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Formation Of A Healthy Lifestyle In Students, Improvement Of Motivation

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Annotation: It is an unforgivable mistake to underestimate the role of motivation in the formation of a healthy lifestyle, to look at it as an insignificant issue, to ignore the requirements in this regard. Focusing on some of the technological challenges of shaping lifestyles, it is important to note that science cannot rely on a flow of science-based information to find solutions to existing problems, both in science and in the process of shaping a healthy lifestyle. Motivation is based on the fact that people need to work hard to ensure their health, which is an important vital need, and not to leave it in the clutches of fate and the vortex of life.
Keywords: motivation, healthy lifestyle, students, organism, development.

Motivation teaches people to have a healthy attitude and high moral qualities. It is precisely the development and promotion of a healthy lifestyle that requires a great deal of attention. Good health is the result of regular physical activity, a healthy lifestyle, and the basis of learning and work productivity. As the body grows and develops, the elasticity of the eyeball may change, the eyelid may lengthen and contract, and the object may not be clearly visible. These processes can occur in early infancy. Normally, at the age of 10, the point of vision is less than 7 cm from the eye, at the age of 20 - 8.3 cm, at the age of 30 - 11 cm, at the age of 40 - 17 cm, at the age of 50 - 50 cm, at the age of 60-70 - about 80 cm. Optical changes can be manifested in the form of nearsightedness, farsightedness, astigmatism. Classroom boards are basically divided into two types: wall-mounted boards and portable boards. The distance between the last row of desks or tables should be a maximum of 8-9 m for the writing on the board to be visible to everyone. Students love what is written on the board at this distance. Classroom boards are made of non-glossy, smooth, brown or dark green linoleum or plastic. The bottom edge of the board should be slightly higher than the height of the boards (85-95 cm above the floor). You can also install

additional lights on the boards to make them more visible. . Students should sit straight on the desk with their head slightly tilted forward, with the lumbar region touching the back of the desk and bent at 100-110 ° from the knee joint. It is recommended to paint classrooms and desks and tables, chairs in colors with a reflection coefficient of 35% to 50%. Desks and tables can be painted light gray, wood or other darker colors. Human stature begins to take shape at a very young age. If a person does not have a heavy load on his body, he learns to keep his body straight from an early age, and as he grows up, he grows tall, his shoulders are symmetrical, his shoulders are straight, and his legs are straight. Keeping students in good shape and paying attention to their own health is one of the first things they focus on in their lessons. Lack of hygiene at home or in higher education, poor furniture, poor lighting in the workplace, prolonged stay in the same position, lack of movement during the day, etc. can lead to posture disorders. Sitting at a desk or chair for long periods of time is a kind of static work. When sitting properly, the body position is close to the vertical position. The lower part of the spine rests on the back of a desk or chair. The horizontal line connecting the two eyes, the shoulder and the sitting dome should be parallel to the edge of the seat and the seat. The head should be slightly tilted to the table or desk, with a distance of 30-35 cm from the eyes to the tip of the pen. The wrist bones pass through the edge of the table at an angle of about 45 ° to the desk or table. In this case, the leg is in a horizontal position, and the knee is close to the vertical position. Whether a child is accustomed to sitting properly at a desk, table, on the floor, or elsewhere, it is best to start at a very young age, when he or she is just beginning to sit up.

Working ability of students and its change. Excessive and undue loads reduce the ability to work, both physically and mentally. There are 3 stages of working capacity: 1) starting work, 2) high working conditions, and 3) a decrease in working capacity, which is a sign of fatigue. It is necessary to stop the activity not in the period of significant fatigue, but in the initial stage of fatigue, ie at the stage of compensatory changes in the body's functions. Emerging fatigue is the body’s natural response to load. Then there should be a period of rest, which restores activity and strengthens it. (That is, the same course can lead to boredom, fatigue and indifference to the lesson, which leads not only to health, but also to the deterioration of the quality of education, the decline of knowledge and skills.) Depends on the state of health, the hygienic conditions of the external environment, the attitude to the work performed and the mood. Work capacity changes periodically during the day, week, year. The constant adaptation of a person and a developed organism to the conditions of unmotivated living leads to many negative situations and the formation of disease, coldness to life events and changes. In almost all cases, fatigue occurs at the end of the week and at the end of the school year. In the hygienic standardization of mental work it is necessary to take into account the physiological functions of the body, which change during the day and week, the periodicity of the ability to work. If the lifestyle corresponds to the rhythms inherent in this organism, the activity will be high and productive. The more interesting the work, the more interesting and purposeful the teaching process, the more positive will be the innovative growth of the education system.

The active state of physiological functions in students of higher education institutions does not depend on a specific time. The following types of body biorhythms have been proposed: conditional morning, conditional evening, and arrhythmic. All this indicates the need for hygienic regulation of activities, activities, rest and work, taking into account the specifics of the biorhythm of the growing and developing organism (after graduating from 11th grade to higher education institutions). The younger generation, the students, need to pay more attention to their health and mental state.) Increasing the number of lessons and a relative decrease in physical activity leads to fatigue and sluggishness. This, of course, has a negative impact on the education and mastery of the younger generation. Symptoms of fatigue in students are manifested in a decrease in the strength of conditioned reflexes, a decrease in the speed and accuracy of work, a prolongation of the latent period of reflexes. Fatigue is not dangerous, it is a normative protective reaction when physical, mental and emotional loads increase. If, for some reason (for example, hard work, insufficient rest, illness), normal functions are not restored, a person develops severe fatigue, which is a symptom of the disease. The main symptoms of severe fatigue are memory

and attention deficits, sleep disorders, headaches, loss of appetite, indifference to everything and others. The succession of the same subject and similar subjects can make a student feel bored. When a person is very tired, the functional state of the nervous system changes and braking occurs. A sharp decline in mental ability affects children's learning. Prolonged severe fatigue often reduces the body's resistance to various adverse factors and leads to disease. One of the specific tasks of the hygiene of educational activities is to fulfill the following requirements for lessons:

- Proper organization of the lesson;
- Reasonable determination of the duration of classes and breaks;
- standardization of the total number of lessons during the school day and week (Some educational institutions also have a five-day training system);
- rational distribution of lessons during the week and day;
- adherence to the time and duration of holidays (summer and winter holidays and practical classes during them)

Class hours in higher education: Increased due to new subjects (Internships, seminars, lectures) In this case, the improper organization of the learning process can lead to severe fatigue, rather than fatigue, which can be easily eliminated. Severe fatigue is not a physiological condition, it is a threshold for the transition to a pathological state. There are different ways to create a lesson plan, first of all, through the correct distribution of subjects. It is not necessary to spend two hours in a row on the same subject, and it is not advisable to take a series of similar classes (for example, physics, mathematics, labor). Because doing the same lesson for a long time leads to severe fatigue.

1. Baby period - from 1 to 40 days
2. Childhood from 40 days to 1 year;
3. Early childhood from 1 to 3 years
4. Primary childhood - from 4 to 7 years
5. Secondary childhood:

- in boys - from 8 to 12 years
-girls- from 8 to 11 years

6. Adolescence:

- in boys - from 13 to 16 years
-in girls- from 12 to 15 years

7. Adolescence:

- in boys - from 17 to 21 years
-in girls- from 16 to 20 years

8. I period of maturity:

-in men- from 22 to 35 years
-women- from 21 to 35 years

9. II period of maturity:

-in men- from 36 to 60 years
-women- from 36 to 55 years

10. Old age:

-in men- from 61 to 74 years
-women- from 56 to 74 years

11. Old age: from 75 to 90 years, 12. Extreme old age: 90 and older:

Adolescence is divided into these categories, among which the period of childhood and adolescence is characterized by special attention, changes and development of physical and psychological characteristics. During adolescence (in higher education), which is one of these periods, students should not be indifferent to their health. Their future development as a good staff depends on the innovation of the course and education, new methods, consistency in education, innovations, motivation of students to

participate in the learning process. Large-scale changes and innovations lead to the student becoming more active and developing in the classroom, increasing their knowledge and achieving their goals.
The broader understanding of the health of the younger generation also includes the task of preventing student fatigue - that is, fatigue and over-fatigue, which in the first place leads to over-fatigue of the student. It has to do with not eating. This issue should be in the focus of attention of higher education institutions, educators, health workers and parents. Prevention of nervousness and boredom, severe mental fatigue is now the main task of everyone involved in the education of students. New innovative technologies are widely used. As a result, it is necessary to intensify the student's activity in the classroom. It should be noted that in modern conditions it is important to determine the optimal workload for students of higher education institutions, firstly, the student should master the knowledge specified in the curriculum, and secondly. , the student is also given enough time for their own personal needs. Most importantly, the factors that negatively affect the physical development, work and health of students are prevented. It is important to study the pedagogical and hygienic aspects of the workload, to find ways to prevent fatigue in pedagogical science and higher education students. Vital processes in all tissues and organs of the human body, their work is controlled by the central nervous system. From birth onwards, the development of mental and physical activity throughout life, that is, upbringing, education, vocational training, depends on the functional state of the nerve centers in the cerebral cortex. Brain activity can decline for two different reasons. First, congenital defects in brain tissue, various diseases after birth, a decrease in brain activity due to injuries; second, functional diseases of the brain, i.e., neurosis, i.e., neurological diseases, resulting from stress on the brain as a result of non-compliance with hygienic requirements.

In the process of learning, the student acquires not only general knowledge, but also knowledge that requires direct filing. The adolescent also carefully reviews, analyzes, and evaluates the results of his or her work. This kind of thinking is called reflexive thinking. Students will be able to expand their observation and concentrate and distribute attention. Adolescent memory develops, the ability to understand and remember the main content develops, and in this connection, mechanical memory, a very negative attitude to "memorization". During adolescence, clear moral concepts and rules of behavior are formed, and spiritual development is an extremely complex and important stage. In some cases, the lesson is not well organized and conflicts between students and teachers and the student's lack of respect and trust in teachers lead to a complete deterioration in the quality of the lesson.
The rational organization of the lesson process serves as a factor in the motivational formation of the student. The teacher constantly stimulates the interest of students in the educational process, divides the teaching material into small pieces, discusses, debates, brainstorming, working in small groups, research in revealing their content. It is necessary to use the methods of games, to give colorful interesting examples, to encourage students to perform practical exercises independently, to use different methods of assessment, to use educational tools appropriately. It is this student and young generation that lose interest in education, as well as the monotony and boring environment. The main interactive methods used in higher education are: Brainstorming Debates Debate Negotiation Presentation (muzyorar) Pinboard ("pin" - reinforcement, "board" - board) "," gardens "-distribution of information)" Project method "Confrontation" method "Decision tree" method "Inter" method "I know. I want to know. I learned "method Boomerang

Communication Problem-solving and problem-solving Scarab-mindfulness, logical memory development "Personal thought" method FSMU technology (statement of opinion, reasoning, example, generalization) is a very popular method of solving problems, its name in Russian it is called "brain attack", in English it is called "brain storming". The use of this method removes the barrier between students and teachers and achieves the intended purpose of the lesson. This method is to collect a large number of ideas, to free the student from the same inertia of thinking, to overcome the ideas that first

appeared in the process of solving creative tasks. There are many practical benefits to a well-organized mental attack. Only the following rules should be followed: - Sentences should be very short, they do not need to be substantiated. - No sentence or opinion can be criticized, that is, opinions are free from criticism. - An idea that comes to mind in a fantastic or accidental way is more important than logical thinking. - An opinion or a brief comment is recorded. - The expressed opinion or idea does not belong to this or that participant, that is, it is without an author. Another great method like this is the Insert Strategy Method: This strategy is used to determine if students have specific insights on a new topic to be mastered and to develop in them the skills of an analytical approach to the topic. Procedure: - Small groups are formed and named; - Each group is asked to give a written opinion on the topic to be mastered; - Students write down their thoughts and opinions on paper; - The teacher makes a presentation on the content of the text; - Students mark the similarities and differences between this text and the idea they are expressing with special symbols; - Each small group member reports on this task. When using the method, students organize activities according to the following tables: The text is compared with the ideas expressed by the groups:
Meaning of special characters Z- If the ideas expressed by the groups are reflected in the text S- If the ideas expressed by the groups are not reflected in the text? - If questions arise during the acquaintance with the text.
The traditional teaching model uses more methods such as lectures, questions and answers, and practical exercises. For this reason, in these cases, the effectiveness of the traditional lesson is much lower, and students become passive participants in the learning process. While maintaining the traditional form of the lesson, it is enriched with a variety of methods that increase student engagement, leading to an increase in students 'mastery. One of the most widely used and effective methods by teachers today is: The "chain" method is based on a logical sequence;

• Questions complement each other from simple to complex; • Problem situations occur; • Encourages students to think independently; • Feedback will be provided; • Creative environment is formed; • Active movement occurs; • Friendly relationships are built on consensus. Pinboard method Pinboard (from English: pin-reinforcement; board). The essence of this teaching method is that the discussion or learning conversation is connected in a practical way. Its priority functions are developmental and pedagogical tasks: teachers develop a culture of communication and discussion, the ability to express their opinions not only orally but also in writing, the ability to think logically and systematically. The most positive and effective way to improve the education of students and to eliminate indifference and dissatisfaction with the lessons is to create a variety of games and interesting curricula among these requirements. Such methods and techniques have been yielding positive results for several years. A traditional lesson is a model of education that is designed for a specific period of time, the learning process is more teacher-oriented, and includes the stages of introduction, coverage, reinforcement, and completion. However, being confined to a teacher can lead to student neglect. Limiting the lecture to a student will only increase the distance between the student and the learner. There is another widely used motivational method to overcome this distance. This is the "Personal Thought" method. The Personal Thought method is a method that gives good results in the acquisition of new knowledge by students, consolidation of the acquired knowledge, analysis, comparison and inference of the information formed in the mind. Students acquire knowledge in the process of independent work. The use of this method in the implementation of the re-expression of independently studied materials leads to conscious and active mastery of students. The formation of what you want uncertainty resists motivation. For example, a student may want to study a field or subject for whom he or she does not have clear facts and information, but the student will never be able to study alone, that is, at the level of mastery. That is, each person or student assigns a point "A" or "I knew" to learn something. From "A" to "B" sets the next boundary for itself. That is, "I learned." It is the teacher with great innovative and pedagogical skills who leads the student to reach this limit. Coming from the level of ignorance to the limit of knowledge

creates another vague motivation, that is, the next "D" point - "I want to know". It is at this point that the teacher's pedagogical skills are revealed - that is, the student's desire for education and science. In the process of analyzing scientific, theoretical, practical, and problem-based learning materials, students describe their approaches and attitudes in separate small groups or divided into two. Others put forward views that deny the idea. Gives evidence and proofs. He tries to get his opponents to take his side. The panel fills out a questionnaire to determine which idea is more important. Each group fills out a questionnaire to determine which idea is more important. Whichever group gets more votes, their opinion is considered closer to the truth. Students (rating is based on the activity of the micro groups and the accuracy of the evidence). Promoting good mastery of the content of the training Ensuring timely communication Creating conditions for the practical application of the concepts Offering a variety of teaching methods High level of motivation Good recall of the material covered Improving communication skills Growing self-esteem Positive attitude of students to the content of the subject, the learning process Helps to form a student who can think independently Development of critical and logical thinking Problem solving promotes the formation of niches. All mental processes are closely related to the neural processes in the large hemispheres of the brain, because at the heart of every mental process lie neural processes: excitation, inhibition, distribution, concentration, dominance, and others. In addition, mental processes are also formed on the basis of speech. It is important for educators to develop and practice all types of internal braking in the education of young people and adolescents. It is important to keep in mind that the learning process will only be effective if the methods of comparison and contrast are used. Colorful, shiny displays of weapons in the teaching process can create a dominant focus in the cerebral cortex, improve attention, and increase the interest of the learning material by making the students excited and excited. On the contrary, the same effect, the same conditions, the same tone of speech causes the student to become drowsy and lose interest.

Further improvement of the field of pedagogical education, training of highly qualified specialists with modern knowledge and skills to apply pedagogical technologies, making a worthy contribution to the socio-economic development of the country, introduction of advanced educational technologies in the field, as well as In order to implement the tasks set out in the Address to the Oliy Majlis of January 24, 2013, the following should be identified as priorities for the development of pedagogical education: training of professional teachers who are well versed in teaching and learning methods, information and communication technologies and foreign languages; identification of young people with high interest in the pedagogical profession and the introduction of a continuous system of targeted training and education; Improving curricula and programs in the field of education in the field of education and specialties on the basis of best international practices, the creation and implementation of innovative teaching and learning resources; Improving the quality of education, training of competitive personnel, effective organization of scientific and innovative activities in the field by ensuring the harmony of education, science and industry; Regular study of the needs and requirements of teachers, the development of cooperation with them and the definition and implementation of scientifically based long-term plans for the training of teachers; introduction of digital technologies in higher pedagogical education, creation of additional conditions for continuous development of professional skills of pedagogical staff as a result of ensuring strong integration of modern information and communication and educational technologies; Systematic development of higher education institutions that train teachers and improve their management; Improving the infrastructure of pedagogical education, further expanding international cooperation in the field; decided to increase the effectiveness of the process of formation of modern pedagogical staff with high culture, practical professional skills, thorough knowledge of education, teaching methods and evaluation criteria. Such program plans and decisions, programs are primarily aimed at the development of the younger generation into mature professionals and the spread of innovative methods in education, to achieve a positive result of the quality of lessons.

Representatives of any young generation, adolescent, developing young person always need attention and support. Of course, teachers and educators, as well as parents, take care of such shortcomings and

issues that need to be addressed. It is up to us all to make the student a mature tree, a truly great person, like a growing seedling. A student who is never interested in education and who is striving to develop his or her knowledge and skills should never be pushed from the chest, but should be given a lot of attention. Anything left out of focus is bound to break and cool. It is up to you and us to prevent such cases and for the formation of the country and the youth of Uzbekistan as mature professionals. The existence of a strong bridge between parents and teachers creates a great deal of attention and trust for young people. The current focus on education requires teachers and professors to innovate and innovate. This, of course, helps the student to master the lesson better. The more unique and interesting the lesson, the stronger the mastery of the lesson and the more confident and motivated the next lesson will be.

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