



TECHNOLOGY FOR THE DEVELOPMENT OF HYGIENIC CULTURE IN STUDENTS

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ANNOTATION

The article sees the tasks of preparing future personnel for family life, modernization of educational metalwork aimed at developing a hygienic culture in them, bringing new approaches to it, creating a system that is ready for family relations, and not just informing about family values.

Keywords

modernization, family values, hygienic culture, "Avesto", cognitive, creative.

The issues of forming a hygienic culture are relevant in every time. Therefore, the beginning of thoughts about studying it, determining ways of formation, maintaining a healthy lifestyle and health dates back to ancient times. To form the first hygienic culture for the countries of the East, thoughts are brought about in the Zoroastrian doctrine and its book, "Avesto". In it, Environmental Protection, the pure preservation of the earth are brought as noble qualities of a person. In each period after Zoroastrianism, the tradition of the formation of hygienic Maples continued on the basis of the existing natural-environmental problems in it and the spread of various diseases, epidemics.

Even today, the issue of the development of hygienic culture is a widely discussed topic, a lot of research is being carried out. Research based on this topic can be classified into three parts - as being studied in Western countries, CIS countries and Uzbekistan.

Research on the formation of a hygienic culture in Western countries, the preparation of young people for family life, the protection of tulips from diseases R.Banton, G.MacDonald, K.Tons, S.Tilfold, A.Scriven, S.See mukmin in research work by scientists such as Garmann.

Of the scientists of the countries of the Commonwealth of Independent States, Yu.P.Lisycin, M.Z.Zangieva, A.V.Saxno, Ye.A.Mensh, M.M.Merman, W.G.Pautov, E.I.Podnebesnaya, V.I.Iskhakov T.V.Kamenskaya, A.F.The likes of giorgievsky have done scientific research, devoting themselves to the pedagogical aspects and problems of the formation of hygienic culture.



O. research work on the development of hygienic culture, the formation of a healthy lifestyle culture, the improvement of valeological knowledge in the preparation of students and young people for family life in Uzbekistan. Musurmonova, D. Sharipova, G. Shoumarov, V. Karimova, M. Mahmudova, S. R. Mukhamedieva, E. Goziev, F. Abdurahimova, N. Safoev, Z. Nishanova, T. It can be seen in the research of such scientists as ulmatkulov.

However, in the above-mentioned research work, the pedagogical process aimed at the development of hygienic culture in the process of preparing students for family life has not been studied as an object of research, and this further increases the social significance of research work.

The levels of development of hygienic culture in students (cognitive, creative, functional and behavioral) are determined on the basis of an empirical assessment of their involvement with cultural consciousness (sanitary and environmental culture), personal social experience and position. In the process of preparing students for family life, the stages of socio-pedagogical adaptation of the development of a hygienic culture (emotional-volitional, meaningful-operational, motivational) are carried out in connection with the structure of practical-professional activity, which determines the treatment of nature with moral responsibility. In the process of preparing a hygienic culture for family life, the practical component of the modern pedagogical model of development is improved on the basis of increasing in them the skills of a valuable attitude to health and cleanliness, raising the effectiveness of the hygienic educational environment, effective application of modern pedagogical methods for the gradual development of the competence of active hygienic responsibility. The project educational technology of the development of hygienic culture improves the modeling of social projects "clean life", "hygienic responsibility" in the form of role-playing, Business games, heuristic forms of application in modular (cognitive and professional) and problematic (situations, case assignments) educational processes.

The socio-humanitarian, universal and specialty taught in higher educational institutions, the basics of medical knowledge, improved qualification requirements for Valeological Sciences, the identification of competencies for preparing for professional activities in the development of science programs; the improvement of effective mechanisms of interdisciplinary modular educational technology in the organization and conduct of educational, spiritual and educational events, is determined by the development of

In conclusion, the theoretical significance of its results is explained by the fact that in the process of preparing students for family life, their hygienic culture is enriched with certain pedagogical systems and theoretical approaches aimed at development; criteria determining the level of hygienic culture and the use of



scientific and methodological proposals that provide a positive solution to the research problem.

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