

SOCIO-PEDAGOGICAL TECHNOLOGY FOR THE FORMATION OF A HEALTHY LIFESTYLE IN STUDENTS

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Today, preserving students' health, and education and forming a healthy lifestyle are one of the most pressing issues on the agenda.

A healthy child is actively involved in the educational process, is always cheerful and has a high mood. That is why the school's main task is to instill in each student a desire to learn, strengthening, without prejudice to the health, to develop the qualities of each child, taking into account his/her personal characteristics.

If we pay attention to who a school-age child will be with the most time in his life, of course, it is a revelation for everyone that he will be with his parents and teacher. Therefore, the correct organization of classes will certainly require a lot of responsibility from the teacher.

The disease is a medical category. Health is a measure of the realization of genetic potential. In the process of education, the following potentials develop: mental, physical and spiritual ones. In the family, in the course of school education, a person's health develops, strengthens or wears out. In this case, the student's creative abilities may be limited. [1]

The main basis of a child's health is his spiritual and physical fitness. Those who form social sources are social connections and personal relationships and are an integral part of spiritual well-being. The health of the soul is the health of our mind, body, and soul. Mental health provides a system of thinking, awareness of the environment and adaptation to it.

The formation of a healthy lifestyle in schools creates the following opportunities:

- 1) strengthening the health of children and youth;

- 2) improving hygiene literacy;
- 3) formation of methods and principles of health protection;
- 4) knowledge of the basics and types of a healthy lifestyle;
- 5) application of methods of psycho-prophylaxis and psycho hygiene;
- 6) increasing responsibility for protecting your health;
- 7) strengthening the activity of students ' body movements;
- 8) insurance against the occurrence of various infectious and chronic diseases;
- 9) teach to stop harmful habits — smoking, alcohol, and drugs.

The formation of a healthy lifestyle for schoolchildren is:

- First of all, the formation of the ability of the individual to fully combine himself with the lifeless and lively natural environment around him and spend his life with the maximum benefit for his homeland, country, family, and himself;
- Secondly, a healthy lifestyle is the implementation of measures aimed at promoting health in order to ensure the harmonious development, preservation, and establishment of health. [2]

The main goal of preserving and forming the health of a student at school is to explain the concepts of hygiene, motivation for a healthy lifestyle, and personal hygiene, taking into account the psychological, physical, and motor capabilities and age characteristics of an individual.

It is the formation of the possibilities of the individual aimed at survival. In my opinion, the basis for the formation of a healthy lifestyle of a person from the socio-psychological and biological side can be the following conditions:

- exercise of the body as a result of physical education or sports;
- implementation of hygienic requirements for physical labor;
- implementation of personal and social hygiene requirements;
- communication and achieving an ecological culture;
- getting proper sex education;
- - avoid bad habits.

The content and forms of organization of the formation of a healthy lifestyle provide for:

- Responsibility, responsible attitude to one's own health;
- Natural sensitivity, taking into account the age characteristics of students;
- Scientific, relying only on verified scientifically proven data;
- Ecologization, knowledge of the impact of environmental factors on the human body;
- Take into account national regional characteristics, get acquainted with the national traditions of a healthy lifestyle, and be able to adhere to them;
- Continuous training, continuous formation, and continuous use of healthy lifestyle skills;

– Socialization, preparation of a member of society for a healthy lifestyle. [3]

Based on these principles, the teacher should take a special place in the process of educating teenagers about a healthy life. The teacher is the main person in the school. The productive and fruitful work of any school ultimately depends on the tasks and attitude of each teacher working in this school. The students sitting in front of the teacher in each class are also applicants on the way to the same future.

References

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