



# FORMATION OF VALEOLOGICAL CULTURE IN PRIMARY SCHOOL PUPILS

**Uralova Gulbahor Oktamovna**

*Freelance Researcher at Tashkent State Pedagogical University*

## ANNOTATION

*In this article, it is stated that human health, well-being of the population, the growth of a harmoniously developed generation and the development of society are important tasks, and also opinions and comments on the role of valeology in the high productivity of the intended purpose are stated to achieve efficiency and to start this process from children of primary school age.*

**KEYWORDS:** *valeological education, valeological knowledge and skills, valeological culture, pedagogical valeology, valeological knowledge.*

Health is one of the main circumstances of human happiness. That is why, human life and health are one of the highest values in society. Protecting human health, cultivating valeological culture and knowledge among people, and forming an adequate knowledge of environmental valeology are among the most important tasks of today. The World Health Organization (WHO) and the Global Health Standards are committed to ensuring that such features are available in a democracy. Therefore, to involve people in a healthy lifestyle, pedagogical valeology, valeological education and upbringing are considered to be a purposeful and meaningful organization today in the educational process. With this aim, the Resolution of the President of the Republic of Uzbekistan PR-6221 “On additional measures for the integrated development of health care”, as provided for in paragraph 14 of Section V [1] with Minister of Preschool Education [A. Shin] and the Minister of Public Education [Sh. Shermatov] within two months to establish a proper diet in preschools and schools from 2021-2022, an updated diet and the task was set to approve and implement the requirements for business entities engaged in this area. In this regard, it is no coincidence that the relevant authorities have been instructed “to restrict the sale of all food products that

are harmful to the health and development of children in the territory of preschools and schools” [1].

Valeology is the study of the reserves and potentials of a person’s mental and physical health, as well as ways to strengthen and maintain it. Valeology develops the skills to lead a healthy lifestyle, avoid bad habits, eat well, and plan your leisure and work routine.

Pedagogical valeology studies the issues of training and educating a person focused on a healthy lifestyle and a healthy lifestyle at different stages of development. Valeology as a discipline is included in the curriculum in preschool, primary, secondary and higher education institutions. It is important for preschoolers and school-age pupils to have the following concepts in depth, and it is advisable to start forming a valeological culture in the early grades. The reason is that it is the age at which it is easier to get used to the psychology of children than at any other age. In addition, without exaggeration, children’s health is one of the main principles of preserving the lives of future generations and the healthier development of our society. Promoting and maintaining the health of schoolchildren often depends on the conditions of the learning environment. Therefore, systemic measures aimed at maintaining and strengthening the health of



pupils in the classroom have a special place among the key issues for the development of the education system.

Valeological education is inextricably linked with other types of education such as practical, theoretical, physical, professional, political and others. Such interactions serve as a clear preparation for the equal effectiveness of all forms of education and for the fulfillment of personal and social responsibilities in society, especially among children and young people.

Pedagogical valeology is a complex of valeological education, valeological knowledge, valeological culture. Children need to be educated scientifically and practically enough to understand that valeological education is important, that is, that they value the attitude that human health has to do not only with their own health, but also with the health of others. Valeological knowledge is a set of similar measures, their results and, based on them, a set of scientific concepts and ideas for further growth. [3]

We need to pay attention to a certain system of rules in order to organize the educational process in this spirit. It is advisable for primary school pupils to gradually acquire valeological knowledge and skills throughout the lesson. The reason is that children should not think of this process as a difficult mental activity, but they should be taught such rules as a daily habit. In addition, it is necessary to create a favorable socio-psychological climate in the classroom in order to maintain the mental health of children in a balanced and good way. Whenever possible, pedagogical technologies should be used with an individual approach to each child, taking into account their psychological state, educational capacity and individual cognitive characteristics. It helps to create a healthier atmosphere in the classroom. It is also important to show children the benefits of a healthy lifestyle through real-life examples and encourage them to strive for it. It is significant to create such conditions during the lesson and pay close attention to it, to do all the necessary practical work.

The teachers need to be guided by basic health principles in the design and implementation of the teaching process for primary school pupils. It requires a high level of professional knowledge and skills from primary school teachers. As mentioned, a comprehensive individual approach to children is important, for example, some children follow the

teacher's instructions, and some pupils understand the essence only if the consequences of not doing so are explained, or by giving them real-life example. So it is up to the teacher to motivate the children to lead a healthy lifestyle and achieve good results.

Helping pupils to follow a healthy and nurturing regimen in the classroom and to organize this regimen at home is also an important step in forming a valeological culture. Applying these methods and principles in the classroom will have a positive impact on children's health. It helps teachers learn more effectively and make it easier for pupils to master.

Another important aspect is to work with pupils and their parents. As children spend part of the day at school and the rest at home, their main educators are their parents. Therefore, parents need to make sure that their children's education and upbringing are accompanied by a healthy lifestyle. If parents are reluctant to do so, teachers and professionals should be involved. It is important that pupils are able to apply what they have learned in the classroom. That is, they are required to do what they have learned, seen, and learned in real life without making mistakes. A simple example of this is when a teacher tells children about valeological ecology and teaches them to throw garbage only in the trash, and the child does it not only on the school grounds, but also in their homes, on the street, in public places, the aim will be achieved.

It is traditional way to teach only the pupil during the lesson. However, in order to achieve enough results, we need to organize the lesson in a non-traditional way, because the types of learning activities such as writing, reading, answering questions, retelling, problem solving lead to some monotony of the lesson process. This, in turn, leads to boredom and mental fatigue. Frequent repetition of this situation can lead to a decrease in the pupil's ability to study and loss of interest. We cannot call such a learning environment a healthy learning environment. Therefore, it is important to follow all the instructions and principles given in order to organize the teaching process perfectly. In each class, there should be a few minutes of physical activity. This class should consist of 4-5 light physical exercises once every 15-20 minutes. [2] Everyone should understand that the prevention of many diseases through proper nutrition and physical activity can save lives, and if this is



instilled in children of primary school age, we will achieve more effective results and significant effects.

Besides, in primary school, children often become accustomed to eating less and less, so they want to eat something between school hours, It should be noted that one of the main factors in the formation of a healthy lifestyle is a rational diet, so it is important to teach children from an early age how to eat properly, what to eat and, conversely, what products are harmful to health. As long as the primary school pupil is on the school grounds, the teacher will not only teach and educate him, but also take care of him as a parent, which will increase the effectiveness of the education.

Combining healthy lifestyles and health topics into the curriculum will help children develop an understanding that health is the highest value and reward. The talent of a teacher to focus on health as well as education is one of the criteria that defines his or her skills. In any case, no matter what the topic, children need to be able to take an interest in it. Visual aids and technical equipment play an important role in this. [4]

The intensity of the learning process affects the pupil's mental health, and mental health means physical health. Increasing the valeological culture of young school-age children depends in many ways on external factors such as teachers, school, parents and the people around them. That is why, any upbringing, whether physical or spiritual, requires a very delicate approach. Much work must be done on this topic at the school level. Involving children in a series of activities under the theme "Health is the art of keeping the body healthy" is one of the ways to promote valeological culture. Another important quality of a teacher is that he always inspires his pupils.

So, the learning process, which is organized in a healthy environment, following a healthy lifestyle and following all the instructions, will be much more effective. Pupils complete the lesson in an upbeat manner, without excessive stress or fatigue. The project to create a culture of healthy lifestyles, especially in the primary grades, is based on standards that take into account the factors that significantly affect the health of children.

There are a number of norms and principles to follow when working with children. Paying attention to all the small details, trying to work with each pupil, not to

leave any pupil out of the classroom, to always have a positive impact on the mood of pupils, to encourage them, to instill in pupils a healthy lifestyle without rushing, to teach them to put it into practice are the most important tasks. The pupil, who is brought up in this way, will become a mature person who cares not only for his own health, but also for the health of the people around him. This means that the most beautiful feature of valeological culture, the inculcation of attention to environmental health in the minds of young people from childhood, can be a solution to a number of actual problems in the future. All this work is aimed at developing the valeological culture of the society. So, it is a good idea to start this project with the smallest, but most important small school children. It is necessary to take such measures at all levels of the education system, to entrust those responsible for ensuring the full operation of the project and to ensure its sustainability. In every classroom, we should be able to create qualitative education in this spirit in every school. Only then it can serve as a solid and healthy foundation not only for today, but also for the future. The most important thing is that all the work in this area should be completed, and there should be no delays. If at this stage the primary school is able to develop the valeological culture of young children, it will be easier to achieve such results with people of the same age range. Therefore, just as it is important to build a house from scratch, it is important to ensure that young children have a strong understanding of valeology. Then, any work done in this direction should be supported, and all opportunities should be created for a smooth and smooth process.

In conclusion, the main tasks of valeology are the quantitative assessment and study of human health and its resources, the creation of devices aimed at a healthy lifestyle, the strengthening and maintenance of human health through the introduction of a healthy lifestyle and it is a great achievement for our society to be able to instill such ideas in children and all citizens, and to achieve results.

## REFERENCES

1. *The Resolution of the President of the Republic of Uzbekistan PR-6221 "On additional measures for the integrated development of health care", as provided for in paragraph 14 of Section V*



2. *Sodikov K. Anatomy, physiology and hygiene of primary school children. Tashkent- "Ilm Ziyο" -2016.*
3. *Sharipova D., Sodikov K., Shakhmurova G., Arbuzova T., Mannapova N. Basics of valeology. Publishing House "Music". Tashkent-2010.*
4. *Conference materials. Improving quality and efficiency in primary education and physical culture: problems and solutions. Tashkent-2015.*