

THE ROLE OF THE FAMILY IN FORMING A HEALTHY LIFESTYLE

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Abstract:

The socializing potential of the family in the formation of an attitude towards health and a healthy lifestyle in children and adolescents is assessed. The main behavioral risks to the health of the younger generation and the role of the immediate social environment in their minimization or aggravation are characterized.

Key words: health, health risks, healthy lifestyle, family, children, adolescents, tobacco smoking, alcohol consumption, overweight and obesity, injuries, addictive behavior.

SOG'LOM TURMUSH TARZINI SHAKLLANTIRISHDA OILANING O'RNI

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Tibbiyot fanlari nomzodi.

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Annotatsiya:

Bolalar va o'smirlarda salomatlik va sog'lom turmush tarziga munosabatni shakllantirishda oilaning ijtimoiylashuv salohiyati baholanadi. Yosh avlod salomatligi uchun asosiy xulq-atvor xavfi va ularni minimallashtirish yoki kuchaytirishda bevosita ijtimoiy muhitning roli tavsiflanadi.

Kalit so'zlar: salomatlik, sog'liq uchun xavf, sog'lom turmush tarzi, oila, bolalar, o'smirlar, tamaki chekish, spirtli ichimliklarni iste'mol qilish, ortiqcha vazn va semirish, shikastlanishlar, giyohvandlik.

Healthy lifestyle - what is it? Not every person can answer this question. In fact, everything is simple. This is a balanced diet, physical activity, the absence of bad habits and adherence to hygienic and moral rules; this is a way of life aimed at preserving and improving people's health. This is a person's way of life, his behavior, thinking, which ensures the protection and promotion of health.

Today, there is a basic health-saving system - this is a complex of components "education - culture - health", and its strategic goal is the formation of a culture of health. Health culture includes theoretical knowledge about health and practical skills used in everyday life. The

culture of human health reflects his harmony and integrity as an individual, the adequacy of interaction with the outside world and people. The culture of health can be attributed to the area of universal human culture, in which the formation of values and priorities begins with the birth of a child and continues at all stages of its development and learning. Consequently, one of the strategic priorities for the survival of the nation, the formation of a healthy person and ensuring his safety should be a “program” of family education.

It is the family that organizes a person’s life, determining their financial situation, educational level, socio-professional status and, most importantly, spiritual development. Unlike factors that reflect the influence of family on health (for example, genetic), which are very difficult to target or are not at all subject to control, many characteristics of the lifestyle (healthy or unhealthy) of families can be classified as controllable factors.

A healthy family lifestyle consists of several factors:

- Friendly relationships between parents and grandparents.
- Healthy diet. Healthy food should be tasty.
- Positive emotions. Celebrations held together promote friendly relations between adults and children.
- Joint work can bring even strangers closer together, let alone members of the same family.
- Developing personal behavior that excludes alcohol and smoking.

Adults and children benefit from going on nature trips together. Winter skiing and sledding. Summer swimming in the river, autumn picking mushrooms and berries. The combination of fresh air and work activity helps prevent diseases and spend leisure time together.

The factors that have the greatest influence on the formation of a culture of human health are identified:

- general hygiene;
- physical education and recreation;
- cultural and educational;
- environmental;
- preventive.

It is known that health depends more than half on lifestyle, 20% on the environment, and 20% on heredity and the state of health care in the country. If we, adults, understand this, and at the same time deliberately harm ourselves, then this is our and only our choice. The health of our children is a completely different issue; it is entirely on our adult conscience. The foundations of health are laid in the earliest periods of life. During the intrauterine development of the fetus and in the first years of the child’s life, health is largely determined by the health of the parents, especially the mother. From an early age, it is necessary to lead an active lifestyle, toughen up, engage in physical education and sports, observe the rules of personal hygiene - in a word, achieve true harmony of health through reasonable means.

Ways to solve this problem are to improve children's health:

1. We start with ourselves, adults - we improve ourselves.
2. Organizing a health-saving space around the child.
3. Independence component (level of ability to independently take care of one's health).

WHO recommendations

Recommended levels of physical activity for children and young people 5-17

Forms of physical activity for children.

- Games.
- Competitions.
- Sports activities.
- Travel.
- Health activities.
- Physical education or planned activities within the family, school.

The benefits of physical activity for young people

- Strengthening the cardiovascular system, musculoskeletal tissues.
- Reducing the risk of non-communicable diseases.
- Development of neuromuscular regulation (coordination and control of movements).
- Maintaining a healthy body weight.
- Social development of young people (self-expression, building self-confidence).
- Adopting healthy behaviors (eg, do not use tobacco, alcohol, drugs).
- Better results in school.

Practice physical activity

Daily, at least 60 minutes a day, or in blocks throughout the day, twice 30 minutes each.

More than 60 minutes - additional health benefits

Children and young people leading a passive lifestyle

A progressive increase in activity is recommended for this purpose. Activity below recommended levels will provide more benefit than no activity at all.

Joint activities of parents and children to promote health, create a culture of health and maintain a healthy lifestyle can solve the problem of the nation's health.

Being healthy isn't easy. Your health depends not only on you, but also on other people. Health means taking care of others. When you are healthy, you want to jump and play and even study. Health is work. Health helps you to be good. Healthy people love nature, see the world as beautiful, are not lazy and do not get sick. Health itself depends on the person. Proper nutrition, kindness, physical exercise, and most importantly, purity of soul. If you are not healthy, you will not live long, and the world will seem uninteresting. Health is the most important thing in life: more important than work, money and school. Therefore, special attention must be paid to developing children's readiness for health-improving activities and a positive attitude towards it.

The priority direction of work with families should be the development of interest in the harmonious development of the child's personality, so that they themselves actively engage in physical education with him and thus contribute to strengthening relationships in the family, nurturing children's love and respect for their parents. Joint physical exercise between parents and their child is a source of joy, enriches and heals family life. We understand that a child's development is significantly influenced by the teacher's acceptance and transmission of values and behavior patterns consistent with a healthy lifestyle. The staff of our school is constantly working in this direction, improving their pedagogical skills, mastering modern educational technologies, introducing the most effective methods and means of teaching and educating students. Throughout the year, interactive classes are regularly held to introduce students to the traditions of relationships in the family, the culture of food and clothing, home traditional crafts and household items, which allows students not only to get acquainted with the wise experience of their ancestors, but also to use the acquired knowledge in life. A healthy lifestyle is the key to a happy and successful future. And the future begins today. What we do today will determine tomorrow.

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