

IMPROVING HEALTH SAVING COMPETENCY OF UNORGANIZED YOUTH-EFFECTIVE MEANS OF ITS SOCIALIZATION

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ABSTRACT

In the article is considered the problem of improving health-saving competence among unorganized youth as an effective way of preparing it for their future life. At the same time, the concept of “unorganized youth” commented on and scientifically substantiated recommendations is presented on the development of motivation to acquire health-saving knowledge and the formation of a healthy lifestyle for unorganized youth through seminars in their community. It is well known, the problems of competence, a competent approach are associated with the need to modernize raising the level of education, in particular, the acquisition of health-saving knowledge by unorganized youth, which ensures their readiness to adapt their life ahead -family, professional, and social in accordance with those adopted in society, norms and standards. It is also mentioned in the formation of health-saving strategies for personality behavior is important valeoacmeological approach to the organization of physical culture and youth sports activities. In this regard, the need arises for conducting special research on working with unorganized youth in order to acquire health-saving competencies in strengthening physical, mental and spiritual health in order to form motivation for healthy lifestyle among young people and the need to maintain health. In this article we try to analyse the problems concerning with unorganized youth.

Keywords: health, unorganized youth, motivation, health-saving competence, healthy lifestyle.