

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

INTEGRATED ASSESSMENT OF HEALTHY NUTRITION WITH PSYCHOLOGICAL AND SOCIAL FACTORS AMONG YOUTH

Alimova Dilzoda Ibragimovna

Center for the Development of Professional
Qualifications of Medical Personnel
Tashkent, Uzbekistan

Abstract: The health and quality of life of young people are closely related to their eating habits, psychological stability, and social environment. Healthy nutrition not only provides the body with essential nutrients but also positively affects emotional balance, mental state, and social activity. This study explored the relationship between healthy eating culture and psychological and social factors among young people using an integrated analytical approach. The findings indicate that balanced nutrition significantly improves youth's emotional stability, social engagement, and overall life satisfaction.

Keywords: healthy nutrition, youth, psychological state, social factors, quality of life, integrated assessment.

In recent years, stress, fatigue, emotional instability, and decreased life satisfaction have become widespread among young people. These conditions are often linked to poor nutrition, excessive consumption of fast food, lack of physical activity, and insufficient social support. The quality of nutrition is an essential component of both physical and mental well-being, influencing cognitive activity, mood, and social relationships. Therefore, in studying youth health, it is crucial to consider not only physiological but also psychological and social aspects of nutrition.

The study was conducted among university students. Data on eating habits, psychological condition, and social activity were collected through questionnaires and structured interviews. Nutritional quality was assessed according to international hygienic standards, while psychological status was evaluated through indicators such as emotional stability, stress level, and life satisfaction. An integrated approach was applied to analyze the interconnection between nutrition, psychological state, and social factors as components of a unified system.

The study revealed that young individuals with balanced dietary habits demonstrated higher levels of emotional stability. They exhibited better stress resilience, a more positive mood, and higher social activity. Students who regularly consumed fruits, vegetables, and foods rich in proteins and vitamins showed higher academic performance, concentration, and motivation. In contrast, those with diets dominated by fast food and sugary drinks reported more frequent fatigue, low attention span, insomnia, and signs of depression.

Furthermore, students who maintained the habit of eating meals with family members reported greater emotional support, communication comfort, and social balance. Conversely, individuals with irregular eating patterns or who lived independently displayed higher stress levels and emotional instability.

These findings confirm that healthy nutrition is strongly linked not only to physical health but also to psychological and social well-being. Nutritious food promotes the natural synthesis of serotonin and dopamine—neurotransmitters responsible for positive emotions, motivation, and mental stability. Alongside proper nutrition, social interaction and family mealtime traditions enhance emotional resilience and life satisfaction among youth. Therefore, developing a healthy eating culture requires a comprehensive approach that includes hygienic education, psychological support, and social engagement.

The integrated analysis demonstrated that healthy eating culture among young people plays a crucial role in strengthening psychological stability and social adaptability. Youth with balanced diets were found to be more stress-resistant, active, and satisfied with their lives. Promoting healthy nutrition in combination with psychological and social support systems represents one of the most effective strategies for improving youth health and quality of life.

Scottish International Conference on Multidisciplinary Research and Innovation – SICMRI 2025

REFERENCES

1. Рузибоева, Е. Р., & Каримов, А. Р. (2021). Эпидемиологические особенности рака шейки матки.
2. РУЗИБОЕВА, Е. Р., & КАРИМОВ, А. Р. ФАКТОРЫ, ПРЕДРАСПОЛАГАЮЩИЕ К РАЗВИТИЮ РАКА ШЕЙКИ МАТКИ СРЕДИ ЖЕНЩИН ФЕРГАНСКОЙ ОБЛАСТИ ЗА ПЕРИОД 2017-2021 ГГ. *ИНТЕРНАУКА Учредители: Общество с ограниченной ответственностью" Интернаука*, 31-32.
3. Рузibaeva, E. R., Mamatkulova, M. T., & Boretskaya, A. S. (2023). RAK SHEYKI MATKI. FAKTORIY RISKI I PROFILAKTIKA. *Central Asian Journal of Medical and Natural Science*, 4(6), 695-703.
4. Ахмедов, А. А. (2024). Изучение 2012-2021 Году Динамики Заболеваемости Вирусным Гепатитом А От Энтеровирусных Заболеваний И Оценка Эффективности Добровольной Вакцинации. *Miasto Przyszłości*, 54, 1385-1387.
5. Aliyevich, A. A. (2024). EVALUATION OF THE EFFECTIVENESS OF ANTI-EPIDEMIC MEASURES IN TREATMENT AND PREVENTION INSTITUTIONS. *Ethiopian International Journal of Multidisciplinary Research*, 11(02).
6. Aliyevich, A. A. (2023). EVALUATION OF THE EFFICIENCY OF MEASURES AGAINST THE EPIDEMIC IN TREATMENT AND PREVENTION INSTITUTIONS. *International journal of advanced research in education, technology and management*, 2(12), 281-286.
7. Ахмедов, А. А., & Мамазоитова, Н. (2024). СТАТИСТИЧЕСКИЙ АНАЛИЗ РАКА ШЕЙКИ МАТКИ ПО ФЕРГАНСКОЙ ОБЛАСТИ. *Talqin va tadqiqotlar*.
8. Avazbek, A. (2024). The Specificity Of Coronavirus Infection To Itself (Gender), The Incidence Of Primary Clinical Signs In Patients And The Presence Of Psychoemotional Disorders. *Open Academia: Journal of Scholarly Research*, 2(6), 1-6.
9. Акхмедов, А. (2025). EPIDEMIOLOGY OF INFECTIOUS INTESTINAL INFECTIONS BY FECAL-ORAL MECHANISM. *Международный мультидисциплинарный журнал исследований и разработок*, 1(4), 1014-1017.
10. Giyazidinovna, M. Y. (2023). Global problems of labor protection in agriculture. *the theory of recent scientific research in the field of pedagogy*, 1(7), 5-9.
11. Ashurova, M. D., Mo'yidinova, Y., Atadjanova, D., Muhammadova, G., & Ismoilov, D. (2023). Pedagogical efficiency of integrated learning in the organization of hygiene classes in medical universities. In *BIO Web of Conferences* (Vol. 65, p. 10016). EDP Sciences.
12. Исмоилов, Д. (2025). CONCEPT OF THE SCIENCE OF COMMUNAL HYGIENE. UNDERSTANDING THE OBJECTS OF STUDY IN THE FIELD OF COMMUNAL HYGIENE. *Международный мультидисциплинарный журнал исследований и разработок*, 1(4), 1048-1055.
13. Tavakkal o'g'li, I. D. (2025). DEVELOPMENT OF SCIENTIFIC FOUNDATIONS FOR CONDUCTING PRACTICAL TRAINING IN HYGIENE SCIENCE IN HIGHER MEDICAL EDUCATION INSTITUTIONS USING EFFECTIVE AND MODERN METHODS. *SHOKH LIBRARY*.
14. Umaralievich, A. R. (2021). Hygienic assessment of working conditions and environmental protection at glass production plants. *World Bulletin of Social Sciences*, 2, 120-122.
15. o'g'Li, T., & Dilmurod, I. (2024). In Improving The Quality Of Drinking Water Basic Methods. *Ethiopian International Journal Of Multidisciplinary Research*, 11, 914-916.