

## DIFFICULTIES OF FORMATION OF STUDENTS' HEALTHY LIFESTYLE

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### **Abstract**

This article considers the problems of forming a healthy lifestyle of students.

### **Key words**

Student, healthy lifestyle, diseases, health-saving technologies, health-forming technologies, hygiene.

The problem of preserving and improving the health of student youth is a priority problem of state importance, a common task of society and higher educational institutions. The ways of its solution are the subject of careful study and are differently comprehended in different research spheres: political, social, ecological, medical, psychological and pedagogical.

Analytical data of a number of scientists testify to the annual deterioration of youth health, primarily as a result of smoking, consumption of alcoholic beverages, narcotic and psychotropic substances.

The current state of public health is characterised by such negative trends as the spread of tuberculosis, HIV-infection and AIDS epidemics; an increase in the number of cardiovascular and oncological diseases; an increase in the incidence of congenital anomalies and so on. The situation with tobacco smoking is critical.

The unsatisfactory state of youth health is caused by the fall of public morality, significant social stratification of the population, complicated criminogenic situation, commercialisation of sexual relations, early onset of sexual life, negative influence of mass media.

Studying various approaches to the formation of a positive attitude to a healthy lifestyle through the prism of the person-centred learning paradigm, which is so actively used now in progressive higher education institutions in Europe, it is possible to identify a large number of authors offering various methods of solving this issue.

The problem of forming a healthy lifestyle covers a wide range of issues. Students' health is important both for the present and for the future. Students are the future elite of society, its mental potential. Students are also the future creators of material and spiritual values, and nowadays they are the face of the nation, its beauty, energy, activity. In addition, students are future fathers and mothers who carry the health potential of future generations. Therefore, preserving and improving the health of student youth is the most important task of our time.

But today students' health has become a real problem, which is connected with a number of external and internal factors - deterioration of the ecological environment, increase of various addictions, increase of mental and psychological stress, decrease of physical activity, emergence of new infectious diseases, decrease of volitional control of behaviour, etc.

That is why today one of the main strategic tasks of higher education is to educate young people in the spirit of responsible attitude to their own health and health of others as the highest individual and social value. An important direction of activity of higher educational institutions is the search for new forms and methods of health promotion of students in the process of their education and upbringing, introduction of health-saving and health-forming technologies in the educational process.

The concept of "health-saving technologies" combines all the directions of higher education institution's activity on the formation, preservation and promotion of students' health.

Under health-saving technology scientists propose to understand:

- favourable conditions of student's education;
- optimal organisation of the educational process;
- a full and rationally organised movement regime.

The introduction of health-saving educational technologies is associated with the use of medical, psychological, socially adapted, environmental health-saving technologies and life safety technologies.

The essence of health-saving and health-forming technologies consists in a comprehensive assessment of the conditions of education and training, which allow to maintain the current level of students' health, to form a higher level of their health, healthy lifestyle skills, to monitor the indicators of individual development, to predict the possibility of health changes and to carry out appropriate psychological, pedagogical, corrective and rehabilitation measures.

Scientists distinguish the following types of health-saving educational technologies:

- health-saving technologies, which create safe conditions for staying, studying and working in higher education institution; solve the problems of rational organisation of educational process taking into account age, gender, individual characteristics and hygienic norms; ensure compliance of educational and physical load with student's capabilities;

- health-improving technologies aimed at solving the problems of strengthening the physical health of students, increasing their health potential: physical training, physiotherapy, aromatherapy, hardening, gymnastics, massage, phytotherapy, music therapy, water procedures;

- health education technologies - hygiene education, life skills, healthy lifestyle skills, prevention of injuries and bad habits, sex education. These technologies are implemented through the inclusion of relevant topics in subjects of the general education curriculum, the introduction of new subjects in the variable part of the curriculum, and the organisation of extracurricular and supplementary education;

- education of health culture - education of students' personal qualities that contribute to the preservation and promotion of health, formation of ideas about health as a value, strengthening motivation to lead a healthy lifestyle, increasing responsibility for their own health and family health.

It should be noted that the concept of "health-saving technology" can be attributed to any pedagogical technology, which in the process of implementation creates the necessary conditions for the preservation of health of the main subjects of the educational process - students and teachers.

Modern high-quality education is a personally oriented development of a person, formation of self-awareness, a system of norms and values, communication and decision-making skills, the ability to manage one's own desires and the actions of others, to overcome obstacles, to resist pressure from others; it is the acquisition of other habits necessary for the successful integration of young people into social relations and independent life.

At the same time, health education should combine the acquisition of the necessary knowledge, attitudes and specific skills required for positive behaviour and the maintenance and development of health. It is this triad - "knowledge - attitudes - skills" - that defines the content of health education.

**Conclusion:** Thus, as scientific research shows, the vast majority of student youth do not follow a healthy lifestyle, which leads to the deterioration of their health, especially in recent years. That is why one of the most important tasks of modern education should be the search for new approaches to the organisation of educational process in higher education, introduction of health-saving and health-

forming technologies aimed at humanisation of education, which will ensure the creation of optimal conditions for spiritual growth of personality, full implementation of psychophysical abilities, preservation and strengthening of students' health.

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