

Sog'Lom Turmush Tarzini Yaxshilashda Atrof-Muhitning O'Rni

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ABSTRACT

Objective: Maintaining a healthy lifestyle and living a long life requires an active lifestyle and regular physical exercise, which are of great importance. **Method:** In ensuring a healthy lifestyle, proper nutrition plays a key role, and it is also necessary to strictly adhere to hygiene requirements during the eating process. **Results:** Improving a healthy lifestyle also depends on the cleanliness and protection of the environment, which is crucial. **Novelty:** The Zoroastrian religion's "Avesta," as well as the Qur'an and Hadith Sharif, contain important ideas regarding maintaining a healthy lifestyle, its conditions and factors, as well as the upbringing of a healthy generation.

INTRODUCTION

To maintain a healthy lifestyle and ensure longevity, an active lifestyle and regular physical exercises are of great importance. Scientists like M.S. Baranov, T.A. Koval, D.V. Smirnov, I.A. Petrov, L.N. Sokolov, and A.V. Kolesnikov have conducted research focused on studying the impact of physical activity on health and longevity. Their work analyzes the importance of physical exercises and an active lifestyle based on scientific principles.

In ensuring a healthy lifestyle, the role of quality nutrition is crucial, as well as the strict adherence to hygienic requirements during the process of eating. Research conducted by A.I. Fedorov and N.S. Morozov provides important recommendations in this area.

The studies of scholars such as A. Karimov, S. Murodov, and N. Qodirov extensively explore the significance of nutritional rules and culture in promoting a healthy lifestyle. They scientifically analyze how eating habits and nutrition culture affect human health and overall quality of life, providing their recommendations.

Improving a healthy lifestyle also depends on the cleanliness and protection of the environment. There is a need to develop ecological education among students. Scholars like M.I. Jorayev, D.R. Karimov, O.T. Sadykov, and R.M. Gafurov have conducted research on ecological education and environmental protection.

M.I. Jorayev developed the concept of "Ecological Education and Upbringing," while D.R. Karimov studied the psychological aspects of nutrition hygiene and healthy lifestyles. O.T. Sadykov provided recommendations on ecological education in rural schools.

D.J. Sharipova's research is focused on investigating the challenges in organizing hygienic education for students. Her study discusses the problems in effectively

organizing hygienic education and aims to provide the necessary knowledge and skills to shape a healthy lifestyle among students.

R.M. Gafurov's research addresses the issue of improving a healthy lifestyle among students. He analyzes the role of the family and the need for upbringing based on national traditions in adolescents and youth. Additionally, gender education issues are also widely discussed, which are considered essential foundations for students.

T. Sodiqova and R. Umarova's research specifically focuses on the upbringing of adolescent girls. Their studies examine the importance of negative influences such as smoking and alcohol consumption for girls to remain healthy and attractive, as well as the role of emotional states. Sodiqova and Umarova emphasize the responsibility of girls in becoming mothers in the future and highlight that while this process is joyous, it also requires great responsibility. They point out that the health of future generations, particularly the mother's health, is directly connected, underscoring the need for youth to strengthen their bodies. They also reflect on the unique characteristics of girls and important qualities that ensure their attractiveness.

RESEARCH METHOD

The Zoroastrian religious text "Avesta," as well as the Qur'an and Hadith Sharif, provide important ideas about maintaining a healthy lifestyle, its conditions and factors, and raising a healthy generation. These ideas have been methodologically valuable over centuries in maintaining and strengthening human health.

Eastern thinkers, including Al-Farabi, Al-Beruni, Ibn Sina, Mahmud Qoshg'ariy, Yusuf Xos Hojib, Alisher Navoiy, Muslihiddin Sa'di, and Abdulla Avloniy, have expressed numerous ideas in their works about the importance and conditions of forming a healthy lifestyle in the younger generation. Their theories and methodological approaches remain relevant today and are widely used in the educational process to develop a healthy lifestyle.

The significance of educating the moral, volitional, and emotional qualities of youth has been expressed in the research of psychology scholars such as Azizbek Murodov, Dilnoza Anvarova, Iftikhorbek Tursunov, and others.

The researchers conducting new studies on the issues of forming and maintaining a healthy lifestyle include Nodira Karimova, Jamshid Nurmatov, Muhammadbek Yuldashev, Anora Mamatova, Sanjarbek Sultonov, Gulchehra Sadiqova, Odilbek Abdurazzakov, and Shokirbek Masharipov. They focus on in-depth exploration of issues such as health, personal development, and social responsibility. These studies are crucial for ensuring the healthy and spiritual development of younger generations, contributing to the creation of a strong foundation for the health of future generations.

RESULTS AND DISCUSSION

Improving the mindset directed towards health preservation in higher education institutions is a pedagogical necessity. The scientific recommendations and research provided by various scholars in this regard hold significant importance. The culture of

nutrition is also a critical component of a healthy lifestyle. Researchers such as P. Vregg, R. I. Vorobyev, and V. A. Dadali have studied the importance of nutritional culture and its impact on health. M. N. Ismoilov and S. S. Solikhojajev have examined the psychological and social aspects of nutrition.

Issues related to personal hygiene are also discussed in the research of M. V. Antropova and Y. E. Kalchenko, who explored the impact of adherence to personal hygiene rules on students' health. V. S. Lukyanov and S. Ye. Mansurova analyze these issues from a broader perspective.

The importance of ecological education and upbringing is highlighted in the studies of L. A. Alibekov, P. Varotov, and E. O. Turdiqulov. Developing ecological awareness and enhancing students' roles and responsibilities in society play a vital role in this regard.

Psychological states and pedagogical approaches have been deeply studied through the work of O. Musurmonova and G. Janabayev. These studies are crucial for ensuring the psychological well-being of students.

Emergency situations and first aid skills have been studied by Z. Ilyosova and F. S. Sodiqov. These skills are essential for boosting students' self-confidence in their daily lives.

Issues related to sexual education are also of great importance. O. V. Veseleva and A. D. Gadasina have explored the significance and impact of sexual education on students.

Overall, these studies help in developing effective approaches to preserve students' health, promote a healthy lifestyle, and increase social responsibility. Modern educational processes are reflected in a series of social and pedagogical changes on a global scale. In today's educational system, alongside socio-political transformations, new educational reforms are also being implemented. In this process, the importance of protecting and monitoring students' health is growing.

CONCLUSION

Fundamental Finding : Maintaining a healthy lifestyle and ensuring longevity requires regular physical activity, proper nutrition, and hygiene. Research by scientists and scholars highlights that exercise, food culture, and environmental cleanliness play a critical role in shaping well-being. Texts such as the Avesta, Qur'an, and Hadith, along with works of Eastern thinkers like Ibn Sina and Al-Farabi, provide timeless principles for health education. **Implication :** These classical and religious insights are still applicable in educational settings today and support the development of moral, emotional, and ecological awareness in students. They also emphasize the value of youth upbringing grounded in national traditions and personal responsibility. **Limitation :** Despite these insights, effective hygienic education remains a challenge. Research shows there are gaps in delivering consistent and inclusive programs, especially regarding gender sensitivity and rural access. Traditional frameworks, while rich in wisdom, require modern empirical validation. **Future Research :** Further studies should develop

scalable, evidence-based interventions in ecological, psychological, and sexual health education. Integrating emotional development and social responsibility into health programs across different school systems can ensure more effective health outcomes for future generations.

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