



HEALTHY LIFESTYLE, ITS ESSENCE, CONTENT AND STRUCTURE

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ABSTRACT

This paper clarifies the concept of healthy lifestyle, its essence, content and structure. Furthermore, the factors that influences the healthy lifestyle, such as morning exercise, proper nutrition, abandoning bad habits are explained.

KEY WORDS: *lifestyle, protection, alcoholism, bad habits, shopaholicism*

A healthy lifestyle is a person's choice of living conditions in accordance with his health, that is, a high hygienic culture of individual social groups and society as a whole. Rules against habits that harm the body, correct hygienic conditions play an important role in increasing the body's protective ability.

It is known from the results of foreign research that a number of factors affect a person's healthy lifestyle, according to G.Hervas, physical activity and nutrition, alcohol, drugs, sleep mode [1], K According to Almutairi, it also depends on social environment and national, cultural conditions, religious status [2]. M. Campos commented on the influence of sociological and economic factors on healthy lifestyle [3], A. Virs on geographic location, sleeping and eating [4], and M. Schmidt on sexual activity [5]. Summarizing the opinions of scientists, we can conclude that a healthy lifestyle includes increasing the body's protective ability and immunity, engaging in various activities, rational nutrition, regular physical activity, exercise, maintaining personal hygiene, maintaining one's own health.

A healthy life is not compatible with unhealthy habits, that is, alcohol and other intoxicating substances, as well as smoking, prevent the formation of a healthy lifestyle. Harmful habits are a dangerous factor that causes many diseases and negatively affects the health of young people. The correct organization of physical activity is the main condition for the formation of a healthy lifestyle, it improves the functioning of body organs and organ systems, actively supports the growth and development of the body, increases the body's working capacity, resistance to various diseases. increases. As a result of inactivity, negative changes develop in the body.

A healthy lifestyle is a philosophical concept that deeply expresses the scope of material and aesthetic diversity of the real life activities of society, social groups, and individuals, and leads a person to a prosperous life. A healthy lifestyle is a form of life activity determined by individual characteristics and socio-cultural factors. A healthy lifestyle is a state of harmony with all levels, i.e. physical, mental, spiritual, as well as with the external environment, being [6].

A healthy lifestyle is a vital concept aimed at improving and maintaining health by following proper nutrition, regular physical education, following moral rules and giving up bad habits. The issue of what components a healthy lifestyle, which is considered an integral part of everyday life, includes has caused many discussions among world scientists. Some consider it abstinence from alcohol, tobacco, and drugs, while others emphasize the importance of physical activity.

In particular, according to L.Hadad, R.Maitah, S.Cameron, M.Armstrong, the improvement of physical activity, proper nutrition, spiritual growth, interpersonal relationships and stress resistance are responsible for health [7]. At this point, it should be noted that the uncontrolled consumption of alcohol, the expansion of sales and advertising of alcoholic products, social, economic and psychological tensions in society, lack of alternative organization of free time and rest time have affected the population, including , causing young people to go out of their way to drink. "Risk factors" are associated with disease and death, so its study and assessment are important for both psychology and medicine [8]. However, based on the results of many studies, it should be recognized that today the representatives of the medical field cannot solve the health problem on their own without turning to pedagogues and psychologists. The health problems of the medical workers themselves are increasing year by year [9].



Alcoholism, as the antipode of a healthy lifestyle, is a huge social evil that causes premature death, “destroys” a person from the inside, and causes great harm to society. Many scientists and society of the country consider the abuse of alcohol as a “national disaster”, “collective suicide of the nation”, “the road leading to the catastrophe of humanity”. German scientist Y.Reim explains the emergence of infectious diseases, cancer, diabetes, neuropsychiatric diseases, conscious or unconscious self-harm as a result of alcoholism [10]. The beginning of systemic intoxication in alcoholism is a lack of courage, strength and will, which occurs during the period of mental dependence on alcohol.

Another of the most common harmful habits is smoking, and there is no organ or system in the human body that is not affected by cigarette smoke.

The central nervous system of a smoker is under constant stress due to the stimulating effect of nicotine. But at the same time, blood flows to it less (due to the spasm of cerebral vessels) and the amount of oxygen necessary for the active functioning of the brain decreases. It is difficult for the brain cells to process the oxygen given to the brain, so the mental capacity of the smoker decreases, the memory weakens and the will power decreases. In addition, a smoker is often restless, has trouble sleeping, and suffers from headaches.

Drug addiction is manifested in the process of using various means to achieve an intoxicating effect, compared to alcoholism and smoking, the following features are noticeable:

- young people often fall into the trap of drug addiction, so medical and social consequences, especially life expectancy, are reduced;
- addiction develops very quickly;
- the risk of diseases such as HIV infection, viral hepatitis B and C increases dramatically;
- the degradation of the person develops in a short time;
- the impact on health is more serious and irreversible;
- it is more difficult to give up.

Taking into account the above, it is appropriate to analyze the component structure of this concept in addition to abstaining from drugs, smoking and alcoholism in order to develop a healthy lifestyle. In particular, the following should be mentioned as components of a healthy lifestyle:

1. Morning exercise helps the body wake up from sleep, improves metabolism and strengthens the immune system. A person can adequately respond to external physical and mental stimuli, as a result of which stress is reduced, vision improves, and thinking becomes clearer. Sports exercises have a positive effect on the body and improve health. Regular sports training provides muscle strength, increases endurance, energy and mobility, as well as helps to increase immunity and harmonious functioning of the musculoskeletal and cardiovascular systems, and also reduces the risk of obesity due to sports. Playing sports makes a person disciplined, increases responsibility and contributes to an active lifestyle.

2. Proper nutrition. A balanced diet strengthens the immune system, normalizes metabolism, improves memory and appearance. Many people start eating right to achieve certain results, but unfortunately, they do not turn this process into a lifestyle. According to the experience of D. Park, K. Choi, K. Han [11], the formation of bad eating habits among students is a factor that has a serious negative impact on their health. Such unhealthy eating habits lead to two different outcomes, the first is the risk of malnutrition (anemia) and the second is the risk of obesity.

3. Exercise. Exercise strengthens the nervous system, normalizes blood pressure, metabolism, has a good effect on heart activity and blood vessels. Its main preventive value is that it does not cure the disease, but prevents its occurrence. In addition, it is suitable for any healthy person, regardless of age and level of physical development.

4. Healthy sleep. Healthy sleep is one of the most effective ways to maintain health, strengthen the immune system and prevent many diseases. 7-8 hours of sleep a day increases productivity, but not everyone sleeps enough. Lack of sleep causes stress throughout the body with serious consequences. It affects heart rate increase, blood pressure increase, loss of appetite, indigestion, decrease in the ability to rationally and correctly respond to events. As a result of constant lack of sleep, the protective functions of the body are weakened. As a result, the ability to react to external factors slows down, productivity decreases, susceptibility to colds and viruses increases. People who sleep little or poorly often suffer from gastritis, stomach ulcers and hypertension.

5. Giving up bad habits. Bad habits: smoking, alcoholism, gambling addiction, drug addiction, overeating, shopping mania (shopaholicism), Internet addiction; TV addiction; nail biting; the habit of gnawing on things while writing; technomania; use of vulgar, rude words; such as negative thinking. By abandoning them, we can significantly improve our lives, change our outlook and thinking.

These simple rules are the basis of a healthy lifestyle. If a person is healthy and full of energy, travels, does extreme sports, tries new things, the door to a full and happy life is open for him.



Taking into account that a healthy lifestyle is closely related to proper nutrition, the daily diet of students should fully satisfy the needs of their growing organism for necessary nutrients and energy and fully compensate for the energy expended during the day. should be restored. In this regard, it is very important for students to know about basic healthy eating habits. Healthy nutrition means paying attention to providing all the body's needs for proteins, fats, carbohydrates, vitamins and many other nutrients, taking into account the useful properties of these products.

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