

THE IMPORTANCE OF HYGIENIC EDUCATION IN THE FORMATION OF A HEALTHY LIFESTYLE FOR CHILDREN

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Abstract

One of the important constituent parts of the healthy lifestyle of the population is the education of high sanitary culture, which is of great importance to the state. The leading place in the formation of sanitary culture is occupied by a set of measures and activities on hygienic education and training.

Introduction

Purpose:

Hygienic education and training of citizens should be carried out in the following processes:

- education and training in preschool and other educational institutions;
- conducting hygienic training and certification of managers and employees of organizations whose work activities are related to the production, transportation and distribution of food products and drinking water, education and training of children;
- training, retraining and professional development of employees by including sections on hygienic knowledge in the training program.

Methods and Techniques:

Hygienic teaching and upbringing of children in educational institutions consists of work performed in the classroom, outside the classroom and outside the school, and is carried out by teachers of all subjects, medical staff of the institution, members of the Red Cross and Red Crescent Society, leaders of clubs and clubs. Class work is carried out on the basis of educational standards, curricula, methodical manuals. Hygiene issues are covered mainly in natural sciences, basics of life safety, labor, physical education, environment, biology (in educational institutions), as well as labor protection, technical safety (in vocational educational institutions). The subject of the lessons is determined according to the curriculum. Extracurricular and extracurricular activities include sanitary stations and brigades, extracurricular studies and activities in "Young Medic" clubs, interviews with medical personnel, lectures, watching movies and videos. But playful (especially in small classes) and competitive forms of teaching and upbringing: quizzes, Olympiads, theatrical performances, shows, contests in which upper class students are required to participate in programs for small classes, issuing sanitary newsletters, leaflets will be much more effective.

Results:

The best method of teaching and education for upper classes is organizing conferences, debates and discussions, round tables. Pupils' participation

in hygiene and ecology related public associations and clubs, such as "Antiweight" (for those with excess body weight), "Green Movement" and other similar public associations, is a powerful means of hygienic education. In order to check the effectiveness of hygienic education and upbringing, it is possible to use the data of acquisitions, written work, tests and questionnaire results in subjects covering hygiene chapters, but monitoring the formation of hygienic skills and competences (especially in lower grades) cannot be ignored.

The most important component of hygienic education is personal hygiene.

Personal hygiene is an important means of a person's active attitude towards his health.

A teenager should not only observe the simple rules of personal hygiene, but should also have the necessary skills in the field of psychohygiene, and should acquire the moral standards, work methods, and forms of behavior that are accepted in a developed society and ultimately "serve" for a healthy lifestyle.

Hygienic upbringing of children and adolescents is a complex and multifaceted activity. It is very important to activate the use of various regional channels of public opinion exchange. Among the various forms of promotion of a healthy lifestyle, television and feature films are in the first place. Lectures and talks take the last place.

Taking into account the classification of the children's audience, various forms of broadcast prepared on television (including cable television), new interesting genres, rukis can increase the importance of this information channel.

However, it is hard to believe that the TV show "Salamtlik" will remain the favorite show of many young people. Because of this, at all stages of teaching children and teenagers, using modern audio-visual means, it is necessary to consider holding special series on various aspects of healthy lifestyle of young people.

Children are considered the most promising age group when it comes to shaping a healthy lifestyle. It is in childhood that it is necessary to master the basic volume of information, to produce formed lifestyles.

It is important to note that educational activities are considered natural for children and adolescents, therefore, the issues of forming a healthy lifestyle can be directly included in the educational process.

Also, there must be consistency at all stages of forming a healthy lifestyle of children and adolescents (family, school, secondary special and higher educational institutions, work teams, informal associations).

Hygienic upbringing of parents is carried out mainly in the form of lectures and conversations at parent meetings, one-on-one conversations and consultations. Also, in the medical room there should be scientific and popular literature, aesthetic books, recommendations for parents.

The most relevant topic in working with parents is "Easing the first grader's habituation to school", "Student's agenda". "Choosing a profession and health", "Hygiene of physical education", "Prevention of harmful habits", protection of nervous and mental health of students, "Physical education and health".

Hygienic training of employees is carried out in several directions. Lectures, talks, one-on-one consultations are organized for teachers. It is mandatory for medical staff to go to class and then discuss it with teachers, as well as to speak at pedagogical councils. It is also necessary to choose appropriate literature for teachers and educators. For technical staff, the most sensible way is step-by-step training, following the sequence.



The main topic of training with employees is "Sanitary laws and regulations for the construction and maintenance of buildings and land", "Sanitary and hygiene requirements for organizing children's self-care", "Personal hygiene of employees", "Important measures for the prevention of infectious diseases" events", "Hygienic requirements for the organization of the pedagogical process", "Healthy measures for children with health defects - organization of events", "Personal hygiene of students" (for teachers).

Employees of educational institutions must undergo hygienic training and pass a trial exam (once every 2 years based on the established program). According to the Law "On sanitary-epidemiological well-being of the population", the child and adolescent hygiene doctor has the right to dismiss persons who do not know and do not follow the sanitary rules at work until they pass the test based on the established program.

- The program of full-time and part-time hygienic training of school employees covers the following main sections:

- the health of the population consisting of children and adolescents, the prerequisites for its formation, the health indicators of each child and the community;
- hygiene of physical education;
- agenda and hygiene of educational process;
- labor education hygiene;
- food hygiene of children and adolescents;
- hygienic requirements for construction, renovation, beautification, maintenance and equipment of schools, gymnasiums, lyceums;
- hygienic education and upbringing. Basics of healthy lifestyle formation for children and adolescents;
- medical and sanitary-epidemiological provision of children and adolescents;
- the responsibility of the administration of general education institutions in fulfilling the requirements of sanitary norms and rules.

Conclusions

Hygienic assessment may also be carried out more according to epidemiological indicators. In this regard, the chief state sanitary of the region makes the necessary decision, the implementation of which is mandatory for everyone.

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