

“Health Care” Thinking Aimed at Protecting Students’ Health as a Pedagogical Necessity

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Abstract. *In this article, the current development of educational processes at the world level, including various socio-pedagogical directions and changes, reforms, a large number of movements, their diversity, the rapid development of the educational system, the increasing demand for the quality of the educational system, the need to protect the health of learners in this process, the issue of the implementation of state policy based on the idea of a healthy generation in our country in a step-by-step, planned, targeted and targeted manner was discussed.*

Key words: *educational processes, socio-pedagogical directions, educational system, modern transformations, quality of the educational system, socio-political, theoretical, practical knowledge, qualifications, skills, social experiences, reconstructions, new concepts, conditions..*

Introduction

Today’s development of modern educational processes on a global scale is determined by the variety of socio-pedagogical directions and changes, reforms, movements in its structure. In this way, protection and monitoring of students' health is very important in today's conditions, which are prone to fundamental social and political changes, modern transformations, and on the other hand, the reforms of the educational system continue in a new context. "Health care" aimed at protecting the health of students is one of these new directions, it is a set of theoretical and practical knowledge, skills and abilities about the basics of protecting the health of the growing generations in the educational process, as well as a set of their modern requirements. Youth health is one of the most important social problems that need to be solved in today's society, and neglecting this problem is tantamount to losing the perspective of society.

There are several features of the education system while the reconstruction process is ongoing in our country. First, the rapid development of the educational system, the increasing demand for the quality of the educational system, and the need to protect the health of students in this process. Secondly, today’s students are involved in these transformations, i.e., the process of fundamental socio-political changes, and the need for existing social experiences, reconstructions, and new

concepts to not be implemented at the expense of the health of young people, at the expense of their medical, psychological, and physical strength, that is, education. Any well-intentioned changes in the system should not be introduced at the expense of student health.

During the years of independence, the state policy based on the idea of a healthy generation was implemented in a step-by-step, planned, purposeful and targeted manner in our country. The process of its implementation was provided with regular material, financial and the most advanced material and technical base. The concept of a healthy generation includes:

- prioritizing human values in the newly established democratic, legal state and civil society;
- healthy preservation and respect of the nation's gene pool;
- promotion and promotion of the idea of a healthy generation;
- providing material, social, political, economic, medical and pedagogical factors and conditions for the practical implementation of the idea of a healthy generation;
- to create the health infrastructure (medical, social, health, physical education and sports) at the country level in order to make the growing generation the owner of a healthy mindset, to prepare the ground for their life based on a healthy lifestyle;
- organization of the system of protection of the human factor from medical, ecological, ideological, informational attacks and threats;
- looked at physical education and sports as a system of strengthening the health of youth and covered such issues as the creation of its wide-ranging infrastructure in every region of the country.

The state policy of healthy generation and health protection implemented in the Republic of Uzbekistan was legally secured and adopted for implementation through various state documents, decrees, decisions and directive instructions.

This is evidenced by the fact that more than ten laws on health care were adopted during the years of independence, and high results were achieved in improving the health of citizens. It is noteworthy that these achievements were recognized and recognized at the international level.

As one of the most important directions of the process of economic, social, political and spiritual-ideological reforms implemented after the Republic of Uzbekistan gained its independence, raising a healthy and well-rounded generation to adulthood, widely promoting a healthy lifestyle, a healthy lifestyle, and a lifestyle based on the mindset of health care issues of organization and protection of citizens' health were defined. In order to make today's generation a healthy generation, it was emphasized that they should have the skills and qualifications to follow a healthy lifestyle, and the ideas of a healthy lifestyle should be formed in their lifestyles. These topical directions were among the tasks of state importance. In our country, all social, economic and spiritual measures related to the formation of a healthy lifestyle and a healthy culture were defined and state documents, special laws, state programs and work plans were adopted for their implementation. Thus, the desire to raise a healthy generation has risen to the level of a national idea in Uzbekistan.

As stated by the First President of the Republic of Uzbekistan I.A. Karimov, "From the first years of our independence, we set the education of a healthy generation as the highest priority. We raised the issue of raising a perfect generation to the level of state policy¹."

According to the Presidential Decree² "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan", "further reform of the healthcare sector, first of all, its initial link aimed at increasing the convenience and quality of medical and socio-medical services to the population, and the system of rapid and urgent medical care, forming a healthy lifestyle among the

¹ Каримов И. Ўзбекистон Республикасининг Конституцияси кунига бағишланган тантанали маросимдаги нутқи.// «Халқ сўзи» газетаси, 1999 йил, 8-декабрь.

² Ўзбекистон Республикаси Президентининг “Ўзбекистон Республикасини янада ривожлантириш бўйича Ҳаракатлар стратегияси тўғрисида”ги Фармони // «Халқ сўзи», 2017 йил. 8-февраль. № 28 (6722) // http://lex.uz/pages/getpage.aspx?lact_id=3107036

population, strengthening the material and technical base of medical institutions, strengthening family health, motherhood and childhood protection, expanding the use of quality medical services for mothers and children, providing them with specialized and high-tech medical assistance, reducing infant and child mortality. wider implementation of complex measures" is one of the most urgent tasks facing our country.

Since the first years of independence in the Republic of Uzbekistan, a state policy aimed at protecting citizens' health has been carried out. The main goal of this policy is to provide comprehensive support to young people during the transition from one socio-political formation to another, to bring health care systems closer to the interests of the people, to preserve the existing health infrastructure during the economic crisis, as well as to organize the processes of its modernization, that is, to make it the most modern directed to equipping with medical technology, personnel system and equipment. At the same time, the process of promotion of a healthy lifestyle was organized as a special direction of public health protection. In the national pedagogy, hygiene, valeology, healthy lifestyle, basics of wellness were introduced and widely developed as independent subjects.

During this period, reforms were carried out in the healthcare system. Recently, the process of understanding such concepts as health, health care and protection, healthy lifestyle, healthy thinking as a historical-social, philosophical-psychological, moral-aesthetic category has been observed. Because the health care process is a broad concept, its components and requirements are very broad and multifaceted.

The following state principles of public health protection are applied in the Republic of Uzbekistan, and the following general principles have been adopted:

unconditional implementation of the conditions and requirements for the comprehensive provision of human rights related to health protection, implementation of state guarantees for health care;

ensuring the regularity, gradualness and duration of preventive measures in health protection;

ensuring equity, equality and affordability of health care services for all;

social and legal protection of the population in the event of a threat to their health;

the responsibility of state and non-state medical organizations to undertake and fulfill obligations for the preservation and protection of human health.

During the years of independence, several main areas of work, which are mutually compatible with human health, were implemented on the basis of specially defined state plans and programs. These are:

a) medically comprehensive protection of public health;

b) preventive protection of public health;

c) organization of medical and hygienic promotion and propaganda activities in the protection of public health;

g) educating new generations who are physically strong and healthy based on the idea of "human capital" in the country.

The state policy for the protection of public health is a set of targeted measures organized by state and non-state organizations in the political, economic, legal, social, cultural, scientific, medical and sanitary-hygienic and anti-epidemic directions in a coordinated manner. All this consists of the process of ensuring and protecting the physical and psychological health of every person, ensuring long-term active activity of people, and being able to provide quality and specialized medical services to people in case of need. Accordingly, there are systems and forms of preventive protection of people's health, their purpose is to establish regularity of health care tasks in the society, to start health care activities with the birth of a person.

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