

Features and Processes of Forming Healthy Thinking in Student-Youth

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Abstract. *Today, the main responsibility for the upbringing of a healthy and harmonious generation, the formation of a healthy culture in student-youth is assigned to educational institutions. Because to ensure the implementation of all state documents, decrees and resolutions adopted in the interests of the state, it will be necessary to carry out regular, continuous, targeted work at the branches of school education, general secondary education, secondary special, vocational education, higher education, post-higher education, advanced training and kayta training, school education. It is only when, after the educational process, a person grows up that he chooses a healthy lifestyle culture and style in his life and adheres to these laws and procedures. Therefore, the formation of Healthy Thinking in students and young people in the higher education system is the most important link in the pedagogical process and is considered one of the most recent stages in targeted education.*

Keywords: *healthy generation, continuous education system, School, purpose of education, Healthy Thinking.*

1. Introduction

In order to effectively formulate healthy thinking in the process of higher education and turn it into a targeted process, it is necessary to fully realize the pedagogical content of healthy thinking, to understand and develop the essence of its form, style, means and methodologies.

During the historical development of society, its living conditions change and develop. Human living conditions are being improved from day to day, and modern living conditions will be directed towards protecting a person from most of the dangers. But it is in this conservation process that new threats arise (environmental threats, growing air temperature, various natural disasters, AIDS, drug addiction, toxicomania). In line with the new threats, the living conditions of a person also undergo changes.

It is known that the way of life reflects the spiritual and material resources that each people has created over the long centuries, their perception of the environment, nature and society, the future, national-ethnic signs, mentality, customs, traditions and way of living. In the way of living Uzbeks, there has long been a thought of wellness, preservation of Health, and this system of knowledge and skills has been widely used in the upbringing of children. According to this nuktai, the lifestyle of the Uzbek people consists of a set of ways of life created by the nation in the process of socio-historical development, while the Healthy Thinking of the Uzbek people is equivalent to a set of material and spiritual resources included in the system of Health inherent in this nation.

2. The main results and findings

The living conditions of a person are not always adequate to his way of living. The living conditions of a person and the way in which a person lives are realities with a different meaning, they do not mean one thing. The social living conditions of most people can be the same. But this is the plurality, while the way of life within the individual living conditions becomes individual and specific. Monandically, a person's living conditions are common, so this person's way of living can be specific, or synchronous with the requirements of the period, or contrary to the requirements of the period. That is, in a clearly derived society, the living conditions are one, everyone lives in the same conditions. But in these conditions, some drink, some smoke, some get used to drugs. Others organize their lives according to a healthy lifestyle. Others are engaged in sports. Others follow the path of preserving and strengthening their health. Hence, in the same living conditions, the force that motivates people to the right Year of Health and reassures their practice is healthy thinking.

When it comes to the formation of Healthy Thinking in students-young people, when it comes to its pedagogical-psychological content, the set of necessary pedagogical activities and processes, it is first of all necessary to assume that healthy thinking is both a psychological category, A Philosophical category and a pedagogical category.

Because healthy thinking embodies them all in its meaning. If we focus only on the pedagogical-psychological aspects of healthy thinking, without special reference to the philosophical aspects of healthy thinking, it becomes clear that there are several specific stages, specific processes in the formation of healthy thinking. The feature and tasks of these stages are that they serve to organize a common level and level in each other, in a certain sequence, filling one with logic and content. They are:

a) the process of analyzing previous knowledge and skills, social status and experiences. The main feature of this process is that the essence of the existing concept (subject) is divided into certain "units" that make it up, that is, the components of the concept are distinguished. At the same time, a set of competencies of this concept, firstly, a set of knowledge, and secondly, a set of qualifications in separate cases, is sorted and determined.

b) the process of synthesizing existing knowledge and skills. In the previous process, the character of the generalization in the state arising from today's demand of the concept, which is specially divided into units, is clarified and built. An important aspect is that in the process of generalization, the laws of interaction of components are determined.

C) the process of comparative comparison, on the basis of a comparative study of all available knowledge and skills, the specific parties in them, similar and different, are understood and accepted. This process contributes to a clearer understanding of the relevance within the tactile parts of the concept, the content of mutually complementary factors.

g) the process of classification is grouped by combining all the knowledge and skills of Healthy Thinking, its components and content with existing characteristics. Grouping creates the possibility of a holistic picture of the essence of the concept in general. Grouping helps to understand the logic within the content of the concept. In this stage, that is, in classification, grouping is carried out on the basis of the characteristics of the components.

D) the process of generalization, knowledge and qualifications of healthy thinking are grouped on the basis of the most common parties and characteristics present in them. This process makes it possible to sort out all knowledge and qualifications about the concept, the facts contained in the concept are numbered based on the perspective and importance of them. Grouping in generalization is unique in that it serves to stratify the content of the concept in a way that is "very important, medium important, not very important, not important" from grouping in classification.

e) the concretization process, the private aspects of the concept of healthy thinking are distinguished from its common aspects. That is, the internal private aspects of each concept within healthy thinking are clarified, and then these private parties are compared and summarized by the general requirements of the concept of healthy thinking.

d) the process of abstracting, strengthening and exaggerating awareness of some aspect, other aspects of healthy thinking without taking into account. That is, healthy thinking actually acquires modernity with several dozen different facets of itself. It is in this process that one aspect of healthy thinking can be more relevant today than the other aspects. But later, after positive changes in social reality, this relevance can free up its place in other aspects, other problems. For example, from the problems that are most important in the system of knowledge and skills in the framework of healthy thinking today, issues such as AIDS, youth addiction, toxicomania require a special emphasis on these very edges in recent decades.

These stages indicate that for the formation of Healthy Thinking, each person, to one degree or another, must consciously go through all pedagogical and psychological stages. Only when a person goes through these stages can knowledge and skills be formed in his thinking in the framework of all the required Healthy Thinking, completely and perfectly. Therefore, with the fact that in Real life for the most part a person has a general idea of this or that subject, it can be observed that this person does not always adhere to Healthy Thinking in his personal lifestyle. Because in the thinking of such people, all aspects and stages of the concept of wellness will be not fully formed to the required extent and in the established content. Therefore, for the effective formation of Healthy Thinking in the educational process, it is necessary to correctly understand the content of all the listed pedagogical-psychological processes, the place of their sequence and complex, and to introduce it in proportion to life. One of the main factors that ensure the effectiveness of the pedagogical process, according to our opinion, is that all thinkers involved in the pedagogical process will need to know the inextricably linked processes of the process of forming healthy thinking, which were noted above. Because in the process of cognition and perception, in the process of forming ideas, views and attitudes, if a stage is not formed, it will have a very large negative effect on the content of the later stages, in these conditions the connection between the contents will be disrupted, the conditions of disconnection from the content will arise (pic 5):



STRUCTURE

Educational

educational and
spiritual affairs

PERFECTI

social block
subjects

department
of physical
education

all
departments

activities of
coaches

dormitory
arrangement

work on
yourself

independen
t activity

PEDAGOGICAL CONTENT

KNOWLEDG

Valeological, hygienic and health knowledge, various infectious and non-infectious diseases, AIDS, social diseases, reproductive health, family planning; physical education and sports, daily routine knowledge, secrets of ecological and hygienic health, long life, healthy culture and healthy lifestyle, etc.

QUALIFICATI

daily routine, rational and correct diet, physical training, harmful habits (tobacco, alcoholism, cannabis, afone), sex. prevention, injury prevention, sanitation, hygiene, cleanliness, mental and psychological peace, medical care, pregnancy procedures, baby care, sex life procedures, etc.

CHARACTERISTI CS TO BE EDUCATED

Valeological, hygienic and health knowledge, various infectious and non-infectious diseases, AIDS, social diseases, reproductive health, family planning; physical education and sports, daily routine knowledge, secrets of ecological and

HEALTHY
SPIRITUALITY
religious and cultural tolerance, correctness, honesty, thoughtfulness, willfulness, determination, demandingness, etc.

A healthy culture

Social health

Mental and
psychological health

Ideological health

PEDAGOGICAL CONDITIONS

The fact that it is a component of state policy, support, financial support, existence of state programs, provision of personnel, designation as a priority task, the fact that it is multidisciplinary, the existence of special subjects, but the need to pass these subjects in all specialties, etc.

Covering the
educational process
in the classroom and
outside the classroom

A great role of
independent
education in the
basics of health

PEDAGOGICAL TECHNOLOGIES

TECHNOLOGY: traditional education, cooperative education, developmental education, problem-based education, heuristic education, programmed education, active education, contextual education, teaching-based education, interactive education, organization of knowledge and practice in continuity and continuity
FORM: lecture, lecture-conversation, practical seminars, trainings, exercises, etc.
TOOLS: technical, computer, internet, sports equipment, medical equipment,

RESULTS TO BE OBTAINED

A HEALTHY
THINKING
PERSON is a

PERFECT
PERSON

A HEALTHY
AND
PERFECT
FAMILY

A HEALTHY
GENE FUND

A HEALTHY,
PROPER AND
SUSTAINABL
E SOCIETY

COMMUNITY
PROSPECTS
ECONOMIC,
SOCIAL,
CULTURAL,
IDEOLOGICAL
DEVELOPMENT

Therefore, when organizing his activities, it will be necessary for the educator to pass all the student-young people through the necessary stages, or fixed barrels, which are important in the formation of thinking, that is, through all the processes of analysis, comparative comparison, classification, generalization, concretization, abstraction, so that in youth he can have time to form the necessary

The peculiarity of healthy thinking today is that the issue of Healthy Thinking is becoming a socio-philosophical category, which is becoming more relevant from day to day, socially integrating and improving with different spheres of life.

According to our opinion, in the higher education system, there are factors in the formation of Healthy Thinking in student-youth: economic, social, anthropogenic, political, historical, pedagogical, psychological, national-mental and integrative factors.

Economic factors: in healthy thinking, there are two main facets of the economic factor. First of all, the formation of a healthy mindset requires certain expenses that are purposefully spent. In the case of Uzbekistan, the promotion of a healthy lifestyle is calculated from issues of State importance, and certain areas of the state budget are spent annually on the provision and improvement of the activities of health infrastructures. On the second hand, Healthy Thinking is a state directly related to human living conditions, and the origin of some social diseases, such as anemia, tuberculosis, bovine, will be related to the family economy and its priority distribution. Therefore, the economic growth of society and family leads to an increase in the conditions of a healthy lifestyle. In this place, the formation and cultivation of Healthy Thinking directly connects to both state attention and family opportunities.

Social factors: a person lives within society, he is a social phenomenon. Therefore, the social values that exist in society exert their influence on a person. This effect can be both positive and negative. The role of the social factor in human formation is of great importance and is considered important. Even in the formation of healthy thinking, the nechoglu agitation of existing wellness creeds in society, the fact that the public has become a vital need, is worthy of attention in society, that is, the attitude towards healthy thinking is assessed as one of the main factors. If the social environment around the student is built on the values of wellness, the formation of Healthy Thinking in such a student is easy. The formation of Healthy Thinking in student-young people directly depends on the social environment, and it is difficult to form a healthy thinking without a healthy social problem and ensure its practicality.

Anthropogenic factors: today, Human healthy thinking cannot exist in relation to the environment without the influence of anthropogenic factors. Anthropogenic factors produce very large changes as a result of a person's perceived or not perceived activity towards the environment. As a result of this, the living conditions of a person change. Human Thought, on the other hand, is not only a socio-philosophical phenomenon, but also environmental, medical and genetic factors play an important role in its formation. All the features of a person as an anthropogenic being leave their reflection in the thinking of a healthy lifestyle. Natural healthy thinking becomes more difficult to make practical if disasters and the effects of an unhealthy environmental environment have their negative impact on the human gene pool.

Political factors: the process of formation of Healthy Thinking is considered a situation that does not depend only on the level of the educational system, but also on the attitude of the existing political system to this pressing issue and its political will. If healthy thinking is not financially, economically and socially supported by the state, the formation of healthy thinking among the vast population segments is lame. Hence, the level, level and quality of formation of Healthy Thinking also depends on the alternative formulation and targeted orientation of political will and political context. If this issue is analyzed on the example of the Republic of Uzbekistan, the implementation of social protection policy at the beginning of the independence years, the establishment of the dream of "healthy generation" and "perfect generation" as a nationwide task, special attention to mother and child health, reproductive health, the creation of children's sports, health

infrastructures, such actions and goals as, it provided for him politically and testifies to the presence of all the possibilities and conditions for the formation of healthy thinking within the general public.

Historical factors: Healthy Thinking is a historical reality. Because since a person has become a social phenomenon, he has been interested in his own health, health preservation rules, long living arrangements. The issues of Healthy Living thought were a continuous component of all ancient civilizations, in particular the Greco-Roman, ancient Chinese, ancient Indian, Sogdian culture, Egyptian culture, as well as all existing basic religious denominations (Christian, yaxudi, Buddhism, Islam). During these periods, various aspects and procedures, rules, qualifications for the provision of primitive medical care were developed for the preservation of human health. Therefore, all historical knowledge and qualifications regarding healthy thinking are today one of the important components of its, that is, the modern content of healthy thinking. Therefore, even within the content of the concept of healthy thinking, historical memory plays a role, and without historical memory, the future cannot exist.

Pedagogical factors: Healthy Thinking is effectively formed only in the targeted pedagogical process and can lead to a pedagogical result.

Therefore, to transform healthy thinking into popular thinking, it is necessary to organize a holistic pedagogical process, built on the basis of the interaction of the participants of the purposeful, step-by-step, consistent, continuous, continuous, systematic, pedagogical process and the pedagogical environment.

Without such a pedagogical process, healthy living thinking cannot be fully formed. Its pedagogical aspect manifests itself in the use of a specific pedagogical principle, tool, method, as well as forms for each period and conditions, for each stage of the educational process. Therefore, today, the development of a holistic pedagogical template and methodology for the formation of Healthy Thinking Using pedagogical innovations in the modern period, aimed at modernizing, liberalizing and democratizing the conditions of Uzbekistan and its actions towards the formation of a democratic civil society, the formation of an innovative movement in the educational system, takes a period.

Psychological factors: each person will have their own unique edges and character traits. Human psychology is considered a property that gives rise to this identity and non-repetition. Without looking at human psychology, it is impossible to determine the most urgent tasks and directions for the formation of Healthy Thinking of this person. Therefore, in the formation of healthy living thinking, it is also important to pay special attention to the factor of human psychology.

National-mental factors: in the structure of national values and Customs, moral norms and aesthetic thinking of each people and each nation, the ideas of healthy living thinking will have existed for a long time. In the structure of Uzbek national values, such instructive words as "healthy tanda Health", "Health is an invaluable blessing", "health is expensive than gold" have long been instilled in the thought of our ancestors. Therefore, it is important to form in an organized and systematized way all the knowledge and skills related to the existing health and wellness thinking in the system of national values of our people. Modern generations cannot formulate healthy thinking without referring to national-mental aspects. For example, it is difficult to adequately formulate the issue of sex education and relationships within the gender sphere, without referring to the traditional relationship between the young family in the family and the older generation, which has been valid for thousands of years.

Integrated factors: today's pedagogical process requires the integralization of various social spheres. The system of Pedagogical Sciences and the scope of fields are branching day by day. In the structure of healthy living thinking, healthy thinking cannot be effectively formed without using the achievements of Pedagogical Sciences such as acmeology, Andragogy, Defectology, didactics, as well as pedagogical innovations and interactive teaching methods such as heuristic

pedagogy, empathic pedagogy, Synectics. Therefore, the process of forming Healthy Thinking gives good results through the planned targeting of various social and pedagogical spheres.

3. Conclusion

The issue of pedagogical skill and differentiation attitude: the role and importance of the chief specialists who form healthy thinking is considered very great. But the people who directly constitute the pedagogical process in the higher education system are the majority and they are engaged in various district disciplines, colorful pedagogical activities. According to our opinion, the specialists involved in the formation of Healthy Thinking in the higher education system consist of the following:

- direct teacher-educator (subjects for the formation of direct healthy thinking, for example, valeology);
- teacher-educator who indirectly shapes healthy thinking (for example, the science of the theory and practice of building a democratic society);
- sports and physical education trainer;
- responsible for spiritual, cultural and educational activities;
- those who participate in the pedagogical activities of the non-profit system;
- individuals who participate in pedagogical activities in the family and family;
- student-young people themselves as educators.

Of course, this versatility allows all participants who manage the pedagogical process, organize it and work in the block of Social Sciences and as part of spiritual and educational activities to develop pedagogical skills, focus on healthy thinking, to what extent the application of innovative pedagogical interactive methods, speech and moral culture of the Educator, his communicativeness, creativity, organizational activities, work on themselves, be able to, in his life, too, will depend on factors such as healthy thinking and adherence to a healthy lifestyle and culture.

The Higher Education stage, on the other hand, is one of the most important stages in the formation of human Healthy Thinking, a process that brings the values of wellness in a person to the latest high point and ensures its maturity. Therefore, the higher education system is a pedagogical space that brings the formation of healthy thinking to a mature level.

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