



## VALEOLOGY AS A FACTOR IN THE FORMATION OF A HEALTHY LIFESTYLE OF STUDENTS

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### **Abstract.**

Health is a balanced unit of the biological, mental, physical condition and labor activity of the human body. Health is happiness for everyone. Its labor productivity is a necessary condition for the development of the country's economic power and the well-being of the people. A conscientious and responsible approach to health as a public domain should be the norm for the life and morality of society and all its members. This article is written about the need to form a healthy lifestyle among university students.

### **Keywords:**

Vealeology, healthy lifestyle, students, higher educational institutions

### **Introduction**

To maintain and strengthen health, first of all, a person needs to know the laws of normal functioning, growth, development and reproduction of all tissues and organs of the body. It is also necessary to know and create the conditions necessary for the preservation and further improvement of these biological properties inherent in humans, as well as in all living things.

### **Main Part**

Valeology is a study of human health, an important component of human development, legal and socio-economic development [5].

Since the proclamation of independence, the idea of educating and educating a spiritually and physically healthy generation, the formation of a comprehensively developed personality has risen to the level of state policy. Thanks to this idea, it is gradually being targeted at the state level.  
activity is underway.

In the implementation of the idea of a healthy generation, special attention is paid to the following areas:

- Preservation of the national gene pool, strengthening of the national mentality;
- upbringing of a physically and spiritually healthy generation;
- to bring up a free and independent, strong and honest generation;
- Talented and sane, free to think logically training of youth.

These ideas are aimed at teaching students the skills of a healthy lifestyle based on physical and psychological health, familiarity with the general and reproductive health of the body, as well as the formation of a harmoniously developed generation, the preservation and strengthening of the health of the individual and personality [4].

A healthy lifestyle gives students the opportunity to formulate an active strategy for maintaining and promoting health by teaching them a constructive approach to human health [3].

Health is to achieve the development of mental, physical and physiological qualities of a person, the ability to maintain an optimal level of performance and social activity in conditions of maximum life expectancy.

Valeology means "health", "to be healthy" and plays an important role in solving the problem of raising a healthy generation. In this case, the task of the educator is to instill in each child the skills and abilities in order, as far as possible, to preserve and strengthen the health of himself and those around him [2].

Our educational institutions (family - educational institutions - neighborhood, out-of-school education, etc.) are an important component of the health of every child, teenager, boy and girl and adult: a healthy lifestyle, which is reflected in active exercise, physical exercise, physical culture, and sports should form and develop the need for organizing style. Nutrition, occupational and recreational hygiene, personal and general hygiene, daily routine, personal and public hygiene, environmental protection (ecology and health), prevention of bad habits, compliance with the requirements of psycho-hygienic necessity.

The transition of the Republic of Uzbekistan to independent development, building an economic and democratic society, renewing the morale of society, promoting a healthy lifestyle in achieving high results in state and social construction is an important issue for the health of the younger generation and society.

The promotion of a healthy lifestyle should be carried out in different directions. [1] On the one hand, it aims to provide students and adults with certain medical and hygienic knowledge about healthy lifestyles, in order to give them an idea of how a healthy lifestyle affects the development of the body, and on the other hand, to promote hygiene. in education, to protect oneself, etc. depends on the formation of everyday habituation skills. In this regard, it is necessary to widely promote a healthy lifestyle in the media, in lyceums, colleges, in all educational institutions.

At the level of higher education, the Ministry of Higher and Secondary Specialized Education, the Ministry of Health, the Ministry of Social Protection, the Republican Scientific and Practical Center "Family", as well as the youth public movement "Yoshlar ittifoki", "Nuroni", "Oydin hayot" and many other non-governmental organizations should work closely with the mahalla.

## Conclusion

A healthy lifestyle is a social phenomenon that ensures the organization of life and the achievement of a high level of health based on the acquisition of skills that ensure the safety of a person and his health.

A healthy lifestyle is a way of actively assimilating the conditions of a person's life, following the agenda, hardening the body through active movements, playing sports, full and high-quality nutrition, observing hygienic rules for nutrition, communication and ecological culture, spirituality based on universal principles. and national values. education means being able to protect yourself from bad habits.

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