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**Бегижонова Дилфузা Тохировна, преподаватель**

**Ферганский медицинский институт общественного здоровья**

**Бегижонов Бахтиёржон Кодиралиевич**

**врач отделения детской хирургии**

**Ферганского филиал Республиканского научного центра**

**экстренной медицинской**

**Begijonova Dilfuza Tokhirovna, teacher**

**Ferghana Medical Institute of Public Health**

**Begijonov Bakhtiyorjon Kodiraliievich**

**doctor of the Department of Pediatric Surgery**

**Ferghana branch of the Republican Scientific Center**

**of Emergency Medical**

## **ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ КАК ФАКТОР СОХРАНЕНИЯ**

### **ЗДОРОВЬЯ ЛИЧНОСТИ**

**Аннотация:** В данной статье освещено здоровый образ жизни как фактор сохранения психического, физического и социального здоровья личности.

**Ключевые слова:** здоровье, образ жизни, здоровый образ жизни, личность, факторы сохранения здоровья личности.

### **A HEALTHY LIFESTYLE AS A FACTOR IN MAINTAINING THE HEALTH OF THE INDIVIDUAL**

**Abstract:** This article highlights a healthy lifestyle as a factor in preserving the mental, physical and social health of the individual.

**Keywords:** health, lifestyle, healthy lifestyle, personality, factors of personal health preservation.

The first scientific theories about health originated in Athens. Ancient Greece gave the world many outstanding thinkers, whose thoughts in the field of education of a healthy person are relevant today. Hippocrates, for example,

defined a healthy lifestyle by harmony, which is possible through preventive measures. The main way of life is here, which depends on the country, time of year, age, habits, terrain, body structure. These are the conditions for achieving health for a person. In addition, Aristotle, a representative of the classical period of ancient Greek philosophy, also pays attention to the problem of health formation. The thinker spoke about the need to begin education with caring for the body, the education of which provokes the education of the spirit. This problem found its development in the activities of the Roman philosophers Cicero and Galen. So, Cicero was against excesses in luxury, food, alcohol. Galen, being a doctor, insisted on carrying out hygienic measures to preserve health. A feature of the ideological positions of ancient thinkers is the allocation of elements of a healthy lifestyle. Hippocrates believed that the physical aspect of health was decisive, Democritus noted the priority of the spiritual aspect. Antiquity actually becomes the initiator of the formation of the foundations of process management in the formation of a healthy lifestyle by a person.

A necessary condition for the normal functioning of a person is health, the concept of which has become the basis of almost all known educational systems. For example, the need for hardy and courageous people to protect the state and the current order was due to the need of the ancient world. In the Ancient East, the situation on the problem under consideration was no less significant.

The Middle Ages is marked by a shift in emphasis in the worldview of a healthy lifestyle. Namely, spiritual health becomes decisive in the context of the theological worldview vector. The Bible is becoming the main source of the way of life of many peoples of the world in the context of Christian education.

The Renaissance, proclaiming the humanistic ideal in the formation of human civilization, was characterized by a combination of ancient traditions of physical education with new "humane" ideals.

The programs for the formation of a healthy lifestyle culture used in the world are analyzed; a theoretical analysis of modern and international studies in

the field of a healthy lifestyle is made: the study of the harmful effects of excessive use of information technologies on human health, the prevention of early marriage and the formation of a sexual culture of the individual; the creation and introduction into practice of new models for the development of a healthy lifestyle culture for the population of megacities; protection of students from various social and medical threats, harmful phenomena (drug addiction, substance abuse, alcoholism, HIV, AIDS); improvement of spiritual and medical literacy of the population; compliance with sanitary and hygienic standards, prevention of environmental threats, revival of spiritual values in society, etc.

The information boom, the acceleration of the rhythm of life, the negative dynamics of interpersonal relationships (alienation, a decrease in the level of social support, etc.) - all this leads the individual to emotional stress, which becomes one of the factors of the emergence and development of various mental and somatic diseases, addictive behavior of the individual.

The Scientific and Practical Center of Hygiene and Epidemiology has developed socio-biological and psychological-pedagogical foundations for the formation of a culture of healthy life of the individual in the aspect of socialization of adolescents, which require their widespread implementation.

In South Korea, in order to prevent suicide among young people and increase their awareness of the mental health of the individual, a youth health program has been created (Seoul National University Center for Health Systems Research, KOSHA, KASP); educational, program and methodological materials on a healthy lifestyle have been prepared, public health ratings have been determined.

In Germany, England, France, the achievements of traditional medicine in the field of healthy lifestyle formation are coordinated, the values of national sports and physical education (School of Public Health and Primary Care, Peking Union Medical College and School of Public Health) are widely promoted; state educational standards on healthy lifestyle (Healthy Life style), protection and strengthening are created human health (Health Promotion). A program has been

developed and implemented for the health of young people, ensuring their well-being in modern Europe (Database of Internet Resources in Public Health the Department of Health of England, Brighton University, AYPH).

Experts of the World Health Organization have identified four groups of factors that ensure the preservation of personal health: conditions and lifestyle - 50-55%; the state of the environment; genetic characteristics - 15-20%; medical care - 10-15%. Consequently, in the structure of personal health, it is the observance of a healthy lifestyle that is a priority. In the context of the prevention of mental and somatic diseases, countering the deviant, addictive behavior of adolescents and young people, preventing further criminalization of society, the problem of preserving health, maintaining a healthy lifestyle at the present stage of society's development is of paramount importance.

Traditionally, a healthy lifestyle includes a rational diet, physical activity, compliance with hygiene skills, refusal of mentally active substances (drugs, alcohol). A number of authors additionally highlight the following aspects of a healthy lifestyle: psychohygiene, intellectual, emotional, social and spiritual well-being, optimism, positive thinking, etc. Our analysis of scientific literature has shown that domestic and foreign psychologists, teachers, philosophers, medical professionals consider a healthy lifestyle within the framework of the following basic concepts: as a connection of the goals of an individual's life with the life of a species, family, clan, people; as a strategic goal of life that ensures the harmony of the individual throughout ontogenetic development; as a personal sense of one's own existence that ensures harmony; as a harmonious attitude of the individual to himself, taking into account the culture of value (axiological) forms and manifestations. Mental health is conditioned by a number of biological and socio-economic factors and is understood as a state of well-being in which a person realizes his abilities, can withstand life stresses, and work productively of society. Physical health is considered as a state of the body in which all its internal organs function normally from the point of view of physiology. Social health is

conditioned by harmonious personal relationships in society (in various social groups, the system of family relations, the system of "boss - subordinate" relations, etc.).

The English psychologist M. Argyle identified the following factors, which, in our opinion, should be applied everywhere, since the level of mental, physical and social health of the individual and general satisfaction with personal life depends on them: the presence of a large number of social ties and friendly contacts; a strong family and the presence of children in them; an interesting and beloved job that brings moral satisfaction; a special personality type, which is characterized by the desire to work not only for their own material well-being, but also for society; the presence of goals, values, prospects in professional activity; optimism, self-belief, in the success of communication with other people and the prospects of the future, etc.

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