



PEDAGOGICAL MECHANISMS OF IMPROVING THE CULTURE OF HEALTHY LIFESTYLE OF STUDENTS

Roziyeva Mukhayo Erkinovna

Independent Researcher, Urgench State University, Uzbekistan

ABSTRACT

This article provides information about the pedagogical mechanisms of improving the culture of healthy lifestyle of students. The world experience in teaching healthy lifestyle were discussed in the example of educational system in Finland, France and Singapore.

KEY WORDS: *Increasing immunity, training, physical activity, exercise, personal hygiene, healthy lifestyle, activity.*

As a key area of child and youth development, the main task of the school is to promote the healthy growth of the physical and mental health of the students. Foreign studies have shown that the development of health education in schools helps to improve the health literacy of students and plays an important role in improving their quality of life. Promoting the overall physical and mental development of young people depends not only on the community providing them with a healthy environment and safety system, but also on the health education they receive, including a school health environment consisting of health lessons, environment, cultural environment and other factors. Among them, the health education course is the main element of this system. A 2004 report on health literacy in the United States states: "The most effective means of improving health literacy is to ensure that health education is included in the curriculum of every grade level." Internationally, Finland, Australia, Japan and other countries list "health care" as a basic education.

Schools are recognized around the world as the best places to promote health, and most children and young people spend most of their time at school. Human learning and development are accompanied throughout life, and also have positive plasticity in the sensitive period. Children and young people are in an accelerated period of physical development and a sensitive period of forming different habits and establishing different health concepts. The patterns of growth and development, cognitive development, and learning are highly consistent and complementary. Therefore, school health education can improve human health and educational outcomes through systematic design. Both largely determine the quality of the future population and economic efficiency.

Health plays an important role in controlling dropouts and ensuring school attendance. Unhealthy students have poorer academic performance, higher dropout rates, and are more likely to eventually drop out of school. An estimated 200-500 million students around the world miss school because of poor health, and healthy students learn better.

"Healthy lifestyle is an actual socio-pedagogical problem, which is considered from the point of view of human perception, psychology and motivation. The organization of lifestyle includes active work, physical strength, protection from extremely dangerous and harmful factors, as well as embodying spiritual culture. A healthy lifestyle is the guarantee of the young generation's all-round development. Lifestyle is our life activity, that is, how we spend a night. Maintaining and strengthening health is based on taking into account several healthy lifestyle factors. It is appropriate to explain the factors and content of a healthy lifestyle as follows. Health is the ability of the human body to adapt to the constantly changing conditions of the external environment. The external environment includes climatic factors and conditions, proper organization of work and rest, diet, social environment, etc. Adolescents' skillful adherence to the factors of a healthy lifestyle, conscious protection from harmful factors is the basis for ensuring personal and medical health, and it is considered a balanced unit of biological, mental, physical conditions and labor activity of the human body" [1].

"Health equity" is the same as "education equity" that affects children and young people. In addition to ensuring educational equity, schools also have a social responsibility to ensure 'health equity'. They are the main channel for improving



the intergenerational transmission of health inequalities and the main window reflecting the life and development of our country's citizens. Research shows that students of higher socioeconomic status are more aware of the importance of healthy habits than students of lower socioeconomic status. By providing strong health courses in critical knowledge and basic skills that directly and indirectly affect students' health, school health education reduces or eliminates individual health disparities caused by cognitive gaps and thereby prevents the intergenerational transmission of health disparities.

In our country, the physical and mental health of children and young people is deteriorating, and health problems are increasing. Physical and mental health problems resulting from unhealthy lifestyles, lack of health awareness and skills are major barriers to children's effective learning and social development. Key findings: The rate of bad vision is increasing year by year. Malnutrition and overnutrition coexist. On the one hand, the rate of malnutrition among 16-18-year-olds in the country has reached 11.5 percent, especially in the South-West region, while on the other hand, the detection rate of obesity among students of all ages has continued to increase. The obesity detection rates of rural boys and girls are 15.30%, 5.68%, 10.55% and 3.95%, respectively, compared to 2010 averages of 3.72%, 2.17%, 4.78 % and increased by 1.65%. The prevalence of psychological abnormalities is increasing. A 2020 survey found that the detection rate of youth mental health problems was 26.3%. Depression problems worsen with age. Some symptoms may persist into adulthood, increasing the risk of depression in adulthood by 2-4 times. Drug abuse is on the rise. In my country, the age of starting to smoke and drink alcohol among urban youth is much earlier, their number is increasing, and the gender gap is gradually decreasing. The situation regarding the prevention and control of AIDS is very serious.

Over the years, the absence of important health education areas such as mental health, lifestyle, safety education, emergency rescue, sanitation and communicable disease prevention and control, and sex education in schools has led to students' lack of health awareness, risk recognition, and survival skills. If it is not strong, it is easy to cause life safety accidents and cause great losses to people, families and society. Especially in the current socio-economic conditions of rapid development and changes, the increase of uncertain factors has a more negative impact on children and youth. The frequency and severity of many risky behaviors among young people gradually increases with socioeconomic development. If these problems are not addressed, the effectiveness of other educational innovations will suffer, according to the law of interaction between health and education.

In terms of international experience, in Finland, France, Singapore, and other countries, health education has been established on a multidisciplinary basis and integrated into the teaching of related subjects. For example, Finnish schools include age-appropriate content related to health, well-being and safety in the curriculum from various dimensions such as knowledge, skills, self-awareness, critical thinking and moral responsibility, and integrate environment and nature courses. Biology, geography, physics, chemistry and other subjects are integrated in grades 1-4; in grades 5-6. French primary and secondary schools combine food and nutrition education with sports lessons, food and nutrition education content in geography, science, foreign language and other teaching content; and civic education courses combined with tobacco control and drug addiction education; sexuality education life and earth science courses, civics and ethics courses, historical geography courses, French language courses and other related courses. Singapore integrates myopia prevention and control into physical education classes and extracurricular activities, and includes "outdoor activity time" in school curricula to encourage students to get more outdoors to protect eye health.

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