

Healthy Lifestyle and Life Safety

Orazgul Valieva

Assistant, Karakalpak state university, Nukus, Uzbekistan

Received 10-04-2022	Abstract: Our understanding of a healthy lifestyle was determined, an anonymous survey was conducted to identify the number of students involved in sports with bad habits, and measures were proposed to motivate students to a healthy lifestyle.	Keywords: Healthy Lifestyle, Health, Sports, Physical Education
Accepted 26-04-2022		
Published 02-05-2022		

Copyright © 2022 The Author(s): This work is licensed under a Creative Commons Attribution-Non Commercial 4.0 (CC BY-NC 4.0) International License.

INTRODUCTION

Human health is one of the global problems, i.e. those that are of vital importance for all mankind, where there is the greatest aggravation of contradictions generated by current and expected situations in the future, where disproportionate states and achievements can reach catastrophic consequences in the foreseeable future. Health as they say it is not the absence of disease, but the physical, social, psychological harmony of a person.

We, the people of the twenty-first century, have completely forgotten how it is to take care of our health, but a healthy lifestyle helps to successfully fulfill our plans, implement goals and objectives, and cope with difficulties. Good health, strengthened by the person himself, will allow him to live a long and full of joys life. Health is the priceless wealth of each person individually and society as a whole, it reduces the likelihood of various diseases and increases human life expectancy [1].

We interpret a healthy lifestyle as behavior aimed at the rational satisfaction of biological and social needs. A healthy lifestyle can also be defined as the most characteristic, typical activity in specific socio-economic, political, environmental and other conditions, aimed at maintaining, improving and strengthening people's health. This concept includes, on the one hand, the formation of positive behavior, and on the other hand the other is overcoming health risk factors [2].

We have set the following tasks:

- Find out how many students have bad habits.
- Find out how many students go in for sports.
- Offer options for introducing students to a healthy lifestyle.
- We conducted an anonymous survey among students of our university aged 18–24 years. 100 people were interviewed.

The questionnaire contained the following questions.

- Do you do sports/exercise?
- If yes, how?
- Do you smoke?
- If yes, how long ago?
- How old are you?

THE SURVEY RESULTS ARE AS FOLLOWS

A positive answer to the first question was given by 68 people. Of these, 31 go to the gym, 7 go in for volleyball, 3 go in for basketball, 12 go to the ice rink regularly, 15 go to various other outdoor activities. Out of 100 people, 47 smoke. Of these, 3 have been smoking for more than 10 years, 8 from 5 to 10 years, 19 from 1 to 5, and 17 for less than a year. The age of the respondents is 18–19 years old – 41, 20–21 years old – 32 students, 22–23 years old – 15 people, 24 years old – 12 people [3].

Based on the results obtained, the following conclusions were drawn: 38% of the respondents do not attach much importance to physical education. More than 50% of students have such a

bad habit as smoking. Therefore, it is necessary to motivate young people to lead a healthy lifestyle.

We would like to suggest the following methods

1. Conduct more competitions between groups, faculties, courses in various sports.
2. Coupons for ice cream, pizza and other fast food are sometimes given as prizes. Instead, you can give away memberships to the gym, fitness, and so on.
3. Holds promotions near the university, for example: exchange a pack of cigarettes for chocolate.

The formation of motivation for a healthy lifestyle should begin from infancy and continue throughout the learning process. To do this, it is necessary to use various methods, taking into account the age status, as well as the level of physical and psychological fitness. And in a preschool educational institution, and in a secondary general education school, and at a university, it is necessary to constantly develop and maintain the motivation of the individual for physical self-improvement, care for one's health. To maintain a healthy lifestyle, it is necessary.

It is important to teach the population how to act in emergency situations in peacetime and wartime, that is, to teach the basics of safe human behavior in everyday life, as well as in emergency situations of a natural, man-made and social nature. In universities it is recommended to teach the training course "Life Safety". This allows employees of the education system to shape the health of the younger generation and the population as a whole [4].

Thus, among the most important ways of developing scientific research in the field of life safety, it should be noted the need to improve and increase the level of human health, having drawn up a certain schedule of work on oneself. Not everyone can immediately radically take up the improvement of health. In this case, you can start the program gradually, for example, start with morning exercises, and then supplement it with

jogging. Then you can do the fight against excess weight. Achieving the goal should not be by extraordinary measures, but again gradually, Do not allow young people to drink alcohol, Our health is in our own hands.

We must understand that only healthy people can survive in the modern world, so we must protect the most valuable thing that we have.

REFERENCES

1. Gerdruang, A., Panwatanasakul, C., & Nurnazar, P. (2021). THE DESIRABLE MANAGEMENT OF EDUCATION IN URBANIZATION AREA UNDER THE OFFICE OF NON-FORMAL AND INFORMAL EDUCATION IN BANGKOK THAILAND. *湖南大学学报(自然科学)*, 48(10).
2. Gerdruang, A., Panwatanasakul, C., & Nurnazar, P. (2021). The Development of Administrators Affiliated with the Office of Non-Formal and Informal Education (NFE). *Review of International Geographical Education Online*, 11(9).
3. Nazarova, E. N., Zhilov, Yu. D. (2013). *Fundamentals of a healthy lifestyle*. M. : Academy.
4. Nurnazar, P. (2022). Ecology of the Soul: Culture, Morality, Spirituality. *Indiana Journal of Agriculture and Life Sciences*, 2(2), 5-8.
5. Nurnazar, P., & Islambek, S. (2022). HUMANISM OF SOCIOLOGY AND SOCIOLOGY OF HUMANISM. *Uzbek Scholar Journal*, 2, 11-14.
6. Nurnazar, P., & Islambek, S. (2022). HUMANISM OF SOCIOLOGY AND SOCIOLOGY OF HUMANISM. *Uzbek Scholar Journal*, 2, 11-14.
7. Nurnazar, P., & Islambek, S. (2022). HUMANITY AS AN EXPRESSION OF THE SPIRITUAL BEING OF HUMAN. *Uzbek Scholar Journal*, 2, 15-19.
8. Nurnazar, P., & Islambek, S. (2022). HUMANITY AS AN EXPRESSION OF THE SPIRITUAL BEING OF HUMAN. *Uzbek Scholar Journal*, 2, 15-19.
9. Uli, P. N. R (2021). Development of a Person's Spirituality in Dialogue with Another. *Zien Journal of Social Sciences and Humanities*, 1(1), 133-135.
10. Алима, Бердимуратова; „Х?зирги заман глобалласыу маш?алалары: ??дири х?м ??тери,Бестник Каракалпакского университета,25,4,68-

- 75,2014,Каракалпакский государственный университет
11. Бердимуратова, А; „Массалы? м?деният социаллы? ?убылыс сыпатында,ВЕСТНИК КАРАКАЛПАКСКОГО ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА ИМЕНИ БЕРДАХА,34,1,52-55,2017,
 12. Бердимуратова, А; „Экологический кризис Приаралья и проблемы его решения.,Экономика и статистика,,11-12,70,1997,
 13. Бердимуратова, А; Камалова, Х; Алимбетов, Ю; „РЕСПУБЛИКА ХАЛ?ЫН АУЫЗ СУУ МЕНЕН Т?МИЙИНЛЕУДИ? ??ЗИРГИ ?АЛАТЫ ??М ОНЫ? СОЦИАЛЛЫ? ТУРА?ЛЫЛЫ??А Т?СИРИ ?А??ЫНДА,ВЕСТНИК КАРАКАЛПАКСКОГО ГОСУДАРСТВЕННОГО УНИВЕРСИТЕТА ИМЕНИ БЕРДАХА,35,2,76-79,2017,
 14. Бердимуратова, АК; Алимбетов, Ю; Камалова, ХС; „Некоторые аспекты деятельности органов самоуправления граждан и их влияние на социальную стабильность в Республике Каракалпакстан,Актуальные проблемы многоуровневой языковой подготовки в условиях модернизации высшего образования,,,55-70,2017,
 15. Бердимуратова, АК; Алимбетов, Ю; Камалова, ХС; „О состоянии обеспечения населения питьевой водой и его влиянии на социальную устойчивость общества республики каракалпакстан (на материалах социологического обследования населения республики в марте-апреле 2016 года),Актуальные проблемы многоуровневой языковой подготовки в условиях модернизации высшего образования,,,70-86,2017,
 16. Бердимуратова, АК; Бердимуратова, СП; ИСТОРИЯ. СОЦИОЛОГИЯ. ФИЛОСОФИЯ. ЮРИСПРУДЕНЦИЯ.,Вестник КГУ им. Бердаха. №,1,,50,2021,
 17. Пирназаров, НР; Баймурзаев, Азамат; „ФИЛОСОФСКОЕ МИРОВОЗЗРЕНИЕ-ЛОГИЧЕСКАЯ ОСНОВА ДУХОВНОСТИ,Ученый XXI века,,,36,2017,