

**METHODS OF IMPROVING STUDENTS' PHYSICAL ACTIVITY SKILLS IN
EDUCATION INSTITUTIONS**

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Article history:

Received: 10th March., 2022

Accepted: 11th March., 2022

Published: 12th March., 2022

Abstract: *It is to bring up a young generation in our country that is physically healthy, mature, well-rounded, well-rounded, able to think independently, has deep intellectual knowledge and a modern outlook, and can take responsibility for our future. Of course, one of the main factors influencing this is a healthy lifestyle.*

Keywords: *well-rounded, humanity, life, population, healthy.*

«On the tomorrow of the planet, the well-being is connected with the fact that our children grow up as a kinda man. Our main task is to create the necessary conditions for young people to show their dignity.»

President of the Republic of Uzbekistan

Shavkat Mirziyoev

Of the UN General Assembly

From his speech at the 72nd session

One of the most important challenges facing humanity is to be able to lead a healthy lifestyle, to live a regular life, to help build a physically healthy, mentally healthy generation, to work, relax and socialize. is to form a socially rational lifestyle.

A healthy lifestyle is a combination of social existence, the main features of social relations, the material and spiritual activity of people, the forms of social activity in all spheres of social life, which are inextricably linked with the specific conditions of this life. Hence, a healthy lifestyle includes quantitative and qualitative indicators of human life activity. These indicators are relative and vary depending on development and socio-economic factors.

A healthy lifestyle is associated with people's living standards, health, mood, aspirations, confidence, daily, daily changes, the level of socio-economic and spiritual development of society, and most importantly, measures to ensure the effectiveness of educating the younger generation.

A healthy lifestyle includes factors such as work, life, and leisure, a culture of interpersonal relationships, an ecological culture, keeping the body physiologically fit, as well as taking care of the health of others.

One of the problems in the field of scientific research, which has its traditions from a historical and modern point of view, is a lifestyle. Even though a lot of research has been done on this problem, the problem has not yet been fully resolved.

As we begin to study the problem of a healthy lifestyle and its sustainability in society, it should be noted that it cannot be properly understood without linking it to the nationwide and philosophical concepts that have emerged in this area. Consequently, a basic concept of a healthy lifestyle is a qualitatively thematic expression of a "lifestyle".

Lifestyle is, first of all, a complex phenomenon that is inextricably linked with the holistic life activities of people.

Lifestyle not only reflects the essence of the diversity in the behavior of people working in a general environment, the social nature of its active assimilation but also serves as a form and method of changing it.

Creating a healthy lifestyle involves achieving a certain level of spirituality, being cultured in consumption, interpersonal relationships, and behavior.

In today's world, where access to the latest advances in science and technology is expanding, the formation of a healthy lifestyle requires the harmonization of medical, hygienic, socio-economic, and environmental aspects of human life.

The above ideas give a conceptual conclusion that the new criteria, principles of life, the vitality of the national ideology, which can be embodied like our national way of life, should be in line with its psyche. On the other hand, lifestyle is not just a set of principles of living, but also a complex process that always requires the interdependence of internal laws and contradictions.

Any needs and principles that are formed as a result of this are tested, perfected, or, conversely, denied in this area of life. Thus, understanding the way of life as a dialectical process leads to a correct definition of its nature and essence.

The most important areas of social life depend on the health of the population. Human health depends in many ways on the organization of labor, the extent to which it uses modern scientific and technological achievements, the spiritual environment, the interaction of employees, their mental and emotional state. The way people live a healthy or unhealthy lifestyle is in many ways reflected in how much and how well their needs are met. According to the data, 50% of the level of health depends on social security and lifestyle, 20-30% on the environment, 20% on the impact of genetic factors, and 8-10% on health and interventions.

Based on the above, the following conclusions can be drawn:

- First - lifestyle as a social philosophical category reflects the essence of the vital activity of society and people, the nature of its assimilation, the form and methods of change. Lifestyle is manifested at each stage of social development depending on the nature of material, socio-political and spiritual factors while relying on the specific traditions, customs, spiritual values, heritage of the people, nation, social groups.

- Second - the fact that the lifestyle is based on a healthy spiritual, economic, political, and social base serves to develop resilience in the community, the interaction, and cooperation between individuals and social groups. With this in mind, a healthy lifestyle has become one of the determining factors in stabilizing the development of society.

- Third - the way of life prevails in a certain environment in space and time. Its objective basis is the laws of social development, the natural geographical environment, the accelerated production of material goods, while the individual, society, social strata are its subjects. The relationship between the object and the subject of lifestyle is contradictory, and resolving it on a healthy basis serves to moderate its development. and sustainability.

- Fourth - the radical reforms being carried out in the country are aimed at shaping a healthy lifestyle in the interests of independence.

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54	ISSN 2277-3630 (online), Published by International journal of Social Sciences & Interdisciplinary Research., under Volume: 11 Issue: 03 in March-2022 https://www.gejournal.net/index.php/IJSSIR
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