

SOCIAL AND PEDAGOGICAL FACTORS FORMING A HEALTHY LIFESTYLE

Khayitov Tursun Shomurodovich

Lecturer, Jizzakh State Pedagogical Institute

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Annotation:

In this article the questions about the formation of a healthy lifestyle. Humanities and social significance of the subject "physical culture" and conducting sports and recreation activities with students on healthy lifestyle is very high. However, analyzed the problem of the relationship to a healthy lifestyle. Considered necessary factors human needs in health and lifestyle.

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In a matter of paramount importance - the protection and promotion of people's health - the main role is played by lifestyle, it is about him that half of all diseases are associated. It is this starting position that should determine the modern strategy for the fight for health [1]. Despite the fact that health is recognized by most people as a global and important value, the conscious construction of one's lifestyle in order to preserve and strengthen it is not achieved by everyone. One of the central directions in the formation of a healthy lifestyle (HLS) is the education of a conscious, active attitude to health. Sh.M. Kholova writes: "In order to become healthy, you need your own efforts, constant and significant. Nothing can replace them.

Man, fortunately, is so perfect that it is almost always possible to restore health. Only the necessary efforts increase with old age and the deepening of diseases" [2]. The complexity of solving the problems of a healthy lifestyle is that it is a derivative of many components in their dialectical relationship.

Most unifactorial and even multifactorial prevention programs, for example, to combat smoking, arterial hypertension, overweight, low physical activity, have not proven their effectiveness in reducing the overall mortality of the population (the efficiency of prevention was 0.5-0.7%). Therefore, when developing the foundations for the formation of a healthy lifestyle, one should proceed from comprehensive programs for the preservation and promotion of health. The development of physical culture issues in modern conditions requires the development of adequate organizational and managerial decisions aimed at improving the efficiency of the educational process in the discipline "physical culture" and physical culture and health work, focusing on a comprehensive solution to health problems, on a new health paradigm [5].

The social and humanitarian significance of the subject "physical culture" and the conduct of physical culture and health work with students on the formation of a healthy lifestyle is very high. Thus, many

studies have shown that the main motive that encourages physical education is the strengthening and preservation of health. At the same time, when analyzing the problem of attitudes towards a healthy lifestyle, it is necessary to proceed from the fact of the discrepancy between a person's need for health and his efforts aimed at preserving and strengthening it.

One of the reasons for this is that in a state of physical and mental well-being, health is usually perceived as something unconditionally given, the need for which, although recognized, is felt only in a situation of its obvious deficiency. Feelings of a healthy strong body ("muscular joy," as I.P. Pavlov said) are rare in an always healthy person. He has long adapted and simply does not notice the body. Health itself is remembered as happiness only when it is no longer there [2]. It would seem obvious that the need for health, due to its deterioration or loss, immediately activates a person's effective concern for his physical and mental well-being.

However, the facts are quite typical when people, weighed down by diseases, acutely feeling them, nevertheless do not take effective measures aimed at eliminating them.

The reason for such inadequate behavior, notes M.Ya. Vilensky [5], - the contradictory nature of human needs. Obviously, the author notes that the intensity of an individual's concern for his physical and mental well-being is determined not so much by the deterioration of health as by the attitude of the individual towards him. The more adequate the attitude towards health, the more intense the care for it. For the formation of an adequate attitude to health, the decisive factor is the awareness of it as a value, its place in the structure of other vital values.

However, at present, in a number of value orientations, the role of physical culture in strengthening and maintaining health occupies a far from leading place.

Thus, the study of this issue in the work of Yu.A. Filimonova, V.I. Franchuk testifies that among workers of industrial enterprises, physical culture occupies 8-10th place in the structure of value orientations and only 12% of respondents are aware of the positive role of physical exercises in strengthening and maintaining health, and the number of systematically engaged, with the optimal amount of motor activity is 0.6% workers. Thus, the recognition of the role of physical culture in strengthening and maintaining health as the most important life value or a necessary condition for a full-fledged life is the most important task facing society today. However, knowledge will remain "dead weight" if there is no "trigger" - the corresponding motives [3]. Therefore, the formation of an adequate attitude to health also implies an appeal to the direct motives for maintaining and strengthening health. These may be the motives of attitude to professional activity, which determine job satisfaction, the prospect of professional growth, motives for material well-being, etc. For this reason, the promotion of a healthy lifestyle should not go from knowledge to behavior, but through the activation of incentive mechanisms, motives. This approach provides the main thing - the activity of the person himself in the matter of maintaining and strengthening health.

An important point in the formation of a healthy lifestyle should be the definition and comparison of long-term and immediate goals in the protection and promotion of health. Global goals that perform the function of ideals are specified in private ones, which are quite feasible. At the same time, the implementation of even the most modest step, as M.Ya. Vilensky [5], will be considered by a person as a personal success, causing a sense of satisfaction, will increase confidence in one's strengths and capabilities, thereby forming a desire not to stop there.

The costs of civilization could not but affect the state of health of modern man. The only way for humanity to survive in extreme conditions is to neutralize the main adverse environmental factors.

The possibility of an effective fight against diseases of the century through the implementation of conscious targeted comprehensive: health programs have already been shown in a number of states such as; Japan, USA, Canada, where over the past 10 years, mortality from cardiovascular diseases has decreased by 30-40%. The role of mass physical culture in maintaining health and prolonging life

cannot be overestimated. So, in Japan, about 80% of the adult population is currently engaged in health training, in the USA - 70%, in Canada - 65%, while in Russia - no more than 8%, Uzbekistan - 45%

In this regard, the issues of mass character in physical culture classes are of paramount importance for us. A healthy lifestyle is an effective means of preventing diseases, promoting health and harmonious development of the individual.

The 30th World Health Assembly adopted a resolution according to which the main goal of the World Health Organization (WHO) is to achieve stable public health. According to the WHO, the concept of "health" means the absence of disease, combined with a state of complete physical, mental and social well-being.

Human health is the process of maintaining and developing its mental and physiological functions, optimal performance and social activity with a maximum life expectancy. This approach to understanding health implies a close relationship between health and the body's reserve capabilities. Since the functional capabilities of the body and its resistance to adverse environmental factors during life change significantly, we can talk about the state of health as a dynamic process that can worsen or improve, i.e. about the weakening or strengthening of health [1]. The most important task of mass physical culture is the purposeful management of this process with the help of special health programs, selective physical exercise complexes and various rehabilitation measures. The use of physical culture for health purposes has been studied by many researchers [2, 4]. The analysis of the scientific and methodological literature showed that, in the main, in the domestic literature, the age of a person is used as a criterion for choosing motor (health) programs, regardless of the level of his physical fitness, and thereby either the expected effect is not achieved, or even the state of health is damaged. involved. The complex effect of physical culture is based on the optimal (rational) motor mode of student youth.

Under the optimal motor regime is meant such a regime, the nature of physical exercises, which gives the best effect in well-being, performance and health promotion. According to V.I. Zholdak, such a regime ensures the optimal development of the basic psycho-physiological and physical abilities of a person, the comprehensive development of the personality. The optimal (rational) motor mode is aimed at the performance by each student of such motor activity, which, by its trace effect, ensures biological and physical readiness to perform basic social functions, in particular, high professional educational performance, relatively low fatigue, stability of the internal environment of the body, lasting health and low incidence in standard and changing conditions of educational work and life. So the author points out that the necessary and sufficient time spent on active physical culture and sports for students with an average physical workload is 6 hours a week and for those who have 4 hours a week.

In the literature, there are very conflicting opinions on the regulation of motor activity. Some authors provide for the predominant use of exercises of a cyclic (aerobic) nature in recreational activities (walking, running, swimming, cycling, etc.).

Other authors provide for the use of exercises of a speed-strength (anaerobic) nature (sports games, gymnastic exercises, exercises on simulators). In this case, the load is given by the interval method with high intensity. A significant part of researchers is of the opinion that it is necessary to use both aerobic and anaerobic physical exercises aimed at improving various physical qualities [5].

A number of authors believe that a positive effect can be achieved by expanding motor activity due to any of its components, and not by specially designed training programs.

However, the results of a number of studies have shown that a positive effect is observed only when using rationally constructed programs that correspond to the individual capabilities of those involved. Another criterion for choosing health programs is often the use of one or more components of a healthy lifestyle without taking into account their relationship and interdependence.

Most often, these health-improving systems are blindly copied by those involved, without taking into

account individual, physical characteristics, the specifics of each type of impact.

As a result, the applied health systems are ineffective and even harmful. In a number of works, it is noted that the methods of forming a healthy lifestyle are ineffective, formal in appearance and unconvincing, in essence, because are declarative in nature and do not achieve their goal.

The promotion of a healthy lifestyle, according to the authors, requires the investment of certain budgetary funds to provide material conditions and a sports and technical base that allow classes with elements of comfort, at a good aesthetic level and in accordance with sanitary and hygienic standards and requirements.

Thus, a differentiated approach to the formation of a healthy lifestyle involves adequate health programs for each group of people involved.

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