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Scientific and Theoretical Aspects of Forming a Healthy Lifestyle of Preschool Children

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Annotation: *The article is devoted to the review of scientific ideas and approaches to the study of the phenomenon of a healthy lifestyle. The article focuses on the important features, components, criteria, indicators and levels of forming a healthy lifestyle among preschool children.*

Keywords: *healthy lifestyle, attention to healthy lifestyle, formation of attention to healthy lifestyle in preschool children.*

When a person is born, he dreams of being happy and strives for it. Happiness is a comprehensive concept and is the essence of human life. A factor that ensures a happy life of a person is his healthy lifestyle.

According to the level of formation of healthy lifestyle skills, they are divided into groups: A, B, V (Table 1).

Table 1 Groups according to the level of formation of healthy lifestyle skills

A	B	V
A person who is active, trains the body with the help of various exercises, exercises in the morning, and also regularly participates in special sports sections for a certain type of sport.	A person who is active, trains the body with various exercises, and is limited to only morning physical training.	A person who is slow-moving, does or is indifferent to exercise and physical training depending on the circumstances
A person who can rationally plan a daily routine and strictly adhere to it, also has a detailed understanding of the importance of daily routine in the formation of human STT skills	A person who does not consistently follow a routine	A person who is indifferent to the agenda

A person who is aware of the rules of proper and high-quality nutrition and constantly follows them	A person who is aware of the rules of proper and high-quality nutrition, but does not follow them consistently	A person who does not have sufficient understanding of the rules of proper and high-quality nutrition
A person who has full knowledge of personal and general hygiene rules and strictly follows these rules	A person who has sufficient understanding of the rules of personal and general hygiene, but follows them only in some cases	A person who has a certain understanding of personal and general hygiene and the conditions for compliance with its rules, but does not strictly follow these rules
A person who has a sufficient understanding of the importance of the environment in the formation of STT skills, and therefore the need to protect it, and who also conducts practical activities in this way	A person who has an understanding of the important role of the environment in protecting human health, but has not carried out practical activities to ensure environmental protection, and at the same time plans to organize such an action.	A person who does not have a certain idea about the incomparable importance of the environment in maintaining human life and health, or does not want to understand it
A person who is aware of the rules for preventing various injuries and accidents and who can provide first aid in emergency situations	A person who does not have sufficient understanding of sudden events and the right to provide practical help in such situations	A person who does not have specific information on providing first aid to the victim in the event of various injuries and accidents
A mentally and physically formed person who has a certain understanding of sexual education and its essence, respects himself and the representative of the other sex	The level of sexual education is average, a person who does not have enough information about sexual education and its essence	A person who has a low level of relationship with himself and the other sexes around him, has signs of behavior contrary to the basics of sex education, and has absolutely no knowledge of the basics of sex education
A person who has an idea about the negative impact of harmful habits on human health, does not smoke tobacco products, does not consume alcohol and drugs	A person who does not consume tobacco and alcohol, who has insufficient understanding of the impact of harmful habits on human health	A person who does not have certain concepts about harmful habits and their negative impact on human health and who has mastered certain harmful habits
A person who has a sincere relationship with the people around him and has an understanding that this situation has a certain place in the decision of STT	A person who does not have concepts about the role of social interaction in determining STT skills in a person, but who has a good relationship with others.	A person who does not have a certain understanding of the culture of treatment and behaves rudely with the people around him

If the number of correct answers is 85 percent or higher, then the lifestyle is almost healthy, if it is up to 55-85 percent, it is partially healthy, and in such cases, the teacher and parents it is important to take into account the recommendations of mothers, if it is below 55%, then it is necessary to organize trainings on the formation of a healthy lifestyle individually with the teacher. After all, as a result of this action, you will create the foundation for a healthy person and a happy life in the future.

The concept of development of physical education and sports was developed by implementing the Law of the Republic of Uzbekistan "On Physical Education and Sports". In this, the cultural-educational, socio-economic requirements of each nation were taken into account, based on the concept of physical education of children and adolescents, relying on the multi-ethnicity of the population of the republic in the continuous education system.

At the state level, it is recognized that the main direction of the state's internal policy should be to preserve, strengthen and develop the health of the young generation and young people, to form a healthy lifestyle and a conscious attitude to it. This idea is reflected in the most important state documents defining the strategy of education development: Law of the Republic of Uzbekistan No. 637-ORQ of September 23, 2020 "On Education".

Active movement, especially physical movement, is one of the most important factors in human development and formation. It is known from the experience and observations of a number of scientists that optimal movement makes it possible for children's physical development and ability to increase.

The second group of scientists says that every person prepares the ground for development, physical maturity and, most importantly, strengthening of health based on physical education carried out before school age.

According to the third group of scientists and practitioners, the period of preschool education is the most favorable period for comprehensive education of children, formation of spiritual, moral qualities and physical qualities in them, formation of higher emotions.

As a result of the scientific examination of the functional readiness of children educated in a preschool educational institution, it was confirmed that physical exercises play a decisive role in the development of the body.

The results of the research conducted by many scientists show that the physical formation of a person and the dynamics of physical training depend on the student's ability to work hard and the nature and volume of regular physical exercises.

If mobility is increased too much, the benefit of physical exercise is reduced and it has a negative effect on the body, and excessive mobility has a severe effect on young exercisers.

Harmonious development of children in pre-school education institutions, all-round physical education is carried out under the care of educational institutions, families, public organizations, with their efforts. Currently, the positive outcome of the cooperation of parents and pedagogues in the moral and physical upbringing of children has been highlighted in the works of several scientists [1].

Despite this, according to I.V. Plovtsseva [2], 75-90% of children who come to school (1st grade) 55-60% swim, 20-25% skate, 10-15% ride two-wheeled bicycles does not know how to fly, even perform simple sports elements and movements, 20-25% cannot manage to hit a ball on the ground, 30% cannot manage to jump on a children's rope. Those who can do this, unfortunately, move very slowly. These data indicate that children's physical development is at a low level.

One of the causes of such situations is the lack of knowledge about the importance of physical education and physical exercises in young children, lack of opportunities to engage in physical exercises, parents' lack of minimum pedagogical knowledge, and physical education of children in accordance with the needs of the times. is that it is not improved.

In order to solve these problems, the team of pedagogues and every educator or teacher needs to be in close contact with parents from the very beginning of the educational process.

In addition to the above, M.Ya. Studenikin [3] expresses his opinion. In his opinion, it is very important to follow the daily routine in the family, and the family's work, rest, and nutrition in harmony and rationality create very good conditions for the child's body, including the nervous system. He claims that a routine prevents nervousness.

Professor S.S. Soliho'jaev [4] said that in order to achieve the intended goals in pre-school educational institutions, it is necessary to properly organize the daily routine: rest, meals, etc.

The purpose of physical education is to improve health, develop physical qualities, increase physical fitness, protect young people from work and independent Uzbekistan, raise the reputation of the independent Republic, and spread its glory to the world.

According to A. Avloni, "A healthy and strong body is the most necessary thing for a person. Because in order to read, teach, learn and teach, a person needs a strong, disease-free body" is the proof that physical education is the main factor in a healthy life of a person.

Of course, not everyone needs to be a highly qualified athlete, participate in competitions and receive awards. However, a person should regularly take actions based on his personal capabilities. Such action includes 15-20 minutes of daily morning exercise, 40-60 minutes of outdoor walking, 20-30 minutes of walking before going to bed at night, etc.

Modern medicine shows the presence of conditions such as a sharp decrease in the level of health of a person due to a lack of physical activity, a violation of the functioning of internal organs, a low indicator of the ability to work, and physical development that is not at the required level.

Ancient philosophers expressed the opinion that "the thing that makes a person unconscious and damages his health is not doing physical activity for a long time."

If the teachings of the great Hakim Abu Ali ibn Sina: "Badantarbiya is a glorious way to maintain health", would have become the life motto of any person, it would have shown a positive effect on the prevention of various diseases in our society.

Doing physical education and sports allows the growing generation to grow up well, and at the same time, it allows to make good use of free time.

I.P. Pavlov noted the development of the organism as a whole in harmony with the external environment. This harmony, as well as the activity of all organs, is controlled by the central nervous system. The organization of physical training does not affect one or another group of muscles, but has an effect on the state of the whole organism. Regular, uninterrupted physical activity has a good effect on human health. For example, metabolism improves, body tissues absorb nutrients better, and decomposed substances leave the body faster. Also, the heart is trained and becomes more resistant [5].

Tourism and sports are various forms of physical activity among physical education and gymnastics, and the most important and widespread among them is morning physical education.

People of all ages can do morning physical education classes.

The exercises will give positive results only if they are performed continuously and continuously. A long-term break leads to a decrease in the effectiveness of previous training.

Therefore, anyone who wants to live a long life on the basis of training his body, increasing labor productivity, and strengthening his health, should always organize physical activities, and at the same time, conduct his daily activities based on a certain order.

Today's lifestyle does not require excessive mobility from a person. This statement is especially relevant for students, schoolchildren, intellectual laborers, people engaged in light physical activity, leaders of various levels. We analyze our routine to make sure we're not really getting any physical load. For example, if we take schoolchildren and students, most of them do very little physical activity.

They hardly wake up, they don't regularly do physical education in the morning. They go to school by public transport, and sometimes by private car. They spend 6-8 hours at school or 10-12 hours at the university without any movement. After that, they return home by transport. They prepare lessons, do homework, watch TV until 23-24, and then go to sleep. If this routine continues every day, the body will not be able to exercise enough.

Energy is needed for movement, and energy is obtained by processing food products, fats and carbohydrates. Movement - helps to improve breathing, blood vessels, digestion, blood production systems.

Because of this, people who are physically active have a light, fresh, energetic spirit, a clear language, a high and stable mood. As a result of performing physical exercises, the body's defenses are well developed. At this point, it is permissible to note the result of a study conducted by foreign physiologists with the participation of more than 200 people: the purpose of the study: The researchers came to the following reliable conclusion: 72% of the respondents considered themselves very happy, as the reason for which they note regular physical exercises. 28 percent of the respondents answered that they are "happy, but not at that level." Doctors who treat alcoholism believe that people who consume a lot of alcohol can get rid of pain if they regularly run.

Exercise classes, which started in childhood and adolescence, are especially useful. Everyone needs to train their body to a stable regime. Physical education, taking a walk in the fresh air, engaging in training activities such as sports are among the factors that ensure longevity and health.

Also, the set of physical activities includes 15-20 minutes of morning exercise, 40-60 minutes of walking in the open air, 20-30 minutes of walking before going to bed at night, etc. In addition, in our hot climate, it is more appropriate to train the body with non-traditional methods than traditional methods.

Summary. In the process of studying and analyzing the nature of physical education in pre-school education institutions from the literature, it was found that several scientists in this direction have conducted scientific research in the physical development of children, physical fitness, the state of physical education in pre-school education institutions and other areas. , it was found that they expressed their opinions. For example, M.S. Khaziakhmetova, A.K. Hamrokulov, Kh.B. Tulenova, A.N. Levitsky, R.H. Kadirov, R.S. Salamov, K.M. Mahkamjanov, S.S. Solikho'jaev, L.M. Semyonova, D.D. Sharipova, G. Amantaeva, A.K. Ataev, Sh.S. Mirzamakhmudov and others. But despite this, the information about physical education of children of preschool education age is not enough. At the same time, during the period of independence, it is evidenced by the gradual development of physical education in preschool institutions, the fact that young scientists are working in this direction, and the number of scientific articles is increasing.

In pre-school educational institutions, it was also found that the issue of organizing physical education classes has not been developed. There is not enough scientifically proven information on the directions of the pedagogical process.

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