

## FORMING A HEALTHY LIFESTYLE AMONG YOUTH AS ONE OF THE COMPONENTS OF SPIRITUAL AND SOCIAL WELL-BEING

Rakhimov Mavlon Baimurodavich

Lecturer, National Institute of Arts and

Design. K. Behzoda, Tashkent, Republic of Uzbekistan

### Annotation

Ensuring a healthy lifestyle is an important task of each state. In the process of forming a healthy lifestyle, physical education and physical culture is an important means of social and biomedical orientations of the young generation. In the process of physical education and physical culture of young people, comprehensive preparation is received for life and professional activities.

**Keywords:** healthy lifestyle, youth, physical education, physical culture, comprehensive training.

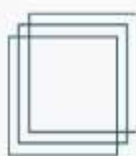
### Introduction

Healthy youth, physically strong, is the main asset of any state. It is worth paying attention to a number of important state acts: "The Law on Physical Culture and Sports of the Republic of Uzbekistan", the Decree of the President of the Republic of Uzbekistan "On Measures for the Further Development of Physical Culture and Mass Sports", "On the Fundamentals of the State Youth Policy in the Republic of Uzbekistan", "On protection of the health of citizens".

Let us dwell on one of the significant factors in the formation of healthy lifestyle habits - Physical activity, i.e. motor. Its specific feature is that it is directly and directly aimed at man's mastery of his own physical nature. Physical activity underlies the phenomenon - physical culture. The historical aspects of the emergence of physical culture are still debatable. Some scientists associate them with the form of leisure activities, others with the development of labor activity and the social need for effective means and methods of forming the necessary physical and spiritual qualities in the younger generation; the third - with the desire of people to resolve personal conflicts in a bloodless way. Today, physical culture is an integral part of modern civilization.

The formation of a healthy lifestyle among young people is a complex systemic process that covers many components of the lifestyle of modern society and includes the main areas and areas of life of young people. The focus of young people on maintaining a healthy lifestyle depends on many conditions. These are both socio-economic and objective social conditions that make it possible to lead and implement a healthy lifestyle in the main areas of human life and activity.

The relevance of the problem of forming a healthy lifestyle among the youth is due to the critical state of the physical and spiritual development of the younger generation.



The causes of health disorders are both environmental factors and risk factors that have a behavioral basis. Namely, smoking, drinking alcohol, "nasvay", toxic and narcotic substances, which leads to a lack of interest in regular physical education, non-compliance with the rules of personal hygiene. The health status of the population, i.e. children and youth is the most important indicator of the well-being of society and the state. Therefore, strengthening the health of the population, a significant reduction in the level of socially significant diseases, creating conditions and shaping motivation for a healthy lifestyle is one of the priority tasks of the state. Great attention to the problem of forming a healthy lifestyle deserves student youth, which is the main source of replenishment of the labor resources of our society. To help students understand high demands on themselves, the ability to lead a healthy lifestyle, the vital need to work, help them understand that smoking, substance abuse, drug addiction, alcoholism and beer alcoholism are a big problem and you need to take care of your health.

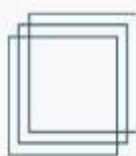
The processes taking place in modern society have exacerbated the problems of maintaining and developing human health and the formation of a healthy lifestyle. The level of health determines all human life in a wide range of social life, on the other hand, it is considered as the most important condition for the reproduction and quality of the labor force and human potential in general. The main aspects of a healthy lifestyle of young people are the mode of work and rest, physical activity, personal hygiene, rejection of bad habits, rational nutrition, environmentally competent behavior, preventive thinking.

Methodological recommendations are required on the formation of a healthy lifestyle among young people in order to form public opinion about the need to maintain a healthy lifestyle and the need for systematic physical education and sports among young people.

It is worth mentioning beer and low-alcohol drinks, which are beginning to be popular with young people, and sometimes backed up by advertising. Adolescence is the most dangerous age in terms of addiction to harmful health phenomena.

To ensure the effectiveness of the programs on a healthy lifestyle, it is not enough just to organize one-day sports events. All levels working with the population and youth are needed, starting from school and ending with the formation of a system of information, scientific and methodological support for activities aimed at promoting a healthy lifestyle among young people, involving them in physical education and sports.

The solution to this problem is possible with a one-time, full-scale work in the regions with young people through the organization of the promotion of a healthy lifestyle. Development and expansion of available sections, holding many regular sports events. The work of specialists with youth, i.e. doctors, psychologists and teachers. It is recommended to promote work on the prevention of cigarette smoking and the "nasvay" of alcoholism, drug addiction, substance abuse. Formation of motivation for the younger generation to lead a healthy lifestyle.



To host events:

- a) Aimed at reducing the prevalence of prevention of risk factors among young people (tobacco, nasvay, alcoholism);
- b) Aimed at optimizing the regulation of risk factors (nutrition of the population, in particular schoolchildren).

Promoting a healthy lifestyle is the purposeful dissemination of information through mass sources with the aim of influencing public opinion and generating interest among various population groups in physical education and sports and maintaining a healthy lifestyle.

Educational work among the population, including children, adolescents and youth. Formation of an active public opinion in relation to counteracting and combating asocial phenomena and promoting a healthy lifestyle among young people: organizing work with the media, organizing social advertising, conducting explanatory work among the population, organizing preventive assistance to adolescents and young people, forming anti-drug views and beliefs. Young people should prioritize the formation of fashion for a healthy lifestyle.

### **Literature**

1. Aminov V. Soglom turmush tarzi - inson omilini kuchaitirish garovi. - T.: Medicine, 1989. 30 b.
2. Amonashvili Sh.N., Aleksin A.G. Health Pedagogy. - M.: Pedagogy, 1990.
3. Amosov N.M. Thinking about health. - M.: Physical culture and sport, 1984.
4. Andreev Yu. Three whales of health. - St. Petersburg, 1997.
5. Antropova M.V. Education and health. - M.: Medicine, 1999. S. 136.
6. PECULIARITIES OF THE MOTOR ACTIVITY ORGANIZATION OF STUDENTS SM Kholova - ResearchJet Journal of Analysis and Inventions, 2021
7. Kholova S. M. PECULIARITIES OF THE MOTOR ACTIVITY ORGANIZATION OF STUDENTS //ResearchJet Journal of Analysis and Inventions. – 2021. – Т. 2. – №. 04. – С. 348-364.
8. ФОРМИРОВАНИЕ КУЛЬТУРНЫХ ЦЕННОСТЕЙ МОЛОДЕЖИ ЕУ Кузбаев, ШМ Холова - БИЛИМ ЖАНА ТАРБИЯ.
9. ОСОБЕННОСТИ ОРГАНИЗАЦИИ ОЗДОРОВИТЕЛЬНЫХ ЗАНЯТИЙ СО СТУДЕНТАМИ МЕДИЦИНСКОЙ И ПОДГОТОВИТЕЛЬНОЙ ГРУПП ДБ Инкарбеков, Ш Холова, Т Хайитов - БИЛИМ ЖАНА ТАРБИЯ.