

STRENGTHEN THE HEALTH OF STUDENT AND INCORPORATE A HEALTHY LIFESTYLE INTO THEIR LIVES

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Annotation: A healthy lifestyle helps us achieve our goals and objectives, successfully implement our plans, cope with challenges, and carry enormous overload when needed. The health that a person maintains and strengthens by himself allows him to live a long and happy life. Health is an invaluable asset of everyone and society as a whole.

Keywords: Healthy lifestyle, physically strong, healthy generation, society, youth health.

There is no doubt that living a healthy and long life has always been a dream of mankind. In this sense, the main task of any society is to realize this dream of humanity, that is, to create conditions for human health and longevity. At all times, a healthy lifestyle is one of the most important health requirements. There are more and more people who think unconventionally about health, and there are more and more scientists and devotees who are doing world-class work in the field of healthy lifestyles. By healthy generation we mean not only our physically strong children, but also our spiritually rich generation. Because a nation with a healthy generation in all respects can never be defeated. We all need to understand that.

He added, "The culture of personal care should be instilled in young people through family, school, community, health care, physical education and sports. It is important that people value their health, not in words, but in deeds, and preserve it as a national treasure. The study of the legacy of Abu Ali ibn Sina, an encyclopedic scholar who influenced the development of many sciences with his scientific views, deserves special attention. Ibn Sina's writings on medicine and education provide insights, comments, and guidance on the problems of physical education and human health. It is known that a great deal of work is being done in our country to improve the living standards of the population, strengthen their health, popularize physical culture and sports, and educate the younger generation to be mentally healthy and physically fit. The widespread development of public and private transport is reducing physical activity. As a result, there is an increase in cardiovascular and digestive diseases. Of course, these scientists also have an impact on the health of children and adolescents, who make up about 40% of the population of the republic.

There is no doubt that a healthy and long life is an eternal dream of mankind. In this sense, the main task of any society is to realize this dream of humanity, that is, to create conditions for human health and longevity. In different periods of human society, the issue of health has been addressed differently. As social formations developed, health rose from the private to the general, from the interests of narrow groups to the level of universal interests. But at all times, a healthy lifestyle has been considered one of the basic health requirements.

Speaking about the upbringing of a comprehensively mature young generation in our country, President Islam Karimov said that He stressed that the task of educating people who see their personal interests in harmony with the interests of the country and the people, has become a decisive issue for us during the years of independence. These ideas call on each of us today to be active in building and strengthening our national statehood. Today's globalization process is affecting all spheres of social life, especially young people. On the one hand, this is a general natural process. Because in today's information society, young people are also aware of various factors. However, their level of ideological immunity may vary with respect to values.

A healthy lifestyle for students is a process of active work, strong physical and mental condition, the formation of a mature person who can overcome the most dangerous and harmful factors. In order to carry out socio-political and spiritual-educational propaganda work among young people in an effective and efficient manner, every educational institution should promote a healthy lifestyle, personal hygiene, family spirituality, harmful habits. training has been introduced to increase medical knowledge about the negative effects of healthy births. One of the most important tasks in educating students about the importance of a

healthy lifestyle is to take into account the age characteristics of children and young people. It is also required to know in advance the general mental state of the educational institution or school as well as the general psychological state of the groups in order to increase the effectiveness of education and upbringing. Care should also be taken to increase the effectiveness of individual preparation words for each group based on a very detailed plan in advance. This increases the effectiveness of inculcating a healthy lifestyle in the educational process.

In today's globalized world, special attention should be paid to the education of young people who are getting married. They need to be prepared for future parental responsibilities. Of course, in such a difficult time, no gaps can be allowed for young people to build a healthy life based on our national values. One of the most important achievements of our country during the years of independence is the fact that the public opinion of this society is focused on the sanctity of marriage to the family, which is our eternal value. Because when a human being is born, he is taught or specifically taught what to do when he is confronted with the complex laws of nature and society, from moving, walking, reading, and writing independently. The promotion of a healthy lifestyle among students is also focused on the widespread use of the Internet to prevent various ills, with the emphasis on the popularity of the Internet among young people is one of the main tools to promote a healthy lifestyle possible.

Conclusion: A healthy lifestyle is a way of life that aims to maintain and promote good health by organizing daily life according to biological and social laws. A healthy lifestyle is an event that allows a person to run a life based on the skills to ensure the safety of life and health, as well as to maintain a high level of health. Creating a healthy lifestyle and inculcating the above principles in every family is an important factor in raising a harmoniously developed generation. First of all, it is necessary to convey the rules of healthy living to the younger generation, to carry out adequate explanatory work. The philosophical, psychological and psychological criteria for a healthy lifestyle can be described as follows: - Special attention should be paid to the dress of young girls and women in the family, educational institutions and public places; - Widely promote the unique traditions and values of our people in the formation of a culture of behavior of young people in the family and in public places, the teachings of fathers and grandmothers as an example of the experience of healthy families; - The activities of the country, the use of the traditions of family athletes in the formation of a positive attitude of young people to sports, including family sports; - to develop a culture of understanding the meaning of life in family members, especially among young people, respect for the value of life, the rational organization of life. The direction of a healthy lifestyle should be determined not by disease, but by the factors that ensure the functioning of the human body and its individual systems, taking into account the evolutionary development of mankind. The reason is that studying the path of human development will help us to organize our lives properly today. In addition, the developmental stages of a healthy lifestyle should not be explained solely by the health of the organs and longevity. Perhaps the formation of a spiritually healthy life and the analysis of its developmental factors are important in the development of a person as a mature person. This is exactly the issue that our country has been carrying out systemic reforms during the years of independence. The large-scale reforms being carried out in our country depend, first of all, on educating young people to maturity in all respects. The introduction of new methods and programs in the education system is a guarantee of development in this area. In particular, the implementation of the concept of family-neighborhood-school cooperation in our country serves as a model for the reform of harmoniously developed generation based on new approaches. The importance and urgency of the issue today is to expand new opportunities for cooperation between family and community institutions in the socio-political activity of young people, especially students, in the development of a harmoniously developed generation, in their comprehensive development, in their healthy lifestyle. is becoming increasingly important. As long as the family is healthy, the society is strong, as long as the society is strong, the country is stable. The neighborhood is the most generous and unique homeland that unites people with society and educates them in this spirit. Thanks to independence, the traditions of neighborliness and neighborhood have been formed in a new spirit, strengthening family ties and playing an important role in sympathy, support and mutual support at all weddings and events. Neighborhoods play a leading role in controlling such qualities as respect for the elderly, respect for the elderly, and harmony in family relationships. After all, every Uzbek child receives his first

upbringing in the neighborhood. The central issue of the humanization of education is the inculcation in young people of honor, responsibility to the motherland and the people, high moral and civic qualities, as well as spiritual and moral qualities. The neighborhood is the cradle of the community, especially the youth, by creating a healthy family environment.

Only if we effectively use all the opportunities and means available in our country to bring up education at the level of modern requirements, it will be possible to achieve the education of young people with high spirituality.

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