

HEALTHY LIFESTYLE AND ITS CONSTITUENT FACTORS

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DOI: 10.5958/2278-4853.2022.00284.1

ABSTRACT

When implementing valeology-a healthy lifestyle, another question, if any, is the importance of psychological psychological training in the formation of a healthy lifestyle. In this regard, every person, trying to live in accordance with the requirements of a healthy lifestyle, should be ready from a psychological point of view to develop a desire in him. Consequently, changing the doctrine of a healthy lifestyle is of great importance for a person's conscious approach to this issue, conscious regulation of his behavior and achievement of the intended goal, overcoming the obstacles he faces at the same time (such as doubts, fears, distrust), relying on will. the conscious realization of the psycho-emotional state remains a key issue in the formation of a healthy lifestyle.

The article examines a healthy lifestyle and its constituent factors.

KEYWORDS: Sport, Physical Education, Healthy Lifestyle, Valeology, Nutrition Factor.

INTRODUCTION

In many countries around the world today, people are running to improve their health. Running for healing has now been tested, and folk wisdom has laid the groundwork for its use. It is no coincidence that less than 3,000 years ago on the Forum wall in Hellas (Greece) was written: "If you want to be strong - run, if you want to be beautiful - run, if you want to be smart - run." This is now confirmed by scientific research.

Knowing how to live and work is great enlightenment. Life honors quality, productive, meticulous performers. The proverb "If you work, you will enjoy" defines the demands of everyone's life. Today's market economy lives by established rules, which require theoretical knowledge, such as diligence and business acumen, proper rest, quick and good rest.

The science that studies health is "valeology". This term was introduced in 1982 by I. I. Brekhman introduced into science. "Valeology" is a Latin word meaning "Valeo" - to be healthy, to be healthy. This means that valeology studies the state of health of a healthy person. Valeology as an integrative science uses its methods and evidence in order to improve people's health in close connection with hygiene, epidemiology, normal physiology, medical psychology, pedagogy, ethics and ecology, as well as other social sciences. And in this place, every teacher should be an expert on the human psyche. Only then it is possible to change a person's outlook on health in the formation of a healthy lifestyle. It is possible to maintain its healthy life expectancy.

Health warning.

We begin to achieve better results if each of us thinks at least a little about life, life expectancy, life and health. Almost everyone sooner or later has a health problem. Because diseases and accidents are the main cause of death among people, and premature death occurs in almost all cases. A person deprived of health is always left alone in the face of diseases and their terrible consequence – death. One bitter truth in life is that everyone's health is not needed by anyone but himself, and no one cares about it except himself. To a certain extent, parents, children, and close relatives can take care of his health. But even their grief in most cases may not turn into anything other than sympathy and regret.

In many cases, according to the understanding developed by each person in this matter, the main pillar of human health is the available medical service, to which a person turns primarily in case of illness and lives all his life relying on this service. It is quite natural to wonder whether the formulated understanding of anashu is correct or not. Medicine has great potential when it comes to health wishes that are not true. But health is not always and all life can be preserved with the help of medical procedures. This is absolutely impossible. Medicine can be used in emergency cases-for example, in case of an accident, unfavorable working or living conditions, as well as in case of deterioration of health due to a personal mistake. Therefore, it is necessary to develop the habit of never considering medical care as a type of household service, but as a type of emergency care. In addition, at present it is necessary to pay good money to receive high-quality medical services.

The main factors that ensure human health.

We will need to know the main factors that make up our daily life, ensuring its viability, and put them in a certain order. The main ones are:

1. *Nutrition factor.*
2. *Factors of movement.*
3. *Biotic factors.*
4. *Sexual, hereditary and family factors.*
5. *The reciprocity factor.*
6. *The factor of acquired bad habits.*
7. *Factors related to environmental pollution.*
8. *Technology and factors of life development.*
9. *Factors of unconsciousness, illiteracy and unskillfulness in the matter of health.*

The nutrition factor.

Food is one of the battles for life, and jamiki is the main problem faced by the creature. People are no exception. It is clear that the daily worries and the main goal of primitive man is to find food and saturate the stomach. According to reports, their main occupation in the field of nutrition was cattle breeding. That is, primitive man was prolific in his basic food.

They obviously didn't know how to collect food, looked for food when they opened the snow, and E until they were full when they found it. Since finding food is difficult and tedious, it is not difficult to imagine that they are hungry for several days. In such times, they lived at the expense of the internal capabilities of their body.

Factors of movement.

The need of primitive man to find food and feed his stomach forced him to move, walk for a long time, run, climb trees, climb mountains, cross water, climb over edges, get along with animals. For each piece of food, sometimes you had to move for several days. They had to run a lot, move around not only to find food, but also to escape from predators, to save their lives. Just as anashu's work regulated the metabolism in his body, improved the functioning of internal organs, ensured joint mobility and served to form an incredibly important support system called endurance.

Biorhythmic factors.

Another key factor that led to the improvement of the human body in the process of evolutionary development, to ensure its viability, is the regularity of periodicity, orderliness in nature. Day and night, the almost simultaneous repetition of the seasons, periodic changes in biological activity and attenuation during the day, week, month, year, changes in the position of the Sun relative to the Earth, magnetic field, etc. have formed important patterns in the body of all living things on Earth, including humans. Also, changes in the activity and lethargy of our body occur during the week, month, year, and this phenomenon is called biorhythmic phenomena. According to scientists, there are more than 300 such biorhythmic phenomena in the human body. It should be well understood that biorhythms are the result of an extremely complex protective process that arises as a result of ensuring that the human body, its organs and tissues survive in accordance with natural phenomena. That is why the organization of our lifestyle in accordance with the rhythmic changes in nature is another important requirement of a healthy lifestyle.

The Reciprocity Factor.

Humanity in the course of its development was formed not only as a biological being, but also as a social product.

The relationship is conditionally divided into two inextricably linked parts. These are both family relations that have arisen as a result of the formation of a family, and social relations that have arisen as a result of the formation of society. Both of these factors are the most important and powerful factors affecting human health. This primarily affects the human psyche. On the other hand, the psyche is directly related to health. With a high mental state of a person, such vital processes as the movement of blood through the vessels, the activity of internal organs, and metabolism in cells proceed well. The mood is good, the efficiency is high. On the contrary, during depression, vital processes in internal organs and cells slow down. A person becomes capricious, indifferent to events and events that do not have access to work. The chronic course of this condition leads to diseases.

The Factor Of Acquired Bad Habits.

Historical evidence suggests that bad habits have been a long-standing companion of mankind. At the same time, one more thing is clear: as human society develops, these bad habits also began to occupy more and more space in his marriage.

Money, wealth, cattle-heads who adore the world, following in the footsteps of the devil, lead society to a dangerous abyss called drug addiction. The consequences of this range from personal and family problems related to diseases and genealogical disorders, to social problems related to crimes and the complication of relationships. Therefore, at present our movement towards health should be aimed at the complete exclusion of bad habits from our marriage, at combating them.

Factors Related To Environmental Pollution.

The association of people into gangs, tribes and clans leads to the fact that they are partially grouped and live in small territories. And the fact that many people live in a cluster is the cause of pollution of the places where they live. It is unlikely that both primitive man and conscious and rational man solved this problem by frequently changing habitats. In any case, they have gone through a long process of development until they learned about the safety of physiological and agricultural waste generated in their daily lives.

However, the emergence of cities has significantly deepened this problem. Just like the pineapple process, we know well from history that due to the fact that the majority of the population is concentrated in relatively small territories, as well as due to the accumulation of waste generated in their families, various infectious diseases spread among the population in the form of epidemics, causing illness and death among them.

Obviously, to solve these problems, we consider sanitary and hygienic literacy, that is, cleanliness, as well as compliance with cleaning measures, to be one of the main requirements of a healthy lifestyle.

Техника и факторы жизненного развития.

Archaeologists claim that the vast majority of people who lived 50-100 thousand years ago received serious injuries (most often bone fractures) at the age of 30-35 years, and this circumstance was the main cause of death among them. It's easy to imagine. The main cause of these injuries was hunting wild animals or encountering predators. Among them are falling from mountain rocks, trees, falling into tides, as well as weather inconveniences.

In addition, the spread of infectious diseases by road, river and air transport is increasing, which means that these vehicles also contribute to the movement of the disease from one region to another.

Factors Of Unconsciousness, Illiteracy And Lack Of Qualifications In The Matter Of Health.

At first glance, it seems that the issue has been resolved by defining the basic requirements of a healthy lifestyle. But the most important requirements in this area are still ahead. This requirement is that each person has extensive knowledge and understanding in each of the areas that we have listed above, and applies this knowledge in their daily lives. If each of us does not have the knowledge and experience in the above areas, there is almost nothing we can change.

The same is true with human health and its strengthening – knowledge about a healthy lifestyle, as well as with unskilled skills. Only because of our unconscious, the unconscious in this area in most cases, our head stops hurting, and the body suffers. In some cases, we destroy our dear life.

Therefore, the most important requirement is that everyone has the knowledge and skills to take care of their body, as well as apply them in their daily lives. Without this, it is generally impossible to achieve any results in terms of health and longevity.

CONCLUSION

So, based on the above factors, a healthy lifestyle can be characterized as follows. a healthy lifestyle is a lifestyle aimed at preserving and strengthening health by organizing daily life based on biological and social laws.

Now we have the opportunity to sum up our thinking, to outline the directions of a healthy lifestyle. Taking into account the above biological and social factors, the directions of a healthy lifestyle can be determined as follows:

- Proper and rational nutrition.
- Active lifestyle and bodybuilding.
- Organization of the day and working hours based on biorhythmic patterns.
- Sexual, hereditary upbringing and a healthy family.
- Normalization of relations.
- Abstinence from bad habits.
- Compliance with cleanliness and purification measures.
- Caution in case of accidents and injuries.
- Acquisition of knowledge and skills of a healthy lifestyle.

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