



Factors in The Formation of a Healthy Lifestyle Among University Students

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Article History	Abstract
Received: 08 June 2023 Revised: 21 Sept 2023 Accepted: 08 Dec 2023	<i>The article is devoted to such issues as the further formation of a healthy lifestyle in society, strengthening the health of the population, educating a physically healthy and spiritually rich young generation, ensuring the broad involvement of citizens in physical culture and sports.</i>
CC License CC-BY-NC-SA 4.0	Keywords: <i>Healthy lifestyle, educating young people, physical and mental condition, increasing medical knowledge, harmoniously developed generation.</i>

1. Introduction

Today's globalization process is affecting all spheres of social life, especially young people. This is a general natural process on the one hand. Because in today's information society, young people are also aware of various factors. However, their level of ideological immunity may vary with respect to values.

In recent years, efforts have been made to promote a healthy lifestyle among the population. It is important to note that this area has become one of the priorities of state policy. Given that the concept of a healthy lifestyle is based on human health, as well as the future of young people, it is natural that it will play a key role in the development of society.

A healthy lifestyle for young people is a process of active work, strong physical and mental condition, the formation of a person who strives for maturity, able to overcome the most dangerous and harmful factors. In order to carry out socio-political and spiritual-educational propaganda work among the youth in an effective and efficient way, in each educational institution a healthy lifestyle, personal hygiene, family spirituality, harmful vices are taught. Trainings aimed at increasing medical knowledge about the negative impact on the birth of a healthy child have been introduced. It plays an important role in inculcating the principles of a healthy lifestyle in the minds of our youth. Therefore, the relevant topics are widely covered at the request of students of professional colleges and universities.

The large-scale reforms being carried out in our country depend, first of all, on the upbringing of young people in all respects. The introduction of new methods and programs in the education system is a guarantee of development in this area. In particular, the implementation of the "concept of family-neighborhood-school cooperation" in our country serves as a model of reforming the upbringing of a harmoniously developed generation based on new approaches. The importance and urgency of the issue today is to expand new opportunities for cooperation between family and community institutions in the socio-political activity of young people, especially students, in the development of a harmoniously developed generation, in their comprehensive development, in their healthy lifestyle. is becoming increasingly important.

The radical reforms being carried out in Uzbekistan are aimed at protecting the interests of society and the state, educating a spiritually mature generation that will work selflessly for the prosperity of the country, building a democratic state based on national and universal values. Strengthening family-neighborhood-educational cooperation is a guarantee of effectiveness in raising a healthy generation in our country. The directions implemented by our government in this regard are as follows:

- Improving the legal framework for cooperation between families, communities, educational institutions, strengthening the methodological support aimed at strengthening cooperation;
- Increasing the social activity of young people and parents in the family;
- Material and moral support of families in need of social protection;

- Improving the content of spiritual and educational activities aimed at educating a harmoniously developed generation, creating a mechanism to increase its effectiveness; Effective use of mass media and modern information technologies in educating a healthy generation.

From the first years of independence, our state has been working to further strengthen human health, expand the ranks of healthy people, protect the health of mothers and children, promote a healthy lifestyle among the general public, increase the medical culture in the family, Much attention is paid to the promotion of health among the population, in short, to the creation of a healthy society. A number of laws and by-laws have been passed in this regard. Over the past 12-13 years, more than 10 promising decrees and resolutions adopted by the President in the field of health care are aimed at such a good work, and today they are being implemented step by step. These documents identify a number of important issues, such as improving the quality of medical services provided to the population of the country, strengthening medical protection among the population, the formation of a healthy lifestyle. In this regard, various measures taken in the country are yielding positive results. There was a decrease in infant mortality (including infant mortality by almost 3 times), maternal mortality (3.1) and overall mortality. As a result, the average life expectancy increased from 67 to 73 years, 72 years for men and 75 years for women. The medical culture and literacy of the population have grown.

The great changes taking place in the process of educating young people in the country today, the main goal of the reforms is to train comprehensively educated, highly moral, spiritually mature and competitive personnel. In bringing up the young generation in a good and healthy way, special attention should be paid to their age and character, because without them the goal of education cannot be achieved.

Along with the family, the upbringing of the educational institution, high school, secondary special and higher education institutions have a special place in the creation of a healthy lifestyle. In this regard, it should be noted that the adoption of the Concept "Family, Neighborhood, School" by the decision of the Board of the Ministry of Public Education No. 26 of February 26, 2004 is an important factor in the effectiveness of reforms in our country.

In the East, the family has long been considered a sacred place. If the family is healthy and strong, there will be peace and harmony in society.

As long as the neighborhood and the country are strong, the state will be stable and peaceful. President Shavkat Mirziyoyev once said that the well-being of the family is the basis of national well-being. To increase the knowledge of young people who are getting married on the basics of family law, healthy lifestyles, child rearing is one of the most important tasks today. This is due to the fact that today there are young people who get married without understanding the concepts of family law, the role of husband and wife, responsible family literacy, medical culture.

Everyone wants their family to be prosperous, prosperous and strong. But we all know that it is very difficult to get married, to raise patriotic, intelligent, righteous children. There is no doubt that the family is the cornerstone of civil society. Because not only is a person born in this sanctuary, but he is also brought up spiritually and mentally. The stronger the family, the more stable and rapid the development of society. Man derives his knowledge of the world around him from the family, his first ideas about spirituality and morality, and his basic ideas about good and evil.

These tasks include preventive screening, detection and treatment of long-term illnesses, healthy lifestyles, as well as smoking, drinking and drug abuse, early and in-law marriage, and AIDS prevention. Particular attention is paid to preventive maintenance. It is known that the purpose of marriage is not only to make two young people happy and live together, but also to give birth to healthy children and build a strong family. However, many ingredients and compounds, as well as the health of two young people, play an important role in creating a mature environment.

First of all, the most important aspects of medicine used to strengthen the family are: a thorough examination of the blood of the couple, the detection of biochemical and microbial diseases, the diagnosis and testing for AIDS and other dangerous diseases. In addition, ultrasound examinations of the internal organs of young people, as well as recommendations from specialists in narcology, psychology, urology and gynecology, and, of course, a family doctor.

A strong family is a family based on the harmony of the relationship between parents and children and the harmony and balance of the tasks they perform. A family based on mutual love, duties and responsibilities of spouses, parents and children will be stable. The upbringing instilled in the family will remain in the hearts of the younger generation for a lifetime. All forms of education, including aesthetic education, are comprehensive and are formed by teaching a person to see the beauty of

aesthetic consciousness and taste. Having received the first aesthetic upbringing in his family, a person begins to distinguish beauty and elegance from ugliness and rudeness, learns to enjoy the pure qualities of nature and events.

Children brought up in a healthy socio-spiritual environment become real people who can contribute to the development of the Motherland, who balance the interests of society with their own interests. To do this, it is necessary to create a healthy, strong family that will bring up that healthy generation.

One of the most important tasks in educating students about the importance of a healthy lifestyle is to take into account the age characteristics of children and young people. It is also required to know in advance the general mental state of the educational institution or school, as well as the general psychological state of the groups, in order to increase the effectiveness of education and upbringing. Care should also be taken to increase the effectiveness of the individual preparation words for each group on the basis of a very detailed plan in advance. This increases the effectiveness of inculcating a healthy lifestyle in the educational process.

One of the important directions of youth policy in Uzbekistan is the wide involvement of talented youth in science. The State Scholarships of the President of the Republic of Uzbekistan

are awarded to young people who achieve high results in education and public life. There are also a number of special scholarships. Such care for the development of the potential of young people is bearing fruit. This is evidenced by the growing number of promising innovations presented by young scientists and students at the annual Republican Fair of Innovative Ideas, Technologies and Projects.

In today's globalized world, special attention should be paid to the education of young people who are getting married. They need to be prepared for future parental responsibilities. Of course, in such a difficult time, no gaps can be allowed for young people to build a healthy life on the basis of our national values.

The most important achievement of our country during the years of independence is the fact that the public opinion of this society is focused on the family, the sanctity of marriage, which is our eternal value. Because when a human being is born, he is taught or specifically taught what to do when he is confronted with all the complex laws of nature and society, from independent movement, walking, reading, and writing.

Their current interests should also be taken into account in inculcating a healthy lifestyle in young people. It is necessary to make more extensive use of various Internet sites and social networks. It should be noted that "64% of the total population of our country are under 30 years old" and the interest of young people in Internet sites is growing from year to year. It is necessary to use interesting and unconventional ways of conducting explanatory work in higher education institutions and schools, to bring up problematic situations with young people and think about their solutions. It is also necessary to hang different colorful pictures on the wall in different cartoons and preschools in different media to explain to young children the role of our national values in creating a healthy life, and to pay attention to their age. It is necessary to prepare educational programs for adults through mass media. Taking into account the above circumstances, i.e. the large number of young people in our country, in the first years of independence, the TV and radio channel "Youth" was established. In this channel we can note that our national values are in harmony with the spirit of the present. At present, more than 50 creative staff and technical specialists of the Youth TV and Radio Channel have participated in advanced training courses organized by TV companies in Russia, Malaysia, the Republic of Korea, Turkey, China, Germany and India. Animations will be given 24 hours a day.

4. Conclusion

Nowadays, the promotion of a healthy lifestyle among schoolchildren and students is focused on the widespread use of the Internet to prevent various ills, with the emphasis on the popularity of the Internet among young people. We can know that it is one of the main means of absorption. Their current interests should also be taken into account in inculcating a healthy lifestyle in young people. It is necessary to make more extensive use of various Internet sites and social networks.

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