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VALEOLOGICAL CULTURE AS A COMPONENT OF THE EDUCATIONAL PROCESS IN THE FORMATION OF A HEALTHY LIFESTYLE

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Abstract.

The cause of all non-communicable diseases is the lack of personal attention among young people to a healthy lifestyle, care for the continuation of their generation. Today's youth is ready to accept everything new and unknown, without thinking about the consequences. The formation of a healthy lifestyle is a key area of reform of the health care system in Uzbekistan. The study of the problem of healthy lifestyle of the younger generation in the sociological aspect is due to the peculiarity of this socio-demographic group, its individual formation and role in the educational process.

Keywords: health, healthy lifestyle, valeological education, valeological culture of students.

To date, the country has consistently taken measures to prevent, treat and control non-communicable diseases and their risk factors, reduce premature mortality and morbidity of the population. At the same time, it is necessary to introduce an effective management system of preventive measures for the protection of public health, which will make it possible to apply uniform measures for the management of healthy lifestyle, maintaining a healthy diet and physical activity of the population [9].

In the conditions of the deteriorated level of youth health, attention to the healthy lifestyle of students of higher educational institutions is increasing, which indicates the concern of society with the problems of reproduction and the quality of the workforce and the human internal reserve as a whole. It is impossible to ensure a high level of training of specialists without strengthening the cognitive activity of the students themselves. To teach a student the vital need to work, the desire to be socially active, to develop their knowledge, the ability to take care of their own and others' health is one of the main tasks of universities [10].

Valeology is a fundamentally new field of knowledge based on modern ideas about the laws of wildlife and humans.

Promotion of a healthy lifestyle is a very important and irremovable socio-pedagogical task. The inclusion of the subject "Valeology" in the list of elective and academic disciplines of higher educational institutions is a natural phenomenon due to vital social and social needs. The problems of maintaining health and harmonious interaction of man and the environment are of a global nature and

many spheres of culture, including education, are engaged in solving them.

Valeogrammativeness has become a mandatory component of versatile education. Since the ability to independently determine the parameters of one's own health, to support, strengthen and, if necessary, correct it is an index of high personal culture.

In order to improve the mechanisms for organizing and managing the prevention of noncommunicable diseases, the formation of a healthy lifestyle and increasing the level of physical activity of the population, as well as in accordance with the Decree of the President of the Republic of Uzbekistan dated December 7, 2018 # DP-5590 "On comprehensive measures to radically improve the healthcare system of the Republic of Uzbekistan", the Concept for the prevention of noncommunicable diseases, support a healthy lifestyle and an increase in the level of physical activity of the population for 2019 – 2022.

The subject of valeological education is the formation of a culture of health, a conscientious attitude to one's health and the environment as a condition and source of its preservation and development. The result of such education is determined, on the one hand, by the level of theoretical knowledge about the principles of health and a healthy lifestyle, and on the other hand, by the existence of a valeological culture that allows a person to take an active position regarding the preservation and strengthening of their own health, to use skills and abilities to develop their probable capabilities.

A significant circumstance of the successful introduction of valeology in universities is the



pedagogical art, highly professional tools. And in order to improve it, it is necessary to generalize and promote such experience. Consequently, the more fully valeology enters the educational and life sphere of higher educational institutions, the more effectively the greatest social mission presented to science and education will be realized: preservation of the Uzbek people, their health, their labor, reproductive, valeological security.

Two branches have already separated from the trunk of the general valeology. One is medical valeology, which is practiced by developing health-improving mechanisms and methods, evaluating their effectiveness, tasks of preventing aging, strengthening reserve and adaptive capabilities, etc., the second branch is pedagogical valeology. Being in close connection with medicine and having been created by medical professionals, valeology has now taken the form of a pedagogical discipline. It's enough to ask the question — what is valeology: Valeology is health through education. It is necessary to deal with health not only and not so much where people come with their illnesses, but where they study (in kindergarten, school, college, institute), since health care must be taught. And the role of the teacher is assigned to parents, educators and teachers. The valeological approach to the learning process is to find the chances of improving the health of students even before they get sick. And this is not limited to preventive measures. In this case, the task is deeper – to identify the aspirations that would support and develop a person's tendencies to be healthy, to realize himself in an excellent way [12].

The following competencies should be included in the basis of healthy lifestyle training for medical university students: training in effective methods of disease prevention, taking into account age characteristics; formation of a responsible attitude to one's health and the principles of "responsible parenthood"; dynamic monitoring of patients at risk of developing NCDs; monitoring of functional and biological reserves of the body taking into account age characteristics. Such specialization of future doctors directs students to the fact that they should become valeologists, created to change a person's lifestyle in the direction of preserving his health. Teaching health-saving technologies takes into account the use of visual domestic and publicly

available foreign Internet materials adapted to the educational sphere [3].

An invariable condition for the effectiveness of this work is its purposefulness, regularity and continuity of implementation. The personal and motivational qualities of this individual, his life goals are of great importance in the basis of the formation of a healthy lifestyle. It should be noted that if humanity itself does not consciously form an individual style of healthy behavior, then no orders, recommendations, can force a person to lead a healthy lifestyle, protect and strengthen their own health, and even more so to be responsible for it. It follows from this that the promotion of a healthy lifestyle is a very important and responsible socio—pedagogical task. [1].

The study of practical experience and data from scientific and methodological literature allowed us to put forward the following hypothesis: the use of traditional and non-traditional means and forms of education with the leading role of active methods in the process of teaching valeology allows not only to form a complete picture of students' health and healthy lifestyle, but also to favorably influence the formation of value orientations, structuring an active attitude to health and responsibility for their behavior [5].

In order to support the healthy lifestyle of the team of employees, to create all appropriate conditions for increasing their level of physical activity, to form regular activities aimed at achieving these tasks, the following procedures have been introduced into practice: conducting industrial gymnastics exercises during the working day; holding at least once a week "Health Day" with participation on this day employees in sports and mass events (running, swimming, football, volleyball, basketball, tennis and others); regular sports competitions in popular sports among employees and other physical culture and mass events [8].

In general, valeological education of students with reduced health allows you to regulate the process of motivation of healthy lifestyle of young people. It is necessary to take into account the dominant values and personal orientations in the minds of young people and the development of the need for health to realize not only the biological, but, first of all, the social essence of a person. Motivation of the general health process in valeology and physical education

classes by teaching students knowledge, skills, and skills of maintaining a healthy lifestyle is inseparably linked with the education of the individual as a whole, the formation of an adequate understanding of human health and individual opportunities for its preservation and development.

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