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PSYCHOLOGICAL FACTORS OF A HEALTHY LIFESTYLE IN ADOLESCENT BEHAVIOR

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ABSTRACT

The article talks about psychological factors of adolescent behavior, the priority of studying the attitude of an individual in psychological research towards health as a value factor, the reasons for the change in the style of modern man and the high level of morbidity with various diseases are identified.

KEYWORDS

Personality psychic health, student activity, health criterion, health social value, personality, value quality, psychological health, conflict, stressful environment, dignity.

INTRODUCTION

In World psychological research, the priority of studying the attitude of an individual towards health as a value factor is to identify the causes of changes in the way of modern human and a high degree of morbidity with various diseases. Scientific research is being carried out to study the social and psychological factors of the human lifestyle, to improve a healthy lifestyle in humans.

At the same time giving special importance to studies such as mental health of the individual, activity of students health criterion, Health Social Value, Research of the individual's own health attitude as a value, students-elites have a certain psychological health, but due to the presence of a conflict, stressful environment in educational institutions, it is disturbed and, as a result, In this regard, the need to systematically study the psychological and pedagogical determinants of the development of a healthy lifestyle in students gives

high relevance to this research and scientific and practical problem.

Today, conserving the health of the generation is one of the most important actual problems of not only the Health Organization, but also the educational educators. At the same time, it is known that the deviation of any disease è from a healthy lifestyle, even if it is short, changes the reactivity of the body, harmonizes the functional state of the central nervous system, causes a decrease in working capacity, high fatigue and, as a result, a decrease in training results. The current alarming situation in children's education jaraèni requires the search for new, non-standard guidelines for maintaining their health and thus ensuring its success, as well as creating optimal conditions for stimulating the basics of a healthy lifestyle.

Physical education jaraèni is versatile. Both education and upbringing are provided in this jaraène. Training in physical education jaraèni will be aimed at the formation, improvement of movement skills, qualifications. At the same time, it reveals the instructions to the physical development of those involved in a scientific pedogogical state. In the doctrine of physical education, physical qualities (strength, speed, endurance, etc.k.) a special place is given. Because, action activities are not focused solely on maintaining vitality, vivacity, vigor, but the extremely complex practical action used in physical labor, exercises, sports, which are complex, directs activities to the targeted performance.

While methods are central to the performance of exercises in form and content in physical education jaraèni, they will also be directly related to the concept of more culture. In this, two directions are mainly visible, namely:

1. Beautiful execution of exercises, attracting the attention of others, the figure structure and graceful movements of the practitioner. For example, rhythmic gymnastics exercises, high jumps, swimming in the water and jumping around the springboard, kicking the ball into the goal, etc.k.

2. Exercise-public performance in games and sports (team, group, etc.k.), holidays, exhibition – demonstration performances at prestigious sports competitions. In both of these cases, with art (music, dance, etc.k.) physical exercise, the harmonization of sports, denotes the concept of Physical Culture.

For this reason, in the Sciences, Physical Culture (fisculture) is considered a component of universal culture. In this respect, it is seen that physical culture also includes various popular, which has independent directions, with its focus on itself, namely:

- physical culture of students and students;
- the physical culture of the people in the Big World;
- women's Physical Culture;
- Physical Culture in populated areas, etc.k. It should be noted that while the expressions of upbringing and culture differ in form and content, usually, especially in the Uzbek context (language, logic, essence and use of the event), these two expressions are used with the single word “upbringing”. Because, as explained in encyclopedic dictionaries, culture indicates upbringing, and upbringing is characterized in terms of culture.

It should be noted that no one, like Abu Ali ibn Sinod, the great sage of the science of medicine for physical education, could give a definition and an assessment. That is, according to its description, those who are constantly engaged in Physical Education will not need any drugs. For this reason, Ibn Sina said that everyone



can always walk in the fresh air, work, relax in the mountains as a saèhat, go boating and fight according to health and freshness, chop horses, etc.k. he recommended that the activist perform practical actions, that he should get used to it. To do physical education exercises in me'èri and on time, and to bathe in the water after the exercises, one must first try the ways of rubbing the body with a damp towel, and above all Ibn Sina tried in experiments, passed on in his books “The Laws of Tib” and left a scientific legacy. Even in the current world of tibbièt, it does not deny that physical exercises are performed not only by healthy people, but even by pain, old people and people with disabilities, depending on their condition. The purpose of this consideration is to improve the health of all people in the world, to educate physical perfection, to preserve the health of the disabled and to further strengthen the focus on the issues of deep absorption of the main contents of the science of physical education among the population. On this path, not only doctors and physical education specialists should take the initiative, but also every creative person, intellectual person.

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