



DEVELOPMENT OF VALEOLOGICAL EDUCATION AMONG FUTURE PRESCHOOL EDUCATIONAL ORGANIZATIONS

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Abstract

This article examines the theoretical and practical foundations for developing valeological education among future preschool educators. The study highlights the importance of forming a healthy lifestyle culture, improving professional competencies, and integrating health-preserving technologies into the educational process. The role of valeology in preparing competitive and health-conscious specialists is also discussed.

Keywords: Valeology, preschool education, healthy lifestyle, pedagogy, health culture, future educators.

Introduction

In modern society the preservation and strengthening of human health have become one of the most urgent tasks. This is especially important in the field of preschool education where the foundations of a child's physical, mental and social well-being are formed. Therefore, the training of future preschool educators must include valeological education as a key component. Valeology, as a science of health, focuses on maintaining and strengthening human well-being through a holistic approach. Future educators must not only possess theoretical knowledge but also practical skills to promote healthy lifestyles among children. The health of individuals in the society is one of the achievements of this society. And healthy individuals are the product of healthy generations. After the birth of a child in a private house, the main task for the parents and their loved ones is to take care of his health. The importance of physical life in the healthy growth of a child is great. Even in a pre-school educational institution, children need not only to spend time, but also to be educated comprehensively. Theoretical knowledge



nourishes our intelligence and ensures that we are mentally healthy. As a result, valeological education provides us with the health benefits of our body. First of all, we will shed light on the meaning of the words valeology and valeological education. "Valeology" is a Latin word, also means "Health", "Health". This term was first used by K.I. Brekman (1987) in the year.

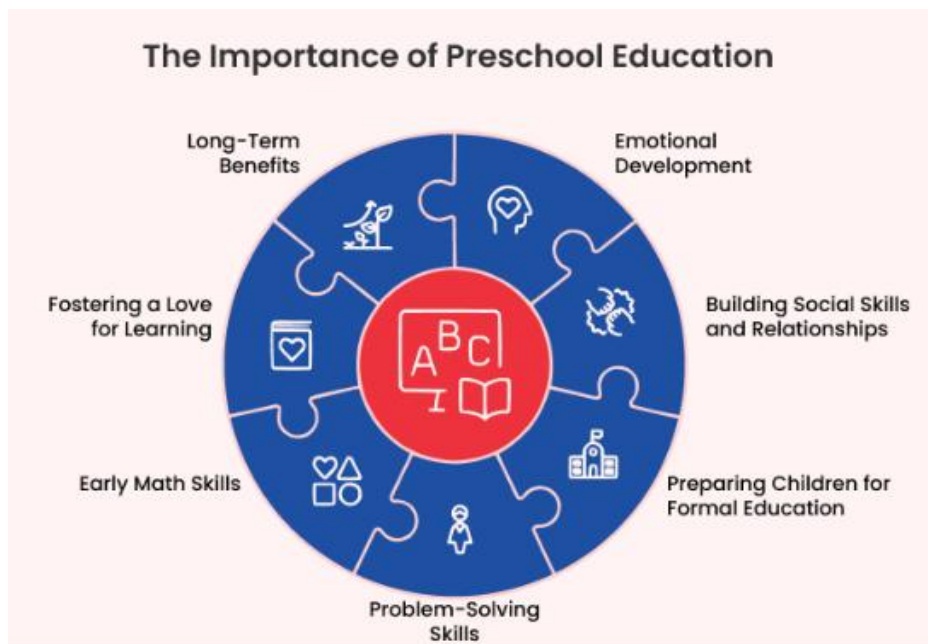
The concept of valeological education has been widely studied as an important component of modern pedagogical science. The term "valeology" was first introduced by Ilya Brekman, who defined it as the science of individual health and the mechanisms for maintaining and strengthening it. His work laid the theoretical foundation for integrating health-oriented approaches into education systems.

Furthermore, recent literature focuses on the implementation of health-preserving technologies in preschool education. Researchers argue that creating a safe, ergonomic, and emotionally supportive environment significantly enhances children's development. The works of Lev Vygotsky also support this perspective, emphasizing the role of the social environment in shaping a child's development, including health-related behaviors.

Valeological training ensures teachers promote active play, emotional regulation, and hygiene. Research from the World Health Organization (2023) shows early interventions reduce obesity by 20–30% and improve mental health outcomes. In Uzbekistan, national curricula increasingly incorporate health education, aligning with UNESCO's Sustainable Development Goal 3 (good health and well-being), but teacher preparation lags, necessitating targeted development.

The Importance of Preschool Education

Preschool education forms a foundation for lifelong learning and development. At this stage, children are like sponges thirstily absorbing information as they grow so as to cope with complexities ahead. Fig. 1



1. **Emotional Development.** Emotional growth is one of the key objectives of preschool education. It involves helping children recognize, understand, and express their feelings in constructive ways. Developing emotional awareness and self-regulation is essential for children's psychological well-being and their ability to interact socially.
2. **Building Social Skills and Relationships.** The preschool period is crucial for the formation of social abilities. Through structured group tasks and free play, children learn essential skills such as sharing, cooperation, and taking turns. Communication skills are also enhanced, including the ability to understand others' perspectives and build friendships. Research indicates significant improvement in peer interaction among children exposed to such learning experiences.
3. **Preparing Children for Formal Education.** Preparing children for formal schooling includes the development of cognitive and language skills. Using engaging and interactive methods, children begin to grasp basic mathematical concepts such as counting from 0 to 10, recognizing shapes, and identifying colors.
4. **Problem-Solving Skills.** The development of problem-solving abilities at an early age plays a vital role in lifelong success. Preschool education encourages children to approach challenges with curiosity and determination. Activities such as puzzles, construction blocks, and simple logic-based games help enhance



critical thinking and analytical skills, fostering a sense of exploration and discovery.

5. Early Math Skills. Mathematical learning in preschool extends beyond basic counting. Through interactive and play-based activities, children understand patterns, shapes, and simple arithmetic operations like addition and subtraction. Using real-life objects instead of abstract representations helps children grasp mathematical concepts more effectively and builds a strong foundational understanding.

6. Fostering a Love for Learning. One of the primary goals of quality preschool education is to cultivate a lifelong interest in learning. Creating an environment that encourages curiosity and makes learning enjoyable is essential. Through storytelling, music, and creative activities like drawing, children explore their interests and develop a positive attitude toward education, leading to greater motivation and engagement.

7. Long-Term Benefits. Preschool education is a valuable investment in a child's future. Its long-term advantages include:

- Improved academic achievement throughout schooling
- Enhanced communication and social interaction skills
- Better self-discipline and emotional control
- Higher likelihood of pursuing higher education
- Stronger problem-solving and critical thinking abilities

Key Components of Valeological Training Programs tab 1.

Theoretical Foundations	Courses cover anatomy, nutrition, psychology, and ecology. Trainees learn evidence-based models like the Health Belief Model, which predicts behavior change through perceived benefits and barriers
Practical Skills	Hands-on modules include designing health games (e.g., "Nutrition Treasure Hunt" using local fruits like apricots), stress-relief activities (breathing exercises), and safety protocols for outdoor play
Psycho-Pedagogical Integration	Training addresses child development stages, teaching how to adapt valeology for different ages—sensory play for toddlers, hygiene routines for older preschoolers
Assessment and Reflection	Portfolios track personal health improvements, ensuring educators lead by example.



Theoretical Foundations of Valeological Education

Valeological education is based on interdisciplinary knowledge, including pedagogy, psychology, physiology, and hygiene.

Develop awareness of health as a fundamental value

Form skills for maintaining physical and mental well-being

Promote preventive approaches to health problems

Encourage responsible attitudes toward personal and public health

The concept of valeological education emphasizes the integration of knowledge and behavior, ensuring that future educators can apply health preserving principles in their professional activities.

Conclusion. The development of valeological education among future preschool educators is essential for ensuring the health and well-being of future generations.

By equipping educators with the necessary knowledge, skills, and attitudes, it becomes possible to build a strong foundation for healthy lifestyles from early childhood. Preschool educators play a key role in shaping children's daily habits, including hygiene, nutrition, and physical activity. Through valeological training, they gain a deeper understanding of both physical and psychological aspects of health. This enables them to create a supportive and health-oriented learning environment for young children. Moreover, such education helps teachers apply preventive measures to reduce potential health risks. It also encourages the development of positive emotional and social behaviors in children. As a result, children grow up more active, resilient, and aware of healthy living principles. The integration of valeology into teacher training programs strengthens professional competence. Ultimately, this contributes to the formation of a healthier and more sustainable future society.

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