

## 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.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In the context of globalization and transferring to a market economy in the republic, a new group is formed among young people - unorganized youth, which for several reasons was out of the society. Pedagogical technology for the formation of health-saving competence includes a target block - the formation of health-saving competence; diagnostic unit, including criteria and diagnostic tools for the effectiveness of the educational process; informative block, which reflects biomedical, psychological, pedagogical and physical education basics of health conservation. The first deputy chairman of the Youth Union of Uzbekistan A. Sadullayev commented that the use of the term “unorganized youth” recently had two reasons: “first of all, international experience, in particular, such terminology exists in Russia and Kyrgyzstan. Second of all, there are some categories of youth. Thus, the foregoing will allow, on the basis of psychological and pedagogical knowledge about the content, structure and dynamics of the formation of health-saving competencies. To determine the conditions conducive to the effective formation and strengthening of students' motivation for health saving, and to solve the scientific problem in the field of pedagogy, scientific and practical, related to the optimization of the formation of health-saving competencies. Health-saving competence is a combination of physical education and pedagogical knowledge, skills, and motives that are the basis of health-saving pedagogical activity and the formation of a healthy lifestyle for a future physical education teacher. The following are distinguished in the structure of health-

preserving competence. The cognitive component, as a combination of integrated biomedical, psychological, pedagogical and physical knowledge; axiological component that determines psychological attitudes towards awareness of the value of health; activity component, including general pedagogical skills and a reflective component, such as extrapolation of worldview attitudes to professional activity. For example, those who do not study, who do not participate in public life. Youth, about whom there is no information in the Youth Union that does not work, or has a tendency to delinquency. The term “unorganized” is applicable to this category of youth. [1]. The problem of health conservation acts as a global inalienable from other problems of humanity. Today, all is united in the fact that the health of the population is the main condition for the country's prosperity. The task of maintaining, strengthening and developing health, forming the values of healthy lifestyle and conscious attitude to it is a priority in the policy of Uzbekistan. The main factors in reducing living standards are considered the deterioration of the demographic, environmental, socio-economic situation, as well as the insufficient prevention of alcoholism, drug addiction, and smoking. In this regard, the number of young people in need of medical, psychological, pedagogical support is growing. According to the World Health Organization, drug addiction, especially among young people, reached a critical level. One of the most pressing problems of our time is the abuse of tobacco products. The result is a distortion of lifestyle, the spread of risk factors for diseases, the formation of behaviors leading to a decrease in the level of health. These are: low level of motor activity; unbalanced diet, leading to a violation of the intake of iron, iodine and vitamins; information overloads associated with the intensification of training and irrational work regimes, a high level of stress; loyal attitude to the use of alcoholic beverages; widespread smoking. Statistics show that in the world more than 5 million people die every year due to excessive smoking.

In the previous published Law of the Republic of Uzbekistan “On state youth policy” dated September 14, 2016, the main goal of the Youth Union was formulated as: “Upbringing of modern, educated, spiritually and intellectually developed, energetic, sane, setting an example by his behavior, able to withstand external threats and pseudo-mass the culture of the young man”. [2]. In the context of above mentioned that, in the seventh priority direction of the Union Youth activity in the aspect of the problem we consider that, there is a broad involvement of youth. Especially its unorganized part, in sports and physical education, in creative circles, various training courses, including the study of foreign languages, with the aim of content organization and its leisure. The problem of youth health was the subject of close attention of researchers who studied it with organized youth in the process of educational activity. Thus, E.M. Kazin, N.E. Kasatkina and others noted that in the pedagogical environment, there is significant increase of interest in using a systematic approach to health conservation. On teaching and upbringing children and in managing educational institution life, thereby to make the pedagogical process more focused, manageable, and effective. [3]. According to A.G. Majuga, L.B. Sabitova, O.V. Antonova in the formation of health-saving strategies for personality behavior it is important valeoacmeological approach to the organization of physical culture and youth sports activities [4]. A healthy lifestyle combines everything that contributes to the fulfillment by a person of professional, social, family and domestic functions in optimal conditions for health and determines the direction of the individual's efforts to maintain and strengthen individual and public health. A healthy lifestyle is a set of health-improving measures, forms and methods of everyday cultural life of a person, manifested in physical activity, proper nutrition, tempering, in observing work and rest regimes, and giving up bad habits. The policy of increasing social youth is aimed at focusing on their full activity to life and work in the social environment, in society, since in preparing socially motivated and competent creative participation of youth in various activities, taking into

account their interests, abilities and preferences, it will undoubtedly contribute to its personal development.

In Uzbekistan, the problem of working with unorganized youth carried out intensively under the project “Methodological foundations of formation ideological immunity among unorganized youth” [5]. 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. 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. According to the researchers, “competency” is possession, possession of a person by relevant competence, including his personal relationship to it and the subject of activity ... and further according to researchers, the term competence includes two concepts: the terms of reference of a person and the range of issues in which this person has knowledge, experience. [6, p. 74]. In the context of our research aimed at developing a health saving competency, it should be noted that UNESCO identified the following key competencies: to teach to gain knowledge (to teaching to learn); to teach to live (teaching for being); to teach to work and earn money (teaching to work); to teach to live together (teaching for living together).

Among the key educational competencies of A.V. Khutorsky, in particular, singled out the competence of personal improvement, including: culture of thinking; culture of behavior; the basics of life safety; personal hygiene rules; taking care of your own health; sexual literacy; internal ecological culture [7].

A number of authors highlighted among the competencies related to the person himself, as a person, a subject of activity, communication, competences of health conservation [8, p. 312]. Based on the foregoing, we compiled a program of improving health-saving competencies among unorganized youth, including the consideration of issues such as health as universal value, the culture of health and the motivation for its development, the basis of safety, the promotion of a healthy lifestyle, vital functions and the formation of its main components. At the seminars held for unorganized youth from 18 to 30 years old, implemented in four regions of the republic. Participants were acquainted with such components of a healthy lifestyle, such as: the value of tempering, physical culture and sport; the Compliance basic rules of personal and general hygiene; the Strict compliance the requirements of food hygiene, labor and rest; prevention of injuries and not from special cases; developing responsible attitude towards ensuring a health-saving environment

-understanding the importance of preventing bad habits (smoking, drinking alcohol, drug addiction and substance abuse, as well as modern "mania" - gambling, gadget mania, television, computer mania and others) - respect for the environment and nature (ecology and health) - implementation of proper sex education. Reproductive health care and preparation for family life - meeting the requirements of the psychology of interpersonal relationships: to respect the environment and nature (ecology and health); to implement of proper sex education, reproductive health care and preparation for family life; to meet the requirements of the psychology of interpersonal relationships.

Enhancing youth participation in the social life of society at all stages of education by improving learning, and assessing the level knowledge in various subjects, use inter subject

integration acquired knowledge. Their relationship with life realities as communication tools for the preservation and development of national and spiritual values, as an important factor in educational process, economic and diplomatic cooperation acquires greater relevance on a global and national scale. In the seminars were attended by 25-30 people and they were conducted using audio and video equipment using such interactive methods as brainstorming, cluster, design, work in small groups, presentations and others. Now we are conducting studies taking into account the mentality, ethnic, demographic characteristics of the population in order to identify the range of issues that are most interesting and relevant for parents in the regions. Then in the mahallas it is envisaged to conduct a kind of “parental universal education” for people in groups. Initially, trainers prepared by us from among experienced teachers, doctors, and psychologists will carry out such work. So for working with unorganized youth, various conversations are held with psychologists and doctors. In the seminar participants got acquainted with various videos revealing certain aspects of health conservation, created various pedagogical and psychological situations, it was proposed to develop various projects aimed at maintaining and improving health. During the seminars, participants developed an interest to the health problem, factors that positively or negatively affect health indicators. The questionnaire conducted twice with the participants before and after the seminars made it possible to obtain statistically significant shifts in the level of knowledge, skills and abilities on health conservation. All these issues are reflected in the paragraphs of the current resolution and are the first stage of our work. The second stage is the preparation of future trainers from the composition of students of TSPU, who will be armed with medical, pedagogical knowledge, purposefully able to work with unorganized youth. The most significant, passing red thread thought is a conscious, responsible attitude of unorganized youth to maintaining their own health. The development of motivation to improve health, on methods of maintaining it, as well as on ways of employment and participation in social life by familiarization with physical education and classes in various sports sections organized in mahallas (at the place of residence).

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