



FACTORS OF THE ORGANIZATION OF FREE TIME IN THE PREVENTION OF HARMFUL HABITS OF STUDENTS

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ABSTRACT

The factors of everyday activity of students are described in this article, correct organization of the daily routine and of leisure of pupils, prophylaxis of pernicious habits at pupils, practising music, painting, literature, theatre and other types of art, rich in content organization of leisure of pupils.

Keywords: pernicious habits, mental and physical perfection, spare time of students.

The human body always requires food and accumulates energy due to this food. However, there are things in life that, even if the body does not require it during adolescence, due to its interest in everything, it learns harmful habits such as drinking alcohol, smoking tobacco, and using drugs. First of all, if these habits are controlled by the person who mastered them, then over time, harmful habits conditionally control him. That is, a person loses the ability to control himself.

The most popular of harmful habits is smoking, the toxic substance in tobacco is nicotine, which is extremely harmful to human lungs. In addition, tobacco smoke contains small amounts of cyanic acid, carbon dioxide, carbon dioxide and sulfur dioxide, ammonia, nitrogen, and essential oils. These substances also have a bad effect on the human body.

According to data, 99% of lung cancer patients are smokers. Coughing of smokers is a condition that indicates the presence of toxic substances in their lungs with tobacco smoke. Another harmful habit is the consumption of alcoholic beverages, and consumption of alcoholic beverages is a health disaster. The worst aspect of this is that as a result of continuous drinking, the body gets used to it, and a person cannot stand without drinking.

As a result of learning to drink regularly, the body becomes severely poisoned and a person suffers from alcoholism.

Another harmful habit is drug addiction, which is spreading rapidly and widely as a plague of the century. Drug addiction is a dangerous mental illness. It leads to destruction. The central nervous system is stimulated by chemical compounds





(marijuana, heroin, poppy, etc.) and produces intoxication. However, as a result of this, the activity of the nervous system is disturbed.

Therefore, giving our people understanding about this will prevent them from engaging in these customs. In order to eliminate harmful habits, it is important to have a moderate diet, physical exercise and various sports, proper work activity and rest. Because a healthy lifestyle is a form that ensures the achievement of a high level of health and life activities based on the acquisition of skills that serve to ensure the safety of a person's life and health. , it is following the daily schedule, training the body based on active physical activity, playing sports, full and high-quality nutrition, observing hygienic rules in eating, achieving communication and ecological culture, spiritual education based on universal and national values. it is characterized by the presence of conditions such as obtaining, refraining from harmful habits, etc.

Effective organization of students' free time and development of their educational activities as a priority of pedagogical activity is one of the urgent issues today. In this regard, the President of the Republic of Uzbekistan put forward 5 important initiatives to raise the morale of young people and meaningfully organize their free time. The President paid attention to the issues of increasing attention to young people, involving them in culture, art, physical education and sports, forming their skills in using information technologies, promoting reading among young people, and increasing the employment of women. looked

"30 percent of the population of our country are young men and women between the ages of 14 and 30. Ample conditions have been created for their education and occupation. At the same time, organization of meaningful free time of young people is an urgent issue. The more spiritually perfect young people are, the stronger their immunity against various foreign diseases will be."

The healthy upbringing of the growing young generation in all aspects is a matter of national importance. The reason for this is that without creating a common and, in turn, healthy environment for all members of our society, the legal democratic state, which is our highest goal, cannot be fully established. The healthy development of students depends on the correct organization of the daily schedule and free time. The student's daily activities consist of playing, reading, and drinking. Activities are determined taking into account the age characteristics and interests of children. Irregular activities form harmful habits in an unhealthy lifestyle.

Nowadays, it is no secret that students spend their days sitting in front of computers in Internet cafes. What are our young people learning there? They are watching movies that are foreign to our national mentality, are obscene, militant, and increase aggressive states in people, and are participating in various games. All such harmful





habits greatly harm the health and spirit of mankind. It should be said that they do not have a full understanding of the harmful and sad consequences of watching TV for a long time, using a cell phone a lot, and working with a computer for a long time. Harmful habits are the insidious enemy of mental and physical perfection. It can be seen that harmful habits have a negative effect on the education and physical development of a teenager. Adolescence mainly includes the period from 11 to 16 years. During this period, the adolescent is characterized by accelerated growth and development of the organism, improvement of organ and organism functions. A well-organized daily schedule, which ensures the correct distribution of work and rest time during the day, is important in keeping students' work ability and nervous system excitation at a high level for a long time. When correcting the daily schedule, it is necessary to take into account that the students use their free time effectively.

Extracurricular and extracurricular activities with students are held on school days, when there are less classes, as well as on Sundays and during vacations. Pupils' club and community work is strictly defined in order to eliminate the possibility of overloading. The work in various circles outside the school should be directly directed by the teacher and parents to direct the activities of the teenager in accordance with their development, age-specific opportunities and the correct sequence of work and rest.

Community work is assigned to children taking into account their age, health status, and specific interests, abilities, and learning. 1-4th grade students can spend 1-2 hours per week, 5-7th grade students 3-4 hours, 8-10th grade students 8-9 hours per week. Such activities are conducted in a fun, lively and understandable way for children and teenagers. It is recommended to conduct activities as little as possible in the form of meetings, and more in the form of sports and active games, general educational excursions and walks. Meaningful organization of students' free time, engaging in music, painting, literature, theater and other types of art, develops aesthetic taste and culture in them.

A study of students' daily routines shows that children of junior school age spend 12 hours a week watching television programs, and some children spend 24-26 hours a week. Studies of the functional state of the central nervous system show that children should not watch more than one hour of television every day. For such children, watching TV programs, receiving Internet information, does not serve for recreation and entertainment, but is an additional burden. When watching television programs, it is necessary to sit in the optimal viewing zone, that is, at a distance of 2-5.5 m from the screen, it is recommended that the light be behind the person sitting.





During free time from classes, students should do family work. Children's work strengthens their physical, mental development and health. It is appropriate to organize courses for young parents to acquire pedagogical knowledge in child rearing. Recommendations for child rearing should be introduced in parenting courses. Problems arise on the part of parents if they do not take age characteristics into account in the upbringing of the child. The organization of courses will prevent parents from facing problems in raising their children and increase the number of people with knowledge and enlightenment in the society.

Such courses are also used in the experience of foreign countries. The meaningful organization of children's free time, their interests, opportunities, registration, outings, sleeping time, education, going to recreation centers, and going on trips are planned by parents. Pedagogical knowledge is necessary for parents to meaningfully organize their children's free time [6].

3-3.5 hours for students of the lower class and 2-2.5 hours for students of the upper class are allocated for students to be outdoors in their free time. The time spent by students playing active games and doing sports in the open air serves to prevent harmful habits.

Such active recreation of students at school for a long time has a good effect on their work ability. About the positive effect of active rest, I.M. Sechenov comments that "Nerve centers receive energy" during active rest [8].

When the active rest of the students exceeds 1.5 hours or with intensive loading, the work ability decreases significantly, and the number of errors increases.

It is not recommended to play sports games between school lessons and homework. Games involving a lot of movement and intensive loading have a negative effect on students' work and mental abilities.

Long-term use of telephone, television, computer resources disrupts the continuity and duration of sleep, while it is extremely necessary to maintain the normal functioning of the central nervous system and the whole body. It is necessary to show the students how to use their time properly and how to plan their studies with rest.

From the point of view of hygiene, a perfect sleep is defined as a sleep that lasts for a certain period and wakes up with a sufficient depth and duration according to the age. Reduction of children's sleep by 2-4 hours or more has a negative effect on the activity of cerebral cortex tissues. Lack of sleep for a long time causes a very profound change in the speed of the cerebral cortex. In order to prevent negative effects on students in educational institutions, in cooperation with pedagogues, psychologists, drug dispensary employees, giving students an understanding of the meaningful organization of free time, showing video films, lectures, organization of roundtable





discussions, organization of exhibitions on this topic in libraries, classrooms gives positive results [5].

Development of a spiritual hour on the topic "The influence of harmful habits on human health":

Interviews are conducted according to the following plan:

1. Introduction.

Harmful habits have a negative impact on the education and upbringing of teenagers, as well as their physical and spiritual development. Therefore, it is necessary to arm them with education that can meet the demands of the times, and to guard against such vices that harm spiritual education.

2. How do bad habits appear?

It is caused by the large amount of free time students have, and it is left unsupervised.

3. Why are they harmful?

Falling under the influence of harmful habits of teenagers has a sad effect on the physical and spiritual development of young people. As a result, educational tasks implemented in adolescence from a pedagogical point of view - the process of forming the basics of worldview in teenagers, expanding knowledge about the world, raising awareness and developing social activity, morals, conscious discipline and culture of behavior.

4. Aspects of harmful habits that threaten our lives.

It is important to implement such important educational processes as strengthening a conscious attitude to study, activity to knowledge, attitude to labor and social property, health.

Bad habits bring 6 misfortunes:

- neediness
- quarrel
- disease
- dishonor
- a shame
- insanity



5. Do bad habits affect the offspring?

Harmful habits definitely affect the offspring, causing negative consequences for ensuring the future of a healthy generation.

6. What activities prevent bad habits?

Pupils are engaged in sports and cocktails.

7. Conclusion

"Assisment" technology

<p>Test</p> <p>1. What is the main reason why Siparangiz, the son of Tomaris, the queen of the Massagets, and his soldiers were defeated and captured by Kaykhisrov, who occupied Margayana and Sugdiyana, and the soldiers were killed?</p> <p>A) wine consumed at the party B) betrayal between them C) long-distance fatigue</p>	<p>A problematic question</p> <p>What happens to teenagers with bad habits?</p> <hr/> <hr/> <p>How do you feel about people who have bad habits?</p> <hr/> <hr/>
<p>Symptom:</p> <p>Harmful habits are</p> <hr/> <hr/> <hr/> <hr/>	<p>Practical skill</p> <p>Effects of harmful habits on human health...</p> <hr/> <hr/> <hr/> <hr/>

"Problem" technology

The type of problem	The cause of the problem	Your action in solving the problem	Obstacles in problem solving
The presence of a student who is addicted to harmful habits in your class			



The solution to the "problem" technology

The type of problem	The cause of the problem	Your action in solving the problem	Obstacles in problem solving
The presence of a child who is addicted to harmful habits in your class	Lack of parental control, indifference of the class team	Teaching together, taking me to the sports club I go to	Parents' disapproval, lack of will

On the initiative of our head of state, to organize clubs based on the interests of young people in cultural centers and general education schools, to organize artistic and amateur teams, youth theater studios and "Youth clubs" in cultural centers, involving enterprising talented young people and local sponsors are emphasized.

In conclusion, we can say that students spend their free time more according to their interests. Reading art books, sewing, watching TV shows, drawing should be 1.5-2.5 hours for students. It is desirable to participate in clubs and sports sections twice a week from 45 minutes to 1.5-2 hours. Self-service and socially useful work should be included in the students' agenda. The emergence of harmful habits among students greatly damages not only their health, but also their morale. In the daily routine of children of all ages, it is necessary to allocate time for self-education, to perform neatness and hygienic activities, meaningful organization of free time for students is considered very important for them to become active professionals in the future. Meaningful organization of free time, eating on time, physical activity not only prevent harmful habits, but also guarantee a long life.

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