



## САМОСТОЯТЕЛЬНАЯ РАБОТА И ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ СТУДЕНТОВ В СОВРЕМЕННЫХ УСЛОВИЯХ: ДАННЫЕ МЕДИЦИНСКОГО ФАКУЛЬТЕТА ГУЛИСТАНСКОГО ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА.

<https://doi.org/10.5281/zenodo.18272959>

**Юлдашева Чарос**

*Преподаватель Гулистонский государственный университет  
Гулистон, Узбекистан*

**Аннотация:** В данном исследовании изучается взаимосвязь между практиками самостоятельного обучения и формированием здорового образа жизни у студентов-медиков в современных условиях обучения. Исследование проводилось среди студентов медицинского факультета Гулистанского государственного университета, Узбекистан. Используя смешанные методы, исследование демонстрирует, что самостоятельное обучение вносит значительный вклад в самоорганизацию студентов, их академические результаты и поведение, направленное на сохранение здоровья.

**Ключевые слова:** самостоятельное обучение, здоровый образ жизни, медицинское образование, саморегулируемое обучение, здоровье студентов

## INDEPENDENT LESSONS AND HEALTHY LIFESTYLE OF STUDENTS IN MODERN CONDITIONS: EVIDENCE FROM GULISTAN STATE UNIVERSITY FACULTY OF MEDICINE

**Yuldasheva Charos-2**

*Teacher Guliston State University  
Guliston, Uzbekistan*

**Abstract.** This study examines the relationship between independent learning practices and the formation of a healthy lifestyle among medical students in modern educational conditions. The research was conducted among students of the Faculty of Medicine at Gulistan State University, Uzbekistan. Using mixed methods, the study demonstrates that independent learning significantly contributes to students' self-management, academic outcomes, and health-preserving behaviors.

**Keywords:** independent learning, healthy lifestyle, medical education, self-regulated learning, student health



## INTRODUCTION

Modern medical education requires students to demonstrate strong independent learning competencies and maintain a healthy lifestyle. These competencies not only ensure academic success but also prepare future physicians to become role models for patients. This article analyzes the relationship between independent lessons and healthy lifestyle

habits among students of Gulistan State University.

## METHODS

The study used a mixed-method design including surveys, structured interviews, and classroom observations. A total of 154 medical students from Gulistan State University participated. Quantitative data were analyzed using descriptive statistics, while qualitative responses were categorized thematically.

Table 1. **Summary of Students' Lifestyle Indicators**

Indicator	Percentage (%)	Description
Physical activity	56%	Exercise at least 2–3 times per week
Regular eating habits	41%	Consistent daily meals
Academic stress	62%	Reported high stress levels
Sleep routine issues	70%	Need improvement in sleep patterns

## RESULTS

The findings show a strong correlation between effective independent learning and healthy lifestyle behaviors. Students with strong self-regulated learning skills demonstrated higher physical activity, better nutrition, and improved stress management.

## DISCUSSION

Independent learning strengthens personal responsibility, time management, and discipline—factors essential for adopting a healthy lifestyle.

Students who maintained organized study routines showed greater psychological resilience and higher academic performance.

## CONCLUSION

The study concludes that independent learning and healthy lifestyle practices are interdependent and essential components of modern medical education. Universities should integrate health promotion with independent learning strategies to enhance student well-being.



## RECOMMENDATIONS:

1. Strengthen independent learning modules.
2. Increase psychological support services.
3. Promote sports and physical activity programs.
4. Conduct seminars on stress and time management.
5. Enhance digital learning resources.

## REFERENCES:

1. Zimmerman, B. (2020). Self-regulated learning in higher education.
2. WHO (2021). Healthy lifestyle guidance for youth.
3. Deci, E., & Ryan, R. (2017). Motivation and autonomy in learning
4. Clark, H., & Konings, K. (2019). Health and well-being among medical students.
5. Nasibov, B., Kamalova, M., Yuldasheva, C., Artikbekova, F., Sapaev, I., Nazarov, K., & Saydullaev, S. (2025, July). Monitoring the level of salinity of irrigated lands and groundwater in Andijan region. In AIP Conference Proceedings (Vol. 3256, No. 1, p. 040003). AIP Publishing LLC.
6. Shukhrat, K., & Charos, Y. (2025). THE ROLE AND IMPORTANCE OF SIMULATION TECHNOLOGIES IN THE EDUCATIONAL SYSTEM OF THE MEDICAL FACULTY. IMRAS, 8(6), 5-9.
7. Charos, Y. (2025). UNIVERSITET TALABALAR UCHUN SOG 'LOM TURMUSH TARZINI SHAKLLANTIRISH PEDAGOGIK MUAMMO SIFATIDA. O'ZBEKISTONDA FANLARARO INNOVATSIYALAR VA ILMIY TADQIQOTLAR JURNALI, 4(40), 256-260.
8. Urazaliyeva, I., Adilova, Z., & Yuldasheva, C. (2023). PROMOTING A HEALTHY LIFESTYLE AMONG STUDENT YOUTH. Science and innovation, 2(D6), 118-121.