

## The Importance of Hygiene Education Measures in Forming a Healthy Lifestyle in Military Servicemen

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**Annotation:** In most cases, the professional activities of military personnel in unfavorable climatic, geographical and socio-economic conditions can pose a threat to their health to one degree or another, therefore, in the education of military personnel, it is necessary to form a sanitary culture and a healthy lifestyle associated with the urgent problems of the military service lifestyle.

**Keywords:** lifestyle, personal hygiene, hygienic education, sanitary culture, level of morbidity, physical activity, harmful habits.

**Research objective.** The study was to study the issues of personal hygiene, hygienic education and methods of forming a healthy lifestyle among military personnel.

**Materials and methods.** Healthy lifestyle indicators were studied using a questionnaire among the personnel of military units and institutions located in the Bukhara Military District, that is, 226 military personnel. The quality and effectiveness of hygienic education was calculated on the basis of determining the dynamics of the lifestyle of military personnel - medical activity, sanitary culture, healthy lifestyle were assessed. Statistical processing of the obtained data was carried out using the Statistics 10. 0 and Excel 2013 software packages. Results and discussion. The results show that in most cases, non-compliance with a healthy lifestyle was the cause of an increase in the level of morbidity in the composition of the troops on the move. Positive motivation for the elements of a healthy lifestyle was noted in 62.3% of military personnel in the initial stages of military service. As is known, the highest level of motivation for health and a healthy lifestyle is determined by hygienic, aesthetic and moral orientations, skills and needs formed in childhood. A survey conducted among servicemen serving in the final stage of their military service showed that they have an increased need for a healthy lifestyle and have formed a motivation to maintain and strengthen their health, that is, positive dynamics were observed in terms of self-improvement, self-realization, and achieving positive emotions, which characterize a person's social well-being. At the same time, 88.1% of respondents emphasized that the information received from commanders, medical service specialists, and officers working with servicemen played an important role in the formation of medical activity in maintaining and strengthening their health. The medical activity of servicemen consisted of timely appeal to medical services and active monitoring of their personal health. The results of the assessment of sanitary culture, which is related to the effectiveness of individual preventive and personal hygiene measures, showed that during field training exercises (in conditions of limited household and leisure), the effectiveness of hygienic education in individuals with low sanitary culture is significantly reduced. During the period of activity in dormitories at the permanent location, the indicators of daily showering, washing, and body cleansing with water amounted to almost 71%, while weekly bathroom service covered 98% of all servicemen, regardless of the length of military service. No violations of the diet of servicemen were identified, and among those surveyed (89%) there was a positive dynamic in the perception of the benefits of the order, regularity and quantity of food intake during the day, that is, the formation of food hygiene among servicemen was noted. Similar indicators were obtained when analyzing the physical activity of regular military personnel, the activities established in the agenda and confirmed by the training schedules are carried out by almost all military personnel. The data obtained on the occurrence of harmful habits among military personnel show that all respondents are aware of the harmful effects of smoking tobacco and drinking alcohol, but 6% of respondents had bad

habits such as smoking cigarettes and drinking alcohol (the reason is a bad habit formed in youth), but most of them stated that they would give up bad habits after completing military service.

1. The sanitary culture of military personnel depends on the quality and volume of their hygienic education during service.
2. The quality of hygienic education and sanitary culture in military personnel directly affects a healthy lifestyle.
3. A clearly developed daily routine, work and rest regimes, teaching the principles of a healthy lifestyle, and sanitary and hygienic monitoring of the effectiveness of hygienic education have a positive impact on the activities of the troops.

**Conclusion.** Thus, hygiene education plays a key role in shaping a healthy lifestyle among military servicemen. The results of the study confirm that systematic and targeted hygienic education contributes to the development of medical activity, sanitary culture, and conscious responsibility for personal health. The level of sanitary culture and adherence to healthy lifestyle principles among servicemen largely depends on the continuity, accessibility, and practical orientation of hygiene education provided during military service.

The study revealed that servicemen with higher levels of hygienic knowledge and skills demonstrate better compliance with personal hygiene requirements, healthier nutritional behavior, higher physical activity, and lower prevalence of harmful habits. At the same time, unfavorable service conditions, including field exercises and limited household facilities, reduce the effectiveness of hygienic education, especially among individuals with initially low sanitary culture. This indicates the need to adapt hygiene education programs to the specific conditions of military service.

An important factor in the formation of a healthy lifestyle is the role of commanders, medical personnel, and officers responsible for educational work. Their participation ensures the continuity of hygienic education and strengthens motivation for maintaining and improving health. The presence of a clearly structured daily routine, compliance with work and rest regimes, and regular sanitary and hygienic monitoring contribute to improving the health status of servicemen and increasing combat readiness.

Therefore, improving hygiene education methods, strengthening preventive orientation, and integrating hygienic training into all stages of military service should be considered priority areas in military medical support. The implementation of comprehensive hygiene education programs will contribute to reducing morbidity, increasing the adaptive capacity of servicemen, and forming a sustainable healthy lifestyle.

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