

A HEALTHY LIFESTYLE IS THE GUARANTEE OF HUMAN HEALTH

M. Jiyanberdiev

Teacher JSPU Department of General Psychology

Annotation: The article is one of today's current problems, it examines the fact that living a physically healthy life is the essence of a person's life, the idea of healthy upbringing, and the issues of a healthy lifestyle of forming positive qualities and qualities of a person are highlighted.

Keywords: Man, mentally healthy, mature generation, educational process, outlook, medicine, purity, justice, knowledge, will, virtue, friendship, courage, generosity.

The goals and tasks of education are changing in terms of content. A series of decrees of the President of Uzbekistan, the Law "On Education" of the Supreme Council of the Republic of Uzbekistan defines the tasks of bringing up a fully mature person who understands his responsibility to the family, society, and the state, to raise, educate and mature young people who live and work as a nation.

In this regard, the decree of our President Sh.M. Mirziyoev on the strategy of actions for the further development of the Republic of Uzbekistan, in the section on improving the state policy regarding youth, "Education of physically healthy, spiritually and intellectually developed independent-thinking young people, loyal to the Motherland, with a firm outlook on life, deepening democratic reforms and increase their social activity in the process of civil society development" [3.38]. that it will be a solid basis for improving the professional qualities of today's youth.

According to historical sources, it is necessary to think about the development and education of a child in the mother's womb, because only due to education it is possible to ensure the continuity and integrity of the development of a person. Also, education is one of the most important and necessary factors of all-round mature human development. The age of the student is definitely taken into account in personality development. We tentatively divided them into three stages: childhood (from infancy to 11 years old); maturity (from 12 to 40 years) and old age (from 40 to the end of life) and we called it human life.

Humanity was born, and conscious people living in it dream of living a peaceful, prosperous, happy, healthy life.

Therefore, living a happy, meaningful and physically healthy life determines the meaning of human life.

In general, in order to prepare a person for the stages of maturity and a healthy-spiritual lifestyle, it is necessary to educate him spiritually and morally on the basis of the development of society, because only as a result of proper education, people have the opportunity to find their happiness.

It is known that physical maturity does not always allow to determine the level of spiritual maturity and intellectual potential of a person, that is, the level of a person's outlook. The following sequence defines the stages of human maturity based on physical and educational levels: baby; student; student-person; expert; highly qualified specialist.

The opportunities created for our youth to develop their intellectual potential in developed foreign countries and the organization of various sports competitions suitable for the maturity of our youth ("Sprouts of Hope", "Barkamol Avlod", "Universiada") are great opportunities for the all-round development of our youth.

Nowadays, one of the important issues of preparing young people for life and strengthening their work capacity is equipping students with skills related to a healthy lifestyle in institutions that provide education and training for students and young people, regularly conducting physical education exercises (especially outside of school hours), and establishing the effectiveness of rational use of the health-giving factors of mother nature. and it is necessary to carry out organizational tasks related to physical fitness of students and strengthening their health.

It shows that our ancestors have been leading a healthy lifestyle for centuries, and it is always important to provide the young generation with an excellent education and upbringing, leading them to perfection. As a proof of this, we give examples of the following wisdom and thoughts of some thinkers:

1. Abu Ali ibn Sina (980-1037).

"- Goodness is loved by all;

- moderation of behavior preserves body health;

- Shall I tell you what chastity is? Chastity is abstinence from gluttony, good food, drink, and indulging in womanizing" [14.

5. Mahmud Kashgari (XI century).

"- Watch where the people go during the years of famine, wherever they go, you are there too. It is your duty to stand shoulder to shoulder with the people's troubles;

- don't try to forcefully fill and enrich a person whose heart and eyes are hungry;

- excessive wealth is an enemy for a person, a smart person does not love a rich world;

- a human child will die anyway, if he has done good in his life, his name will not die" 14.

Therefore, the immortal legacy of our great grandfathers is an inexhaustible treasure in the upbringing of today's young people to be physically healthy and mature, and especially in the expansion of their national outlook. By showing them as an example, the following humanitarian qualities will increase in the minds of young people: - courage; - bravery; - wrestling; - diligence; - respect for adults and respect for children; - being loyal to feelings of friendship and love and so on.

Therefore, the spiritual education and breadth of scientific worldview of our youth, example, plays an important role in human maturity and its rise. For this reason, in forming and raising the worldview of today's youth, we must inculcate in their minds information about the nation, Motherland, Motherland, people and our rich national-spiritual heritage based on its historical roots in all aspects of education. To bring up young students as physically strong and spiritually mature as perfect human beings - to educate a generation accustomed to making a difference in the health of themselves and those around them, to follow a healthy lifestyle, including to be free from bad habits, and to make responsible decisions regarding the issues of understanding one's place in life. New directions of solutions to this issue are to supply society with rich spiritual and enlightened people who are able to actively take their place in life.

One of the urgent problems in the field of physical education in general (it has become relevant in the period of any personal development) is to apply the success of physical culture in practice - to effectively form a new (creative level) physically healthy and clear and independent thinking of a person who can put his thoughts into practice. Through all this, ample opportunities are created for the further increase of the human factor, that is, the formation of a healthy lifestyle is a strong factor. At the heart of this is the need to form a high moral education for young people.

List of references

1. Yakubov A. Year of health: meaning and essence. - Tashkent: 2005. - 23 p.
2. Formation of a healthy lifestyle in students, 2010, 10 pages]