

Central Asian Problems of Modern Science and Education

Volume 4
Issue 2 *Central Asian Problems of Modern
Science and Education 2019-2*

Article 58

7-15-2019

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Recommended Citation

Khasanov, O. (2019) "VALEOLOGICAL ASPECTS OF HEALTHY LIFESTYLE OF YOUNG GENERATION," *Central Asian Problems of Modern Science and Education: Vol. 4 : Iss. 2 , Article 58.*
Available at: <https://uzjournals.edu.uz/capmse/vol4/iss2/58>

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UDK:61.51.204.0.24

VALEOLOGICAL ASPECTS OF HEALTHY LIFESTYLE OF YOUNG GENERATION

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Annotatsiya: Ushbu maqola Urganch davlat universiteti talabalarining valeologiya va jismoniy tarbiya masalalari bo'yicha bilimlarini o'rganish jarayonida talabalarning bilimlari tahlil qilingan.

Kalit so'zlar: Valeologiya, jismoniy tarbiya, sog'liqni saqlash, jismoniy mashqlar, jismoniy xususiyatlar, jismoniy tayyorgarlik.

Аннотация: В данной статье анализируются знания студентов в процессе тестирования студентов Ургенчского государственного университета при изучении предметов валеологии и физической культуры.

Ключевые слова: валеология, физическая культура, здоровье, физические упражнения, физические особенности, физическая подготовка.

Abstract: This article analyses knowledge of students in the process of testing of students Urgench State University, while learning Valeology and Physical training subjects.

Keywords: Valeology, physical training, health, physical exercises, physical features, physical preparation.

Introduction. The actuality of studying the problem of physical education at a university not as a physical profile is determined by the needs of modern society in the physical and spiritual improvement of students. The need to involve university students in various types of physical cultural activities: educational, sports, recreation and rehabilitation, are the focuses. Researchers studying the problem of physical



education of students, emphasize that it should occupy a worthy place in the education and professional training of students. [1,4,5,8,10].

The organization of physical education in higher education institutions, according to the recommendations given in the scientific and methodological literature, takes into account the health status, level of physical development and preparedness of students, as well as the conditions and nature of work of their upcoming professional activity. However, recent studies have shown that physical activity and physical fitness, as well as the health status of university students are at a very low level.

Currently, more and more researchers, trainers and teachers of physical culture come to the conclusion that the existing physical education programs for general education, secondary special and higher educational institutions do not contribute to solving the problems of rehabilitation, development and improvement of basic core qualities [3,4,6,7,9,11].

Literature review. In our article, the solution of the following tasks is set as follows:

1. To assess the level of knowledge of physical culture, testing was organized with assignments that assess knowledge on the subject of physical education among students enrolled in the faculty of physical education, as well as students enrolled in natural and humanities faculties of Urgench State University, after completing valeology course. Having created and delivered tests containing 16 questions with four answers for all 1-4 year students. More than 350 students participated in the testing. In addition, a survey was also conducted among the student audience in order to ascertain the significance of physical education.

2. Conducting a medical examination to diagnose the nature of deviations in the state of health of students.

3. Assessment of the initial level of physical development, physical fitness, as well as the functional state of the body of students, followed by the development of a



scale for evaluating the physical fitness of young men and women studying at non-sports faculties of Urgench State University.

The exceptional importance of physical education and sports is determined by two main reasons: firstly, studies in the framework of the university program provide no more than 20% - 25% of the necessary physical activity of students. Secondly, independent physical exercise, are the factors that shape not only social activity, but also the formation of the principles of a healthy lifestyle for students. A preliminary survey of Urgench State University students indicates that 30.2% of students studying in the humanities and natural faculties are engaged in sections of various sports, but most of the students ignore morning exercises, have bad habits, prefer a passive lifestyle, and do not have basics of valeological knowledge. It has been established that the level of motor activity decreases with an increase in the course, that is, there is an increase in the effects of hyperkinesia and hypodynamia, which to a certain extent contribute to the occurrence of overweight, disorders in the body's activity, in particular, from the cardiovascular and respiratory systems.

Managing the health process is impossible without owning valeological knowledge. The modern concept of health identifies three of its main components:

1. The physical that includes the level of growth and development of organs and systems, as well as the status of their operation;
2. Psychological - is a state of mental sphere, is determined by the motivational, emotional, thought-moral and spiritual factors. Its basis is the emotional comfort, providing adequate mental capacity and human behavior;
3. Behavioral - is an external manifestation of the human condition. It is expressed in the degree of adequacy of behavior, the ability to communicate. It is based on the life position and interpersonal relationships that determine the adequacy of interaction with the external environment and the ability to work effectively.



In the second position of the concept of health, an important component is the psychological state in which a certain importance is given to the need to develop a motivational sphere, that is, one cannot only be limited to the concepts of health, development of physical qualities and motor abilities. For this, it is necessary that the student at the university receive the necessary level of knowledge and skills for the formation of motor activity.

Research Methodology. Therefore, one of the objectives of the study was to assess the level of valeological knowledge is testing with tasks that evaluate knowledge of valeology among students studying at the faculty of physical education, as well as students studying at non-sports faculties of Urgench State University. Testing of students was carried out on practical exercises in physical culture, providing for self-control skills training in order to increase students' interest in improving functional health. Were developed 4 variants of test questions for students studying at 1-4 courses of Urgench State University faculties. Each option consists of 16 test questions. The developed questions on the content can be divided into the following groups:

1. Questions evaluating the level of theoretical knowledge in valeology among students of 1-4 courses.
2. Questions evaluating the attitude of students towards adhering to the principles of a healthy lifestyle
3. Evaluation by students of the importance of physical education and physical activity in maintaining physical activity and promoting health and their impact on the body.
4. Ways of health correction, independently developing health programs, taking into account the state of their own health.

The results of the test survey among all students in the faculties of physical education and the natural faculty revealed the following:



- To the question, “Modern formulation of the concept of health”, the number of correct answers was 92.7% among students of the faculty of physical education, and 69.8% of the correct answers were found among students of natural science of the faculty.
- Clearly formulated the answers to the questions "The purpose and objectives of valeology" 83.8% of students of the Faculty of Physical Culture, and only 67% of students of the Faculty of Natural, History.
- To the question, “What methods can be used to assess physical development?” 77.7% of students of the natural faculty indicated the correct answer, indicating that the level of physical development can be assessed based on anthropometric and functional studies.
- Only 38% of students of the physical education department gave correct answers.

It is paradoxical that the question “What changes do occur in the body under the influence of systematic physical exertion?” There was given a complete and precise formulation by the students of the Faculty of Physical Culture. Analysis of the distribution of the available answers to the questions asked, showed a competent approach on the part of the student’s sports audience. It showed that changes in one functional system cause changes in other systems. Those are structural changes occur at the level of the whole organism, although this question was expected clear and correct answers from students of the natural faculty. In assessing the influence of negative factors, including harmful habits on health, the like-mindedness was revealed among the students of the surveyed faculties. To the question “What kinds of sports do you practice and what physical qualities did you want to develop?” In the responses, one can note the manifestation of sexual dimorphism. So young men prefer to engage in sports such as national wrestling, athletics, that is, sports that would develop in the first place, strength, then speed capabilities and endurance.



Girls prefer to engage in sports, in particular, rhythmic gymnastics, swimming, tennis, contributing to the development of the right physique and the formation of a beautiful posture.

Students of the natural faculty, characterizing the influence of motor activity on the human body, were divided in their opinions. Thus, 90% of students believe that systematic physical activity causes adaptive changes in the type of hypertrophy and hyperplasia; 10% of students believe that positive changes occur only in the cardiovascular system; in particular, by increasing the chambers of the heart, improving blood flow, putting the reserve capillaries into operation, improving the blood supply. The survey we conducted confirms the interest of female students in physical education, but a small number of female students, in particular, 12.5%, prefers non-traditional sports like judo, boxing, sambo, football, etc. Because of the questionnaire to the question, “why do you practice physical culture?” Almost all students included in the preparatory group for health reasons, at the end of the school year indicated motives that have a health focus.

From the motives indicated by the students, it is clear that their attitude to their health has changed significantly. The motives of “Preservation of Mental and Physical Health” increased from 50% in the first year to 70% in the 4th year. “Notable decrease in the level of physical development” - from 65% in the first year to 40% in the 4th year. “Experienced a feeling of muscular joy from exercise” - from 40% (Liberal faculties) to 80% (Faculty of Physical Culture); depending on the training of the chosen specialization “increase in physical working capacity”, it was noted - from 35% to 78% of the students of these faculties, respectively. As can be seen from the responses to the fourth course, there is a deterioration in the state of physical health, both among girls and among young men. To the question, “What contributed to the deterioration of your health,” over 65% of 4th year students consider because of the lack of a physical culture subject in the educational process.



About 20% of students consider the deterioration of health due to their stay in most of the state of physical inactivity.

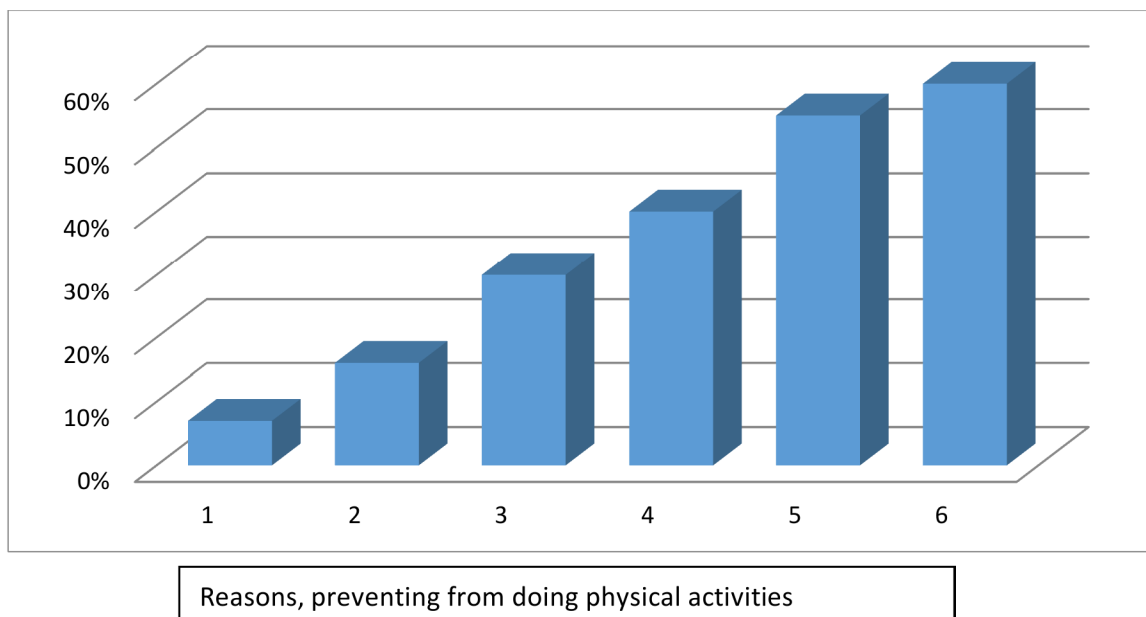
It is positive that after reading the lecture series “Methodological foundations of a healthy lifestyle”, as well as watching the videos “Drug addiction - the plague of the XXI century”, students changed their attitude to lifestyle, understanding how harmful bad habits are. Thus, the theoretical and methodological knowledge gained in the course of valeology, expanded the students' world outlook, allowed to understand properly the value of health, to understand the importance of the mechanisms of health-improving action of physical exercises not only to improve health, and to correct existing deviations.

Analysis and Results. One of the priorities of valeological education in the university is the preservation and strengthening of students' health, the formation of their concept of the value of a healthy lifestyle. Analysis of the personal data showed that the students of the Urgench State University consider physical exercises important for improving health, developing physical qualities, and improving body posture. However, in reality, their participation in physical culture and sports activities is not enough. Most students are engaged in physical culture only within the framework of the schedule. However, the number of additionally involved in sports in the faculties of natural history and humanities was about 30%. We tried to find out what prevents students from engaging in physical culture: Figure 1 shows the results of the student survey:

1. Prefer to fill their leisure time with other activities (computers, music)-7%.
2. Due to the feeling of constraint due to the figure flaws, or due to the low level of physical fitness - 16%
3. chronic fatigue after the classes, or because of the overload of educational tasks - 30%.
4. lack of motivation to play sports - 40%

5. The majority of students report a lack of time - 55%.
6. due to the lack of developed skills and abilities when performing certain exercises - 60%.

(pic. 1)



Testing of students is carried out in practical classes in physical culture, providing for self-control skills training with the aim of increasing students' interest in improving the functional state of their health. With the help of test technologies, we determined the attitude of students to their own health, physical activity, knowledge of the basic theoretical principles on valeology, methods and criteria for predicting health, the way, and most importantly, how lifestyle affects, in particular, the effect of negative and positive factors on health.

Conclusion. The introduction of complex pedagogical monitoring of students' health indicators throughout the whole period of training into mass physical culture and sport, as well as ensuring accurate organization of the valeology educational process for deeper development of the mechanism of the health effect of physical exercises and their use in order to correct the existing deviations in health status:



The valeological orientation of the university physical culture is effective not only for mastering theoretical knowledge and practical skills in assessing physical health, but also in terms of the formation of a healthy lifestyle.

The results of the survey of students indicate that the deterioration of the physical condition of students at UrSU for the 4th year is primarily because the subject of “physical education and sport” is not included in the curricula of the university. The content of the educational process in physical education at the university for all courses of study should be aimed at developing students' readiness to perform the physical activities necessary for the full functioning of the body, and at senior courses it is necessary to provide each student with the opportunity to choose the sport chosen by him. be sectional in nature with the interests of students.

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