

THE PROBLEM OF ENSURING HEALTHY GROWTH OF YOUTH IN PEOPLE'S ORAL CREATIVITY

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Annotation: Ensuring the healthy growth of young people has always been one of the main ideas of folk pedagogy, oral art and the works of thinkers. This article analyzes the issue of ensuring that young people grow up healthy in folklore.

Keywords: sports, physical education, general secondary school, folklore, youth, minors, influence.

Physical training has a strong effect on people, strengthens their health, increases their ability to work, helps them live longer. Sport is a great way to maintain your strength at any age. Sport serves as a source of alternating work with leisure. During the years of independence, special attention has been paid to the development of sports in the Republic of Uzbekistan, including children's sports. This direction is recognized as one of the priorities of state policy, and positive work is being done. In particular, a comprehensive program of physical education of young people has been developed. The Healthy Generation Program plays an important role in strengthening the health of young people. In accordance with the requirements of this program, the following three-stage sports competitions were held throughout the country:

- Competition "Umid Nihollari" (Hope sprouts) among students of secondary schools.
- Competition "Barkamol avlod" (Harmoniously developed generation) among students of secondary special vocational education institutions.
- "Universiade" competition among students studying in higher education institutions.

Three-stage sports competitions have been held to date, which have helped to increase students' interest in sports.

Today, as a result of increasing attention to the spot, the solution of new tasks in the organization of physical education in educational institutions has become a modern requirement.

Ensuring the healthy growth of young people has always been one of the main ideas of folk pedagogy, oral art and the works of thinkers. In the epic "Alpomish" Hakimbek (Alpomish) describes his physical training, growing up in the bosom of nature, his alpineity as follows: Then Hakimbek, a seven-year-old boy, grabbed those fourteen bows and pulled them out. The arrow of the bow became like lightning. Askar tore off the great peaks of the mountain, and his voice spread throughout the world. Then all the people came together and said: "There are less than ninety alpinists in the world, the leader of the alpinists is Rustami Doston, and in the end it will be Alpomish alp." The descendants of a nation with a healthy lineage and high spirituality will also be healthy; strong in faith and devotion, and this happiness will become a great factor in the glory and power of the motherland. A healthy generation is

needed for such happiness of the people. When we say a healthy generation, we mean people who are physically and spiritually mature, resilient, able to do anything, and advanced in culture. Indeed, the people who are raising a generation with such unique qualities look to the future with open eyes, bright faces and great confidence. We Uzbeks are a people who cannot imagine the meaning of our life without children. Born:

- to have children
- construction of a building
- Planting seedlings and creating a garden is a hereditary tradition, good wishes and a sacred human duty inherited from our ancestors.

It should be noted with special gratitude that our people, through the ordeals of history, have preserved these noble traditions without compromising them. Our ancestors have brought up their descendants in the spirit of universal feelings, immortal Eastern philosophy, national values.

That is why our people:

- ✓ "Healthy body - healthy mind"
- ✓ "Movement is a blessing in action"
- ✓ Proverbs such as "My health is my wealth" are world-famous today and are used in our lives as a means of education. This is Eastern philosophy.

The great educator Abdullah Avloni, in his book "Turkish Gulistan or Morality", said in this regard: Purity makes the mind and perception broad and sharp. It will cause attention and fame among the people. With purity we will be free from various diseases and will be with the value of our souls. Being clean is the most important thing for our health and happiness. It is not a sin to wear torn old clothes, it is a great sin and sin to wash new clothes and take out the oil. ... It is necessary to get rid of the scourge of pollution by means of purification. So, if a person wants to be physically strong and mentally alert, he should first of all pay great attention to cleanliness. At the same time, in people whose chastity upbringing is a priority, it contains all the qualities necessary for a person to live well, and the immoral defects are eliminated. According to Abdullah Avloni, in order to have a sound mind, good morals and knowledge, it is necessary to engage in physical training: "A healthy and strong body is the most important thing for a person. Because in order to read, to teach, to learn, and to teach, man needs a strong, disease-free being. People who do not have a healthy body make mistakes in their actions. Physical education also helps to train the mind. The body and the soul are like the opposite of the right of a robe. If the body is not adorned with purity, if it is not protected from bad habits, it is like putting on a robe and washing one's *asat*, which always hits the dirt on it. It takes hard work and a healthy body to cultivate the mind".

The famous Greek sage Plato, referring to happiness, said: "The first happiness for a person is his health, and the second is beauty." Indeed, health is the source of all wealth.

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