

Physical Maturity Of The Youth

(Hygiene education, healthy lifestyle and its importance in education)

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Abstract: This article focuses on physical education, its role in shaping a healthy generation, hygiene, its role in the education of young people, the key elements of healthy lifestyles and risk factors.

Keywords: physical education, moral and spiritual development, healthy generation, rules of hygiene, physiological qualities.

After independence, our country has been paying close attention to the formation of a healthy generation. One of the main factors in the formation of a healthy generation is the physical education of young people. Physical education is an integral part of the overall upbringing that helps educate young people in all aspects of moral and spiritual development.

The result of physical education is, in turn, part of the overall culture. Physical education is one of the main principles of education of today's youth.

According to K.Marks, general education consists of intellectual, physical and technical education.

The main purpose of physical education is to ensure the healthy growth of all members of the organism and to prepare them for mental and physical work, especially for young people.

It would be good for us to explain the importance of physical education to young people in the form of "Alpomish, Pakhlavon Mahmud and other wrestlers."

Also, Abu Ali Ibn al-Hanif illustrates some of the qualities of man:

- Courage is the strength that stops a person's courage, endurance and ability to do something.

- Intelligence is the power to be in a hurry when doing something.

- Power that helps you to quickly understand the true meaning of what you feel.

Even if we look at the example of A. Navoi's "Farkhad and Shirin", Farkhad shows that he is not limited to mental training.

According to Avloni, it is necessary to educate the body in order to attain sound thinking, good morals and knowledge

For anyone who is healthy, his work is flawless, good thinking, physically and mentally active, and efficient.

That is to say, mental, moral and physical maturity of the person has been honored and cherished at all stages of our history.

Physical education, first of all, strengthens health, increases work ability, increases life expectancy, encourages physical growth, and gives strength, and so on.

Therefore, physical education of young people is a nationwide problem, not a single parent, a school, and a comprehensive approach to it is desirable.

The content of physical education is expressed in physical maturity, physical diagnostic, physical culture, sports, and physical education.

In Pedagogy, physical maturity refers to the growth of physical data, from simple to complex changes.

Physical maturity is the form of beauty in the appearance of the body, the highest perfection of its physical qualities.

The component of physical culture and physical education and its contents are:

1. Structure and functional perfection of human organs.
2. Strengthening students' health.
3. Adhere to the rules of hygiene.
4. Enhancing the skills of the student.
5. Formation of physical and physiological qualities of prospective employees.
6. Creating conditions for students' physical and age characteristics.
7. Promoting the student's sense of will, endurance, strict discipline, friendship.
8. Training of personal physical abilities.

It can be shown in physical or sports activities, such as chairs, clubs, groups, competitions.

In the context of physical education, there are such concepts as "physical labor" and "physical punishment."

- Physical labor, unlike mental work, requires physical strength and training.
- physical effect is the effect on the human body with something or persons.
- Corporal punishment is used to eliminate students' behavioral deficiencies or immoral behavior. Declaration of hunger is also a physical punishment. We have this canceled.

Hygienic education.

Hygiene training ensures that a healthy baby is born not only after the birth of the baby but also by the mother's hygiene when the baby is in the womb.

Since ancient times, our nation has provided other hygienic education with young people. The primary source of hygiene education is the family, so parents and other adults in the home should play a role in shaping the hygienic knowledge of children.

The basics and basics of personal hygiene education are the elements of personal hygiene.

When the child's first conscious activity is regularly taught to follow these personal hygiene rules, it can later develop into a well-known life cycle for children.

This includes helping children from day one to ensure proper timing, active activity and sleep, proper nutrition, timely washing, changing clothes, body hygiene, skin, hair, face, mouth. Proper and timely teaching of hygiene, nails, hand hygiene, footwear and other hygiene practices is the key to this child's future health.

It should be explained that from the first day in children all of these activities are aimed at preventing any disease in the body.

The current process of social reconstruction in our society reveals the role, significance, and role of physical culture in the upbringing of the younger generation, as well as the purpose, objectives and directions of physical education in childhood. This is what happens. In this regard, schooling is based on two interrelated ideas:

- The emphasis on the physical education curriculum and the greater emphasis on educational and individuality and differentiation on different options;
- Expansion of more extracurricular forms of physical education classes. This requires the development of a social and professional method and scientific theory of the modern physical culture of schoolchildren in both ideas.

Comprehensive harmonic development of the younger generation is a pinnacle of physical fitness.

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