

UDK:371:61

## THE MAIN CONCEPTS OF THE RESEARCH - HEALTH IN A CATEGORICAL MEANING, HEALTHY LIFESTYLE, NEED FOR A HEALTHY LIFESTYLE

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**Annotation:**In this article, the process of forming a healthy lifestyle, referring to a detailed description of the essence of this process, the adaptation of the individual to society through the acquisition of social experience, values, norms, and attitudes characteristic of the entire society and individual groups, a healthy lifestyle in students. It is discussed about the participation of various social institutions in the process of improving the health of a person, the nature and direction of the influence of the family on the improvement of human health.

**Key words:**human education, development, oriented, healthy lifestyle, medical culture, sports harmony, sports systems, social principles, important direction, healthy lifestyle, industry representatives, human intelligence, educational institutions.

Lifestyle is such a support point of human life that every person, relying on it, can achieve a radical change in his life. In this regard, an important direction of the complex and multifaceted problem of raising a new person is to inculcate in each person the culture of self-care about his health. In order to create it, the family, pre-school educational institutions, school, general secondary education system, neighborhood, health, physical education and sports system employees use all their energy and enthusiasm to instill in the child's mind, from a young age, physical fitness. It is necessary to instill a love for education and a healthy lifestyle. It is no exaggeration to say that in our republic representatives of any field are responsible for taking measures to prepare a healthy generation.

The concepts of a healthy lifestyle or a rational way of life are comprehensive and include the fact that a person should live wisely from birth to the end of his life - free from harmful habits, engage in physical education and sports, complete. It also has many other positive effects, such as being able to eat well and rest properly. A reasonable lifestyle is created by the intelligence of each person and is individual for each person. What is good for one person can be harmful for another. The rhythm of life, the duration of work and sleep, the quantity and quality of intake should be chosen by each person according to his needs and possibilities. Therefore, health should be considered as a product of human mind. It is impossible to make a person healthy against his will and give him a long life. A healthy lifestyle is based on biological and social principles.

Currently, under the leadership of the President of the Republic of Uzbekistan Sh.M. Mirziyoev, the improvement of the management system in the field of physical education and sports in our country, the development of mass sports, the selection and training of talented athletes, the creation of conditions for preparations for major sports games, and the strengthening of the field with qualified personnel extensive work is being done. Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening youth confidence in their will, strength and capabilities through sports competitions, courage and patriotism, developing feelings of loyalty to the motherland, as well as systematic organization of selection of talented athletes from among young people, and

large-scale work aimed at further development of physical education and mass sports is being carried out.

A number of activities are being carried out to involve young people in mass sports in order to meaningfully organize their free time, to preserve and strengthen their health, and to strengthen the health of the population.

It is one of the urgent tasks of today to give concepts to the young generation about a healthy lifestyle and the combination of medical culture and sports. The concept of a healthy lifestyle includes: abstaining from harmful habits (smoking, drinking alcohol, and drug addiction), regular physical and movement activity, following a moderate movement pattern, balanced and rational nutrition in terms of content, exercising the body, personal and public hygiene, positive passions, avoidance of conflict situations, ability to find a rational solution to stressful situations, orderly work and full rest, psychological and physiological satisfaction with having a comfortable state of mind, high medical activity. One of the directions of having is to create conditions that ensure the provision of opportunities.

Sports help to guide students of higher education institutions to a healthy lifestyle, to systematically engage in physical education and sports, access to sports infrastructure, health maintenance and strengthening, physical development, and the formation of a healthy lifestyle can give. The skills and value orientations acquired as a result of active sports become motivation, the individual process of self-management of a person, the formation of stability is a need for a healthy lifestyle. Solving the problem of pedagogical formation, the need for a healthy lifestyle depends on personal motivation, students, organizations in the educational field of higher education, the support of this process is aimed at engaging in active sports. Formation of a healthy lifestyle of students of higher education should become a component, an integral part of the educational process of higher education.

The complex of pedagogical conditions developed for the formation of a healthy personality, the preparation of an integrated educational and methodological complex of one profession should be considered as a part of the students' lifestyle. Students should be aware of the positive impact of sports and the importance of a healthy lifestyle. The formation of the need for a healthy lifestyle is multifaceted, which gives rise to an interdisciplinary approach to its scientific study. Local and foreign authors have created a wide range of theoretical and empirical works that served as the basis for modern research in this regard. Today, psychological, pedagogical, medical, ecological, sociological and philosophical studies consider the problem of forming a healthy lifestyle among representatives of modern youth, especially students of higher education, one of the most important problems.

The motivational and need spheres of health, as well as the category of self-esteem of a person, the importance of psychological health, relationships R.I. Aizman, G.L. Apanasenko, I.I. Brechman, P.P. Gorbenko, V.I. Dubrovsky, T.V. Karaseva, V.V. Kolbanova, Yu.P. Lisitsyna, researches of foreign psychologists A. Maslow, G. Allport, K. Rodgers, Z. Freud and others are comprehensively studied. Physical education helps students of higher educational institutions to develop a need for a healthy lifestyle. Currently, in the context of the ideology of educational development, sports games such as football, basketball, volleyball, which are an effective means of influencing the development of education, are of particular importance:

- the need to improve ideas about health, healthy lifestyle as a socio-pedagogical value and the superiority of declarativeness of these categories in the educational practice of higher education;
- the necessity of forming a healthy lifestyle among students and insufficient development of the methodological foundations of its introduction in the educational field of higher education;

- the socio-pedagogical significance of the process of forming the need for a healthy lifestyle in students and the lack of evidence-based approaches to the use of sports games as a means of its development.

Research objectives:

- based on the theoretical analysis of scientific literature, to study the essence, tasks and characteristics of the main concept of the research The need for a healthy lifestyle and to form the author's definition of this concept;
- identification, theoretical justification and experimental testing of forms of pedagogical support that determine the effectiveness of forming the need for a healthy lifestyle in students of higher education institutions through sports games;
- development of a model and program for forming the need for a healthy lifestyle in students of higher educational institutions through sports games;
- describing the criteria, indicators and levels of forming the need for a healthy lifestyle among students of higher education institutions;
- to test the model and program of forming the need for a healthy lifestyle among students of higher educational institutions through sports games and to determine their effectiveness based on the proposed criteria and parameters. Research hypothesis: the organization of pedagogical support aimed at forming the need for a healthy lifestyle among students of higher education institutions will be effective in the following cases:
- The category Need for a healthy lifestyle is the main value orientation of students of higher educational institutions and reflects knowledge about methods of maintaining and strengthening health;
- to determine and justify the nature and characteristics of forms of pedagogical support that serve to form the need for a healthy lifestyle among students of higher education institutions;
- taking into account the features related to the diversity of ideas about a healthy lifestyle when forming the structure and content of the model and program for the formation of the need for a healthy lifestyle;
- distinguishing the objective and subjective criteria and parameters of the formation of the need for a healthy lifestyle, describing the possible levels of the formation of the need. The development of the individual in the society makes the problem of the success of the individual and the need to realize the personal potential more urgent. Processes of globalization, massification and digitization require a qualitatively new pace and a new way of life from a person.

The changes occurring in the modern ecosystem may not affect the physical and mental health of the generation. DOCTRINE (lat. doctrina) - doctrine, scientific or philosophical theory, political system, main theoretical or political principle.

In the doctrine, Education of a healthy lifestyle, development of sports for children and teenagers is defined as a priority task, the main state tasks in the field of education are To take care of the life, health and physical education of the population in all respects, children and students defined as development<sup>1</sup>. However, despite the urgency of the problem, the measures aimed at forming the need for a healthy lifestyle among young people are not sufficient in our opinion. The relevance of a healthy lifestyle, as well as the complexity of social life, as a result of increased man-

<sup>1</sup> Раджабов, Х.Ш. Модель подготовки учителя физической культуры к формированию здорового образа жизни средствами подвижных игр // Известия Дагестанского государственного педагогического университета. Психолого-педагогические науки. - 2009.- № 1 (6). - С. -19.



made, ecological, psychological, political and military risks, causes negative changes in the state of health associated with the increase and change of stresses on the human body<sup>2</sup>.

Solving the problem of forming the need for a healthy lifestyle in young people requires the cooperation of the political, economic, legal and spiritual forces of the entire society at the national level. The problem under consideration should be especially acute in educational institutions from preschool age to continuous and higher education. M.V Ryutina's article as correctly stated in<sup>3</sup>, work on promoting a healthy lifestyle should also be carried out with parents. The formation of a growing person's need for a healthy lifestyle should be consistent. The foundations of a person's need for a healthy lifestyle should be created in the family. As shown in the further development of this process, everyone should develop a health culture for the importance of this category, its implementation is carried out in school, through mass media, and then in a higher educational institution.

A healthy lifestyle is not only a way of organizing all aspects of life aimed at improving health and implementing generally accepted norms and rules, but also means developing values and forming a conscious attitude to one's health. Understanding the meaning of the concept allows us to conclude that the creation of an effective and efficient system of work in this direction should include a number of interrelated stages of educational activities in this direction, of which one is the definition, formulation and content selection of goals, tasks<sup>4</sup>. Thus, the process of forming a person's need for a healthy lifestyle should become the national idea and the most important task of the state. In addition to the above, it is necessary to mention certain difficulties in maintaining a healthy lifestyle. Thus, today there is a very sharp problem between the rather high social potential of higher education students and their weak positive quality characteristics. It is known that there are young people from 18 to 23-25 years old in higher educational institutions.

This age group of young people is characterized by dynamic development. At the same time, medical and social sciences note that more than 80% of students of higher education have chronic diseases and health disorders that hinder their active, student life. In addition, it should be noted that many young people do not pay attention to their health. This is because issues related to professional and personal self-determination dominate during adolescence. During this period, young people ignore their health interests and do not develop the need for a healthy lifestyle. Although there is a lack of understanding of a healthy lifestyle for young people, it is important to focus on it as a prerequisite for success and achievement. A wide range of modern innovative methods for developing the intellectual sphere of students ensures the formation of the need for a healthy lifestyle. In our works<sup>5</sup>, we analyzed the content characteristics of the needs of young people, which made it possible to determine the ways of pedagogical modeling through sports games. In science, external and internal factors describing the state of health are distinguished. Health is defined as somatic,

<sup>2</sup> Рахимбоева Д.А. Семейно-бытовые традиции в формировании национального самосознания молодежи (на материалах Республики Узбекистан): Автореф. дис... канд. филос. наук. - Ташкент, 1993. -154 с.

<sup>3</sup> Risqulova K. Yoshlar sog'lom turmush madaniyatini rivojlantirishda nodavlat tashkilotlarning hamkorligi: Avtoref. dis. ... ped. fan. nomz.- Toshkent, 2011. - 21 b.

<sup>4</sup> Рахматов А. Жинсий тарбия масалалари. -Т., «Медитсина.» 1991 й.

<sup>5</sup> Апанасенко, Г.Л. Физическое здоровье и максимальная работоспособность индивида / Г.Л. Апанасенко, Р.Г. Науменко // Теория и практика физической культуры. - 1988. - №6. - 125с. Арсалиев, Ш.М.Х. Проблемы проектирования основ в разработке этнопедагогического процесса // Проблемы современного педагогического образования. - 2018. - № 60-2. - С. - 26-28

physical, mental, moral, each of them is based on basic needs and is characterized by certain conditional criteria<sup>6</sup>.

Human health is affected by various factors: heredity, environment, socio-economic development of society, as well as individual personal characteristics. The above factors determine a person's lifestyle, including categories such as standard of living, quality of life, lifestyle, and represent a person's unique image<sup>7</sup>. Thus, the relationship between health and lifestyle is represented by the category of healthy lifestyle. The government of our country is implementing the national project Health, one of its priority tasks is to develop and strengthen the health of the people.

The health of each person is the property of the whole society. Health is the main guarantee and condition for a full, happy life. A long, active life is provided by a person's physical and mental health, which is rationally maintained and strengthened by himself. The main and first need of a person is health. It determines a person's ability to work and ensures his full development. Health creates the necessary conditions for knowing the surrounding world, self-affirmation and happiness. Many researchers believe that a person's state of complete physical, mental and social well-being corresponds to a healthy body, that is, health is not only the absence of physical weakness or disease. The analysis of studies on the preservation and strengthening of human health shows that the study of medicine as an independent science separated from philosophy - it becomes the main topic.

From this point of view, the role of Hippocrates as the founder of the experimental method in medicine is very great<sup>8</sup>. After Hippocrates, the ancient Greek philosopher Socrates believed that exercise allows the young generation to maintain the beauty and strength of the body. Plato, a student of Socrates, while continuing and developing the ideas of his teacher, attached great importance to the social aspect of educating a citizen. He was sure that a developed body and soul can be considered a strong person<sup>9</sup>. Aristotle, a representative of the sophistic school, singled out the physical, moral and mental directions of physical culture as the main factor in the development of a person.

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<sup>6</sup> Басалаева, Н.М. Здоровье нации: стратегия и тактика / Н.М. Басалаева, В.М. Савкин // Валеология. - 1996. - №2. - С.35-37.

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