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## **A NEGATIVE IMPACT OF UNHEALTHY LIFESTYLE ON A STUDENT'S BRAIN**

Admission: The most dangerous habits are obtained at a relatively immature age. Such habits often cause considerable damage to human existence – premature aging of human body and the acquisition of diseases of various kinds.

Aim of the study: This study aims at clearly specifying the worst lifestyle habits done by university students, and how these habits could influence students' academic achievements. Our paper explains the category of bad habits that both harm human health and restrict person from the full use of his abilities throughout his life.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared. A 18-item questionnaire was formulated and randomly distributed to 20 students. Based on the findings of the study, relevant interpretations were discussed, and some recommendations were suggested.

Most research on habit is based on correlational studies using self-report measures. Habits form through repetition of behaviour in a specific context [1]. Depending on students' perceptions, the worst lifestyle habits most students suffer from are lack of sleep, studying overnights, overuse of multimedia and alcohol.

Alcohol refers to a group of neuro depressants - substances that impair the activity of the brain centers. Such substances reduce the flow of oxygen into the human brain relatively strongly, because of that the brain can only function with less activity: the person experiences coordination distortion, speech inconsistency, unclear thinking, loss of concentration and attention, inability to think logically and make reasonable decisions. When alcohol is consumed, the amount of oxygen in the brain decreases, which, in the worst case, can lead to the death of brain cells - alcoholic dementia. The most severe form of alcoholism is considered to be the white fever. Trembling, rapid pulse, excitement, high blood pressure, and fever are symptoms of such kind of illness. White fever is manifested as hallucinations, disorientation, obscuration of consciousness [1].

To be more specific bad lifestyle habits have several effects on students' performance. Smoking makes student's memory worse and makes twice as likely to get dementia, including Alzheimer's. It also causes heart disease, diabetes, stroke, and high blood pressure [2]. According to scientific researches, quitting smoking leads to some recovery of the cortex though it is slow and may be incomplete.

Next habit mentioned in the survey was lack of water. According to a study in Human Brain Mapping journal, dehydration causes shrinkage of brain tissue as well as negative effects on cognitive performance. It is needed to mention, to maintain a proper level of water in student's body, we need to try upping water intake by sipping on detox water if we are bored of plain [3].

Based on the results of our survey, we have figured out that students consume too much sugar. It was proved that excessive intake of sugar for a long period disturbs student's body's capacity to absorb proteins and nutrients. This might result in a condition called malnutrition, which deters the brain's growth. It happens because our body lacks adequate nutrients in the blood, and hence, it does not deliver enough nutrients to our brain, which in turn, deters its development [5].

At the same time we can't but mention the consumption of salt. High salt consumption is a contributing factor for high blood pressure. As a result, high blood pressure leads to an increased risk of stroke and causes repeated small traumas to your brain resulting in minor cognitive deficits both among younger and older people [8].

It is important to underline, the most unhealthy habits students owe, is not getting enough sleep. This has been discussed by a great number of authors in literature. Sleep deprivation can lead to several issues such as extreme daytime drowsiness, depression, and impaired memory. The part of the brain that suffers due to lack of sleep is the 'hippocampus'. Even a single night of improper sleep can affect your brain's ability to memorize new information. The brain purifies itself of toxins only during the deep sleep cycle. Lack of sleep can cause the death of brain cells, which can lead to impaired memory and reduced abilities [5].

Another key point is sitting for too long. It is needed to mention, sitting isn't just a physical health risk — it's a neurological risk as well. It is possible that sedentary behaviour is a more significant predictor of brain structure, specifically [medial temporal lobe] thickness, and that physical activity, even at higher levels, is not sufficient to offset the harmful effects of sitting for extended periods of time [6]. All that screen time can negatively impact students' mental and emotional wellbeing. The lack of true personal interaction limits the brain's opportunities to make better connections. It can also lead to loneliness and depression — mental conditions that contribute significantly to reduced brain health. According to experts, excessive screen time has a negative effect on intellectual abilities as well as emotional well-being [10].

Conclusions: From the outcome of our investigation it is possible to conclude that bad habits harm not only students' achievements but also their brain. If we are concerned about the health of human's brain and the quality of thinking in the future, students' need learn to take care of their brain. A few simple changes to students' lifestyle could boost their memory, learning, mental resilience, and overall health.

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