

## HEALTHY LIFE - AS ONE OF THE FACTORS OF UPBRINGING OF YOUNG GENERATION

**Alijanov Oybek Ganijanovich**

Senior Lecturer, Namangan State University, Namangan, **UZBEKISTAN**

### ABSTRACT

The article gives students an understanding of healthy lifestyle, active behavior, agendas, the purpose of life, the role of education in life, and how to become a full-fledged person, both through and through extracurricular activities. help them to develop the skills and skills they need.

**Keywords:** Healthy Lifestyle, Lessons, Upbringing, Education, Knowledge, Skills, Insights.

### INTRODUCTION

All of the ideas that are the basis of education need to be revisited, focusing on the child's personality, and making good use of the positive experience accumulated over the years.

Educational work is carried out in cooperation with law enforcement agencies, creative associations, state and non-state funds, committees and organizations. The development of the human personality is a complex and continuous process. His education is directly influenced by his parents, professional colleges, neighborhoods, friends, community organizations, the environment, the media, art, literature, nature, and more.

It is necessary to protect the environment from the negative impact on the formation of the individual as a person, providing for the unity and upbringing of the individual through the interaction of the interaction with the abovementioned needs. The main purpose of preparing students for a healthy lifestyle is a rich national culture in the spiritual and moral education of the younger generation. Developing and implementing effective organizational, pedagogical forms and tools based on spiritual and historical traditions.

### MATERIALS AND METHODS

The main purpose of upbringing is to provide an opportunity for the intellectual, moral, free-thinking and physical development of the individual, his or her abilities to be fully disclosed. For this:

- to prepare young people for free personalization, to help them understand the meaning of life, to develop self-control and control, to develop a purposeful approach to their own life, to instill a sense of plan and action in them;
- to acquaint students with national, universal values, rich spiritual heritage of our country, to form requirements for acquiring cultural and world knowledge, to develop skills, to enrich and to develop aesthetic concepts;
- identify and develop the skills and abilities of each teenager. Try different areas of human activity. Providing conditions for student creativity, talent development and support;
- educational tools (such as tolerance, injustice, lies, slander, libel) should be widely used to develop humanistic standards (understanding, kindness, compassion, tolerance of racial and national discrimination);

- patriotism, secular thinking, study of interactions with people living in our society, be ready for its people, state, its protection, respect for the symbols of the Republic of Uzbekistan and other countries, young faithful upbringing of the generation to the Constitution, Flag, Emblem, Anthem, President of Uzbekistan;

- fostering a respectful attitude to the rules of the legal community and living standards, developing a sense of civic and social responsibility that defines unique aspects of the personality, self-sacrifice, and environmental education for the prosperity of the country and sustainable development of humanity.

- Teaching the independent and objective assessment of domestic and foreign policy of our Republic of Uzbekistan. It is necessary to have a proper understanding of its internal policies aimed at peace, democracy and non-interference in the internal affairs of other states, to openly pursue foreign policy and to improve the standard of living of its people;

- formation of the qualities of creative approach to work, which is the highest value in life;

- nurturing and developing a healthy lifestyle, the desire to have a decent family;

- to teach young people to think independently;

- The basic education system should be as follows;

- upbringing - recognizing the pupil of the highest social value, respecting the unique and originality of each child, teenager and young man, respecting their social rights and freedoms;

- to create a sense of conformity of desire and opportunity in the youth;

- relying on original national traditions and means;

- Humanities in interpersonal relationships, bias among teachers and students

- Humanities in interpersonal relationships, respect for teachers and students, respect for students' opinions, and good attitude to them.

In practice, the educational process should focus on holistic and continuous work and the inclusion of students of different ages.

## RESULTS AND DISCUSSION

The upbringing, the upbringing ... the upbringing! The authors of the monographs are the well-known Estonian pedagogue and psychologist O.Ya.Karakovsky, Novikova, Selivanova. They use a different understanding of what Laymete proposed. If the upbringing process was done by O.Y. If we look at the layout, then the educational system is not a didactic one, but a social-pedagogical system.

In turn, the education system is not only didactic (through teachers, lessons, textbooks, homework) but also as a social factor, involving students in the environment, with parents, teachers and teachers. It is also influenced by the specific psychological environment that occurs in each educational institution through the relationships that occur between students.

## CONCLUSION

The topics and activities carried out during the educational hours are gradually incorporated into the students' views and attitudes towards healthy lifestyles. Conducting outreach to students on healthy behaviors and adapting to a variety of environmental influences will change student attitudes. The more precise and consistent the individual's behavior, the less likely it is that the surrounding environment will have a negative impact.

Educational work in the professional colleges is carried out by teachers, educators and group leaders. They organize education in accordance with the goals and objectives of the society.

The teacher has to correct some deficiencies in the student's behavior. These disadvantages are often part of the family's upbringing. The teacher should focus his / her actions and actions of their parents on eliminating these shortcomings, changing the living conditions of the students in the family and eliminating the causes that cause students to behave inappropriately. .

Thus, the processes of upbringing, self-education and self-discipline are interconnected and are always interconnected throughout the whole process of human identity formation. As each case has its own specific rules and regulations, there are a number of very important child-rearing rules that will ensure effective parenting, including:

- purposeful education;
- Linking life and work with upbringing, dedication to the independence and prosperity of Uzbekistan;
- individual and team upbringing;
- Respect for the personality of the child and his or her demand for it;
- consistency, regularity and unity of educational work;
- to take into account the age and peculiarities of students in education;
- this rule requires constant updating of the content and organization of educational work in accordance with the requirements of time. As teachers relate to the education of students, they give them the opportunity to develop their own faith.

When the educational work is organized, young people are encouraged to lead healthy lifestyles and contribute to the community.

We need to figure out how to develop a community so that students don't have to be negative. The most reliable way to do this is to observe students interacting with them in a classroom, outside the classroom. Special diagnostic methods, such as questionnaires, creating pedagogical situations, organizing interesting events, and other methods can be used for this.

Involving a student to self-discipline in personal training in the team is to equip him with relevant skills and abilities. Stronger and hard-working students who are not subject to educational influences are not necessarily bad educators. The Modern Group carefully examines the causes of teacher misconduct and low self-esteem. In a spiritual sense with the student's teammates.

The program provides for two general education sessions during the school year and six to nine sessions for each Group's parents. The classes are designed in such a way that parents can coordinate a course in the basics of pedagogy, psychology and physiology, and communicate with their children in the classroom. The course is tailored to the age specifics of the learners and is based on the educational objectives of each year of education.

If vocational colleges help parents improve their pedagogical knowledge through group leaders, parents can also assist vocational colleges in organizing student education. Conversation with emerging issues, establishing trusting relationships with parents, learning more about family education, teaching parents, developing a child's individual development program, and pedagogical systems. A wide range of educational tasks, such as co-production, improving parenting effects and correcting child-rearing behaviors and resolving student disputes, will be addressed.

Students are invited to attend a vocational college in response to a complaint from a teacher about a teacher's violation of discipline. The leader of the group should study everything carefully. The teacher is sometimes responsible for poor academic performance, repayment, etc., for the teacher's lack of pedagogical ethics or his or her poor organization of teaching and extracurricular activities. and it would be wrong for parents to turn over. Even if the student is a little disciplined, the leader of the group should not tell the parents about his or her shortcomings. It is unpleasant to them and it does not help them to build trust between them and the teacher.

The fact that the leader of the group is involved in the organization of healthy lifestyles among the students' families is an important form of cooperation between vocational colleges and family. The family situation determines the purpose. The leader of the group prepares for family visits in advance. It consults with students, understands the learner's behavior, discusses the results of the previous course, defines the content and form of the interview, chooses issues for discussion, agreement with parents, for the near future. the parents' upbringing duties, referrals, and so on.

The leader of the group should not only be a consultant when he is in the family, but he should also listen to their parents' comments and suggestions because parents are less interested in the success of their children.

The leader of the community and knowledgeable team will be able to cope with any situation and form a well-developed Group of Team.

Coordinating the educational impact of vocational colleges, families and communities - the family, unlike other educational institutions, can influence and influence all aspects of a person's life throughout his or her life.

The family combines a great example of the role of upbringing in the formation of a healthy lifestyle, the deep embodiment of its ideological and psychological impact. This will not only make it more impactful on the family level, but also make it a necessary part of the process of personality formation. Therefore, effective cooperation in promoting a healthy lifestyle will have positive results.

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