

**FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENTS OF THE
DIRECTION OF MILITARY EDUCATION UP TO THE DRAFT**

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Abstract:

For a citizen of independent Uzbekistan, for the younger generation entering an independent life, patriotism means loyalty to the ideas of national independence, preservation and enhancement of the independence of the Motherland. patriotism is a direct continuation of the creative work of our ancestors to develop our people and move it forward. To love this dear homeland means to preserve it - patriotism.

In this article, the issue of the formation of a healthy lifestyle among students of the pre-conscription direction of military education is scientifically investigated.

Keywords: military education, patriotism, health, healthy lifestyle, society, Information culture, education, innovation.

Introduction

The most important issue in the current period is the protection and strengthening of the health of the population. The Independent Republic of Uzbekistan considers this issue on a large scale from a social point of view, an important place in this is paid to the organization of healthy living. The organization of a healthy lifestyle is not only in terms of economic provision, but health also requires people to increase their spiritual, educational cultural level.

It is known that the formation of the spirit of loyalty to the National Army today is not only the main task of the disciplines of military education, but also occupies an important place in the field of spiritual and educational work. That is why the formation of a healthy lifestyle, giving them military knowledge, the formation of skills and qualifications is one of the important issues in students, especially in students of the direction of military education up to the call.

MAIN PART

Decree of the President of the Republic of Uzbekistan “On units of border troops stationed on the territory of the Republic of Uzbekistan” dated March 24, 1992 laws of the Republic of Uzbekistan “On defense”, “On universal military duty and Service”, “On alternative service”, adopted at the X session of the Supreme Council of the Republic of the twelfth convocation on July 3, 1992, the Law “On Defense” in a new edition at the V session of the Oliy Majlis of the Republic of Uzbekistan of the second convocation, held on May 11, 2001, and the decisions adopted by our Government, Many important issues for the military affairs of the Republic of Uzbekistan have been resolved and a sufficient basis for strengthening the national army has been created.

Military education in the Republic of Uzbekistan Armed Forces is a system of training personnel for Troop types, primary education of the population. Military education is carried out in 3 stages

(primary, higher and academic higher education). Primary military education is carried out in secondary schools, secondary special and secondary vocational educational institutions, military lyceums, educational institutions of the organization "Patriot", which contributes to the defense of the Republic of Uzbekistan.

Higher military education is carried out at the special faculty of the Ministry of Defense of the Ministry of Defense of Tashkent higher all-Russian command knowledge institution, Samarkand higher military automobile knowledge institution, Chirchik Higher Tank Commander-engineering knowledge institution, Jizzakh aviation higher military knowledge institution and Tashkent University of Information Technology, Tashkent higher military-technical knowledge institution of the Ministry of internal affairs, Higher academic education is carried out at the Academy of the Kurulli forces of the Republic of Uzbekistan and the Academy of internal affairs of the Ministry of Internal Affairs.

Up to the call, the direction of military education is a pedagogical process aimed at the formation of physical and volitional qualities in students, the formation of a healthy lifestyle, their preparation for labor and defense of the Fatherland mentally and physically, and is considered one of the important components of the social education system. The issue of ensuring that young people grow up healthy has been one of the main ideas of the works of our national pedagogy, folk oral creativity and thinkers.

Health is one of the important components of human maturation, the guarantee that an individual has the right that no one can Dahl, self-development, active participation in personal and community life.

It is known that in our society, human health, physical perfection, the possession of a healthy lifestyle culture is an extremely important social value. Ensuring the health of the nation, maintaining the people's gene pool Fluffy is resolved in a sufficiently positive way due to a healthy lifestyle. This puts the issue of understanding the content and essence of a healthy lifestyle to the citizens of our society, and educating young people as a sober and knowledgeable, competent person before all social institutions of society; Family, Educational Institutions, neighborhood and independent education.

Health cannot be bought for every amount of material wealth and funds. A person can live happily only when he has strong health. Therefore, health-should be valued as the highest among all existing values. To do this, each person must deeply know the path to achieving solid health, the secrets of Health and realize that the only way to full-fledged health is a healthy lifestyle.

Lifestyle is the focal point of a person's life that, relying on it, each person can achieve a radical transformation of his life. The main factor determining the lifestyle is the person himself. A healthy lifestyle is a way of living in which there should be no harmful factors affecting the health of people, a person should consciously withdraw from them.

When assessing the place of the motivational factor in the process of forming a healthy lifestyle among the population, it is necessary to pay attention to the presence in each individual of the three main elements necessary for the imposition of its daily life activities. Including in each person:

- availability of knowledge about a healthy lifestyle;
- to have a firm belief that living a healthy lifestyle can make a person healthy and extend his life;
- includes such as the presence of a diligent movement to live a healthy lifestyle.

In the daily life of people when taken theoretically, this triangle can be formed in different options. Each individual's inner need to strengthen their own health determines his practical action on this path. Accordingly, all factors:

- to those who live a hygienically correct and based lifestyle, that is, a healthy lifestyle;
- it is possible to divide into those who live an unhealthy lifestyle, that is, not based on medical hygiene.

In the current period, when the social and economic development of the Republic of Uzbekistan is growing and developing, the importance of accurately determining the socio – hygienic criteria for a healthy lifestyle is very great.

The ideology of a healthy lifestyle in our country is not a set of laws and knowledge of human health, but a system of views on the improvement of human health. The problem of a healthy lifestyle – the most important problem facing the human being – is the problem of comprehensive development of the individual, the formation of a socially hygienically rational lifestyle in the field of Labor life and Recreation, scientifically based, which contributes to increased socio – hygienic activity.

It is known that the criterion is such a dimension that in its yardm we will be able to compare the processes that need to be measured for us with the formed benchmark (Standard), which we can evaluate. When measuring complex social processes, such as a healthy lifestyle, it is important practical to form the dimensions that are acceptable and necessary for us.

Scientists believe that a healthy lifestyle follows six basic conditions. The first of these is proper nutrition, the selection and consumption of foods consumed daily based on the physiological, biological requirements of the body.

Proper nutrition should be organized in such a way that it does not weigh on the human body with its physical, chemical and biological properties, but, on the contrary, is quickly and easily digested, providing the body with the necessary nutrients.

The second condition is to always be on the move. When a person is more engaged in physical exercise, sports games, body conditioning treatments in everyday life, physiological, biological processes in the body are activated. As a result, the mood rises and the ability to work increases. Obviously, this is important in strengthening health.

The third condition is the agenda and the organization of work on the basis of a biological regime. In the universe, natural phenomena are repeated on the basis of a certain order. In particular, the fact that the sun rises and sets at a certain time every day, and the annual repetition of the seasons of the year is a sign that all actions in nature are subject to a certain order. And man is no exception.

For example, activity in the human body increases during the day and subsides at night. Therefore, the working day, the rest time should be properly planned.

The fourth condition is to ensure spiritual tranquility. As you know, the activity of our body, internal organs is directly involved in the nervous system. Their normative activity determines

our state of mind, mood. In this sense, it is a pledge of Health and strengthening to think rationally, to refrain from evil, not to indulge in lust, to be gracious, polite, not to indulge in vanity, but to think about good things.

The fifth condition is abstinence from harmful habits such as drinking, craving, addiction. There is no need to emphasize the importance of Health and marital harm of these vices. After all, it has been observed in life that such people become weak people who are indifferent to life, who live so that the day passes, do not think about their own health and future. It's sad.

The sixth condition is the issue of tidiness, adherence to restlessness, attitude to the environment. Because of its daily life, a person has a certain impact on the environment. For example, it is extremely natural for waste to form from the foods we need for our lives.

CONCLUSION

According to the above points, we tried to provide knowledge and understanding of a healthy lifestyle, its main directions and their requirements. We offer the following methods for the formation of a healthy lifestyle in students of the field of military education up to the call:

- first of all, it is necessary to stay away from harmful habits;
- it is necessary to make a norm in nutrition;
- it is necessary to pay attention to daily physical activity;
- every day you need to fall asleep on time and get into the habit of getting up early;
- during the period of study in higher education, it is necessary to go out into the open air during the break;
- in mutual treatment and relations, it is necessary to comply with the criteria of glory, respect, morality, decency, the laws of society.

In the use of every technique and mechanism, a job is one of the important elements, even thinking about its consequences before talking and making friends with people who lead a healthy lifestyle. Their conversations will help you build a healthy lifestyle, enrich your knowledge in this area. Let your home definitely have books dedicated to healthy lifestyle issues. Let your movement towards a healthy lifestyle serve to follow family members, friends, acquaintances.

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