

**BASIC PRINCIPLES OF A HEALTHY LIFESTYLE
AMONG YOUNG PEOPLE**

GULMIRA S. MALIKOVA

LYUBOV A. REMPEL

SAROFATKHON X. PARPIYEVA

TASHKENT STATE MEDICAL UNIVERSITY

TASHKENT, UZBEKISTAN

Abstract: A person's well-being is influenced by various indicators, including health. In order to be in good shape, both physically and psychoemotionally, you should not forget about nutrition, sleep, training and, in general, pay attention to satisfaction with your own life.

Key words: health, healthy lifestyle, prevention, physical activity. value of health, factors of a healthy lifestyle.

Relevance: Health is an invaluable condition not only for each person, but also for the entire society. Each of us has an inherent desire to be strong and healthy, to maintain mobility, vigor and energy for as long as possible and to achieve longevity. This is the main value of life. To build preventive programs, it is important to understand which category of the population is targeted by the impact on the individual or the environment and in what form this occurs [1]. Well-being can be influenced by completely different factors, for example, lifestyle, weather conditions, climate in general, and environmental conditions. Before assessing the impact of lifestyle on human health, it is worth first understanding what lifestyle is. A way of life is an established form of a person's existence in the world, which finds its expression in his activities, interests, and beliefs. A person's lifestyle determines his well-being. Academician Yu. Lisitsyn, based on the classification of the lifestyle of the prominent scientist I. Bestuzhev-Lada, distinguishes four categories in the lifestyle: economic - "standard of living", sociological - "quality of life", socio-psychological - "lifestyle", socio-economic - "way of life". According to statistics from the World Health Organization, about fifty percent of human health depends on lifestyle; heredity and environmental influences each take up twenty percent; the remaining ten percent depends on the health care system in a particular country [2]. The country is consistently taking measures to prevent, treat and control non-communicable diseases and their risk factors, reduce premature mortality and morbidity of the population. At the same time, there is no effective system for coordinating preventive measures to protect public health, which does not allow the use of coordinated measures to maintain a healthy lifestyle, maintain a healthy diet and physical activity of citizens. The level of medical, sanitary and hygienic culture

of the population remains low, as a result of which the main attention is paid to the treatment of diseases rather than their prevention. In order to improve the mechanisms for organizing and managing the prevention of non-communicable diseases, promoting a healthy lifestyle and increasing the level of physical activity of the population, as well as in accordance with Decree of the President of the Republic of Uzbekistan dated December 7, 2018 No. 5590 “On comprehensive measures to radically improve the healthcare system of the Republic of Uzbekistan” : the Resolution of the President of the Republic of Uzbekistan was adopted, dated December 18, 2018. No. 4083. “On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population.” Approve: The concept for the prevention of non-communicable diseases, supporting a healthy lifestyle and increasing the level of physical activity of the population for 2019 - 2022. Program of measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population for 2019 - 2022.

Determine that one of the main criteria for assessing the effectiveness of the activities of heads of government bodies and organizations is supporting a healthy lifestyle for a group of workers, creating all the necessary conditions to increase their level of physical activity, organizing regular activities aimed at achieving these tasks [3,4]. The quality of life is reflected in the degree of satisfaction of material and cultural needs, and also allows us to characterize the significant circumstances of people’s lives. Deterioration: environmental situation, social living conditions, decrease in the well-being of a significant mass of people. All this contributes to a deterioration in the quality of life and health of the entire population.

A decrease in life expectancy is observed not only among the population of the older age group, but also among the working-age population. This leads to negative changes. The population is aging against the backdrop of declining life expectancy. This problem is still relevant today, which is why it is important to form a positive attitude in a person towards physical education and a healthy lifestyle. It is also important to do this not forcibly, but through interest and belief in physical exercise. If a person decides to change his lifestyle, this must be done in such a way that the changes are noticeable, but do not cause discomfort. It is worth remembering that any change begins with an internal decision. The main type of influence should only be motivation, and not forced physical exercise. Only then will it be possible to observe a positive result, which will be reflected in life expectancy [4,7]. Lifestyle has a socio-cultural determination and is formed under the influence of a wide range of economic and social conditions, and a specific social microenvironment. “The way of life embodies the synthesis of the socially typical and individually unique in the behavior, communication and way of thinking of an individual.” In the study of the problem of a healthy lifestyle, three main directions can be distinguished:

philosophical-sociological, medical-biological, psychological and psychological-pedagogical. The medical-biological direction defines a healthy lifestyle from the point of view of health-improving activities aimed at the harmonious development and strengthening of health, increasing people's performance, and increasing creative longevity [5,7].

The aim of the study: Determine the importance and necessity of developing a healthy lifestyle and consider the concepts of health in general and a healthy lifestyle, as well as determine the main ways of its formation. development of healthy lifestyle skills among young people. Health balance is a pronounced state of balance between health potential and the factors acting on it. In utilitarian and practical terms, the following components of health are distinguished: physical, somatic, sexual, mental, moral and psychological (the ability to adapt to society, achieve goals and be happy). Health has a huge impact on the quality of labor resources, labor productivity and, consequently, ultimately on the production of the country's national product. Health is an individual and social value of the highest rank. The motivation for health and a healthy lifestyle is understood as a person's awareness of the need to maintain health as the basis for success in his personal life, professional activity as the basis for his harmonious development. The health of the population, its preservation and strengthening, increasing life expectancy and reducing mortality have always been and remain the focus of social attention. state policy [6,7,11,14]. According to the World Health Organization, "health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity" [8]. Strengthening a healthy lifestyle and its formation is the creation of a system for overcoming various risks, which should be in the form of active human activity aimed at improving health. Healthy lifestyle and its components: creating working conditions that contribute to maintaining health and performance; attracting and creating conditions for participation in cultural events, giving up a sedentary lifestyle, various trainings and giving up bad habits, maintaining a healthy diet and personal hygiene. Formation of relationships in labor and educational groups, attitude towards sick people; protection of ecology and environment; participation in various prevention activities that are carried out in medical institutions. Oral propaganda method: The most effective method, as it is the most common and popular, and also does not require funds for it. These are various lectures, seminars, discussions. Printed propaganda method: covers a fairly large number of the population, as it includes articles, wall newspapers, and a magazine. A visual method: it uses the most different means. They are divided into 2 groups: natural objects and visual means. Combined method: this is a mass impact method that affects both the visual and auditory analyzers [4,9,14,15,17]. The German philosopher Arthur Schopenhauer (1788-1860) said this about health: In general, 9-10 of our happiness is based on health. With it, everything becomes a source of pleasure, whereas without it absolutely no external good can give pleasure; even

subjective benefits: the qualities of the mind, soul, temperament - in a painful state weaken and freeze. It is by no means superfluous that we first of all ask each other about health and wish it to each other - this is truly the main condition for human happiness [4,7,15,18].

Materials and research methods: The study group consisted of 55 people: (girls – 45 people, boys – 10 people; age 18-25 years). The study was conducted through family clinics using questionnaires. The study of factors shaping health was carried out comprehensively and covered the social, economic and psychological characteristics of the research object. In order to obtain an overall picture of the health status of young people, we studied the influence of external factors on the health status of young people, using a holistic approach based on five main components: physical health (nutrition, sleep and rest, presence of diseases), spiritual health (self-realization, plans for the future) , social health, intellectual health (education, leisure), emotional health.

Research results: Analysis of the survey data showed that the respondents were mostly satisfied with their lives. The share of extreme assessments “rather dissatisfied” and “not at all satisfied” is not large and amounts to 20% among 18-20 year old respondents, 50% among 21-23 year old respondents, and “rather dissatisfied” among 24-25 year old respondents 30%. . At the same time, it was revealed that the value of health as a means to achieve set goals is more important for respondents than the value of health as a way to live the longest and most fulfilling life at all stages. These two characteristics of health as a social value are in conflict with each other. Of course, the contradiction between achieving material well-being and the need to be healthy can be resolved by improving the objective conditions of people’s life. But no less important are one’s own attitudes and stereotypes in an individual’s attitude towards one’s health as an enduring value. Thus, 52.9% of the total number of respondents believe that “health is the most important thing in life”, 35.5% - “health is a necessary condition for full life”, 7.8% of the respondents consider health to be one of the most important and necessary values of life. 6.6% “prefer to live without thinking about health at all.” At the same time, 3.2% of respondents express the opinion that “there are other values that are as important as health” (according to 3.5%, there are values for which one can sacrifice health). Also, survey data showed that 86% of respondents believe that they lead an “unhealthy” lifestyle, and only 14% of respondents are confident that their lifestyle corresponds to generally accepted health-saving attitudes. 69.8% of students consider it necessary to adhere to the principles of a healthy lifestyle, 23.7% consider it partially necessary, and 6.5% do not consider it necessary. At the same time, the vast majority noted a superficial understanding of the concept of “healthy lifestyle”. Respondents rated their knowledge as “good” – 32.8%, “satisfactory” – 59.6%, “unsatisfactory” – 7.6%. The main source of information of interest about a healthy lifestyle for the

respondents is social media and information: television reports (46%). Information obtained from specialized literature is rarely used. During the survey, it was found that 79.3% of respondents consider themselves practically healthy, while 19.4% of them have chronic diseases and 1.3% of acute diseases occur per student per year. Most students show low medical activity and do practically nothing to improve their health. It should be noted that only in case of urgent need, 23.7% of boys and 30.1% of girls turn to a doctor for medical help. The main reasons for the decline in overall health are external and internal environmental factors that negatively affect health and also influence the development of various diseases. Physical education classes alone are not capable of increasing the level of physical development and health of the population. It is also necessary to lead a healthy lifestyle to maintain a normal body [7]. To assess individual health, a number of very conditional indicators are used: health resources, health potential and health balance. Health resources are the morphofunctional and psychological capabilities of the body to change the balance of health in a positive direction. Increasing health resources is ensured by all measures of a healthy lifestyle [6,8,14,17].

Conclusions: Summarizing the above, it should be noted that modern trends in the formation of a value attitude towards a healthy lifestyle among young people are distinguished by their focus on the student's personality, individuality, integrity and consistency. It is necessary, at the same time, to proceed from the conviction that health means not only the absence of mental, physical or physiological abnormalities, but the presence of moral, physical, spiritual, mental, social and emotional well-being. Therefore, one of the most important tasks is to develop among young people a moral and value-based attitude towards a healthy lifestyle in the process of educational and cognitive activity. Introducing to a healthy lifestyle, active physical education and sports presupposes that students master health-saving technologies, the ability to organize and comply with the established order of work and rest, increase their physical activity, and master various forms of physical education and recreation activities [4,7,9,14,15]. A healthy lifestyle is an active, independent choice of each person, understood from the point of view of leading needs and aimed at self-realization in specific sociocultural conditions. This is one of the most important characteristics of a person's holistic existence, contributing not only to improving the quality of life, but also serving as a guarantee of the most complete personal self-realization [5,10,13,17]. The study allowed us to conclude that in the formation of a healthy lifestyle, the institutional interaction of various subjects is important, since it is an important specific factor in the implementation of a systematic approach in the context of preventing and solving the problems of creating a healthy lifestyle of the population. The basic principles of forming a physically active healthy lifestyle should be accessibility, necessity, interest, as well as the awareness that this lifestyle is inextricably linked with the image of a cultural, socially successful person

[4,10,17]. It is important to detect diseases in a timely manner, which creates conditions for their effective treatment. All over the world, there is an increase in anxiety and depression, the risk of which is directly related to socio-psychological factors. Psychosomatic diseases are becoming widespread among the population, in the development and course of which psychological factors, insufficient stress resistance, and prolonged psycho-emotional stress also play a significant role. Prevention of mental and behavioral disorders is an important area in the prevention of non-communicable diseases among the population. Reducing the incidence of non-communicable diseases is possible through consistent public health practices. The goal is to reduce morbidity and preventable mortality from non-communicable diseases, increase healthy life expectancy due to the proportion of people leading a healthy lifestyle [10,12,17,18]. The basic principle of creating a healthy lifestyle is primarily to support and enhance what is good for health, and to limit or prohibit what may be harmful to health. That is, physical education, proper nutrition with a reduced amount of fats and carbohydrates, and an increased amount of vitamins and microelements, and personal hygiene should be a priority for a person, and drinking alcohol, smoking and bad habits should be abandoned forever. Each person should have their own system of correct lifestyle, and its absence can sooner or later lead to illness. To develop his own specific system, a person must try various means and systems, evaluate their impact on him, their effectiveness, and select the best for himself [13,17,19]. Thus, the idea of a healthy lifestyle is a concept of social policy based on the recognition of the high importance of health, responsibility for its preservation on the part of the state, the individual, the social group and society as a whole. It is important to remember that health is an invaluable asset not only for each individual, but also for the entire society. That is why prevention of a healthy lifestyle is no less important than promotion. Health is the work of one person, but a contribution to the whole society [9,12,16,18]. Health is also psychology. We stopped paying attention to our own health. No time. Therefore, research in this area has identified a couple of recommendations that are suggested to be followed in order to maintain psychological and physical well-being. Let's give a couple of points:

1. Visit a nutritionist and create an individual menu. Food is our main source of energy, so it's worth keeping an eye on what we consume throughout the day. Don't overeat and don't forget to eat.

2. Physical exercise, even fifteen minutes is enough to tone your muscles, and in the evening a little yoga and stretching to relax and calmly go to sleep, discarding unnecessary stress of the day.

3. Eight hours of sleep and hygiene.

4. Hardening will help strengthen the immune system.

5. Bad habits are a huge obstacle to a healthy body.

Every person should realize what they are missing out on when they choose not to pay attention to their own health and well-being. Of course, only we ourselves make the choice. But it is worth remembering that health, long life and a comfortable existence are in the balance [2,4,7,9,12,17].

In conclusion of the article, I would like to emphasize that a healthy lifestyle is an important component of a fulfilling life in a rapidly changing world. The global task of society and the state is to introduce as many aspects related to a healthy lifestyle into educational standards as possible.

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