

NEEDS AND INTERESTS OF MEDICAL STUDENTS

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The article: *examines some elements of the motivational mechanism for involving medically vulnerable students in educational activities. The results of sociological research on the attitude of this category of the younger generation to their health, their motivation for studying, and their preparation for educational activities are presented.*

Keywords : *students, health, physical education, needs, interests, values, motivation.*

A necessary condition for a person's social activity is a healthy lifestyle, which involves the purposeful formation of consciousness and behavior in accordance with health requirements. Among the factors of a healthy lifestyle, such a factor as motor activity stands out. Attention to the problem of health is determined by its importance in the development of the individual and society as a whole. All aspects of human life within the framework of a broad social being are ultimately determined by the level of health. Current students are one of the most vulnerable segments of the population in terms of maintaining and strengthening health. The results of scientific research show that the health of young students is low, and an incorrect attitude to health leads to a decrease in motivation for academic classes. Thus, the most active and able-bodied part of society is experiencing difficulties in building and implementing life plans and prospects. The relevance of studying the motivational mechanism of an individual, including the needs, interests, health and healthy lifestyle of young people in the field of education, and the motives for physical activity, determined the purpose of the sociological study we conducted to study the attitude of students with poor health to physical education in 2025.

The implementation of the goal required solving the following problems: studying students' attitudes towards health; identifying motivation for education; studying the use of physical education tools in students' daily lives; identifying factors influencing students' attitudes towards physical education. A total of 100 students of the 3rd year medical and pediatric groups of the Faculty of Medicine of Gulistan State University participated in the questionnaire survey. At the same time, only a fifth of the respondents (19%) noted that "health is the most important thing in life." Most believe that "health can be sacrificed to achieve material well-being" (52%), "strength of character is more important than health to achieve life goals" (26%). It should be noted that only 15% of students consider their lifestyle healthy, almost a quarter (23%) assess it as unhealthy, and 62% as "somewhat healthy". If they have free time, less than a third of students (29%) prefer various physical

activities, most of them meet with friends, use the Internet, listen to music. a special state of a person aimed at achieving an optimal level of physical fitness, work and a stable psycho-emotional state. The low level of motivation for educational education among students is associated not only with organizational difficulties, but also, first of all, with the need to take into account the motivational sphere of the individual, his value orientations, interests, individual characteristics and characteristics. activity, on which the level of physical development and the harmony of moral-volitional and value-motivational qualities of the individual are largely dependent. The importance of physical culture as a form of organized motor activity is that it allows you to combine the social and biological in human development. According to the results of our study, health occupies one of the leading places (29%) in the system of values of young people, along with family (38%), material well-being (26%) and education (18%). According to self-assessment, approximately equal numbers of respondents consider their health to be good (43%) and satisfactory (44%), and 13% consider it to be bad. In answers to the question about the presence of diseases, students most often indicate pathologies of the musculoskeletal system (59%), diseases of the organs of vision (32%), digestive organs and respiratory system (19%). Often, during their student years, young men and women have 2-3 chronic diseases that are lifestyle diseases, as they arise as a result of improper behavior towards their health, in particular, lack of physical activity. Physical education classes are a training course for students. Motivation of study sessions for students of different courses (percentage of respondents) It has been repeatedly emphasized that for most students, physical activity is one of the main factors of a healthy lifestyle. Thus, 73% of respondents regularly participate in physical education classes to improve their health, while a fifth of students (19%) go to classes "sometimes, depending on their mood." The need for physical education is the basis of the motivational mechanism, stimulating and is a regulating force. Their diversity includes movement and physical activity, communication and relationships, games, entertainment and recreation, self-affirmation and strengthening of one's own ego position, knowledge, aesthetic pleasure, etc. We analyzed the motivation of students to engage in physical education in a situation of poor health. The main motive for classes is "preserving and improving health" (67%), more than half of the respondents (52%) find it logical to do this "to improve their appearance", 33% - "to relieve psycho-emotional stress". The low share of motives of professional and social significance is noteworthy. Only 11% of respondents engage in physical education "to prepare for future professional activities", 7% "to develop as a person, improve themselves", 5% "to be socially active". The share of the "absolute" motive remains traditionally high: about a third of students (31%) do it "for credit" and may stop attending classes if it is canceled. Among the main factors influencing the change in motivation, respondents traditionally cite lack of time (56%), willpower (23%) and lack of money (16%) as reasons for refusing to take care of their health. In our opinion, the lack of real actions indicates the declarative nature of the attitude of students with poor health to maintaining and strengthening it and the

unformed need to take care of their health in everyday life. The motive "maintaining and strengthening health" is very important in this course, the collected data show the difference in health and psychologically significant motives among students of different years of study. During the study, we analyzed students' satisfaction with the conditions and organization of classes at the department. According to the survey results, the majority of students (89%) have a positive attitude towards physical education. At the same time, only a fifth of respondents (22%) regularly engage in physical education independently, almost half (43%) do them "whenever possible", almost a third (28%) "do it occasionally", 7% do not do it at all. The choice of types of physical education for independent training shows the interest of students in physical education. Thus, 38% of students with poor health choose gym classes for independent training, 26% - active recreation, 12% - fitness, 10% - yoga and oriental methods, 8% - classes in the pool, 5% consider morning exercises to be sufficient. Table 2 By the 3rd year, its share decreases, and the importance of the motives "improving appearance" and "relief in psycho-emotional stress" increases. Students' satisfaction with the conditions and organization of classes at the department (75%) Most students (83%) rated the educational process at the department as 4 and 5 points. Students highly assessed the sanitary and hygienic condition and equipment of the lecture halls. A quarter of the respondents (26%) complained about the level of provision of educational and methodological literature on physical education. In addition, according to our data, 28% of students were dissatisfied with the class schedule, and 25% with the amount of physical activity. At the same time, more than half of the students (57%) noted that studying at the Department of Fundamental Medical Sciences promotes a healthy lifestyle among young people. In our opinion, students' lack of sufficient knowledge about a healthy lifestyle, the specific effects of physical activity on health, and the organization of self-control causes certain difficulties in mastering independent lessons. It also reduces their motivation to engage in sports.

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