

Important Aspects of Forming a Healthy Lifestyle in Preparing Special Assistance Students for Social Life

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Abstract. *The article describes ways to prepare students who need special help for social life in natural science classes (Man and his health).*

Keywords: *student, healthy lifestyle, needs special support, formation, preparation for life.*

1. Introduction

Experiments and tests were conducted on our scientific research work on the topic of the important aspects of forming a healthy lifestyle in the preparation of students in need of special assistance for social life. The purpose of the experimental work was to increase the efficiency of the learning process by students assimilation of the theoretical and practical exercises of the proposed working program. Specialized school No. 52, located in the Mirabad district of Toshkent city, served as a research base for conducting experiments. 10 students of the 4th grade of the special school were recruited for the control group and 10 for the experimental group. A questionnaire on hygienic education was conducted with the students of the 4th grade of the special school. Questions and answers about hygienic education were recorded.

QUESTIONNAIRE

1. Do you smoke?
2. Why is smoking harmful?
3. How does tobacco affect the body?
4. What do you know about the complications of smoking?
5. What do you mean by healthy lifestyle?

2. The main results and findings

During the question-and-answer session with schoolchildren, a lot of factual material was collected about the specific characteristics of mentally retarded children. In order for the interview to be effective, attention was paid to the content of the questions, thoughtful questions were put into one system. The responses of the students of the specialized school for children with special needs to the questionnaire were recorded by us.

According to the results of the survey, 27.1% of 6th-grade students smoked to imitate their friends, 19% smoked because they were interested, 5.4% smoked to look like adults, and 48.4% did not know why they smoked. (Table 1)

(Table 1) Reasons for smoking among students of the 8th grade of a special school the results of the survey on identification

Pupils	Reasons for smoking				
	number of students	imitating his comrades	Out of curiosity	In order to pretend to be a kata	Without reason
Students of the 8th grade of a special school	20 нафар	27,1	19,0	5,4	48,5

The results of the question-and-answer questions about the knowledge of the special school students about net loss (percentage calculation)

№	Questionnaire content	"Yes" is the answer	"No" is the answer
1.	Did you know that smoking is harmful?	70	30
2.	Do you know why smoking is harmful?	55	45
3.	Do you know how tobacco affects the body?	60	40
4.	What do you know about the complications of smoking?	20	80
5.	What do you mean by a healthy lifestyle?	20	80

1. What do you mean by a healthy lifestyle? 70 percent of students answered "yes" and 30 percent of students answered "no".

2. Do you know why smoking is harmful? 55% of students answered "yes" and 45% of students answered "no".

3. 60 percent of students answered "yes" and 40 percent of students answered "no" to the question, "Do you know how tobacco affects the body?"

4. 20 percent of students answered "yes" and 80 percent of students answered "no" to the question "Do you know how tobacco affects the body?"

5. What do you mean by healthy lifestyle? 20 percent of students answered "yes" and 80 percent of students answered "yes".

The results of the questionnaire showed that the students of special schools know a little about the harm of smoking, but do not have an understanding of its complications.

In the course of the lesson, an attempt was made to convey knowledge related to the solution of educational issues and the formation of a healthy lifestyle in students through interesting games.

The experiment was carried out during the "Turkey" classes. During the experiment, we took into account the attention, memory, knowledge and skills of each child. It was done slowly. We chose the topic "Damage of smoking" for the experiment. Below is a lesson plan for the topic developed by us:

PLAN OF LESSON

4th grade: "Natural Science" ("Man and his health") lesson

Topic: Harm of smoking

Objectives of the lesson:

Educational: formation of a healthy lifestyle in special school students, education about the harmful effects of smoking on the body, encouraging students to be healthy, to pay attention to their health,

Educational: To teach students of special schools to feel responsible for their own and others' health and to make them aware that smoking is not only harmful to them, but also to those around them.

Developer: To develop a healthy lifestyle for the students of special schools to be healthy, to form knowledge, skills and skills about the health benefits of playing sports, as well as a culture of health.

Lesson plan:

1. Giving an understanding of hygiene.
2. To give an understanding of hygiene rules.
3. Smoking is a harmful habit.
4. Harmful substances in tobacco.
3. Harmful effects of smoking on a person.
4. Complications of smoking in the body.

Expected results of the lesson: after mastering the subject, special school students will have the following knowledge and skills:

1. In the case of complications of smoking, they will have knowledge about the origin of various diseases (bronchitis, asthma, pulmonary tuberculosis, cancer), decrease in memory and thinking ability, and toxic effects on the nervous system.

Educational methods: Verbal, practical, demonstrative, "Brainstorming" strategy, visual tools.

Evaluation methods: Verbal "5" point system.

Information sources and technical means: Projector, computer room, screen.

Type of lesson: Theoretical

Amount of time allocated to the lesson: 40 minutes

Homework: Read the topic written in your notebooks.

Technological card of the lesson on the topic "Formation of a healthy lifestyle in special school students".

The progress of the lesson	Time	Lesson content	Educational methods	Tool
Organizational part	5 min	Greetings, determining attendance, checking students' readiness for lessons. Prepared in advance A classroom equipped with a computer and a screen.	Verbally	
Introduction	5 min	1. Students will be introduced to the topic and content of the lesson. 2. Rules for answering questions are mentioned 3. Work evaluation criteria will be announced to students.	Demonstrative	
Motivation	15 min	1. The topic is displayed on the screen; 2. The lesson plan will be introduced; 3. Introduction. Introduction information is given on why Chtkish is harmful; Students report on what they already know. 4. The answers of each active	Slides	Computer projector

		student are summarized and summarized.		
New topic statement	15 min	Using the "Brainstorming" methodology, quick questions and answers will be conducted with the students on the topic discussed.	Verbally	
Reinforcement	5 min	The teacher summarizes the topic. Encouraging active students. Giving homework.	Verbally	

SUBJECT: HARM OF SMOKING

At the beginning of the lesson, students are asked to do their homework on the topic that was passed with the help of students. is asked. Then, under the guidance of the teacher, the topic will be briefly concluded. After that, a new topic "Damage of smoking" will be written on the board.

We meet men, and sometimes women, who puff smoke out of their noses for "fun". Unfortunately, some students hide from the teachers in the basement, in the school yard, in the toilet, behind the school, and smoke cigarettes on the street. So why does a person become addicted to smoking cigarettes? Smoking is a harmful habit, and after smoking a few cigarettes, a strong conditioned reflex appears in the nervous system. Now smoking becomes a habit. It will be very difficult to carry cigarettes. Some people mistakenly think that cigarettes narrow the blood vessels of the brain. Although the nicotine in tobacco stimulates the nervous system and has a temporary pleasant effect, it actually constricts the blood vessels of the brain.

It is known that when a person smokes a cigarette for the first time, he feels nauseous, vomits, dizzy, heart beats, and feels bad.

There are spasms in the esophagus, stomach, strong agitation, sometimes fainting and other changes. This is the result of the toxic effects of nicotine. However, after smoking a few times, the body gets used to the effects of nicotine poison.

Cigarette smoke contains highly toxic substances that have a bad effect on the human body. Cigarette smoke contains nicotine, carbon monoxide, cyanide acid, ammonia, formaldehyde, carbon, vinegar, formic acid and valeric acid, aniline, and highly toxic substances that cause lung cancer. times, they also often get sick with zotiljam, tuberculosis, bronchial asthma.

Smokers live an average of 9 years less than non-smokers. The nervous system is especially sensitive to nicotine. Hypertension (increased blood pressure) and atherosclerosis (impaired memory) are more common in Kashandas. A smoker not only harms himself, but also those around him, because other people who sit with him in a room where cigarettes are smoked become "passive smokers". A young child who is always in a smoky room sleeps badly, his appetite is disturbed, and changes occur in his bowels. As a result, the child lags behind his peers in mental and physical development. Teenagers who smoke are affected by the nervous system, they are anemic, they learn lessons poorly and often get sick, the teacher explains the topic.

After that, the teacher explains the effect of smoking on work ability. Smoking disrupts normal work and rest. Observations show that smoking weakens muscles. Most of the time, teenagers try to hide from adults and try to smoke faster. He explains that smoking cigarettes quickly and quickly, as a result of rapid burning of tobacco, the toxic effect of nicotine in smoke increases twice.

When talking about the complications of smoking, the teacher says that smoking, especially for women, has a very harmful effect on the body, premature aging, various complications in pregnancy, and bad effects on the fetus in the mother's womb. According to statistics, the death of newborn babies in women who smoke is 40 percent higher than in women who do not smoke. Chest tightness (angina), heart and respiratory tract and other diseases are common in smokers.

When talking about smoking and sports, the teacher says that smoking limits a person's physical

capabilities, and smoking is completely against sports. It reliably explains the reduction of physical strength and energy, the deterioration of movement efficiency and speed, especially the decrease in endurance, wheezing and shortness of breath when running for a short distance. Parents, teachers and medical staff should systematically carry out campaigning and propaganda activities in the fight against smoking, emphasizes the necessity.

A bottom-up conversation was held to reinforce the topic.

Question: What do you mean by hygiene?

Answer: Cleanliness, cleanliness.

Question: What do you mean by hygiene rules?

Answer: Observance of eating, dressing, bathing hygiene, regime.

Question: Why is smoking harmful?

Answer: Smoking is harmful to the human body, it is a habit that is often increased during youth. Tobacco contains toxic nicotine.

Question: How does tobacco affect the body?

Answer: Smoking causes a lot of damage to the whole body, including the respiratory organs. Nicotine contained in tobacco smoke is extremely toxic. In addition, tobacco affects the mucous membrane of the respiratory tract and inflames it. This reduces the protective function of the respiratory epithelium covering the respiratory tract.

Question: What diseases are caused by smoking?

Answer: Many people who smoke have various diseases of respiratory organs: bronchitis, asthma, pulmonary tuberculosis, shortness of breath and other diseases.

Q: What do you know about the complications of smoking?

Answer: Smoking causes various diseases. The worst of these is cancer. Lungs and other organs of people who smoke slowly fail. Most of them cough, spit up phlegm, and have yellow teeth. As a result of smoking, a person's ability to think and remember weakens.

Question: How to fight against smoking?

Answer: In order to quit smoking, a person must first stop smoking and seek advice from a doctor.

Various anti-smoking drugs are now being produced.

During the inspection, a question-and-answer session was held to determine the initial knowledge, skills and qualifications of the students on a specific subject. The answers received are marked.

The teacher asked auxiliary questions. The answers obtained with the help of such auxiliary questions have the power of educational influence and form the basis for the formation of a healthy lifestyle in children with mental retardation, following hygienic rules.

As a result of the conducted experiments, a final summative assessment was conducted, which focused on the following, and the assessment criterion was set as 3 points as follows:

3 points - performed the task without error;

2 points - the assigned task was completed incorrectly;

1 point - to complete the assigned task with the help of a teacher;

0 points - failed to complete the assigned task;

Play is an important activity for children with mental retardation. It plays an important role in the physical and mental development of children, in their formation as individuals, in following a healthy lifestyle, and in introducing children to sports. In the course of the lesson, we also used game activities. The game brings joy to the child, reflects positive feelings and experiences, impressions from life. The content of the game has a corrective effect on the formation of the mentally retarded child's personality, the development of his mental activity as much as possible, and his manners.

In the course of the game, we also intended to enrich the knowledge of life for mentally retarded children and educate children's moral feelings and habits.

The special feature of the methods used in the teaching process in the special school was that the visual methods (multimedia) were not only used as a movement method, but also to activate the thinking activity of mentally retarded children.

In the pedagogical process, practical and game methods were correctly combined with the demonstration method in order to make the learning process more active for mentally retarded students. Guidance and appropriate instructions were given using the verbal method. The game methods gave the expected results, especially when the didactic game method was used for students with mental retardation. Educational games, especially when conducted through didactic games, made students understand the task better, which increased their voluntary attention, activated their activity, increased their interest in learning, and helped to master the subject consciously.

In the pedagogical process of forming a healthy lifestyle in a specialized school for students in need of special education, in the implementation of the principle of corrective-developmental education, the guidance of the speech-language pathologist-teacher and his correct assessment of the activities of mentally retarded students became important. The mental activity of mentally retarded students, their independence, and the fact that they worked with passion and wholeheartedness were also taken into account. As a result of the pedagogical sensitivity of the defectologist's approach to evaluating the students' work, they understood their achievements and shortcomings. The questions and answers were analyzed together with the children, compared, compared, Due to the fact that monitoring is important in the formation of skills that are important for educational activities, mentally retarded students were taught to analyze the tasks they performed. They were also taught to evaluate the work done by their friends. do you think?", "What mistake did your friend make? What should he pay attention to in order to be healthy? " questions were asked along the way. Pupils' enthusiasm for active and organized participation in class processes, critical thinking, and expression of their opinions increased.

In conclusion, it should be said that taking responsibility for one's own health, caring about one's own health and those around them, the health of others, encouraging others to do the same, and taking care of one's own health are among the wisdoms of life. , a healthy lifestyle will be formed in him only by doing it himself. Paying attention to one's own health, paying attention to the restoration of health in time, turning such an approach into a rule of life for children in need of special help, it is important to achieve the formation of a healthy lifestyle in schoolchildren, prepare them for social life, and adapt them becomes important and it is the demand of the present time.

3. Conclusion

It is necessary to inculcate in the minds of students with intellectual disabilities that a person should not limit himself to benefiting the human race by rationally organizing his life, and that if a person protects his health, he will protect nature and the length of life. It is appropriate to constantly explain that everyone should protect their health and live a reasonable life from harming nature and spoiling life, thus preserving the basics of life.

For this, it is necessary to follow the following steps:

1. Teaching special school students to a strict regime in forming a healthy lifestyle;
2. Taking into account age and individual characteristics in the formation of a healthy lifestyle in special school students;
3. Teaching special school students to follow personal hygiene in forming a healthy lifestyle;
4. Teaching to follow food hygiene;
5. Teaching special school students to take care of their health;
6. Forming the responsibility to protect one's own health and the health of others;
7. Encouraging the students of special schools to engage in sports and sports in the formation of

a healthy lifestyle;

8. Teaching special school students to abandon excessive irrational worries and negative habits in the formation of a healthy lifestyle;

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