

## ANALYSIS OF ATTITUDES OF FEMALE STUDENTS TO HEALTHY LIFESTYLE IN HIGHER EDUCATION

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### ABSTRACT

The article deals with analysis of girls' health condition, physical education and sports needs, their attitudes towards improving physical culture and healthy lifestyle based on questionnaires conducted by female students studying in higher education institutions.

**Keywords:** Higher education, student girls, questionnaires, physical education, sport, national values, Uzbek martial arts.

**Actuality.** As it is known, students are one society form a special social groups, united by certain educational conditions and lifestyles. Therefore, their physical health condition is a sign of their overall health.

The success of education, the development of personal qualities, the ability to work, the health of students and students, and, as a consequence, the intellectual potential of the country, are largely dependent on the correct solution of problems in the field of physical culture and sports [5.32].

Several publications have reported that the physical health and training of students is inadequate [1.66; 2.63]. As it is urgent to improve health of female students, we have decided that it is urgent issues to study their interests and attitudes toward sport in Higher education institutions in Uzbekistan and to analyze how they spend their leisure time on physical education and sports.

**Purpose of the study:** To study and analyze the attitudes of female students in higher education institutions toward physical education and sports.

**Research Objective:** To identify the girls' interest on healthy lifestyles through university questionnaires.

**Research methods:** Analysis of scientific and methodical literature, questionnaires, mathematical and statistical methods.

**Organization of the Study:** A questionnaire survey was conducted among 105 female students of the National University of Uzbekistan and 106 female students of the Tashkent State Stomatology Institute to examine the impact of motivation and needs on students to engage in regular exercise.

**Research results and their discussion.** Nowadays the interests and desires of young people are an important factor in the formation of physical culture. It is important to take into account and analyze student attitudes beyond physical education. A questionnaire survey was conducted and analyzed to determine the attitudes of girls toward healthy lifestyles and how they spend their leisure time. Student girls answered the questionnaire as follows.

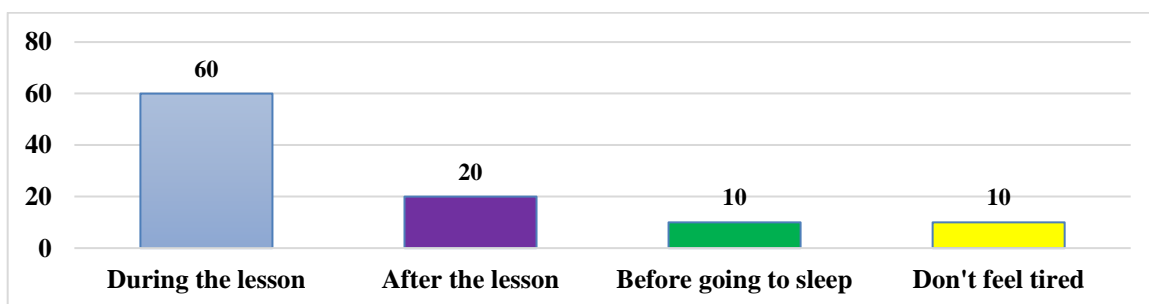
What physical qualities do you consider important in your future career?



**Figure 1. Student opinions about what physical attributes are important in future professional work**

80% of students consider physical attributes such as "tolerance", 15% "strength" and "agility", 5% "agility" and "flexibility".

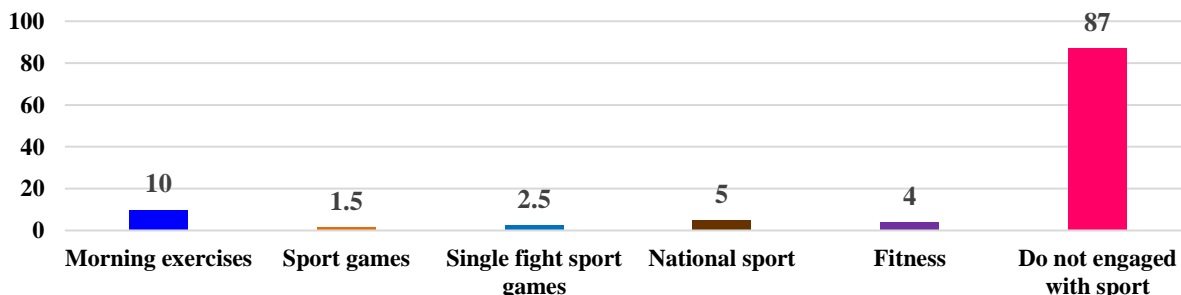
According to the survey it was clarified that the respondents' 10% devote their free time to exercise in the afternoon, 90% of the girls reported that they didn't not add morning exercises to their morning routine, while more than 60% of the girls spend their free time watching television, using social networks and playing phone games. 40% of female students spend free times visiting the library for 3 times in a week, other 60% of them visit the library only for exams, only 13% of female students attend to some sports and improving activities.



**Figure2. Students' indicators of feeling being tired**

In the above question, 60% of students stated that during the study period, 20% stated that they would not feel tired at the end of classes, 10% said before going to sleep.

When examining the types and means of physical education and sports that students use in their free time (holidays and weekends), except compulsory physical training they do

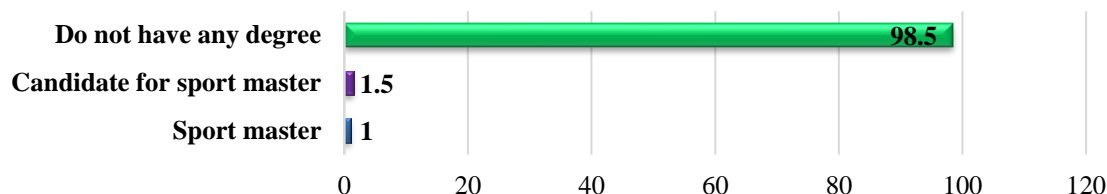


**Figure3. Indicators of female students who spend their leisure time being engaged with physical education or sport**

10% of female students indicated that they were engaged with morning exercises, 1.5% of them with sport games, 2.5% of them with single fight sport games, 5% of them with national sports,

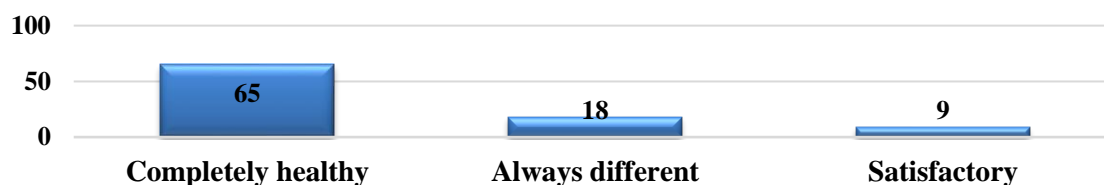
and 4% of them with fitness, 87% of students indicated that they were totally excluded from physical education and sport.

When we conducted studies on gaining sport master degree in (Figure 4), it was found that 98.5% of girls had no athletic skills, 1% of girls were "sports masters" and 1.5% of them were "candidates for sports masters".



**Figure4. Female students' indicators of gaining the level of sport master**

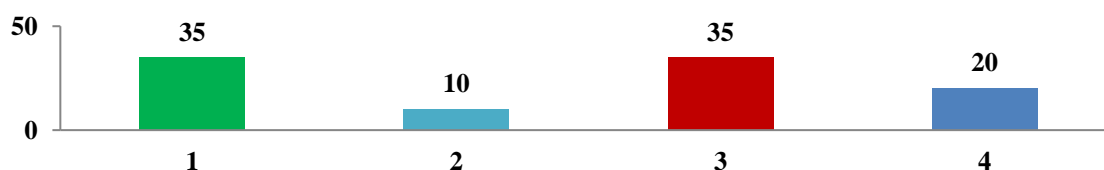
Girls' self-esteem evaluation is shown by the following figure (Figure 5).



**Figure5. Students' self-assessment indicators about their health**

65% of girls rated themselves as "completely healthy", 18% - "always different" and 9% - "satisfactory".

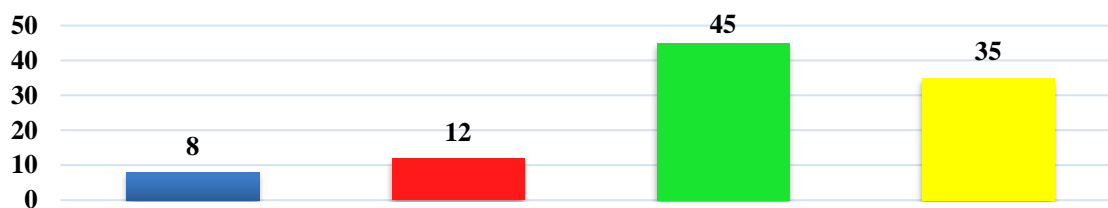
When determining what to focus on in developing regular students' interest in physical education and sports (Figure 6), 35% of female students indicated to focus on sports base, 10% of them to sport TV shows, 35% of them to health and 20% of them to said to focus on compulsory physical education classes.



**Definition.** 1-sport base, 2-sport Tv programmes, 3-health degrees, 4-compulsory physical training lessons

**Figure 6. Opinions of female students about factors which impact to be engaged with regular physical training activities and sport**

The followings were girls' opinions about what kind of sport they would like to use at the University for extra-curricular activities (Figure 7).



**Figure 7. Type of sport that students want to be engaged with extra-curricular activities after the lessons**

8% of female students play sports (basketball, volleyball, soccer), 12% - martial arts (karate, taekwondo), 45% - national sports (Uzbek martial arts, wrestling, Turan), 35% - fitness, shaping.

## CONCLUSION

The results of the survey were used as material to determine the attitudes of girls to healthy lifestyles and to identify the motivation and factors that determine the workings of physical education and sports.

Student attitudes towards healthy lifestyles are positive, but in many cases they are not able to properly organize their leisure time. There is a lack of understanding of the role of physical culture and sports in promoting a healthy lifestyle.

As a result of the study, it is advisable to establish a sports-oriented approach to improving student performance.

As a sport-oriented physical education, we use Uzbek national martial arts in addition to reading and studying, based on the student's questionnaires, to improve the technique and skills of female sports, to improve self-defense and to raise patriotism brings to achieve the restoration and preservation of national traditions.

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