



MODERN PROBLEMS IN EDUCATION AND THEIR SCIENTIFIC SOLUTIONS

STUDENT HYGIENE IN THE EDUCATIONAL PROCESS: ITS IMPORTANCE FOR HEALTH AND ACADEMIC PERFORMANCE

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Abstract. *Student hygiene is a key component of public health and educational success. Proper hygiene practices contribute to disease prevention, improved physical and mental well-being, and enhanced academic performance. The purpose of this study is to examine the role of hygiene in the educational process and to identify modern approaches to promoting healthy behaviors among students. The findings indicate that personal hygiene, environmental sanitation, healthy nutrition, adequate sleep, and physical activity significantly influence students' health and learning outcomes. Educational institutions should implement comprehensive hygiene programs to support student well-being and academic achievement.*

Keywords: *student hygiene, educational process, personal hygiene, health promotion, sanitation, public health, academic performance.*

Introduction. Hygiene is an essential factor in maintaining students' health and creating a productive learning environment. Educational institutions bring together large groups of students, increasing the risk of infectious disease transmission and other health-related problems. According to the World Health Organization (WHO, 2023), proper hygiene practices are among the most effective measures for preventing communicable diseases and promoting overall well-being.

Student hygiene includes personal cleanliness, hand hygiene, oral hygiene, healthy nutrition, adequate sleep, physical activity, and maintaining a clean educational environment. Research has shown that students who practice good hygiene tend to have better health outcomes and higher academic performance than those with poor hygiene habits (Basch, 2011).

Main Discussion. Personal hygiene is one of the most important components of student health. Regular handwashing with soap significantly reduces the transmission of infectious diseases in schools and universities (Centers for Disease Control and Prevention [CDC], 2023). Hand hygiene became particularly important during the COVID-19 pandemic, when educational institutions implemented strict sanitation measures to reduce disease spread.

Environmental hygiene also plays a critical role in the educational process. Proper classroom ventilation, adequate lighting, waste management, and regular cleaning contribute to a healthier learning environment. The United Nations Children's Fund





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(UNICEF, 2022) emphasizes that access to clean water, sanitation, and hygiene facilities is fundamental for ensuring student health and attendance.

Sleep hygiene is another important factor influencing academic performance. Students who maintain regular sleep schedules demonstrate improved concentration, memory, and cognitive function (Hershner & Chervin, 2014). Conversely, inadequate sleep is associated with decreased academic achievement and increased health risks.

Nutrition and physical activity are closely related to hygiene and health promotion. Balanced diets provide essential nutrients for growth and cognitive development, while regular exercise supports physical and mental health (Centers for Disease Control and Prevention, 2022). Educational institutions can encourage healthy lifestyles through nutrition education programs and physical activity initiatives.

Health education programs are effective tools for improving hygiene awareness among students. According to Langford et al. (2015), school-based health promotion interventions can positively influence students' behaviors and reduce health-related risks. Integrating hygiene education into the curriculum helps students develop lifelong healthy habits.

Conclusion. Student hygiene is a fundamental element of the educational process and significantly influences health, well-being, and academic success. Personal hygiene, environmental sanitation, adequate sleep, healthy nutrition, and physical activity contribute to improved learning outcomes and disease prevention. Educational institutions should continue to promote hygiene awareness and implement evidence-based health programs to support student development and public health goals.

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