

ENSURING THE PRESERVATION OF HEALTH IN HIGHER EDUCATION INSTITUTIONS IS AN IMPORTANT PART OF PEDAGOGICAL THINKING

Ernazarov Abduvali Beknazarovich,
researcher, Samarkand State University,
Email: eabduvali0777@gmail.com

Abstract

This article is of great importance in solving regional health problems, developing an educational system and encouraging the younger generation to a healthy lifestyle. A systematic approach is necessary to improve pedagogical thinking aimed at preserving health. The goal of the article is to connect pedagogical processes aimed at preserving health with regional characteristics and create effective practices in educational institutions.

Keywords: medical examinations, medical needs, health insurance, large-scale sports, education infrastructure.

In the improvement of systems in higher educational institutions of health preservation pedagogy, the presence of the necessary infrastructure for making and implementing decisions at a high level, as well as for the Prevention of emergency situations, is important [1]. In health care institutions, first of all, the active participation of executive agencies, public and educational Representatives is necessary. In this process, the interaction of all parties is of great importance in the development of health programs and control over their effectiveness. The process of developing health programs in higher education institutions should be considered as a complex system. This includes compliance between education and Health, Collaboration, and the application of innovative solutions [2].

Through educational programs and cultural activities aimed at preserving health, it is very important to form a healthy lifestyle in young people. In this, it is necessary to introduce new modern equipment and technologies, as well as improve health conditions. Through these processes, it is possible to improve the well-being of not only students, but also the nationwide population.

Improving pedagogical thinking, aimed at preserving health in higher education institutions, plays an important role in the development and implementation of regional health programs [3]. This process serves to promote not only the education system, but also the health culture of the community.

To improve the pedagogy of health preservation, it is necessary to apply a systematic and complex approach in the process of creating and developing a regional health environment. In this process, integration between education and health systems, the development of cooperation and the promotion of efficiency are important. N.I. According to Kondakov's

definition, a system is the organization of elements connected and located with each other in a certain order [4]. Health preservation pedagogy and its integration in higher education institutions form the main facets of the process of development and improvement of regional health care. In order to effectively organize these processes, it is necessary to consider the following approaches and practices.

The infrastructure of the health protection system, the assessment of the availability and quality of medical services, continuous monitoring of health preservation activities are extremely important. It is noteworthy that students are covered and competencies of pedagogical medical personnel are included in the educational content of health preservation pedagogy and their level of pedagogical training [5]. It is necessary to regularly conduct medical examinations of students and pedagogical staff, to create an infrastructure for the satisfaction of medical needs for students on the basis of health insurance. The organization and development of sports clubs, optional and sports clubs are also important.

It is important to study foreign experience in order to provide the necessary pedagogical and medical competency personnel and regularly improve their skills. It is also necessary to regularly conduct medical examinations in higher education institutions, meet medical needs for students through health insurance, develop a large-scale sports and physical education infrastructure [6].

In the improvement of systems in higher educational institutions of health preservation pedagogy, the presence of the necessary infrastructure for making and implementing decisions at a high level, as well as for the Prevention of emergency situations, is important.

In the development of health preservation pedagogy, it is necessary to strengthen interaction between stakeholders, assess and monitor the effectiveness of the health system, and integrate educational and health systems [7]. To do this, it is important to take a systematic approach and improve the existing infrastructure.

Encouraging young people to a healthy lifestyle is seen as an important pedagogical and social task in Uzbekistan. This process is aimed at strengthening the spiritual and aesthetic education of young people, encouraging an active approach to problems in society and increasing social responsibility in maintaining overall health [8].

Healthy thinking ensures the personal development of young people and includes the following goals:

- Introducing young people to the culture of healthy living: it helps them to actively participate in the life of society.
- Development of spirituality and aesthetic education: this process expands the worldview of young people and increases interest in a healthy lifestyle.
- Encouraging an active approach to problems in society: encouraging young people to be active in solving social problems, promoting a healthy lifestyle.

- Formation of Healthy Thinking: Through Education, Culture and sports, educating young people to adopt a healthy lifestyle and guiding them to maintain physical and mental health [9].

In addition to personal development, the process of forming a healthy lifestyle is also important in ensuring the overall health of society. Through this, the moral values of young people are strengthened and they can be brought up as responsible individuals.

In the development of health preservation pedagogy, it is necessary to strengthen a systematic approach and cooperation between stakeholders. This process serves the personal perfection of young people and the preservation of the health of society. One of the important tasks currently in demand is the organization of new educational and educational processes based on the “health preservation pedagogy” of existing infrastructure and systems. In this process, it is important to creatively integrate and integrate foreign experiences into the educational system of our country.

The main factors for the formation of a social environment.

- Pedagogical personnel qualification and reserve: it is important to improve and develop the skills of existing pedagogical personnel in society. Qualified and experienced educators play an important role in the effective implementation of “health preservation pedagogy”.
- Modern pedagogical technologies: it is necessary to introduce modern pedagogical technologies into the educational process. These technologies include new approaches in the field of “health preservation”.
- Innovative pedagogical methods and tools: it is important to develop, introduce and practice new pedagogical methods and tools. These new methods serve to effectively develop “health preservation pedagogy”.

It also requires the development of a social pedagogical environment, a general moral and psychological state in society, innovation in the field of education and upbringing, and constant updating of available resources.

References:

1. Murodov D. "Healthy lifestyle propaganda". Jizzakh, 2023.
2. Nesterenko L.A. "Life and health". Moscow, 2022.
3. P. Bregg R.I. Varabyev. Modern education and health. Tashkent: Journal of Education, 2023, 45-53.
4. Nafisa, K., & Matluba, D. (2023). Psychological And Pedagogical Aspects Of Research Into The Problem Of Bilingual Foreign Language Teaching. Conferencea, 31-34.

5. Tasheva, D. S., & Kubaeva, N. A. (2022). Modern educational technologies in the aspect of a student-centered approach in teaching foreign languages. Eurasian Journal of Learning and Academic Teaching, 12, 35.
6. Tasheva Dilorom, Djanzakova Matluba. The role of literary text in teaching the Russian language. International Multidisciplinary Conference. Manchester, England. 25th December 2023. -p.19. <https://conferencea.org>
7. Nafisa, K., & Kamola, A. (2024). The Problem Of Teaching Students Lexical And Phraseological Features In Translation Studies Of Phrasal Verbs In English And Uzbek Languages. Eurasian Journal Of Academic Research, 4(10), 39-42.
8. Sultanov R. "Cooperation in the health system". Bukhara, 2022.
9. Khamidov I. "Practical measures and their effectiveness". Nukus, 2024.