

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

# THE ROLE OF NURSES IN PRIMARY HEALTH CARE SERVICES IN IMPROVING THE HEALTH OF ADOLESCENT GIRLS

Hakimova D.B

Assistant Urgench State Medical Institute

### Abstract

A healthy lifestyle (HLS) is a rational way of life whose integral feature is active effort aimed at preserving and improving health. A lifestyle that promotes public and individual health constitutes the basis of prevention, and shaping it is an important task of the state's social policy on protecting and strengthening public health.

### Introduction

Health authorities and medical workers play a special role in shaping a healthy lifestyle, since they are the active agents of hygienic education and sanitary enlightenment. Moreover, they are carriers of appropriate hygienic skills, ways of thinking and behavioral priorities, as well as advocates of an active life stance and professional commitment to healthy-lifestyle matters.

According to WHO experts, the combined contribution of medical care and hereditary factors to health does not exceed 30%, while 50% is attributable to a healthy lifestyle.

The level of population health is currently measured by life expectancy. In Sweden, Israel and Japan this indicator was 80–82 years (2006–2010), while in the Russian Federation and Kazakhstan it averaged 66–68 years; by 2014, average life expectancy in the latter two countries had reached approximately 70 years. In some countries, such as the Republic of South Africa (48.9), Nigeria

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

(46.9) and Zambia (38.3), life expectancy is below the world average (66.5), which is explained by a low standard of lifestyle and healthcare.

Thus, forming a healthy lifestyle is one of the state's most important tasks, since lifestyle is the decisive factor of health. Forming a healthy lifestyle is also a task of the healthcare, social-protection and education bodies.

Training and retraining qualified nursing personnel of the primary healthcare tier, who possess deep theoretical and practical knowledge and skills in forming and promoting a healthy lifestyle, raises the population's quality of life and medical awareness.

An analysis of previously conducted studies showed that a large proportion of students — 85.7% — have engaged or are engaging in sport (87.8% of boys and 82.6% of girls); 95.7% of respondents have a positive attitude toward sport (96.8% of boys and 93.6% of girls). In addition, 35.3% (27.2% of boys and 48.3% of girls) would like to take up swimming. The majority of young people (74.5%) prioritize “caring for one's own health,” followed by caring for appearance and physique (62.9%). However, only 20.6% of the surveyed boys gave priority to “caring for their own health,” whereas among girls this figure was 53.9% — that is, for many young people health is a means of maintaining their attractiveness. When the factors hindering HLS were analyzed, the most common answer among both boys and girls was laziness (14.5% and 31.6% respectively), followed closely by “lack of time” (11.9% of boys and 25.5% of girls). Insufficient physical activity is one of the most important risk factors for death in the world, accounting for 6% of all deaths; it is exceeded only by high blood pressure (13%) and tobacco use (9%), while high blood glucose carries the same level of risk (6%). Each year, approximately 3.2 million people die due to insufficient physical activity.

It should be emphasized that bringing high-quality medicine closer to the population helps shape a healthy lifestyle and raise the population's medical awareness. In the context of the ongoing reforms in the healthcare system of the Republic of Uzbekistan, a system of treatment-and-prevention care for the

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

population is being introduced, which has led to a gradual transition to family medicine — the standard in developed countries.

Changes in the educational process taking place worldwide are fundamentally altering the way many students learn, with corresponding changes in their lifestyle and, as a result, an observed increase in the number of certain diseases associated precisely with these conditions. Improving students' health, broadly promoting a healthy lifestyle among them, and implementing measures aimed at reducing the number of the diseases now common among them are among the main factors leading to higher average life expectancy. For this reason, studying young people's health and developing scientifically grounded measures to improve it from a medical-social standpoint is one of the foremost social tasks of the present time.

When students were asked to assess the quality of their lifestyle, the majority rated it as good (56.0%) and excellent (21.0%), and roughly every fifth person was satisfied with these parameters. Students of the medical (Med) and pedagogical (Ped) fields took part in the study. Among the reasons for not wishing to exercise were being busy (56.0%), family circumstances (18.7%) and health problems (10.8%), while more than 16% of respondents considered their daily movements sufficient to maintain good physical condition. Most students do not follow a daily routine and have no clear understanding of work and rest schedules.

Students in the medical field understand the importance of a healthy lifestyle and its significance for human health, yet do not adhere to it. Most students expressed a desire to take part in physical-education and sports clubs but cited a lack of time and family problems. For university students, properly allocating free time and adhering to a daily routine and to rest and work regimes are of great importance in forming healthy-lifestyle skills. Developing scientifically grounded medical-social measures to improve young people's health is therefore one of the foremost social tasks of our time.

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

A natural question arises: at a time when our state and government are devoting great attention to improving the population's socio-economic living conditions, why should the situation show the opposite, and on which factors does this process directly depend? Finding an answer to this question is not particularly difficult.

According to the results of some scientific studies, 50–55% — and according to some later data, 60–65% — of population health is noted to depend directly on people themselves: on how well they observe a healthy lifestyle and on their medical-hygienic literacy in this regard. As is known, Article 3 of the Law “On the Protection of Citizens’ Health,” adopted on 29 August 1996, establishes the “priority of the preventive direction.” Both during the former Soviet period and over the past 30 years of independence, serious attention was not paid to this issue in the country, nor within the healthcare system. In families, mahallas, kindergartens, schools, academic lyceums, special schools, vocational colleges, technical schools, higher education institutions and labor collectives, insufficient attention was paid to teaching this subject fully on the basis of established curricula.

As a result, today we cannot say that the elements of a healthy lifestyle are sufficiently and fully formed among the young people of our country, including among adults. If we consider one of the categories of philosophy, in society an effect never arises without a cause; that is, people must fully realize that unless certain negative factors act upon them, a person will never fall ill. The only way to achieve this is to fully form a healthy lifestyle and its spiritual-moral foundations among people.

In the past, our doctors were preoccupied with collecting falsified monthly reports on the healthy-lifestyle promotion they supposedly carried out and with gathering references for work they had not actually done. As a result, the level of medical-hygienic literacy among people, especially among young people, remains low, which is ultimately reflected in the high prevalence rates of the diseases noted

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

above. Even today, the main emphasis in our country's healthcare system, and most of the reforms being implemented, are directed mainly at treating diseases that have already arisen in society.

In order to fully form a healthy lifestyle and its spiritual-moral foundations among the population — and, above all, to ensure the priority of the preventive direction — high effectiveness can be achieved by: creating a system in the Republic that fully implements this direction and providing sufficient conditions for its effective operation; raising specialists' qualifications; organizing photo, video and film studios and printing houses within the centers; preparing and reproducing sufficient distribution materials; producing unified video clips and slides for all specialists; arranging the free printing of books and manuals written in this field; and, crucially, regarding the promotion of a healthy lifestyle not as the responsibility of medical workers alone but as a common task of the whole society.

Most importantly, completely abandoning methods such as forcibly gathering people in large auditoriums for awareness campaigns, identifying small and targeted groups, and broadly introducing into practice methods that shift toward an individual form of promotion — engaging patronage nurses and doctors more actively — yields relatively higher effectiveness.

Making productive use of all available types of mass media in the broad and effective promotion of healthy-lifestyle elements among the population has a positive effect on achieving the expected result.

Developing mechanisms for strict legal control over the production and sale of tobacco and nasvay (oral tobacco) products; broadly promoting proper and healthy nutrition, physical activity, wide engagement in sport, and matters of psychohygiene; developing mechanisms to eliminate the adverse factors of technological and lifestyle development and creating sufficient conditions for their implementation; forming people's responsibility for preserving and further strengthening their own health and that of those around them; and correctly and

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

effectively developing mechanisms for regarding the broad promotion of a healthy lifestyle not merely as the task of medical workers but as a nationwide, society-wide task — together with greater attention to the primary prevention of diseases — are what will lead to a reduction in the diseases noted above among the population. The only way to reduce morbidity among the population is to increase their responsibility for their own health.

### **1.2. Studying the formation of adolescents' healthy relationships with their peers, parents and members of society**

Puberty is one of the most difficult periods of the parent–child relationship. Among the various age periods, adolescence holds a special place. This age involves the maturation of the body's functional and morphological structures, rapid growth as a result of neuroendocrine restructuring, and the formation of the reproductive system; thus the notable distinction of the adolescent period is the formation of the adult body. The characteristics of the child and the adult are interconnected. During this period, the formation of psycho-characterological individual personality traits, behavioral stereotypes and emotional reactions is observed. The periodization of adolescence is represented by the following stages: school age (7–13 years), crisis (13 years) and puberty (13–17 years). Adolescence is directly associated with physiological changes such as puberty, hormonal changes, accelerated physical development, and the formation of the internal organs and organ systems.

### **1.3. Studying the psychological states observed in adolescent girls**

Adolescents tend to dwell in both positive and negative emotions. Thus, later adolescence is characterized by the presence of problematic experiences in relationships with parents and peers. Important domains such as school and lyceum are associated with emotionally charged experiences and difficult



## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

choices, since the first steps toward a future profession and self-definition are taken, as well as experiences related to oneself and to the opposite sex.

One of the main and most important tasks of adolescence is the formation of self-awareness and identity. Moreover, self-awareness forms considerably earlier in girls than in boys. Girls are distinguished by the early appearance of feelings of loneliness. Phillips's research shows that girls' real and ideal self-images coincide, whereas in boys they do not. However, both boys and girls perceive gender differences in the same way, and the role of women tends to be ranked considerably lower. Boys usually assign women the role of organizer of family life and men a supporting role in this matter. Girls associate femininity with emotional qualities and empathy, while boys associate it with emotional stability. At 14–15 years of age, a rapid form of self-esteem develops that determines the adolescent's present attitude toward himself or herself. Many authors note that adolescents are more inclined toward the evaluation of their peers than toward that of teachers and parents.

The results of studies conducted among children and adolescents show that unmet psychological needs are associated with risk factors for adolescent aggression — such as self-doubt and negative emotions — while satisfied psychological needs are associated with antisocial behavior. Several studies focusing on peer aggression have shown that parenting strategies that block an adolescent's autonomy positively predict the adolescent's self-reported aggression in relationships. The next new formation is self-determination. On the one hand, there is great responsibility in terms of the adolescent's professional self-determination. Social groups such as school and family place great hope in the next generation and require the adolescent to choose a specialty to study at university. At this time, the unmet needs of parents who want their child to be successful are also realized. School teachers, in turn, want students to pass the examinations in which they can succeed.



## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

In modern psychology and pedagogy — amid the integration of science, education and practice and its problems and solutions — the adolescent cannot always determine his or her own place in society and choose what to be interested in, and in this regard either agrees to the parents' choice or goes to college merely to obtain some kind of qualification. Of course, this does not always happen, and not with everyone. Many fulfill their childhood dreams; some, after finishing grades 10–11, clearly understand what they want to do in the future; some go to work after school, while others enroll at university. Adolescents with a particular interest and enthusiasm enter the life of society, yet they also romanticize loneliness. Just as they begin romantic relationships, they may end them just as suddenly. In communication and conflicts with adults, the adolescent demands equality, defending his or her own opinion and the positions he or she considers mature and adult. The sense of adulthood is observed in attempts to make independent decisions and in defending oneself against adults.

With development and the availability of the Internet and new technologies, adolescents' communication is also changing. In addition to being very secretive and unwilling to share their experiences with their parents, they may also close themselves off from the inner circle of peers they see every day at school. It is easier for them to open up and share their experiences with someone they will never see or do not know at all. They often meet young people from other cities or countries on social networks and communicate in anonymous chats. This can lead to conflicts with parents and to even greater distance in communication. Thus, during adolescence, the individual's worldview, self-awareness, identity, individual value system, self-determination and professional definition are formed, and establishing personal communication and romantic relationships becomes extremely important. At the same time, the adolescent is under great pressure from parents, teachers and peers, which is accompanied by internal conflicts and problems, compounded by physiological and hormonal changes in the body. Each child approaches these changes in his or her own way.

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

A healthy lifestyle is of great importance for adolescents. An adolescent's healthy lifestyle includes a number of social and everyday aspects: solving medical problems, having certain necessary housing conditions, material well-being, rational use of free time, giving up bad habits, physical activity, controlling the problem of addiction, and the presence of successful interpersonal relationships. Everyday practice should include the following: hardening with air, sun and water; hygiene; ensuring motor activity; a balanced diet; creating a harmonious psycho-emotional state; and implementing the principles of environmental protection. If an adolescent's life contains the following unfavorable factors — insufficient physical activity; irrationally composed children's food high in salt and fat; stress; bad habits; improper, disturbed sleep — and many other ecological factors harmful to people, all of these cause stress in adolescents.

To fully establish a healthy lifestyle for young people, it is necessary to determine how to remove these negative consequences. There are several ways to solve this problem. Any kind of sporting activity can be a solution: running, swimming, yoga, gymnastics and so on. These help to enhance effects that stimulate the body's protective properties and improve local immunity.

Rational nutrition is the foundation of health. Proper nutrition for adolescents includes about 50 different components in the menu. Rational nutrition must include all nutrients in certain proportions, determined with regard to the person's sex, age and other factors.

An adolescent's educational process is largely associated with stress. During such periods it should be remembered that the body needs proteins, B vitamins, pantothenic acid and vitamins A and E more than usual, since each of these elements participates in the production of pituitary and adrenal hormones, on which the adolescent body's ability to withstand stress largely depends. For adolescents, a healthy lifestyle is not just a word: it helps a person not only to feel complete but is also a kind of choice of life position. Boys and girls, already almost adults, decide for themselves what is good and what should be avoided. If

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

parents believe they can control their child's every step, they are deeply mistaken. It is therefore important that the adolescent consciously choose the principles of a healthy lifestyle, so that these rules take root, are applied, and bring benefit. Adolescence is a difficult and at the same time important stage in a person's life. Childhood ends, and the child prepares to enter adulthood as an equal participant. Undoubtedly, the adolescent has not yet reached true maturity, either physically or psychologically, but nonetheless strives to be equal to adults. The entire period is associated with great psychological difficulties both for the child and for the adults around the child [2, 6, 7].

In the scientific literature, the characteristics of adolescents are described very well and fully, and there are many works devoted to studying the main patterns of adolescent personality formation, behavioral characteristics, and emotional-volitional, intellectual and mental abilities. Nevertheless, the adults around them are not well acquainted with the problems of this age, which makes this period — adolescence — difficult to navigate.

### References

1. Адамян Л.В. и др. Репродуктивное здоровье девочек и девушек г. Москвы. Предложения по сохранению репродуктивного потенциала // Репродуктивное здоровье детей и подростков. – 2016. – № 2 (67). – С. 13–14.
2. Апыхтина Н.А., Елгина С.И. Репродуктивное здоровье девочек-подростков Кемеровской области // Репродуктивное здоровье детей и подростков. – 2016. – № 2 (67). – С. 30–31.
3. Артымук Н.В., Апыхтина Н.А. Мониторинг репродуктивного здоровья девочек-подростков Кемеровской области // Репродуктивное здоровье детей и подростков. – 2017. – № 6 (77). – С. 13–21.
4. Бабенко-Сорокопуд И.В. и др. Пути оптимизации охраны репродуктивного здоровья девочек-подростков с учетом данных

## Eureka Journal of Health Sciences & Medical Innovation (EJHSMI)

ISSN 2760-4942 (Online) Volume 2, Issue 6, June 2026



This article/work is licensed under CC by 4.0 Attribution

<https://eurekaoa.com/index.php/5>

- Донецкого региона // Репродуктивное здоровье детей и подростков. – 2019. – Т. 15. – № 4. – С. 17–24.
5. Барегамян А.Г., Барсегян А.А., Бегларян Г.А. Состояние репродуктивного здоровья девочек-подростков // Акушерство и гинекология. – 2021. – № 8. – С. 166–174.
  6. Есенаманова С.М. и др. Репродуктивное здоровье девочек подростков г. Актобе // West Kazakhstan Medical Journal. – 2015. – № 2 (46). – С. 42–44.
  7. Коколина В.Ф., Рубец Е.И., Баринова А.М. Состояние репродуктивного здоровья девочек-подростков Московской области // Педиатрия. Журнал им. Г.Н. Сперанского. – 2014. – Т. 93. – № 3. – С. 134–136.