



FORMING VALEOLOGICAL CULTURE IN STUDENTS THROUGH FOLK GAMES

Hakimova Gulshan Abduxalil qizi
Lecturer at the Termiz State University
E-mail: gulshanhakimova0@gmail.com

| A B S T R A C T | KEY WORDS |
|--|---|
| This article provides detailed information on the system of forming valeological culture in female students through the use of folk games. | Folk games, active games, female students, physical culture, formation, technology, forms, methods, means, education, upbringing, health promotion. |

INTRODUCTION

Today's rapid development makes the issue of human development and a healthy lifestyle more important than ever. The valeological culture of the generation of female students, the future of Uzbekistan, - that is, a conscious attitude to their own production, deep knowledge about a healthy lifestyle and a set of practical skills - lays the foundation for the prosperity of the entire society. The specific complexities of the educational process in higher education, psycho-emotional stress and the need to adapt to a new environment require special attention to the development of young girls. The lack of valeological culture can lead to problems in the development of various crops, the culture of reading, and other physical life. Games, which are an integral part of the rich cultural heritage of the Uzbek people, which has been formed over the centuries, have a unique place in the upbringing of the younger generation. They are not just a hobby, but an effective tool for the physical training of children, the mental development of young people, the acquisition of social life, and most importantly, the understanding of the deep philosophy of a healthy lifestyle. This situation creates a need for a scientific research object of theoretical foundations, pedagogical mechanisms and practical technologies for preserving valeological culture in girls through folk games. Among the scientists currently working at the Faculty of Sports Activities and Management of Termez State University, candidate of pedagogical sciences, associate professor R.Kh. Tulaganov, candidate of pedagogical sciences, associate professor Ya.Ch. Daniyeva, doctors of philosophy in pedagogical sciences (PhD) Kh. Berdiyeva, and among the scientists working at the Termez State Pedagogical Institute, doctors of philosophy in pedagogical sciences (PhD) Ya.M. Abdullayev, Sh.M. Khudoyberdiyev conducted scientific research on the impact of active games on the human body, the scientific theoretical, scientific and practical foundations and possibilities of using active games in strengthening the health of schoolchildren and students and forming their physical culture.

Folk games, which have been embedded in the daily life of our people for centuries, are an effective tool for the physical development of the younger generation, increasing their mental stability, maintaining their social life, and understanding the importance of a healthy lifestyle. A healthy lifestyle is the prevention of any diseases and the key to health and strength. It is the key to developing various aspects of a person and achieving success. A girl student who adheres to the rules of a healthy lifestyle will take her place in the family, work team, and society as a whole, will learn to overcome various difficult situations, not to lose herself in the face of life's difficulties. Strengthening and protecting the health of women is one of the priority areas of the social development of our country. Creating a healthy socio-moral environment in the upbringing of young people, who are the foundation of our future, radically reforming the education system, restoring and honoring national and universal values, and training morally pure, intellectually mature, progressive-minded, capable, knowledgeable, and high-minded women as professional specialists should be priority tasks at the moment.

Health is the first important need of a person, ensuring his or her employability and comprehensive development of the personality. Healthy and spiritually developed girls are happy. They feel good, are satisfied with their work, strive to learn with an unfading sense of youth and inner beauty. The most important aspect of a healthy lifestyle is the order of actions. Its basis is proper nutrition and systematic physical exercise, sports.

Valeological culture is a system of knowledge, elements and beliefs that ensure the physical, mental, social and spiritual health of a person. It includes the following components:

- ☐ Knowledge of a healthy lifestyle, that is, the impact of proper nutrition, optimal physical activity standards, personal hygiene rules, a rational daily routine and a comfortable sleep regime on health.
- ☐ Practical health improvement is regular physical exercise, effective stress management, and proper breathing techniques.
- ☐ Mental and social well-being, i.e. self-awareness, development of emotional intelligence, social communication and conflict resolution.
- ☐ Spiritual and moral values are a careful attitude to the environment, adherence to moral standards, mutual respect and humanitarian actions.

The importance of valeological culture in the lives of female students is very high. The period of higher education is an important stage not only in obtaining material knowledge, but also in the development of the individual. Female students with valeological culture:

- Become physically strong, capable of effectively applying high demands in their daily lives.
- Possess social skills, able to find their place in the team, communicate effectively and strengthen relationships.
- In the future, motherhood will lead to a healthy and energetic development of responsibility, because the mother brings genetic and production benefits to the future generation.

The most effective factor in the observation of valeological culture in female students is the ability to use technical control tools to effectively direct them from folk games. It is necessary to illuminate the valeological significance of organizing traditional folk games in physical education lessons theoretically and practically. In this case, in-depth knowledge about a healthy lifestyle should also be instilled. It would be appropriate to organize such circles as the "National Games Club", "Health Games" or "Valeology School" in higher educational institutions. To hold competitions among female students every year under the slogan "Festival of Folk Games" or "Healthy Girl - Healthy Nation".

This will support and increase the activity of teaching active games. To hold seminars, round tables, webinars that inform students about the valeological significance of folk games. The goal will be achieved by widely disclosing this topic on social networks, university websites and student publications. To train physical education teachers, curators and coaches in folk games and to train them in courses on the physical education and pedagogical components of working with female students.

CONCLUSION

Observing valeological culture in female students is a continuous and multifaceted process, in which it is more effective than folk games, which are our national values. Folk games serve not only their physical development, but also the programmatic state, social and spiritual well-being of girls, and the protection of their conscious attitude to a healthy lifestyle.

Through folk games, female students acquire a healthy appearance, increase their ability to resist stress, enter into effective social communication, respect our national life, set an example of a healthy lifestyle for future generations, and become competent employees. The widespread introduction of these pedagogical technologies in higher education will be an important strategic step in improving the quality of valeological culture among female students and will serve to build a healthy society.

References

1. T.S.Usmanxodjayev., Sh.X.Isroilov., A.A.Pulatov., Sh.A.Pulatov. Milliy va harakatli o'yinlar. Darslik. Toshkent. «IQTISOD-MOLIYA». 2015. 265 s.
2. K.Rahimqulov. Milliy harakatli o'yinlar. O'quv qo'llanma. «TAFAKKUR-BO'STONI». Toshkent-2012. 142 s.
- 3.T.Usmanxodjayev., S.Usmanxodjayev., N.A.Chorshamiyev., Sh.E.Keldiyorov., B.X.Xoliqov. SPORT turlariga oid xarakatli o'yinlar. O'quv qo'llanma. Toshkent. «O'ZKITOBSAVDONASHRIYOTI» 2020. 176 s.
4. Dusyarov Salimjon Khudaimuratovich. EFFECTIVENESS OF ACTION GAMES IN THE PROCESS OF COMPLEX TRAINING OF YOUNG FOOTBALL PLAYERS. THEORETICAL ASPECTS IN THE FORMATION OF PEDAGOGICAL SCIENCES. International scientific – online conferense. <https://doi.org/10.5281/zenodo.7648394>. London.
5. Eshkobilov Elmurad. (2023). System of Development of Professional and Pedagogical Creativity of Future Physical Education Teachers on the Base of a Competent Approach. American Journal of Public Diplomacy and International Studies (2993-2157), 1(10), ~261–264.
- 6.ESHQOBILOV, E. (2023). SCIENTIFIC AND THEORETICAL ASPECTS OF THE COMPETENT APPROACH IN THE DEVELOPMENT OF CREATIVITY IN THE FUTURE PROFESSIONAL PEDAGOGICAL ACTIVITY OF PHYSICAL CULTURE EDUCATION STUDENTS. International Bulletin of Applied Science and Technology, 3(3), 530-533.