

Article

Formation of Physical Culture in Youth in the System of Continuous Education and Preparing Them for a Healthy Lifestyle

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Abstract: In the article lighted up the questions of organization of healthy way of life are considered students in the system of continuous education, recommendations are expounded on bringing in of students to the culture of healthy way of life on the different stages of educating.

Keywords: Healthy way of life, health, mental and physical health, preschool children students, students, pernicious habits, culture of healthy life, negative consequences of smoking and use of alcohol are the daily routine (mode).

1. Introduction

Today, strengthening the health of young people in the Republic of Uzbekistan, involving them in a physically active lifestyle and forming a culture of healthy living are considered one of the priority areas of state policy. In particular, the Decree of the President of the Republic of Uzbekistan "On radically improving and bringing youth policy to a new level" defines ensuring the physical, spiritual and intellectual development of young people, directing them to a healthy lifestyle as one of the important tasks [1].

Also, the Presidential Decree "On Measures for the Widespread Introduction of a Healthy Lifestyle and the Development of Mass Sports" sets out specific tasks for the widespread involvement of all segments of the population, especially schoolchildren and students, in physical education and sports, and for increasing physical activity in their daily lives [2].

In addition, the Decree of the President of the Republic of Uzbekistan "On Measures for Further Improvement of the Education System" pays special attention to the formation of healthy lifestyle skills in the educational process, protecting young people from harmful habits, and strengthening physical and mental health [3].

Based on these regulatory and legal documents, the preparation of schoolchildren and young people for a healthy lifestyle, the formation of physical culture and active life skills in them, is manifested as an urgent pedagogical problem in the system of continuous education. In this regard, the issue considered in this article is not only theoretical, but also of important socio-practical importance [4].

2. Methodology

A healthy lifestyle is considered as a set of forms and methods of daily cultural life activity of a person. It embodies the norms of control, values, meaning guided by them. At the same time, its inextricable connection with the general culture of the student's personality is emphasized. The content of a healthy lifestyle of young people reflects the organization and

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result of life activities formed in the form of individual and group behavior, communication patterns, and patterns that have reached the level of tradition.

During regular physical education and sports, young people develop such qualities as agility, dexterity, agility, speed, strength, flexibility, ability to maintain balance, and endurance. People who do not engage in regular physical exercise quickly become ill.

The lack of movement of students, the restriction of physical activity, leads to insufficient fresh air supply to their bodies, oxygen deficiency, and has a negative impact on physical fitness. Physical exercise or simple physical activity plays an important role in the prevention of many diseases. Japanese scientists consider the criterion of physical activity to be that each person walks at least 10 thousand steps a day.

According to the American cardiologist N.P. White and the Russian academician A. Myasnikov, a healthy person should walk 10 km a day. Of course, it is difficult for a person to walk 10 km at once. A person should prepare himself for this gradually. In the first training, breathing should be done in 2-3 steps, and exhalation in 5-6 steps. The most important thing when walking and running is to hold the body correctly. Doing this improves the functioning of the chest and lungs, and leads to an adequate supply of oxygen to the body. In order to learn to hold the body correctly, it is necessary to perform special exercises to improve the work of the muscles.

Experts' observations show that practicing walking reduces blood pressure, prevents headaches and dizziness. The treatment of increased blood pressure inside the skull with walking has long been known. Walking dilates the muscles and small blood vessels throughout the body. As a result of the redistribution of blood, the physiological circulation process improves, which normalizes blood pressure.

Nowadays, one of the factors that negatively affects the formation of a healthy lifestyle among students (aged 14-24) is smoking, which is manifested in their addiction to cigarettes. This is especially noticeable among adolescents studying in secondary specialized education. In many cases, educators in educational institutions turn a blind eye to this phenomenon, try not to notice it, or students act very "cautiously".

According to statistics, smoking causes blood vessels to narrow, making it difficult to supply oxygen, and the heart is strained. When performing normal daily tasks, smoking causes the heart to work 15,000 times harder. Smokers are 13 times more likely to suffer from ischemic heart disease. Out of every 100 heart attacks, 88 occur in smokers. This disease is 12 times more common in people who smoke 20 cigarettes a day. 8 out of every 10 people who suffer from myocardial infarction are smokers. This is the main reason for the disease of nerve cells, the heart, liver, and blood vessels. As a result, it leads to rapid aging.

3. Results

It is worth noting that educational institutions need to intensify the process of teaching physical education, involve each student, and ensure strict control over the performance of standardized exercises. Physical education teachers often make it easier for our students to perform "spare" exercises. This leads to a decrease in the effectiveness and benefits of physical education classes [5].

Students should be able to set aside 1-2 hours every day for walking, jogging, skiing, swimming in the pool. It is only necessary to make this an integral part of everyday life, to accustom the body to it. Regular physical exercise not only ensures a healthy lifestyle, but also serves as a basis for establishing discipline in a person's life, a strict regime in walking. Not only that, it helps to overcome negative character traits such as laziness, aversion to work, and drowsiness in students, but also strengthens their self-confidence and increases their labor productivity [6-8].

Personal and social hygiene are also important in educating students in secondary specialized education and higher education institutions to lead a healthy lifestyle. It should be noted that sanitary and hygienic conditions are also important in the regular implementation of physical exercises [9].

When performing physical exercises, the following hygiene conditions must be observed:

- a) daily physical exercises should be performed in the fresh air or in a ventilated room;
- b) alternating exercises for muscle contraction, stretching, and relaxation;
- c) observing the amount, interval, speed, rhythm, and tempo of exercises appropriate for

the body;

g) performing 6-8 movements at a time after a 10-30 second pause;

d) completing physical exercises with washing or bathing in water.

The daily behavior, behavior, and regimen of students and young people are important in ensuring a healthy lifestyle. In turn, physical education and sports play an important role in determining these. However, in addition to the above conditions, air, water, nutrition, sleep, and personal hygiene are also important in forming the habit of regular physical exercises. These determine the objective and subjective conditions for performing physical exercises.

4. Discussion

Scientists working in the field of hygiene emphasize that clean air is of great importance for the healthy, active functioning of the body [10].

Proper nutrition is the basis for the normal functioning of the body. Organic substances are constantly consumed in a living organism. During mental labor or muscular activity, the decomposition of organic substances in the body accelerates, and the decomposed products are distributed through the lungs, skin, kidneys, and intestines [11].

The main source of replenishing lost energy or substances is the food consumed, which should be rich in various fats, proteins, carbohydrates, mineral salts, vitamins, and water. The nutrition of a healthy person creates conditions for the body's activity and restores its functions [12].

The most important thing in this is to adhere to a diet or hygiene. Eating should be regular, rhythmic, and high-calorie. You should eat 4 times a day - in the morning before going to work, at noon, at dusk, and 2 hours before bedtime.

It has been determined that the nutritional value of food varies depending on the work activity of students and the nature of the work they do. Athletes are required to have 4500-5000 calories in their food during competitions and training.

Students should refrain from any tasty, sweet food. Because eating a lot of food does not benefit, but harms. It leads to an increase in body weight, obesity and the occurrence of various diseases [13].

Sleep is an important means of maintaining human health. This is considered the most important for students. Since their body is growing and developing, it is also necessary to form a correct lifestyle, so sleep should be normal and constant. During sleep, the energy expended by a person is restored 3 times faster.

It is considered sufficient for students to sleep 7-8 hours a day. The daily processes in the human body show that for normal sleep, dinner should also be normal, and dinner should be eaten 2 hours before bedtime. It is important that dinner is light and easily digestible. A short walk in the fresh air before bedtime is also useful [14].

In hot weather, it is recommended to sleep with the window open, and in winter, the room should be well ventilated. The bed should be separate, not too soft, and the blanket should be light. When going to bed, you should lie on your right side or back, without covering your head with a blanket. Before getting up, it is useful to take several deep breaths and do some light exercises for your arms, legs, and respiratory tract while lying down.

Observing personal hygiene is one of the most important means of protecting health. For the normal course of vital processes, it is very important to observe the hygiene of the body, skin, and oral cavity. Cleaning the skin from dirt, sweat, and various adherents is a guarantee of not getting various skin diseases.

For the general hygienic condition of the body, it is necessary to take care of the head and hair, washing them with hot water, soap, and shampoo every 4-5 days. Regularly maintaining oral hygiene is the basis for preserving teeth. For this, it is recommended to rinse the mouth with hot water after eating, and brush your teeth in the morning and before going to bed.

Clothing and footwear also play an important role in ensuring the general hygienic condition of the human body. Because clothing protects the human body from pollution and

mechanical effects and provides a normal heat balance in different seasons. Clothing should be light, comfortable, heat and air-permeable, and free [15].

5. Conclusion

Thinking objectively, we can conclude that the attitude towards physical education and sports and one's own health has risen to a much higher level during the study process. This is due to the fact that most students attach great importance to physical education and sports, and some of them are still engaged in them. In general, most of our young students lead fairly active lives, we think that most of them attach great importance to physical education and sports, because they understand that it is sports and physical activity that are a means of living a beautiful and fulfilling life, of being strong, healthy, energetic and, of course, happy.

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