

## SOME ISSUES OF THE FORMATION OF SKILLS OF A HEALTHY LIFESTYLE IN STUDENTS IN THE PROCESS OF LABOR EDUCATION

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### ANNOTATION

The article covers the pedagogical aspects of the formation of healthy lifestyle skills in students in the process of organizing and conducting labor education from primary classes, and provides a number of methodological recommendations.

**Keywords:** Labor, lesson, living lesson, harmonious personality, form, method, self-control.

It is not for nothing that today the history of our people, its spiritual past, indicates that Labor Education has been viewed as a factor in comprehensively cultivating the younger generation, which still finds its confirmation.[2] after all, all material and spiritual wealth created in the life of mankind is due to Labor. Therefore, the study of the role and significance of labor education in the development of society is one of the most important issues of modern pedagogical science. The problem of the research we are promoting is the role and importance of labor education in the formation of a healthy lifestyle in the younger generation, the solutions of educational work carried out in this regard, the recommendation of certain recommendations. an important aspect of the upbringing of a harmonious personality. In the process of personality improvement, a person's perception of himself is also determined by the fact that the results of his activities are constantly changing depending on his state in the team, the requirements of society for him. The formation of a healthy lifestyle in this is one of the indicators of the level of upbringing of a person and encourages self-impartial assessment. Upbringing becomes self-education if a person, a teenager, is able to give an impartial assessment, pedagogical influences and requirements are accepted at a high level, and positive emotions arise in a person, that is, feelings of self-realization. The formation of self-knowledge, Control and self-assessment and high spiritual feelings in students is a complex educational process of inextricably leading students to a healthy lifestyle. Self-awareness in teaching a person to understand, evaluate his knowledge, spiritual image and interests, ideals and moral motives, allbatta expresses the special importance of the environment in which the student lives, family, neighborhood and school, lifestyle and allows him to be viewed as important educational factors.[3]

The formation of an independent thinking, free, comprehensively mature harmonious personality is the ultimate goal of our educational work, the realization of which first of all necessitates teaching a healthy lifestyle.[6]

Lifestyle wellness a person acquires more mmazmun with the beauty of his spiritual life, because no matter how healthy he does not carry out decent activities in society, his lifestyle cannot be called healthy if he is not spiritually morally trained. The thoughtful attitude to life is primarily due to how rich the content of the social education received by the individual is. In the younger generation, it is known that the introduction to the early formation of a healthy lifestyle is a factor of effective results. It is advisable to organize labor education from the primary classes in connection with Labor Education. The work activity of students during this

period consists of Educational Labor and domestic labor, in which a special responsible period is felt when teaching a healthy lifestyle.

In technology classes, educational tasks are also carried out at the time of providing students with knowledge, initial skills about socially useful work. The possibilities of Technology classes in the formation of knowledge and skills about healthy living in primary school students provide information about Labor, its types, the need to acquire, their role in the life of a person and a person, as well as the organization and conduct of students' labor education in connection with other types of social education ensure the achievement of Especially by associating it with aesthetic education, students experience anger towards unhealthy manifestations in society, increasing the pleasure and enthusiasm of labor education for a healthy life. Aesthetic feeling can be considered as the attitude of a person to reality, his participation in the life of nature and society, his knowledge in the process of his activity, arising from such a need. In the maturation of the individual, aesthetic, in particular, aesthetic sense the upbringing of the feeling is of particular importance, since the individual cannot give beauty to activity, marriage, without understanding the beauties of the universe, deep reflection, thinking about him.

In the process of Primary School Labor Education, an aesthetic approach to teaching students the labor experience of the older generation to the younger generation is accompanied by the acquisition in them of knowledge, knowledge, skills about work, professions, a creative approach in personal activity, an understanding of the social essence of activity on the basis of independence ideas, appreciation of Labor In the process of primary education, the formation of aesthetic feelings in students is a complex process, and attention should be paid to the emergence of aesthetic need, aesthetic interest. In turn, aesthetic attitude leads to the fact that in labor lessons students show creative thinking, activity. [1] the process of the formation of aesthetic feelings affects his mood, how he understands being, his thinking capacity and ability, such as the knowledge he receives on the basis of educational education, his worldview. In the process of labor education, students have an increased opportunity for cognitive skills to correctly understand their labor activity in the student, to grow their ability and abilities. The following recommendations on the formation of a healthy lifestyle are relevant in students:

1. Focus on the formation of a healthy lifestyle in the planning of coverage of educational aspects of the topics of technology lessons;
2. Hygienic requirements for working with tools and tools of Labor and materials in technology lessons, establishing self-service are also aimed at the formation of sophistication in students;
3. Technical and natural, visual manifestations of training, equipment of a training workshop, practical classes held there will be a sense of beauty;
4. The organization and conduct of technology classes on the principles of Education;
5. Effective use of modern methods of education in training;
6. Appropriate application of visual teaching techniques, training students in order by achieving their activity in practical classes, the formation of healthy living skills, etc.

In conclusion, it should be noted that the well-being of our life depends on the armament of the younger generation with knowledge, skills, competencies on the basis of modern education, and in particular on the organization of technology education on a modern basis. And a healthy life decides through work.

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