

# Acmeological Approach to the Formation of Healthy Lifestyle Among University Students

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## ABSTRACT

The article presents an analysis of the formation of a healthy lifestyle of students in the conditions of the reform of the higher education system, gives a pedagogical interpretation of a healthy lifestyle, and formulates the conditions for using the acmeological approach to the formation of a healthy lifestyle of students. The analysis of the essence of health as a concept is carried out and on the basis of this it is shown that health is: human value; harmony of mental and physical well-being; a system of attitudes and motives for human behavior in a social environment; normal functioning and activity of the body; the presence of a stable psycho-emotional sphere of a person to life; physical and mental performance of a person; resistance to various factors of life. Acmeological conditions are shown that contribute to the formation of a healthy lifestyle of subjects of the educational process.

**Keywords:** acmeology, healthy lifestyle, health care, prevention, student youth, formation, education, activity

## 1. INTRODUCTION

In the Republic of Uzbekistan, traditionally, much attention is paid to supporting a healthy lifestyle of the population. The social policy implemented during the years of independence takes into account the specifics of the transition period, the mentality and moral values of the country's population.

Among the most important social tasks is the achievement of well-being and free comprehensive development of all members of society, strengthening the health of the population and increasing the duration of active life.

President of Uzbekistan Shavkat Mirziyoyev approved the concept and program of measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population for 2019-2022 by a decree of December 18 [14].

The document says that there is no effective system of coordination of preventive measures to protect public health in the country, which does not allow the use of

coordinated measures to maintain a healthy lifestyle, maintain a healthy diet and physical activity of citizens.

In accordance with the document, a Center for supporting a healthy lifestyle and increasing physical activity of the population, which is a part of the Ministry of Health, will be established on the basis of the Republican Educational and Scientific Center of Dietetics at the Tashkent Medical Academy, with territorial departments in all regions of the country.

The center will implement targeted programs for the formation of a healthy lifestyle, prevention and control of non-communicable diseases and their risk factors, conduct mass events to promote a healthy lifestyle, combat harmful habits, develop the medical culture of the population, and integrate the physical culture and sports mass movement with preventive medicine.

The resolution defines that from now on, one of the criteria for evaluating the effectiveness of the heads of state bodies and organizations is to support a healthy lifestyle of a team of employees and create the necessary conditions for increasing their level of physical activity.

In addition, the requirements of clinical protocols, standards and recommendations of the World Health

Organization on arterial hypertension, diabetes, asthma, chronic obstructive pulmonary disease and other non-communicable diseases will be implemented in the practice of all primary health care institutions. As well as, mechanisms for continuous assessment and improvement of the quality of medical services to the population through a system of supportive supervision will be introduced. Electronic health profiles on risk factors and non-communicable diseases will be maintained for each patient.

In state bodies and organizations, industrial gymnastics exercises will be held during the working day and at least once a week — health day. On this day, employees will participate in sports and mass events (running, swimming, football, volleyball, basketball, tennis, and others). It is planned to hold sports competitions regularly in popular sports and other sports and mass events among employees to perform industrial gymnastics exercises, state agencies must set special breaks due to the technology, organization of production and working conditions that are included in working hours.

It is planned to conduct special tests "Alpomish" and "Barchinoy" among the population for compliance with sports standards and state requirements for the level of General physical fitness, as well as sports competitions among various age groups of the population.

In order to promote physical culture and sports among the population, especially young people, sports facilities and equipment must be accessible to the General population. The educational programs of educational institutions will include measures to promote a healthy lifestyle and ensure physical activity of students. The sale of unhealthy food will be prohibited on the territory of educational institutions.

## **2. THE ESSENCE OF THE ARTICLE**

Based on this, in this article we consider the issue of acmeological approach to the formation of a healthy lifestyle among students of the faculty of physical education in higher education institutions.

A healthy lifestyle is a way of life aimed at preventing diseases and promoting health. This includes all areas of human existence—from nutrition to emotional state. A healthy lifestyle is a way of life aimed at completely changing previous habits related to food, physical activity and rest.

The relevance of a healthy lifestyle is due to the increase and change in the nature of loads on the human body due to increased risks of technogenic and environmental nature and the complexity of the social structure. In the current situation, concern for the health and well-being of the individual is related to the survival and preservation of the human species.

It is known that the concept of "*acmeology*" comes from the Greek word "*acme*", which means the highest point, flowering, maturity, the best time.

Acmeology considers the issues of regularities of self-realization of the individual's creative potentials in the process of creative activity on the way to higher achievements (peaks); factors, objective and subjective, that promote and hinder the achievement of peaks; regularities of learning the peaks of life and professionalism in activities; self-education, self-organization and self-control; regularities of self-improvement, self-correction and self-organization activities under the influence of new requirements of the society [1].

In the dictionary definition, A. A. Reana, 2002, V. Toloček, 2005, acmeological conditions are considered as significant circumstances on which the achievement of high professionalism of the individual and activity depends.

From the point of view of acmeology, the essence of health is defined in a new way: health is the integral integrity of a person, which is manifested in the optimal unity of the social and biological aspects of the development of individuality in specific conditions of life based on the priority of spiritual and moral values.

The acmeological-valeological goal of education is a healthy person. A healthy person is the goal and result of school and university education. A healthy person is capable of actively realizing his potential, of creatively forming individual programs of a healthy lifestyle, of manifesting volitional efforts in abandoning bad habits. A healthy person is capable of creative self-realization in society, of creating new material and spiritual values that have social significance. A healthy person is capable of the most complex transformation of herself in order to preserve herself and extend her working capacity.

The problem of strengthening and preserving health has a significant history in pedagogy; its theoretical and organizational issues have been widely studied in the last decade. However, despite the multi-aspect scientific search for a solution to this problem in the higher education system, the state of health of students and teachers leaves much to be desired, which suggests that human health is under its own control.

Such pedagogical areas as a personal orientation in teaching, the development of subject-subject relations, which allows orienting the personality to the issues of health care, to identify an individual trajectory of formation of a healthy lifestyle lead to the search for scientific bases of formation healthy lifestyle of subjects of the University educational process.

The analysis of the essence of health as a concept showed that health is: the value of a person; the harmony of mental and physical well-being; the system of attitudes and motives of human behavior in the social environment; normal functioning and activity of the body; the presence

of a stable psycho-emotional sphere of a person to life; physical and mental performance of a person; resistance to various factors of life.

Versatile view on the interpretation of "health" has allowed us broadly from different perspectives to consider certain aspects of this concept: consistency and making commensurate soul with body, the adaptive capacity of the person to environment, opportunity, opening of creative potential of personality. Thus, the concept of "health" includes medical, philosophical, psychological, pedagogical and social aspects.

Students are the part of the population that is most overloaded by the increasing pressure of the information society. This situation leads to a deficit of the morpho-functional system of the body, mental and physical development, biological, psychological and social disadaptation in the process of learning and socialization.

Healthy lifestyle (HLS) is an important factor in health: it increases labor activity, creates physical and mental comfort, activates the vital position, the body's defenses, strengthens the general condition, reduces the incidence of diseases and exacerbations of chronic diseases [3].

The concept of a "healthy lifestyle" is a dynamic phenomenon and has not yet been clearly defined. Healthy lifestyle includes such concepts as "health", "public health", "lifestyle", "healthy lifestyle", "hygiene and prevention", and "healthy lifestyle". There are several definitions of health in the literature: Health is a complex and, at the same time, integral, multidimensional dynamic state that develops in the process of realization of the genetic potential in a specific social and environmental environment and allows a person to carry out his biological and social functions to varying degrees[4]

Health is a process of preservation, development of physical properties, mental and social potentials, the process of maximum duration of a healthy life with optimal working capacity and social activity [11].

V.A. Frolov identifies the concept of "public health", considering it as a statistical one, characterized by a complex of demographic indicators: birth rate, mortality, level of development, morbidity, average life expectancy, and also socio-biological indicators.

Yu. P. Lisitsyn considers the concept of "public health" as the health of groups (age-sex, social, professional, etc.) of the population living in a certain territory, in different countries, regions. Public health, from the author's point of view, is the result of socially mediated actions, manifested through a person's lifestyle, population groups. V. I. Kurbatov defines public health in this way - this is such a state, such a quality of society, which provides the conditions for an active, productive lifestyle.

Our great compatriot Abu Ali Ibn Sino (980-1037) is one of the founders of the science of human health. The outstanding work of the scientist "Canon of Medicine" is permeated with ideas of maintaining and strengthening health. In the Canon, the section "On maintaining health"

is especially highlighted, where the influence of the environment, diet, lifestyle and other factors affecting the body are noted. The idea of maintaining health was laid down by the scientist already in the very definition of the concept of medicine. As Ibn Sino states, "Health is the ability or condition due to which the functions of the body designed to perform them turn out to be impeccable". The scientist considered a person to be in close relationship with his/her environment and health to be influenced by environmental factors.

A healthy lifestyle is a sociological concept that characterizes: a) the degree to which the potential of a particular society (individual, social group) is realized in ensuring health; b) the degree of social well-being as a unity of the level and quality of life; c) the degree of effectiveness of the functioning of a social organization in its attribution to the value of health.

A healthy lifestyle is the implementation of a set of actions in all the basic forms of human activity: labor, social, family-household, leisure. In a narrowly biological sense, we are talking about the physiological adaptive capabilities of a person to the effects of the external environment and changes in the conditions of the internal environment.

Authors writing on this topic include different components in the healthy lifestyle, but most of them consider the basic ones:

- early childhood education of healthy habits and skills;
- environment: safe and favorable for living, knowledge about the impact of surrounding objects on health;
- giving up bad habits: smoking, drug use, alcohol use.
- nutrition: moderate, corresponding to the physiological characteristics of a particular person;
- awareness of the quality of consumed products;
- movement: physically active life, including;
- body hygiene: compliance with the rules of personal and public hygiene, possession of first aid skills;
- hardening.

A person's physiological state is greatly influenced by his psycho-emotional state, which, in turn, depends on his mental attitudes. Therefore, some authors, in particular G.S. Shatalov also distinguish additionally the following aspects of healthy lifestyle:

- emotional well-being: psycho-hygiene, ability to cope with one's own emotions;
- intellectual well-being: the ability of a person to recognize and use new information for optimal actions in new circumstances;
- spiritual well-being: the ability to set and strive for really meaningful, constructive life goals, optimism.

Health - a state of a living organism in which the body as a whole and all organs are able to fully perform their functions; lack of ailment, disease. It can be defined as a dynamic state of the body, characterized by complete psychophysical and social harmony in normal (not extreme) conditions of life.

Therefore, the effectiveness of solving educational problems in higher education is determined not only by the quality of training, but also by carrying out complex

measures to preserve health and accumulate the psychophysical potential of the future specialist. In this regard, it is necessary to search and implement ways of improving health-saving activity of students with the goal of creating a sustainable motivation of health care, knowledge about health, physical culture as a way to strengthen its skills to apply knowledge in practice, experience of health care.

The teaching staff of a higher education institution requires no less attention in solving health-saving problems. Teachers who have a good state of health have great opportunities in their professional activities, as well as outside it, to solve professional and life tasks qualitatively and achieve their own "acme".

Health care involves a system of measures that ensure the harmonious spiritual and physical development of the individual, the prevention of diseases, as well as activities aimed at preserving and improving their health. Considering this point of view, we identified the personal aspect of health care - attitude towards their health as values, which is expressed through interest - electoral attitude, motive, like motive, emotion as a mechanism for the experiences, relationships, and attitude as a readiness enabler.

The formation of consciousness of a healthy lifestyle in Uzbekistan among students is carried out through a system of higher and secondary special education; the system of family education, through the instillation of family and national values; purposeful activity of state and non-state systems. There are economic, social, anthropogenic, political, historical, pedagogical, psychological, national-mental and integrated factors in the formation of consciousness of a healthy lifestyle.

*Economic factors:* the economic factor has two main facets. Firstly, the formation of a healthy lifestyle consciousness requires targeted costs. Take Uzbekistan as an example, here the promotion of a healthy lifestyle has been raised to the level of issues of national importance. The issue of a healthy generation is equated to the issue of national importance. Certain budget items are spent annually on the maintenance and improvement of the health infrastructure. On the other hand, the consciousness of a healthy lifestyle is a fact directly related to the living conditions of a person and his economic opportunities. Consequently, the emergence of certain social diseases, such as anemia, tuberculosis, is associated with the family budget and its priority distribution. Consequently, the economic growth of society and family is the basis for improving the conditions of a healthy lifestyle. Here we see that the formation and raising of consciousness of a healthy lifestyle is directly related to the same extent with the attention paid by the state to the problems of healthy lifestyle, and with the economic opportunities of both the individual and the capabilities of the family.

*Social factors:* A person lives in a public environment, is a social phenomenon, in this regard, the social values available in society exert their influence on the person. Such an influence can be both positive and negative. The

role of the social factor in the formation of man, in the formation of his consciousness is enormous. Also, from a pedagogical point of view, the attitude shown by society towards the consciousness of a healthy lifestyle is very important, which is assessed as one of the main factors in this area. If the environment surrounding the student is based on the values of health, the formation of a healthy lifestyle consciousness in it is much easier and more effective, and if not, then the result will be corresponding.

*Anthropogenic factors:* Today, the consciousness of a healthy lifestyle cannot exist without the influence of anthropogenic environmental factors. Anthropogenic factors, in connection with a conscious or unconscious human activity, lead to huge changes in the environment. As a result, human living conditions also change. In this regard, human consciousness is not only a socio-psychological phenomenon, environmental, natural and genetic factors are becoming important in its formation. All human properties that characterize him as an anthropogenic creature leave their marks on the consciousness of a healthy lifestyle. Political factors: The process of formation of consciousness of a healthy lifestyle depends not only on the level of the educational system, but also is related to the attitude to the issue under discussion, and the political will of the existing political system to this current issue. If the state does not support the development of a healthy lifestyle consciousness from a financial, economic and social point of view, the formation of a healthy lifestyle consciousness will begin to limp among the general population. Therefore, the level, degree and quality of the formation of consciousness of a healthy lifestyle also depends on its alternative development and focus.

*Historical factors:* a healthy lifestyle consciousness is considered a historical phenomenon. For, as soon as mankind has formed as a social phenomenon, he is interested in issues of his own health, the rules of protecting health, the rules of achieving longevity. The issues of consciousness of a healthy lifestyle were an integral part of all ancient civilizations. In particular, Greco-Roman, Ancient Chinese, Ayurveda, Sogdian cultures, Egyptian culture, as well as all existing religious faiths (Christian, Jewish, Buddhist, Islamic). Back in those days, various aspects and recipes for protecting human health, primitive skills in the provision of medical care were developed. Therefore, all the accumulated knowledge and experience gained today in the formation of a healthy lifestyle consciousness is an integral part of the modern healthy lifestyle consciousness.

*Pedagogical factors:* the consciousness of a healthy lifestyle is effectively formed only in the process of a focused pedagogical process and can give pedagogical results. Since this is the case, in order to transform the consciousness of a healthy lifestyle into a mass consciousness, it is necessary to form a focused, continuous, systematic pedagogical process. Without this pedagogical process, it is impossible to form a full-fledged consciousness of a healthy lifestyle. The pedagogical aspect of the consciousness of a healthy lifestyle manifests itself in peculiar pedagogical concepts, means, methods,

and also used pedagogical forms. Consequently, our time dictates the need to develop a unified pedagogical standard and methodology for the formation of a healthy lifestyle consciousness using modern pedagogical innovations, as well as taking into account current conditions and wide-ranging reforms in Uzbekistan aimed at creating a democratic civil society, modernization, liberalization and democratization.

*Psychological factors:* each person has his own unique character traits and features. Human psychology is the aspect that creates this feature and originality. Without taking into account the psychology of man as a person, it is impossible to determine the urgent tasks and priority directions of forming the consciousness of a healthy lifestyle of a given person. Therefore, in the formation of consciousness of a healthy lifestyle, special attention must be paid to the factor of human psychology. National-mental factors: in the structure of national values, rituals and traditions, moral and ethical standards and aesthetic views of every nation, every nation, initially there are ideas of consciousness of a healthy lifestyle. As part of Uzbek national values, such aphorisms as "In a healthy body - a healthy mind", "Health is an invaluable gift", "Health is more valuable than gold" have been absorbed in the minds of our ancestors since ancient times. Consequently, the systematization and streamlining of all knowledge and experience about the health and consciousness of a healthy lifestyle, accumulated in the system of national values of our people, is of particular importance. Integrated factors: The pedagogical process of our time requires the integration of various social spheres. The system of pedagogical sciences and the scale of its aspects branch out from day to day. Without using such areas of pedagogy as acmeology, andragogy, defectology, didactics, as well as applying pedagogical innovations and interactive teaching methods in the structure of consciousness of a healthy lifestyle, it is hardly possible to effectively form a consciousness of a healthy lifestyle. Consequently, the process of formation of consciousness of a healthy lifestyle can give the desired success through the planned orientation of various social and pedagogical aspects to the studied goal [5].

Studies of health problems of educational subjects are revealed in the works of many scientists [2-5]. It was determined that students and teachers of the University have diseases of the visual organs, respiratory, cardiovascular, nervous and digestive systems, and the musculoskeletal system. In this regard, the formation of a healthy lifestyle, physical development and self-improvement of subjects of the educational process of the University is particularly relevant.

### 3. CONCLUSION

Health is one of the most important components of human development, the right of the individual to be inviolable. It is well known that in our society, human health, physical fitness and a culture of healthy lifestyle are the most important social values. Ensuring the health of the nation,

Despite the changes taking place in the education system, the transition to a multi-level system of teaching students, the functions of physical education at the University still have a health-saving basis. Proper organization of the process of physical education, the choice of adequate means and methods aimed at improving the level of physical development, strengthening and preserving health, health-saving activity contributes to the acquisition of knowledge about a healthy lifestyle, skills and experience in applying the acquired knowledge in practice. Therefore, it is necessary to improve the process of physical education at the University, as one of the conditions for the formation of a healthy lifestyle of students and teachers.

- Bukhara State University has created acmeological conditions that contribute to the formation of a healthy lifestyle of the subjects of the educational process:
- Organization of University-wide scientific events (annual international scientific and practical conference of students, masters, doctoral students and young scientists "Education, science, innovation-the contribution of young researchers", section: "Actual problems of physical culture and sports»);
- Organization of University-wide sports events (Games of students and faculty, competitions in football, volleyball, basketball, chess, table tennis, etc.);
- Organization of University-wide sports and health holidays;
- conducting General University, faculty and Cathedral methodological seminars on health problems, for example, a methodological seminar of faculty supervisors on the topic "Formation of a healthy lifestyle among students and teachers of the University", etc.;
- attracting students and teachers of the University to regular physical education classes (classroom classes for students, extracurricular sports classes for students and teachers: volleyball, basketball, table tennis, badminton, chess, weight training, swimming, etc.);
- Use of active learning technology as a basis for forming attitudes to a healthy lifestyle of subjects of the University educational process (methods: "open space", "Moderation", "Workshop of the future", round table, etc.);
- Organization of constructive interaction between students and teachers in the educational process aimed at forming a healthy lifestyle;
- monitoring the impact of acmeological conditions on the formation of a healthy lifestyle.

the preservation of the gene pool of the nation will be solved positively due to a healthy lifestyle.

These are all social institutions of society; to the family, educational institutions, mahalla (local neighborhood) and independent education to raise awareness of the essence and meaning of healthy lifestyle to the citizens of our society, to educate young people in a vibrant and knowledgeable, harmonious manner.

Healthy Lifestyle (HLS) is the process of the formation of a fully developed personality, which can easily lift heavy physical and mental stresses, extremely dangerous and harmful factors. Philosophical and social hygiene literature has lately been focusing on the issues of healthy lifestyle. The motivational aspects of this issue are exploring the socio-psychological, medical-hygienic, economic, and personal aspects.

However, the methodological problems and socio-hygienic criteria of healthy lifestyle are not sufficiently studied in the specifics of some regions, climatic and geographical conditions, and ethnic features of the population culture.

The Model of the National Concept of HLS allows the population of the Republic to carry out the process of forming HLS in a consistent and scientific manner, increasing its effectiveness. People will have the opportunity to compare and make appropriate changes to their existing lifestyle, hygiene behaviors as well as their medical culture and activities.

As we know, as we struggle for the future of our generation - a healthy generation, to achieve our goals we need to teach the nation how to live a healthy life. When we speak about a healthy generation, we mean not only physically strong children, but also a spiritually rich and healthy generation.

It is impossible to be physically healthy without being spiritually healthy. Both concepts are compatible with each other. Nevertheless, a nation with a healthy and spiritually healthy generation cannot be broken. As we aim to build a nation that is physically healthy, highly spiritual and united by a single national idea, we must teach it to live a healthy lifestyle.

Healthy Lifestyle - The most important challenge facing humankind is the development of a socially and hygienically sound lifestyle that contributes to the development of scientifically sound, social and hygienic activity in the field of labor and recreation. "Healthy lifestyle is the way of life that is based on biological and social laws that aim at maintaining and strengthening health."

Promotion of a healthy lifestyle in the education system should be carried out consistently, in different directions, in a specific program, in specific areas. In particular, it is aimed at providing students with the basic medical and hygienic knowledge of healthy lifestyle on the basis of the acmeological approach in higher education, and on the other, adherence to strict hygiene rules for youth, and the development of daily habits of surrounding health.

As well as promoting healthy lifestyle through the media, it should also integrate the content of education in schools, lyceums and colleges in cooperation with all educational institutions. It is well known that the signs of polygamy are clearly expressed in the Uzbek family. It is attended by adults, grandparents, close relatives, neighbors and mahallas, who form healthy ideas and knowledge in the minds of children. According to our ancient customs, parents, grandparents, neighbors and relatives have more influence on the education of our children. They are the determinants of the spiritual environment in the family. This kind of upbringing is an important spiritual and

pedagogical value of the past, and this style of education has formed and has reached a certain level in the life of our great ancestors.

The way people live is influenced by specific events and changes in their lives. The development of society, the growth of information flows, the increasing demand for fast-paced lifestyles, and the complexity of interpersonal communication and relationships are affecting factors of the students' mentality.

As a result, they are becoming more responsible for choosing a set of behaviors based on their own destiny, family, community, and the mental, emotional, and freedom aspirations. This kind of lifestyle often requires the prevention of various types of nervous disorders that may occur in students.

Achieving this goal requires, primarily, the establishment of a healthy lifestyle on a personal and social scale, and the implementation of key areas for achieving its continuity. This requires understanding the nature of the problem and knowing how to solve it. Special research carried out in recent years has provided an opportunity to establish scientific and methodological foundations for promoting healthy lifestyles in our society.

The main purpose of our research results is to develop a holistic pedagogical system of healthy lifestyle for students of pedagogical higher education institutions and to substantiate pedagogical conditions that will improve the development of scientific and methodological recommendations aimed at implementing this system. It is based on educating a person who has the knowledge, skills, skills and habits to maintain health of himself and others.

As a result of the research, the following practical results are suggested:

- Use of knowledge of students of pedagogical higher educational institutions on healthy lifestyles in educational process is widely used in practice;
- Taking into account the importance of understanding the meaning of healthy lifestyle, its various levels has been gradually formed as a specific phenomenon;
- Systematic approach to the student's information about healthy lifestyle in the study of various occupations and other subjects, a model and concept of improving the effectiveness of healthy lifestyles.

Thus, the acmeological approach made it possible to consolidate the efforts of the entire teaching staff and the group of students for creative and fruitful work, the results of which today are the growth of teachers' competence, high quality of training and the quality of knowledge. Graduates of the University are in demand in many enterprises and organizations of the industry, where they have the opportunity to develop professionally, move up the career ladder, having the healthy lifestyle habit.

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