

The Importance of a Healthy Lifestyle in Improving Quality of Life

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ABSTRACT

This article discusses the importance of a healthy lifestyle in improving quality of life. In the article, the author commented on effective ways to organize a healthy lifestyle. He justified the need to give up negative habits that affect human health.

KEYWORDS: life, health, healthy lifestyle, negative habits, physical education, sports, hygiene.

In traditional medicine, it is believed that the most important factors affecting health are: Lifestyle, nutrition, health-improving gymnastics, ecology.

Lifestyle comes first of the four elements listed above in terms of importance to health. The concept of “lifestyle” covers all sorts of aspects of human life: work, life, leisure, forms of material and spiritual satisfaction.

The relevance lies in the idea of human health, which is closely related to the understanding of the need to strengthen it based on the achievements of modern science, which substantiated the possibility of active development of adaptive abilities inherent in it by nature itself and the development of which depends on the physical activity of the body. A person from birth is endowed with colossal potential opportunities, and in many respects it depends on him what his future life and health will be. Therefore, the physiological development of the body with a modern rhythm and a sedentary lifestyle depends on artificial physical activity, the main of which is sports.

A distinctive feature of the life of a modern person, generated by scientific and technological progress, is a significant change in the rhythm and lifestyle of many people. This is characterized, first of all, by a very noticeable limitation of the proportion of physical labor in everyday life, at work and by an increase in the disproportion between significant intellectual and mental stress, on the one hand, and a sharp decrease in physical activity, on the other.

In recent years, the interest of physicians and sociologists in the problem of interconnection and mutual influence of the way of life and health of people has significantly increased.

The degree of elaboration of the topic is quite large.

The word “health” is perhaps the most common word in everyday communication of people. We even associate greetings at meetings and partings with this word: “hello”, “be healthy”, etc.

What is “health”? It would seem that the simplest answer should be that health is the absence of disease. But such an understanding of “health”, which is widespread in everyday life, is not enough. It is no coincidence that the discussions of specialists trying to give a definition

to the concept of "health" still do not stop. There are hundreds of definitions in the scientific literature - what is health.

The most widespread definition of WHO (World Health Organization), given in 1968. "Human health is an objective state and a subjective feeling of physical, psychological and social comfort." Human life depends on the state of health of the organism and the scale of the use of its psychophysiological potential. All aspects of human life in a wide range of social life - industrial and labor, socio-economic, political, family and household, spiritual, health, educational - are ultimately determined by the level of health.

Health is the normal psychosomatic state of a person, reflecting his complete physical, mental and social well-being and ensuring the full performance of labor, social and biological functions.

Physical health is the natural state of the body, due to the normal functioning of all its organs and systems. If all organs and systems work well, then the entire human body (a self-regulating system) functions and develops correctly.

Mental health is a state of mental well-being, characterized by the absence of painful mental manifestations and providing a regulation of the behavior and activity of the individual that is adequate to the surrounding conditions.

Various characteristics are used when considering health. The most widespread is the functional approach. Its peculiarity lies in the ability of the individual to carry out his biological and social functions. Their loss is the most widespread and most significant social consequence of human diseases for a person, family, society.

The severity of health is determined by many criteria: the level of the organism's vitality, the breadth of its adaptive capabilities, the biological activity of organs and systems, their ability to regenerate, etc.

Health status affects all spheres of people's lives. The completeness and intensity of the diverse life manifestations of a person directly depends on the level of health, its "qualitative" characteristics, which largely determine the way and style of a person's life: the level of social, economic and labor activity, the degree of migration mobility of people, their introduction to the modern achievements of culture, science, art, technology and technology, the nature and methods of leisure and recreation. At the same time, an inverse relationship is also manifested here: a person's life style, the degree and nature of his activity in everyday life, especially in work, largely determine the state of his health. This interdependence offers great opportunities for prevention and health promotion.

Health affects the quality of labor resources, the productivity of social labor, and thus the dynamics of the economic development of society. In the context of the transition to a predominantly intensive type of production development, health, along with other qualitative characteristics, acquires the role of a leading factor in economic growth. It is no coincidence that the share of people participating in social production reaches its maximum value in the age groups of 30-39 and 40-49 years. From the age of 50, there is a decline in labor activity, in which the health factor plays a leading role.

Legal capacity - the ability of a person not only to perform certain actions and activities, but also to bear responsibility for them. Ability to work - a person's ability to work, not limited by diseases or bodily disabilities. The level of health and physical development is one of the

most important conditions for the quality of the workforce. Depending on their indicators, the possibility of a person's participation in certain areas of labor activity is assessed. The need for health is universal. It is inherent in both individuals and society as a whole.

Labor is of great importance in human life. It helps to harden the body and keeps it in constant tone, not allowing it to relax, become lazy. It is very important to love your work. Love as a positive emotion contributes to the fact that it is easily tolerated and, instead of tiredness and fatigue, brings the joy of creation. If the work is physical, it should be replaced by mental work: reading literature, visiting theater, cinema, museums, cultural communication with friends. If the work is mental, it must be combined with physical work - with housework, helping the mother, wife in everyday life (washing the floor, dusting, going to the store, etc.). We were taught all this in our family from childhood. And to this day I really like to wash dishes. Here is a triple pleasure: you do something useful for the family, even a little, but physical labor, and at the same time there is an opportunity to think about something, come up with something, solve some problem in your mind, prepare the text of the report in your mind and etc.

In all cases, physical culture and sports contribute to the preservation of health, education of hardening. They are needed not to become a champion, but to improve health. However, there is still little time allocated for the physical development of children. "If you are not going to become a champion, you are not suitable for us." Such responses can be heard in specialized schools and groups.

Meanwhile, sport for the sake of becoming a champion is a sport for the elite, obsessed with sport. And for millions, physical education and sports are the way to preserve health.

Daily morning exercises, followed by a shower or rubbing the body with cold water, and then rubbing with a hard towel until you feel warm is a very good method of maintaining health, hardening and training the body's defenses. Health groups that exist in every area of the city and in many businesses are very useful for promoting and maintaining health.

But no matter how useful physical education in all its forms is, it cannot completely replace physical labor, since psychological moments, the influence of labor itself and its results on the nervous system play an important role in the latter. A person sees the result of his work and this gives him joy and satisfaction, and these factors turn work into pleasure. That is why individual gardens and vegetable gardens are widespread in many countries.

It must be remembered that physical labor is one of the most important factors in longevity. All centenarians were great workers, loved physical labor, and most of them worked in agriculture.

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