

ATTITUDE OF A MODERN STUDENT TO A WALKY LIFESTYLE

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ABSTRACT

The article presents data analysis of the results of a stating experiment to determine the needs, relationships and knowledge, compliance with the rules and the practical application of a healthy lifestyle by modern student youth on the example of students of Ferghana State University.

Keywords: Modern student, the need for a healthy lifestyle, physical education, questionnaire questions, questionnaires, pedagogical and sociological analysis, health.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Substantiation of the research topic: in the current conditions of the third millennium, where the intensive process of informatization, mass communication of society and its globalization continues, the most promising and sought-after are specialists with a high physical and moral culture of the person with sufficient theoretical knowledge and practical skills in their application in profiled professional activities what are the specialists in the field of physical culture and sports - trainers, instructors, prep Teachers of physical education [1,4,6].

In this regard, it is of great interest and relevant to identify their theoretical knowledge of a healthy lifestyle and related physical activity in modern conditions, as well as the procedure for using and using them in order to maintain and further improve the health status and professionally important personality traits in the process of profiled physical training of future specialists.

The purpose of the study is to study the level of theoretical knowledge of modern university students about a healthy lifestyle and closely related physical activity, about the skills and abilities of their observance and practical application in the process of professionally applied physical preparation

During the experiment, the questionnaire method was used

Organization of the study. To achieve this goal, we conducted a stating pedagogical experiment, consisting of two stages. During the first stage of the pedagogical experiment (May-June 2018), a questionnaire was developed, the answers to the questions of which would make it possible to study the level of theoretical knowledge about a healthy lifestyle and physical activity, about the skills and practical skills of their use by students of Ferghana State University (FerSU) in modern conditions of education. In the second stage of the experiment (September-December 2018), the obtained data were collected and processed.

The results of the experiment. During the ascertaining experiment, 615 students of 1-4 courses were studied, studying at 212 physical students), mathematical (200 people) and psychological (203 people) faculties of FerSU.

The level of knowledge of students' healthy lifestyles and hygiene was assessed using the developed questionnaire containing 24 questions. Students survey results are presented in table 1.

Table 1. The level of knowledge about a healthy lifestyle of students of Ferghana state university

№	Questionnaire sections	Number of students	Number of students in %
1	Healthy lifestyle	168	27.32
2	Partial healthy lifestyle	79	12.85
3	Unhealthy lifestyle	458	74.47
4	Poor nutrition	584	94.96
5	Excessive workload	199	32.36
6	Stress	269	43.74
7	Lack of motor activity	582	94.63
8	The irrational organization of the day	162	26.34
9	Bad habits	512	83.25
10	Lack of knowledge about a healthy lifestyle	553	89.92
11	Poor living conditions	213	34.63

It can be seen from the ranking above that among the factors that do not allow one to call their lifestyle healthy, the majority of students (584 people, i.e. 94.96% of all respondents) gave inappropriate nutrition, lack of motor activity (582 people, 94.63%), insufficient knowledge of a healthy lifestyle (553 people, 89.92%) and bad habits of 512 people. (83.25%). Among the main causes of malnutrition were identified external signs: lack of time, poor organization of food in a higher educational institution.

According to the results of a student survey, among the risk-factors of a healthy lifestyle, excessive workloads were noted (199 people, 32.36%). Among the factors that do not allow us to evaluate my lifestyle as healthy, stresses are named - 43.74% (269 people) of the students surveyed. Many students during this period have negative emotions, self-doubt, excessive excitement, fear, etc. A characteristic feature of the healthy lifestyle of modern students is the desire and desire for regular physical education and to increase the level of physical activity.

According to our study, 582 people (94.63%) of the respondents noted a lack of motor activity. In our opinion, one of the main reasons for the low physical activity of students is the lack of need and motivation for regular and sectional exercises in pre-school and general educational institutions.

Among the students participating in the questionnaire, 124 people study in sports sections. (20.16%), only 69 people are independently engaged in physical exercises. (11.22%), 227 people are not engaged in physical education systematically. (36.91%) and are not involved at all - 223 people. (36.26%) of respondents (Fig. 1).

The studies revealed a high need for students to obtain information on personal hygiene and knowledge of a healthy lifestyle, which is often contradictory in literary sources and the media. Sources of information about personal hygiene of students of a pedagogical university are shown in Figure-2.

When asked what forms of obtaining information on personal hygiene are the most accessible, the following students were named: 124 people from educational and other literature. (20.16%), from parents 113 people. (18.37%), friends 82 people. (13.33%), doctors 40 people. (6.50%), university professors 78 people. (12.68%), of the media 98 people. (15.93%) and physical education classes 80 people. (13.01%).

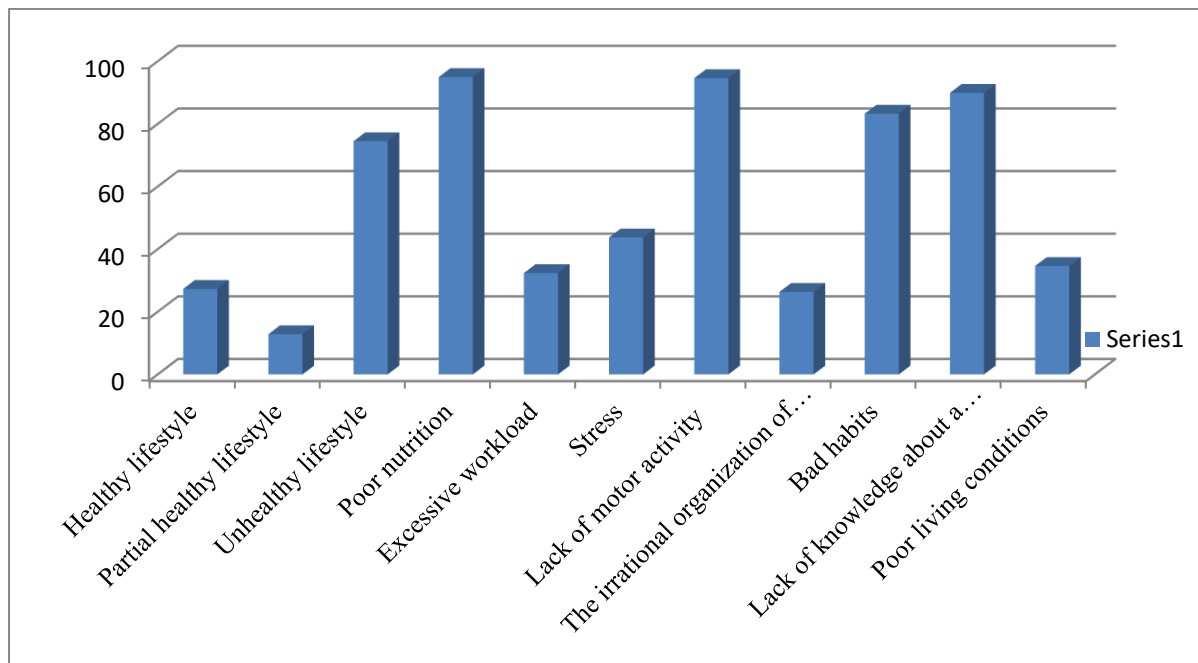


Fig. 1. Characteristics of the regularity of physical education of students of a pedagogical university.

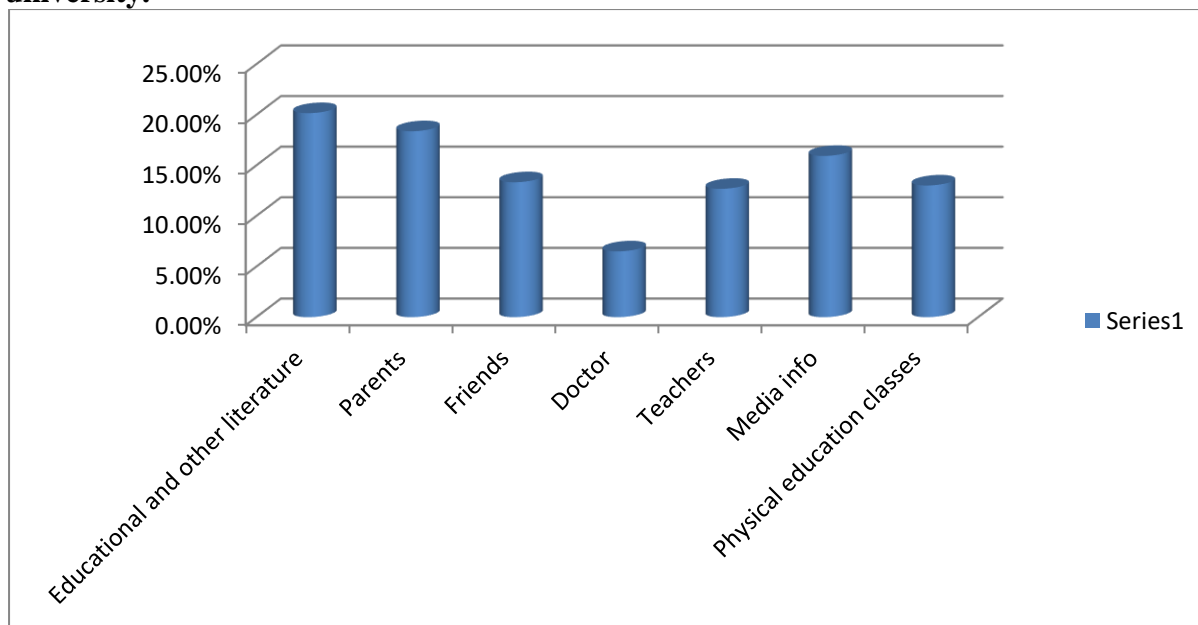


Fig. 2. Sources of personal hygiene student information

It is well known that the teacher should be the main link in teaching students the factors of a healthy lifestyle and hygiene, as a source of scientific and reliable information in the field of health conservation. The level of competence in theoretical issues of hygiene and the health culture of a teacher, the introduction of innovative health-saving technologies in the

educational process, helps to improve the quality of the educational process in a higher educational institution.

In order to assess the competence of teachers on the basics of a healthy lifestyle and life hygiene, we interviewed 84 teachers of the Physical Education Department of Ferghana State University and Ferghana State Pedagogical Institute, of which 4 (4.76%) are doctors of sciences, 14 (16.67%) are candidates of sciences (and PhD) and 66 (78.57%) teachers without a degree (Fig. 3).

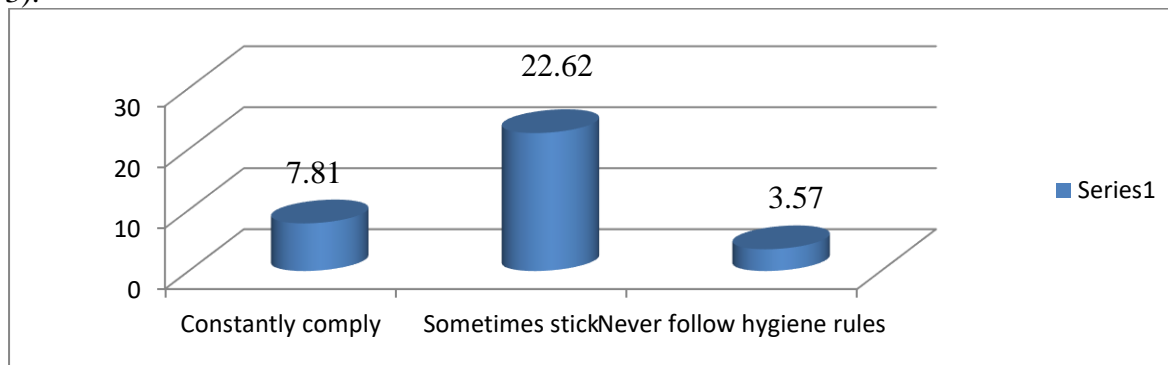


Fig. 3. Characteristics of the faculty of universities participating in the survey

The assessment of the competence of teachers of the departments of physical education was carried out according to a questionnaire developed by us, containing 32 questions. According to the survey, it was found out that among the respondents 62 (73.81%) higher education teachers constantly observe sanitary and hygienic standards when organizing the educational and pedagogical process, 22.61% (19 people) - sometimes adhere to hygiene rules, and 3.57% (3 people.) - do not fulfill them at all (Fig. 4).

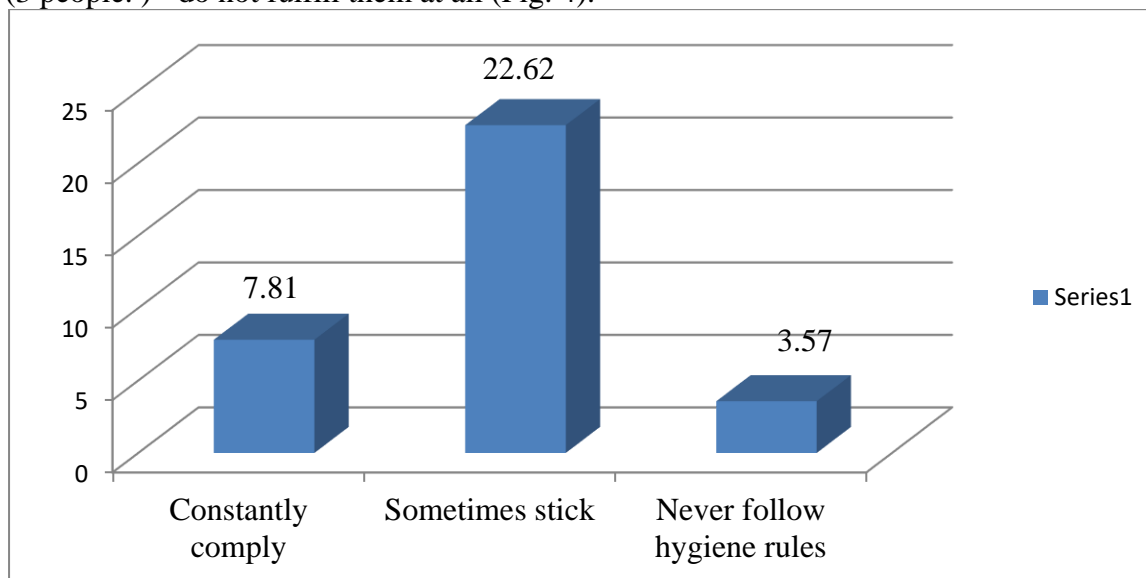


Fig. 4. Compliance with sanitary and hygienic requirements by university professors in the organization of the educational process

According to some teachers, the full implementation of the content of the curriculum on physical education does not have a significant effect on the students' consciousness for the formation of beliefs, attitudes and value orientations on health-saving technologies and does not affect their active position in shaping a healthy lifestyle, and the current curriculum It does not provide a positive change in the motivational-value attitude to activities in the field of health-saving technologies.

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