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## THE ROLE OF A HEALTHY LIFESTYLE IN MODERN NATIONAL EDUCATION

### Abstract

The description of a healthy lifestyle is provided in this scientifically grounded article. The sophisticated concepts of global civilizations are organized in this way. The adolescent stage is discussed, and the scientific definition of the importance of aesthetic values in the development of a healthy lifestyle is provided. The role of a healthy lifestyle in national education today was established, the content of its implementation in the educational process was created, and its effectiveness was confirmed in practical and experimental work based on the analysis of indicators of the World Health Organization's scale (WHOQOL-BREF) KAZ.

Teenagers comprehend the concept of a healthy lifestyle and accurately assess its social value, which presents an opportunity to form individuals with the proper attitude toward a healthy lifestyle, strong health, beautiful soul, body, and work; In the historical evolution of human development, the concept of health and aesthetic values in the works of great scholars and educators, public figures, and the works of modern scientists are systematized and classified according to educational opportunities; the significance and necessity of aesthetic values for a proper and healthy life of teenagers is more widely propagated and implemented in the content of educational activities of the school; determined the content and system of forming a healthy lifestyle on the basis of aesthetic values through the possibilities of educational activities of the educational process at the main stage of the general education school, and scientifically differentiated the problem of its implementation. It is explained that it is possible to change the inner worldview of students, to educate a person who can deeply understand and maintain a healthy lifestyle.

**Keywords:** healthy lifestyle, educational process, teenager, aesthetics, health.

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## ҚАЗІРГІ ҰЛТТЫҚ ТӘРБИЕДЕГІ САЛАУАТТЫ ӨМІР САЛТЫНЫҢ РӨЛІ

### Аннотация

Мақалада салауатты өмір салты ұғымының мәні айқындалып, ғылыми тұрғыда негізделген. Бұл бағыттағы элем өркениеттеріндегі озық идеялар жүйеленген. Жеткіншектер кезеңі сипатталып, олардың салауатты өмір салтын қалыптастыруда эстетикалық құндылықтардың қажеттілігі ғылыми тұрғыда айқындалған. Дүниежүзілік денсаулық сақтау ұйымы шкаласы ((WHOQOL-BREF) KAZ) көрсеткіштерін талдау негізінде салауатты өмір салтының бүгінгі таңдағы ұлттық тәрбиедегі рөлі айқындалып, оқу-тәрбие үрдісінде іске асырудың мазмұны жасалынып және оның тиімділігі тәжірибелік-эксперименттік жұмыста тексерілген.

Нәтижесінде, жеткіншектерді салауатты өмір сүру салтына деген дұрыс көзқарасы қалыптасқан, денсаулығы мықты, жаны, тәні мен ісі әсем, жан-жақты үйлесімді дамыған тұлға ретінде қалыптастыру мүмкіндігі туатындығы; жеткіншектер салауатты өмір салты ұғымын дұрыс терең түсініп, оның әлеуметтік-қоғамдық мәнін дұрыс бағалау; адамзат дамуының тарихи эволюциясында ұлы ғұламалар мен ағартушылар, қоғам қайраткерлері мұралары мен қазіргі заман ғалымдарының еңбектеріндегі салауаттылық пен эстетикалық құндылықтар ұғымы жүйеге келтіріліп, тағылымдық мүмкіндіктеріне қарай жіктеу; жеткіншектердің дұрыс салауатты өмір сүру үшін эстетикалық құндылықтардың мәні мен қажеттілігін мектептің оқу-тәрбие жұмыстары мазмұнында кеңірек насихатталып, жүзеге асыру; жалпы білім беретін мектептің негізгі сатысында оқу-тәрбие үрдісінің тәрбиелік іс-шаралар мүмкіндіктері арқылы эстетикалық құндылықтар негізінде салауатты өмір салтын қалыптастырудың мазмұны мен жүйесін анықтап, оны іске асыру мәселесі ғылыми тұрғыда саралаған. Сол арқылы оқушылардың ішкі дүниетанымын өзгертіп, салауатты өмір салтын терең түсініп, сақтай білетін тұлғаны тәрбиелеуге болатындығы баяндалған.

**Түйін сөздер:** салауатты өмір салты, білім беру процесі, жасөспірім, эстетика, денсаулық.

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## РОЛЬ ЗДОРОВОГО ОБРАЗА ЖИЗНИ В СОВРЕМЕННОМ НАЦИОНАЛЬНОМ ВОСПИТАНИИ

### *Аннотация*

В статье определено значение понятия здорового образа жизни и оно научно обосновано. Систематизированы передовые идеи мировых цивилизаций в этом направлении. Описан период подросткового возраста и научно определена необходимость эстетических ценностей в формировании здорового образа жизни. На основе анализа показателей шкалы Всемирной организации здравоохранения ((WHOQOL-BREF)KAZ) определена роль здорового образа жизни в отечественном образовании сегодня, создано содержание его внедрения в образовательный процесс, а также его эффективность. Было проверено в практической и экспериментальной работе.

В результате появляется возможность сформировать у подростков правильное отношение к здоровому образу жизни, крепкое здоровье, прекрасную душу, тело и труд, всесторонне и гармонично развитую личность; подростки понимают понятие здорового образа жизни и правильно оценивают его социальную ценность. В исторической эволюции развития человечества понятия здоровья и эстетических ценностей в трудах великих учёных и просветителей, общественных деятелей, трудах современных учёных систематизируются и классифицируются по образовательным возможностям; значение и необходимость эстетических ценностей для правильной и здоровой жизни подростков шире пропагандируются и реализуются в содержании образовательной деятельности школы; определили содержание и систему формирования здорового образа жизни на основе эстетических ценностей через возможности воспитательной деятельности образовательного процесса на основном этапе общеобразовательной школы и научно дифференцировали вопросы его реализации. Объясняется, что можно изменить внутреннее мировоззрение учащихся, воспитать человека, умеющего глубоко понимать и вести здоровый образ жизни.

**Ключевые слова:** здоровый образ жизни, образовательный процесс, подросток, эстетика, здоровье.

**Introduction.** The term Interactive is generally taken from the word "interaction" in English [1, p.195]. Interpersonal communication-based interactive teaching strategies meet the requirements of the contemporary educational paradigm that is "oriented towards the development of the individual". In parallel, search independence and cognitive activity are not only established, but also enhanced. Unlike traditional teaching methods, interactive teaching approaches allow students to learn through real-world examples and demonstrate their skills in both personal and professional domains through data collection and analysis.

However, interactive learning requires more time to learn the necessary information, the use of new, complex criteria in assessment, and creates many difficulties for teachers who have little experience in managing students' cognitive activities. The goal of the interactive method is not only to provide information, but also to teach students the ability to find answers on their own. According to psychologist-scientists, students acquire knowledge in four different situations:

- receiving ready knowledge;
- discover new things in the course of research;
- feel the effect in different situations;
- product assembly or production by synthesis.

Interactive teaching methods open the way for students to feel the effect in different situations through role-playing games, create an opportunity to create a creative product while synthesizing different knowledge, but also give more opportunities to analyze and analyze different situations and data, and discover new things during research.

As the development of healthy living skills is the direct goal of our research, we must first examine the internal circumstances facing the younger generation. Children, adolescents, and young people benefit greatly from the education system's unique role in shaping life skills and encouraging a healthy lifestyle. Its standards and guidelines, which form the cornerstone of a healthy lifestyle,

have to be followed throughout the preschool and school years of instruction and training. At this point, a person develops their tact, morality, spirituality, honesty, and hygienic abilities.

The human being has come to know the phenomena of his environment, the reasons for its appearance and development in the context of reality. He clearly recognizes the characteristics of various phenomena discovered in science in the foundations of scientific subjects. Faith and ideals of a person play a big role in my worldview. Where there is no faith, there is no life. Belief is a collection of deeply thought-out ideas. A different idea is the basic, deep recognition of the truth of human belief. It is necessary to follow him. Faith determines the strength of an individual's life position, describes his behavior. A guarantee of right belief, right action. Human ideals are high ideals-goals of human beings, oblivion and demandingness in life.

Body and soul health is an integral part of a person's overall personal health, so they should always be in a harmonious unity. Physical health contributes to mental health, and spiritual control creates the conditions necessary to maintain physical health. The main sources of human health are his spiritual and physical condition. Social sources reflect social connections and relationships between individuals and are an integral part of a person's spiritual health.

Mental health is the health of our mind, body, and soul.

The qualities of intelligence include self-awareness, the capacity to evaluate past occurrences and phenomena, the ability to forecast future events that could significantly affect your life, and the capacity to develop a model or program that solves problems while safeguarding your well-being, your life, and the integrity of the real world.

Formation of worldview is a long and complex process. That is why it covers the whole human life. As a result, personal attitudes and belief systems develop and form, which guide the individual's actions. Worldview is not developed only in the educational process or in the educational process. It is formed in everyday life, in arguments, and in the family. But it is based on scientific worldview and weighed. Of course, as we have shown above, it has its own attitude, the role of faith is special.

*Basic provisions.* The issue of creating a healthy lifestyle (WHOQOL-BREF) among students enrolled in the "Physical training and sports" program at the nation's higher education institutions (henceforth referred to as higher education institutions) has led to an understanding of contemporary needs. The proposed project will be implemented based on the following factors: low life expectancy and quality of life among the population; lack of a scale to measure the country's level of healthy lifestyle; lack of research done toward establishing a healthy lifestyle; and lack of understanding of this concept. Along with the development of technology, the growth of industrialization, the increase in the type of transport, the decrease in movement in everyday life, the widespread use of computers and television, and the increase in the time allocated to technological tools have a positive effect on the quality of life, but they have a negative effect on physical strength and movement. We analyzed and studied methodological, psychological-pedagogical, sociological literature and official documents related to the actual research issues. We conducted interviews, surveys, processed research results through mathematical analysis, and drew conclusions.

Taking into consideration Kazakhstan's unique sports landscape, we have been doing research and assessing studies on the World Health Organization's healthy lifestyle scale. The work 6B01405 involves sampling students enrolled in the "Physical training and sports" educational program, implementing the (WHOQOL-BREF) KAZ scale in the nation's sports sector, and developing a model of a healthy lifestyle. Additionally, the model addresses the physical, social, psychological, and health We identified the inclination toward social surroundings. We have commenced with the implementation of professional usage of the results by subject matter experts and trainers. During the World Health Organization's research on the healthy lifestyle scale at the international level, we analyzed the research conducted in France, Canada, Malaysia, Brazil, Holland, China, Italy, Turkey and other countries and identified comparative features. In addition, we have entered the first stage

of preparation of a special mobile application (healthy lifestyle, hereinafter SosApp) to determine and increase the level of healthy lifestyle of students. In the article, the necessity of using interactive methods in their training is determined based on theoretical research related to the problem of forming a healthy lifestyle (WHOQOL-BREF) of the students of the educational program "Physical training and sports" on the basis of KAZ. The article's in-depth analysis of the effectiveness of interactive methods and its methodological approaches will help researchers better understand what methods may be most appropriate to use in higher education practice in their practice. The authors emphasize the importance of interactive methods used in teaching in the higher education system, and emphasize the theoretical attention of teachers, graduate students and curriculum developers interested in updating and optimizing the educational process.

**Materials and methods.** The influence that worldview has on pupils' developing worldviews must be understood. Assisting pupils in adopting a healthier lifestyle "How well we take care of our bodies determines how happy we are." Spirit is solemn when body harmony is achieved. "A strong foundation lies in mental clarity" (P.S. Bragg) – as stated, students' contentment stems from feeling good about themselves and having optimal bodily organ function [2]. Students who are happy, experiencing life's joys, and excelling in all they do are directly linked to these concepts.

In this direction, raising a young teenager is both attractive and less difficult. This is because a healthy child can participate in all initiatives and activities with a sense of satisfaction and a cheerful mood. He looks at the world with confidence and joy. Such a situation is the only guarantee for the development of a person in all aspects. This, as the goal of education, effectively influences the state of the child's internationalization. Therefore, we attach great importance to the fact that encouraging a healthy lifestyle of students should be one of the main directions of educators and school education. According to Plato's opinion written in his philosophical treatise "On the State", we draw our attention to two situations: "gymnastics for the human body, music for the soul" [3].

What I want to say is that, from our point of view, "gymnastics" is not only for training the body, it is about educating a person according to the "law of beauty" to harmony and harmony of body parts, and "music" in the narrow sense is not to be understood as our knowledge only about music, on the contrary as if to imply that all should be understood as service to the muse (the patron deity of the arts and sciences). So what do we mean by "healthy lifestyle"? For that, it is important to define the meaning of the concepts of "health" and "lifestyle". Health, i.e. health, is a complete state of physical, moral and social health, sanity, as stated in the Charter of the World Health Organization. "Health of the body" is a normal condition of the body organs, which means a balanced, balanced attitude of a person to the environment. "Lifestyle" means physical, intellectual and work activity of a person; domestic interaction skills, established behavior order, pace of life; It can be attributed to the feature of monotonous work, leisure and communication. So, "lifestyle" refers to the concept of "healthy living" that effectively affects health.

Modern science "healthy lifestyle":

- the best harmonious order;
- immunity and physical fitness;
- proper nutrition;
- the habit of a stable life;
- absence of harmful habits ("even if the disease remains, the habit does not remain");
- high medical activity, - he explains

In Kazakh, the concept "health of the body is the well-being of the head" has been established. So, the issue of a healthy lifestyle and its education is a complex issue of social importance that has been on the agenda for many centuries. Therefore, the formation of a healthy life of students is carried out primarily as a result of the care of parents and the state. A healthy person is an important value of society. To be healthy is to love life endlessly, to be joyful, to enjoy life, to greet every morning and day with a grateful mood, like a child impatiently waiting for a new year's gift, and to



go to sleep in the evening without worries, without stains, the most important thing is to be yourself. it starts with love and respect. For that, it is necessary to educate students to be able to set important goals for themselves. Achieving it requires a lot of hard work. In this context, it is necessary for students to have clear minds and clear beliefs. Whoever poisons his life with tobacco smoke and alcohol, lives with bad behavior, looks at tomorrow with distrust. For him, life and his surroundings are gloomy, unknown and gloomy. Inculcating this principle in the memory and intellect of every child is the duty of all humanity, including schools and parents, to the state, society, and children.

Philosophers say that the mood of happy people is not only related to the life around them, but also depends on what a person thinks about that life. Such an attitude helps the child to properly direct himself and regulate his efforts. If nature has created a happy and joyful life for a human being, he should be able to accept it without hesitation and tolerance [4, p.151-152].

As we have been told since childhood: "Movement is life", "Healthy body is healthy soul", "Proper, proper nutrition is a guarantee of proper life and health". "The sun, air and water are our best friends." How is this problem addressed in today's school? And if we take nature: forest, grove, river, lake and field, its various natural plants and herbs; Is the sky with its ships of clouds or the night sky with its moon and bright stars enough for the mind of the schoolboys when all this turns around, especially in the city? Here, as we can see, such examples related to the issue of "healthy living" can be cited endlessly. The problem is not in its number. The problem is in the end result. Its use in school life. From our point of view, 3 ideas can be the basis for "Healthy lifestyle" – harmony of body, purity of soul, clarity of mind. These three should be the main pillar, pillar and leading direction of the child's self-education, determining the purpose of educational work and organizing it. For that, the teacher should become an important leader of this idea. He should perform his pedagogical activity in accordance with the law of "truth, goodness, beauty" and should be able to live according to it. Only then can it become a true world [5, p.56-57]. The idea and methodology of healthy living should become the core of all educational work. It improves the result of the educational process. For this, educators need to encourage healthy living and create a system for it. First of all, it is better to define its position (principles) or guiding methodological rules. They can, for example, be structured as follows:

- I am among the highest value. A person's self-love is joy in the truth of his existence and a feeling of great gratitude to the nature that gave him life. Self-love, that is, as a person. look at the date.

- "Another unknown person and all humanity is also of high value." When you learn to see a person differently, only then will you become a person" (AN. Radishchev) [6]. To accept any person or student – be it "good" or "bad", regardless of what he is in all respects. Then, according to your ability, accept him try to focus on the good, to awaken his individuality, to take care of him.

- "The life situation around me may be different: good or bad, but due to my direct relationship with my brother, I try to use it to my advantage."

Here, in the course of fulfilling the mentioned principles and overcoming difficulties, the body parts are strengthened, the spirit becomes stronger, and the mind matures. Any life phenomenon, object, person, works of art have success and failure. However, I can use each of them for my own development. According to the above principles, each person can have his own program.

For example, Martin Gray, the author of the book "Sila zhizni" (Warsaw, 1988), experienced many hardships in his life: he was a prisoner in a Nazi concentration camp, he lost his parents during the occupation, his wife and four children in a fire after the war. To a person who thinks about it, it seems that it is impossible for him to live after this, or to recover from a severe wound in his heart, and to rise. However, he writes a book and tries to help other people to be a support and find their own happiness in life [7]. Here are some of his tips below:

- first of all, try to think about yourself, separate the real need from your vanity;
- respect people for their unique characteristics? try to see
- look at life carefully; every minute our surroundings are changing;

- maintain an interest in the environment: regardless of the fatigue and boredom experienced by each of us over the years, they; slide back. Such action allows us to rejuvenate, to raise our spirits;
- learn to work with your body: it gives strength to avoid laziness;
- trust yourself! Loss of faith leads to illness, has a negative impact on any initiative. It prevents the realization of human potential, its development and happiness;
- Learn to sleep properly. Difficulty sleeping is a sign of violence, tension and weakness in the nervous system.

It is helped by complete relaxation of the body. It is a requirement of today's life for students to have a healthy lifestyle and a program to encourage it. For this, teachers must have knowledge from many scientific fields: philosophy, psychology, anatomy and physiology, medicine, hygiene, valeology, pedagogy, ethics, aesthetics, ecology, etc.

We offer advice from doctors on creating a healthy lifestyle:

#### *1. Use of sunlight.*

- Try to be in the sun as often as possible. Bathe in its rays to gently warm your body to the power. For this, make it a habit to stay in the sun for 2-3 weeks during vacation;
- eat plenty of garden plants and fruits that use sunlight. Especially use chlorophyll caps that grow in the sun. It is considered an essential food for both adults and children;
- make it a habit to depict the day in the activities of adults and children: drawing, decorating a room or interior, drawing on the wall, hanging pictures, listening to poems, poems, songs, etc.;
- during the walk, don't forget to talk about the very important function of the sun on human life, birds, plants and animals, and the general existence. Anyone can get a great impression from it.
- get used to using words related to the day often in communication with children. For example, "It's my day", "You are beautiful or shining like the sun today" etc.

#### *2. Rest in fresh air.*

- fresh air, first of all, gives oxygen to a person's body, cold air invigorates his body, the warm and gentle wind blows like a feeling of joy. That's why you should try to be in the fresh air more often: go for a walk, go to work or walk back from it, relax outside the city or village on Saturdays and Sundays. That is, it is necessary to try to be in fresh air 24 hours a day or rest with it;
- make it a habit to sleep at home with an open window, exercise in fresh air;
- let your clothes allow air to pass through your body, under no circumstances wear clothes made of synthetic material! Do not forget to take an air bath;
- don't forget to take the medical oxygen cocktail;
- regularly use breathing exercises ("deep breathing" according to P.S. Bragg), ("different breathing" according to G.P. Malakhov), ("deep breathing" according to K.P. Buteyko) During [2, 8, 9], changing the air without releasing it, etc.;
- Don't inflame your body with cigarette smoke! Do not forget to conduct active propaganda in your body about the harm of tobacco to human life. It is your duty to society.

#### *3. Use of clean water.*

- don't forget to use watery garden plants, feed: berries and nectar! Use only spring, silvered, magnetized, purified water. It is better to drink it about 15-30 minutes before eating, in case of thirst and with a drink using a plastic bottle, juice, as well as red wine with low concentration.
- definitely use water for your body: wash with cold water in the morning, take a shower with hot water in the evening, then rub your body with a clean and soft towel, pour water over the body, bathe in natural open water bodies and lakes, rivers, and get underwater massages don't forget.
- using pictures, poems, poems, songs on the theme of water is important to reduce fatigue of nerve roots and to treat it.

#### *4. Natural nutrition.*

It should become the main topic in the direction of the work of the class teacher "Healthy lifestyle", in various forms of educational work with parents, children and in the course of practical activities with them: cultural hikes, trips.

### 5. *Hungry.*

According to PS Bragg, the purpose of recovery is to bring the whole human body to a state of complete recovery, to revive and renew all its functions. This is because after fasting, blood circulation improves, life is prolonged, food is better digested, mental strength and physical strength are strengthened to cope with difficulties. That is, hunger is the way to inner purity of a person. Therefore, everyone can use the books written on the methodology and technology of starvation in creating their own health programs (for example, "Chudo holodaniya").

### 6. *Physical exercises.*

It is multifaceted. The healing properties of physical exercises have been known to us for a long time and it has been proven: it has a complex effect on the body, soul, and mind. J. J. Rousseau says: "Walking and movement contribute to the functioning of the brain and mind" [9]. So, in the rehabilitation program of teachers and educators:

- depending on the age and the deviation or development of body parts, they and the children should make morning, afternoon and evening "physical training programs";
- practicing physical exercises in sports clubs, clubs, fields, hikes; – wide coordination of physical exercises with sunlight, fresh air, fresh water and nature;
- sitting organized by "Physical minute and pause break" during the lesson. As the past experience of the school shows, the above-mentioned 3-5 minute "physical training break" is of special importance for students. During the lessons, it helps to prevent periods of fatigue and paralysis, and for that, it helps to activate the blood circulation process, and the mental processes of the students are significantly activated;
- using game elements and artistic-aesthetic tools during the lesson has many benefits. This has a positive effect on the development of the students' mental and emotional activity.

7. *Good rest.* This will be different for everyone. Some people want complete peace, others want freedom, others want to do what they love: travel, hiking, dance parties. They allow, especially, to get rid of the habit of daily sitting work, to make simultaneous movements; – a daily routine of physical training, sleeping, going for a walk, etc. make it a habit to take short-term vacations or to go out into nature once a week with the family, and to take a vacation once a year on the shore of a river, lake, or among forests and groves; – in relationships with people, in the family, at school, in nature, in cultural places, in your inner being and outer appearance: your clothes, hair, behavior, let goodness and beauty go hand in hand. All this should be reflected in the individual program.

### 8. *Good posture.*

- walk straight, turn straight, sit, never cross your legs. Keeping the head straight forward, pulling in the stomach... This is not only the aesthetics of a person's appearance, but also plays an important role in the proper functioning of body organs (brain, lungs, heart, lungs, intestines, neck and back vertebrae, joints);
- "I am a man", "I have something to be proud of!", "Everything is fine with me"... Such a good shape and figure can make anyone happy, make them feel happy, and have the opportunity to be happy. Willingness to live and love will appear. This should be one of the main tasks for educators.

**Results and discussion.** A healthy lifestyle is formed in an integrative way and depends on human actions. A healthy way of life is the ability to maintain self-control in public organizations in order to satisfy the household daily life, material and spiritual forms, respect social order, do not speak excessively, do not engage in inappropriate politics, do not slander any people, do not compare someone to someone, consider yourself smart. , seeing others as idiots, nurturing relationship between parents and children, keeping clean hygiene, eating rationally, avoiding bad habits, playing sports, etc.

Maintaining a healthy lifestyle is one of the goals of every citizen. It is better to actively promote healthy lifestyle. It is our duty to establish cleanliness and freshness, especially among the young generation. That is why one of the main tasks is to prevent children from getting sick, to take

care of their health, to lead a healthy lifestyle, to develop hygienic skills, to improve their physical and mental health, to raise their abilities, to teach parents and children to recognize each other, to respect elders. subject is included.

Health is considered the primary kind of riches. However, the majority of us don't appear to understand or feel the weight of this phrase—the duty burden. It pleases our ears and ourselves the instant it is stated. We both concur. We will then carry on spreading the word. So, we suffer from an incurable disease every day. "Fake moon!" we lose heart and start to despair of life. "The soul was better than the body, the body should have bowed to the soul," said grandfather Abay. No, we didn't do that, we made a lot of noise and crowed like crows. The soul was ruling us in our youth. When we grew up and gained strength, we didn't let it go, the soul bowed to the body. we were rude, we didn't care about anything, we didn't believe anyone who cared.

The soul is more than the body, and we are tired of seeing only what our eyes can see. The soul possesses the power. But the power is not in the soul, but in the body, regardless of how long or short our lives are... yesterday, today, and most likely tomorrow. If nothing else, at least why not protect the oneness of soul and body for your family and yourself—after all, they wouldn't be whole without you?

Health is a combination of physical, spiritual and social well-being. It is not wrong to say that regular strengthening of the body, fitness, raising the quality level of the mind, heightening the field of intelligence, strengthening your spirit – everything serves health. The current socio-economic situation, the decline in the standard of living and the environmental inconvenience have a negative impact on the health of the entire population of the Republic of Kazakhstan, especially the younger generation. The President's message to strengthen the health of the citizens of Kazakhstan and encourage a healthy lifestyle can be said to be gold plating, which leads to the future of young people who hold the key to sovereignty.

The adage "a healthy person is the most precious fruit of nature" is not unfounded. Morbidity and mortality rates have risen in our contemporary civilization while natural population growth has declined. Particularly at risk is the health of children and youth. Commonplace are behaviors such as smoking, drinking, abusing drugs or other substances, abusing alcohol, having sex too young, and immorality. According to the experts of the World Health Organization, 49-50% of population health depends on lifestyle, that is, how a person treats his health, 17-20% depends on environmental features. In addition, the main health risk factors include: decreased movement due to a decrease in motor power (hypodynamia), increased body mass, unhealthy nutrition, pollution of all environmental objects with many toxic substances, stressful conditions in production and life, harmful habits – smoking, alcohol use. , high prevalence of drug addiction.

In conclusion, Academician N.M.Amosov said: "For your health to be strong, you need to have your own strength, it cannot be replaced by anything" [7]. Friends, we are the future of our sovereign country. People themselves are to blame for bad habits in society. We should be able to keep away from such strange and bad habits, show tolerance, perseverance, and maintain high moral qualities. If we want our future to be bright and the future of our country to be bright, let's stay away from drug addiction, AIDS, alcohol and tobacco, find a way to get rid of this darkness in our society, and promote a healthy lifestyle in order not to lose our future, our nation, our origin.

**Conclusion.** Creating a healthy lifestyle is a long process, but it is one of the ways to maintain and strengthen real health. It significantly increases the responsibility of students to take care of their health. Professor V.V. According to Kolbanov, health education should be based on the word health for education, and education for health. Scientists of the Allied countries J.Zh.Rousseau, A.N.Radishev E.E.Lunina, E.I.Weiner, N.B.Zakarovich, L.A.Karataeva, S.A.Korochkina, V.V.Kozhanov, N.N.Volokov and many other scientists will be the basis for their research and the main direction for the thesis. Health science studies the issue of education and training of a person with a stable life attitude of health and healthy life at different age stages. Determination of the pre-nosological state by studying the physiological changes in the human body, their interaction,



morphological and functional stability that provides adaptive reactions to the body's response to the environment. The level of health of people was evaluated by simple physiological indicators that describe the functional state of the cardiovascular system. There are many factors that affect the health of students, so it is necessary to teach them a healthy lifestyle. Formation of a healthy lifestyle is one of the main issues in the educational process. This issue is not being raised for nothing. This is because 57% of men, 34% of women, 40% of young people smoke cigarettes, and 65% of adults regularly drink vodka. 17.5% of schoolchildren are addicted to drugs. Bad environmental conditions today cause 20% of human deaths. That is why the relevance of our research is determined [2, 8, 9].

Formation of healthy people who live a long and happy life in the society on the basis of formation, preservation and strengthening of health. Creating methods aimed at strengthening and maintaining health, studying the interaction of people with the environment and various natural processes, social and psychological factors. The goal of our research work is to create healthy people who will live a long and happy life in the society based on the formation, maintenance and strengthening of health. Thus, by studying the interaction of people with the environment and various natural processes, social and psychological factors, creating methods aimed at strengthening and maintaining health. As a result, we set the following issues as our tasks:

- To determine the theoretical problems of forming a healthy lifestyle in students.
- To determine the possibilities of forming a healthy lifestyle of students during the learning process.

A healthy lifestyle is the key to maintaining and strengthening health, it affects the formation of a well-rounded citizen, his spiritual and physical development. The strength of health and healthy life of our future generation is directly related to the personality of the school teacher and the degree of his/her theoretical and practical training at the higher educational institution. In this regard, the implementation of the system of formation of a healthy lifestyle of educators should be considered as an integral part of the professional training of future teachers. Today, the need to train future teachers taking into account the implementation of the system of keeping students away from bad habits, and the lack of scientific and theoretical analysis of this problem, and the demand to ensure the professional training of future teachers at a sufficient level from a scientific and methodological point of view, and until now, the science of pedagogy we noticed that there are contradictions between not being considered as a system.

The problem of the continuity of education for a healthy lifestyle with other educations is also mentioned in the works of Central Asian and Great Steppe scholars. Among them, Al-Farabi, a special person, gives guidance on the issue of education, and in his work entitled *Social-Ethical Treatises*, he knows how to improve the child's body, recognizes the best qualities in him, educates good character traits, and focuses on the need for constant self-development. Introducing the concept of physical health, he believes that the following three qualities should be present in the education of every person: physical, spiritual and mental strength. Well-known figures of the country Sh.Kudaiberdiev, A.Baitursynov, M.Dulatov, M.Zhumabayev, Zh.Aimautov, S.Toraygyrov, O.Tileukabyluly, etc. Health problems are proven by the traditions of the people, the heritage of the people, and they focus on its value direction. In recent years, a number of documents, laws, and concepts related to youth education have been published. These principles are currently considered one of the main rules of education in Kazakh pedagogy. Recently, great political and world changes are taking place in our society. In connection with this, it is a natural phenomenon that people's lifestyle, consciousness and customs undergo changes. That is, we should think about the questions that our generation will live according to a new way of life in the future, create a theoretical basis for it, and pay attention to educating our youth in that direction.

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