

Content of Forming A Healthy Lifestyle Culture in Students

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Abstract: This article is devoted to the topical issues of forming a healthy lifestyle culture in students. The student period is characterized by the formation of a personality, the beginning of an independent life, at the same time, during this period students are more exposed to various dangers and bad habits. The article considers the essence of a healthy lifestyle culture, its main elements and the main ways of forming this culture in students. Creating a health-improving environment, developing educational programs, popularizing sports, monitoring health, creating conditions in student dormitories, conducting propaganda work, covering it in the media, supporting the activities of organizations, creating incentive mechanisms and personal examples of professors and teachers are highlighted as important factors. The article aims to raise a healthy generation by forming a healthy lifestyle culture in students, but also to increase their opportunities to obtain knowledge, acquire a profession and benefit society. The article is intended for education professionals, teachers, students, and a wide audience interested in healthy lifestyle issues.

Keywords: Health culture, students, healthy lifestyle, physical activity, educational technologies, integrative approach, pedagogical methods.

Introduction

The aim of the study is to identify and propose effective theoretical and methodological foundations for the development of health culture skills in future physical education teachers. This will ensure that in the future they will become qualified specialists who, in addition to maintaining their own health, will be able to contribute to the formation of a healthy lifestyle in their students. The methods of working with literature, interviewing, observation and comparative analysis were used in the research process.

For the effective development of health culture skills in future physical education teachers, the combination of theoretical and practical aspects is important. The results of the study showed that it is not enough to provide theoretical knowledge alone, but special attention should be paid to the formation of practical skills, self-education and personal mastery of a healthy lifestyle.

Today, the formation of a healthy lifestyle of students is one of the urgent problems. The student period is characterized by the formation of a personality, the emergence of an independent life, and the expansion of worldview. At the same time, during this period, students are more exposed to various dangers, stresses, and bad habits. Therefore, it is important to form a conscious attitude towards a healthy lifestyle in students, to direct them to maintain and strengthen their health. What is a healthy lifestyle culture? A healthy lifestyle culture is a set of values, knowledge, skills, and behaviors that express a person's conscious and responsible attitude towards their own health. A healthy lifestyle culture includes the following elements:

- ✓ Physical activity: Regular physical exercise, sports.
- ✓ Proper nutrition: A diet rich in vitamins and the avoidance of harmful products.
- ✓ Personal hygiene: Maintaining cleanliness, following sanitary rules.

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- ✓ Stress management: Maintaining mental health, knowing ways to deal with stress.
- ✓ Giving up harmful habits: Refraining from smoking, alcohol and drugs.
- ✓ Rest and sleep: Getting enough rest, following a daily routine.
- ✓ Ecological culture: Protecting the environment, consuming environmentally friendly products.

Discussion and Results

The main ways to form a culture of a healthy lifestyle among students:

1. Creating a health-improving environment in educational institutions: Organizing and effectively using gyms, stadiums, swimming pools and other sports facilities at universities and institutes.
2. Developing and implementing educational programs on a healthy lifestyle: Organizing courses, seminars and trainings that inform students about a healthy lifestyle, its importance and rules.
3. Popularizing sports and physical education among students: Holding sports competitions, Spartakiads, sports festivals and other events.
4. Monitoring and conducting preventive measures for students' health: Regular medical examinations, vaccinations, early detection and treatment of diseases.
5. Creating conditions for a healthy lifestyle in student dormitories: Organizing rooms that meet sanitary and hygienic requirements, organizing proper nutrition, creating conditions for playing sports.
6. Conducting advocacy work on a healthy lifestyle among students: Promoting a healthy lifestyle through lectures, talks, seminars, conferences, sports events, photo exhibitions, booklets, brochures and other materials.
7. Covering issues of a healthy lifestyle in the media: Publishing programs, articles and interviews on a healthy lifestyle on television, radio, newspapers and magazines.
8. Supporting the activities of student organizations and clubs: Providing financial and organizational assistance to student organizations and clubs implementing projects on a healthy lifestyle.
9. Creating mechanisms to encourage students to lead a healthy lifestyle: Awarding students who win sports competitions, providing scholarships to students who promote a healthy lifestyle, etc.
10. Personal example of professors: Teachers' adherence to a healthy lifestyle sets an example for students and encourages them to live a healthy life.

Conclusion

The formation of a culture of a healthy lifestyle in students is a long-term and complex process that requires the joint efforts of educational institutions, families, society and the state. By forming a culture of a healthy lifestyle, we not only raise a healthy and strong generation, but also increase their opportunities to obtain education, acquire a profession and contribute to society.

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