

THE IMPORTANCE OF PHYSICAL EDUCATION IN FORMING A HEALTHY LIFESTYLE

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Abstract

In the modern era, where technological advancements have led to a predominantly sedentary lifestyle, the significance of physical education cannot be overstated. As the world grapples with the escalating menace of obesity, diabetes, and cardiovascular diseases, it has become increasingly evident that adopting a healthy lifestyle is crucial for overall well-being. Physical education, a vital component of a comprehensive education system, plays a pivotal role in shaping a healthy lifestyle, which is essential for the growth and development of individuals, communities, and societies as a whole.

Keywords

healthy lifestyle, physical culture, teacher, physical education, sport, physical maturity, physical training

Introduction

By providing a comprehensive understanding of the background and context of physical education, we can gain insight into its multifaceted impact on individuals, communities, and society at large. This will allow us to appreciate the interconnectedness of physical education with various aspects of human life, including physical health, mental well-being, social interaction, and educational achievement. Moreover, considering the historical and cultural contexts of physical education will enable us to recognize the evolving nature of its role in promoting healthy lifestyles, and the challenges it faces in the modern era. Ultimately, this exploration will pave the way for a deeper understanding of the significance of physical education as a cornerstone of a healthy lifestyle, and the avenues through which it can be further promoted and integrated into our daily lives.

The importance of physical education in forming a healthy lifestyle cannot be overstated. Physical education plays a crucial role in promoting overall health and well-being by instilling lifelong habits of physical activity and fitness. This is particularly important in today's society, where sedentary lifestyles and the prevalence of technology have led to an increase in health issues such as obesity and heart disease. In this essay, we will explore the fundamental role of physical education in shaping healthy lifestyles, as well as the broader societal and contextual factors that underscore its significance.

Background and Context

In this section, we will explore the evolution of physical education, from its roots in ancient civilizations to its formalization in modern education systems. We will also examine the impact of technological advancements and changing lifestyles on the need for physical education. Furthermore, we will discuss the current state of physical education in schools and the challenges it faces in meeting the needs of diverse student populations. By delving into these topics, we can gain a comprehensive understanding of the importance of physical education in forming a healthy lifestyle. This understanding will lay the groundwork for the subsequent sections, which will delve into the

specific benefits and strategies of implementing physical education programs. By establishing a strong foundation in the background and context of physical education, we can make a compelling case for its essential role in promoting a healthy lifestyle for individuals of all ages.

Physical education plays a crucial role in shaping a healthy lifestyle by promoting physical activity, teaching essential skills, and instilling the values of teamwork and sportsmanship. This section provides the necessary background and context to understand the significance of physical education in today's society. With the growing concern over sedentary lifestyles and the rise of health issues such as obesity and diabetes, the need for quality physical education has never been greater. Understanding the historical, cultural, and societal factors that have shaped the current landscape of physical education is essential in addressing these pressing issues. It is one of the vital duties for every household to be healthy, for a high-quality psychological local weather to be triumphant in them, to shape a healthful way of life in this environment, and specially to pay interest to bodily training in the family. Therefore, the power of households is a decisive component finding out the economic, social, political, and country wide safety of the society, its prosperity and development. The realistic end result of bodily coaching in human things to do is the stage of bodily health and motion understanding and capabilities of a person, excessive vitality, achievements in the discipline of sports, intellectual development.

Physical schooling and sports activities are used as an ethical and ideological device in the formation of the countrywide gene pool, the suited company of a wholesome lifestyle, and the healthful upbringing of the younger generation. A person's destiny, success or failure in the future life, happiness or unhappiness, profession choice, even his mood, his household surroundings are related. The destiny of the household relies upon on the man or woman himself. If there is self-discipline in the family, its contributors will switch these traits to the carrier method and use them in social work activities. If a household raises their toddler in the spirit of love and loyalty to the Motherland, this feeling will accompany him in the course of his life. In the heritage of Eastern thinkers, schooling and upbringing, in particular, troubles of household upbringing, are given a vast place. They regarded the schooling of youth to be the major criterion that determines the destiny of the society and the future of the nation. At the core of their pedagogical views is the thinking of an ideal human being as a social ideal. They dwell on the interplay of social and organic factors in education, and increase problems such as the reality that heredity and environmental have an impact on are the equal in education, and the cohesion of bodily and intellectual health. Forming a healthful man or woman thru bodily schooling and sports activities ought to be the mission of the total society.

Cooperation of preschool instructional institutions, household and society is necessary in the formation of a wholesome way of life in the household of teenagers of preschool age. Experiments exhibit that an extraordinary chain has been fashioned for the formation of a wholesome way of life for preschool youngsters in the family, and if there is a smash in any hyperlink between them, it is not possible to gain the predicted result in making sure the continuity of academic work. The have an impact on of parents, family, school, and neighborhood individuals is integral in elevating children. The kid's character, nature, education, worldview, and mindset closer to others are decided in the household environment. Also, the formation of the kid's spirituality is inextricably linked with the academic system. Lifestyle is the cornerstone of human life, relying on it, each and every man or woman can make a radical alternate in his life. The important issue finding out the way of lifestyles is the character himself. A healthful life-style is a life-style that does now not include hazardous elements affecting people's health, and a character ought to consciously keep away from them. The most important instructions of a healthful lifestyle:

- Follow the regulations of group and non-public hygiene;
- bodily activity;
- compliance with the agenda;
- abstaining from hazardous habits;
- suited nutrition;
- peace of mind;
- clinical culture.

As you know, way of life can be healthful and unhealthy. People who stay a healthful life-style prepare their day-by-day existence correctly. In the system of non-stop education, the foundations of a healthful life-style are shaped in preschool instructional institutions. In pre-school academic institutions, the toddler learns to observe each day routine, to consume excellent on time, to observe the guidelines of private hygiene, and to beef up the knowledge and capabilities received in the household environment. An infant who has shaped the regulations of private hygiene at domestic develops capabilities by using getting acquainted with popular and public hygiene in preschool instructional institutions. In preschool academic institutions, bodily things to do are conducted, exercise, rub down techniques are carried out, and at the equal time, youngsters are taught to be bodily active.

This is any other issue of a healthful lifestyle. Due to the strict observance of each day time table in preschool academic institutions, the toddler learns to divide the day correctly. Children commence to gather fundamental theoretical know-how alongside with realistic skills. Lessons are performed in the shape of video games and teenagers are taught about a wholesome lifestyle.

One of the most significant benefits of physical education is its impact on physical health. Regular physical activity, which is an integral part of physical education, helps to maintain a healthy weight, builds strong bones and muscles, and improves flexibility and coordination. Furthermore, it reduces the risk of developing chronic diseases, such as heart disease, stroke, and diabetes, which are among the leading causes of mortality worldwide. A study conducted by the World Health Organization (WHO) reveals that regular physical activity can reduce the risk of mortality by up to 35%. This underscores the importance of incorporating physical education into the curriculum, ensuring that students develop healthy habits and lifestyles from a young age.

In addition to its physical benefits, physical education also has a profound impact on mental health and wellbeing. Exercise has been shown to reduce symptoms of anxiety and depression, improve mood, and enhance cognitive function. The release of endorphins, also known as "feel-good" hormones, during physical activity leads to improved emotional wellbeing and increased self-esteem. Moreover, physical education provides an opportunity for social interaction, teamwork, and communication, which are essential life skills. By engaging in physical activities, individuals develop important life skills, such as discipline, perseverance, and resilience, which are transferable to various aspects of life.

Moreover, physical education has been shown to have a positive impact on academic performance. Studies have consistently demonstrated that students who engage in regular physical activity tend to perform better academically, exhibit improved concentration, and have better

attendance records. Physical activity has been shown to increase blood flow to the brain, leading to improved cognitive function, memory, and concentration. Furthermore, physical education helps to develop essential life skills, such as time management, goal-setting, and self-motivation, which are critical for academic success.

Furthermore, physical education plays a crucial role in shaping social skills and promoting social cohesion. Through physical education, individuals develop important social skills, such as teamwork, communication, and cooperation, which are essential for building strong relationships and fostering a sense of community. Physical education provides an opportunity for individuals to interact with peers from diverse backgrounds, promoting mutual respect, understanding, and tolerance. By engaging in physical activities, individuals develop important social skills, such as leadership, respect, and empathy, which are critical for building strong, cohesive communities.

In addition, physical education has significant economic benefits. A healthy population, resulting from regular physical activity, reduces the burden on healthcare systems, leading to significant cost savings. A study by the Harvard School of Public Health estimates that if the entire US population were to engage in regular physical activity, healthcare costs would decrease by approximately \$117 billion annually. Furthermore, physical education helps to develop a skilled workforce, which is critical for economic growth and development.

Finally, physical education plays a vital role in promoting lifelong learning and personal development. By developing a love for physical activity, individuals are more likely to lead active lifestyles, even in adulthood. This underscores the importance of incorporating physical education into the curriculum, ensuring that students develop healthy habits and lifestyles from a young age. Moreover, physical education provides an opportunity for individuals to explore their passions and interests, promoting personal growth and development.

Conclusion.

In conclusion, the importance of physical education in forming a healthy lifestyle cannot be overstated. Physical education has a profound impact on physical health, mental wellbeing, academic performance, social skills, and economic development. It is essential that policymakers, educational institutions, and parents recognize the significance of physical education and ensure that it is integrated into the curriculum, providing opportunities for individuals to develop healthy habits and lifestyles. By doing so, we can promote a healthier, happier, and more productive society, where individuals are equipped with the skills, knowledge, and attitudes necessary to lead fulfilling lives.

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