

Scientific foundations of the formation of the need for a healthy lifestyle among students of higher educational institutions

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Abstract

Aim: of the study is to test the program developed in the theoretical part of the study for the formation of the need for a healthy lifestyle among students of higher educational institutions.

Methods: The study used the analysis of scientific and methodological literature, theoretical and comparative analysis, pedagogical observation, comparison, pedagogical experience, methods of mathematical statistics.

Results: According to the results of the survey, factors preventing students from leading a healthy lifestyle: material and financial problems - 26.6%, lack of free time - 21.3%, smoking and other bad habits - 1.6%, healthy diet (buying semi-finished products, various fast foods, late dinners, etc.) - 13.8%, heavy academic load - 15.4%, lack of sleep - 11.2%, family problems - 10.1%. The survey shows that the most serious factor is the lack of material and financial capabilities of students (26.6 %)

Conclusion: The survey shows that the most serious factor is the lack of material and financial capabilities of students (26.6%), according to the financial criterion we defined for the formation of the need for a healthy lifestyle when assessing the place of the motivational factor. In the process of formation, it is necessary to pay attention to the presence of each person of three main elements necessary for the analysis of their daily life. These include everyone's knowledge of a healthy lifestyle, a firm belief that a healthy lifestyle can make a person healthy and prolong life, as well as the presence of a diligent desire to lead a healthy lifestyle.

Keywords: higher education, students, observation, survey, healthy lifestyle (HLS), testing, needs, health, research.

Introduction

Physical education and sports have been formed as a social institution and have reached the level of one of the main means of providing health. This creates a desire to pay special attention to the development of physical culture and sports in the world, as well as to carry out systematic work on the development of sports. The desire to cover the population with physical culture and sports through the development and popularization of each sport is gaining popularity on a large scale. In particular, there is a need to involve young people in physical culture and sports through the development of

measures aimed at the development of sports of high public interest. Involving them in sports, especially at the school level, is seen as one of the most effective efforts.

We know that children learn the fundamentals of knowledge at the school level. The knowledge acquired in childhood plays an important role in the full mastery of the knowledge acquired in the later stages. That is why many experts, in addition to calling for the acquisition of knowledge in childhood, also tried to develop their own methodologies in this regard.

In accordance with the decree of the President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoyev dated 10/30/2020 "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports", it is necessary to form students' needs for a healthy lifestyle on the basis of the "Healthy Lifestyle" platform. Health is one of the important components of human development, an inalienable right of the individual, a guarantee of self-development, active participation in personal and public life. It is known that in our society, human health, his physical form, the culture of a healthy lifestyle are very important social values. Ensuring the health of the nation, preserving the national gene pool can be solved in a fairly positive way only due to a healthy lifestyle. All social institutions of society; Family, educational institutions, neighborhood and independent education allow us to convey to the citizens of our society the meaning and essence of a healthy lifestyle, to educate young people as a sober and knowledgeable, competent person. A healthy lifestyle (HLS) is a process of active activity, life in the midst of creativity, the formation of a comprehensively developed personality that easily tolerates large physical and mental loads, tolerates extremely dangerous and harmful factors.

Methods

To solve the tasks assigned to us, the following methods were used: analysis of scientific and methodological literature, theoretical and comparative analysis, pedagogical observation, comparison, pedagogical experience, methods of mathematical statistics. formation of the need for a healthy lifestyle among students of

developed and theoretically justified pedagogical conditions for its implementation. From a theoretical point of view, in the process of forming a healthy lifestyle among students, the inner need of each person to strengthen their health determines their practical actions in this direction. Accordingly, all hygienic factors are correct and based on lifestyle, that is, on a

Table 1. Results of student observation and survey

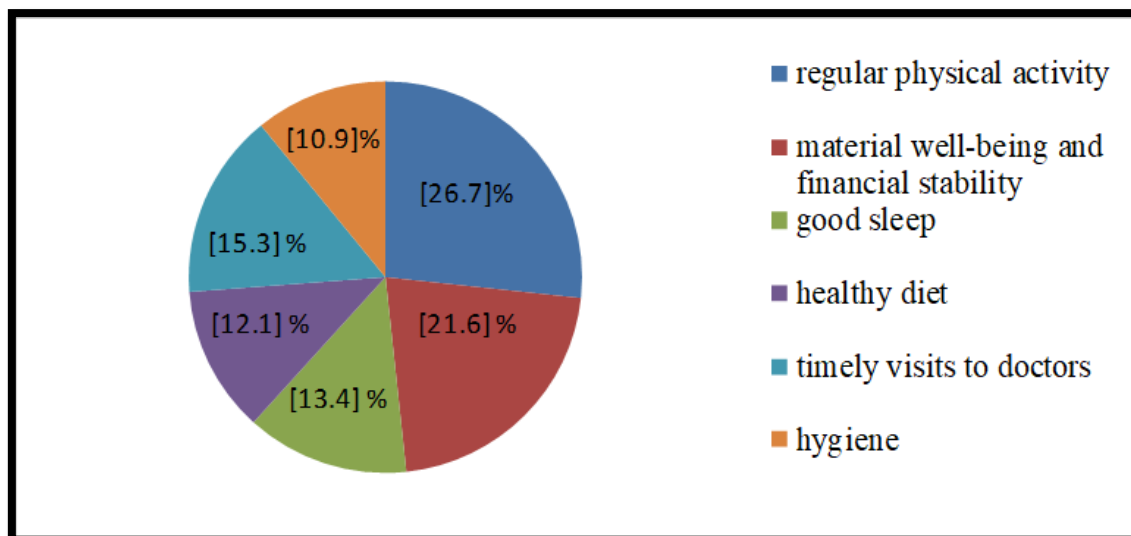
№	Indicators	Suitable for a healthy lifestyle	Not suitable for a healthy lifestyle
1	Bad habits (smoking, etc.)	76.35%	23.65%
2	Healthy diet	51.32%	48.68%
3	Interest in the formation of a healthy lifestyle	63%	37%
4	The impact of sports games on a healthy lifestyle	53%	47%
5	Sleep schedule	35%	65%
6	Walking and traveling	90%	10%
7	Hygiene	85%	15%

higher educational institutions by observation and survey; determination of physiological and everyday criteria for the formation of the

healthy lifestyle, and not on medical hygiene.

418 students of physical culture faculties of Tashkent State Pedagogical University,

Fig 1. Students' views on a healthy lifestyle



need for a healthy lifestyle among students of higher educational institutions.

Results and discussion

Based on the theoretical provisions set out in our study, we organized experimental and test work on the formation of a healthy lifestyle among students of higher educational institutions. The purpose of the formation stage is to create control and experimental groups and to test the developed program in an experimental group, to create practically

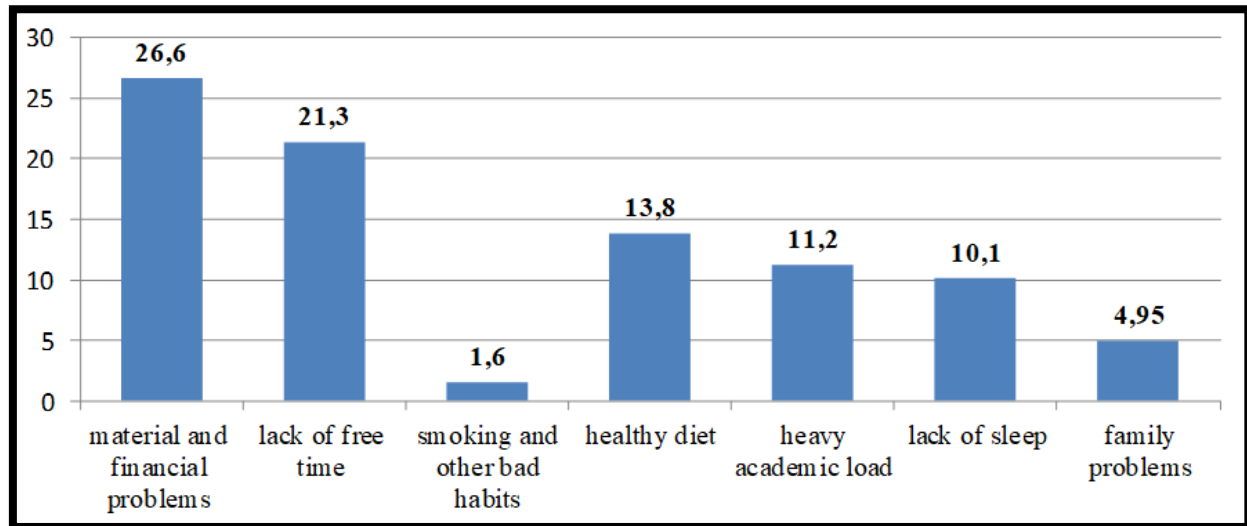
Namangan State University, Urgench State University aged from 17 to 21 years took part in the research work. In the research work at the initial level of determining the need for a healthy lifestyle among students of higher educational institutions, such methods as observation, questionnaire, survey, testing were used. The methods of observation and questioning allowed us to obtain preliminary information about the physiological and household criteria for the formation of the need for a healthy lifestyle among students (see table

1).

Also, another survey conducted to determine the level of formation of physiological and everyday criteria made it possible to determine whether students' ideas

consistently in different directions, on the basis of a specific program, in specific areas. In particular, it is primarily aimed at providing students with certain medical and hygienic

Table 2. Factors that, according to students, interfere with a healthy lifestyle



about a healthy lifestyle are related to indicators such as a healthy diet, good sleep, regularity.

According to the results of the survey, students' needs for a healthy lifestyle are: regular physical activity (26.7%), material well-being and financial stability (21.6%), good sleep (13.4%), healthy diet (12.1%) timely visits to doctors - disease prevention, routine medical examinations, etc. (15.3%) and hygiene (10.9%).

In order to formation the need for a healthy lifestyle, we took as a parameter the awareness of students about the need for financial support of a healthy lifestyle in accordance with the financial criterion we identified. This parameter, at first glance, is secondary, but in the interests of the complexity of solving the problem of forming the need for a healthy lifestyle, we considered it necessary to take it into account.

According to the psychological criterion of the formation of the need for a healthy lifestyle, we will consider two parameters, as we noted above, the first of which is to know the reasons that hinder a healthy lifestyle, and the second is to find out the types of needs for a healthy lifestyle among students.

Conclusion

The promotion of a healthy lifestyle in the education system should be carried out

knowledge about a healthy lifestyle in the process of higher pedagogical education, forming their ideas about the impact of a healthy lifestyle on the improvement of the human body. On the other hand, this is directly related to the observance by young people of hygienic rules based on a strict regime, the acquisition of skills to turn caring for themselves and others into a daily habit. In addition, although a healthy lifestyle is widely promoted through the media, it should be deeply integrated into the educational content provided in schools, lyceums, colleges in harmony with all educational institutions.

Formation of the need for a healthy lifestyle of students of a higher educational institution when organizing physical culture and wellness activities that are held in addition to classes (during sports holidays, various relay races, elements of sports games and various competitions, contests), it is necessary to properly plan and organize physical culture and wellness activities. Regular use of physical culture and wellness activities leads to the fact that the process of physical education, a healthy lifestyle is actively promoted among students, their interest and attachment to physical education and sports increases, and on the basis

of this, the students' need for a healthy lifestyle is formed.

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