



Pedagogical Principles Of Developing A Healthy Lifestyle And Motivation In Youth

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Abstract. In the article, the pedagogical foundations of the formation of a healthy lifestyle and the development of motivation in students and young people and the opinions of various scientists related to the motivation of young people are widely covered. Detailed information on the main forms and sources of the correct formation of a healthy lifestyle is provided.

Key words: Healthy lifestyle, health, youth, formation, development, motivation, opportunity, modeling, reproductive health.

Yoshlarda Sogʻlom Turmush Tarzini Shakllantirish Va Motivatsiyasini Rivojlantirishning Pedagogik Asoslari

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Annotatsiya. Maqolada talaba-yoshlarda sogʻlom turmush tarzini shakllantirish va motivatsiyasini rivojlantirishning pedagogik asoslari va yoshlarning motivatsiyasiga bogʻliq turli olimlarning fikrlari keng yoritilgan. Sogʻlom turmush tarzini toʻgʻri shakllantirishning asosiy shakllari va manbalari boʻyicha batafsil maʼlumotlar berilgan.



Kalit so'zlar: sog'lom turmush tarzi, salomatlik, yoshlar, shakllantirish, rivojlantirish, motivatsiya, imkoniyat, modellashtirish, reproduktiv salomatlik.

A system of scientific methodological ideas and views is being formed in the direction of a number of problems, such as the importance of a healthy lifestyle in the education of young people, the rational organization of the daily routine, the interrelationship of mental and physical development, and psychohygiene. But if we take a closer look at the lifestyle and activities of some of our young people, it can be seen that they still do not have their own independent opinion, they are in a psychological attitude, indifference, and they are in a mood of neglect, they are not able to show independent will, mature consciousness and worldview [1]. Of course, in order to achieve certain efficiency in the formation of a healthy lifestyle in young people, it is necessary to organize educational and educational activities aimed at the goal in educational institutions, to develop the knowledge, understanding and skills of pedagogy, hygiene and physiology in students on the basis of special programs aimed at the formation of a healthy lifestyle. It is necessary to pay attention to formation and development of motivation. Motivation (Latin "motivatio") - external or internal stimulation of the subject to achieve any goal, methods of arousing and stimulating interest in such activities, formed under the influence of the entire pedagogical system, but primarily is brought up in the process of direct educational activities of students. Cultivating positive motivation depends on the content of education, the organization of the educational process, and the personality of the teacher.

The very concept of "motive" is interpreted differently by different scholars. For example, A. Maslow connects a motive with a need, S. L. Rubinstein considers a motive to be the feeling and satisfaction of this need, and some scientists consider a motive to be the subject of a need. It is known that the concept of motive is at the center of A.N. Leont'ev's theory of activity: he defines "motive" not only as a feeling of needs, but as an objectivity that determines a certain need for certain conditions, directs human activity, and observes it. believes that [4].

In our opinion, the term "Motivation" means, according to its meaning, a person's commitment to a certain form of activity, as well as his motivation for health care, as well as justification and understanding of its importance. The motivation factor tells people that they need to have healthy behavior and high moral qualities. Therefore, one of the tasks that must be solved first before the



health care system, pedagogues and medical workers is to establish a healthy lifestyle and improve motivation in the formation of a healthy lifestyle. The role of internal and external nutrition in the formation of a healthy lifestyle is very important. Internal motivation is something that pulls from within a person, encourages him to always strive for something, not to stand still, to always work on himself. Intrinsic motivation is a "thing" that keeps a person going in times of difficulties and makes him move. For example: health, achievement of goals, increased physical activity, self-confidence, adherence to daily routines, personal development. Extrinsic motivation is something that demonstrates your achievements in an external social environment. For example: the formation of a caddy-comat, a high level of lifestyle, an optimistic mood, an organism free from diseases, a strengthening of the nervous system, reproductive health. The most important secret to success in improving motivation in the formation of a healthy lifestyle is to keep internal motivation at a high level without lowering it. The second secret to improving motivation in the formation of a healthy lifestyle is the compatibility of internal and external motivations and the maintenance of balance between internal and external motivations.

Forming a healthy lifestyle and proper organization among students is the most important factor in their future development as intellectually competent listeners ready for many years of creative work. Therefore, in the process of education of future specialists in the higher education system, the following directions should be followed: a) education; b) education; c) development; g) health promotion; d) it is necessary to carry out tasks such as preparation for the xdyot. Naturally, the administration of the educational institution, teachers, psychologists, and medical staff together organize measures aimed at preventing factors that have a negative impact on the health and healthy lifestyle of young people, and the health of pupils and students. Lom lifestyle has a positive effect on ensuring the effectiveness of formation. For this, in the educational process, it is necessary to inculcate the knowledge and concepts of a healthy lifestyle in the pupils and students, to acquire the necessary skills and qualifications for getting used to a healthy lifestyle, and to accustom them to follow a useful and exemplary daily routine.

In the system of higher education, you can see the inextricable connection with many disciplines to form a healthy lifestyle. Together with these subjects, students can be educated in a healthy way of life.



There are main forms of proper formation of a healthy lifestyle, consisting of a lecture, seminar, practical training, independent work and pedagogical practice [2].

Sources of information on healthy lifestyles include:

- parents;
- teachers;
- educators;
- coaches;
- medical staff;
- public employees;
- mass media;
- popular medical, psychological and scientific literature [3].

There are pedagogical possibilities for the correct formation of a healthy lifestyle, which include national and universal values, cognitive, organizational and application in practical activities. As a result, students with a healthy lifestyle are formed.

In this system, the main ways of forming a healthy lifestyle in students of higher education institutions (lectures, seminars, practical training), sources of obtaining information about a healthy lifestyle, healthy formation of students with a healthy lifestyle through education based on lifestyle is embodied. In accordance with this system, in the practice of forming a healthy lifestyle in students and gaining knowledge about health care, the following activities are included: academic and practical activities (in laboratories, gyms and sports grounds, educational workshops); labor activity (in production practice, in scientific circles of students); socially useful (collecting medicinal plants that serve people, cleaning water bodies, insects); which serves to gain knowledge (excursion, traveling, knowledge of physiological laws, hygienic norms, conditions and requirements); related to the acquisition of pedagogical knowledge (educational process, pedagogy, information and information technologies); methods of determining the direction of values (spiritual-ethical, social, hygienic) are used [5].

A healthy lifestyle can be formed by combining education, empowerment and practical initiatives in the pedagogical foundations of students and young people. Important stages of forming a healthy lifestyle:

- Educational Phase: Educating students about the importance of nutrition, physical activity, mental health and overall well-being. This can be done through



workshops and educational materials that emphasize the benefits of a healthy lifestyle;

- Empowerment Phase: Encourage students to take ownership of their health by involving them in decision-making processes and providing them with resources to make healthy choices. This may include creating opportunities for students to participate in sports, fitness classes, and wellness programs;
- Stage of practical initiatives: implementation of practical initiatives that promote a healthy lifestyle within the framework of pedagogical foundations of students and young people. This may include introducing nutritious food options in school cafeterias, establishing fitness facilities or organizing wellness events;
- Modeling Phase: Staff and teachers should serve as positive role models for students by demonstrating healthy habits themselves. This includes exercising, eating nutritious foods, and taking good care of yourself.

By combining education, empowerment, hands-on initiatives, and positive modeling, student-youth pedagogies can effectively promote a culture of health and wellness among their students.

Pedagogical foundations of forming a healthy lifestyle and developing motivation in young people include several basic principles and strategies:

- ❖ Holistic Approach: Educators should take a holistic approach to health education, addressing physical, mental, emotional and social aspects of well-being. This means not only eating well and being physically active, but also mental health awareness, stress management and developing healthy relationships;
- ❖ Experiential learning: Encouraging young people to actively participate in healthy lifestyle learning can be very effective. This may include hands-on activities, group discussions, real-life simulations and role-playing exercises;
- ❖ Positive reinforcement: Using positive reinforcement techniques to motivate young people is important to encourage them to adopt healthy behaviors. This includes praise, rewards, recognition and creating a supportive environment where they feel valued and empowered;
- ❖ Setting realistic goals: Helping young people set achievable goals to improve their health can increase motivation. Teachers should teach them how to set specific, measurable, attainable, relevant and time-bound (SMART) goals tailored to their individual needs;



- ❖ Role modeling: Providing positive role models for healthy lifestyles can encourage young people to make similar choices. This could include teachers, parents, community members or even peer role models;
- ❖ Formation of intrinsic motivation: Teachers should try to develop intrinsic motivation in young people by helping them to develop a genuine interest in maintaining a healthy lifestyle, not just relying on external rewards or pressure;
- ❖ Promote critical thinking: Encouraging young people to question media messages about health and wellness can help them develop critical thinking skills in making their own lifestyle choices.

By incorporating these pedagogical frameworks into youth health education programs, educators can help them develop the knowledge and skills they need to lead healthy lives while maintaining these behaviors. can develop long-term motivation for

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