

## VALUABLE ORIENTATIONS OF STUDENTS TO A HEALTHY LIFESTYLE

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### ABSTRACT:

**In this paper, we study the attitude of students to a healthy lifestyle. Many researchers consider that students' observance of the norms and requirements of a healthy lifestyle is the key to maintaining and strengthening health, improving the quality of study, and successful preparation for future work. The study presents the materials of a student survey, which made it possible to identify the level of understanding among students of the importance of a healthy lifestyle and the students' attitude to different components of this concept.**

**KEY WORDS: university, students, healthy lifestyle, health, study, physical education and sports, work.**

### INTRODUCTION:

The years of study at the university are extremely stressful, at the same time, a fruitful period in the life of students. Indeed, learning involves not only the mastery of the student's knowledge, skills, but also the development of personal potential, adaptation in society, the formation of a worldview, the acquisition of social and moral experience, preparation for future professional activities [4]. Unfortunately, not all students are equally successful in this path due to their intelligence, personality, marital status, motivation, health status, financial situation, etc.

Socio-pedagogical and treatment-and-prophylactic measures are necessary to preserve and strengthen the health of modern youth. In this regard, the process of physical education in a university should be aimed, first of all, at the formation of a healthy lifestyle

among students [1]. The World Health Organization (WHO) gives the following definition of healthy living. "A healthy lifestyle is, first of all, the activity, activity of an individual, group of people, society, using material and spiritual conditions and opportunities in the interests of health, harmonious physical and spiritual development of a person."

### MATERIAL AND METHODS:

Here are some components of a healthy lifestyle: constant monitoring of your health, regular physical education and sports, proper organization of the daily regimen, giving up bad habits, hardening, good nutrition, and hygiene. The results of the analysis of the life of students indicate its disorder and chaotic organization. This is reflected in such important components as untimely food intake, systematic lack of sleep, a short stay in the fresh air, inadequate physical activity, the absence of tempering procedures, smoking, etc. Accumulating during the school year, the negative consequences of such an organization of life are most pronounced by the time it ending in an increase in the number of diseases. The main means of over fatigue and decreased working capacity of students [5] and ensuring the health of students [2] we consider regular exercise in physical culture and sports. Students engaged predominantly in intellectual labor have limited motor activity.

To improve it, it is necessary to integrate various forms of physical education on the basis of the unity and interconnection of educational and non-educational processes, as well as independent physical education and health activities [3].

Among students of 1-3 courses of Sam MI (Uzbekistan), we conducted a questionnaire aimed at studying students' understanding of the importance of a healthy lifestyle to preserve their health and successful learning at the university, their assessment of their lifestyle and willingness to lead an active and healthy lifestyle.

58.3% of the students surveyed believe that maintaining a healthy lifestyle is the key to the health of their savings and successful study at the university, 30.5% do not think so, and 11.2% found it difficult to answer this question.

Of the seven components of a healthy lifestyle that we proposed, 32.2% of students consider physical education and sports as the main "helper" for their health and academic performance, 23.8% consider giving up bad habits, and 21.5% of respondents prefer rational nutrition, 15.7% - compliance with the regime of the day, 6.8% - control over the state of their health. Respondents did not consider such components of a healthy lifestyle as hardening and hygiene standards. 80.6% of students suggest that they lead a healthy lifestyle. However, they emphasize that they do not comply with all the requirements of this concept.

#### **RESULTS AND DISCUSSION:**

These students do not engage in regular rehabilitation. 19.4% of respondents have bad habits, although they would like to get rid of them. 72% of girls are satisfied with physical education classes, preferring aerobics classes. Only 28% are in favor of additional classes, considering the received load insufficient. The young men had a slightly different picture. The majority (70.3%) offer volleyball (24.5%), football (18.7%), basketball (15.9%), and simulator exercises (11.2%) as means of physical education. It turned out that only 21.5% of the students participating in the

survey are engaged in physical education outside the educational process.

The majority (52.7%) say that this is not done regularly, if possible. 25.8% of young people report a lack of time for such activities. Most likely, because of this, 31.2% of students would like to engage in physical education 3 times a week. 28.1% of respondents arrange two-time classes. 29.5% of respondents spoke in favor of one physical education lesson per week.

The main reason preventing them from leading a healthy lifestyle, 62.3% of the students participating in the survey consider permanent employment (study, work), 25.7% - laziness and 12% - the lack of need to maintain and improve their health.

#### **CONCLUSION:**

Analyzing the results of the survey, we can state the following:

- Most students are fully aware of the importance of a healthy lifestyle to maintain their health and implement successful learning activities;
- The percentage of those who lead a healthy lifestyle is residually high in percentage terms, although it is emphasized that they do not comply with all the requirements of this concept;
- Students understand the positive impact of physical activity on the body, so many consider physical education and sports to be the key to improving health and successful education at the university and offer three times a week on this subject;
- The main reason that impedes a healthy lifestyle, students consider permanent employment with study and work.

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