

THE BASICS AND IMPORTANCE OF FORMING A HEALTHY LIFESTYLE AMONG STUDENTS

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Abstract

This article is about the widespread promotion of a healthy lifestyle among students and the importance of a healthy lifestyle in the lives of young people. According to him, several main aspects of the formation of a healthy lifestyle are presented.

Keywords: healthy lifestyle, culture, students, habit, modern approaches.

Introduction

Health is one of the important components of human development, an inalienable right of a person, a guarantee of self-development, active participation in personal and community life. It is known that in our society, human health, physical fitness, and having a culture of a healthy lifestyle are very important social values. Ensuring the health of the nation and preserving the gene pool of the nation can be solved in a sufficiently positive way only thanks to a healthy lifestyle. These are all social institutions of the society; family, educational institutions, and independent education, the issue of conveying the meaning and essence of a healthy lifestyle to the citizens of society, raising young people to be alert, knowledgeable, well-rounded individuals.

A healthy lifestyle is the process of active work, living in the midst of creativity, the formation of a comprehensively developed person who can easily bear strong physical and mental loads, extremely dangerous and harmful factors. Based on the results of the survey conducted among students, the correct distribution of free time, daily schedule, rest and work schedule of university students are important for the formation of healthy lifestyle skills.

DISCUSSION AND RESULTS

The study of the health of modern students is an urgent problem that requires scientific analysis and active participation in its discussion of all interested specialists. Research shows that most college students do not lead a healthy lifestyle, but there are ways to change your health for the better: healthy eating, sleeping patterns and exercise. The educational reform currently taking place from preschool level to postgraduate level can provide favorable conditions for improving the health of students.

By “culture of health” we mean socio-psychological individual activity aimed at promoting, consolidating and assimilating the rules, principles and traditions of a healthy lifestyle, turning it into internal needs. However, the understanding of this cultural phenomenon is questionable



and has varying interpretations. Being healthy nowadays is becoming modern and prestigious. A healthy lifestyle is, first of all, a cultural lifestyle. The main idea of this phenomenon is caring for a person, for physical, mental and moral health. A healthy lifestyle is a means of life that supports activities aimed at maintaining and improving health.

A healthy lifestyle is a way of life that corresponds to the genetic and typological characteristics of a particular person. This type of activity is aimed at the formation, preservation and strengthening of health, as well as the productive completion of social and biological human activity.

Analysis of data from modern scientific literature, students' health physical education and health improvement works on shaping the image dedication to modern innovative approaches to organization is clear shows that it is at an unsatisfactory level. Physical education in educational institutions classes do not arouse interest, on the contrary, sometimes causing negative emotions emits. Daily from the means of physical culture in solving this situation for use in life, including physical training to increase motivation and compensate for the lack of daily physical activity. Choosing the right tools plays an important role. Therefore, to physical education inadequacy of regulatory requirements and their assessment is physical to solve the main task of education, i.e. its direction of health does not help.

The strategic goal of educational institutions is the physical and spiritual development of students creating an environment that contributes to the development, maintaining the existing level of health, strengthening it, developing healthy lifestyle skills, of students a healthy lifestyle that neutralizes and reduces stress resistance culture should be raised.

Promoting a healthy lifestyle among students is an important task that will help them maintain physical and mental well-being. Here are some key aspects to consider:

1. Proper nutrition: Students should strive to eat a balanced diet that includes fruits, vegetables, healthy carbohydrates, proteins and fats. They should avoid excessive consumption of fast carbohydrates, fatty and processed foods.
2. Regular physical activity: Students are recommended to exercise at least 150 minutes per week. This could be walking, running, swimming, yoga or other activities they enjoy.
3. Stress Management: Student life can be very stressful. It is important to learn how to manage stress effectively. They can use relaxation techniques, meditation, breathing exercises, or take up hobbies to help them relax.
4. Healthy sleep: Lack of sleep can negatively impact the health and academic performance of students. It is recommended to sleep for 7-9 hours every night and maintain a regular sleep schedule.
5. Avoiding bad habits: Students should avoid consuming alcohol, smoking and drugs as these habits can seriously affect their health and academic performance.
6. Regular Medical Examinations: Students are encouraged to undergo regular medical examinations and consultations to monitor their health and receive required immunizations.
7. Social support: It is important to have a network of peers and support. Students can join clubs, civic organizations, or sports teams to expand their social networks.

In addition, students should pay attention to personal hygiene, proper use of technology (such as sitting correctly at the computer), limiting time spent in front of screens, and more.



CONCLUSION

It is important to remember that creating a healthy lifestyle is an ongoing process that requires effort and self-discipline. Therefore, it is helpful for students to create an action plan and gradually introduce changes into their daily lives.

According to modern approaches, the main tasks of physical education and wellness work in an educational institution are the formation of students' needs for physical education and a healthy lifestyle. It helps to improve their functional status, develop physical qualities, and develop their abilities and skills. Physical education and rehabilitation work helps the emotional, intellectual, spiritual, moral and aesthetic development of a person, the formation of creative abilities.

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