



## IMPROVING THE EFFECTIVENESS OF THE FORMATION OF A HEALTHY LIFESTYLE IN STUDENTS

**Mannapova Nargiza Shakirovna**

Toshkent State Pedagogical University

nargizaa2407@mail.ru

+998946972795

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| <b>Received:</b> 28 <sup>th</sup> March 2021<br><b>Accepted:</b> 7 <sup>th</sup> April 2021<br><b>Published:</b> 25 <sup>th</sup> April 2021 | The article describes the formation of healthy lifestyle, the importance of hygienic education and personal hygiene. Also article includes some information on the experiments. |
| <b>Keywords:</b> Healthy lifestyle, hygienic knowledge, experiment, medical staff, personal hygiene, generation                              |   |

A healthy lifestyle is a social phenomenon that allows a person to organize life activities and achieve a high level of health based on the acquisition of skills to ensure the safety of life and health.

The promotion of a healthy lifestyle in the education system should be carried out consistently in different directions, on the basis of a specific program, in specific areas. In particular, it aims to provide students with certain medical and hygienic knowledge of healthy lifestyles in the process of higher pedagogical education, to form in them an understanding of the impact of a healthy lifestyle on the development of the human body. is directly related to the formation of skills to make the health of others a daily habit. In addition, a healthy lifestyle should be widely promoted through the media, as well as deeply integrated into the educational content of schools, lyceums and colleges in conjunction with all educational institutions.

In order to increase the level of formation of a healthy lifestyle in students of pedagogical universities, as a result of practical application of the experimental program, health questions and tests were conducted in control and experimental test groups and the following information was obtained. To the question "What is the importance of hygienic education for human life?", The experimental students said that they were "healthy", "long-lived", "help prevent various diseases", and the answers of the control groups were almost indistinguishable.

To the question "Do you value health?", 100% of the test respondents answered "yes", and 2% of the control groups answered "I do not have enough knowledge". 77% of the students in the experimental group answered "self-monitoring of health" in the first place. The question was asked to determine the position "according to the importance of factors that have a positive impact on human health". In the control group, 22% gave the same answer, while those who wanted to put physical education (24%), hygiene (13%), agenda (14%), peace of mind (26%) and other concepts in the first place.

Among the factors that do not allow a person to take care of their health, 81% - in the experimental group - lack of information about a healthy lifestyle, and in the control group - "lack of interest" (33%), lack of conditions (21%), lack of time. (26%) financial difficulties (18%) and so on.

In the experimental-test group, 92% of respondents said that the importance of personal and general hygiene in human health was very high, while in the control group, only 61% said such a response.

They gave correct and complete answers about the ways and means of training the body. Experience - 88% of students in the test group and only 57% in the control group. 82% of the students in the experimental group answered that they follow the agenda on a regular basis, while 53% of the students in the control group answered the question "Do you exercise regularly in the morning?". Experiment - The students in the test group participated in different sections compared to the control groups and went to bed almost on time, completed homework assignments on time, and were fully responsive to the principles of the agenda. Experimental - The students in the test group were engaged in a variety of physical activities during the day (78%), while those in the control group were only (47%). Of those who correctly and completely described personal and general hygiene, 84% were in the experimental-test and 53% in the control group.

When asked about the effects of smoking on the body, the experimental respondents gave a comprehensive answer (84%), while the students in the control group did not give a complete picture and showed that they did not have enough information about the problem.

However, the answers to the question of how alcohol affects the body were almost indistinguishable from the previous question. 86% of the students in the experimental group explained that they had knowledge about reproductive health and sex education, while only 40% of the respondents in the control group were able to answer correctly.

What do you mean by psychohygiene of the educational process: experience - test and control differed significantly from the answers of students in the control group, as 33% of respondents in the control group answered "I do not know", the rest did not have clear information about the problem. From the Healthy Lifestyle Experiment, students in the test group answered "mostly from the teacher" (70%) and those in the control group mostly from "friends and medical staff" (31%).

In the experimental group, 92% of the respondents answered the question "Factors affecting health (determine the location according to their importance)". In turn, the most responses were marked as "ecology", followed by "generation", "healthy lifestyle" and, finally, the state of "medicine". unwillingness to take care of one's health; lack of interest in health; drugs; lack of physical activity; non-compliance with the agenda; malnutrition; physical exertion; non-compliance with hygienic requirements, etc.

In the control group, harmful habits come first then placed in order not to follow the agenda, etc. The last question is about priorities in life, and them offered to place according to the value. Experience - the subjects unanimously put "health" first, followed by study, family, fun work, sports, etc.

The responses of the students in the control group were reflected in the following order: Reading, family, health, sports, friendship, etc. The results and other methods provided information to determine the level of healthy lifestyle of students based on the above criteria, the results of control and experimental groups at the beginning and end of the study and the information that should be taken into account in improving the effectiveness of healthy lifestyle. it has been proven that the constant supply of information on healthy lifestyles is very important.

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