

THE INFLUENCE OF PHYSICAL INACTIVITY ON THE ACADEMIC PERFORMANCE OF MEDICAL UNIVERSITY STUDENTS

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Annotation. *This article examines the problem of physical inactivity among students at Tashkent State Medical University and. its impact on their physical fitness, cognitive abilities, and academic performance. The main causes of decreased physical activity among medical students, related to heavy academic workloads and prolonged sedentary time, are analyzed. Practical measures for preventing physical inactivity that can be implemented within the educational process are also proposed. Particular attention is paid to the relationship between physical activity levels and the effectiveness of learning.*

Keyword. *sphysical activity, academic performance, cognitive function, health, prevention, medical education.*

Relevance of the topic. Studying at a medical school is associated with intense intellectual workload. Students spend a significant amount of time in lectures, practical classes, in the library, and on the computer. Much of the learning process takes place in a seated position. Insufficient physical activity, combined with emotional stress and sleep deprivation, can negatively impact students' overall well-being and performance. Since successful mastery of medical disciplines requires high concentration and a good memory, the problem of physical inactivity is particularly significant.

Target. To determine the impact of physical inactivity on the academic performance of students at Tashkent State Medical University and develop practical recommendations aimed at increasing their level of physical activity.

Tasks

1. To analyze the level of physical activity of students
2. To identify the main causes of physical inactivity among students
3. To assess the impact of a sedentary lifestyle on the physical condition and cognitive functions of students
4. To examine the relationship between physical activity levels and academic achievement.
5. To develop practical recommendations for the prevention of physical inactivity in the educational process.

Introduction. In recent years, the problem of physical inactivity has become increasingly pressing among students. Physical inactivity is defined as insufficient physical activity compared to the physiological norm necessary for normal bodily function and health. Medical students are particularly susceptible to a sedentary lifestyle. The academic process includes lengthy lectures, practical classes, and a significant amount of independent study, much of which is done in a sedentary position. Furthermore, the active use of computers and other electronic devices, as well as a heavy academic workload and a lack of free time, often prevent students from devoting sufficient time to physical activity. In the context of medical school, where constant concentration, a good memory, and the ability to quickly absorb large amounts of information are required, physical activity is particularly important. A lack of exercise can lead to

decreased performance, rapid fatigue, and a deterioration in cognitive function, which subsequently impacts academic performance.

The impact of physical inactivity on a student's body.

Insufficient physical activity has a complex impact on a student's body, affecting both physical condition and cognitive functions.

Physical condition. A sedentary lifestyle gradually increases signs of functional fatigue. Students often report increased fatigue even with moderate exertion. Prolonged sitting contributes to poor posture, which subsequently leads to back and neck pain. Furthermore, overall endurance decreases, muscle tone diminishes, and adaptation to physical and emotional stress is impaired.

Cognitive functions. Physical inactivity also negatively impacts the central nervous system. A lack of exercise can lead to decreased concentration, impaired short-term memory, and slower thought processes. This is especially noticeable against the backdrop of a constant academic workload, as students require high-speed information processing and stress resilience.

The impact of physical inactivity on academic performance.

Research shows that students who regularly engage in physical activity demonstrate significantly better academic performance. They concentrate more easily on lectures, absorb information more quickly, and achieve higher academic results. Furthermore, such students are less likely to experience burnout, are better able to cope with stress, and maintain motivation for learning.

Causes of physical inactivity in students

Key factors include:

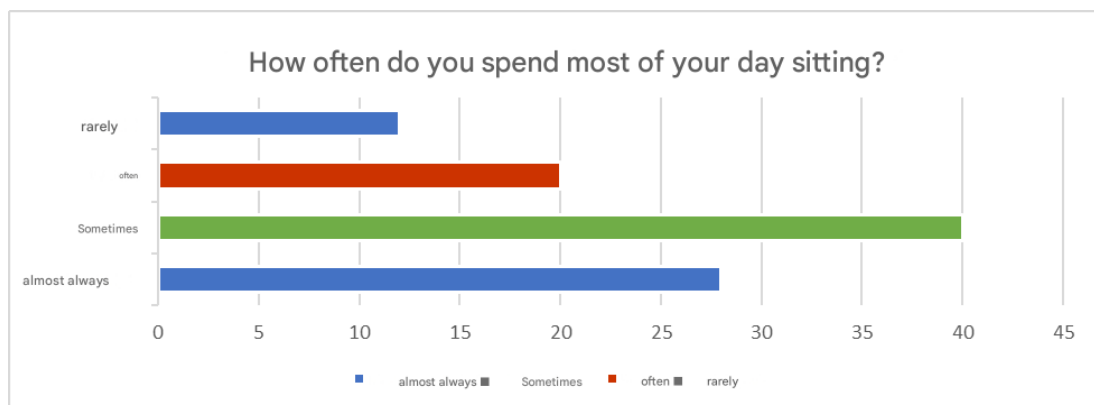
- intensive academic schedule;

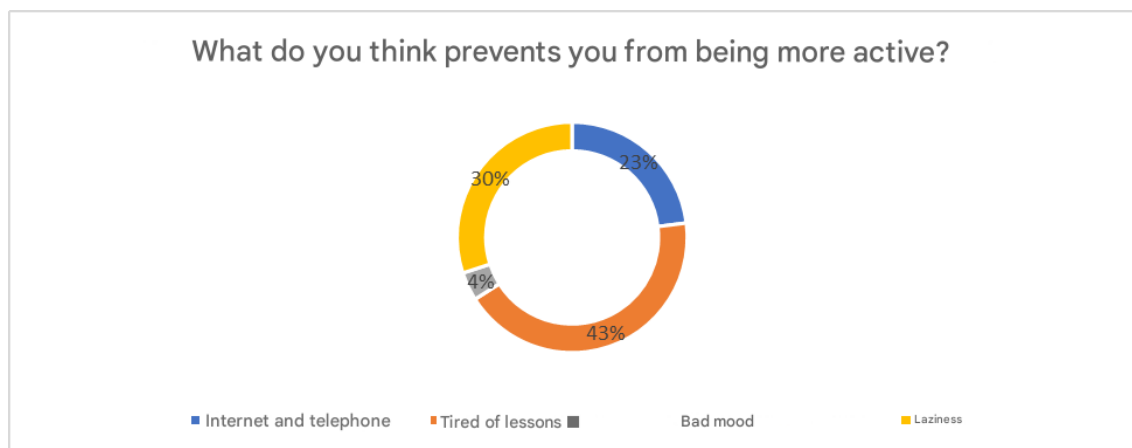
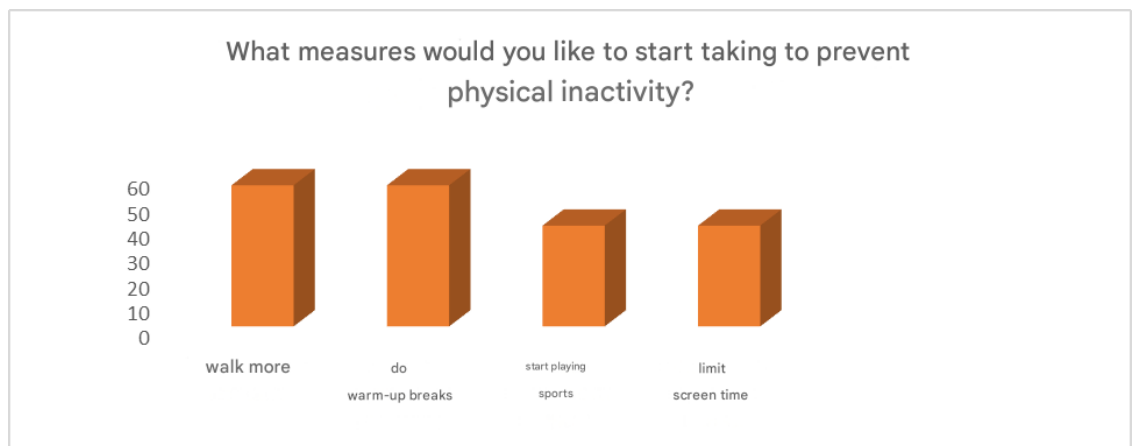
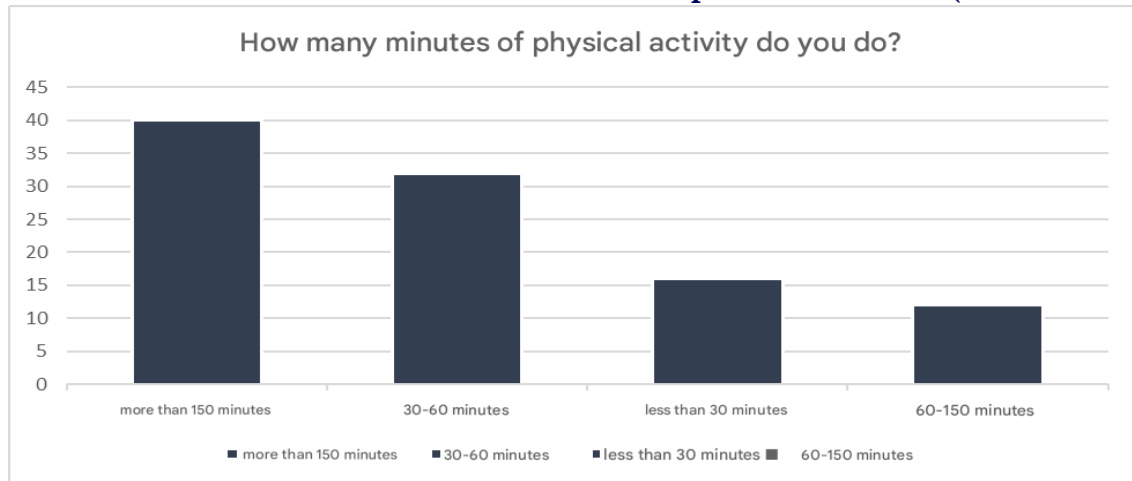
- preparation for tests and exams;
- long lecture sessions;
- lack of involvement in sports activities;
- chronic fatigue and stress.

Materials and methods of research. To explore the practical aspects of the problem, a survey was conducted. The study involved 120 first- to third-year students aged 16 to 25 (62 females and 58 males).

Indicator	Number (people)	%
Floor		
Girls	62	51.7%
Young men	58	48.3%
Age		
16–18 years old	38	31.7%
19–21 years old	54	45.0%
22–25 years old	28	23.3%
Course of Study		
1st year	44	36.7%
2nd year	39	32.5%
3rd year	37	30.8%

As part of the study, students were asked the following question:





Research results: A survey conducted among 120 first- to third-year students of the Faculty of Preventive Medicine at Tashkent State Medical University (62 females and 58 males, aged 16–25) revealed that physical inactivity is a common problem among students. Analysis of the responses revealed that a significant proportion of students lack regular physical activity due to heavy academic workloads, prolonged sedentary time, and

a lack of free time. Many respondents reported increased fatigue, decreased concentration, and occasional back and neck pain. The findings confirm a correlation between physical activity and academic performance. Students who engage in physical activity demonstrate higher performance, better concentration, and greater resilience to stress.

Thus, the survey results confirm the relevance of the problem of physical inactivity among student's medical university and the need to implement preventive measures aimed at developing a culture of physical activity in the educational environment.

Conclusions. Physical inactivity is a significant factor affecting not only the health but also the academic performance of students at Tashkent State Medical University. Increasing physical activity improves cognitive function, reduces stress, and enhances learning effectiveness. Increasing a culture of physical activity in medical education should be an important part of preventative care.

Practical recommendations for medical university students

1. To reduce the negative impact of physical inactivity on the body and academic performance of students, it is recommended:
2. Take short breaks of 5-10 minutes every 1-2 hours of exercise to relieve muscle tension and improve blood circulation.
3. Take daily walks in the fresh air for at least 30 minutes.
4. Actively attend sports sections and clubs offered by the university.
5. Whenever possible, use the stairs instead of the elevator to maintain overall physical activity.
6. Include light morning exercises or warm-ups in your daily routine.

7. Organize educational events and programs within the university aimed at preventing physical inactivity and developing a habit of regular physical activity.

Following these simple guidelines helps maintain physical health, improves productivity, and contributes to improved student performance.

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