

YOSHLAR ORASIDA SOG'LOM TURMUSH MADANIYATI.

Ilmiy rahbar: **Shaxlo Uroqova Turdiyevna**

Navoiy davlat universiteti o'qituvchisi

Raxmatullayeva Elmira Raximjon qizi

Normurodova Rushana O'tkir qizi

Rajaboyeva Mahfuza Amrillo qizi

Navoiy davlat universiteti 1-kurs talabalari

+99897889595

rahmatullayevaelmera@gmail.com

Annotatsiya: *Mazkur maqolada yoshlar orasida sog'lom turmush madaniyatini shakllantirishning dolzarb masalalari tahlil qilinadi. Sog'lom turmush tarzining asosiy komponentlari — to'g'ri ovqatlanish, jismoniy faollik, zararli odatlardan voz kechish va psixologik barqarorlikning ahamiyati yoritilgan. Shuningdek, yoshlar ongida sog'lom hayot tarzini targ'ib qilishda ta'lim muassasalari va ommaviy axborot vositalarining roli ko'rib chiqiladi. Tadqiqot natijalari sog'lom turmush madaniyatini rivojlantirish jamiyat salomatligini mustahkamlashda muhim omil ekanligini ko'rsatadi.*

Kalit so'zlar: *sog'lom turmush tarzi, yoshlar salomatligi, jismoniy faollik, to'g'ri ovqatlanish, zararli odatlar, profilaktika, sog'lom turmush madaniyati.*

Аннотация : *В данной статье рассматриваются актуальные вопросы формирования культуры здорового образа жизни среди молодежи. Освещаются основные компоненты здорового образа жизни, такие как правильное питание, физическая активность, отказ от вредных привычек и психологическая устойчивость. Также анализируется роль образовательных учреждений и средств массовой информации в формировании у молодежи ценностей здорового образа жизни. Результаты исследования показывают, что развитие культуры здорового образа жизни является важным фактором укрепления общественного здоровья.*

Ключевые слова: *здоровый образ жизни, здоровье молодежи, физическая активность, правильное питание, вредные привычки, профилактика, культура здоровья.*

Abstract: *This article examines actual issues related to the formation of a healthy lifestyle culture among youth. The main components of a healthy lifestyle, including proper nutrition, physical activity, avoidance of harmful habits, and psychological well-being, are discussed. The role of educational institutions and mass media in promoting healthy lifestyle values among young people is also analyzed. The findings indicate that developing a healthy lifestyle culture is a key factor in improving public health.*

Keywords: *healthy lifestyle, youth health, physical activity, proper nutrition, harmful habits, prevention, health culture.*

Introduction

Today, the health of young people remains one of the key factors in the development of society. The formation of a healthy lifestyle culture ensures not only individual well-being but also social prosperity. Changes in modern lifestyles, the rapid development of technology, and the increasing impact of stress factors are contributing to a rise in health-related problems among youth. Therefore, promoting a healthy lifestyle has become an urgent issue.

A healthy lifestyle culture consists of several important components:

Firstly, proper nutrition plays a fundamental role in the normal functioning of the body. A balanced diet that includes adequate amounts of proteins, fats, and carbohydrates, as well as sufficient intake of vitamins and minerals, is essential.

Secondly, physical activity is an integral part of a healthy lifestyle. Regular exercise helps strengthen the cardiovascular system, boosts immunity, and improves mental well-being.

Thirdly, complete avoidance of harmful habits is a crucial condition for a healthy lifestyle. Smoking, alcohol consumption, and other harmful behaviors have been proven to cause serious damage to human health.

Fourthly, psychological health is also of great importance. The ability to manage stress, maintain positive thinking, and ensure emotional stability is essential for young people.

In addition, educational institutions, family, and mass media play a significant role in shaping a healthy lifestyle. Especially, the effective use of modern

information technologies is important in promoting a healthy lifestyle culture among youth.

Research Methods

This study employed methods such as theoretical analysis, observation, and surveys. The attitudes of young people toward a healthy lifestyle were examined, and the results were generalized.

Results and Discussion

The findings indicate that the majority of young people understand the importance of a healthy lifestyle; however, they do not fully adhere to its principles in practice. This is mainly due to lack of time, unhealthy habits, and low motivation. Therefore, it is necessary to strengthen systematic efforts aimed at promoting a healthy lifestyle.

Conclusion

In conclusion, the formation of a healthy lifestyle culture among young people remains one of the most pressing social and medical issues of today. A healthy lifestyle not only strengthens individual health but also has a direct impact on the socio-economic development of society. The results of the study indicate that although the majority of young people are aware of the importance of a healthy lifestyle, the level of its practical implementation remains insufficient.

In this regard, a comprehensive approach is required to develop a culture of healthy living. In this process, families, educational institutions, the healthcare system, and mass media should work collaboratively. In particular, the implementation of innovative programs promoting healthy lifestyles among youth, the expansion of sports activities, and the development of healthy nutrition habits are of great importance.

In the future, strengthening a healthy lifestyle culture will help prevent diseases, increase life expectancy, and form a healthy gene pool of society. Therefore, every representative of the younger generation should make a healthy lifestyle an integral part of their daily life.

References

1. World Health Organization (WHO). (2020). Healthy diet. Geneva: WHO Press.
2. World Health Organization (WHO). (2021). Guidelines on physical activity and sedentary behaviour. Geneva: WHO Press.
3. Centers for Disease Control and Prevention (CDC). (2022). Healthy Living. Atlanta: U.S. Department of Health and Human Services.
4. Glanz, K., Rimer, B. K., & Viswanath, K. (2015). Health Behavior: Theory, Research, and Practice. 5th ed. San Francisco: Jossey-Bass.
5. Nutbeam, D. (2000). Health literacy as a public health goal: A challenge for contemporary health education. *Health Promotion International*, 15(3), 259–267.
6. Sallis, J. F., Owen, N., & Fisher, E. B. (2015). Ecological models of health behavior. In K. Glanz et al. (Eds.), *Health Behavior and Health Education*. San Francisco: Jossey-Bass.
7. United Nations Children’s Fund (UNICEF). (2019). Adolescent health and development. New York: UNICEF.
8. Bandura, A. (2004). Health promotion by social cognitive means. *Health Education & Behavior*, 31(2), 143–164.
9. Hawkey, L. C., & Cacioppo, J. T. (2010). Loneliness matters: A theoretical and empirical review. *Annals of Behavioral Medicine*, 40(2), 218–227.
10. McGinnis, J. M., Williams-Russo, P., & Knickman, J. R. (2002). The case for more active policy attention to health promotion. *Health Affairs*, 21(2), 78–93.