

## **EDUCATION OF A HEALTHY, PERFECT GENERATION IS OUR MAIN DUTY**

**Khadamov S.X.**

Uzbek State University of Physical Culture and Sports Master

Since the first days of our independence, changes have been taking place in all aspects of our society. These changes significantly affect the spirituality, culture and rich values of our people. The activity, education, and efforts of young people are the criteria of our life. The period of youth is an important stage for the formation of the world view and the strengthening of faith. Raising a healthy generation in Uzbekistan is one of the main tasks of strengthening the health of pupils and students.

Human health is an invaluable asset for every person and is considered one of the important conditions for the socio-economic development of society. A healthy person is the source of intellectual and physical abilities, performing the function of great creativity in any society.

According to the history of the World Health Organization (WHO), health is not only the absence of disease and various physical defects of the human body, but also the complete tranquility of its social, mental and physical development. Raising the young generation to be physically and mentally healthy is the basis for the development of the family educational perspective. In order for the young generation to be formed, it is necessary to form healthy behavior in them, that is, the concept of a healthy way of life. A healthy lifestyle is scientifically based knowledge, practical skills that people need to know in order to maintain, improve (restore) and strengthen the health of themselves and the people around them, and it is necessary to follow these skills in everyday life. The formal and normative order is a set of rules.

The main components of a healthy lifestyle are daily routine, diet, physical and medical activity, family and marriage, work and rest, personal cleanliness, peace of mind, self-control of one's own health, self- - includes proper (spiritual, physical,

sexual) education, freeing from harmful habits (drinking, smoking, drug addiction). In order for the young generation to be healthy, it is necessary to have certain knowledge about all components of a healthy lifestyle. Based on this knowledge, a person develops certain practical skills. Among our people, the lack of medical education in families with an unhealthy way of life is the cause of the danger - dangerous factors that worsen the health of the young generation. It has been proven that 50-55% of human health depends on an unhealthy lifestyle, that is, an unhealthy lifestyle - non-compliance with the diet, use of harmful habits, disruption of rest and so on. It causes 50-55% deterioration of health. An unhealthy way of life has become a habit in most layers of our society. That is, being shakhrona and quad-anda (inquiring about the genealogy of future brides and grooms), post-marriage chilla, etc. have almost disappeared. Pre-marriage and wedding ceremonies have changed, they do not pass without alcohol. Young people drink and smoke when they get acquainted, at wedding ceremonies, and at the chilla after the wedding. Drinking and smoking are prohibited in our religion. Our grandfather A. Temur: - "I learned the seven pinks of becoming a bride when marrying my grandfathers and grandchildren. If his lineage is pure, he is physically mature and an example of morals, I gave a wedding to the people. "I forbade my children and grandchildren to drink so that my generation would be healthy." So, in this regard, young people have formed an unhealthy way of living. 33.3% of the population of our country, i.e. every third citizen of our country, are young men and women aged 14-30. When the health of students studying in different family educational institutions was checked, 40% of them were diagnosed with chronic diseases, mental and nervous diseases, cardiovascular system, digestive diseases.

The following conclusion of the World Health Organization confirms our above opinion. In it, it is said that the reason for the deterioration of the taxes of the residents of the Central Asian republics is the lack of practical skills of a healthy lifestyle among most of them.

The analysis of the situation in the field of youth health has shown that raising the young generation to be physically fit and moral has become one of the urgent

problems. The solution to this problem is to make the young generation, students and young people pay attention to their health, reach a level where they care about their health and live a healthy lifestyle. The main way to bring students to this level is to increase their awareness of this, to carry out activities that inculcate these concepts in their minds.

The future of our country, the tomorrow of our people, the reputation of our country in the world community depends, first of all, on how our children grow up and become human beings.

The mentioned ideas will help to understand that raising the young generation growing up in the family to be mature and mature in all respects, spiritually, self-awareness, creativity, creativity qualities are of high importance in the creation of content.

### References

1. Курбанов Ш., Сейтхалилов Э. Национальная программа по подготовке кадров - основа для достижения и результат независимости Узбекистана. Т.: Шарк, 2001. 36,5 п.л.
2. Абдумаликов Р.А., Алибеков Ш., Норкулов Ш. Халқ миллий ўйинлари мазмунида маънавий масалалари. Тошкент, 1995. Б.9.
3. Амир Темураўғитлари. Т. Наврўз, 1992. 57 б.
4. Ahmatov M. , Saifulina G. L. Action of insulin-dependent cytoplasmic regulator on transport substrate, on calcium homeostasis in rat liver mitochondria and thymocytes / Europ. Jour. Of Med. Research, 2000, V.5, suppl. 1, 18