

Problems Arising From Students' Daily Routines

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Abstract:

This article discusses the problems and health issues that arise from students' daily schedules. It emphasizes the importance of considering certain elements when creating a correct schedule, such as physical activity, responsible use of mobile devices, and maintaining a healthy diet.

Keywords: student, proper diet, insomnia, gastrointestinal diseases, depression, anemia.

Introduction

The student years are a time when adhering to a proper daily routine can lead to achieving goals more quickly. This is a period when one is constantly striving towards their objectives and future. Following a structured daily routine can significantly accelerate the process of reaching those goals because a proper schedule is fundamentally about discipline. It is often said that each day brings you closer to your aspirations. In general, the development of an effective daily routine and its consistent management has been a subject of interest for individuals, scholars, philosophers, and researchers for centuries. A prime example is Abu Rayhon Beruniy, whose writings highlight the importance of establishing and strictly adhering to a structured daily routine for human well-being and longevity. Benefiting from a well-organized schedule is essential for everyone. It is crucial to pay special attention to its creation. It is essential to recognize that several factors can negatively impact a daily routine: neglecting time limits when using mobile devices, disregarding dietary recommendations, engaging in mental work late at night, smoking, and consuming alcohol. The formation of a suitable schedule should also consider biorhythms. Disrupting these natural cycles can lead to metabolic disorders, diminished vitality, and accelerated aging processes.

Main Body

Creating a proper daily routine should start with waking up early. Early rising is crucial for students to broaden their perspectives, maintain a positive mood, and ensure good physical health. The

morning hours are the most convenient time for students to plan their schedule, allocate time wisely, and complete essential tasks. Students utilize all available opportunities to build their future, and this not only provides them with a bright future and solid knowledge but also significantly impacts their health. Due to spending a significant amount of time on gadgets and social media, students often go to bed late, leading to inadequate rest for their brains. This cycle, repeated frequently, results in increased irritability, fatigue, depression, and chronic headaches. Studies have shown that repeated bouts of irritability can lead to aggressive behavior, which primarily affects a student's nervous system and their social interactions (being late for classes, not managing time effectively). However, classes attended in the morning are retained in a student's memory at a rate of 70%, and brain activity reaches 90% efficiency.

Furthermore, to establish a proper routine, students should prioritize keeping their living spaces tidy. Any progress starts with the smallest details.

Our students need not only a conducive learning environment but also a balanced diet to perform well academically throughout the day. Many students do not consider breakfast important. Skipping meals can lead to memory impairment and gastrointestinal problems. 61.9% of our students have reported experiencing problems related to their digestive system. [Source needed] It is also essential to pay attention to the intake of protein, carbohydrates, and fats in the diet. Carbohydrates are the primary energy source for learning. However, since carbohydrates are abundant in sweets and sugar, it is recommended to replace these with various grains, potatoes, and fruits. The daily intake of significant amounts of vitamins C, PP, B, and ascorbic acid helps students recover faster after mental and physical activity. Vitamin B and PP (or nicotinic acid) primarily contribute to regulating metabolic processes and positively impact the central nervous system.

Physical Activity: Engaging in sports improves digestive system function, and incorporating physical exercise into a morning routine provides sustained energy throughout the day. Analysis indicates that 27.9% of students engage in regular physical activity. [Source needed] An active body experiences a surge of energy and positive emotions. Currently, health issues like heart attacks, strokes, and obesity are affecting younger generations, stemming not only from stress but also from poor dietary habits. Regular exercise helps shed excess body fat, preventing the buildup of fat in blood vessels and heart valves, improves metabolism, and prevents various ailments associated with constipation. Morning exercise releases adrenaline and cortisol hormones, reducing stress levels and enhancing alertness and focus. Furthermore, it stimulates the production of happiness hormones like serotonin and dopamine, regulating their concentration in the blood. Muscle growth requires testosterone, which peaks in the morning. Statistics indicate that 65% of those engaging in physical activity 3-4 times a week experience a reduction in fatigue.

New Technologies: Utilizing new technologies has become an integral part of the learning process, facilitating quality education for our students. 21st-century technologies enable our students to further enhance their knowledge through online learning platforms, acquire modern education, and save time, a global challenge today. Moreover, our students can access books and information relevant to their needs. While learning to use mobile devices (phones, computers, tablets, gadgets) is beneficial, it is crucial to set time limits when using them. Currently, our students tend to forget these boundaries when using mobile devices! American scientists have discovered that prolonged exposure to the light-emitting diodes in gadgets leads to brain cell damage and accelerated aging. Constant use of these devices significantly harms the human body, negatively impacting our precious vision, disrupting daily routines, and affecting students' punctuality and engagement in the learning process. As a result, the level of reading in our society has declined considerably. A student's reading culture plays a significant role in cultivating their intellect and broadening their perspectives.

Conclusion

In conclusion, it's crucial to remember that the future begins today, and through an optimized daily routine, individuals can accomplish great things. Order and discipline are the cornerstones of growth. Instead of wasting precious time on meaningless social media activities, prioritize learning, expanding your horizons, and engaging in productive pursuits. Equally vital is taking care of your health, for it is the greatest asset you possess. Only when healthy can you truly savor the taste of happiness. Nothing can replace health.

Quote:

Health has no price in the eyes of man, for without health, neither comfort nor luxury can be enjoyed.

N. G. CHERNISHEVSKIY

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