

# The Role of Hadith in The Formation of a Healthy Lifestyle of Adolescents

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**Annotation:** The goal of modern education is to increase attention to the use of Hadith in the formation of a healthy lifestyle, and in educating young people to instill respect for national and global values, to develop a sense of patriotism, hygienic, cultural, physical, aesthetic education and hard work.

Since ancient times, our ancestors have sought to create a strong family, raising a healthy and perfect generation. Various social factors contribute to the formation of universal human values, the concept of the religion of Islam, in the minds of our children. There is a powerful tool against the spread in society of radical views, extremist and terroristic ideas that poison the minds of young people. These are such national-religious values as humaneness, peacefulness, love for enlightenment and creation.

**Keywords:** Hadith, healthy lifestyle, educating young people,

Under the leadership and initiative of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, by decree on the “Strategy of Action for the further development of the Republic of Uzbekistan”, in our country during the period of independence in order to strengthen national statehood and sovereignty, they became an important foundation for ensuring security and law and order, inviolability borders of our country, the rule of law in society, human rights and freedoms, an environment of interethnic harmony and religious tolerance, a necessary condition for the realization of the creative potential of our citizens is the created conditions. In accordance with this idea, targeted measures are being carried out step by step at the state level. Taking into account the proposals received during a broad discussion of the draft Action Strategy for the further development of Uzbekistan for 2017-2021, it was proposed to identify eleven most important priority tasks of the economic and social program for 2017. the president.

Development of the sphere of education and science: continuing the path of further improving the system of continuous education, increasing the possibilities of providing quality educational services, training highly qualified personnel in accordance with the modern needs of the labor market; construction, reconstruction, overhaul of educational institutions, equipping them with modern educational and laboratory equipment, computer equipment and teaching aids, strengthening their material and technical base, carrying out actions aimed at achieving the goal; expansion of the network of children's preschool educational institutions, radical improvement of conditions in preschool educational institutions for the comprehensive intellectual, aesthetic and physical development of children, a serious increase in the coverage of children in preschool education and ensuring its convenience, pedagogical and increasing the level of qualifications of specialists; radically improve the quality of general secondary education, study in depth other important and popular subjects, such as foreign languages, computer science, mathematics, physics, chemistry, biology; construction of new children's sports facilities, children's music and art schools, reconstruction of existing ones in order to massively attract children to sports, connect them with the world of music and art, improve training and employment. in specialties that meet the needs of employers; based on the introduction of international standards for assessing the quality of education and training, improve the quality and efficiency of higher education institutions, gradually increase admission quotas to higher education institutions; Stimulating research and innovation activities, creating effective mechanisms for introducing scientific and innovative achievements, organizing specialized scientific and experimental laboratories, high technology centers and technology parks at higher educational institutions and research institutes.

From the first years of independence in Uzbekistan, an extremely great need arose to reform the spheres of education, science and vocational training at the level of the entire country.

We need to give wings to our talented, selfless children so that they can reach the heights of knowledge and profession. Since we are preparing specialists in accordance with the requirements of the time, then, first of

all, the form, appearance and composition of our educational achievements, as well as the material base, must be modern.

To solve these problems, schools have been created in our republic that specialize in in-depth theoretical and practical study of general education subjects.

Ensuring not only physical, but also mental, spiritual and moral improvement of students when teaching subjects, their development by harmonizing the content of education, teaching methods, means and forms of teaching and learning, independent, economic, analytical and it is concluded that attention should be paid to the development critical thinking skills.

Development of medical and hygienic knowledge of students, making certain changes to the plans of spiritual and educational work in order to raise a healthy generation for family life;

- Organization of sports competitions, themed evenings, competitions to improve the health of students;
- In the process of education and training, increased attention to the education of students to the national and universal values of modernity, patriotism, spiritual and moral, hygienic, sexual, physical, aesthetic, aesthetic, cocktail;

- Organization of training based on information, communication and pedagogical technologies;

- pay attention to increasing the efficiency of the process of students acquiring knowledge, skills and qualifications;
- Implementation of the comprehensive development of students through the use of technologies focused on the students' personality in the educational process organized at all levels of the continuing education system;

- In addition to classes and audiences, it is designed to form a healthy lifestyle among young people;

- Development of measures to protect young people from various vices and attacks of "mass culture";

Teaching young people to think freely begins with equipping them with worldly knowledge. The basis of such knowledge is the study of nature and its living organisms. Only young people who know how to correctly interpret natural phenomena will have their own ego and free thought.

The use of hadiths in the formation of a healthy lifestyle among students is aimed at increasing attention to the education of young people in the process of instilling respect for national and universal values, patriotism, spiritual and moral, hygienic, physical, aesthetic, and labor. education.

"The mind is in the heart, compassion is in the liver, kindness is in the spleen (black liver), and breath is in the lungs." . He also warns the next generation to be wise in all things by studying the mental stress placed on the members and warns them that overexertion greatly affects the health as well as the functions of each member.

In the modern educational process, new forms and methods of providing information to the student are used, that is, technical means are widely used aimed at increasing the effectiveness of knowledge. As a result, a certain increase in student activity in the lesson was achieved.

It should be noted that in today's conditions, determining the optimal academic load for a student is an important and urgent task, firstly, if it is envisaged that the student will master the knowledge specified in the curriculum, and, secondly, there is enough time for the student's personal needs to be separated . The most important thing is to avoid factors that negatively affect the physical development, work activity and health of the student.

Vital processes in all tissues and organs of the human body, their work is controlled by the central nervous system. Improving a person's mental and physical activity throughout his life, i.e., education, education and professional training, depends on the functional state of the nerve centers of the cerebral cortex.

Brain activity can slow down for two different reasons. Firstly, a decrease in brain activity due to congenital defects of brain tissue, various diseases and injuries after birth; secondly, functional diseases of the brain, i.e., as a result of non-compliance with hygienic requirements, neuroses, i.e. nervous diseases, may appear due to brain tension.

Improving state policy towards youth: raising physically healthy, mentally and intellectually developed, independently thinking youth with strong views on life, devoted to the Motherland, deepening democratic reforms and increasing their social activity in the process of developing civil society; secondary special education, employment of graduates of vocational, technical and higher educational institutions and involvement in private entrepreneurship, support and implementation of the creative and intellectual potential of the younger generation, the formation of a healthy lifestyle among children and youth, their physical

involvement in education. and sports; social protection of youth, creation of decent housing and social conditions for young families; organization of effective activities of state authorities and management, educational institutions, youth and other organizations to implement state policy regarding youth.

Since time immemorial, our ancestors lived with the dream of building a strong family, raising healthy offspring, raising children to be perfect people. Various social factors play an important role in instilling values, including the concepts of Islam, in the hearts of our children. There is another powerful tool for eradicating radical views aimed at poisoning the consciousness of young people, extremist and terrorist ideas that are completely alien to our traditions and penetrating our society. These are our humanitarian, peace-loving, enlightened and constructive national-religious values.

To protect our children from ideas alien to our ideology, to form ideological immunity in them, to protect the consciousness of the younger generation from various influences, to develop healthy lifestyle skills among young people, in connection with this, educational institutions, family and society. are implemented in the regions together with institutes.

In conclusion, I want to say that the educational policy implemented in recent years will bear fruit, and our children will grow up to be knowledgeable people who will be recognized in the world, as we think, and even more, depending on our pedigree. Eastern traditions of education see the father as the main educator in raising children, especially boys, because kind and gentle mothers know how to pamper and pamper their children. The traditions of Uzbek public education condemn the raising of children by men.

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