

**THE IMPORTANCE OF HIGHER EDUCATION AND POST-SECONDARY
EDUCATIONAL INSTITUTIONS IN EDUCATING YOUNG PEOPLE IN A HEALTHY
LIFESTYLE AND PATRIOTISM**

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Annotation

This annotation is dedicated to the topic "The Importance of Higher Education and Postgraduate Institutions in Educating Youth in the Spirit of Patriotism and Promoting a Healthy Lifestyle." Youth are a vital segment of society, and shaping their healthy lifestyle and fostering patriotism contribute to understanding national values and supporting the country's development. Higher education institutions provide young people not only with academic knowledge but also with opportunities for physical and spiritual growth. Through sports and cultural events, they enhance the promotion of a healthy lifestyle and patriotism. At the postgraduate level, young people deepen their understanding of national values and apply theoretical and practical knowledge for the benefit of society. In conclusion, higher education institutions play a key role in developing a healthy lifestyle and patriotic spirit among youth, contributing to the formation of a well-rounded future generation.

Keywords

higher education institutions, physical education, medical culture, mental health, Universiade, healthy competition, sports, healthy lifestyle.

Introduction

The importance of education and upbringing of young people in ensuring the development of the country and achieving national stability is incomparable. The formation of a healthy lifestyle of the youth of our time, their upbringing in the spirit of patriotism is one of the main tasks of society. Higher education and post-higher education institutions play an important role in this process. They create the necessary conditions for increasing the intellectual and spiritual maturity, physical health and devotion to the homeland of the younger generation. This topic considers the role and importance of higher education institutions in educating young people in a healthy lifestyle and in the spirit of patriotism

The main goal and driving force of the reforms being carried out in our republic is the person, his harmonious development, new thinking and his social behavior. All opportunities have been created for our republic to join the ranks of developed countries. In particular, all of our tasks in the field of education are aimed at raising the growing younger generation to be physically and spiritually healthy. Preschool education is the basis of the continuous education system. Until 2017, this area was not given due attention. Today, everything has changed dramatically. Thus, in order to develop and implement a unified state policy in the field of preschool education and gradually fully cover children in preschool education, the Presidential

Decree "On Measures to Radically Improve the Management of the Preschool Education System" was adopted on September 30, 2017. Now, taking into account world experience, conditions are being created for the intellectual, moral, aesthetic and physical development of children. In turn, due to the creation of a healthy competitive environment between state and non-state preschool educational institutions in the republic, the gradual inclusion of all children in preschool education is being carried out, tax benefits and preferences are being provided, and subsidies are being allocated from the budget. The importance of preschool education in the life of society cannot be overestimated, since this system is the most important link in the upbringing of the younger generation. Undoubtedly, preschool education lays a solid foundation for the great future of our Motherland. Of course, the family plays a key role in raising a child. At the same time, the importance of preschool education organizations in this regard is increasingly increasing. Raising a healthy generation is one of the most important tasks of our time.

The constant participation of young people in physical education in sports competitions indicates continuity and continuity. The organization of physical culture and sports activities with adults is a continuation of physical education and sports. The role, essence and necessity of physical education, physical culture, sports, active games and travel in improving the health of the population, increasing working capacity and prolonging life are no secret today. However, the use of physical education tools towards the goal, and most importantly, constant active participation in mass health sports events, have become a habit for everyone.

In all higher educational institutions, the training of specialists who can meet the requirements of the time is yielding good results. All this serves to strengthen our independence and solve future problems. Physical education classes, sports training, various physical education and sports events organized in educational institutions are aimed at cultivating the physical well-being of future specialists.

Although the Universiade competitions of students of higher educational institutions do not have international significance, they are considered the highest sporting event in our Republic in terms of prestige, potential and popularity. Among the personnel trained during the period of independence, there are hundreds of republican, Central Asian, Asian and world champions, as well as winners of the Olympic Games.

A. Avloni noted that in order to have a healthy mind, good morals and knowledge, it is also necessary to cultivate the body. Whoever has a healthy body, his work will be flawless, his thinking will be good, he will be physically and mentally alert, and his labor will be productive. So, the mental, moral and physical development of a person has been glorified and appreciated at all stages of our history. We can say that physical education, first of all, strengthens health, increases working capacity, prolongs life, invigorates the figure, and gives strength. Therefore, raising young people to be physically strong is not the work of one parent or school, but a nationwide problem, and it would be expedient to take a comprehensive approach to solving this.

Currently, more than 100 state and non-state higher education institutions operate in our republic. All of them are provided with playgrounds, gyms and equipment. The results of the created conditions can be seen from the results of our students' Universiades. The Universiade competitions, which have been held since 2000, are improving year by year and are gradually approaching the world Universiades in organizational, economic, educational, social and other aspects.

Physical education and physical culture education are conducted in higher educational institutions, that is, teachers of physical education and physical culture are trained in the path of education and culture. Graduates with great sports skills work not as teachers, but as coaches. Another aspect is that although these educational institutions provide relevant knowledge and practical skills in organizing and managing mass sports competitions and various sports events, graduates do not develop sufficient skills in this area. Because practical skills related to organizing organizational activities in teams are not sufficiently taught in training (practice). In addition, due to the lack of established staff in production enterprises and various institutions, attention to this area is decreasing. Therefore, the concept of physical culture has become a term for physical education, and this process has become an educational feature in educational institutions.

Sport is the pursuit of a healthy lifestyle. At the same time, sport is a means of ensuring peace in the world. Sport is the main force that promotes a state to the world. Indeed, when the National Anthem sounds and the national flag is raised, the name of that state appears before the eyes of millions of spectators. As much as this is happiness for the winning athlete himself, it is a great pride for his compatriots.

Currently, under the leadership of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, large-scale work is being carried out in our country to improve the management system in the field of physical education and sports, develop mass sports, select and educate talented athletes, create conditions for their preparation for major sports games, and strengthen the sector with qualified personnel. In our society, large-scale work is being carried out to form a healthy lifestyle, create conditions that meet the requirements of the times for the population, especially the younger generation, to regularly engage in physical education and mass sports, strengthen the will, strength and confidence in young people through sports competitions, develop feelings of courage and patriotism, loyalty to the Motherland, as well as systematically organize the selection of talented athletes from among young people, and further develop physical education and mass sports. One of the urgent tasks of today is to educate and instill in the minds of the younger generation the concept of a healthy lifestyle and the harmony of medical culture and sports. The concept of a healthy lifestyle includes: abstinence from harmful habits, constant physical and motor activity, adherence to a moderate exercise regimen, balanced and rational nutrition, strengthening the body, personal and public hygiene, positive passions, distancing oneself from conflict situations, finding a rational solution to stressful situations, regular work and full rest, having a comfortable mental state and living a life of psychophysiological satisfaction, having high medical activity, etc. One of the directions is to create conditions that ensure the provision of such opportunities. Sports can help to direct students of higher educational institutions to a healthy lifestyle, systematically engage in physical education and sports, access to sports infrastructure, maintain and strengthen health, physical development, and form a healthy lifestyle. The formation of a healthy lifestyle of higher education students should become a component, an integral part of the educational process of higher education. The complex of pedagogical conditions developed for the formation of a healthy personality, the preparation of an integrated educational and methodological complex of their profession should be considered as part of the lifestyle of students. Today, psychological, pedagogical, medical, ecological, sociological and philosophical research considers the problem of forming a healthy lifestyle among modern youth, especially among students of higher education, to be one of the important problems.

A healthy lifestyle is not only a way of organizing all aspects of life aimed at improving health, implementing generally accepted norms and rules, but also means developing value orientations, forming a conscious attitude to one's own health. Thus, the process of forming a person's need for a healthy lifestyle should become the national idea of the state, the most important task. Along with the above, it is necessary to mention certain difficulties in maintaining a healthy lifestyle. A wide range of modern innovative methods for the development of the intellectual sphere of students ensures the formation of the need for a healthy lifestyle. In science, external and internal factors characterizing the state of health are distinguished.

In the republican education sector, in cooperation with the Student Sports Association, extensive practical work is being carried out to develop student and youth sports. Every year, during the Universiade, more than 25 Student Sports Association championships, Cup competitions, tournaments are held between higher educational institutions in more than 15 types of sports. More than 24 thousand students of our country's higher educational institutions participate in them. The popularity of sports among students of higher educational institutions is increasing day by day, and it helps students lead a healthy lifestyle, develop professional skills, and become socially active individuals in society. Also, in between the Universiades, students are preparing for the World Universiade with intensive photos. Our students have been participating in the World Universiades of students since 2003. In particular, our students took an exemplary part in the World Universiades of students held in countries such as Korea, China, and Hungary. Traditional Spartakiads held among students and professors play an important role in further increasing the popularity of sports in higher education institutions. This event is held as a sports and health holiday, in which thousands of our students and professors participate and strengthen their health. In this regard, the work carried out at Andijan State University, Urgench State University, Karakalpakstan State University, Karshi State University, Bukhara State University, and Nukus State Pedagogical Institutes can be cited as an example. Times are changing rapidly, new working methods and new educational technologies are being introduced. These include the consideration of work on the wider involvement of students in mass sports and recreation, their qualitative renewal, ensuring the coordination of the activities of the leadership of higher educational institutions, the Komolot youth social movement, and sports clubs. Physical culture, physical exercises, and activities in this area are of great importance for the personal and socially active development of a person, for creating and strengthening the foundations of mutual understanding, mutual assistance, and peace in the world. It develops the following most important abilities in students:

- mental and physical health;
- the formation of character, patience, and attitudes of respect for others in fair play;
- recognition of diversity and intercultural rapprochement;
- the formation of social skills and active civic attitudes;
- increasing the ability to study regularly and strive for lifelong learning, etc.

In our current conditions, sports and physical culture serve as a decisive and fundamental factor of development, as the most effective means of increasing human and social wealth in quantity and quality. We must recognize and understand physical culture, mass sports, sports competitions, exercise and physical activity as an integral part of the curriculum and extracurricular activities in the concept of university development.

The following should be considered as immediate and priority tasks:

- we should develop a training program in one type of sport in the higher education system, which is given to each student and includes physical culture and sports for each student, and issue an official certificate accordingly or introduce a system of giving specific points in higher

education. To achieve this, higher education institutions should be provided with sports-oriented or sports faculties and courses under favorable conditions.

- universities should be ready to provide sports facilities and equipment to students, professors, teachers and service staff for their physical culture, sports activities and depending on their interests and abilities, and provide them with preferential access.

In order to effectively and innovatively use physical culture and sports facilities, state organizations, educational institutions should jointly develop and operate modern infrastructures, especially academic community infrastructures, as partners. In addition, it is necessary to create a system of university sports support services, to constantly study and take into account the opinions of students, and to determine the main work of the administration and the provision of social security services.

In this regard:

- turning universities into centers for the study and research of scientific research on physical culture, physical activity and sports and other relevant information;

- ensuring that universities become centers for the exchange of education and information for the purpose of cultural exchange;

- further strengthening the establishment and development of sports relations between universities at the national and international levels. The above-mentioned tasks should be implemented by universities at the level of their needs and capabilities, taking into account their deep understanding and respect for each other, diversity, language, and the characteristics of the national education system. In this regard, we need to determine certain plans and coordination work to further improve the work of the International University Sports Federation (FISU) and the work of the Student Sports Association in our Republic. As you know, FISU holds summer and winter (separate) Universiades every two years. Competitions in more than 30 sports are held at the Universiade. FISU championships are also held between the Universiades. The most interesting thing is that simultaneously with the Summer Universiade, the FISU General Assembly, conferences and the World University Rectors' Forum are held there. Rectors of world universities gather, exchange views on the work done and implemented in their countries on issues of physical culture, sports, physical activity, see and hear each other's experiences, and adopt a Declaration on the implementation of tasks related to further improving and developing the work carried out in this field at world universities. Rectors of universities in our republic also have the opportunity to develop specific measures for the development of student sports at their universities and to be proactive and at the forefront in implementing them.

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