

Forming a Healthy Lifestyle as a Pedagogical Problem

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Abstract:

We know that nowadays a healthy lifestyle is promoted. In this article, the pedagogical problem of forming a healthy lifestyle is highlighted, the reasons for the occurrence of these problems and ways to eliminate them are revealed.

Keywords: Healthy lifestyle, coronavirus, healthy living, obesity, cardiovascular disease, proper nutrition.

Wide implementation of a healthy lifestyle and further development of mass sports has always been one of the main goals of every society, supported at the level of state policy. In particular, a lot of work has been done in this regard in our country. The Decree No. PF-6099 of the President of the Republic of Uzbekistan "On measures to widely implement a healthy lifestyle and further develop mass sports" was adopted.

As stated in this Decree, the outbreak of the COVID-19 coronavirus pandemic in the world showed that the level of health, physical health, and healthy living of the population in Uzbekistan, as well as in the countries of the world, is weak.

The COVID-19 coronavirus infection had a negative impact on the health of our citizens, primarily with cardiovascular and respiratory diseases, as well as obesity (overweight). As a result, today's pandemic caused many of our citizens to die prematurely.

The purpose of the study. All of us seriously conclude from this that we should give up harmful habits, regularly engage in mass sports, observe the principles of proper nutrition, in particular, not to consume excessive amounts of salt, sugar and fat, and doughy foods and sweets, bread products, in a word, today's era demands that we need to make a healthy lifestyle into our daily life.

Based on this, it can be said that the study of the problem of forming a healthy lifestyle in physical education classes in higher educational institutions serves to fulfill the tasks specified in this

Decree. It is possible to build a solid foundation for the future by regularly engaging in physical education and mass sports and forming life skills for a healthy lifestyle among students.

Research organization methods. In our country, some research works have been carried out by scientists of various fields in order to raise a spiritually and physically mature generation and prepare them for life on the basis of a healthy lifestyle. In particular, philosophers, pedagogues, psychologists, medical scientists have discussed healthy lifestyle and its philosophical aspects, the philosophical foundations of cooperation between educational institutions and civil society institutions in the formation of a person, the problems of healthy lifestyle of young people with disabilities and their pedagogical and psychological characteristics, the role of young people in the formation of civil society. the issues of social and political activity, increasing legal literacy, and improving the social protection system have been researched.

For example, in the researches of T. Mahmudov, S. Otamurodov, A. Ochildiev, J. Tulenov, S. Shermuhamedov, E. Yusupov, A. Erkaev, U. Karaboev, some psychological features of G. It was studied in the research works of scientists such as Shoumarov, V. Karimova, E. Goziev, N. Safoev, Z. Nishonova.

Issues of healthy lifestyle and hygienic education, family education were thoroughly researched in the research works of O. Musurmonova, D. Sharipova, M. Mahmudova, S. R. Mukhamedieva, F. Abdurahimova, T. Ulmatkulov.

Researchers from CIS countries such as I. Yu. Abrosimova, M. Z. Zangieva, Ye. A. Mensh, V. G. Pautov, E. I. Podnebesnaya, T. V. Kamenskaya, A. F. Giorgievsky, etc., devoted themselves to the pedagogical aspects and problems of forming a healthy lifestyle and healthy culture in young people and conducted scientific research.

The research works of foreign scientists such as R.Banton, G.Macdonald, K.Tons, S.Tilfold, A.Scriven, S.Garmann researched the issues of human health protection, health values and formation of a healthy culture.

A healthy lifestyle is a social phenomenon 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 and his health.

Research results and discussion. The role of physical education in forming a healthy lifestyle is extremely important, I.P. Pavlov describes the effect of physical movement on human health as a phenomenon that means that the organism is closely connected with the external environment. Such connection and activity of biological organs is controlled by the central nervous system. Physical training does not affect one or another group of muscles, but has an effect on the organism as a whole. In particular, continuous physical activity has a good effect on human health. Metabolism improves, body tissues better absorb nutrients, and decomposed substances are removed from the body faster. The heart heals and becomes strong again. Because of this, people who are physically active are refreshed, mentally light, full of energy, in a high mood, and their speech is clear.

As a result of performing physical exercises, the body's defenses are well developed. Exercises starting from childhood and adolescence are especially beneficial. It is necessary to cultivate the habit of following a solid regime in everyone. Participating in physical education, walking in the fresh air, participating in sports are among the factors that ensure longevity and health. Every person should get used to regularly performing physical activities that correspond to a certain level of physical ability.

Promotion of a healthy lifestyle in the educational system should be carried out consistently in different directions, on the basis of a specific program, in specific directions. In particular, if pedagogy is aimed at providing students with certain medical and hygienic knowledge about a healthy lifestyle during physical education classes in higher educational institutions, and forming

concepts about the impact of maintaining a healthy lifestyle on the improvement of the human body, on the other hand, young people should follow hygienic rules based on a strict regimen. it is directly related to the formation of skills to turn health care of oneself and others into a daily habit.

Summary. Although scientific research has been conducted by scientists of various fields on the problems of forming a healthy lifestyle of young people, the problem of forming a healthy lifestyle of young people based on an innovative cluster in physical education training has not been specifically researched. This, in turn, requires conducting pedagogical research on the formation of a healthy lifestyle in physical education classes.

In our opinion, the main goal of pedagogical scientific research conducted on the formation of a healthy lifestyle in physical education classes of higher educational institutions is to develop a comprehensive pedagogical system for the formation of a healthy lifestyle among students of higher educational institutions and to create scientific methodological recommendations aimed at implementing this system into practice. should be aimed at justifying pedagogical conditions. On this basis, it is to educate the future generation with the knowledge, skills, skills and habits related to maintaining the health of themselves and the people around them.

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