



FORMATION OF A HEALTHY LIFESTYLE OF A STUDENT THROUGH PHYSICAL CULTURE AND SPORTS

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Received: 1 st September 2022	The article deals with the main problems of a healthy lifestyle of a student, the role of physical culture and sports. The article also provides statistical data on the state of health of the younger generation.
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Health is the most important factor in a person's work and productivity. This problem has acquired a global character, since all spheres of human life affect the state of health in economic, historical, cultural and environmental terms. There is more and more information about the spread of new diseases. But physical health and body tone make it possible to deal a preventive blow to diseases, viruses and chronic fatigue syndrome, which is a serious problem for modern people, especially young people and middle-aged people.

The health of the younger generation cannot but cause concern for the country's leadership, which really thinks about the prospects for its existence for at least the coming decades. Until recently, it seemed that these were only declarations of the importance of this topic. But at the moment it is gratifying to note that the place of sports and an active lifestyle in the youth environment is noticeably increasing. At the same time, the attitude towards sports and physical culture as vital aspects of the existence of a modern person has not yet been formed.

Scientific evidence shows that most people, following hygiene rules, have the opportunity to live up to 100 years or more.

Unfortunately, many people do not follow the simple, science-based norms of a healthy lifestyle. Some become victims of inactivity (physical inactivity), causing premature aging, others an excess of food with the almost inevitable development of obesity, vascular sclerosis and some diabetes mellitus, some cannot calm down, be distracted from industrial and internal problems, are always restless, nervous, suffer from insomnia, which ultimately leads to numerous diseases of the internal organs.

Protecting your own health is the direct responsibility of everyone, he has no right to shift it to others. In the end, it often happens that a person with a wrong lifestyle, bad habits, physical inactivity, overeating at the age of 20-30 leads to a catastrophic condition and only then remembers medicine.

No matter how perfect medicine is, it cannot save everyone from all diseases. Man is the creator of his own health, for which he must fight. From an early age, it is necessary to lead an active life, arrange, exercise and sports, observe the rules of personal hygiene, in a word, achieve in a reasonable way the true harmony of health.

Health is the first and most important human need, which determines its ability to work and ensure the harmonious development of the individual. This is the most important prerequisite for understanding the world around us, for self-affirmation and human happiness.

An active long life is an important component of the human factor.

A healthy lifestyle is a lifestyle based on the principles of morality, rationally organized, active, labor, vacation, and at the same time protecting from the adverse effects of the environment, allowing you to maintain moral, mental and physical health until old age.

As defined by the World Health Organization, "health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity".

In general, we can talk about three types of health: physical, mental and moral (social) health.

Physical health is the natural state of the body, due to the normal functioning of all its organs and systems. If all organs and systems work well, then the



whole human body (self-regulating system) functions and develops properly.

Mental health depends on the state of the brain, it is characterized by the level and quality of thinking, the development of attention and memory, the degree of emotional stability, the development of volitional qualities.

Moral health is determined by those moral principles that underlie the social life of a person, that is, life in a particular human society. Distinctive features of a person's moral health are, first of all, a conscious attitude to work, mastery of the treasures of culture, an active denial of mores and habits that are contrary to a normal way of life. Social health is considered the highest measure of human health. Morally healthy people have a number of universal human qualities that make them true citizens.

A healthy and spiritually developed person is happy - he feels great, gets satisfaction from his work, strives for self-improvement, achieves unfading youth of spirit and inner beauty.

The integrity of the human personality is manifested, first of all, in the relationship and interaction of the mental and physical forces of the body. The harmony of the psychophysical forces of the body increases the reserves of health, creates conditions for creative expression in various areas of our lives.

The value of maintaining health is accumulated in relation to a person (society) to his state, which ensures successful life. Together with a person's attitude to health, a system of his value orientations, preferences, goals is built, without which human existence loses its meaning. In its content, health as a value includes many sub-values that are important for a person. Health is both pleasure, and kindness, and fame, and beauty, and kindness, and happiness. And in this regard, we can talk about health as a universal value.

Health as a value in terms of physical parameters is the value of biological (somatic) indicators of a person's condition for his life. The vital characteristics of health show the significance of its biopsychosocial indicators, but at the individual level, without the participation of a person in the system of social relations. Spiritual health as a value captures the importance of ideal phenomena that allow a person to be a full member of society. Health as a social value expresses the importance of social ties, the place and role of a person in solving social problems, the degree of realization of public interests, which provides him with a sufficient level of social adaptation. This is quite possible and further gradation of subspecies. For

example, in social health, political, legal, economic, etc., its subspecies can be defined.

Currently, negative trends in the health of young people persist:

- Of particular concern is the growth of infectious diseases, primarily tuberculosis, syphilis and AIDS;

- the number of diseases of the respiratory tract and circulatory organs, the musculoskeletal system is increasing, and the number of mental disorders is growing;

- increasing prevalence of drug and substance abuse;

- the general incidence of newborns increases;

- there is a deterioration in the reproductive health of the younger generation - future parents;

- among the main reasons for the deterioration of the reproductive health of the younger generation is the increase in the use of alcohol, tobacco and drugs;

- One of the reasons for poor health is the poor state of the environment.

If we talk about the main patterns that determine the hierarchical significance of factors and the share of influence of the latter on the formation of health, then numerous studies have shown that health determines lifestyle by about 50% or more, and living conditions - by 20%. - the state of the environment, 20% - genetic factors and 10% - the level of development and health.

Most health problems begin before birth. Unfavorable reproductive health is observed among the female population: 10-15% of adolescent girls and 40-70% of women over 50 have gynecological diseases, 10-15% of people suffer from infertility.

The physical development is declining and the health of the younger generation is deteriorating. Most young men experience diseases of internal organs - 30%, surgical interventions - 20%, many have diseases associated with the nervous system - about 12%, mental disorders - 19%, etc.

The number of cases of diabetes is increasing every year. According to the International Diabetes Federation, around 415 million people aged 20 to 79 worldwide have diabetes, many of whom are unaware of their diagnosis.

In connection with the erosion of the system of formation of a healthy lifestyle among schoolchildren, neglect of their health and lifestyle is increasingly observed.

Many students entering adulthood experience certain difficulties. The deterioration in the health of students during their studies at the university is largely associated with the negative impact of social and hygienic environmental factors. Already in the early



stages of education, young people are faced with a violation of the daily routine. This can manifest itself in the form of stress, lack of sleep, malnutrition, etc. Many students are faced with the need to combine study and work.

Analysis of factual materials about student life testifies to its disorder and chaos. This is reflected in such important components as untimely meals, systematic lack of sleep, little exposure to fresh air, lack of physical activity, lack of hardening procedures, independent work during sleep, smoking and much more. At the same time, it was found that the influence of individual components of the students' lifestyle, taken as 100%, is very significant. So the sleep mode accounts for 24-30%, food intake - 10-16%, motor activity mode - 15-30%. Accumulating during the school year, the negative consequences of such an organization of life are most pronounced by the time it ends (the number of diseases increases). And since these processes are observed over several years of study, they have a significant impact on the health of students.

Physical activity is currently declining in all age groups. According to domestic and foreign authors, by the age of 21, only 40% of men and 30% of women regularly exercise. The sharpest drop in physical activity is observed among adolescents (ages 15-19) and youth (ages 21-25). About 50% of students do physical exercises only 2-3 hours a week, and more than 45% of students do not.

The spread of false and irrelevant information on the Internet is also an extremely negative trend. In particular, today, along with unverified information about ways to preserve and promote health in the information space, there are opportunities for a potential information threat to the mental and physical health of young people.

It should be emphasized that at the present stage the role of state organizations and institutions (in particular, various sports schools, educational organizations) is quite large in terms of preserving and strengthening the health of young people by performing the following functions: school);

- creation of material and technical conditions for physical education and sports for children and adolescents;

- attraction of budgetary funds for recreational and sports activities (management is carried out by local administrations - executive authorities and, in particular, their structural divisions - sports departments);

- organization of such events;

- implementation of physical education programs for schoolchildren.

Today, the current trend is the development of technologies in the field of preserving the reproductive health of young people, which is determined by both psychological factors (family values formed among young people, the rejection of casual sexual relations) and physical factors - the level of physical activity, the rejection of bad habits.

Health-saving technologies, which are used in educational organizations and are designed to neutralize the impact of negative factors (a sedentary lifestyle, high workloads) on the health of schoolchildren and students, also today play a special role in preserving and strengthening the health of young people.

The only sure way to improve the health of young people is physical culture and sports. By studying scientific materials and articles, you can see how systematic classes affect the improvement of students' well-being. For physical activity to bring double benefits, you need to initially determine what you are doing and what it can give you. Having determined the motives of your activity, you need to set yourself goals to which you will strive. Even if you do not have chronic health problems, this does not mean that sports will become superfluous in your life, on the contrary, it will help you get rid of problems in the future.

Physical culture is aimed at maintaining and strengthening health, forms a healthy lifestyle. The main means of physical culture are various physical exercises with a gradual increase in load and games. Physical culture begins with elementary morning exercises and ends with competitions to set personal and international records. Only the forces of nature are used to achieve results. This includes sun, water and air, proper nutrition, hygiene and rest.

Performing physical exercises, we excite the flow of nerve impulses from the muscles and joints, thereby bringing the central nervous system into an active state. The internal organs are actively working, providing us with a surge of vitality. Many exercises are preventive and can help treat chronic diseases.

Today, the formation of a healthy lifestyle among young people is one of the main directions of the state youth policy. Much attention is paid to various projects related to the fight against alcoholism and drug addiction. There are many student forums about the benefits of physical education and sports. The state can support educational institutions by issuing sports equipment and everything necessary for training.

Thus, today's youth is characterized by a low level of health - physical and mental, while there is a negative trend, which boils down to the inclination of



young people to an unhealthy lifestyle (low physical activity, bad habits).

Preservation and strengthening of the health of the nation is possible only if the priority of a healthy lifestyle is formed in the system of social and spiritual values of society, as well as if there is a motivation to be healthy and ensuring legal, economic and organizational provision by the state of the conditions for a healthy lifestyle.

Physical education is useful. It is worth taking a closer look at your health and choosing the best options for doing sports for yourself, then any ailment will not become a hindrance for you.

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