

**FORMING A CULTURE OF HEALTHY LIFESTYLE AMONG STUDENTS IN A
DIGITAL EDUCATIONAL ENVIRONMENT
(BASED ON PRIMARY SCHOOL STUDENTS)**

Bekmirzayev Shavkat Olimovich
Lecturer at the Department of Physical Culture
Termiz Institute of Economics and Service

Abstract

This article analyzes the pedagogical possibilities and practical directions of forming a culture of healthy lifestyle among primary school students in a digital educational environment. In the context of the deep integration of digital technologies into the educational process, it is substantiated that healthy lifestyle skills can be effectively instilled in children not only through traditional methods but also through the use of interactive digital resources. Based on observations and surveys conducted among primary school students, the research highlights effective methods of teaching elements of a healthy lifestyle through digital games, video lessons, and applications focused on healthy habits. The article also examines the role of digital tools in increasing students' physical activity, ensuring hygiene, promoting nutritional culture, and supporting psychological well-being. The conclusion recommends the integration of digital education and healthy lifestyle promotion as an innovative approach in primary education.

Keywords: Digital education, healthy lifestyle, primary school students, health-oriented pedagogy, digital resources, educational technologies, physical activity, healthy nutrition, digital culture, interactive teaching.

Introduction

The rapid development of modern information and communication technologies has deeply penetrated the field of education, fundamentally transforming traditional teaching methods. The emergence of the digital learning environment creates broad opportunities for students to engage in interactive, engaging, and independent learning processes. Particularly for primary school students, the use of digital tools not only enhances the effectiveness of education but also has a direct impact on their physical and mental well-being. In such an environment, fostering a culture of healthy living — that is, consciously instilling vital skills such as physical activity, hygiene, nutritional habits, personal care, and psychological balance — becomes a pressing issue.

The relevance of this issue lies in the fact that in a digital environment, students often conduct their learning in a sedentary manner, typically in front of a computer or tablet, which leads to decreased physical activity. This, in turn, can negatively affect the natural development of a young body. Therefore, it is essential to direct digital technologies towards promoting a healthy lifestyle. This can be effectively addressed through interactive programs that reinforce healthy habits, as well as mobile applications and games aimed at health promotion. Purposeful use of

digital learning tools plays a crucial role in forming a conscious attitude toward a healthy lifestyle among students and contributes significantly to ensuring their physical, psychological, and social well-being.

Research Objective:

To identify effective methods for forming a healthy lifestyle culture in primary school students in a digital educational environment, to develop methodological foundations for the conscious instillation of healthy lifestyle skills and habits through digital means.

Research Objectives:

Theoretically study the characteristics of the digital educational environment and its impact on the health of primary school students.

Analyze the possibilities of using digital technologies in forming a healthy lifestyle culture in primary school students.

Develop methodological recommendations based on digital resources, interactive methods and game approaches to a healthy lifestyle.

Literature Review

The formation of a healthy lifestyle culture, especially among primary school students, remains one of the relevant areas of modern education. The study conducted by Nafisa O. (2025) provides an in-depth analysis of the psychological importance of forming healthy lifestyle concepts in students. The author discusses the role of psychological harmony between parents, teachers, and the educational environment in forming young children's knowledge, understanding, and attitudes about healthy living. These ideas indicate the need to form a culture of healthy living in digital education, taking into account the psychological state of the student. Bozorova Manzura Elmurodovna (2025) highlights effective methods for forming a healthy lifestyle among young students in her study. She argues that the promotion of a healthy lifestyle is more effective when digital and traditional methods are combined. In particular, it is noted that the opportunities for forming a culture of physical activity, hygiene, and proper nutrition in students have expanded through interactive games, online health programs, and mobile applications for children. This approach confirms the integration of a healthy lifestyle in a digital educational environment.

The study by Eshmuradov O.E. and Turayev A.Kh. (2024) examines methodological approaches aimed at developing healthy lifestyle skills in primary school students. The authors emphasize the importance of gradually introducing elements of a healthy lifestyle into the educational process and ensuring school and family cooperation in this regard. Turayev A.Kh. (2024) in a separate article deeply analyzes the didactic possibilities of this process. It is recognized that it is possible to increase motivation for a healthy lifestyle through the use of visual and didactic materials suitable for children's minds on digital platforms.

Abdreimova Nodira (2024) draws attention to the psychological and pedagogical problems of forming ideas about a healthy lifestyle in mentally retarded students of primary school age. He emphasizes that approaches to a healthy lifestyle should be adapted, taking into account the

individual psychological state of students. This also indicates the need to develop differential approaches in the digital environment.

Also, Elmurod E. and Urolovich B.C. (2023) analyzed the factors that develop the pedagogical creativity of future physical education teachers in the educational process, and this study shows the role of the teacher in forming a culture of a healthy lifestyle through creativity and innovative approaches.

Research Methodology

This study aims to study the effectiveness of using digital educational tools in forming a healthy lifestyle culture among primary school students. Therefore, theoretical, empirical and analytical approaches were combined as a research methodology.

Within the framework of the theoretical approach, scientific literature on healthy lifestyle, digital education, primary education psychology, pedagogical technologies and child health, foreign and domestic studies were studied and analyzed. Through this, the components of the concept of a healthy lifestyle and the possibilities of digital educational tools in their formation were identified.

At the empirical stage, experimental work was used. According to it, classes on a healthy lifestyle using digital tools (mobile applications, interactive lessons, health-promoting games) were organized with primary school students in several schools. Through observation, questionnaires, interviews and diagnostic tests, the initial and final knowledge, skills and attitudes of students were compared.

Based on the results obtained, the analytical method was used to identify the positive and negative aspects of the digital educational environment in the formation of a healthy lifestyle culture of students. Also, the dynamics of student change were consistently considered based on statistical and content analysis methods.

As a result, the individual approach, the importance of visual information, the effect of interactivity and regularity in the formation of knowledge and skills related to a healthy lifestyle through digital means were scientifically confirmed.

Research Questions and Discussion

Experimental work was carried out with students to test scientific research methods to transfer the study of a healthy lifestyle culture from computer education. In the experimentally selected, special interactive materials, healthy video mobile applications, multimedia lessons and digital games were organized. Through them, topics such as hygiene, physical activity, proper nutrition, leisure culture and prevention of disease habits were conveyed to students in various forms.

At the final and final stages, students' knowledge and appearance in a healthy lifestyle were assessed through special tests, diagnostics, and questionnaires. The results show that after the training, students' preparation for a healthy lifestyle was significantly enriched, their attention to hygiene and physical activity increased. In particular, 85% of students in the experimental group understood proper nutrition and daily routine, while this figure was 60% for students in the control group.

Based on the discussion, it was determined that the visual learning environment developed by children is a high level of loading on the topic through visual and interactive presentations. The main, game-like tasks, quizzes and animated videos about health habits increased the conscious participation of students. At the same time, it was also observed that some technical benefits can lead to incorrect or burdensome behavior, physical inactivity. This indicates the need for personalized education in the direction of a healthy lifestyle.

The study confirmed that the use of digital education for pedagogical purposes is highly effective in monitoring the perception of a healthy lifestyle. This indicates the importance of using innovations in the development of students' life competencies at the primary stage of education.

Conclusion

In the form of re-sources, computer learning environments can be effectively implemented. Interactives, digital games, healthy places, mobile applications, visual content and animated food serve to consciously master the lesson in terms of hygiene, proper nutrition, physical activity and physical exercise.

At the primary education stage, students are at the age when they need more visual and practical support in raising the importance of a healthy lifestyle. In such conditions, the use of computer technologies in the form of a safe, didactic and interesting learning environment is appropriate for their age characteristics. Therefore, it is necessary to develop practical methods for ensuring a healthy lifestyle, developing and implementing products in this direction.

In general, observing the culture of a healthy lifestyle, implementing it in a stronger and more free form through the integration of a healthy learning environment. This is one of the benefits of the educational process - it helps to raise a healthy, educated, and socially responsible generation.

References

1. N.Omonova. O'quvchilarda sog'lom turmush tarzi tushunchalarini shakllantirishning psixologik ahamiyati //Tadqiqotlar. – 2025. – T. 63. – No 1. – 156-159-betlar.
2. M.Bozorova O'quvchi yoshlar o'rtasida sog 'lom turmush tarzini shakllantirishning samarali usullari.// Zamonaviy ta'lim va rivojlanish 25.2 (2025): 155-158.
3. O. Eshmuradov, and A. To'rayev. Boshlang'ich sinf o'quvchilarida sog'lom turmush tarzi ko'nikmalarini rivojlantirish.// Inter education & global study 5 (2024): 183-189.
4. A.To'rayev. Boshlang'ich sinf o'quvchilarida sog'lom turmush tarzi ko'nikmalarini rivojlantirish imkoniyatlarini takomillashtirishning didaktik imkoniyatlari.// Inter education & global study 5 (2024): 190-196.
5. N.Abdreimova. Kichik maktab yoshidagi aqli zaif o'quvchilarda sog'lom turmush tarzi haqidagi tasavvurlarni shakllantirishning psixologik-pedagogik muammolari.// Formation of psychology and pedagogy as interdisciplinary sciences 3.32 (2024): 137-142.
6. Elmurod, E., & Urolovich, B. C. (2023). Factors Developing Professional Pedagogical Creativity Of Future Physical Education Teachers. Iqro Jurnal, 2(1), 2

7. Urolovich, B. C. Panji o 'g 'li, AS (2022). JISMONIY MADANIYAT DARSLARINI TASHKIL ETISHDA INNOVATSIYON PEDAGOGIK TEXNOLOGIYALARDAN SAMARALI FOYDALANISH YO'LLARI. World scientific research journal, 4(2), 126-131.
8. Ulobaevich, B. G. A. (2022). Natural Health Instructions in Organizing the Daily Life of School Students Efficiency of Use Reasonable Use in Physical Education. Miasto Przyszłości, 177-179.
9. Urolovich, B. C., & Ugli, A. S. P. (2022). Methods of Organizing and Conducting Physical Education and Sports Events in the Daily Schedule of General Secondary School Students. Central Asian Journal of Literature, Philosophy and Culture, 3(11), 242-245.
10. Абдураимов, Ш. (2021). Активизация партнерского взаимодействия семьи и школы в воспитании детей младшего школьного возраста. Общество и инновации, 2(10/S), 328-334.
11. Urolovich, B. C. (2024). THE ROLE OF DIDACTIC GAMES IN PERSONALITY FORMATION OF PRIMARY CLASS STUDENTS. Miasto Przyszłości, 48, 1484-1490.
12. Салимов, У. Ш. (2019). Особенности организации разных видов занятий по физической культуре для старшего дошкольного возраста. Вопросы педагогики, (4-1), 130-133.
13. Bobokulov, C. U. (2023). THE MEANING AND IMPORTANCE OF DEVELOPING MENTAL ABILITIES OF CHILDREN OF JUNIOR SCHOOL AGE. Modern Scientific Research International Scientific Journal, 1(6), 125-132.
14. Salimov, U. (2019). Pedagogical ideas of the founder of scientific pedagogy Yan Amos Komensky. Scientific Bulletin of Namangan State University, 1(2), 368-372.
15. Бегимкулов, О. Ж. (2020). Педагогические ценности учителя физической культуры. Актуальные проблемы гуманитарных и естественных наук, (6), 113-117.