



**PEDAGOGICAL ESSENCE OF DEVELOPING A CULTURE OF HEALTHY
LIFESTYLE FOR YOUNG PEOPLE**

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Annotation

This article provides information about the pedagogical essence of developing a healthy culture of youth, the conditions aimed at protecting the spiritual and physical health of a person.

Keywords: youth, healthy, living culture, pedagogical development, essence, human, spiritual, physical, health. Protection, conditions.

A healthy lifestyle of a person is the result of socialization of a person in society. After all, the health of the society requires that every person has a high level of healthy lifestyle. Accordingly, it can be said that if all the institutions in the society create conditions aimed at protecting the spiritual and physical health of a person, then the culture of healthy life of every person living in that society will rise to a higher level. The system of development of youth healthy lifestyle is a continuous education system, sports and health facilities and social institutions, and ensuring the continuity and continuity of the educational work carried out in them is of great pedagogical importance.

Development of a healthy culture of youth (HCY) is the basis of the main goal of the state policy on youth in the Republic of Uzbekistan. In the years of independence, the





socio-legal basis of this state policy problem was created based on the idea of a mature generation.

In particular, the development of the medical, legal, physical and healthy culture of young people, and the fight against the spread of drug addiction, drug addiction, and AIDS among them, according to the President of the Republic of Uzbekistan "On additional measures to increase the effectiveness of the fight against the spread of HIV infection in the Republic of Uzbekistan" PQ-1023- No. PQ-1096, "On additional measures to protect maternal and child health, development of a healthy generation", "In 2009-2013, work on strengthening the reproductive health of the population, giving birth to a healthy child, raising a physically and spiritually mature generation" The decisions of the Cabinet of Ministers of the Republic of Uzbekistan No. PQ-1144 "On the program of measures to further strengthen and increase their efficiency" and No. 1 "On measures to improve the organizational structure and activities of the centers for the fight against AIDS" dated January 5, 2009 became a solid basis. These legal documents:

- realizing the rights and freedoms of young people;
- to create a strict system of their social protection;
- to increase the social activity of young people, to ensure wider realization of their interests;
- to create conditions and opportunities for the disabled to live a full life, to actively participate in the socio-economic and political life of the society;
- providing medical assistance to young people who are disabled from childhood or need help as a result of life injuries;
- development of a healthy culture of young people through popularization of physical education and sports;
- providing pregnant women with various trace elements that affect the birth of healthy children;
- a scientific approach to the issues of environmental impact on youth HCY;
- preventing and combating harmful habits affecting the spiritual and physical development of young people;
- focused on issues of prevention of lawlessness and crime among teenagers.

These issues are considered to be important areas of development of a healthy culture of young people, and their scientific-theoretical foundations required research by pedagogues, psychologists, philosophers, lawyers, biologists, physiologists, political scientists, and medical scientists. This problem is primarily a research subject of pedagogy, and the following concepts require a conceptual scientific interpretation:

- concepts of healthy lifestyle, healthy lifestyle and their generality and specificity;





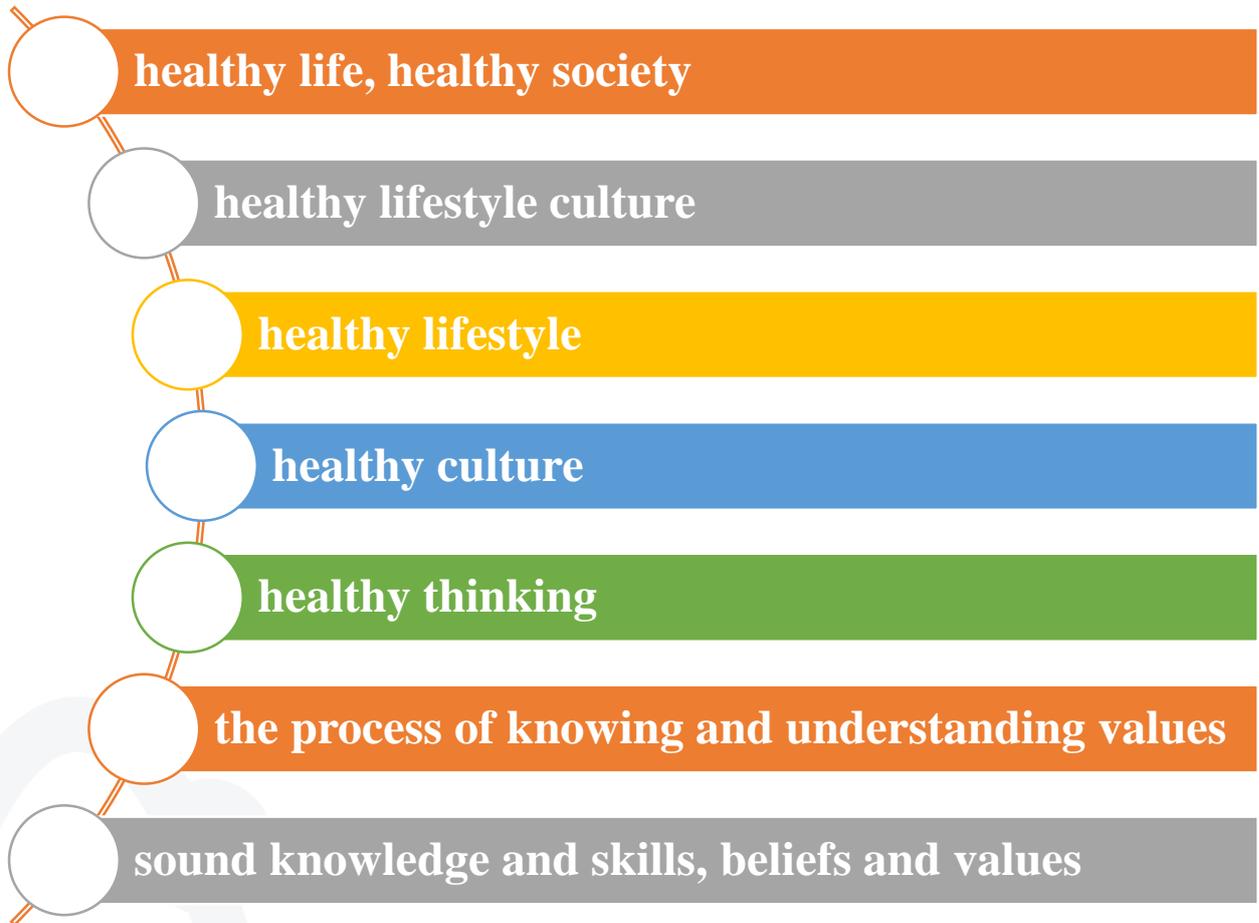
- the object, subject, tools, effective forms and methods of youth HCY development;
- scientific-theoretical foundations of ensuring consistency and continuity in youth HCY development;
- cooperation of family, neighborhood, educational institutions, other institutions of civil society in the development of youth HCY;
- the effective content and integrated mechanism of youth HCY development;
- didactic foundations of youth HCY development;
- interdisciplinary communication, interaction, etc. in the development of youth HCY.

In the development of a culture of healthy living among young people, first of all, it is necessary to strictly adhere to the following pedagogical goals, which ensure the composition of health beliefs, its evolutionary stages, coherence and continuity. In this:

- the historical formation and existence of knowledge and skills about health in the system of morals, beliefs and values of the society;
- acceptance of the existing health values by the individual, knowledge and understanding of them;
- formation of healthy thinking in personal development based on understanding and acceptance of health values;
- understanding from a pedagogical point of view that healthy thinking is the basis for healthy lifestyle and healthy culture in personal development;
- the formation of a culture of healthy personal life and, finally, the foundation of the healthy life of all the mentioned places.

The formation of knowledge about health and a healthy mindset is the first and most important link in the development of a healthy lifestyle. The stages of formation of concepts about health are as follows.





Therefore, at the heart of the development of a healthy lifestyle among young people is the important task of developing healthy thinking based on health values and knowledge. The foundations of a healthy culture are formed on the basis of healthy thinking. But the factor that unites the concepts of healthy thinking and healthy culture is real life, that is, practice. In real practical life, if a person strictly follows the culture of health based on healthy thinking, then the culture of healthy life will be perfected.

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