

A Formation of Healthy Lifestyle of Youth

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Abstract - The constancy and continuity of the introduction of health-saving technologies are necessary on the formation of a healthy lifestyle in the students, this involves creating a health-saving space, achieving positive changes in the condition of health of students and developing a sustainable healthy lifestyle. When teaching academic disciplines, it is necessary to improve, implement health-saving knowledge and form appropriate skills. At the same time, it is necessary to give physical education classes, participation in sports sections that have a beneficial effect on the neuropsychic state, on the activity of the nervous, cardiovascular, musculoskeletal, digestive, excretory systems, etc.

Keywords - Healthy Lifestyle, Youth, Health Saving Technologies, Health Preserving Space, Health Culture, Student Health.

The upbringing of a spiritual, physically healthy and harmoniously developed generation is the base of the social policy of the Republic of Uzbekistan.

In the context in particular a priority direction of further development of the country, reflecting the aspirations of our people, contributing to the achievement of a great future is the realization of youth policy, especially in the field of health savings.

As you know, health is the enduring value of human and society, and therefore the upbringing of a culture of health as a system of knowledge, values and practical activities belongs to the categories of state priorities.

In this connection there is an important task in front of the republican community: through the well-thought-out scientifically-based youth policy it is necessary to provide favorable prerequisites for using the knowledge, skills and energy of young people, for the preservation and strengthening the health we should help them to realize their social interests, needs, life prospects for the benefit of our people, for prosperity of independent Uzbekistan [5].

Improvement of the state of physical and spiritual health of modern Uzbek youth is under special protection of society and the state, as evidenced by the adopted law projects: “About foundations of the state youth policy in the Republic of Uzbekistan” № 429-XII from 01.05.1998 year, resolution of Cabinet of Ministers of the Republic of Uzbekistan №46 from 15.02.2000 year. “About state program “Healthy Generation”; The Decree of the President of the Republic of Uzbekistan from 2007 year of “About additional measures for material and moral support of young families”, The State Programs for the “Year of Health”, “Year of Youth”, “Year of harmoniously developed generation”, as well as a number of laws directed to strengthening public health.

Sociological researches, conducted by the Center for the Study of Public Opinion of “Social opinion” (2007), in order to identify actual youth problems, showed that 28.4% of respondents named the health among the top priority of vital values. To the question of “Which specific questions should be directed to the efforts of the youth movement “Kamolot” (maturity) to solve?” 29.0% of the respondents answered – “For the development of youth leisure activities, culture and creativity of youth”, 22.9% – “For the development of mass

sports”, 6.1% – “To struggle with negative phenomena in the youth environment and lack of culture”, testifying on the understanding of the importance of a healthy lifestyle (HLS).

In this connection it is a necessary a systematic approach to the formation, preservation and strengthening of health, including physical, mental and spiritual-moral health, to adequate conditions of modern society.

In the opinion of V.P. Kaznacheeva, a health is a process (dynamic state) of the preservation and development of biological, physiological and mental functions of optimal work capacity, social activity in the maximum life duration [1].

It was established that health is formed as a result of the interaction of external (social and natural) and internal factors (heredity, lifestyle and age), as evidenced by HLS about relationship between conditions, affecting to health, in particular, that in 50 % of cases – it is condition and lifestyle, nutrition, in 20% - genetics and heredity, in 20% - the external environment, natural conditions and only 10% - it depends on health [3].

At this time, the following pedagogical principles of preserving and strengthening of the health of young people are analyzed such as: reproduction of health (gene pool, reproductive function of parents and etc.); conditions for the formation of health (lifestyle, level of production and labor productivity, the degree of satisfaction of material and cultural values, motor activity and etc.); consumption of health (social activity of the individual, his functional reserves); restoration of health (recreation, treatment and rehabilitation).

Thus, the foundation of the health of saving technologies should be as a education of young people, in which a healthy life style (HLS) is a direct content and the main result of it [2].

According to E.N. Weiner “A healthy life style is a way of life activity, corresponding genetically conditioned typological features of this person, a specific condition of life and directed to the formation, preservation and strengthening of health and the full implementation of the person’s social and biological functions”.

The importance of maintaining the health of young people is largely associated with the psychological and pedagogical characteristics of this age group, for which in the formation of healthy lifestyle, the personal and motivational attitude to the installation of their social, physical, intellectual and mental abilities play a great role.

Currently, the following main components of a healthy lifestyle are divided:

- Active motor system, including hardening, exercise with the physical exercises and sports, providing training of immunity;
- Compliance with the requirements of personal and general hygiene;
- ensuring the requirements of food, work and rest hygiene, for example observance of the daily routine;
- Environmental protection in the context of “ecology and health”;
- Prevention of injuries and accidents;
- Upbringing of the ability, to prevent dangerous situations and to behave correctly when situations arise;
- Prevention of bad habits and the so-called “mania” (substance abuse, drug addiction, telephony mania, computer mania and etc.);
- Correct sexual upbringing, providing a rational psychosexual life;
- Providing mental health by compliance with the requirements of psycho hygiene of interpersonal relationships, education and upbringing.
- The presence of various components of HLS permitted to formulate the following principles for organizing and maintaining a healthy lifestyle:
- The principle of responsibility for one’s health on the base of commonsensible attitude towards health;
- Principle of complexity, which allows maintaining health as a result of ensuring harmonious interaction of the whole complex of circumstances, forming the lifestyle of a person;
- The principle of individuality, requiring the consideration of genotypic, psychological, social, family-matrimonial factors and the level of human culture;
- The principle of moderation, which focuses on the use of moderate loads for the training of functional systems;
- The principle of rational alternation of load and rest, based on the need to harmonization periods of activity and rest;
- The principle of rational organization of life activity, directed to understanding the relationship of human to the organization of his work and rest;

- The principle of “today and for ages”, requiring constant and persistent efforts in implementing of the main components of a healthy lifestyle;
- The principle of valeological (Saving health) self-education that provides knowledge of the peculiarities of the functioning of one’s organism and one’s personality, the assimilation of hygienic skills, knowledge of risk factors and the ability to implement in practice with the entire range of tools and methods for ensuring HLS [4].

The day-to-day management of educational institutions by the principles of the organization and content of a healthy lifestyle represents the opportunity for all specialists (psychologists, pedagogies, doctors), participating in the process of education and upbringing, that it was created comfortable conditions, every young person could develop his abilities, preserve and strengthen his health and health surrounding, for example they can fulfill a person-oriented approach in teaching and upbringing.

For teaching of various academic disciplines, it is necessary to implement health-saving knowledge and to form appropriate skills. Particular attention should be paid to the lessons of physical culture, participation to sports sections, that has a beneficial effect to the nervous and mental state, to the activities of the nervous and to cardiovascular, supporting-motor, digestive, excretory systems and etc.

Consistency and continuity of the introduction of health-saving technologies, allows creating a health-saving space, to achieve positive changes in the health status of young people and to develop a sustainable healthy lifestyle.

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