



THE ROLE OF SPORTS IN THE FORMATION OF A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE

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ABSTRACT: - “Movement as such can, in its action, replace any remedy, but all the remedies of the world cannot replace the action of movement” (Tissot XVIII century France)

The need for movement is one of the general biological needs of the organism, which plays an important role in its life activity and the formation of a person at all stages of his evolutionary development. Development occurs in close connection with active muscular activity.

Motor activity is one of the main factors that determine the level of metabolic processes of the body and the state of its bone, muscle and cardiovascular systems. It is closely related to the three aspects of health: physical, mental and social, and plays a different role during a person's life. The body's need for motor activity is individual and depends on many physiological, socio-economic and cultural factors. The level of need for physical activity is largely determined by hereditary and genetic characteristics. A certain level of physical activity is necessary for the normal development and functioning of the body to maintain health.

KEYWORDS: Health: physical, mental and social, and plays a different role during a person's life.

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INTRODUCTION

In the living conditions of the university, the importance of physical education and the formation of a comprehensively and harmoniously developed personality - a university graduate with a high degree of readiness for professional activity - increases.

Regular classes in a variety of physical exercises and sports in the educational process at a university give the body an additional margin of safety, increasing the body's resistance to a wide variety of environmental factors. Physical culture and sports in the educational process are used as a means of active development of individual and professionally significant qualities for students, they are used as a means of achieving their physical improvement, as a means of social development of future specialists.

A direct relationship has been established between students' performance and their physical development, and although a significant part of people do not find a direct relationship between academic grades and the amount of physical activity in a university, it exists. The mechanism of such a relationship can be roughly compared with the action of inertial weights (due to inertia, they do not immediately outweigh in one direction or another). In inertial weights, training and physical exercises and sports, it is important to take into account the influence of two generalizing factors: accumulation and the inevitability of the manifestation of changes. These factors can have both positive and negative effects.

The positive effect is that with regular physical education and sports, long-term reserves of volitional qualities, resistance to stress, and mental performance are accumulated. All this inevitably leads to an increase in the effectiveness of training at the university.

The negative effect is that the neglect of physical activity leads to the accumulation of risk factors, and this will inevitably manifest itself sooner or later in diseases, a decrease in mental and physical performance, and learning difficulties.

Many become victims of inactivity (physical inactivity), which causes premature aging, obesity, vascular sclerosis, and in some - diabetes.

In Uzbekistan, they pay special attention to the development of sports, the number of football teams is constantly increasing from year to year. At present, there is an opportunity to create 4 teams from among the youth. Hockey leagues of Uzbekistan are being created, a decision was made to develop women's football.

After all, this is wonderful - doctors not only treat, but also promote sports and a healthy lifestyle. The mini-football tournament "Nobel Cup - 2011" was held among the teams of the leading medical institutions of the city of Tashkent under the motto "Doctors - for the promotion of sports and a healthy lifestyle!".

At the present stage of development of society in the context of the implementation of the system of continuous education and the National Program for the Training of Personnel, the strategic goal of which is the upbringing and development of a free, cheerful, healthy personality, protecting the health of the younger generation is a timely and demanded problem.

The proclamation of 2005 in the Republic of Uzbekistan as the "Year of Health", and 2006 as the year is convincing evidence that improving the health of all segments of the population, including students, is a priority in the social policy of Uzbekistan. This is evidenced by the provisions of the state program for the year of health on the

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formation of a philosophy of life among citizens of the republic, focused on the correct, responsible attitude to the culture of a healthy lifestyle, improving the sanitary and hygienic conditions of educational institutions, as well as raising the status of medical workers in society, including school ones. medical workers.

Successful implementation of this area of the program at all stages of education and upbringing can be carried out subject to the development of the conceptual foundations for the formation of a healthy lifestyle (HLS) in the educational process of schoolchildren, lyceums, colleges, as well as students.

One of the ways to solve this problem is to conduct targeted explanatory work among young students about the importance of understanding the philosophy of health, the formation of a value orientation towards a culture of health and a healthy lifestyle, mastering modern pedagogical technologies, and increasing interest in the main components of a healthy lifestyle.

Taking into account the peculiarities of the age development of children and adolescents at each stage, it should be convincingly brought to the attention of everyone that a healthy lifestyle is typical and essential for a given socio-economic formation types, types, ways of human life, strengthening the adaptive capabilities of his body, contributing to the full implementation of them social functions and the achievement of active longevity.

Every schoolchild, student and student should know that the main criteria for a healthy lifestyle are: hygienic validity of human behavior, physiologically optimal work regime, sufficient physical activity, rejection of bad habits, rational nutrition, properly organized rest aimed at restoring strength, useful for individuals, families, society forms of leisure, optimal interpersonal relationships, etc.

The consistent acquisition by students of knowledge about the basics of the formation of a healthy lifestyle will allow them to focus their attention on the fact that a healthy lifestyle is not only a special activity aimed at realizing the need to preserve and improve one's health, but also an organizing principle for the formation of life values at various stages of development.

According to scientists, "Health is a normal state of mind, emotional, mental and physical spheres of a person's life, which creates the most favorable conditions for the flourishing of his personality, talents and abilities, for his awareness of the inextricable connection with the outside world, his responsibility for it" .

In the process of education and upbringing, students begin to understand what the "health of an individual" (person) is and characterize it as a dynamic process of adaptation to the environment, which should be considered as an adaptation of the body to various living conditions.

For the formation of a healthy lifestyle, it is very important that each student learns that the criteria for assessing health are:

- the level of physical performance and morphological development at this stage;
- the absence of chronic diseases, physical defects that limit social capacity;
- social well-being, the ability to adapt to changing living conditions and maintaining a certain resistance to the effects of adverse environmental factors.

The concept of "health" exists as opposed to the concept of "illness". As noted by V.P. Petlenko (2000), there is one amazing state in a person's life: when "it" exists, they don't feel it, as soon as "it" is lost, "pain" appears. Pain is a signal of trouble in our body.

Human health is an amazing property, about which Socrates once said: "Health is not

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everything, but everything without health is nothing.”

It has been established that the main factors of health are:

- movements that ensure longevity;
- intense physical activity that favorably affects the functioning of the body;
- Proper balanced nutrition that ensures health;
- hardening, which is the key to health;
- water procedures that give us cheerfulness;
- massage used for health, body care, disease prevention.

Health is an invaluable asset not only for each person, but for the whole society. When meeting, parting with close and dear people, we wish them good and good health, as this is the main condition and guarantee of a full and happy life. At all stages of education in the system of continuous education, one should learn that health helps to fulfill our plans, successfully solve vital tasks, overcome difficulties and, if necessary, significant overloads. Good health, reasonably preserved and strengthened by the person himself, a healthy lifestyle ensures him a long and active life.

As you know, the concept of "lifestyle" is considered as a type of people's life, due to the characteristics of the socio-economic formation.

For adults, the main parameters of the lifestyle are work, for students - study, as well as life, socio-political and cultural activities of people, various behavioral habits and manifestations.

According to philosophers, a disease is a life constrained in one's freedom, while a healthy lifestyle aimed at preventing the occurrence of any disease, ensuring the full development and realization of the individual's capabilities, contributes to the formation of an active life

position and is a necessary condition for educating a harmoniously developed personality. .

Scientists came to the conclusion that the teacher should conduct his activities on the formation of a healthy lifestyle among students, taking into account the individual age characteristics of children and adolescents.

The age stages that a child goes through are preschool, primary school, adolescence and youth, and at each age stage, a certain amount of knowledge about healthy lifestyles should be given, appropriate skills and positive habits should be developed for the implementation of each of its components.

When organizing activities aimed at the formation of a healthy lifestyle in the system of continuous education, the following should be provided:

- a rational mode of work (study) and rest, based on individual biorhythmological characteristics;
- optimal and systematic physical activity;
- science-based, effective hardening;
- normal nutrition in accordance with the concept of adequate nutrition;
- a complex of psycho-hygienic and psycho-prophylactic effects;
- taking into account and correcting the impact of the environment on health;
- harm and benefit of self-treatment;
- reasoned and effective propaganda of factors harmful to health - alcoholism, smoking, drug addiction, substance abuse;
- formation in children and adolescents of correct ideas about puberty, knowledge and measures for the prevention of AIDS;
- training on the prevention of street and domestic injuries and the rules of personal hygiene.

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It has been established that a healthy lifestyle is the science and art of helping people change their lifestyle to achieve a state of optimal health.

The consistent fulfillment of all these requirements of a healthy lifestyle from one age group to another will allow students to form a firm conviction that a healthy lifestyle is the only lifestyle that can ensure the restoration, preservation and improvement of human health, and that the formation of this lifestyle among the population - the most important social technology of national importance and scale.

According to V. A. Tokareva (1996), "a healthy lifestyle, being an integrative characteristic of the normal development of both an individual and society as a whole, is an indicator of the social health of a nation."

It has been proven that the introduction of a healthy lifestyle to a certain extent depends on how strong and durable the moral and psychological position of a person is. It depends on whether he gives in to alcoholism, drugs and debauchery and other bad habits. In total, the above-mentioned negative phenomenon can very easily lead to the development of stressful conditions, nervous tension, diseases, thereby blocking a person's healthy lifestyle.

The main summary of the acquired knowledge should be that the integrative nature of a healthy lifestyle is due to its multidimensionality. Its most significant aspects are socio-political, economic, biological, psychological, hygienic, moral, spiritual and cultural, etc. Therefore, it is quite right to judge social progress not only by the level of development of science, technology and production, but also by ensuring a healthy image the lives of its citizens.

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