

HIGHER EDUCATION INSTITUTIONS STUDENTS HEALTHY LIFESTYLE DEVELOPMENT

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ANNOTATION

The article examines directions for the development of a healthy lifestyle among students of higher education institutions, pedagogical observations from research, and the results, discussions and solutions of questionnaires.

Keywords: health, healthy lifestyle, hygiene, physical activity, healthy diet.

INTRODUCTION

Uzbekistan _ Republic higher education institutions in students healthy marriage style promote reach current education in the field current from problems one b die lib in kelmok Uzbekistan _ Republic President's decree on October 30 , 2020 " Healthy marriage style wide app reach and public sports more development measures _ _ about " gi PF -6099- number decree came out President in the decree " Healthy marriage style " to life wide application reach and public sports more development main directions reached marked . President decree according to each one family , neighborhood and in the district (city) , before school , general medium , medium _ special , professional and higher education in institutions as well head q a organizations a physical education and public sports with to engage conditions - conditions create and public sports development according to families , classes , cocktails teams and territories between sports competitions regularly respectively transfer according to instructions and practical recommendations given _ In the development of "healthy lifestyle" among students of higher educational institutions, first of all, students' acquisition of theoretical and practical knowledge on health and hygiene is of great importance.

LITERATURE ANALYSIS

Studying the development of a healthy lifestyle in students of higher educational institutions, in particular Sh.M. Mirziyoev [1], I.A. Karimov [2] , Law of the Republic "On Environmental Control" of 2013. December 27. [6], National Encyclopedia of Uzbekistan. [3], and S.I. Plekhanov, one of the scientists of the CIS, who was scientifically and theoretically studied in

the researches of other scientists of our country. Solntse - eto jizn, a ne batareyka [5] , UNEP, 2011, Towards [4], the content of the research was studied based on an independent approach .

METHODOLOGY

The promotion of a healthy lifestyle is sufficiently covered in educational manuals, textbooks and other literature. In a healthy lifestyle, we should consider health first. Health is covered in many literatures as follows:

Health is not only the absence of disease or physical defects, but also a state of complete physical, mental, and social well-being. Health should be strengthened first of all, that is, it is necessary to give methodical instructions on how to prevent stress in students of higher education institutions. A student may need to learn self-control and engage in other activities to overcome depression.

As for the concept of a healthy lifestyle, a healthy lifestyle is defined as active actions aimed at improving and protecting human health. One of the leading scientists in the field of "Physical culture" of the Republic of Uzbekistan on healthy lifestyle Sh.Kh. Honkeldiev and others published a textbook entitled "Physical Culture of a Healthy Lifestyle". The textbook contains useful information for young people involved in the field of education of the Republic of Uzbekistan, that is, students of general secondary schools, academic lyceums and vocational colleges, and students of higher educational institutions. In the textbook "Physical culture of a healthy lifestyle", the daily movement activities of students are clearly indicated within the framework of regulation. That is, it is assumed that each student can make his own agenda.

Having a daily routine will greatly help the development of the internal and external conditions of each student's body.

A healthy diet plays an important role in the preparation of the daily routine, a healthy diet is considered a diet that ensures human activity, normal growth and development, strengthens his health and helps prevent diseases. In a healthy lifestyle, healthy eating is not about eating a large amount of food at once, it is necessary to take into account the nutritional value of the food. It is assumed that the food contains enough minerals, proteins, and fats. Each substance affects the student's development negatively or positively. Eating a lot of fats and carbohydrates leads to weight gain. Proteins have a positive effect on the growth of body muscles and the rapid healing of the injured area. Vitamins are the most necessary substance in the human body and serve as a source of energy (power) in his life. In developing a healthy lifestyle in students of higher education institutions, it is necessary to follow the correct diet. Eating 3 or 4 meals during the day is included in the standard content. If the student's health is impaired, it is necessary to eat 6 or 7 meals less and more often to restore the internal reserves of the body. It is also necessary to eat food at the right time. It is recommended to chew each bite at least 15-20 times. Eating in this order will not cause any gastrointestinal diseases.

RESULTS

A survey on healthy lifestyle development was received from 45 students of Samarkand State Medical University "treatment" faculty. The survey questions are presented in Table 1.

Table 1

Questionnaires received from the students regarding the correct adherence to a healthy lifestyle

Do you follow a routine throughout the day?

How long do you sleep during the day?

That's it with physical education during the day

are you happy

nutritional value of the food you eat ?

do you mean by a healthy lifestyle ?

Do you want to be tall and have a normal weight?

Do you find that following a routine has a positive or negative effect on your health?

Do you think that following a healthy lifestyle develops strength, speed, agility, endurance, and flexibility from physical qualities?

Have you received any healthy lifestyle advice from family members?

Do you think that the proverb "healthy body-healthy mind" is correct?

of the survey, all 45 students answered yes to the 1st question and said they will follow the agenda. To question 2, 31 of the students answered that they sleep for 6-8 hours, 14 students answered that they sleep for 4-5 hours. According to question 3, 45 students answered that they do physical education during the day. "Do you know the nutritional value of the food you eat?" 45 students answered yes to question 4. 33 students answered the rules of hygiene and 12 students answered about the need to pay attention to nutrition to the 5th question asking what do you understand by the term "healthy lifestyle". Do you want your height and weight to be normal? 45 students answered yes to question 6. To question 7, 43 of the students answered that following the daily routine has a positive effect on my body. 2 students answered that it has a negative effect. Do you think that following a healthy lifestyle develops strength, speed, agility, endurance, and flexibility from physical qualities? All of them answered yes to the 8 questions . Have you received any healthy lifestyle advice from family members? 25 students answered yes and 20 students answered yes to 9 questions. A healthy body common sense, do you think this instructive sentence is correct? All students answered yes to 10 questions.

The results showed that 45 students participated in the survey and answered the survey questions. But it was found that 25 students did not pay attention to the content and essence of the survey questions. We calculate the results obtained from s o' row In this case , we knew that we should give theoretical and practical instructions on how to keep students away from harmful habits in the development of a healthy lifestyle . Ways to develop a healthy lifestyle in students with the help of a certain mechanism or system were determined.

CONCLUSION

In conclusion, we can say that in order to develop a healthy lifestyle among students of higher education institutions , it is necessary to organize special seminars, webinars and trainings for them during the month. By following a healthy lifestyle , we can clearly observe that the spiritual, mental, and physical activities of students have developed to a certain extent . It is also possible to develop skills and competences in a certain field with the help of providing an understanding of a healthy lifestyle to every student in higher education institutions, because a healthy body is a healthy mind.

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