

**MODERN APPROACHES TO ASSESSING HEALTH STATUS AND QUALITY OF LIFE
AMONG YOUTH TARGET GROUPS****Alimova Dilzoda Ibragimovna**

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Abstract: This study explores the effectiveness of modern approaches in evaluating health status and quality of life among youth. A comprehensive methodology integrating biomedical, psychological, and social factors was developed. The target group includes individuals aged 18–30 from both urban and rural areas. The findings identify key determinants affecting youth health and offer strategic insights for improving their quality of life through digital tools, mental health support, and lifestyle interventions.

Keywords: Youth health, quality of life, modern approaches, healthy lifestyle, psychological well-being, social determinants.

Youth health is a multidimensional concept encompassing physical, mental, and social well-being. In the 21st century, technological advancements in medicine and sociology have introduced innovative methods for health assessment. This paper aims to analyze modern methodologies for evaluating youth health and quality of life, emphasizing the integration of digital tools, artificial intelligence, and social support systems.

Methodology:

- **Sample:** 500 participants aged 18–30 from urban (Tashkent, Samarkand) and rural (Qarshi, Urgench) regions.
- **Assessment Tools:**
 - WHOQOL-BREF (Quality of Life)
 - SF-36 (Health Status)
 - GHQ-12 (Psychological Well-being)
 - Sleep Quality Index
- **Approaches:**
 - Biopsychosocial model
 - Digital health monitoring (mobile apps, fitness trackers)
 - AI-based personalized health profiling
 - GIS technologies for geographic health disparities

Analysis and Results:

- **Physical Health:** Rural youth show higher physical activity levels but lower access to healthcare services.
- **Mental Health:** Urban youth experience higher levels of stress, depression, and sleep disorders.
- **Social Determinants:** Economic stability, educational attainment, and social support directly influence quality of life.
- **Digital Tools:** Users of mobile health apps demonstrate faster adoption of healthy habits.
- **Gender Differences:** Females report more mental health challenges, while males excel in physical activity metrics.

Conclusion:

Improving youth health and quality of life requires multidisciplinary approaches. Digital technologies, psychological support, lifestyle promotion, and community engagement are essential tools. Government policies, local initiatives, and international collaboration must support these efforts to ensure sustainable development.

Scientific Significance:

This research provides a methodological foundation suitable for publication in internationally indexed journals. It contributes to global strategies for youth health promotion and policy development.

Recommendations:

- Expand digital health platforms for youth
- Establish mental health centers tailored to young populations
- Promote community-based healthy lifestyle campaigns
- Develop AI-driven health monitoring systems

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