

# The Role of Hadith in the Construction of Healthy Life Style in Students

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**Abstract-** The goal of modern education is to increase attention to the use of Hadith in the formation of a healthy lifestyle, and in educating young people to instill respect for national and global values, to develop a sense of patriotism, hygienic, cultural, physical, aesthetic education and hard work. Since ancient times, our ancestors have sought to create a strong family, raising a healthy and perfect generation. Various social factors contribute to the formation of universal human values, the concept of the religion of Islam, in the minds of our children. There is a powerful tool against the spread in society of radical views, extremist and terroristic ideas that poison the minds of young people. These are such national-religious values as humaneness, peacefulness, love for enlightenment and creation.

**Index Terms-** circle, student, research work, cognitive activity, independent work.

## I. INTRODUCTION

Under the leadership and initiative of the President of the Republic of Uzbekistan Sh.M.Mirziyoev, that the Decree "On the Strategy for the Further Development of the Republic of Uzbekistan" was the essential foundation for securing security and law enforcement, the state's boundaries, the rule of law in the society, human rights and freedoms, the atmosphere of interethnic and religious tolerance, and the necessary conditions for the realization of creative potential of our citizens were created. Thanks to this idea, stage-by-stage targeted activities are being carried out at the state level. The proposals were adopted by the President to set out the ten priority tasks of the economic and social program for 2017, taking into account the proposals received during a broad discussion of the Action Plan for the further development of Uzbekistan in 2017-2021. (Decree of the Republic of Uzbekistan «On the Strategy for the Further Development of the republic of Uzbekistan». – Tashkent, February 8, 2017)

Education and science development: Continuation of the continuous improvement of the continuing education system, increasing the capacity for quality educational services, training highly qualified personnel in line with the modern labor market needs; to strengthen their material and technical basis through the construction, reconstruction and overhaul of educational

institutions, equipping them with modern teaching and laboratory equipment, educational and methodological manuals for computer technicians; expanding the network of preschool educational institutions, improving the pre-school education facilities for the comprehensive intellectual, aesthetic and physical development of children, increasing the pre-school education of children and ensuring their convenience, and upgrading the qualifications of experts; deepening the quality of general secondary education, deep study of other important and demanding subjects such as foreign languages, informatics, mathematics, physics, chemistry, biology; to involve children in mass sports, to build and reconstruct existing children's sports facilities, children's music and art schools to connect them with the world of music and art, and to educate students of professional colleges on market economy and improving the work on training and employment of specialists who meet the needs of employers; increasing the quality and effectiveness of higher education institutions, gradually increasing the admission quotas for higher education institutions based on the introduction of international standards for the quality of education and training; promoting research and innovation activities, creating effective mechanisms for the implementation of scientific and innovation achievements, the establishment of specialized scientific and experimental laboratories, to create high tech centers and technoparks at higher educational institutions and research institutes. (Mirziyoev Sh. The rule of law and the interests of the human being are the basis of the development of the country and the well-being of the people. At the solemn ceremony dedicated to the 24th anniversary of adoption of the Constitution of the Republic of Uzbekistan. December 7, 2016 - Tashkent: Uzbekistan, 2017. - 32 p.)

From the very first years of independence in Uzbekistan, there has been a great need for reforms in the fields of education, science, and vocational education throughout the country.

We should give an attention to talented children, to gain the knowledge and skills. First of all, the form, appearance and content of our academic achievements, and the material base should be modern.

In order to implement these tasks, schools specialized in theoretical and practical study of general subjects had been established in our country.

The aim of the course is to provide students not only physical and mental maturity, but also the development of education and

upbringing through the combination of teaching content, teaching methods, tools and forms, and an independent, economic, and the need to focus on developing critical thinking skills.

Besides we should view following tasks:

- Development of medical and hygienic knowledge of students, introduction of specific changes into the plans of spiritual and enlightenment works, taking into account the family life of a healthy generation;
- Organization of sports competitions, thematic nights, contests for the strengthening of students' health;
- Strengthening of students' attention to education of national and universal values in the process of teaching, patriotism, moral - ethical, hygienic, sexual, physical, aesthetic, and labor;
- organization of training on the basis of information communication and pedagogical technologies;
- focus on improving the efficiency of the acquired knowledge, skills and skills acquired by the students in the SES;
- Implementation of comprehensive development through the use of personality-focused technology of in-service training in all segments of the education system;
- To provide a healthy lifestyle for young people inside the classroom and outside the classroom;
- To take measures to protect young people from various ill-treatment and defective "mass culture" attacks.

Teaching young people to think freely begins firstly with the creation of world knowledge. The basis of such knowledge is the study of nature, its living organisms. Only those young people who can accurately interpret natural phenomena have their own ideas and ideas.

Using the hadiths to form a healthy lifestyle in students, the aim is to increase the emphasis on respect for the national and universal values of young people in the educational process, respect for patriotism, moral, hygienic, physical, aesthetic, and labor education.

The modern teaching process uses new forms and methods of presenting information to the student, which is widely used as a tool to increase the efficiency of teaching. As a result, the student's activity in the classroom has been enhanced.

It should be noted that in today's world it is important to set the optimum load on the student, and firstly, the student will have the required knowledge of the curriculum, and secondly, the student will have enough time for his / her own needs off. More importantly, factors that affect the physical development, occupational health, and health of students.

The vital processes in all human tissues and organs are controlled by the central nervous system. Improving mental and physical activity, such as upbringing, learning, and craftsmanship throughout the lifetime of a human being depends on the functional status of the nerve centers in the cerebral cortex.

The function of the brain can be suppressed for two different reasons. First, congenital defects in brain tissue, brain drainage caused by various diseases, injuries after delivery; Secondly, the functional disorders of the brain, that is, the hygienic requirements of the brain, can cause neurosis, nervous disorders.

Improvement of youth policy: Strengthening of their social activity in the process of upbringing of loyal young people,

deepening of democratic reforms and development of civil society, physically healthy, spiritually and intellectually developed, self-centered, employment of graduates of vocational and higher educational institutions and involvement of private entrepreneurship, support and implementation of creative and intellectual potential of the younger generation, formation of a healthy lifestyle among children and youth, wide involvement in education and sport; social protection of youth, creation of decent housing and social conditions for young families; organization of effective activity of government authorities, educational institutions, youth and other organizations in the implementation of youth policy. (Mirziyoev Sh. We build a free and prosperous democratic state of Uzbekistan. Speech at the joint session of the chambers of the Oliy Majlis on the occasion of the solemn meeting of the President of the Republic of Uzbekistan. - Tashkent: Uzbekistan, 2017. - 32 p.)

Protecting our children from illusionary ideas into different ideologies, creating ideological immunity, protecting the younger generation from various influences, shaping healthy lifestyle skills among young people are being performed in family-community institutes and universities.

In conclusion, the education policy that has been implemented in recent years has its own fruit, and our children become educated. The traditions of Uzbek nationalism are condemned by the sophistication of children.

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