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Factors That Make Up Students' Free Time in Developing Immunity Against Harmful Habits

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ABSTRACT

The factors of everyday activity of students are described in this article, correct organization of the daily routine and of leisure of pupils, prophylaxis of pernicious habits at pupils, practising music, painting, literature, theatre and other types of art, rich in content organization of leisure of pupils.

Keywords:

Pernicious habits, mental and physical perfection, spare time of students.

The human body constantly requires food and accumulates energy in itself at the expense of this food. However, there are such things in life that even if the body does not require it during adolescence, it learns from its curiosity about everything to harmful habits, such as drinking alcohol, smoking tobacco and malfunctions, and drug abuse. First of all, if these habits are controlled by the person who mastered it, over time harmful habits will conditionally control it. That is, a person loses the ability to control himself.

That is why giving our people insights into this will prevent them from engaging in these habits. A normal diet, physical training and various sports games, proper work, and rest are important in eliminating harmful habits. Because a healthy lifestyle is based on a person's ability to maintain the safety of his or her life and health, is a form that ensures a high level of well-being, including adherence to the agenda, stimulating the body based on active physical activity, engaging in sports, full and quality nutrition, compliance with hygienic rules in nutrition, achieving communication

and ecological culture, spiritual education based on ethnic and national values is characterized by the ability to behave out of harmful habits, and so on.

Effective organization of students' leisure and development of their educational activities as a priority of pedagogical activity is one of the most pressing issues of our day. In this regard, the President of the Republic of Uzbekistan has undertaken five important initiatives aimed at improving the spirituality of young people and meaningfully organizing their leisure time. Our President focused on strengthening the attention of young people, expanding their involvement in culture, art, physical education and sports, developing the ability to use information technology in them, promoting literacy among young people, and improving the quality of women's slavery.

"Young men and women between the ages of 14 and 30 make up 30 percent of the population of our country. A wide range of conditions are created for them to learn and to pursue vocational training. At the same time, organizing meaningful leisure activities of

young people is a pressing issue. The more spiritually perfect young people are, the stronger their immunity to various beds will be."¹

Adolescence mostly covers the period from 11 to 16 years. During this time, the growth and development of the adolescent organism is characterized by acceleration and improvement of organ and body functions. A properly organized agenda that ensures the proper distribution of working and leisure time during the day is important in maintaining a high level of students' ability to work for a long time and the stimulation of the nervous system. When adjusting the order of the day, it should be noted that students make good use of their free time.

Extracurricular and extracurricular activities with students are held on school days with relatively few training sessions, as well as on Sundays and during cannibals. Students' work in the group and in the congregation is strictly determined to eliminate the need to overload. To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared.

Congregation work is entrusted to children, taking into account their age, health status, and unique interests, abilities, and learning. Students in grades 1-4 can spend 1-2 hours a week, students in grades 5-7 can spend 3-4 hours a week, and students in grades 8-10 can spend 8-9 hours. Such activities are interesting, vibrant and understandable to children as well as adolescents. It is recommended that you hold activities as few as possible as meetings, more often in the form of sports and entertainment, public-education excursions and walks. The meaningful organization of students' leisure activities, engaging in music, painting, literature, theatre and other forms of art, develops aesthetic skills and cultures in them.

¹ Ўзбекистон Республикаси Президентинг 2019 йил 19 МARCH kuni օtkazgan vidioselectrda sczlalagan nuts. <https://xabar.uz/kmd>.

A study of the student agenda shows that children of junior high school age spend 12 hours a week watching TV shows and 24-26 hours a week for some children. A study of the functionality of the central nervous system shows that television shows should not be viewed for more than an hour every day, an idea that applies to children studying in the second shift. For such children, it won't serve to watch TV shows, receive Internet information, relax and entertain, but will have an extra upload. It is necessary to sit in the optimum viewing zone while watching tv shows, that is, 2-5.5 m from the screen, and it is recommended that the light stand behind it sitting.

Such an active rest of students, which lasted a long time at school, has a good effect on their ability to work. About the positive effects of active rest, I.M.Sechenov searches for "nerve centers get energy" during active rest[8].

Students' ability to work decreases greatly if their active rest exceeds 1,5 hours or with an intensive load, and the number of errors increases.

It is not recommended to play sports games between school training and homework training. A lot of action, games associated with intensive loading have a negative impact on students' work, mental abilities.

Long-term use of telephone, television, and computer resources disrupts the continuity and continuity of sleep, even while it is extremely necessary to maintain the normal ability of the central nervous system and the entire body. It is necessary to show students how to use their time correctly and how to do their learning with a vacation plan.

In conclusion, we will say that students spend their free time looking more at their own interests. Reading, knitting, watching TV shows, drawing should take 1.5-2.5 hours for readers. Participation in sports sectors is intended to be from 45 minutes to 1.5-2 hours twice a week. Students also need to take a place in the order of self-service and social and beneficial work. The meaningful organization of leisure, timely

eating, performing physical activity not only prevents harmful habits, but also guarantees longevity.

Adabiyotlar:

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