

# Pedagogical Factors Of Forming Youth's Healthy Lifestyle Through Physical Education

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**Abstract:** The article describes the pedagogical factors of forming a healthy lifestyle of young people through physical education in our country, ensuring the physical and spiritual well-being of the young generation, reducing unpleasant situations among young people, popularizing physical education and sports, and organizing a healthy lifestyle. Physical education and sports are analyzed as a spiritual and ideological tool for the formation of the national gene pool, the correct organization of a healthy lifestyle, and the healthy upbringing of the young generation.

**Keywords:** physical education, willpower, gene pool, healthy life, democratic society, rehabilitation, religious extremism.

## INTRODUCTION

The practical result of physical training in human activities is the level of physical fitness and movement knowledge and skills of a person, high vitality, achievements in the field of sports, mental development. Physical education and sports are used as a moral and ideological tool in the formation of the national gene pool, the proper organization of a healthy lifestyle, and the healthy upbringing of the young generation. Today, we are trying to establish a democratic society based on the heritage of our ancestors, national values, and based on the requirements of our own way of life. The basis of these actions is the healthy human factor. Forming a healthy person through physical education and sports should be the task of the whole society. Every person, family, parent makes physical education and sports a habit, and respecting it as a value leads to continuous physical education and sports in the society. Physical education is a pedagogical process aimed at forming physical and volitional qualities in students, preparing them mentally and physically for work and defense of the Motherland, and is considered one of the important components of the social education system. The issue of ensuring that young people grow up healthy has been one of the main ideas

of our national pedagogy, folklore and works of thinkers [1]. Abu Ali ibn Sina enumerates the positive qualities characteristic of a person, and emphasizes the following:

Courage is a person's courage in doing something, endurance, the power to stop the evil that befalls a person.

prudence is the power to avoid haste in doing something.

clairvoyance is the ability to quickly explain the true meaning of things given by intuition.

## MATERIALS AND METHODS

According to Abdulla Awlani, it is necessary to engage in physical education in order to have a sound mind, good morals and knowledge: "Healthy and strong body is the most necessary thing for a person. Because in order to read, teach, learn and teach, a person needs a strong, disease-free body. People who don't have a healthy body allow shortcomings in their actions and work. ... Physical training is also helpful for mental training. The body and the soul are like the right and the wrong of a shepherd. If the body is not decorated with cleanliness, if it is not protected from bad habits, then it is like a busy man who puts on a coat and washes the lining, which constantly rubs the dirt on it. Work and a healthy

body are necessary for education of thought. The great pedagogue Abdulla Avloni in his work "Turkish culture and morals" stated the following in this regard: "Nazofat (hygiene) means keeping our organs, clothes, and tools clean. Purity makes your mind and perception broad and sharp. It causes attention and fame among the people. With purity, we get rid of all kinds of diseases and live with the value of our souls. Cleanliness is the most important thing for our health and happiness. It is not a sin to wear torn old clothes, but it is a great sin to wear new clothes with dirt and grease. ... It is necessary to get rid of the scourge of pollution with the remedy of purity." So, if a person wants to be physically strong and mentally sharp, he should first of all attach great importance to cleanliness. At the same time, in people whose upbringing of purity is a priority, all the qualities necessary for a good life are found and the defects that are against morality disappear. Physical education has a great impact on people, strengthens their health, increases their ability to work, and helps them live longer. Sport is a great way to keep fit at any age. Sport serves as a source of alternation of labor with rest. Pupils' physical culture is considered an important factor determining the effectiveness of physical education. Also, physical culture is an integral part of the general culture of man and society. The content of physical culture reflects the following.

## RESULTS AND DISCUSSION

In 2017-2021, the action strategy for the further development of the Republic of Uzbekistan, in the section on improving the state policy on youth, provides for the education of physically healthy, mentally and spiritually developed, independent-thinking, loyal to the motherland, harmoniously developed individuals with a firm outlook on life. "The future and well-being of our planet depends on the kind of people our children grow up to be." Our main task is to create the necessary conditions for young people to show their potential" [1]. Therefore, it is the most important task today to help the formation of independent thought and worldview of our youth, to help them learn their own position and approach in life, to raise them to be conscious and

knowledgeable, not to be indifferent to the events around them, to live with a sense of belonging.

We all know that on December 18, 2018, the President of the Republic of Uzbekistan Sh.M.Mirziyoyev, in order to develop physical education and sports, to form the physical and spiritual health of the young generation, to deeply instill in their minds a healthy lifestyle and love for sports, as well as to improve the mechanisms of organizing and managing the increase in physical activity of the population, "Prevention of non-communicable diseases" , on measures to support a healthy lifestyle and increase the level of physical activity of the population" was adopted."... in accordance with this decision, the Concept of prevention of non-communicable diseases in 2019-2022, supporting a healthy lifestyle and increasing the level of physical activity of the population and measures to prevent non-communicable diseases in 2019-2022, supporting a healthy lifestyle and increasing the level of physical activity of the population - program of events is being approved" [2].

Bringing up a healthy and mature generation in our country is one of the priorities of the state policy, preserving the nation's gene pool, forming a healthy lifestyle of young people through physical education in the family and society, ensuring the physical and spiritual maturity of the young generation, developing love for sports, and developing the material and technical base of children's sports in the local areas. creation, establishment of a network of modern children's sports complexes in populated areas and further activation of the work of providing sports equipment and equipment, and in this regard, development of children's sports along with education, spiritual and educational reforms, modern sports health facilities not only in the centers, but also in the most remote areas construction, special care and attention to boys and girls with disabilities is important. All the reforms carried out in our country are proof that they serve to ensure human interests.

As our head of state noted, determination, bravery, and strong will are formed in our youth, who have been friends with sports since their youth, by working on themselves, finding their character, and participating in competitions. "In

2005, 30 percent of children and adolescents aged 6 to 15 years in our country, including 29 percent in rural areas, played sports, and in 2016, these figures were 57.2 percent and 56 percent, respectively. Children of the same age participated in 43 types of training in 2005, and today they are engaged in 59 sports" [3]. The attitude of the population towards physical education and sports of girls has changed radically. Great work is being done in our republic to increase the well-being of the population, to strengthen health, to attract minors to physical education and sports in their free time, to popularize physical education and sports among the population, and to educate the minor generation in a comprehensive manner.

The spread of drug addiction and drug-related crime in the world has become a universal problem. The experience of combating drug addiction and drug addiction shows that the main focus is on attracting young people to physical education and sports, popularizing physical education and sports among the population, delinquency, crime, and drug addiction among minors, rather than eliminating the consequences of these phenomena (rehabilitation, treatment). , it is necessary to focus on preventing the tragic consequences of vices such as religious extremism and not using illegal messages through information technologies, and educating the young generation in a comprehensive manner.

We think it is appropriate to include the following in activities aimed at reducing unpleasant situations among minors through physical education and sports:

- □ regular holding of physical training and public sports events;

- Involvement of all age groups in physical education and fitness, sports sections;

- To further activate the work carried out by the physical education and sports departments on the promotion of a healthy lifestyle through the central-territorial mass media;

- □ increasing the hours of physical education in schools, secondary special and higher educational institutions, strengthening the requirements for the fulfillment of training and assigned tasks by pupils and students in accordance with program norms;

- Paying more attention to the health of children and students in educational institutions, as well as their physical fitness in physical education classes

- to approach the situation individually and to be more aware of changes in health;

- □ organization of physical education and sports sections operating outside of school hours in schools on a large scale;

Controlling the direct implementation of the above-mentioned activities in all regions of our country is one of the important factors in determining the development of our country, which is building a new society today. Islam Karimov, the First President of the Republic of Uzbekistan, did not point out for nothing that "the development of any nation, its place, position and fame in the history of the world, directly depends on the intellectual and physical maturity of its children" [4]. Of course, these activities require the cooperation of physical education teachers, sports coaches, parents and relevant government authorities. Sports activity is considered one of the most effective forms of prevention of behavior contrary to legal and moral standards accepted in society. It corresponds to the potential of young people, attracts attention with its excitement, creates favorable conditions for a person to test his strengths and feel his identity and show it to others. Also, sports activities are essential in the formation of public relations, because teenagers very quickly get involved in a certain team, and perceive its activities as extremely important for them and their team. Here, putting one's interests before the interests of the community has a great educational aspect. At the same time, the sense of community in young people forms such qualities as not to go against the legal and moral standards accepted in society, to respect and appreciate one's community, the region where one lives, the people, the Motherland, to protect oneself from danger, and to lead to the heights of victory. It is natural that such a virtuous person does not commit illegal acts and does not get used to harmful habits for himself and others. Physical education and sports activities, along with making a person physically strong, strengthen his spirit and clarify his mind. In this way, it

cultivates the virtue of not giving in to one's ego, invites one to do useful things, avoids wrong thinking, creates a strong mental (psychological) ground to avoid negative influences, that is, it occupies an important place in ideological education.

## CONCLUSION

In conclusion, it is worth noting that today, in order to prevent dangerous incidents among minors, the main focus is on the expansion of physical training and sports activities, even mass implementation, as well as the involvement of minors in physical training and sports, the promotion of physical training and sports among the population. massification, prevention of these diseases, first of all, it is necessary to focus on forming a healthy way of life of the society, making the nation's gene pool more healthy, bringing up the owners of our future both physically and mentally.

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