



THE GLOBAL ROLE AND IMPORTANCE OF PHYSICAL EDUCATION IN FORMING A HEALTHY LIFESTYLE AMONG STUDENTS

Abdurashidova Charos Salimjonovna

Department of “Types of Sports Activities” Master’s Degree Student
(Evening Education), 1st Year, Navoiy State University

Specialty: Theory and Methodology of Physical Education and Sports Training

E-mail: abdurashidovacharos6@gmail.com

Abstract

This article highlights the role of physical education in developing a healthy lifestyle among students, as well as its social, pedagogical, and health-improving significance. Furthermore, the study analyzes issues related to increasing physical activity among young people in the context of globalization, preventing harmful habits, and developing a healthy lifestyle culture through digital technologies. During the research, the positive impact of physical education classes on students’ health, psychological stability, and social activity was scientifically and methodologically substantiated.

Keywords: Healthy lifestyle, physical education, students, physical activity, health, sport, globalization, education, health-improving technologies.

INTRODUCTION

In today’s era of globalization and rapid development of information technologies, strengthening human health and educating the younger generation to become physically fit have become one of the priority directions of state policy. Since students represent the most active, intellectual, and promising layer of society, ensuring their adherence to a healthy lifestyle, increasing their physical activity, and encouraging regular participation in sports have become important socio-pedagogical tasks.



*Modern American Journal of Linguistics,
Education, and Pedagogy*

ISSN (E): 3067-7874

Volume 2, Issue 5, May, 2026

Website: usajournals.org

*This work is Licensed under CC BY 4.0 a Creative Commons Attribution
4.0 International License.*

In recent years, factors such as physical inactivity, unhealthy nutrition, stress, harmful habits, and excessive dependence on virtual life among young people have been increasing worldwide. These conditions negatively affect the physical development, psychological condition, and overall health of youth. Particularly in higher educational institutions, prolonged classroom activities and excessive use of computers and mobile devices have led to an increase in hypodynamia. Therefore, forming a healthy lifestyle through physical education has become one of the urgent issues of today.

In the Republic of Uzbekistan, special attention is also being paid to strengthening youth health, developing mass sports, and widely promoting a healthy lifestyle. In particular, several decrees and resolutions of the President of the Republic of Uzbekistan aimed at developing physical education and sports have strengthened the legal basis for activities in this direction.

Specifically, in the Presidential Decree No. PF–6099 dated October 30, 2020, “On Measures for the Widespread Introduction of a Healthy Lifestyle and Further Development of Mass Sports,” involving all segments of the population, especially young people, in physical activity, forming a healthy nutrition culture, and developing mass sports were identified as priority tasks. The decree also promoted projects such as “5 Thousand Steps” and “Health Paths,” aimed at increasing daily walking activity among the population.

In addition, the Development Strategy of Uzbekistan for 2022–2026 emphasizes the creation of necessary conditions for young people to regularly engage in physical education and sports, the development of sports infrastructure, and the upbringing of a healthy generation. The strategy places special emphasis on improving the quality of physical education classes in educational institutions and increasing youth participation in sports.

Furthermore, the Law of the Republic of Uzbekistan “On Physical Education and Sports” defines the organizational and legal foundations for the development of physical education and sports and serves as an important legal source in shaping a healthy lifestyle among young people. The law reflects issues such as citizens’ rights to participate in physical education and sports, the development of health-improvement systems, and support for sports activities in educational institutions.



Today, great attention is being paid in the higher education system to increasing students' physical activity by organizing physical education classes based on modern pedagogical technologies, applying innovative approaches, and introducing digital monitoring systems. Physical education is considered not only a means of strengthening health but also an important factor in ensuring the moral upbringing, social activity, and psychological stability of young people.

This article scientifically and methodologically analyzes the global role of physical education in forming a healthy lifestyle among students, its pedagogical and social significance, and innovative methods for increasing physical activity in modern conditions.

MAIN PART

The Role of Physical Education in Strengthening Students' Health

Physical education is one of the important factors ensuring the natural development of the human body. During student years, the functional capabilities of the body are highly active, and it is during this period that forming healthy lifestyle habits becomes especially significant.

Physical exercises:

- strengthen the cardiovascular system;
- improve respiratory activity;
- increase immunity;
- stabilize the nervous system;
- reduce psychological stress;
- improve working capacity and concentration.

Regular participation in sports also increases students' academic performance. Physical activity stimulates brain function, improves memory, and increases the speed of thinking.

Pedagogical Foundations of Forming a Healthy Lifestyle

Forming a healthy lifestyle is a continuous pedagogical process that includes the following directions:

1. Healthy nutrition culture;
2. Increasing physical activity;



3. Following a daily routine;
4. Avoiding harmful habits;
5. Ensuring psychological stability.

Organizing physical education classes in higher educational institutions based on modern pedagogical technologies increases students' motivation toward sports. The use of interactive methods, digital platforms, mobile applications, and fitness monitoring systems enhances students' interest in training activities.

The Importance of Physical Education in the Context of Globalization

Today, promoting a healthy lifestyle is considered one of the main social tasks worldwide. In many developed countries, special attention is paid to developing mass sports among students in order to form a healthy generation.

Physical education:

- protects youth from the negative influence of harmful information;
- contributes to meaningful leisure activities;
- increases social activity;
- develops patriotism and teamwork;
- creates a healthy competitive environment.

In particular, the integrative significance of sports at the international level serves to strengthen friendship, tolerance, and cooperation among young people.

Digital Technologies and Healthy Lifestyle

Currently, digital technologies are being widely introduced into the physical education system. Various fitness programs, smart watches, mobile applications, and online sports platforms provide opportunities to monitor students' healthy lifestyles.

For example:

- daily step monitoring;
- heart rate control;
- calorie tracking;
- online training programs;
- virtual sports competitions.



Such technologies develop students' independent training skills and encourage physical activity.

Preventing Social Problems through Physical Education

Regular participation of students in sports serves as an important means of preventing various negative situations, including:

- drug addiction;
- tobacco and alcohol consumption;
- internet addiction;
- aggressive behavior;
- depressive conditions.

Sports activities help organize young people's free time effectively and direct them toward a healthy and active lifestyle.

CONCLUSION

In conclusion, physical education is an important socio-pedagogical tool in forming a healthy lifestyle among students. Physical education not only strengthens the body's health but also positively influences young people's psychological stability, social activity, and moral development.

In the current era of globalization and rapid digital technological development, improving the physical education system in higher educational institutions, widely implementing innovative approaches, and strengthening sports and health-improvement activities remain urgent tasks.

By educating a healthy generation, it is possible to increase the intellectual and spiritual potential of society. Therefore, making physical education and sports an integral part of young people's lives is of great importance.

Recommendations

1. In order to integrate regular physical activities into students' daily lives, it is necessary to introduce a "Healthy Lifestyle Hour" practice in higher educational institutions. This will increase students' physical activity and improve health indicators.



2. It is recommended to use modern pedagogical and digital technologies in physical education classes. Mobile applications, fitness platforms, and online monitoring systems can serve as effective tools for increasing students' interest in training activities.

3. Preventive propaganda against harmful habits among students should be organized in combination with sports events. Sports competitions, marathons, and health campaigns increase young people's social activity.

4. It is recommended to improve sports infrastructure in higher educational institutions, provide modern sports equipment, and increase the number of free sports clubs. This creates a favorable sports environment for students.

5. It is important to organize physical education classes based on an individual approach. Programs adapted to students' age, health condition, physical preparedness, and interests effectively contribute to forming a healthy lifestyle.

Suggestions

1. It is proposed to develop and implement a special state program at the national level based on the concept of "Healthy Student – Healthy Society."

2. It is advisable to establish a "Healthy Lifestyle Center" in every higher educational institution consisting of psychologists, doctors, and physical education specialists.

3. It is proposed to introduce grants, certificates, and special scholarships for students who regularly participate in sports activities.

4. Integrating physical education with other disciplines, particularly healthy nutrition, psychological health, and ecological culture, can produce effective results.

5. In order to organize students' leisure time meaningfully, it is proposed to regularly hold inter-university sports leagues, massовые running competitions, and national sports festivals.

REFERENCES

1. Abdullayev A. Yoshlar salomatligi va jismoniy faollik. – Toshkent, 2021.
2. Ismoilov Sh. Sog'lom turmush tarzi asoslari. – Samarqand, 2020.
3. Kerimov F.A. Sport sohasidagi ilmiy tadqiqotlar. – Toshkent, 2020.



***Modern American Journal of Linguistics,
Education, and Pedagogy***

ISSN (E): 3067-7874

Volume 2, Issue 5, May, 2026

Website: usajournals.org

***This work is Licensed under CC BY 4.0 a Creative Commons Attribution
4.0 International License.***

-
4. Matveev L.P. Теория и методика физической культуры. – Москва: Спорт, 2018.
 5. O‘zbekiston Respublikasi Prezidentining jismoniy tarbiya va sportni rivojlantirishga oid farmon va qarorlari. – Toshkent, 2023.
 6. Salomov R.S. Jismoniy tarbiya nazariyasi va uslubiyati. – Toshkent: O‘qituvchi, 2019.
 7. UNESCO. Quality Physical Education Guidelines for Policy Makers. – Paris, 2019.
 8. WHO Global Action Plan on Physical Activity 2018–2030. – Geneva, 2018.
 9. Xonkeldiyev Sh.X. Jismoniy tarbiya va sog‘lomlashtirish texnologiyalari. – Toshkent, 2022.
 10. Ашмарин Б.А. Теория и методика педагогических исследований в физическом воспитании. – Москва, 2017.