

PSYCHO-PHYSIOLOGICAL FACTORS AND FOUNDATIONS OF HEALTHY LIFESTYLE FORMATION IN STUDENTS

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Abstract: This article talks about the success of this process in the formation of a healthy lifestyle, having full information about their age, physiological and psychological characteristics, clearly visible psychological changes, the impact of physical activity on human health, and the appearance of the body, which means that it is closely connected with the external environment.

Keywords: external environment, biological organs, central nervous system, healthy lifestyle, continuous, nutrients, protective means, inactivity, defects, growth process.

The success of this process in forming a healthy lifestyle among students of general secondary schools is based on the consideration of several factors. Pedagogical approach based on having complete information about taking into account their age, physiological and psychological characteristics among such factors allows to correctly choose the activity plan and determine its main directions.

The result of psychological research recognizes that adolescence is a dynamic state. Puberty can begin at 11-12 years old and last until 18 years old. In girls, puberty starts 1-2 years earlier than in boys. The duration of puberty depends on the health of the young, the quality of food, living conditions and climatic conditions. Severe illness, full and low-quality food, low physical activity, etc., cause delay in

the psycho-physiological development of the body. Unhealthy children mature slightly later than healthy children (139).

Along with the physiological changes, the young people who have entered this period also have obvious psychological changes. Self-love, i.e. "I" arises in them. The meaning of "I" requires that people treat him not as a "child", but as an "adult".

Adolescence is considered by many to be a "transition period", a "difficult period". Indeed, during this period, teenagers show their independence and try to get out of the care of adults. Some read fantasy literature day and night, trying to be like their heroes. while girls are interested in wearing clothes, boys want to do their respective tasks with their own free will. At first, the student's relatives are against such cases. The reason for their opposition is not because they do not trust the child, but because they see him as a "child". But the teenager does not understand this and thinks inappropriately that he "doesn't believe that I am a child" and a disagreement occurs between the parents and the child. The characteristic of the adolescent "I" is that he knows who he is, believes in his strength and will, and tries to evaluate himself (184). It is a hallmark of intelligence that anyone has the ability to self-assess. But during childhood, a person cannot know himself well. He often understands himself with the help of other people's evaluations. He begins to analyze the essence of previously performed works and actions and divide them into "good" or "bad" actions. In the past, teenagers felt that they had grown up when they learned to ride a horse, but nowadays teenagers don't care about this kind of growing up. Some teenagers use tobacco products and take playing cards as a sign of 'growing up'. Earlier, full mastery of the secrets of sewing and knitting by girls

meant adulthood, but nowadays, the quality of "adulthood" is given to a modernly dressed girl. Most teenagers at this age are worried about their future and want to study well. Kindergarten or junior high school children are now paying attention to wonderful, interesting things. At this age, abstract thinking (fantasy) develops very quickly in teenagers, interest in the opposite sex arises. Puberty creates a state of susceptibility to disease in the children's organism: the teenager grows up fast, it seems to him that he is growing too fast, the teenager feels clumsy, the boys (also observed in the girls) throw tantrums on the children's faces and so on.

From all such changes, the child is very stressed, he is in a state of confusion. It is necessary to explain to teenagers that this is a natural condition and it will pass quickly. Adolescents gradually develop new, sometimes difficult to understand, questions related to sexual development (32).

In this process, adherence to the daily schedule, proper organization of activities, as well as proper distribution of time, physical education and sports allow adolescents to grow up healthy and mature and use their free time effectively (78).

I.P. Pavlov describes the impact of physical activity on human health as a phenomenon that means that the organism is closely connected with the external environment. Such connection and activity of biological organs is controlled by the central nervous system. Physical training does not affect one or another group of muscles, but has an effect on the organism as a whole. In particular, continuous physical activity has a good effect on human health. In this case, various changes occur in the body. First of all, metabolism improves, body tissues absorb nutrients better, and decomposed substances are removed from the body faster. The heart is trained and becomes more resistant. For this reason, people who are physically active are refreshed, mentally light, full of energy, high mood, clear and stable

speech. As a result of performing physical exercises, the body's defenses are well developed. Exercising during childhood and adolescence is especially beneficial. It is necessary to cultivate the habit of following a solid regime in everyone. Physical activity, outdoor activities, and participation in sports are among the factors that promote longevity and good health (33).

Modern medicine emphasizes that human health and the factors that ensure it are related to physical inactivity as the cause of diseases that occur in people engaged in mental activity (48). Every person should get used to regularly performing physical activities corresponding to his physical abilities at a certain level. The effect of active movement on the body can be expressed as follows:

- the function of the cardiovascular system is activated;
- breathing improves;
- bones become stronger, muscles become stronger, mobility of joints increases;
- good digestion of food is ensured;
- the activity of subtractive organs improves;
- the nervous system is strengthened, it is of great importance in maintaining the balance of excitation and cessation events in the central nervous system;
- has a positive effect on human psychology;
- contributes to the correct formation of stature, etc. (67, 114).

Stature is characterized by keeping the body and head free without straining. The curvature of the spine indicates an incorrect stature, the incorrect development of the spine causes other negative consequences. Most often, the following forms of deformities are found: hunched back, rounded back, flat back, saddle back. A sideways curvature of the spine is called scoliosis. It appears as a result of the wrong posture of the body (when preparing a lesson). Conditions such as muscle weakness,

physical inactivity, stunted growth and development lead to breast malformations (52, 78, 80).

Today, children and adolescents weigh more than their predecessors and stop growing 2 years earlier than they did. Modern development is characterized by the acceleration of the phenomenon of acceleration in adolescents. The following factors have an important influence on the acceleration of the acceleration phenomenon:

1. Improvement of food supply of the population.
2. The impact of urbanization.
3. He did not have an infectious disease or was rarely infected in childhood.
4. "Effect of heterosis".
5. Influence of urban life on early sexual maturity (68).

Acceleration is acceleration of physical (psychological) development, and delay of physical development of child and adolescent organism is called hypodynamia. Being less active (hypodynamia) usually results from sitting all the time, not walking, less movement, less load on the muscles (88, 189).

So, those who want to train their body, improve their work productivity, strengthen their health and thus live a long life, should always be physically active and lead their lives in compliance with the daily routine. Daily routine is a continuous process that takes place from the day a person comes into the world, and the activities of a person in various contexts include working, resting, eating, playing sports, etc. Naturally, the agenda cannot be the same for everyone, and it is created in accordance with the age, health, work ability and household conditions of a person, and his general requirements: the correct distribution of mental work and physical work in the development of the agenda, replacement of work with rest at the right time, include eating a certain meal every day, getting used to going to bed at a certain time and waking up early, and going for walks in the open air. A

person's healthy and unhealthy lifestyle also depends on the correct and incorrect organization of the daily routine.

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