

PEDAGOGICAL MECHANISMS OF FORMING A HEALTHY LIFESTYLE

Salikhov Timur Mansurovich

Doctoral student of Bukhara State University

Salixovtimur9@gmail.com

Abstract

In this article, the main factors of the formation of a healthy lifestyle among school-age students, pedagogical mechanisms and psychological management processes are highlighted.

Keywords: Pedagogy, Psychology, Mechanism, Management, Adaptation, Age characteristics

INTRODUCTION

Forming a healthy lifestyle is one of the main processes that starts from the mother's womb before a person is born. From the first president of the Republic of Uzbekistan I.A. Karimov, after the independence, one of the main directions was the formation of a healthy lifestyle among the society, the creation of necessary conditions for young people to regularly engage in sports, various sports groups starting from school age. directions such as organization and improvement of gymnasiums, promotion of physical fitness exercises among older people began to form rapidly. First of all, from the school age, the attention was paid to special directions of sports, which are formed step by step, such as the Sprouts of Hope, A Perfect generation and the Universiade at the next stage. It is not an exaggeration to say that in the history of new Uzbekistan, attention to sports and healthy physical education reached its most perfect peak on the part of our president Sh.M. Mirziyoyev. On the part of the President, the achievements of school-age children in sports such as chess and drafts among school-age students are being taken into account, and the foundations are being laid for achieving higher results at the next stages.

Taking into account that the formation of a healthy lifestyle first of all begins with the family, the promotion of healthy physical education among parents should be carried out in various sports and physical training clubs to change their psychological views on physical education. is conducting its activities. It is necessary to take into account that the role of teachers is also very important in order to form healthy exercises and get the correct training in the minds of school-aged children. A healthy lifestyle is a broad concept that includes productive work, active rest, regular sports, body exercise, personal professional and psychohygiene, proper nutrition, and necessary habits. It is expressed in self-control, annual medical check-ups and building a healthy family. Also, a healthy lifestyle is a person's healthy family formation and health.

MAIN PART METHODOLOGY.

Many scientists have always emphasized that a healthy lifestyle should first of all start with the family. That is, if the parents follow a healthy way of life and continue their lifestyle, experts always advise that these conditions will be passed on to the child through genetics. Giving school-aged children, first of all, from their youth, certain general developmental tasks, protecting them from excessive psychological and physical injuries, first of all goes back to the teacher's teaching method. That is, first of all, to pay attention to the correct physical formation of children from the age of 7-8 years, from the age of elementary school, to give healthy exercises, to arouse interest in sports and physical education in them

through such exercises, the main task of a physical education teacher It is very important to have a goal and mission.

In psychological and pedagogical research in the world, the priority of studying the attitude of a person to health as a valeological factor is to determine the reasons for the change in the modern human lifestyle and the high level of illness with various diseases. Scientific research is being carried out to study the social and psychological factors of human lifestyle, to improve the healthy lifestyle of people. At the same time, paying special attention to research such as mental health of a person, students' activity as a criterion of health, health as a social value, the attitude of a person to his own health as a value, students have a certain psychological health, but due to the existence of a conflicting, stressful environment during the lim process, it is disturbed, and as a result, due to the various effects of human defense mechanisms, it is difficult to realize the value of one's health. In this regard, the need to systematically study the psychological-pedagogical determinants of the development of a healthy lifestyle in students gives high relevance to this scientific-research and scientific-practical problem.

Every nation has its own way of life. The organization of the national life of each nation is influenced by its national mentality, level of culture, living conditions and historical period. They determine whether or not a nation has a healthy culture. Also, the language, moral qualities, caring for children, valuing the elderly, behavior, clothing, food, and health condition determine the healthy culture of every nation. Lifestyle is a manifestation of individual and mental life activity of people, which is formed under the influence of factors such as social relations, socio-political activity, communication, worldview, behavior, work, and household recreation. This term was introduced to science in 1979, and it defines the mental state of a person. He studies the mental state of a person, i.e. his joys and worries, the impact of various changes and events on health based on his natural and social-psychological capabilities.

Russian scientists T.F.Akbashev, B.A.Klassov fill the spiritual health of a person in the unity of three factors, that is, social, psychological, intellectual and reproductive health. According to them, intellectual health is reflected in thinking, receiving and delivering information, and social health is reflected in a person's social activity, finding his place in society, and professional maturity.

THE RESULT.

It should be noted that the concept of health is a "healthy lifestyle" in a broad sense. It forms the main part of the general culture of a person. A healthy lifestyle of a person is manifested in the development of his creative powers and abilities, forms of organizing his life and activities. A healthy lifestyle is a complex process that indicates a person's spiritual, physical, mental, social, and genetic health. People's needs, goals and value systems are based on lifestyle, but needs are not always understood and correct, good, positive needs. It is possible to organize a way of life only if the needs are realized and meet the interests of the individual and society.

In many cases, the formation of a healthy lifestyle in school-age children is a process related to their needs, that is, the main type of activity is to lead children of primary school age to a healthy lifestyle, based on the game. being able to direct the child to sports activities based on his interests within a certain period of time will encourage the child's body to develop physiologically correctly,

Another psychological-pedagogical factor in the development of a healthy lifestyle among elementary school students is a healthy lifestyle. Lifestyle is a product of dialectical concepts in specific conditions, a concept that includes the life, work, rest, etc. of a person expressed in a specific society, environment. Its components include not only socio-political and production activities, but also non-production activities, socio-cultural activities. Medical activism is also a type of it. In marriage, a person can fall into various impressions, unpleasant situations and conditions. These, in turn, force people to have full knowledge about health and healthy lifestyle, educate the population about their health and promote medical knowledge.

REFERENCES:

1. Umedjanova M. L., Salikhov S. M., Salikhov T. M. The Role of National Education in Preparing Young People for Family Life //EUROPEAN JOURNAL OF INNOVATION IN NONFORMAL EDUCATION. – 2022. – Т. 2. – №. 2. – С. 271-276.
2. Салихов Т. и др. Psychological Characteristics Of Increasing Cognitive Activity In Elementary School Students //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 7. – №. 7.
3. Salixov S. M., Salixov T. M. Bo'lajak jismoniy madaniyat o'qituvchisining kasbiy tayyorgarligini shakllantirish //Science and Education. – 2022. – Т. 3. – №. 3. – С. 1013-1019.4.
4. Salixov S. M. et al. Musobaqa oldi sportdagi stress va tayyorgarlikning psixologik tomonlari //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1039-1044.
5. Salixov S. M. et al. Hissiy irodaviy boshqaruv namoyon bo'lishining yosh va jins xususiyatlariga bog'liq o'zgarishi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 915-920.
6. Salixov S. M. et al. Sport jarayonlarida o'zini o'zi boshqarish hissiy jarayonlarning o'ziga xosligi //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1087-1092.
7. Lukmanovna U. M. HADISLARDA MA'NAVIY-AXLOQIY TARBIYA TALQINI VA UNI O'QUVCHILARDA SHAKLLANTIRISHNING NAZARIY ASOSLARI //Барқарорлик ва Етакчи Тадқиқотлар онлайн илмий журнали. – 2022. – Т. 2. – №. 1. – С. 158-161.
8. Umedjanova M. L. et al. Yoshlarning ma'naviy tarbiyasida "Qobusnoma" asarining o'rni //Science and Education. – 2022. – Т. 3. – №. 4. – С. 1109-1114.
9. Salixov T. ПСИХОЛОГИЧЕСКИЕ СВОЙСТВА ПОВЫШЕНИЯ АКТИВНОСТИ СТУДЕНТОВ В ОБРАЗОВАТЕЛЬНОМ ПРОЦЕССЕ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 3. – №. 3.
10. Mansurovich S. S. METHODOLOGY OF ORGANIZING PHYSICAL EDUCATION LESSONS THROUGH DIGITAL TECHNOLOGIES //EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE. – 2022. – Т. 2. – №. 4. – С. 107-111.
11. Salixov T. Sportchilarning irodaviy sifatlarini shakllantirishda psixologik yondashuv //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 8. – №. 8.
12. Jobirovich, Yarashov Mardon. "TOOLS OF USING DIGITAL TECHNOLOGIES IN PRIMARY EDUCATIONAL COURSES." EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4 (2022): 119-123.
13. YARASHOV M. BOSHLANG 'ICH SINF MATEMATIKA TA'LIMINI IJODIY TASHKIL ETISHDA TA'LIM TAMOYILLARINING O'RNI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ. – 2020. – Т. 1. – №. 1.
14. Jobirovich, Yarashov Mardon. "Advantages of the Introduction of Digital Technologies into the Educational Process." Pindus Journal of Culture, Literature, and ELT 7 (2021): 17-20.
15. Jobirovich Y. M. The Role Of Digital Technologies In Reform Of The Education System //The American Journal of Social Science and Education Innovations. – 2021. – Т. 3. – №. 04. – С. 461-465.
16. Ярашов М. THE IMPORTANCE OF USING DIGITAL TECHNOLOGY IN PRIMARY SCHOOL MATHEMATICS EDUCATION //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 10. – №. 9.
17. Ярашов М. ТА'LIM TIZIMIDA RAQAMLI TEXNOLOGIYALARNING O'RNI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2021. – Т. 5. – №. 5.

18. YARASHOV M. BOSHLANG'ICH TA'LIMDA XALQARO BAHOLASH TIZIMI //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 17. – №. 17.
19. YARASHOV, M. (2022). Characteristics of International Integration of Sciences in Primary Schools. *ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz)*, 23(23).
20. Jobir o'g'li, Y. M., & Roziyabonu, S. (2022). 1-SINF MATEMATIKA DARSLARIDA GEOMETRIK MATERIALLARNI O'RGATISH. THEORY AND ANALYTICAL ASPECTS OF RECENT RESEARCH, 1(9), 132-137.
21. Jobirovich, Yarashov Mardon. "TOOLS OF USING DIGITAL TECHNOLOGIES IN PRIMARY EDUCATIONAL COURSES." *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4* (2022): 119-123.
22. Jobirovich, Yarashov Mardon. "EFFECTIVENESS OF USING DIGITAL TECHNOLOGIES IN EDUCATIONAL SYSTEM." *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE 2.4* (2022): 124-128.
23. Muhammedovna, Q. M., Jobirovich, Y. M., & Yulduz, N. (2023). Possibilities of Using Didactic Games in Primary Grade Mathematics Education. *Horizon: Journal of Humanity and Artificial Intelligence*, 2(4), 10-16.