



CREATING A HEALTHY LIFESTYLE FOR STUDENTS AT A YOUNG AGE

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Annotation

Introducing a healthy lifestyle among students in the article Ways to form a healthy lifestyle in our country in this regard the work being done is therefore to keep students healthy, organize a healthy lifestyle in preparation for a harmonious and professional life factors (material, spiritual, mental, physical, intellectual, values) and their relevance in the content of education a systematic approach should apply the research method and adhere to them

Keyword: Health, Physical Education, Sports, Spirituality, Student, Psychology, Youth,

Introduction

An important issue in the formation of a healthy lifestyle is an in-depth study and improvement of the mechanisms of its constituent factors, bringing them to the level of vital necessity in people to pay attention to their own health. To do this, it is important to look to the past, to know how different peoples have paid attention to this issue over the centuries. Of course, scientific research has been conducted in various areas on the formation of a healthy lifestyle.

A healthy environment has played a major role in the development and improvement of society. People need to be provided with the conditions to lead a fully healthy lifestyle..

In this regard, in accordance with the Decree of the President of the Republic of Uzbekistan Sh. Mirzistonev "On the strategy of further development of the Republic of Uzbekistan" The development of the state program for 5 years is an important document as a consistent continuation of our work, in which special attention is paid to the education of young people and their role in the development of a healthy lifestyle."





Therefore, in preparing students for a healthy, harmonious and professional life, the factors that make up a healthy lifestyle (material, spiritual, mental, physical, intellectual, values) and a systematic approach to incorporating their relevance into the content of education makes it necessary to apply and follow the research method. It is clear that the formation of the spiritual level of students and their knowledge, skills and abilities in this area is one of the most pressing issues of today. In this regard, determining the moral level of students in the pursuit of a healthy lifestyle also requires finding a solution to a specific problem.

Especially at the present time in the process of formation and implementation of a healthy lifestyle among students in the application of various advanced pedagogical technologies from our pedagogical scientists DJ Sharipova, HA Turakulov, JJ Hasanbaev, N.Sh. Mannapova, G.A. .Shaxmurodov, S.Yuldasheva, O.R.Jamoliddinova, D.D.Safarova, M.T.Toirova, T.S.Usmonxo'jaev, G.S.Fuzailova, Sh.Xonkeldiev, A.Abdullaev, M.S.Akhmatov , J.Tashpulotov, T.Kholdorov, F.Q.Akhmedov and others. Our medical scientists R.Arzikulov, A.Rasulov, R.Arzikulov, D.Halimova, N.Muminov, S.T.Tursunov, T.S.Nodirov, N.M.Majidov, V.D.Troshi, K.S. Zoirov, SN Bobojonov, M. Makhkamov, Sh.T. Otaboev and others published articles, dissertations, monographs, textbooks and conducted research. According to experts, the following factors are involved in the formation of a healthy lifestyle.

Material factors of a healthy lifestyle.

Spiritual factors of a healthy lifestyle.

Mental factors of a healthy lifestyle.

Physical factors of a healthy lifestyle.

Intellectual factors of a healthy lifestyle.

Value factors of a healthy lifestyle.

Our research differs from the above-mentioned research in that we conducted a survey of the following factors of a healthy lifestyle (material, spiritual, mental, physical, intellectual, values) in order to improve the scientific and methodological support in preparing students for professional activities based on a healthy lifestyle. . Our study was conducted on the example of students of the 401st group of the Jizzakh State Pedagogical Institute, studying in the field of primary education and sports education. We contacted the students with a questionnaire and received the following information. According to them, a healthy lifestyle includes:

- those who are rich, have a backyard, a car;
- not to be idle, to work;
- be able to approach the work correctly;





- financial maturity;
- availability of material support in the family;
- people whose neighborhood and family are peaceful;
- those who have no shortcomings in their livelihood and live in peace;
- People who are spiritually rich and spiritually active;
- people brought up on the basis of values;
- people with a pure heart;
- mature and highly qualified people;
- People who have a good upbringing in the family;
people who value everything in life;
- world peace, prosperity of the neighborhood, and most importantly, good health;
- good family environment;
- not to get sick and suffer;
- nervousness, proper nutrition;
- not to smoke or drink alcohol;
- Regular physical culture and sports;
- Engage in morning hygienic gymnastics;
- to be a professional;
- wise use of the rich heritage of our ancestors.

It is clear from the knowledge they have acquired in schools and colleges that students have an idea of a healthy lifestyle. However, there is a lack of scientific and methodological bases for maintaining a healthy lifestyle and preparing them for the profession. We need to know that science is infinite in the application, study, analysis, conclusions and recommendations, as well as in improving the scientific and methodological support of their preparation for professional activity. The results of our research in this area allow us to create a mobile model of a healthy lifestyle. This requires the use of advanced pedagogical technologies in creating a model for the formation of a healthy lifestyle. Through the model, we briefly explain to students the following factors of a healthy lifestyle.

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