

USING HEALTH-SAVING TECHNOLOGIES IN EDUCATION

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ABSTRACT

The proposed work is a general presentation of health-saving technology issues. Statistics are analyzed; problems that stand in the way of a healthy future are identified. The relevance of the topic under consideration is that the percentage of sick students is increasing every year. The problems considered in the work are of interest not only for parents, teachers, but also for the state. Several types of practices are outlined, in our opinion, necessary for a healthy lifestyle and improvement of factors that directly affect students and the educational process as a whole.

KEYWORDS: *Health, Health Saving, Education, Technology, Pedagogy.*

INTRODUCTION

Undoubtedly, every country should have education, because it is extremely necessary for the personal development of an individual, his socialization in society, and most importantly, getting a profession in the future. Teachers help to reveal the potential, serve as an example, provide significant assistance in determining their life position. An educational institution is one of the important links in our life, so it should directly affect our health: form and strengthen it.

Health saving is a practice aimed at maintaining, improving health, preventing the development of disorders, as well as preventing our lifestyle. This is important for any country, especially for Uzbekistan with a population of almost one hundred and forty-four and a half million inhabitants (according to data for the year 2018). Health protection is considered one of the highest priority areas in our country, so the topic of health has its place in education.

Everyone from childhood should know and understand that health is our main value. The relevance of the theme of a healthy lifestyle (HLS) is caused by adverse environmental conditions, bad habits and personal illiteracy. Probably the last factor is the most significant, because everything starts from childhood. Parents should give basic ideas about health and its prevention. This does not happen in every family, which is why this topic should be raised in kindergartens and schools.

In recent years, the health of Uzbek schoolchildren has deteriorated. As statistics show, only 20% of graduates can be recognized as healthy, the remaining 80% have a pathology. Every second or third schoolchildren have chronic diseases. The most common deviations in the health of students are accommodation spasm, which develops into myopia, and diseases of the musculoskeletal system, in particular, postural disorders and others.

Factors leading to this can be divided into internal school, external and educational:

In-school factors include the following factors:

Illumination of desks and boards, indoor air environment, noise, furniture, catering department, quality of drinking water, multimedia equipment, condition of sanitary equipment and school territory;

Learning factors include the volume of training, the psychological atmosphere in the classroom, schedule and employment, physical education lessons, the presence of physical education sessions during classes, relationships with teachers, and others.

The concept of “Health saving technology” can be given a brief definition - it is a pedagogical activity that draws a parallel between education and upbringing. These are methods of educating a culture of health in students, its preservation and strengthening. The goal is to form the basis of a healthy lifestyle for the student, the implementation of the elementary rules of health saving [7, p.125]. An important part of the prevention of students' health is the rational organization of the educational process: control of the teaching load, its volume, time spent in the classroom and at home (doing homework), playing sports. The general condition of the student, his abilities and predisposition to classes depend on the observance of physical, psychological, hygienic components.

The health requirements are as follows:

Workspace lighting, air freshness and appropriate temperature, hygienic conditions, absence of irritants, for example: unpleasant sound stimuli. Approximate duration and frequency of alternation of educational activities, normally: 7-10 minutes. Diversity of the studied material: independent work, visual, audio, verbal and others. Normal: at least 3. Students' postures: the teacher's literal observations during the lesson of the position of the students, how often the children change postures for the corresponding course of the lesson.

It is also impossible to do without medical and preventive classes, they increase the health of students under the supervision of medical personnel.

These practices include:

Catering, analysis of initial health, its monitoring in the form of examinations and commissions, control of physical development, the presence of preventive measures.

Another of the most important practices is physical culture and health improvement. It is aimed at strengthening and developing physical health, physical activity: self-massage, posture exercises, breathing exercises, flexibility. The implementation of such classes is carried out by specialists in specially prepared places. This practice should cultivate the habit of taking care of health and daily physical activity [4, p.144].

It is also attention to the socio-psychological state of the child. The student should feel comfortable and positive - they should not have problems communicating with peers or elders. The psychologist is directly involved in the implementation of this direction, conducting special classes with students.

The use of health-saving technologies in education will increase the level and quality of the educational process in Uzbekistan. The health indicators of students will improve, which is the main goal.

Only those who want to study will be able to get a profession in the future and reveal themselves personally, because, as Jose Julián Marti said:

“He who does not want to learn will never become a real person”.

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