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PHYSICAL EDUCATION AND SPORTS AS A FACTOR IN MAINTAINING THE MENTAL, PHYSICAL AND SOCIAL HEALTH OF A PERSON IN MODERN SOCIETY

Abstract: The concepts of “healthy lifestyle”, “mental health of a person”, “physical health of a person”, “social health of a person” are considered. Mental health is determined by the efficiency of the psyche, is determined by a number of biological and socio-economic factors and is understood as a state of efficiency in which a person realizes his abilities, can withstand life stresses and is fit for work. Physical health is a state in which all internal organs of the body function normally from a physiological point of view. Social health is determined by the harmonious relationships of the individual in society. Programs for the formation of a healthy lifestyle culture used in Uzbekistan, South Korea, Germany, England, France were analyzed; a theoretical analysis of modern national and international research in the field of a healthy lifestyle was conducted: studying the harmful effects of excessive use of information technologies on human health, preventing early marriage and forming a person's sexual culture; creating and introducing new models for the development of a healthy lifestyle culture for residents of megacities; protecting young students from various social and medical threats, harmful phenomena (drug addiction, taxidermy, alcoholism, HIV, AIDS); increasing the spiritual and medical literacy of the population; compliance with sanitary and hygienic standards, prevention of environmental threats, restoration of spiritual values in society, etc. It was found that in order to prevent mental and somatic diseases, combat deviant and drug-addictive behavior of adolescents and young people, and prevent further criminalization of society, it is important to solve the problem of maintaining health and maintaining a healthy lifestyle at the current stage of social development.

Keywords: health, lifestyle, healthy lifestyle, personality, factors of maintaining personal health, mental health of a person, physical health of a person, social health of a person.

INTRODUCTION

Currently, the problem of maintaining the health of the population in our country and in the world is extremely urgent. Studies conducted in recent years show that the phenomenon of maintaining the mental, physical and social health of a person, despite its truly great importance, is not sufficiently developed in modern domestic and foreign psychology. Statistical data from recent years indicate a deterioration in the mental, physical and social health of children, adolescents, young people and the working-age population in our country. The explosion of information, the acceleration of the rhythm of life, the negative dynamics of interpersonal relationships (alienation, a decrease in the level of social support, etc.) - the emergence and development of various mental and somatic diseases, the addictive behavior of the individual - all this leads to emotional stress in the individual and becomes one of these factors. According to O. R. Jamoldinova [1, p. 5-6], in recent years, the following scientific directions on the problem of developing a culture of healthy living in the world are considered to be of priority importance.

DISCUSSION AND RESULTS

These are urgent problems: studying the harmful effects of excessive use of information technologies on human health, early prevention, formation of marriages and sexual culture personality; creation and introduction of new models of development of a healthy lifestyle culture for residents of megacities (large cities); protection of young students from various social and medical threats, harmful phenomena (drug addiction, drug addiction, alcoholism, HIV infection, AIDS); increasing spiritual and medical literacy; compliance with sanitary and hygienic standards, restoration of spiritual values in society; prevention of environmental threats, etc.

In Uzbekistan, the Center for Supporting a Healthy Lifestyle and Increasing Physical Activity of the Population has developed socio-biological and psychological-pedagogical foundations for the formation of a culture of healthy personal life from the point of view of the socialization of adolescents, which requires their widespread implementation. In South Korea, a youth health program was created to prevent suicide among young people and increase their awareness of their personal mental health (Seoul National University Center for Health Systems Studies, KOSHA, KASP); Educational and methodological materials on a healthy lifestyle have been prepared and a population health rating has been determined. In Germany, England, and France, the achievements of traditional medicine in promoting a healthy lifestyle, national sports and physical education values are widely promoted (School of Health and Primary Care, Beijing Union Medical College and School of Public Health); State educational standards on healthy lifestyle (HealthyLifestyle), protection and promotion of human health (HealthPromotion) have been created. The program for ensuring the health and well-being of young people in modern Europe has been developed and implemented (England Department of Health, University of Brighton, AYPH). The database of Internet resources on public health is being coordinated. World Health Organization experts have identified four groups of factors that, based on the power of influence on a person, ensure the maintenance of personal health:

- conditions and lifestyle 50-55%;
- environmental conditions; 25-30%;
- genetic characteristics 15-20%;
- medical care 10-15%.

Consequently, maintaining a healthy lifestyle is a priority in the structure of personal health. The problem of maintaining health and maintaining a healthy lifestyle is gaining importance at the current stage of social development, in the context of preventing mental and somatic diseases, combating deviant and drug-addictive behavior of adolescents and young people, and preventing society from becoming more criminal.

This problem has been changing for thousands of years with the emergence of factors and problems that negatively affect the physical and mental health of people in society. All holy books mention the problems of a healthy body and a healthy heart, as well as their remedies and solutions. In the Holy Quran, Surah As-Saffat, verse 84, it is mentioned that "Whoever comes to his Lord with a sound heart" is mentioned. Doctors of the heart and body have written many works on these issues. They set an example by living a healthy lifestyle in the image of their lifestyle. N.N. According to Pozilov, "The religion that most promotes physical education and sports is Islam." [1] G.S. Nikiforov states that a healthy lifestyle is a conscious and happy life, determined by the individual's consciousness and self-awareness, based on understanding various areas of life reality [2]. A traditional healthy lifestyle includes a balanced diet, physical activity, hygiene practices, and abstinence from psychoactive substances (drugs, alcohol). A number of authors additionally emphasize the following aspects of a healthy lifestyle: mental hygiene, intellectual, emotional, social, and spiritual well-being, optimism, positive thinking, etc. Our analysis of scientific literature shows that domestic and foreign psychologists, teachers, philosophers and medical workers consider a healthy lifestyle within the framework of the following basic concepts: the connection between the goals of human life and the

life of the species, family, community, people as a strategic goal of life, ensuring the harmony of the individual during ontogenetic development; as the personal meaning of one's own existence, ensuring harmony; as a harmonious attitude of the individual to himself, taking into account the culture of values (axiological) forms and manifestations. As Academician N.M. Amosov noted, achieving health requires specific, constant and significant human efforts, which cannot be replaced by anything [4], therefore, the importance of maintaining a healthy lifestyle for achieving a person's mental, physical and social health is clearly demonstrated.

CONCLUSION

Mental health is determined by a number of biological and socio-economic factors and is understood as a state of well-being in which a person is able to realize his abilities, withstand the stresses of life, and work effectively for the benefit of society. Physical health is a state in which all internal organs of the body function normally from a physiological point of view. Social health is determined by the harmonious relationships of a person in society (in various social groups, the system of family relations, the system of "boss-subordinate" relations, etc.). The English psychologist M. Argyle [4] identified the following factors: the presence of numerous social ties and friendly relations; a strong family and the presence of children in them; interesting and beloved work that brings spiritual satisfaction; a special type of personality, distinguished by the desire to work not only for their own material well-being, but also for society; the presence of goals, values, and prospects in professional activity; optimism, self-confidence, success in communicating with other people and future prospects, etc. They should be used everywhere, in our opinion, because the level of mental, physical and social health of a person and the level of overall satisfaction with life depend on them.

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