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FORMATION OF KNOWLEDGE ABOUT A HEALTHY LIFESTYLE IN STUDENTS WITH INTELLECTUAL DISABILITIES

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ABSTRACT

This article provides information about the attention given by our country to the healthy lifestyle of students with intellectual disabilities, as well as their orientation to a healthy lifestyle, the formation of the concept of Health in the mind that is an important place in human life.

KEYWORDS

Healthy lifestyle, mentally retarded pupils, agenda, hygiene.

INTRODUCTION

Health is the absence of diseases or defects of any living organism and the state in which all organs of the organism are able to fully perform their functions. Protection of human health is one of the functions of the state as well as the whole of the country. The World

Health Organization (who) is engaged in maintaining human health, protecting it, eliminating health problems.

The formation of a healthy generation is carried out on the basis of deciding a healthy lifestyle in society. To do

this, each member of society should lead a healthy lifestyle, and health should be perceived as a manifestation of civilizability. The formation of such a new discrepancy in the life of young people, in their behavior, also serves as a solution to all problems in this regard. A healthy lifestyle is a broad meaning concept that finds expression in working hard, active rest, constant involvement in sports, conditioning the body, adherence to personal professional and psychogigiene, proper nutrition, abstinence from the necessary habits, passing a doctor's examination every year and forming a healthy family. Also, a healthy lifestyle is also reflected in the skills of this individual, which are associated with the formation of a healthy family and having healthy children. Today, in higher education, the formation of a healthy lifestyle, knowledge, skills, reproductive culture in them in satisfying the requirements of intellectual, professional, moral, cultural development of student-youth is considered a key part of educational goals, in particular, in specialists within the framework of the pedagogical-psychological profession.

Health is a state of complete mental and social well-being, and not just the absence of diseases or defects. The state of the level of mental and physical development of the population directly affects the well-being of society, therefore, the problems of forming visions of a healthy lifestyle for the growing generation, including children with disabilities, are

considered one of the most pressing problems of today.

Lifestyle is the sum of concrete forms of human life activity in all spheres of public life. Scientific experiments show that a number of scientific research works have been carried out by philosophers, ethnographs, historians, sociologists, psychologists and educators on the issues of healthy lifestyle, philosophical aspects of the problem of healthy lifestyle, the role of healthy lifestyle in social relations, educational impact on society, the formation of healthy lifestyles among the population, especially in young people.

"Health is not just the absence of illness or disability, but a state of complete physical, mental and social well-being."

A healthy lifestyle culture helps a person to live an active long life and fully fulfill various social functions.

The main components of a healthy lifestyle include:

a complete, balanced diet on a complex of vital substances;

being outdoors, hardening, preparing immunity;

Organization of an individual purposeful mode of motor activity, which ensures the Daily need of the body for movement;

compliance with the regime of Labor and rest;

mental and emotional stability;

intelligent environmental behavior

compliance with all sanitary and hygienic standards,
personal hygiene;

giving up bad habits;

safe behavior.

Preschool age is the most important period during which the personality of an individual is formed. It is during this period that the basis is laid for the formation of a healthy lifestyle culture. The child will have many habits, including skills to perform life actions that significantly affect the functioning of the organs and systems of the body, awareness of the importance of personal hygiene, proper nutrition and an active lifestyle.

Care to strengthen the health of the child is not only a medical, but also a pedagogical problem. The team of teachers of the orphanage No. 5 for disabled children in the city of Yekaterinburg perfectly understands that only properly organized educational work with children ensures the formation of a healthy lifestyle culture, and this is not only hygiene measures.

Factors such as heredity, health disorders, living conditions, upbringing in the family and educational institution determine the health of our students. The formation of a healthy personality of children, in

particular children with disabilities, is possible with the purposeful development of physical education and its personality, by ensuring effective relationships in a specially created and organized environment that contributes to independence, self-development, organization, self-regulation of their actions.

As teachers, our task is to prepare students as much as possible for various complex and sometimes dangerous meetings. life situations. The most acute question arises about the need to develop the individual capabilities of each child, the formation of his vital powers. Thus, the assimilation of the rules of behavior that maintain health occurs primarily through the formation of initial ideas about the social norms of interaction, which are associated with the attitude towards oneself and others.

To date, the formation of a healthy lifestyle culture has been expressed in pedagogical theory and practice, but this problem is little studied compared to disabled children raised in a children's home. Issues of forming a healthy lifestyle culture in children with sensory, movement, speech, and mental developmental disabilities in foster homes have not been sufficiently developed, despite the need for conditions specifically established for the education and education of these children.

In the formation of a healthy lifestyle culture in children, we use the following forms of work

(preschool age with disabilities): observation, showing methods of movement, viewing video and photo materials, pictures, visual activity, didactic and plot-role. play games; teacher stories, conversations, problem solving, experiments, exercises, entertainment and tempering activities.

A person should always remember that there is one health in him, and the disease is countless, too much, and therefore not forget that it is easier to preserve health, awaken than to fight a large number of diseases. From this, it should be concluded that establishing a healthy lifestyle will help you completely get rid of many diseases or successfully fight them. For this reason, it is necessary that each person is able to establish a healthy lifestyle in his way of life and that i.e. pay more attention to their nutrition, starting first of all to work on expanding and developing opportunities for improving their health, following the rules of Hygiene and physical and cultural conditioning, always following the agenda. If a healthy lifestyle is not followed, it usually leads the human body to weaken its resistance to various diseases, and in most cases to weaken the immune system (the protective function of the body).

Indeed, in recent years, the formation of knowledge about a healthy lifestyle among children with special needs and mental retardation, the large-scale work carried out on their health, is a sign of the attention and opportunity given to them. It is worth mentioning here

that we can see it in the "Strategy of Development", "State Policy on Youth", "Convention on the Rights of the Child" and many other examples of the President of our country Shavkat Mirziyoyev. Also, for persons with disabilities, measures such as "On measures to further improve the system of state support for the disabled" and "Radification of the Convention on the Rights of Persons with Disabilities" of the Republic of Uzbekistan In the words of our president, "Educating a healthy and well-rounded generation is our noble goal." After all, every person, whether young, old, healthy or sick, is a member of our society.

CONCLUSION

In conclusion, whether a healthy person or an unhealthy person, it is necessary for everyone to live a healthy lifestyle, to follow the correct daily routine, to observe hygiene and diet. It is permissible to form the right ideas about a healthy lifestyle for children with disabilities, make them healthy, and introduce the rules of personal hygiene. It is necessary to provide theoretical knowledge about the fight against factors that threaten human life. Promoting a healthy lifestyle and paying special attention to it was considered one of the important tasks of the state-society.

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