

Eurasian
Research Bulletin



Forming a healthy lifestyle among students.

**Kushmatova Dildora
Ergashevna**

Assistant of the Department of Public Health and Health Management of Samarkand State Medical University

**Olimjonova Farahnoza
Orifjonovna**

Student of group 509, Faculty of Medical Pedagogy, Samarkand State Medical University

ABSTRACT

In the independent development of the Republic of Uzbekistan, it is important to build an economic-democratic society, to renew the spirit of society, to achieve high results in the spheres of state and social construction, to promote a healthy lifestyle, to protect the health of the young generation and the entire nation. Promotion of a healthy lifestyle should be carried out in different directions. On the one hand, it is aimed at providing students and adults with certain medical and hygienic knowledge about healthy living, awakening their imagination about how a healthy lifestyle affects the development of the organism, and on the other hand, it depends on the achievement of hygienic rules in education, the formation of skills to make it a habit to take care of the health of oneself and the people around. In this regard, it is necessary to promote a healthy lifestyle in mass media, in lyceums and colleges in cooperation with all educational institutions.

Keywords:

Requirements, healthy life, sport, physical education, physical condition, health promotion, healthy lifestyle.

At the level of higher education, the Ministry of Higher and Secondary Special Education, the Ministry of Health, the Ministry of Social Security and Labor, the Republican Scientific and Practical Center "Family", as well as "For a Healthy Generation", "Kamolot" youth social movement, "Iste`dod", "Mehnuri", "Ulugbek", "Nuroni" and many other non-governmental organizations should be inter-organizational. A healthy lifestyle is It is a social event that ensures a high level of health and the establishment of life activities on the basis of having characteristics that serve to enjoy the health and safety of a person. Healthy lifestyle is the active mastering of human living conditions is a method of following the daily routine, training the body based on active movement, playing sports, full and high-quality nutrition, observing the hygienic rules of nutrition, achieving communication and ecological culture, spiritual education based on universal and

national values it means to be able to refrain from harmful habits.

The goals and objectives of forming a healthy lifestyle:

- to acquire theoretical knowledge and practical instructions for eliminating factors that have a negative impact on a person's life and health;
- strict adherence to the agenda;

- to train regularly, to organize active physical activity and to achieve constant participation in sports;

- thorough assimilation of information about the essence and importance of the rules of proper nutrition and their use in practical activities;
- determining responsibility for maintaining personal health;

- to have the rules of environmental protection, ecological culture;

- to have the ability to prevent various injuries and accidents;

to ensure that there is no incentive to adopt negative habits (smoking tobacco products, consumption of narcotic substances and alcohol);

to be properly educated as a gender, to be aware of the rules of personal hygiene and to follow them without deviation;

achieving high moral qualities, strong and strong will, as well as complying with psychohygiene requirements;

- the general philosophy of life consists of organizing theoretical and practical activities in order to be able to fight against the problems of life, to create immunity against beliefs that are contrary to the idea of national independence and the principles of ideology, etc.

Health lessons. The concept of health lessons is to have a healthy lifestyle, to have a daily routine plan, to train the body with exercise, to strengthen the bones and muscles with regular and regular activities, to strengthen oneself mentally and spiritually proper self-control, orderly, high-quality nutrition, hypodynamia - not allowing low mobility and other life activities. Possession of hygienic culture (Greek: ureshov - healthy, culture - from the Arab Medina, educated) - a branch of medicine that studies the impact of living and working conditions on people's health, as well as the prevention of diseases, for living develops measures for optimal fitness, health and life extension. He elaborates the issues of maintaining and strengthening human health by means of the gigaensh regime, which must be followed in personal life and work. Personal hygiene depends on each person and his age. It consists of proper organization. Possession of a healthy lifestyle (prevention of the effects of negative factors in everyday life, the formation of a healthy lifestyle) is the living conditions necessary for a person to grow up healthy. The way to adopt this lifestyle is to divide it into two different levels: healthy and unhealthy lifestyle. The main components of STT are as follows: compliance with personal and general hygiene rules, active mode of movement, compliance with daily routine, compliance with psychohygiene rules such as injury, accidents and recovery from harmful habits. Preparation

for family life (knowledge about the family) ownership, organization of interpersonal and gender relations) in the family, mental calmness, sincere attitude, high respect for parents, preservation of unity between family adults in making demands on children, paying special attention to educating the child's personality in the spirit of hard work, it is said to have such qualities as loving and putting honor in its place, establishing a strict order and daily routine in the family, taking into account the characteristics of each person in the family based on their age, striving for independence in them, and encouraging the qualities of instigation.

The desire to ensure the future of a healthy generation (reproductive health, bringing up a healthy generation to adulthood), protecting and strengthening the health of future mothers from a young age, providing a healthy child and a safe childhood, starting from a young age and protecting the health of those around you, forming a healthy lifestyle in them, as well as fighting against diseases that cause various serious diseases. In different life situations, a person can consciously preserve, strengthen and protect his health, protect himself from the negative effects of environmental factors, increase his health potential. Possession of medical knowledge and culture (health care, healthy living, diligence) - medicine, medicine, people have knowledge about health maintenance, strengthening, prolonging life, prevention and treatment of diseases, valuing, understanding and following them.

Interest in sports is a characteristic of getting used to daily physical education, physical education, regular participation in complex physical exercises, awakening interest in sports, regularly participating in sports sessions in order to grow mentally and physically healthy. Perseverance is the use of all opportunities to achieve the goal set in the way of maintaining one's health, and not backing down from it under any circumstances.

This kind of health is a conscious perception of the surrounding events and healthy thinking, maintaining mental health and creating conditions for the prevention of neuroses.

Physical health is the result of a person's regular physical training and physical education, which is to be physically healthy and strong, and to ensure physical development and physical fitness in accordance with his age. The role of a healthy lifestyle in society is incomparable. It is for this reason that the education system of our country, in addition to providing the young generation with solid education in modern knowledge and skills, is active in forming a healthy lifestyle in them, achieving mental harmony, and fighting against any harmful habits that threaten their health. It has the priority task of raising a selfless, highly moral, well-rounded person who can stand, has a strong mind, lives with great faith and purpose. It is a social phenomenon that ensures the achievement of a high level of well-being. To train the body based on movement means to do sports, to eat full and high-quality food, to follow the hygienic rules of nutrition, to be able to educate oneself on the basis of human and national talents, to be able to refrain from harmful habits. This methodical complex is recommended. "Healthy lifestyle! tried to improve students' health, "healthy lifestyle, motivation, enthusiasm, curiosity, desire to provide a healthy future for a healthy generation, conscious attitude to their own health" in students in the family and continuous education system. In order to implement the tasks, the educational program "Formation of a healthy lifestyle" was developed. It describes the curriculum, goals, objectives, and content of the program. "Health prevention", "Formation of immunity against harmful habits", "Psychological stability" are defined as. Health is a balanced unity of biological, mental, physical states and mental activity of the human body. Health is happiness for everyone, its labor productivity is a necessary condition for the development of the economic power of the country and the well-being of the people. A conscious and responsible approach to health, which is a public property, should be the standard of life and morals of all members of society. In order to maintain and strengthen health, first of all, it is important to take into account the importance of resilience to mental

depression, the possession of interpersonal psychogahenic relations, having one's own "I", responsibility, competence in social relations, and the formation of these qualities in students is required. The health of the nation is solved naturally, through a healthy lifestyle. Students must strictly follow the requirements of personal and general hygiene, have knowledge about medicine, the culture of treatment, preparation for family life, and so on. It is important for them to get used to healthy and high-quality, functional food, take responsibility for maintaining personal health and strictly follow psychohygiene requirements, acquire healthy lifestyle skills and lead a healthy life.

Conclusion:

Students' interest in sports, regular participation in certain sports, physical and mental health are the criteria that determine that they have physical culture. The presence of immunity against harmful habits in young people, their intolerance to alcoholism and alcoholism, they have knowledge about AIDS in life. The meaning of the concept of "lifestyle" began to be interpreted from the second half of the last century, and the evolution of the concept was first expressed in the content of social-philosophical, moral-aesthetic thoughts of Eastern countries, and later became the basis of the concept. It is not a secret that there are many ideas in the philosophy of ancient times as evidence.

Literature:

1. Xakimovna X. X. et al. PUBLIC HEALTH REFORMS IN THE REPUBLIC OF UZBEKISTAN //European Journal of Molecular and Clinical Medicine. – 2021. – Т. 8. – №. 2. – С. 820-827.
2. Kushmatova D. E., Khakimova H. K. CURRENT PERSPECTIVES ON THE SUBJECT OF PUBLIC HEALTH AND HEALTH CARE //World Bulletin of Public Health. – 2022. – Т. 6. – С. 51-53.
3. Кушматова Д. Э. ОБРАЗОВАНИЕ В ПЕРИОД ПАНДЕМИИ COVID-19 //БАРҚАРОРЛИК ВА ЕТАКЧИ

- ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ. – 2022. – С. 382-384.
4. Ризаев, Жасур Алимджанович, Шахноза Авазовна ЮЛДОШЕВА, and Шохиста Абдугаппаровна МАМАСОЛИЕВА. "ФОРМИРОВАНИЯ И УЛУЧШЕНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ У СТУДЕНТОВ ВЫСШИХ УЧЕБНЫХ ЗАВЕДЕНИЙ." ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ 7.3 (2022).
 5. ЮЛДОШЕВА, Шахноза Авазовна, and Шохиста Абдугаппаровна МАМАСОЛИЕВА. "SOG 'LOM TURMUSH TARZINI OLIY TA'LIM MUASSASASI TALABALARI O 'RTASIDA SHAKLLANTIRISHNING O 'ZIGA XOS XUSUSIYATLARI O 'RGANISH." ЖУРНАЛ БИОМЕДИЦИНЫ И ПРАКТИКИ 7.3 (2022).
 6. Norbuvaevna A. R. THE IMPORTANCE OF NITRATES IN FOOD SAFETY //Conference Zone. – 2022. – С. 148-150.
 7. Norbuvaevna A. R. et al. Ecological and hygienic application of the accumulation of toxic substances in soil and food products under the influence of agricultural factors //ACADEMICIA: An International Multidisciplinary Research Journal. – 2021. – Т. 11. – №. 11. – С. 836-840.
 8. Кушматова Д., Олимжанова Ф. Некоторые аспекты изучения коммуникативной толерантности среди студентов Самаркандского государственного медицинского университета //Общество и инновации. – 2022. – Т. 3. – №. 6/S. – С. 323-328.
 9. Kushmatova, D., & Olimjonova, F. (2023). CONFLICT SITUATIONS IN THE STUDENT ENVIRONMENT. Евразийский журнал медицинских и естественных наук, 3(2), 82–84. извлечено от <https://in-academy.uz/index.php/EJMNS/article/view/9928>
 10. Kushmatova Dildora Ergashevna, Ravshanov Sherxon Ulug'bekovich, & Khaydarov Odilkhon Lazizovich. (2023). EDUCATION IN THE PERIOD OF COVID-19 PANDEMIC. POSITIVE AND NEGATIVE ASPECTS OF DISTANCE EDUCATION. World Bulletin of Public Health, 19, 292-294. Retrieved from <https://scholarexpress.net/index.php/wbph/article/view/2280>
 11. Dildora Ergashevna Kushmatova, & Farahnoza Orifjonovna Olimjonova. (2023). VIEWS OF ABU ALI IBN SINA IN THE FIELD OF GERONTOLOGY. Involta Scientific Journal, 2(1), 75–78. Retrieved from <https://involta.uz/index.php/iv/article/view/406>