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Theoretical Methodological Foundations for The Formation of Healthy Living in Students

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Abstract: The article highlights the pedagogical approaches and methods necessary for improving the physical, mental, and social health of students. It also examines the importance of education and upbringing in the process of shaping a healthy lifestyle, considering aspects such as practical exercises, motivation, social environment, psychological support, and medical check-ups.

Keywords: Harmful habits, healthy lifestyle, music therapy, biological rhythm, rhythmic music, healthy eating.

Introduction: A healthy lifestyle is an important component of ensuring the physical, mental and social health of a person in today's society. A healthy lifestyle is a lifestyle that aims to strengthen a person's health and improve their quality of life. A healthy lifestyle includes not only physical activity, but also factors such as proper nutrition, mental health, rejection of harmful habits, adherence to personal hygiene. As noted by the World Health Organization, a healthy lifestyle provides opportunities for healthy and productive activities throughout the life of each person. One of the global problems today is the increase in chronic diseases and the prevalence of an unhealthy lifestyle. In particular, there is a high incidence of decreased physical activity, unhealthy nutritional habits, excessive attachment to technology, and stress factors among young people. Therefore, the issue of educating young people, especially students, on the basics of a healthy lifestyle and the formation of a healthy lifestyle culture in them, has become an important task of the educational and educational system.

METHODS

The following pedagogical approaches are important for the formation of a healthy lifestyle in students: 1. Integrative approach: integrating themes that promote a healthy lifestyle into the learning process, such as through Biology, Physical Education, musicotherapy and life safety sciences. For example, integrating biology with a healthy lifestyle, biology is a science that studies the human organism, its functioning and the factors that affect health. Nutritional physiology is a source of essential nutrients for the body: proteins, fats, carbohydrates, vitamins and minerals. Through proper nutrition, it is possible to improve metabolism and strengthen immunity. At the same time, by explaining the effects of harmful habits (smoking, alcohol consumption) on the body through the improvement of the cardiovascular system through a healthy lifestyle, the biological effects of stress on the body, through biological processes, it will be possible to bring students the right incentives about a healthy lifestyle. Reflecting on the integration of musicotherapy and a healthy lifestyle, musicotherapy is a method that helps to restore and strengthen mental and physical health and is important in the formation of a healthy lifestyle. When applied in relation to biology, it has a complex effect on the human body. For example:

- the effect of music on the nervous system: slow and quiet music reduces stress, normalizes blood pressure, calms the heart rate. Improve mood by stimulating the production of the hormones dopamine and serotonin. Rhythm music in particular helps to perform physical exercises effectively. Biological processes such as heart rate and respiration harmonize with the tempo of the music.

- biological rhythms lead to the recovery of the circadian cycle by quiet music, stimulating the production of the hormone melatonin through music.

- muscles after physical activity accelerate recovery processes using music. Combining biology and musicotherapy with a healthy lifestyle can be achieved through the following pedagogical and methodological approaches. In practical training, in biology, in the study of the topics of the impact of stress on the body, to show in practice the mechanisms of biological influence of music therapy. In it, the organization of physical activity (yoga or aerobics) training in conjunction with musical training. Through interactive techniques, it will be possible for students to develop their experience skills by measuring biological processes under different genres of music, such as heart rate, blood pressure. Creating musical compositions on the topic of a healthy lifestyle and explaining their biological basis is one of the effective methods. In this, skills are developed based on these integrative approaches to organizing seminars among students promoting a healthy lifestyle and musicotherapy, improving mental and physical health, improving the quality of life of students.

RESULT

Particular attention is paid to the promotion of a healthy lifestyle on the basis of decisions of the president of the Republic of Uzbekistan and the Cabinet of Ministers. Seminars and trainings on the topics of healthy eating, physical education and abstinence from harmful habits were organized among students in the programs within the framework of the" healthy lifestyle year " of 2021. Along with social support through the” Iron notebook “and” youth notebook " projects, the focus was on students living in an environment that was appropriate for a healthy lifestyle. In higher education institutions of our country, activities are carried out in the following areas for the formation of a healthy lifestyle. In higher education institutions, special programs have been developed aimed at increasing physical activity among students. Sports complexes and stadiums operate at each university. For example, Tashkent State University of economics, National University of Uzbekistan, Samarkand State University have modern sports facilities. "Universiade" Sports Competitions, on the other hand, are held annually with the aim of promoting a healthy lifestyle among students and increasing interest in sports. In a number of educational institutions, projects on healthy eating and hygiene are being developed by students. Workshops and practical training on the formation of a culture of proper nutrition, such as" healthy eating culture", are being organized. Hygiene tips and activities are held regularly to explain to students the importance of compliance with sanitary regulations. Psychological service centers have also been established, and individual and group consultations of psychologists are functioning at Tashkent State Pedagogical University and a number of other universities. Stress reduction and self-management training and workshops are being held. The international programs for Student Health, in collaboration with the World Health Organization and other international organizations, are implementing a number of projects on the healthy lifestyle of students. At the same time, in cooperation with the Center for national status art, special events are also held on the importance of Uzbek status art in strengthening the mental state of students.

DISCUSSIONS

The pedagogical basis for the formation of a healthy lifestyle in students is of urgent importance in the

modern educational process. This creates the basis for the effectiveness of the process, the health of students and their success in social life. Maintaining and strengthening health can help prevent disease by supporting a person's physical and mental health. This process involves eating healthy, regular physical activity, managing stress, and giving up harmful habits. A healthy lifestyle allows a person to live an active, cheerful and meaningful life throughout life. Studies have shown that people who follow the rules of a healthy lifestyle have a long and healthy life. Creating a social environment focused on a healthy lifestyle, through which students work together with their comrades and teachers to form healthy habits. For example: organizing sports clubs, holding healthy life festivals on a university scale, organizing promotions dedicated to the promotion of a healthy lifestyle To provide each student with information and skills in managing their own health based on the principle of personal development. Taking into account the psychological and physiological aspects of the student to develop their abilities: - Teaching how to create healthy eating daily plans - Conduct trainings dedicated to stress management techniques. Implementation of multidisciplinary education by combining a healthy lifestyle with other disciplines such as biology, musicotherapy, psychology, sports, ecology: teaching the physiological basis of healthy eating in biology, focusing on ways to maintain mental stability in psychology training. And on the principle of continuity of education, the continuous formation of knowledge of a healthy lifestyle for students not only in the process of higher education, but also in the course of life, starting from school: - Development of continuous healthy lifestyle programs - Organization of special courses on healthy life throughout life. Creation of a Monitoring and diagnostic system. Development of a diagnostic system for assessing the knowledge and activities of students regarding a healthy lifestyle: - Introduction of tests and forms of observation on a healthy lifestyle - Analysis of statistical data on student health. It is possible to effectively convey knowledge of a healthy lifestyle by basing pedagogical processes on interactive methods. Increasing the interest of students through role-playing training on the topic of healthy lifestyle, the development of small projects in which students promote healthy lifestyle as a team are also considered to be effective results. It is also possible to motivate students to think by organizing discussions on the topic of harmful habits and their consequences. Of particular importance in pedagogical processes of a healthy lifestyle is the focus on the national and cultural traditions of the Uzbek people. For example, it is possible to teach the useful aspects of Uzbek national foods and analyze ways to adapt them to a healthy lifestyle.

CONCLUSION

In conclusion, the formation of a healthy lifestyle in students is one of the important tasks of the educational process. The systematic basis of the pedagogical approach is of great importance in achieving this goal. The process of developing a healthy lifestyle directs not only theoretical knowledge, but also the formation of practical skills. The process should also be done by increasing motivation and responsibility among students. The integration of interactive and innovative methods into the learning process and the use of modern educational technologies further enhance students ' interest in a healthy lifestyle. Thus, the pedagogical foundations provide a solid foundation in preparing students for a socially active, healthy and conscious lifestyle.

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