

**HEALTHY LIFESTYLE: SCIENTIFIC BASIS, PEDAGOGICAL APPROACH AND
SOCIAL SIGNIFICANCE**

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Abstract: This article discusses the issues of the system of regular analysis of indicators of adherence to a healthy lifestyle by the population, state programs aimed at forming a healthy lifestyle, popularization of sports, medical prevention and development of a healthy eating culture, the importance of morning hygienic gymnastics in improving human mood and working capacity, and the fact that physical education and hygiene are considered an integral part of human life.

Keywords: non-communicable diseases, cardiovascular, diabetes, obesity, respiratory system, state programs, popularization of sports, medical prevention, healthy eating culture, development, technological, communicative.

Today, the issue of maintaining and strengthening human health has become a globally important social, economic and cultural factor. According to the World Health Organization (WHO), more than 41 million people die every year worldwide from non-communicable diseases, namely cardiovascular diseases, diabetes, obesity and respiratory diseases [4]. Most of these diseases are caused by poor lifestyle choices, unhealthy diet, physical inactivity and psychological stress.

A healthy lifestyle (HL) is not just about being free from disease, but also a way of life that ensures a person’s physical, mental and social well-being [5]. If a person follows hygienic standards in his life activities, does regular physical exercise, eats in moderation and refrains from negative habits, his health will be further strengthened.

In our country, in recent years, state programs aimed at forming a healthy lifestyle, popularizing sports, medical prevention, and measures to develop a culture of healthy eating have been consistently implemented [1].

Mattiyev I. B. (2024) in his study emphasizes that morning hygienic gymnastics is of great importance in increasing a person’s mood and working capacity [1]. Therefore, physical education and hygiene should be considered an integral part of human life.

The formation of a healthy lifestyle is not only a medical issue, but also a pedagogical and social problem. Because a person’s attitude to a healthy life, values, and daily habits are formed primarily in the family and educational institutions [8]. From this point of view, pedagogical approaches to the formation of HL (HEALTHY LIFESTYLE) ideas in the minds of students and their application in practical activities play an important role [2].

Literature analysis: A number of scientific studies have been conducted by domestic and foreign scientists on the formation of a healthy lifestyle. These studies cover the biological, pedagogical, economic, and psychological aspects of HL (HEALTHY LIFESTYLE).

Local studies: Uzbek scientists have studied a healthy lifestyle in close connection with human upbringing, the education system and professional activity. Mattiyev I. B. (2024) in his article deeply analyzed the importance of morning hygienic gymnastics and justified the need to form it as a daily habit in the lives of schoolchildren and students [1]. Also, in other works of the author,

detailed information is provided on the formation of a healthy lifestyle based on pedagogical approaches, the role and influence of the teacher in this process [8].

In 2017, research by Mattiev I. emphasized that teachers should have technological and communicative competencies in the formation of a healthy lifestyle [3]. These competencies serve as the basis for the formation of an independent healthy life position in students.

Another article by Mattiev (2024) covers the issues of maintaining the health of people engaged in entrepreneurial activities. The author analyzes stress management, leisure culture, healthy nutrition and physical exercise in relation to professional success [7].

International studies: The issue of a healthy lifestyle has been widely studied internationally. In the analysis conducted by Smith, Brown and Lee (2021), the effectiveness of HL (HEALTHY LIFESTYLE) programs in school-age children was studied and it was found that regular physical activity and healthy nutrition also have a positive effect on the intellectual development of students [5].

Brown and Lee (2020) analyzed the economic impact of a healthy lifestyle and proved that the development of HL (HEALTHY LIFESTYLE) can reduce healthcare costs and increase productivity [6]. According to WHO (2022), the introduction of HL (HEALTHY LIFESTYLE) programs at the national level will lead to a decrease in cardiovascular diseases and diabetes, and an increase in life expectancy by 5-10 years [4].

International and national studies give a general conclusion: in the formation of a healthy lifestyle, state policy, the education system and the culture of society should be interconnected. Maintaining human health is not only an individual responsibility, but also a social duty.

Research methodology: The process of forming a healthy lifestyle is a complex, multifactorial social phenomenon, and an integrated approach to its study is necessary. Theoretical, empirical and analytical methods were used in this study in harmony.

Research goals and objectives: The main goal of the study is to identify the scientific and pedagogical foundations of the formation of healthy lifestyle skills among pupils, students and employees. Based on this goal, the following tasks were set:

1. Study the theoretical foundations of a healthy lifestyle;
2. Assess the culture of a healthy lifestyle among pupils and students;
3. Determine the effectiveness of pedagogical methods of influence;
4. Develop practical proposals based on the results obtained.

Object and subject of the research. The object of the research is young people studying in secondary and higher educational institutions and the teachers working with them.

The subject is the pedagogical, psychological and social mechanisms of forming skills and values related to a healthy lifestyle among these young people [8].

Research methods. The following main methods were used in the study:

1. Theoretical analysis - scientific sources, articles, WHO reports [4], [5] and national studies [1], [3] on a healthy lifestyle were studied.
2. Questionnaire and interview - the level of awareness and practice of HL (HEALTHY LIFESTYLE) among pupils, students and teachers was measured.
3. Pedagogical experiment - the effect of HL (HEALTHY LIFESTYLE) elements (hygienic exercises, proper nutrition, exercises to maintain mental balance) was observed by introducing them into the educational process.
4. Statistical analysis - the collected data were processed using mathematical and graphical methods and expressed in the form of percentages, comparative tables and diagrams. These methodological approaches made it possible to determine the priority role of the pedagogical approach in the formation of HL (HEALTHY LIFESTYLE) [2].

Theoretical foundations: The theoretical foundations of the study are based on the following ideas:

Formation of a person's motivation and internal need for a healthy lifestyle [2];

The need to include HL (HEALTHY LIFESTYLE) as a component of the pedagogical process [8];

The teacher's competence is a decisive factor in teaching healthy life skills [3];

The concept of linking HL (HEALTHY LIFESTYLE) with social responsibility and professional culture [7]. These approaches made it possible to interpret a healthy lifestyle not only as a health issue, but also as an important structural element of pedagogical and social development.

Empirical basis: The study is based on the results of observations and questionnaires conducted in 3 secondary schools, 2 vocational schools and 1 university in the city and region of Tashkent. A total of 420 respondents (250 students, 100 students and 70 teachers) participated in the study. According to the survey results, 62% of respondents have a general understanding of HL (HEALTHY LIFESTYLE), but only 27% of them regularly exercise. 18% of participants indicated that they do not pay enough attention to stress management and relaxation culture. These indicators indicate the need to strengthen pedagogical influence mechanisms [1], [8].

Relevance of the study. In today's era of globalization, there are many factors that threaten human health: environmental degradation, technological lifestyle, fast food culture, psychological pressure and stress. Therefore, the formation of a healthy lifestyle should be addressed at the level of state policy.

The relevance of the study is that it not only reveals the theoretical essence of HL (HEALTHY LIFESTYLE), but also suggests mechanisms for its practical implementation. In particular, by combining HL (HEALTHY LIFESTYLE) with extracurricular activities, sports and psychological training in the education system, it is possible to improve the health culture of young people [5], [8].

Main results and analysis: The results of the study show that the formation of a healthy lifestyle, in addition to strengthening a person's physical health, also has a significant impact on his psychological stability and social activity.

Level of HL (HEALTHY LIFESTYLE) among students: According to the survey results, out of 420 respondents studied:

- 62 percent have general knowledge about HL (HEALTHY LIFESTYLE);
- 27 percent engage in regular physical exercise;
- 38 percent adhere to the principles of proper nutrition;
- 18 percent engage in stress management or mental health activities. These indicators indicate that although the concept of HL (HEALTHY LIFESTYLE) is known theoretically, its consistent application in practical life is still insufficient [1], [8]. It was also found that the personal example of teachers plays a significant role in forming a culture of HL (HEALTHY LIFESTYLE) among students [3].

The importance of physical activity: Morning hygienic gymnastics and sports activities are the mainstay of human health. Mattiev (2024) noted in his study that morning physical exercises improve not only a person's physical condition, but also his mental balance [1]. In addition, physical exercises instill in students such qualities as discipline, responsibility, and willpower.

According to WHO, at least 150 minutes of moderate-intensity physical activity per week reduces cardiovascular diseases by 25-30% [4]. The increase in the number of gyms, jogging tracks, bicycle paths, and health centers in Uzbekistan in recent years is practical evidence that this process is supported. However, the level of use of these infrastructures is still low - especially among girls and women [8].

Healthy eating habits: The study results show that more than 40% of respondents consume fast food at least 2-3 times a week. This increases the risk of overweight, heart disease, and diabetes [4].

An international study by Smith, Brown, and Lee (2021) has shown that the introduction of healthy eating programs for schoolchildren increases the mental activity and attention level of students [5].

In this regard, the integration of healthy eating habits into the curriculum in the education system of Uzbekistan remains an urgent task [8].

Mental health and stress management: In the survey results, 65% of respondents answered that they “often experience stress or fatigue.” However, only 18% of respondents reported using meditation, yoga, or breathing exercises.

Mattiyev (2024) noted that stress management directly affects the efficiency of people working in the business sector, and mental health is closely related to work productivity [7]. Maintaining mental balance is an integral part of HL (HEALTHY LIFESTYLE), which strengthens a person’s motivation and willpower.

Effectiveness of the pedagogical approach: The pedagogical approach plays an important role in the formation of healthy lifestyle ideas in the school and higher education system. In his study, Mattiev (2022) substantiated that it is possible to increase interest in a healthy lifestyle by setting clear goals and objectives in the educational process and involving students in the active learning process [2].

According to the results of the pilot test, in classes where HL (HEALTHY LIFESTYLE) training, hygiene classes and healthy eating lessons were organized for 6 months, the practical skills of students in a healthy lifestyle increased by 31%. This clearly demonstrates the effectiveness of integrating HL (HEALTHY LIFESTYLE) into the educational process [8].

Economic analysis: Brown and Lee (2020) analyze the economic efficiency of a healthy lifestyle and emphasize that when each citizen develops HL (HEALTHY LIFESTYLE) skills, healthcare costs at the national level can be reduced by 15–20 percent [6].

Mattiyev (2024) suggests that for business entities, turning HL (HEALTHY LIFESTYLE) into a corporate policy and introducing employee health support systems [7]. These ideas mean that the development of a healthy lifestyle is an important factor not only for the personal well-being of a person, but also for the economic stability of society. Analytical generalization: The analyses showed that:

1. There is knowledge about a healthy lifestyle, but the level of its application in everyday life is low;
2. Pedagogical approaches form a positive attitude towards HL (HEALTHY LIFESTYLE) among students;
3. There are few, but highly effective, mental health-promoting activities;
4. Physical activity and proper nutrition are recognized as the pillars of a healthy life;
5. The economic benefits of a HEALTHY LIFESTYLE have also been clearly proven - it reduces healthcare costs and increases labor productivity [6], [7]. In general, the results of the study indicate the need for a comprehensive - pedagogical, social, psychological and economic - approach to the formation of a HEALTHY LIFESTYLE.

The results of the study show that the formation of a healthy lifestyle is not a set of personal habits, but a systematic process that ensures the cultural, social and economic development of the entire society.

Strengthening the physical, mental and social health of a person, as well as extending life expectancy, is directly related to adhering to the principles of HL (HEALTHY LIFESTYLE) [4],

[5]. The main conclusions and practical suggestions developed on the basis of the study are presented below.

Main conclusions:

1. A healthy lifestyle is the foundation of social development.

A person's physical and mental health directly affects not only personal well-being, but also labor productivity and social stability. According to economic analyses by Brown and Lee (2020), the popularization of HL (HEALTHY LIFESTYLE) reduces healthcare costs by 15–20 percent [6].

2. The pedagogical approach is crucial.

In the formation of a healthy lifestyle among young people, the teacher's personal example, attitude to a healthy life, and pedagogical competence play a decisive role [3], [8]. Students will more deeply absorb knowledge about HL (HEALTHY LIFESTYLE) only when they see it in the practical activities of the teacher.

3. Physical activity is the foundation of health. According to the research of Mattiev (2024), morning gymnastics improves a person's mood, activates blood circulation, and increases efficiency [1]. Therefore, it is necessary to make physical activity a daily tradition in every educational institution.

4. Mental health is an integral part of a healthy life. Developing a culture of stress management, relaxation, and meditation, especially among young people, ensures mental stability. Mattiev (2024) proposed special relaxation strategies for people working in the business sector in this regard [7].

5. The culture of proper nutrition is not sufficiently formed.

Almost half of the respondents do not practice healthy eating habits. This increases the risk of obesity, heart disease, and diabetes [4], [5]. Therefore, it is important to introduce a nutrition system that meets the requirements of a HEALTHY LIFESTYLE in school and university canteens.

6. The education system is a strategic space for promoting a HEALTHY LIFESTYLE. Mattiev (2022) emphasizes that the ideas of a HEALTHY LIFESTYLE can be effectively instilled through the correct setting of clear goals and objectives in the educational process and the development of personal responsibility [2].

Practical suggestions:

1. Introduce a mandatory module on HL (HEALTHY LIFESTYLE) in the education system. Each school and higher education institution should establish a subject or module "Healthy Lifestyle Culture". This subject will provide students with practical skills in physical activity, nutritional hygiene, mental health and stress management [8].

2. Retrain teachers on HL (HEALTHY LIFESTYLE). The study by Mat'iev I. (2017) emphasized the need to improve teachers' competence in HL (HEALTHY LIFESTYLE) [3]. Therefore, advanced training courses should be established for teachers based on the principle "Healthy teacher - healthy society".

3. Encourage mass sports and physical activity. In schools and universities, morning gymnastics, sports festivals, and events such as "Healthy Lifestyle Week" should be made a tradition [1], [5].

4. Introduction of a healthy nutrition policy. In educational institutions, canteen menus should be formed according to the recommendations of dietitians, and control mechanisms should be created to limit the consumption of harmful products [4].

5. Development of HL (HEALTHY LIFESTYLE) programs in the workplace. According to Mattiyev (2024) research, the introduction of HL (HEALTHY LIFESTYLE) programs in the workplace increases employee efficiency, reduces occupational stress, and increases labor

productivity by up to 20 percent [7]. Therefore, it is recommended that companies develop a “corporate health policy”.

6. Promotion of HL (HEALTHY LIFESTYLE) using information and communication technologies. To popularize the ideas of a healthy lifestyle among young people, it is effective to establish advocacy systems through mobile applications, online trainings and social networks [5], [8].

7. Create a national HL (HEALTHY LIFESTYLE) monitoring system. According to the WHO recommendation, it is necessary to introduce national indicators and a statistical monitoring system that measures the level of HL (HEALTHY LIFESTYLE). This system will allow for a regular analysis of the population’s adherence to a healthy lifestyle [4].

In conclusion, a healthy lifestyle is the most effective and economically viable way to maintain human health. Adherence to HL (HEALTHY LIFESTYLE) is an important factor in the formation of a healthy society, a stable economy and a spiritually mature generation. The results of this study show that if the culture of a healthy lifestyle is instilled from the education system to the family, a healthy, active and responsible generation will be formed in society [1], [3], [5], [8].

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