

Article

Health Pedagogy Strategies and Activities

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Abstract: In this article, all the necessary measures and conditions for people in the countries to protect their health, to strengthen health, the current state of formation of medical and sanitary thinking on health protection in educational institutions, the strategy, activities and programs of implementing health protection pedagogy, scientific- features of research development and financial support, living conditions were discussed.

Keywords: necessary measures and conditions, citizens' health, amount of funds, scientific-theoretical, healthy lifestyle, health care, technologies, activities, systems, tasks, methodology, news, innovations

1. Introduction

The commitment to work on the basis of the idea of health promotion was accepted at the conference of the World Health Organization in Bangkok (2005). According to this document, it is necessary to create "all the necessary measures and conditions for people to protect their health and strengthen their health" in the countries. Health promotion depends not only on people's beliefs and desires, but also on the political will of existing authorities. According to this document, in some developed and liberal countries, the amount of funds directed to health care is decreasing day by day. This is a factor that negatively affects the health of citizens in the future.

In the US, the issue of student health is widely studied scientifically. Special scientific-theoretical and popular journals such as "American Journal of Health Promotion", "American Journal of Health Education" and "Californian Journal of Health Promotion" publications are published. They publish new materials on healthy lifestyle and health care technologies.

At the same time, the term Health pedagogy is used in the USA, which corresponds to health pedagogy in our understanding. The task of the health centers of the Higher Education Institutions is to study, research, form and analyze the current situation regarding the formation of medical and sanitary thinking on health protection in educational institutions. It examines and recommends what health care structures can be offered in relation to different educational institution models.

In 1997, the American Academy of Health Protection was established in the USA, and its main task is to widely promote health care pedagogy, to build its promotion on the basis of theoretical and practical conclusions, methods and knowledge, as well as to develop the existing health care system.

In the USA, health care pedagogy has been established as an independent field of the health care process. It covers several directions in its component, it covers the systems,

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tasks, methodology of health care pedagogy, innovations, i.e., reflection of innovations, administrative structures, etc. They are collectively referred to as "Health Pedagogy Strategy, Activities, and Programs."

2. Materials and Methods

In the US, seven main areas of systematization of health care, i.e., responsible and priority areas, have been defined. These directions have been put into practice and are widely active. These areas are called the seven responsible areas of health care pedagogy. Among the seven important areas of health pedagogy are: (1) strategy, activities and programs of implementation of health protection pedagogy; (2) management of health education strategies, activities, and programs; (3) research on health and health care issues; (4) development and financial support of research on health pedagogy; (5) planning health pedagogy strategies, activities and programs; (6) organization of services aimed at personal health; (7) areas such as the study of needs for the protection of personal and public health are included.

3. Results and Discussion

These areas are under the attention of the state and civil society, and as part of the concept of human health, environmental threats, production processes that threaten the environment, production of medicines and prevention of their harm are seriously controlled by society.

In the US, the system of health care and protection, a healthy lifestyle in our understanding, a system of health thinking and values, that is, to "health care":

emotional health; self-image health; body health; fitness; prevention of various stereotypes and myths about health; environmental health; methodology of preparation for various natural disasters and protection from them; issues such as the methodology of monitoring the quality of medical services are also included.

If we compare and compare some places in the traditional content and directions of health care thinking in foreign countries with existing concepts in our country, the following results show their similarities and differences.

Therefore, one of the important aspects in understanding the relevance of this issue is why it is necessary to form the mindset of "health care" aimed at protecting health, what are the socio-economic and pedagogical-psychological conditions that create its necessity? is to find an answer to the question. There are social and individual opportunities to introduce and accept the idea of "health care" for our reality. This way of thinking is in line with our national mentality and social reality, and meets our current requirements and needs.

In our country, there are socio-political and pedagogical-psychological factors of formation of "health care" mindset in students.

"Health care" includes health criteria, values, laws of a healthy lifestyle, issues of healthy thinking and consciousness, conditions and situations that threaten human health, their negative consequences, skills to protect oneself from emergency situations and situations, healthy lifestyle culture and its procedures. , protection from environmental stress, embodying the understanding of health as a person, person, individual, and especially the professional ability of the most qualified specialist, integrates them organically and encompasses them as a whole. The main difference of the "health care" pedagogy focused on health care from our traditional concepts of health is that it directly teaches a person how, in what way, and what knowledge, skills, and abilities it is necessary to perform practical activities in order to protect the health of himself and the people around him. Because if we don't form a person's thinking aimed at protecting himself and his health, we will not get closer to the pedagogical goal with the creation of health

structures and its modern infrastructures. The shortest and most effective way to protect a person's health is to make this person think about protecting his own health.

Therefore, health care pedagogy is a mechanism for turning the formed thinking, consciousness, and culture about health into a healthy lifestyle. Consequently, "health care" is a means of transforming health knowledge into life skills and competencies. The need to protect health first of all becomes more important in the period of economic development and improvement, rapid population growth, man-made revolutions, environmental safety, and the wide penetration of various chemical products into everyday life. Today, without knowing the system and practice of health care efforts, a person cannot be the guardian of his health.

Therefore, one of the priority tasks of state importance, which is set before the society for implementation, is the formation of the mindset of the growing young generation, which is aimed at protecting the health of themselves and those around them. It is necessary for the child to understand "health care" as a value from an early age. There are specific pedagogical conditions and conditions for the scientific-theoretical understanding and pedagogical experience of this actual pedagogical problem. They are:

First of all, since the formation of a healthy generation and the formation of a healthy culture in the Republic of Uzbekistan is recognized as one of the important tasks of the state, the pedagogical conditions for the implementation of this task are ripe and favorable. The state is interested in the implementation of such works. Therefore, there will be no problems in the scientific-theoretical study and implementation of this issue. Because the issue of forming a healthy way of life is one of the important tasks of the state.

Secondly, activities to promote sports and physical education, such as "Barkamol Avlod" and "Universiada", held in the Republic of Uzbekistan in recent years, testify to the existence of healthy life infrastructures built for young people in different regions of the country. Therefore, one of the urgent tasks of pedagogical activity today and in the future is to use these existing infrastructure opportunities for the formation of a healthy way of life in students and the development of its modern interactive methods.

Thirdly, today the students themselves have certain opinions, views and thinking about health and healthy lifestyle, healthy lifestyle, and their existence indicates that there is a high level of favorable social-psychological and pedagogical conditions for the formation of a healthy lifestyle among students. That is, the desire to be healthy is very strong among young people. Using this, it is necessary to equip young people with interactive methods to carry out this activity correctly, at the level of their requirements.

4. Conclusion

Although some work is being carried out in this direction at the Higher Education Institution, it is a comprehensive pedagogical system that is based on science-based, interactive methods of forming the mindset of "health care" in students, raising people to be healthy in a healthy environment, and jointly implementing their positive aspects with modern innovative pedagogical technologies. The fact that it has not been developed means that this issue belongs to the current pedagogical problems.

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