

# The Relationship Between a Healthy Lifestyle and A Person's Social Approach

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**Annotation.** In this article, the author analyzes the interrelationship between the personal example of student youth, their healthy lifestyle, and their social adaptation during their university years.

**Keywords:** Healthy lifestyle, personality, social adaptation, health, environment, student health, social phenomenon, deficiencies, qualifications, skills, illnesses.

**Relevance.** An analysis of the scientific literature shows that the problem of the impact of healthy lifestyle indicators on different types of adaptation of the individual has not been studied so far.

At the same time, health affects not only the physiological and psychological, but also the social aspects of individual adaptation.

**The purpose of the study.** To study the relationship between a healthy lifestyle and an individual's social adjustment in research.

**Research methods.** Analysis and generalization of scientific and educational literature.

**Research results and discussion.** About the greatest rules of different concepts M.Ya. Vilensky emphasizes the following:

- health - is a prerequisite for the implementation of biological and social functions of man;

- All aspects of human life (industrial, family, domestic, spiritual, leisure, education) are determined by the level of health;

- In a modern market economy, good health is a guarantee of competitiveness.

In this regard, the idea that student health can be considered a social phenomenon is correct.

The opinion of experts, for example, A.V. According to Safeleva, in recent years there has been a steady development of socially and professionally identified health disorders - adaptive weakness syndrome, excessive mental stress, stress disorders.

However, as mentioned above, the impact of a healthy lifestyle on social adjustment is not fully understood. According to the scientific literature, a healthy lifestyle improves a person's ability to adapt, ensures well-being and is an important condition of social activity.

As noted above, many researchers believe that the last decade has been marked by social ills of young people, which are reflected in an increase in crime, alcoholism, drug addiction, suicide, and more.

Various authors have pointed out that the period of study at the university places much higher demands on the ability of students to adapt. Various studies show that the most stressful factor for students is exams.

M.Ya. Vilensky identified the following difficulties in adapting students to the university: didactic (learning-related), socio-psychological (joining a group of students, the need to adopt new norms) and professional (adapting to a future profession). The author points out that the main difficulty in the transition to a form of university teaching (compared to a school) is the need to organize independent work.

A.V. Saveleva noted that in the first academic year, students face challenges due to their new social role and underdeveloped self-management skills.

In addition, M.Ya. According to Vilensky, the impact of these difficulties can be so great that it leads to frustration and the development of various diseases. He points out that the low rates that are common in the first year are a common result of adaptation difficulties. According to him, 50 to 60 percent of junior year students have difficulty reading.

Thus, the most difficult situation in terms of adaptation occurs in the first academic year in students.

As mentioned above, the level of student health is rated very low by experts.

In particular, I.B. Strakhova noted that one-third of those who enter universities suffer from serious chronic diseases, which hinder a person's full and active life.

An important indicator of social adaptation is a person's satisfaction with various aspects of their life. According to the study, students are more satisfied with their lifestyle, relationships between their families and others, and their position in society. 48% of students agree with their state of health, 40% of students agree on average, and the remaining 12% do not agree. Satisfaction with physical fitness: 42% - satisfactory, 47% - average, the rest - unsatisfactory. At the same time, 47.7% of men and 34.7% of women are positive about their physical development.

Thus, there is reason to believe that a healthy lifestyle today is an important factor in the professional training of students and a condition for their effective integration into society. However, this idea needs to be tested empirically.

In addition, the "adaptive potential" of various elements and components of a healthy student lifestyle is unknown. At present, only information that does not fully answer this question can be found.

A.A. Glazirin (1998) emphasizes that physical education and sports are one of the components of a favorable socio-psychological environment in the learning process and actively contribute to the full development of students' personalities. However, the role of other elements of a healthy lifestyle in social adaptation is almost unexplored.

A.A. According to Glazirin, the developments of some authors on the formation of a healthy lifestyle help to develop communication skills and improve relationships with others, but the mechanisms of these relationships are not clear.

### **Conclusion.**

A more systematic approach is needed to assess the role of its various components in addressing the link between a healthy lifestyle and students' social adjustment.

Thus, the link between a healthy lifestyle and the social adaptation of students during their university studies is of great social importance.

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