GENERAL CONDITION AND PERFORMANCE OF STUDENTS

Yuldasheva F. U.
Mardonova F. I.
Karimkhodjaeva S. K.
Tashkent Medical Academy

Abstract

This article discusses the general effects of improper daily routine on the general condition, academic performance of students and measures to prevent them. The negative impact of improper daily routine is an important and large-scale problem related to the study of student life and studies. This article presents the factors that negatively affect students. It also provides recommendations and advice on the correct daily routine.

Keywords: Daily routine, incorrect nutrition, academic performance, performance, physical activity, motivation, sports, lifestyle.

Introduction

A proper daily routine is the basis for physical, mental health and success in life for every person. It is especially important for students to establish a proper daily routine during this period. An improper daily routine can have a serious negative impact on the lives of students.

Decreased academic performance: With improper daily routine and poor planning of study time, students face difficulties in the learning process. Postponing homework and exam preparation until the last minute will lead to lack of time, which will lead to stress and poor grades.

Lack of sleep: One of the most common problems among students. Going to bed late and waking up early or having an irregular sleep schedule negatively affects your physical and mental health. This, in turn, leads to decreased ability to concentrate, fatigue, and even a weakened immune system.

Stress and psychological pressure: Improper daily routine Many tasks are not completed on time due to improper time management, which causes constant stress and anxiety in the student. On the other hand, high levels of stress can harm mental health, leading to decreased motivation and increased risk of depression.

Reduced physical activity: Without a proper daily routine, it will be difficult to find time for physical activity or exercise. On the other hand, a sedentary lifestyle can lead to weight gain, cardiovascular disease, and other health problems. Lack of physical activity also negatively affects mental health, lowering mood and reducing productivity.

Eating disorders: An improper daily routine usually leads to improper nutrition. Fast and unhealthy eating is common among students. This leads to vitamin and nutrient deficiencies, decreased energy, and poor overall health.

Loss of motivation: Improper discipline destroys discipline, which affects the student's ability to achieve goals. Not working according to plan, lack of time, and constant distractions distract the student from his goals and reduce his motivation to achieve them.

Impact on social life: A chaotic daily life also negatively impacts social life due to poor time management. Not having time for friends and family can lead to feelings of loneliness, stress, and low mood. And the lack of social life is detrimental to a student's overall mental and emotional health.

Reduced creativity: Lack of adequate sleep and rest, stress and excessive fatigue also affect students' creativity. There is not enough time and energy for creative thinking and innovation, which limits academic and personal success.

Recommendations

Making a plan and setting goals: Develop a habit of planning each day and each week. Set your main goals and break them down into smaller tasks. When you do this, your tasks will not seem overwhelming and you will find it easier to achieve your goals. A proper plan is the key to success. **Maintain a regular sleep schedule:** Healthy sleep is essential for daily productivity and concentration. Try to go to bed and wake up at the same time every day. Since there are many tasks to do during college years, it is possible to develop a habit of putting off sleep, but lack of sleep seriously affects your health and studies. **Make time for exercise:** An active lifestyle is the basis of a healthy lifestyle. Daily exercise, even short walks, keeps the body strong and lifts your mood. Sports or simple exercises will energize you and help you concentrate on your thoughts properly. **Rest time:** Students often have to devote a lot of time to studying, but it is also important to have a good rest. Effective relaxation techniques – reading books, listening to music, walking in nature, spending time with friends – can help reduce stress and improve your mental state. **Use technology wisely:** Phones and computers have become an integral part of our lives, but it is important to control them. Instead of spending a lot of time on social media or playing games, this technology should be focused on learning and personal development. A proper daily routine and a balanced life are essential for success in college and improving the overall quality of life. Taking time for your own health and well-being is the key to your long-term success.

Conclusion

Unbalanced Lifestyle: An unbalanced daily routine creates an imbalance in a student's life. This leads to failure to achieve many goals and constant difficulties in planning due to improper distribution of time and energy. When the lifestyle is out of balance, it causes an increase in mental and physical stress. **Decreased interest in reading:** Lack of a proper routine and adequate rest can lead to a loss of interest in the reading process. The student feels that the curriculum is overloaded and as a result, his motivation to study decreases. Establishing a proper daily routine is of great importance during student years. A systematic approach and well-planned daily plans have a positive effect

not only on a student's academic performance, but also on his general health and personal life.

Conclusions

A healthy daily routine is of great importance during the student period and throughout life. Proper planning, a balanced diet, healthy sleep, physical activity and rest can help improve the quality of life and achieve academic and personal success. Managing time effectively and prioritizing mental and physical health can make a big difference in one's life as well as in the learning process. The key is to find balance in daily life by maintaining discipline.

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