



# THE ROLE OF MOTIVATION FACTOR IN SHAPING A HEALTHY LIFESTYLE

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## ABSTRACT

*This article discusses the role of motivation in shaping a healthy lifestyle. The goal was to explain to young people why they should lead a healthy lifestyle and why they should avoid choosing an unhealthy lifestyle, as motivation is one of the key issues in creating a healthy lifestyle.*

**KEYWORDS:** *Healthy lifestyle, motivation, personality, need, knowledge, skills, strategy, activity, factor, opinion, idea.*

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## INTRODUCTION

In a modern country, where development and progress are gaining momentum, the issue of creating a healthy lifestyle among young people has become more relevant than ever. Currently, regardless of the area, with the development of society, knowledge in this area is constantly updated, and in turn, knowledge about a Healthy lifestyle, new approaches that need to be introduced, arise as necessary. In this regard, the formation of a motivating factor in teaching young people a healthy lifestyle is an important factor [2, p.21].

## THE CONTENT OF THE ISSUE

So what is motivation itself and why do we rely on this factor in shaping a healthy lifestyle today? Here we define the term *motivation*. According to its content, it consists of encouraging a person to engage in a certain type of activity, as well as justification and expression of its importance. Motivation is one of the key issues in shaping a healthy lifestyle, and it is aimed at explaining to people why they should live a healthy lifestyle and why they should avoid choosing an unhealthy lifestyle. Motivation is the root cause of an individual's movement to meet certain needs [3, p.11].

In the process of forming a healthy lifestyle, it is an unforgivable mistake to fail to properly assess the motivational factor, to look at it as an insignificant issue, to ignore the requirements in this regard. The negative situation in society regarding the formation

of a healthy lifestyle among young people requires putting the motivational factor in its place. Such works include the following:

- Conducting research in the field of the motivational factor among certain layers of youth to justify healthy behavior, to study the causes of unhealthy behavior, defines long-term strategies for the health system and health workers to change it.

- Steps aimed at ensuring health and justifying the need to change a person's behavior, such as justifying in what directions and levels (with individuals, family, educational institution, workplace) and by whom people (doctors, teachers, employers, legislators) should be taken.

In order to determine whether there is a motivating factor among certain layers of youth, it is usually sufficient to simply ask questions and get answers to them. Including:

- "Are you interested in changing your behavior?"
- "What do you want to do to improve your health?" etc.

The motivational factor is inextricably linked with the ability of each person to understand their dangerous moral qualities and the need to change such behavior, which requires the use of different measures, different methods. Such measures include:

- Make it clear to everyone that they need to plan their lives;
- Conduct persuasive conversations about changing existing ethical deficiencies;



- development of interesting guidelines;
- provide sound advice;
- motivate young people by engaging them in interesting tasks and activities;
- application of incentives, etc.

According to some researchers, the effectiveness of the motivational factor averages 70 percent. Such a high level of effectiveness of the motivating factor in practice requires that it take its rightful place in the process of shaping a healthy lifestyle [2, p.22].

In assessing the motivational factor in the process of forming a healthy lifestyle among young people, each individual has the following key elements necessary for the analysis of his daily life activities:

- knowledge of a healthy lifestyle;
- Strong belief that living a healthy lifestyle can make a person healthy and prolong life;
- Special attention should be paid to the existence of a serious effort to live a healthy lifestyle.

Theoretically, in people's daily lives, this "triangle" can be formed in different variants. Every person's inner need to strengthen their health determines their practical action in this direction. Accordingly, all young people can be divided to:

- those who live a hygienically correct and justified lifestyle, that is, a healthy lifestyle;
- medically unhygienic, i.e., those living an unhealthy lifestyle [1, p.23].

We will first analyze the pros and cons of the above three key elements present in those living a healthy lifestyle. According to the results of the analysis, it is advisable to consider people living a healthy lifestyle by dividing them into the following options:

- those who have sufficient knowledge of a healthy lifestyle and are convinced that this path will strengthen their health and prolong their lives, and will work hard on this path, and we must encourage all our compatriots to live this way;
- those who have enough knowledge about healthy lifestyles, but do not believe that this will make them healthy and prolong their lives. Nevertheless, such people are on the right way. They have the ability to think independently, believe in the power of science, and carefully follow its requirements;
- those who do not have enough knowledge about a healthy lifestyle, Such young people realize that some hygienic rules, which have become a habit, are useful, and live by them;
- those who have neither the knowledge nor the confidence to lead a healthy lifestyle, but who, under the influence of traditions according to their

own habits, are able to behave hygienically through imitation.

Those who live a hygienically wrong and unhealthy lifestyle should be divided into groups:

- those who have neither knowledge nor confidence in a healthy lifestyle and therefore live an unhealthy lifestyle and live voluntarily according to the situation;
- those who know that living an unhealthy lifestyle is not crazy and are fully convinced of it. However, those who continue to live an unhealthy lifestyle. Their behavior outweighs their knowledge and beliefs, their inner needs. This shows that in real life, people's behavior is not always formed under the influence of their internal needs, but also depends on external conditions and situations;
- those who have enough knowledge about the unhealthy lifestyle, understand, but do not believe in the correctness of their knowledge, and therefore live an unhealthy lifestyle.
- Finally, those who have no knowledge of a healthy lifestyle and understand that it is right for them to live an unhealthy lifestyle.

An important conclusion from the above classification is that the approach to the study of the justification of the behavior of our youth should be based on the specific inner aspirations and needs of each individual, to determine the main direction, shape and content of the "triangle". In practice, this process is called healthy lifestyle modeling. We can see his model in some technical and technological issues in the formation of a healthy lifestyle, the application of the motivational factor [3, p.13].

Focusing on some of the technological problems of a healthy lifestyle, it should be noted that in science and in social life, including in the process of motivation through a healthy lifestyle, it is necessary to rely on the flow of science-based information to solve existing problems [1, p.25].

- is explained by the fact that it creates motivation in consumers.

Returning to the question of the sources of information above, the fact that such information consists of information about the external environment, its factors, forms a response to the situation, as well as the formation of a healthy lifestyle.

## CONCLUSIONS

In assessing the role of the motivating factor in the formation of a healthy lifestyle, it is necessary to pay attention to the presence of the basic elements that each person needs to analyze their daily life activities. This includes the availability of knowledge about a healthy lifestyle in each person, a strong belief that it can make a person healthy and prolong life, and the presence of a serious effort to live.



The availability of new approaches to shaping a healthy lifestyle is especially important at this time. This, in turn, shows the important role of motivation in shaping a healthy lifestyle.

One of the most important issues of our time is undoubtedly the formation of a healthy lifestyle. The role of motivation factor in the performance of this task is significant. Motivation is the act of motivating a person to embark on a particular activity, justifying and expressing its importance. The motivating factor in the problem of shaping a healthy lifestyle is to explain to young people why they need to live a healthy lifestyle.

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