

## THE FORMATION OF A HEALTHY LIFESTYLE IN YOUTH, AS ONE OF THE COMPONENTS OF SPIRITUAL AND SOCIAL WELL-BEING

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### ABSTRACT:

**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.**

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

### INTRODUCTION:

Healthy youth, physically strong, the main asset of any state. It is worth paying attention to a number of important state acts: "The Law on Physical Culture and Sport 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 basics of state youth policy in the Republic of Uzbekistan", "On protecting the health of citizens."

Let us dwell on one of the significant factors in the formation of healthy lifestyle habits - physical culture activity, i.e. motor. Its specific feature is that it is directly and directly aimed at mastering a person's own physical nature. Physical culture activity is the basis of 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; third - with the desire of people to resolve personal conflicts in a bloodless manner. Today, physical culture is an integral part of modern civilization.

The formation of a healthy lifestyle in the youth environment is a complex systemic process that encompasses many components of the lifestyle of modern society and includes the main areas, areas of life of young people. The orientation of young people towards a healthy lifestyle depends on many conditions. This is a socio-economic, and objective social conditions that allow you to lead, exercise a healthy lifestyle in the main areas of life and human activity.

The urgency of the problem of forming a healthy lifestyle in the youth environment is due to the critical state of the physical and spiritual development of the young generation. The causes of health problems are both environmental factors and risk factors that have a behavioral basis. Namely, smoking, drinking alcohol, "plastering", toxic and narcotic substances, which leads to a lack of interest in regular physical education, non-observance of personal hygiene. The state of health of the population, i.e. children and youth is an important indicator of the well-being of society and the state. Therefore, strengthening public health, significantly reducing the level of socially significant diseases, creating conditions and creating motivation for a healthy lifestyle is one of the priority tasks of the state.

Student attention deserves a lot of attention to the problem of creating a healthy lifestyle, which is the main source of replenishment of the labor resources of our society. To help students understand the 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 preservation, development of human health and the formation of a healthy lifestyle. The level of health determines the whole human life in a wide range of social life, on the other hand, it is considered as the most important condition for reproduction and quality of the workforce and human potential as a whole. The main aspects of a healthy lifestyle for young people are the regime of work and rest, physical activity, personal hygiene, rejection of bad habits, good nutrition, environmentally competent behavior, preventive thinking.

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

It is worth mentioning about beer and low-alcohol drinks that are starting to be popular among young people, and sometimes backed by advertising. Adolescence is the most dangerous in terms of getting used to health-damaging phenomena.

To ensure the effectiveness of carrying out programs on a healthy lifestyle, it is not enough just to organize one-day sports events. All levels are needed that work with the population and youth, 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 areas with youth through the organization of propaganda of a healthy lifestyle. The development and increase of available sections, the holding of many regular sports events. Work of specialists with youth, i.e. doctors, psychologists and teachers. It is recommended that propaganda work on the prevention of cigarette smoking and "plucking" of alcoholism, drug addiction, substance abuse. Formation of the younger generation of motivation for 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).

Promotion of a healthy lifestyle - the targeted dissemination of information through mass sources in order to influence public opinion and generate interest in various groups of the population in physical education and sports and maintaining a healthy lifestyle.

Educational work among the population, including children, adolescents and youth. Formation of active public opinion in relation to counteracting and combating antisocial phenomena and promoting healthy lifestyles in the youth environment: organizing work with the media, organizing social advertising, conducting public awareness campaigns, organizing preventive care for adolescents and youth, creating anti-narcotic views and beliefs. For young people, the development of a fashion for a healthy lifestyle should be a priority.

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