

Xodjiaxmatova Ra'no Yuldashevna

Department of General Hygiene,

Andijan State Medical Institute

THE IMPORTANCE OF A HEALTHY LIFESTYLE IN IMPROVING THE QUALITY OF HUMAN LIFE

Abstract: This article discusses the importance of a healthy lifestyle in improving the quality of human life. It has been analyzed that abandoning harmful habits has a positive effect on human health.

Keywords: healthy lifestyle, personal hygiene, habits, sports, quality of life, proper nutrition

The social importance of personal hygiene is determined by the fact that failure to comply with its requirements in everyday life can have an adverse effect on the health of others (passive smoking, the spread of infectious diseases and helminthiases, deterioration in the quality of the air environment in inhabited premises, etc.).

According to many researchers, a healthy lifestyle, constant adherence to a rational daily routine, nutrition, and giving up bad habits significantly increase a person's life expectancy.

It is no coincidence that the outstanding physiologist I.P. Pavlov pointed out that the life expectancy of a modern person should be at least 100 years, and if this is not observed, it is largely due to our ugly attitude towards our own body. In order to be healthy, strong, resilient, and efficient, you need to be attentive to your health. This should be understood not as a tendency to constantly listen to certain symptoms, not as excessive suspiciousness, but as active self-prevention, which consists of observing the requirements of personal hygiene. The complex of elements of personal hygiene is very extensive. It includes: hygiene of the body and oral cavity, physical education, hardening,

prevention of bad habits, hygiene of mental work, sexual life, clothing and footwear, rest and sleep, individual nutrition, etc.

Personal hygiene is a section of hygiene about preserving and strengthening human health by observing hygienic standards and rules in everyday life.

In certain eras, the importance of personal hygiene varied: from a high level in Ancient Rome to a low level in the Middle Ages, when failure to comply with basic rules of personal hygiene led to mass epidemics.

Nowadays, personal hygiene has become the key to maintaining health and prolonging the life of each individual person. This is part of a healthy lifestyle. Without observing any elements of personal hygiene, a person reduces the quality of life and shortens his life span.

Important sections of personal hygiene are regulations on the pace and rhythm of life, sleep patterns and duration of rest, especially for residents of large cities. So, without following the diet,

Eating most of your food at night can cause you to become obese and put you at risk of developing cardiovascular disease. No technological interruptions in work, i.e. Failure to comply with the work schedule can lead to overwork and diseases of the nervous system, musculoskeletal system, heart, etc. At the same time, adherence to a balanced diet, proper work and rest schedule helps combat excess weight, overwork, exhaustion, and prevents central nervous system breakdowns and depletion of the body's compensatory properties.

A healthy lifestyle (HLS) is a person's way of life aimed at preventing diseases and promoting health. No matter how perfect medicine is, it cannot rid everyone of all diseases. A person is the creator of his own health, for which he must fight.

According to the World Health Organization (WHO), "health is a state of physical, mental and social well-being and not merely the absence of disease or

infirmity.” It is known that our health is determined 10% by our genes, 20% by the environment in which we live, another 10% by the level of medical care, and the remaining 60% by a healthy lifestyle.

A healthy lifestyle includes the following basic elements: a rational regime of work and rest, rational nutrition, optimal motor mode, hardening, personal hygiene, eradication of bad habits and stress.

- A rational regime of work and rest is a necessary element of a healthy lifestyle. The daily routine must be built taking into account age, the nature of work activity and health status. Rational alternation of physical labor and mental work is the key to good health and high performance. The alternation of work activity and rest is also important. An essential component of rest during the day is sleep. Developing the correct sleep rhythm is very important for health and performance. You also need to be able to fully relax while sleeping. An adult's sleep should last at least 7-8 hours. What can ensure proper sleep?

1. Fluff your pillows well before going to bed. It is best to use a small rectangular pillow or cushion under your neck.

2. Remove all flowers and sources of strong odors from the room.

3. Don't eat at night and refrain from drinking alcohol before bed.

4. To get enough sleep, you must go to bed before midnight (lack of sleep leads to overwork of the nervous system, exhaustion and weakening of the body).

5. Your bed should have a hard and smooth surface.

6. It is not recommended to sleep in front of the TV or in a room with a running computer.

7. It is better to sleep, turning over from one side to the other, so that the internal organs of the right and left sides can rest.

8. The air in the room should be clean, for this it is good to get used to sleeping with an open vent or window (at a temperature of 17-18°C).

- A balanced diet is extremely important for health. Nutrition should be complete, i.e. contain a sufficient amount of carbohydrates (50-75%) through cereals, vegetables, pasta; a sufficient amount of protein (10-15%) of both plant and animal origin; fats (15-30%) also of plant and animal origin. The diet must be energetically balanced, i.e. The same amount of nutrients and energy should enter the body as was spent. Meals should be regular, at least 4-5 times a day. Breakfast is a must! The break between dinner and breakfast should not exceed 10 hours. Proper nutrition is the key to your health and active longevity.

- Physical activity is the most important condition for a healthy lifestyle and maintaining a person's normal weight. In the modern world, people tend to move little. People with adequate levels of physical fitness are less likely to suffer from chronic diseases. On the contrary, people who lead a sedentary lifestyle are prone to obesity and the acquisition of many chronic diseases. It is useful to take the stairs without using the elevator. According to doctors, each step gives a person 4 seconds of life; 70 steps burn 28 calories.

- Hardening is a component of a healthy lifestyle. Hardening is an increase in the body's resistance to adverse environmental factors. Hardening should be constant and consistent, it should be done daily.

Of all types of hardening, the simplest is hardening with air baths. They take air baths topless, combining them with gymnastics, running or other physical exercises.

The most powerful hardening effect is provided by water procedures - rubbing, dousing, showers, baths, rubbing with snow and winter swimming. Hardening with water begins with wiping and washing a part or the whole body, then proceeds to dousing first with warm water (32-34°C), then with water at room temperature, gradually reducing it to 15-10°C. The duration of the procedure is 2 minutes.

Hardening methods also include walking barefoot, first in an apartment on the floor, then in May-September on the ground, combining it with cold foot baths (water temperature 18-100C).

- Personal hygiene is the hygiene of a person's personal life and everyday life, work and rest, an element of a healthy lifestyle. It includes a rational daily regimen, body care, hygiene of clothes and shoes. Compliance with the rules of personal hygiene contributes to the preservation of health and ability to work, and, consequently, an active long life.

- Quitting bad habits (smoking, alcohol, drugs).

When smoking, colds and coughs more often lead to complications. The smoker does not inhale all the harmful substances in tobacco smoke - about half goes to those who are next to him. In families of smokers, children suffer from respiratory diseases much more often than in families where no one smokes. Constant and long-term smoking leads to premature aging.

Limit your alcohol intake. Alcoholism has a destructive effect on all human systems and organs. Changes in the psyche that occur during episodic drinking of alcohol (excitement, depression, etc.) determine the frequency of suicides committed while intoxicated.

Stress prevention, positive emotional attitude - learn to relax by imagining some pleasant landscape. 30 minutes a day is enough to increase the body's resistance to various infections. If you learn to relax, you can activate your immune system.

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