

THE CONCEPT, PEDAGOGICAL ESSENCE AND TASKS OF IMPROVING THINKING DIRECTED TO PRESERVING HEALTH IN STUDENTS.

Ernazarov Abduvali Beknazarovich
District Kattakurgan Public Education
section "Spiritual moral education
and general educational institutions
coordination of activities"
head of the branch
[**eabduvali0777@gmail.com**](mailto:eabduvali0777@gmail.com)
Independent researcher

Abstract: In this article, the issue of raising a healthy generation and the formation of a healthy culture, the formation of medical and sanitary thinking on health protection in educational institutions, research, formation and analysis of the current situation, the importance of physical education and physical education for human health was discussed.

Keywords: physical education, social, medical and sanitary thinking, formation, healthy lifestyle, values, social importance, pedagogical factors, chronological sources, healthy generation, measures and conditions.

The extremely important importance of physical education and physical education for human health began to be widely promoted among all strata of the population. These efforts are based on the results of scientific research. Among them, the issues of "health pedagogy" and its formation were widely studied as part of scientific research works. In Western countries, the concept of health protection is one of the topics that have been of interest to people of science since time immemorial. Thus, the concept of "health pedagogy", its social significance and benefits, issues of pedagogical factors are one of the urgent issues in the focus of the scientific community of the whole world, and understanding the scientific and theoretical content of the concept of "health pedagogy" healthy culture is part of this scientific heritage requires in-depth study of all its features and aspects.

The commitment to work on the basis of the idea of health promotion was accepted at the Bangkok (2005) conference of the World Health Organization. According to this document, it is necessary to create "all necessary measures and

conditions for people to protect their health and strengthen their health" in the countries. Strengthening health depends not only on people's beliefs and desires, but also on the political will of existing authorities. According to this document, in some developed and liberal countries, the amount of funds allocated to health care is decreasing day by day. This is a factor that negatively affects the health of citizens in the future.

In the US, the issue of student health is widely studied scientifically. "American Journal of Health Promotion"¹, "American Journal of Health Education"² and "Californian Journal of Health Promotion"³ special scientific-theoretical and popular publications are published. They publish new materials on healthy lifestyle and health care technologies.

At the same time, the term Health pedagogy is used in the USA, which corresponds to health pedagogy in our understanding. The task of the health centers of the Higher Education Institutions is to study, research, form and analyze the current situation regarding the formation of medical and sanitary thinking on health protection in educational institutions. It examines and recommends what health care structures can be offered in relation to different models of educational institutions.

In 1997, the American Academy of Health Protection was established in the USA, and its main task is to widely promote health care pedagogy, to build its promotion on the basis of theoretical and practical conclusions, methods and knowledge, as well as existing health development of the health care system.

In the USA, health care pedagogy ("health pedagogy") was established as an independent field of the health care process. It includes several directions in its component, it covers the systems, tasks, methodology of health care pedagogy, the reflection of news, i.e. innovations, administrative structures, etc. They are collectively referred to as "Health Pedagogy Strategy, Activities, and Programs."

¹ <https://journals.sagepub.com/home/ahp>

² <https://www.tandfonline.com/toc/ujhe20/current>

³ <http://www.cjhp.org/>

In the US, seven main areas of systematization of health care, that is, responsible and priority areas, have been defined. These directions have been put into practice and are widely active. These areas are called the seven responsible areas of health care pedagogy. Among the seven important directions of health pedagogy:

- 1) strategy, activities and programs of implementation of health care pedagogy;
- 2) management of health education strategies, activities, and programs;
- 3) study health and health care issues;
- 4) development and financial support of research on health pedagogy;
- 5) planning health pedagogy strategies, activities and programs;
- 6) organization of services aimed at personal health;
- 7) areas such as the study of needs for the protection of personal and public health are included.

These directions are under the attention of the state and civil society, and as part of the concept of human health, environmental threats, production processes that threaten the environment, the production of medicines and the prevention of their harm are seriously socially controlled.

In the US, the system of health care and protection, a healthy lifestyle in our understanding, a system of health thinking and values, i.e., "health pedagogy":

emotional health;

self-image health;

body health;

fitness;

prevention of various stereotypes and myths about health;

environmental health;

methodology of preparation for various natural disasters and protection from them;

issues such as methods of monitoring the quality of medical services are also included.

The extremely important importance of physical education and physical education for human health began to be widely promoted among all strata of the

population. These efforts are based on the results of scientific research. Among them, the issues of "health pedagogy" and its formation were widely studied as part of scientific research works. Even in Western countries, the concept of health protection is one of the subjects that have been of interest to scientists from a pedagogical point of view.

Thus, the concept of "health pedagogy", its social significance and benefits, issues of pedagogical factors are one of the urgent issues in the focus of the scientific community of the whole world, and understanding the scientific and theoretical content of the concept of "health pedagogy" healthy culture is part of this scientific heritage. requires in-depth study of all its features and aspects.

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In our country, there are socio-political and pedagogical-psychological factors of formation of the "health pedagogy" thinking in students aimed at health care.

"Health care" includes health criteria, values, laws of a healthy lifestyle, issues of healthy thinking and consciousness, conditions and situations that threaten human health, their negative consequences, and self-protection from emergency situations and situations. skills, healthy living culture and its procedures, protection from environmental stress, awareness of health as a person, person, individual, and especially the professional ability of the most highly qualified specialist, integrates them organically and encompasses them as a whole. The main difference of the "health pedagogy" pedagogy, which is focused on health care, from our traditional concepts of health, is that it directly teaches a person how to protect the health of himself and the people around him, in what way, based on what knowledge, skills and qualifications he has practical activities is taught to the issue that it is necessary to show. Because if we do not form a person's thinking aimed at protecting himself and his health, we will not get closer to the pedagogical goal with the creation of health structures and its modern infrastructures. The shortest and most effective way to protect a person's health is to make this person think about protecting his health.

Therefore, pedagogy aimed at protecting health, "health pedagogy" is a mechanism for transforming the already formed thinking, consciousness, and culture about health into a healthy lifestyle. Therefore, "health pedagogy" is a means of transforming knowledge about health into life skills and abilities. The need to protect health first of all becomes more important in the period of economic development and improvement, rapid population growth, man-made revolutions, environmental safety, and the wide penetration of various chemical products into everyday life. Today, a person cannot be the guardian of his health without knowing the system and practice of efforts aimed at health care. Therefore, one of the priority tasks of the state, which is set before the society for implementation, is the formation of the thinking of the growing young generation aimed at protecting the health of themselves and those around them. It is necessary for the child to understand "health pedagogy" as a value from an early age. There are specific pedagogical conditions and conditions for the scientific-theoretical understanding and pedagogical experience of this current pedagogical problem. They are:

First of all, in the Republic of Uzbekistan, the education of a healthy generation and the formation of a healthy lifestyle are recognized as one of the important tasks of the state, so the pedagogical conditions for the implementation of this task are ripe and favorable. The state is an interested link in the implementation of such works. Therefore, there will be no problems in the scientific-theoretical study and implementation of this issue. Because the issue of forming a healthy lifestyle is one of the important tasks of the state.

Secondly, activities to promote sports and physical education, such as "Barkamol Avlod" and "Universiada", which have been held in the Republic of Uzbekistan in recent years, testify to the existence of healthy life infrastructures built for young people in different regions of the country. Therefore, one of the urgent tasks of pedagogical activity today and in the future is to use these existing infrastructure opportunities for the formation of a healthy way of thinking in students and the development of modern interactive methods.

Thirdly, today students themselves have certain thoughts, views and thinking about health and healthy lifestyle, healthy lifestyle, and their existence is a favorable social- it indicates that the psychological and pedagogical conditions are at a high level. In other words, young people also have a strong desire to be healthy. Using this, it is necessary to equip young people with interactive methods to carry out this activity correctly and at the level of their requirements.

Although some work is being carried out in this direction at the Higher Education Institution, the formation of the "health pedagogy" thinking of students to protect their health, based on scientifically based, interactive methods of educating people to be healthy in a healthy environment, and their positive aspects with modern innovative pedagogical technologies the fact that a comprehensive pedagogical system that provides the possibility of joint implementation has not been developed means that this issue belongs to the current pedagogical problems.

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