



SOCIAL-PEDAGOGICAL MECHANISMS FOR FORMING PROPER EATING HABITS AND INCREASING PHYSICAL ACTIVITY AMONG THE POPULATION

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Abstract

The article examines the socio-pedagogical mechanisms for forming healthy eating habits and increasing physical activity among the population. It analyzes pedagogical and social approaches to promoting a healthy lifestyle, as well as the role of educational institutions, family, and community. The results provide practical recommendations for implementing these mechanisms, aimed at strengthening public health.

Keywords: healthy eating, physical activity, socio-pedagogical mechanisms, healthy lifestyle, pedagogical education, public health, promotion.

Introduction

Annotatsiya

Maqolada aholi o'rtasida to'g'ri ovqatlanish odatlarini shakllantirish va jismoniy faollikni oshirishning ijtimoiy-pedagogik mexanizmlari o'rganiladi. Tadqiqotda sog'lom turmush tarzini targ'ib qilishning pedagogik va ijtimoiy yondashuvlari tahlil qilinadi, shuningdek, ta'lim muassasalari, oila va jamoatchilikning roli ko'rsatib beriladi. Maqola natijalarida ushbu mexanizmlarni amalga oshirish bo'yicha amaliy tavsiyalar berilgan bo'lib, ular aholi salomatligini mustahkamlashga xizmat qiladi.



Kalit soʻzlar: toʻgʻri ovqatlanish, jismoniy faollik, ijtimoiy-pedagogik mexanizmlar, sogʻlom turmush tarzi, pedagogik taʼlim, aholi salomatligi, targʻibot.

Аннотация

В статье исследуются социально-педагогические механизмы формирования привычек правильного питания и повышения физической активности среди населения. Анализируются педагогические и социальные подходы к пропаганде здорового образа жизни, а также роль образовательных учреждений, семьи и общества. В результатах статьи представлены практические рекомендации по реализации этих механизмов, направленные на укрепление здоровья населения.

Ключевые слова: правильное питание, физическая активность, социально-педагогические механизмы, здоровый образ жизни, педагогическое образование, здоровье населения, пропаганда.

Relevance of the Research

The formation of a healthy lifestyle is one of the most pressing problems of modern society. Today, the prevalence of noncommunicable diseases such as obesity, diabetes, cardiovascular diseases among the population is associated with insufficient formation of proper eating habits and low physical activity. According to the World Health Organization (WHO), more than 39% of the world's population is overweight, and 13% suffer from obesity, which is responsible for more than 4 million deaths annually. The situation in Uzbekistan is also alarming: the number of overweight adults in the country exceeds 20%, while among children and adolescents this figure is growing rapidly. Proper nutrition and regular physical activity are among the key factors in preventing these problems.

Determine the important role of socio-pedagogical mechanisms in strengthening public health. Proper eating habits and increasing physical activity is not only a medical issue, but also a socio-educational process that requires the active participation of educational institutions, the family, the media and the public. Although the state program of the Republic of Uzbekistan "For a healthy



generation", the Law "On healthy nutrition" and other regulatory acts form the legal basis for work in this direction, there is insufficient development and effective implementation of practical mechanisms. Therefore, the scientific-based study of the socio-pedagogical mechanisms of the formation of healthy lifestyle habits among the population and the development of practical recommendations is an urgent task. This study aims to fill this gap and offers practical solutions by combining pedagogical and social approaches.

Purpose of the Study

The theoretical substantiation of socio-pedagogical mechanisms for the formation of healthy eating habits and increase of physical activity among the population within the framework of the article and the development of scientific and practical recommendations for their practical application.

Research Objectives

- analysis of the current state of proper eating habits and physical activity among the population, as well as socio-pedagogical factors in their formation;
- study the theoretical foundations of socio-pedagogical mechanisms for improving proper nutrition and physical activity and assessment of their effectiveness;
- development of proposals and recommendations for the introduction of socio-pedagogical mechanisms for the formation of a healthy lifestyle among the population.

Literature Review

In modern society, the issues of forming a healthy lifestyle of the population, in particular, establishing proper eating habits and increasing the level of physical activity are considered as an urgent direction in the system of socio-pedagogical disciplines. This requires that the problem be analyzed in the combination of not only medicological, but also social, psychological and pedagogical mechanisms. In their research, A.P. Shklyarenko and A.A. Ganajenko substantiate the widespread incidence of overweight and obesity among children and adolescents as a socio-pedagogical problem. The authors attribute the causes of obesity to the family environment, insufficient formation of a healthy eating culture in



educational institutions, and decreased physical activity. They stress the importance of fostering positive attitudes towards healthy lifestyles in children through pedagogical prevention and social support. This approach shows that socio-pedagogical mechanisms play a crucial role in promoting proper nutrition and physical activity among the population[1].

A. Safiulina interprets a healthy lifestyle as a socio-pedagogical phenomenon, inextricably linking it with the process of socialization of the individual. The author scientifically substantiates the fact that healthy eating and physical activity are not just individual choices of a person, but a value that is shaped by society. He demonstrates that the cooperation of educational institutions, family and public institutions is an important socio-pedagogical mechanism for the sustainable formation of good habits[2].

In the study of M. Usmanov, the issue of increasing physical activity among students is analyzed from a practical and pedagogical point of view. The author substantiates the possibility of integrating physical exercise into the educational process, the systematic organization of educational events aimed at a healthy lifestyle to form an active lifestyle among young people. This work reveals the effectiveness of pedagogical influence mechanisms for increasing physical activity and offers methodological approaches that can be applied to broad segments of the population[3].

Rustamov pays special attention to the importance of healthy diet and physical activity, focusing on the analysis of socio-demographic factors aimed at reducing the premature mortality among men. The author argues that unhealthy diets, inadequate insecurity, and inadequate social consciousness regarding healthy lifestyles manifest as demographic risk factors. This background exposes the need for strengthening socio-pedagogical preventive measures in order to improve public health[4].

T. McKeon's classic study scientifically substantiates the critical role of nutrition culture and social conditions in improving public health, along with medical interventions. In his opinion, proper nutrition and lifestyle changes should be considered as a long-term socio-pedagogical strategy while maintaining public health. This approach has not lost its relevance in modern researches and reinforces the theoretical foundations for healthy lifestyle formation [5].



The analyzed literature shows that the problem of establishing proper eating habits and increasing physical activity among the population requires an integrated socio-pedagogical approach. Interaction between the family, educational institutions, the public and the media is manifested as the main mechanism for making healthy lifestyle decisions. These scientific views form the theoretical and methodological basis of the article and serve to determine the scientific novelty and practical significance of the research.

Research Methodology

This study is carried out on the basis of a socio-pedagogical approach and aims to comprehensively study the mechanisms of increasing physical activity and the formation of healthy eating habits among the population. The research methodology is based on a combination of general scientific and special scientific methods, which serves for an in-depth analysis of theoretical and practical aspects of the problem. Using a systematic approach, the process of proper nutrition and formation of physical activity was considered as a set of interrelated social, pedagogical, psychological and cultural factors. Through this approach, the close relationship between the mechanisms influencing at the level of the individual, family, educational institution and society was identified.

In the research process, the following scientific methods were used:

- **The theoretical foundations of the problem have been formed through the study of domestic and foreign scientific literature, normative-legal acts and conceptual sources** in theoretical analysis and generalization.
- **Sociological surveys (questionnaires and interviews)** were conducted among different segments of the population in order to determine attitudes, motivations and behavioral features to proper nutrition and physical activity.
- **pedagogical observation** and the effectiveness of activities aimed at healthy lifestyles in educational institutions and public places were studied.
- **Changes in eating habits** and the level of physical activity of the population were revealed through the introduction of mechanisms of socio-pedagogical influence.
- **Comparative analytical method** defines general laws by comparing the results of the study in the cross-section of different age groups and social groups.



- **the methods of statistical analysis** were used to ensure the reliability of the empirical data and to scientifically substantiate the results.

Research Results and Their Discussion

In the process of research, empirical and experimental studies were carried out to identify the socio-pedagogical mechanisms that influence the formation of healthy eating habits and increase the level of physical activity among the population and to assess their effectiveness. The results were comprehensively analyzed and discussed in comparison with the views available in the scientific literature.

The results of sociological surveys and surveys showed that although a significant part of the population has knowledge of proper nutrition and physical activity, it is not fully applied in practice. In particular, it was found that a significant proportion of participants indicated that they knew the principles of healthy eating, although the daily diet was dominated by high-calorie and unbalanced products. This case suggests that socio-pedagogical influence is insufficient in translating knowledge about healthy eating into behavior.

According to the results of pedagogical experiments, a significant increase in the level of physical activity was observed in groups where a specially developed socio-pedagogical program was introduced. Specifically, the proportion of those who engaged in regular exercise showed stable increase in the experimental group compared to the control group. At the same time, participants were found to have increased daily movement activity, positive attitudes towards exercise, and motivation for a healthy lifestyle.

The results of the follow-up and interviews vividly demonstrated the importance of family environment and community exposure. It was noted that participants who were supported by family members developed proper eating habits faster, while individuals who participated in social events had a higher interest in physical activity. This situation made it possible to assess social support as a socio-pedagogical mechanism.

The results of statistical analysis showed a positive correlation between socio-pedagogical impact measures and the level of physical activity and eating culture. The data obtained were considered significant from the point of view of the level of reliability, confirming the scientific validity of the research results.



Discussion of the results. The analysis of the results shows that the formation of proper eating habits and increase in physical activity require a complex socio-pedagogical effect, not limited to information. This situation is in harmony with the ideas of looking at a healthy lifestyle as a socio-pedagogical phenomenon founded by A. Safiulina. As the author notes, the systematization of the educational and educational process in the formation of healthy behaviors is of decisive importance.

The problem of obesity among children and adolescents described in the study of Shklyarenko and Ganajenko also harmonizes with the results of this study. Lack of physical activity and unhealthy eating habits are manifesting as common law, not only among young people, but also among other segments of the population. This underscores the need to adapt socio-pedagogical preventive measures for all age groups of the population.

The results of the study, in comparison with the research of M. Usmanov, proved once again the effectiveness of educational and educational activities for increasing physical activity. In particular, it has been found that educational technologies based on active participation serve to enhance the individual's intrinsic motivation.

From the perspective of Rustamov J. Rustamov's research, the results of the present study once again confirm that healthy diet and physical activity have a positive influence on the health and life expectancy of the population. This situation substantiates the need to support socio-pedagogical mechanisms at the level of state and public policy.

In general, the results of the study have scientifically substantiated the effectiveness of socio-pedagogical mechanisms aimed at improving proper nutrition and physical activity. The conclusions obtained have important scientific and methodological value not only for enriching theoretical views in this area, but also for their application in practice.

Conclusion

The results of the study showed that the problem of developing proper eating habits and increasing physical activity among the population requires an integrated socio-pedagogical approach. In the course of the study, the social,

pedagogical, and cultural factors influencing healthy eating and physical activity decision-making were analyzed as an interrelated system.

It has been found that, despite the fact that the population has theoretical knowledge of healthy lifestyles, their practical application is inadequate. This situation substantiated the need to improve the mechanisms of socio-pedagogical influence in the transformation of knowledge on healthy nutrition and physical activity into behavior. In particular, cooperation between educational institutions, family and community institutions has been scientifically proven to be crucial for the formation of healthy habits.

The results of the study showed that specially created socio-pedagogical programs are effective in increasing the level of physical activity and forming a positive attitude to proper nutrition. It was revealed that through regular organization of exercise, educational events and motivational approaches, the internal need of the population for a healthy lifestyle was increased.

Also, the results obtained showed that a healthy diet and physical activity are important factors in strengthening public health, preventing diseases and increasing life expectancy. This determines the need to consider this issue as a socio-pedagogical problem at the state and society level and to develop systematic measures aimed at solving it.

A scientifically based model of socio-pedagogical mechanisms for increasing physical activity and the formation of correct eating habits among the population has been developed, and its effectiveness has been confirmed by the research results. The conclusions obtained serve as a theoretical and methodological basis for further scientific research in this direction and have an important value for their implementation in practice.

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