

HYGIENIC ANALYSIS OF THE DAILY ROUTINE OF CADETS OF HIGHER MILITARY EDUCATIONAL INSTITUTIONS

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Annotation

In modern conditions, the daily routine of military personnel studying in various educational institutions affects their educational conditions and health status. It is noted in the scientific works of a number of authors, the daily routine of cadets of military higher educational institutions is formed based on their type of education, professional direction and the internal order established in the institution. Imbalances in the cadets' schedule, if elements of the schedule such as rest, study, nutrition and physical activity are not organized proportionately, can have a negative impact on the origin of various infectious and somatic diseases among the personnel and the educational process of the cadets. A well-organized daily routine is one of the main sources of increasing physical activity of students, enthusiasm for learning and creating and maintaining a healthy environment in the military community.

The purpose of the study. The Academy of the Armed Forces of the Republic of Uzbekistan consists of analyzing the hygiene of the cadets' agenda and developing recommendations.

Materials and methods. The agenda of the contingents involved in the study was implemented based on the established physiological and hygienic requirements of the organization.

Keywords. Cadets, routine, hygiene recommendations, food, sleep.

Results. The daily routine of supervised military personnel is set from 6:00 to 22:00, they are given 8 hours of sleep during the day, without time for daytime sleep. During the annual activity of cadets of military universities, 45 days of vacation are allocated, 15 days of free vacation are allocated in February during the winter season and 30 days during the summer season.

The duration of training for cadets of military universities during the day is determined depending on their professional direction, 6 hours are allocated only for professional training, 2 hours in the daytime under the guidance of professional instructors in independent educational buildings. Morning exercise has an excellent place in your daily routine. 40 minutes are allotted for physical education, it consists of running and light warm-up exercises. At the next stage, 30 minutes are allotted for washing and cleaning. 10 minutes will be allotted for early distribution (sorting). 20-30 minutes are allotted for breakfast, 30-35 minutes for lunch, 20 minutes for dinner.

30 minutes will be allocated to familiarize cadets with the news and operational information of the day. The training consists of construction and distribution, training sessions with 10-minute breaks between them and 3 sessions of 80 minutes each.

After lunch, 50 minutes are allotted for personal needs, and 2 hours for spiritual and educational activities, mass sports and landscaping.

It consists of 2 parts of 30 minutes each, which is 60 minutes of broadcast time. At least 30 minutes are allotted for evening sanitary work, and 20 minutes for evening entertainment. Another 40 minutes will be allocated for cadets' personal activities. 20 minutes are allotted for the evening walk and checking the list, 10 minutes for the sanitary minimum and washing, and the daily chronological time ends. Students are allocated 8 hours for active sleep. Officers are tasked with monitoring them throughout the day. In addition, they are on duty and planning to resume classes.

Conclusion

Disruption of the established agenda and its main components in higher military educational institutions can negatively affect the performance of cadets, cause various somatic diseases, as well as the occurrence of statistical fatigue during training, a decrease in physical abilities, and a decrease in performance efficiency.

