



FACTORS INFLUENCING THE FORMATION OF A HEALTHY LIFESTYLE AMONG STUDENT YOUTH

Temur Askarali ugli Nazarov

*Undergraduate Student, Group 824, Volleyball Specialization, Faculty of Sports Activities,
Termez State University*

*Scientific Supervisor: Ilyos To'ychiyevich Xasanov
Professor*

ABSTRACT

The article analyzes the theoretical and practical aspects of developing a healthy lifestyle among university students. Particular attention is paid to physical activity, balanced nutrition, daily routine, personal hygiene, psychological well-being, and prevention of harmful habits. Practical recommendations for promoting a healthy lifestyle culture in higher education institutions are presented. The findings show that regular participation in physical education and sports has a positive impact on students' health, academic performance, and social adaptation.

Keywords: *healthy lifestyle, university students, physical education, sport, health, physical activity, healthy nutrition.*

Introduction

Human health is considered one of the key factors determining the socio-economic development of a country. A healthy population constitutes an essential foundation for a stable economy, competitive human resources, and a strong society. Therefore, educating the younger generation to be comprehensively healthy and fostering a culture of healthy living among them is regarded as one of the priority directions of state policy.

The student years represent one of the most important stages of human life, during which an individual's value system, daily habits, and lifestyle are formed. If positive behaviors such as sustained engagement in physical education and sports, proper nutrition, and adherence to balanced work-rest schedules are established during this period, they tend to persist throughout later life.

In recent years, the widespread use of digital technologies, sedentary lifestyles, excessive consumption of fast food products, and increasing stress factors have negatively affected the health of young people. This situation necessitates the development of scientifically grounded measures aimed at increasing students' physical activity, encouraging their participation in mass sports events, and promoting a healthy lifestyle within higher education institutions.

The concept of a healthy lifestyle is not limited to disease prevention. It encompasses a set of interrelated factors, including physical activity, proper nutrition, personal hygiene, psychological stability, ecological awareness, and the rational organization of work and rest. The harmonious integration of these factors plays a significant role in strengthening human health and improving overall quality of life.

The aim of this study is to identify the key factors influencing the formation of a healthy lifestyle among student youth, assess their significance, and develop practical recommendations for implementation in higher education institutions.

The objectives of the study are as follows:

- to analyze the theoretical foundations of a healthy lifestyle;
- to examine the factors influencing students' physical activity;
- to assess the impact of physical education and sports on students' health;
- to develop practical recommendations for the formation of a healthy lifestyle.



The scientific significance of this study lies in the pedagogical analysis of the interrelationship between students' physical activity and a healthy lifestyle, as well as in the substantiation of practical approaches that can be implemented within educational institutions.

Literature Review and Methodology

The formation of a healthy lifestyle has recently become one of the key research areas in the fields of medicine, pedagogy, psychology, and physical education. The analysis of scientific sources indicates that the long-term preservation of human health is largely determined by lifestyle, physical activity level, nutritional culture, and psychological state.

According to the recommendations of the World Health Organization, regular physical activity plays a crucial role in preventing non-communicable diseases such as cardiovascular diseases, diabetes mellitus, obesity, and others. In addition, physical exercise enhances the functional capabilities of the human body, improves working capacity, and contributes to a better quality of life.

This issue has also been extensively studied by local scholars. In the scientific works of F. A. Kerimov, physical education is regarded as an important pedagogical tool in the comprehensive development of an individual. The author emphasizes that regular training sessions develop not only physical qualities but also volitional characteristics.

Sh. M. Mirziyoyev identifies rational nutrition, personal hygiene, physical activity, and psychological stability as the main components of a healthy lifestyle. According to his view, each of these factors is equally important for the normal functioning of the human organism.

In the studies of Sh. Yu. Rakhmanov, dedicated to the organization of physical education and sports training, modern approaches to engaging students in sports, planning training sessions, and organizing activities based on students' interests are scientifically substantiated.

The works of foreign scholars also widely highlight the relationship between physical activity and educational effectiveness. They note that students who regularly engage in sports demonstrate higher levels of memory, attention, cognitive speed, and stress resistance. Such students are also more inclined to teamwork and exhibit higher social activity.

The analysis of scientific sources shows that a healthy lifestyle is not a collection of independent elements but rather an integrated system of interrelated components. Physical education, nutrition, rest, psychological health, and ecological awareness complement each other and contribute to strengthening human health. Therefore, it is advisable to implement a comprehensive approach in higher education institutions in this regard.

Methodology

This study employed a combination of theoretical and practical research methods. The theoretical basis of the research was formed by scientific works of local and foreign scholars dedicated to physical education, sports pedagogy, and healthy lifestyle formation.

The practical part of the study was conducted among students of Termez State University. Pedagogical observation was used to examine students' participation in physical education classes, attendance in sports clubs, daily physical activity levels, eating habits, and leisure organization patterns.

The following research methods were used in the study:

- analysis of scientific and methodological literature;
- pedagogical observation;
- interview method;



- comparative analysis;
- generalization;
- analysis of results based on tables.

Pedagogical observations were conducted over several weeks, during which students' discipline during training sessions, adaptation to physical loads, level of activity within the group, and attitudes toward a healthy lifestyle were assessed. The results of the observations were recorded in special logbooks and subsequently analyzed.

The following indicators were adopted as the main criteria of the study:

- level of daily physical activity;
- regular participation in sports training sessions;
- adherence to nutritional routines;
- rest and sleep patterns;
- attitude toward harmful habits;
- observance of personal hygiene.

The obtained data were subjected to comparative analysis, which made it possible to identify the relationship between students' physical activity and their overall health, academic engagement, and social adaptation. The results of the analysis revealed that regular physical exercise, targeted awareness-raising activities, and a health-promoting environment within educational institutions play a decisive role in the formation of a healthy lifestyle.

To ensure the reliability of the data obtained during the study, the results of several methods were cross-checked and synthesized. This contributed to strengthening the scientific validity of the conclusions.

Results

During the research process, the main factors influencing the formation of a healthy lifestyle among student youth were assessed based on pedagogical observation and the analysis of scientific sources. The obtained results demonstrated that a healthy lifestyle is formed as a result of the integration of several interrelated factors.

The observations showed that students who regularly participated in physical education and sports activities demonstrated a higher level of physical fitness, greater interest in training sessions, and a more positive attitude toward a healthy lifestyle. They were also more likely to adhere to daily routines, maintain proper nutrition, and organize their leisure time in a meaningful way.

At the same time, among students who did not regularly engage in physical exercise, a more sedentary lifestyle, quicker fatigue, reduced concentration during academic activities, and poor adherence to daily routines were more frequently observed. This finding once again confirms that physical activity has a positive impact on the functional state of the human body and overall working capacity.

The analysis further indicated that the formation of a healthy lifestyle depends not only on physical education classes but also on the health-promoting environment within educational institutions, the personal example of academic staff, and the level of development of sports infrastructure.

Table 1.

Main Factors Contributing to the Formation of a Healthy Lifestyle among Student Youth

№	Factors	Level of Importance
---	---------	---------------------



1	Physical activity	Very high
2	Regular sports training	Very high
3	Balanced nutrition	High
4	Adherence to daily routine	High
5	Personal hygiene	Moderately high
6	Psychological stability	High
7	Rejection of harmful habits	Very high
8	Family and social environment	Moderately high

The data presented in the table indicate that a healthy lifestyle is formed not only through physical exercises but also through complementary social, psychological, and pedagogical factors.

Table 2.

The Impact of a Healthy Lifestyle on Students' Activities

Indicator	Observed Outcome
Physical working capacity	Increases
Classroom activity	Improves
Stress resistance	Increases
Teamwork ability	Develops
Academic discipline	Strengthens
Learning effectiveness	Increases
Psychological stability	Improves

The obtained results confirm that physical education and sports activities have a comprehensive positive impact on students' health. In particular, regular physical activity plays an important role in improving the functional capabilities of the body, strengthening the immune system, and stabilizing psychological well-being.

Pedagogical observations also revealed that students engaged in team sports demonstrate better-developed leadership skills, a stronger sense of responsibility, mutual respect, and cooperation abilities. This, in turn, enables the effective realization of the educational and upbringing functions of physical education.

Based on the analyzed results, it can be stated that the formation of a healthy lifestyle depends not only on physical education and sports but also on the harmonious integration of healthy nutrition, rest regimes, psychological stability, and a supportive social environment within educational institutions.

Discussion

The research results once again confirm the significant role of physical education and sports in forming a healthy lifestyle among student youth. Data obtained from the analysis of scientific literature and pedagogical observations indicate that regular physical activity not only strengthens human health but also positively influences psychological state, social activity, and academic performance.

According to the scientific views of F. A. Kerimov, physical education is not limited to the development of physical qualities but also contributes to the formation of discipline, responsibility, determination, and volitional traits. The findings of this study support these conclusions. During pedagogical observations, it was noted that students who regularly participate in sports activities demonstrate higher levels of teamwork skills, initiative, and responsibility.



In the studies of Sh. M. Mirzaev, a healthy lifestyle is viewed as a balance between physical activity, nutritional culture, personal hygiene, and rest patterns. This study also confirmed that these factors are interrelated. For example, students with higher physical activity levels were more likely to follow a daily routine and maintain healthier dietary habits.

According to the recommendations of the World Health Organization, regular physical activity among young people is one of the key criteria of a healthy lifestyle. These recommendations are consistent with the findings of this study and confirm that sports activities are an essential means of maintaining health among students.

At the same time, the study revealed that some students tend to lead sedentary lifestyles, spend extended periods using electronic devices, and do not adequately adhere to proper nutrition schedules. These factors may negatively affect not only physical development but also academic performance. Therefore, it is advisable to expand preventive measures, sports events, mass competitions, and health promotion initiatives in higher education institutions.

The results of the study also showed that students' attitudes toward sports are largely influenced by the conditions created within educational institutions. Modern sports facilities, qualified coaches, regular functioning of sports clubs, and mass competitions contribute to increasing students' interest. This indicates that the material and technical base is also a crucial factor in improving the effectiveness of physical education.

Table 3

Practical Recommendations for the Formation of a Healthy Lifestyle among Student Youth

№	Recommendations	Expected Outcomes
1	Expanding the activities of sports clubs	Physical activity increases
2	Increasing inter-faculty competitions	Interest in sports grows
3	Conducting seminars on healthy nutrition	Nutritional culture improves
4	Organizing psychological training sessions	Stress resistance increases
5	Holding "Healthy Lifestyle Weeks"	Preventive knowledge expands
6	Organizing students' leisure time through sports	Sedentary lifestyle decreases
7	Strengthening cooperation with parents and coaches	A stable healthy environment is formed

The implementation of the recommendations presented in the table contributes to increasing students' physical activity, strengthening their interest in a healthy lifestyle, and fostering a health-oriented environment within higher education institutions.

In general, the research findings demonstrate that the educational, health-promoting, and social significance of physical education and sports are closely interconnected. Therefore, activities aimed at promoting a healthy lifestyle should not be limited solely to physical education classes but should be organized in harmony with the overall educational and воспитание policy of the institution.

Conclusion

The results of the study indicate that the formation of a healthy lifestyle among student youth is one of the key educational tasks of the higher education system. A healthy lifestyle manifests



itself as an important factor that positively influences students' physical development, psychological stability, working capacity, and academic engagement.

Based on the analysis of scientific literature and pedagogical observations, it was found that students who regularly participate in physical education and sports activities develop more stable habits related to a healthy lifestyle. They pay greater attention to maintaining a daily routine, proper nutrition, personal hygiene practices, and meaningful organization of leisure time.

The study also revealed that the formation of a healthy lifestyle should not be limited to physical education classes alone. This process is closely connected with the overall pedagogical environment of the educational institution, the development of sports infrastructure, the personal example of academic staff, and cooperation with families and the wider community.

Based on the analyzed data, the following conclusions can be drawn:

- Physical activity is considered one of the most important components of a healthy lifestyle.
- Regular sports activities improve students' physical and psychological well-being.
- Healthy nutrition and adherence to daily routines contribute to improving academic performance.
- Team sports develop responsibility, discipline, and cooperation skills among students.
- Mass sports events organized within educational institutions increase students' interest in sports.
- Cooperation between teachers, coaches, and parents plays an important role in forming a healthy lifestyle.

Based on the study, the following practical recommendations for higher education institutions were developed:

- Further improvement of the practical component of physical education classes.
- Organization of regular inter-faculty Spartakiads and sports festivals.
- Increasing educational activities aimed at promoting healthy eating habits.
- Organizing students' leisure time through sports sections and clubs.
- Implementation of preventive programs aimed at strengthening psychological health.
- Strengthening awareness-raising activities for the prevention of harmful habits.
- Integrating physical activity with digital technologies and encouraging students to regularly monitor their health.

In general, systematic measures aimed at promoting a healthy lifestyle among student youth are considered one of the key factors in training healthy, active, and competitive professionals. The results of this study are of practical importance for improving the effectiveness of ongoing efforts to promote physical education and healthy lifestyles in higher education institutions.

REFERENCES

1. Ўзбекистон Республикасининг «Таълим тўғрисида»ги Қонуни. – Тошкент, 2020.
2. Ўзбекистон Республикасининг «Жисмоний тарбия ва спорт тўғрисида»ги Қонуни. – Тошкент, 2015.
3. Ўзбекистон Республикаси Президентининг жисмоний тарбия ва спорт соҳасини ривожлантиришга оид норматив-ҳуқуқий ҳужжатлари.
4. Керимов Ф.А. Спорт машғулоти назарияси ва услубияти. – Тошкент: Ўқитувчи, 2018.
5. Мирзаев Ш.М. Соғлом турмуш тарзи асослари. – Тошкент: Фан, 2021.
6. Рахманов Ш.Ю. Енгил атлетика. – Термиз: ТерДУ НММ, 2023.



7. Рахманов Ш.Ю. Бошланғич тайёргарлик босқичида машғулотларни ташкил этиш (Волейбол). – Термиз: ТерДУ НММ, 2025.
8. Ашмарин Б.А. Теория и методика педагогических исследований в физическом воспитании. – Москва: Академия, 2017.
9. Матвеев Л.П. Теория и методика физической культуры. – Москва: Спорт, 2019.
10. Лях В.И. Физическая культура. – Москва: Просвещение, 2020.
11. World Health Organization. Guidelines on Physical Activity and Sedentary Behaviour. Geneva: WHO, 2020.
12. World Health Organization. Global Action Plan on Physical Activity 2018–2030. Geneva, 2018.
13. UNESCO. Quality Physical Education Policy Guidelines. Paris: UNESCO, 2019.
14. American College of Sports Medicine. ACSM's Guidelines for Exercise Testing and Prescription. 11th ed. Philadelphia, 2021.
15. Bauman A., Bull F. Physical Activity for Health. London, 2020.