



MECHANISMS OF STRENGTHENING AND MAINTAINING THE HEALTH OF YOUNG PEOPLE, RAISING THEIR SPIRITUAL AND MORAL LEVEL

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ABSTRACT

Health is an invaluable asset not only of each person, but of the entire society. When we meet and say goodbye to close and dear people, we wish them good health, because this is the main condition and guarantee of a full and happy life. Health is not only the absence of disease or physical infirmity, but also complete physical, mental and social well-being. This article deals with the problems of strengthening and maintaining the health of young people, raising their spiritual and moral level.

KEY WORDS: *Health, blood pressure, spirituality, overall state of health*

One of the important resources of any society is its physically fit and mentally healthy population. Throughout the history of human development, health has been defined as the main life value. A healthy lifestyle is defined as a factor aimed at ensuring a person's full longevity and well-being. In this regard, the issues of introducing citizens to a healthy lifestyle are being considered at the republic level. Accordingly, national and federal projects such as "Formation of a healthy lifestyle", "Strengthening the health of the population", "Sports - the standard of life" are being developed and implemented in our country. These projects are aimed at increasing the number of citizens who are responsible for their own health and lead a healthy lifestyle, including physical education and sports [1].

The main reason for the deterioration of the health of young people is the lack of hygiene culture, non-observance of simple hygiene skills, irresponsibility for health. Teaching children about health helps to maintain the health of the younger generation and prevent diseases. Since the basis of a healthy lifestyle is formed from childhood - during school education and upbringing, it is undoubtedly necessary to inculcate the need to observe health norms and rules from school age. A person's need to observe moral, spiritual, honest skills and habits, to take care of his health should be formed at school age. For this reason, it is important to "... comprehensively support young people and establish a healthy lifestyle among the population, increase the well-being of our people by achieving high economic growth, and solve problems in their daily life" [2].

Teaching young people a healthy lifestyle should start with the family. From childhood, young people should be taught the rules of personal hygiene, regular physical education skills, swimming in water, maintaining a sleep pattern, and getting used to walking in the fresh air. It is known that preschool and primary school period is a period of rapid formation, maturation and development of all the child's physical, nervous and mental systems. In the process of health education, hygiene skills are

formed, which are the basis for various life situations firmly established in everyday life. This allows to strengthen and maintain children's health and prevent many diseases. That is why Abdurauf Fitrat writes in his work "Family": "The happiness and honor of every nation depends on its internal discipline and harmony. Peace and harmony rest on the discipline of the families of this nation. Where the family relationship is based on strong discipline, the country and the nation will be strong and great" [3].

To strengthen and preserve the health of young people, to increase their spiritual and moral level, to form a healthy lifestyle in them, to achieve good achievements and results in life, to approach their health with a certain degree of responsibility, teaches the development of medical-hygienic knowledge, prevention of diseases, protection of the body from injury, poisoning, sensory organ dysfunction, and various infectious diseases. It is better to start forming the rules of a healthy lifestyle and hygiene skills in a child from the family. That is, for the proper development of his body and nervous system, he should be reminded of the rules of health and hygiene as much as possible. Parents play a big role in health education, because they help to strengthen acquired knowledge and skills in everyday life, and to use them correctly.

There are many studies aimed at improving the physical activity and health of students of higher education institutions, including A.Sischella, Y.Vesenan, S.Uska on the dependence of the healthy lifestyle of students on demographic, national, ethnic and student personality [4], C.Aseyjas, S.Waldhaus, N.Lambert, S.Kassar, R.Bello-Korassa on determinants of healthy lifestyle of young students [5], S.Chalishkan, K.Aberk, S.Oner on higher education aimed at forming healthy lifestyle behaviors of students of lim institutions [6]. H. Sena, D. Porri, R.de Giuseppe, A. Kalmportzidou, F. Salvator, M. Gox on experimental research aimed to determine the extent to which healthy lifestyle habits are formed in higher education students [7], A. Memon, S.Gupta, M.Krovzer, S.Ferguson, G.Tuckwell,



G.Vincent on the role of sleep and physical activity in the healthy life of students [8], M.Nelson, M.Story, N.Larson, D.Newmark, and L. Lyte [9] studied problems related to weight gain in students. Summarizing the analysis of the literature, the following can be indicated as the main methodological guidelines for healthy lifestyle education in students. Each lesson includes a summary of theoretical information, exercises that develop memory, attention, thinking, tests related to physical health, additional methods and methods aimed at confirming the knowledge gained in the lesson. To increase students' interest in health science, it is necessary to create a safe environment where they can share their thoughts without fear and ask lots of interesting questions. Based on this need, it is appropriate to define the goal of healthy education as forming the concept of health in students, introducing them to the main methods and methods of maintaining health, and forming the motive (motivation) for maintaining health.

The implementation of this goal requires solving a number of tasks, including:

- introducing students to the concepts of health, healthy lifestyle;
- to provide students with preliminary information about the structure of the human body;
- familiarizing students with health-preserving factors;
- providing information to students about factors that harm health;
- informing students about the basic rules of hygiene;
- making a daily schedule and teaching to follow it;
- development of students' attention to nature and environment.

In conclusion, we can say that the direction of a healthy lifestyle is the basis of our educational work, because our main task is to keep the health of students in the main focus.

Health is the first and most important need that determines a person's ability to work and ensures the full development of a person, it is an important condition for knowing the world, self-awareness and happiness. Active longevity is an important component of the happy human factor, and every ordinary person strives to live a happy life. But if we analyze "every step" of our usual day, then everything can turn out differently. He hardly gets out of bed in the morning to go to work or study, is restless during the day, eats poorly, quarrels with loved ones, is jealous of acquaintances and colleagues, spends everything on buying materialistic things, comes late from work, watches TV in the evening watching, relaxing on the couch, and spending the weekend barbecuing or shopping. As a result of many people spending their days in this way, physiological diseases, nervous diseases and problems in work and family arise.

A healthy lifestyle includes the optimal regime of work and rest, proper nutrition, sufficient mobility, strengthening of personal hygiene, elimination of bad habits, love for loved ones, positive acceptance of life. This allows you to maintain moral, mental and physical health until old age. After all, "... health cannot exist without mental health" [10].

Based on observations and experiments, researchers divide the

factors affecting human health into biological and social factors. Such a separation was formed as a result of understanding a person as a biosocial being, and if social factors include housing conditions, financial support and level of education, family structure, etc., biological factors include the age of the mother at the time of the child's birth, the age of the father at the time of the child's birth, characteristics of pregnancy and childbirth, physical characteristics of the child at birth are distinguished. Psychological factors are also considered under the influence of biological and social factors.

Health is an invaluable asset not only of each person, but of the entire society. When we meet and say goodbye to close and dear people, we wish them good health, because this is the main condition and guarantee of a full and happy life. Health is not only the absence of disease or physical infirmity, but also complete physical, mental and social well-being.

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