

## THE CONTENT AND STRUCTURE OF THE PREPARATION OF THE PRESCHOOLER FOR ACTIVITIES ON CHILDREN'S HYGIENE

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**ABSTRACT:** The problem of a healthy lifestyle – the most important problem facing a person – is the problem of comprehensive personal development, the formation of a socially and hygienically rational lifestyle in the field of working life and recreation, which contributes to the strengthening of scientifically based, socially hygienic activities.

**KEYWORDS:** Personal development, a socially and hygienically rational lifestyle, working life and recreation.

### INTRODUCTION

"A healthy lifestyle is a lifestyle that organizes everyday life according to biological and social laws and aims to maintain and strengthen health."

Promotion of a healthy lifestyle in the educational system should be carried out consistently in different directions, on the basis of a specific program, in specific directions. In particular, this is primarily aimed at giving students in the process of higher pedagogical education certain medical and hygienic knowledge of a healthy lifestyle, at which they are focused on the formation of concepts about the influence of maintaining a healthy lifestyle on the evolution of the human body, and on the other hand, it is directly related to the content of skills. Also, while a healthy lifestyle is widely promoted through the media, it should be deeply integrated into the educational content provided in schools, lyceums, colleges in harmony with all educational institutions.

It is known that in the Uzbek family, signs of multi-generality are clearly expressed. In it, adults of the family - grandparents, momos, close relatives, neighbors, the neighborhood-are also directly involved in the formation of healthy ideas and knowledge in the child's mind. According to our age-old habits, the influence of grandparents, neighbors and relatives on the upbringing of our children is stronger than that of parents. They are considered the determinants of the spiritual environment in the family. This same tradition of upbringing was considered an important spiritual and pedagogical value left over from the past, and in the life of our great ancestors this same style of upbringing was formed and reached a certain level of system.

It is known that scientific and technological progress first of all radically changes production and serves as an important factor in the numerous deliveries of industrial products. But such progress, whether in industry or rural agriculture, has the importance of being advanced, can have

a slight change in the environment and this, in turn, have a negative impact on the health of the population. Therefore, nowadays it is required to preserve the environment, preserve natural resources and use them wisely on a global scale.

And the students continue to show their intelektuality among our people today. The main thing is not to forget that it is precisely about the family that graduate students should feel the need to approach as teachers in order to improve the stability of the lifestyle of those around them. It is necessary that they help to limit the youth in their territory today from various different expositions, as well as shameless dresses entering our nation in a completely foreign quality, uncivilised use of the phone (dishonest pictures and video rollers, odnaklasnik pornography).

If students also look at such situations in a foreign way or their own participation is directly observed, then of course it creates various complex situations in the upbringing of future generations at the level of perfection. If necessary, this situation will become an obstacle to the formation of a healthy lifestyle as an extreme disease. We cover the future teacher with modern knowledge, the main thing for him is that together we aim to increase the level of intelektuality corresponding to a healthy lifestyle. They should have the main task together, such as "sports are a fan of human health" carrying for the environment of our nature", "responding to the requirement of sanitation and hygiene in residential areas", "eating in order on a daily basis and sleeping at the level of the mayor", and "fol participation in educational activities" among them. Basically, meyor plays an important role in the stability of a healthy life, as in every network.

The hygienic way of thinking of a person is inextricably linked with the natural and geographical conditions of the region in which he lives, with the rhythm of life and with the worldview of people of the existing society about their existence, as well as with their attitude towards it. In the development of modern civilizational hygienic culture and its control system, not only plays an important role in improving the natural living conditions of a person and the rational use of natural resources, but is also a key factor in determining the future of human civilization. Therefore, both theorists and practitioners diligently study the actual problems of hygienic culture and its control system from all sides.

External environmental factors can have a positive effect on human health, protective forces and working capacity. also, as a result of gradually getting used to the cold, a person becomes non-ventilated. However, the influence of external environmental factors can also be the cause of the disease. A disease occurs only when a person is exposed to the influence of unusual factors of the external environment according to his strength or aunt, since at such a moment the balance between the organism and the environment is disturbed[1].

The environment that surrounds us consists of a complex of natural, socio-political, everyday life needs in constant movement, which is quite complex, therefore, "when studying the influence of social and natural conditions on health, accuracy from a methodological point of view is required.

Chemical factors of the environment include chemicals or compounds in air, water, soil, food, and substances that have been mixed into them. Air and compounds are necessary for the normal life activity and health of a person. However, they can also be the cause of the disease. temperature,

humidity and movement of the air, atmospheric pressure, solar radiation, noise, vibration, ionizing Rays, electromagnetic, warmth, acoustic, gravitational and other various energy manifestations are physical factors.

Biological factors can include pathogenic microbes, viruses and the simplest animals, vomiting, macro and microscopic fungi, etc. They penetrate the body through the skin of the respiratory and digestive tract, causing the emergence of infectious diseases. Some microorganisms cause food poisoning and other diseases, causing nausea. Since a person lives in society, he is also influenced by mental factors: speech, pronunciation, letter, reciprocity, etc. An organism with reduced protective forces and capabilities quickly accepts the disease. That is why " the population of itisodious backward countries is characterized by a high level of disease.

Human life passes in the air environment surrounding it. The air environment as a whole ensures the normal course of physiological processes observed in the body. At some point, changes in physiological processes are recorded as a result of air content pollution, as a result of which pathological symptoms may occur in the organs[2]. For this reason, it is also hygienically important to study the effects of air content on the body.

## CONCLUSION

In conclusion, reproducibility is the main criterion in the orderly implementation of actions. And this should take a place from the agenda in the implementation on the basis of conditional reflexive, which is relevant for human health. The mechanisms for doing this are first and foremost maintained in the family, mahallas and educational institutions. In families, parents and loved ones, active people in Mahalla, and in educational institutions, of course, are carried out organically by teachers. In addition, in a healthy lifestyle, as in all sectors, it is necessary to ensure safety.

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