

عنوان مقاله:

The importance of self-care in adhering to the health care principles of students in Iran and some countries around the world

محل انتشار:

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نویسندگان:

Mohammad Mahdi Heidari - *Department of Pediatric, Kashan University of Medical Sciences, Kashan, Iran*

Mahdi Maloomi - *Student research Committee, Isfahan University of Medical Sciences, Isfahan, Iran*

Mohamad Reza Heidari - *Department of Management Technical and Vocational University (TVU), Tehran, Iran*

خلاصه مقاله:

The role of health care in providing health in individual and social life is undeniable. Providing health or laying the foundation for improving personal and social health, especially for students as one of the most important sections of society, has a fundamental role in improving the living conditions of others. Self-care is a critical aspect of student life that should not be overlooked. Prioritizing your mental and physical health can help you stay productive and focused on your studies. In this research, by adopting the qualitative research method, it was tried to collect the necessary information by using the keyword of students' health care in reliable library sources and research articles and examine it in a review method. Based on the results of this research, the role of self-care in improving the health status of students in the world, especially underdeveloped countries, is undeniable. Policy makers, policy makers and government trustees should try to improve the health of the society by considering students as an important group of people and by using modern educational methods including the use of interactive media, while emphasizing the importance of self-care education.

کلمات کلیدی:

Principles of health, hygiene, self-care, student life

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