

STUDYING THE LEVEL OF FORMATION OF THE BASICS OF A HEALTHY LIFESTYLE IN PRESCHOOL CHILDREN

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I. Introduction

The problem of educating the personal interest of each person in a healthy lifestyle in recent years is especially relevant in connection with the negative trend towards the deterioration of the health of all socio-demographic groups of the population and especially children of preschool age. Its solution requires an active meaningful attitude to one's health and strengthening it from childhood.

Currently, scientists from various fields of knowledge are engaged in the problem of forming a healthy lifestyle: medicine and physiology, psychology, ecology and pedagogy.

II. Literature review

The interest of scientists in this problem is not accidental. The orientation of the individual to a healthy lifestyle is a rather complex and contradictory process, it is influenced by the features of the development of the state and public opinion, the environmental situation, the technology of the educational process, the personality of teachers, as well as the state and orientation of family education.

Of great importance in creating favorable conditions for the formation of ideas about a healthy lifestyle among preschoolers is the system of preschool education, since care is taken to improve the health of the child, as noted by a number of authors (V.G. Ignatovich, I.I. Kapalygina, I.V. Krivosheina, V. G. Kudryavtsev, Y. L. Markhotsky, I. Novikova, N. V. Samuseva, E. V. Frolova, M. V. Checheta, etc.), the problem is not only medical, but also pedagogical, since it is correct organized upbringing and educational work with children, often to a greater extent than all medical and hygienic measures, ensures the formation of health and a healthy lifestyle.

Formation of the foundations of a healthy lifestyle in children is an important pedagogical task. However, its solution is hampered by the insufficient development of the system of pedagogical influences, means and conditions under which the formation of the foundations of a healthy lifestyle is ensured in due measure. The question of the nature and content aimed at forming the foundations of a healthy lifestyle in older preschoolers in the theory and practice of preschool education remains insufficiently studied.

Every year the percentage of children with deviations in health increases, there is a tendency for a continuous increase in the overall level of the disease among preschoolers. This is due to the mass of negative phenomena of modern life: severe social upheavals, environmental problems, low level of development of the institution of marriage and family; mass distribution of alcoholism, smoking, drug addiction; weak health care system and educational base of the educational institution and family.

III. Analysis

Preschool age is one of the most crucial periods in the life of every person. It is at this age that the foundations of health, proper physical development are laid, the formation of motor abilities takes place, interest in physical education and sports is formed, personal, moral-volitional and behavioral qualities are brought up.

Among the many factors (socio-economic, demographic, cultural, hygienic, etc.) that influence the state of health and development of children, physical education occupies an important place. There is no

doubt that in the conditions of increasing volume and intensity of educational and cognitive activity, the harmonious development of the preschooler's body is impossible without physical education.

Along with understanding the relevance of this issue, we can single out the following contradiction between the desire of preschool educational institutions to ensure the formation of a healthy lifestyle in children of older preschool age and the insufficiency of the developed methodological recommendations in the practice of teachers. This contradiction determined the relevance of the problem, which is to determine the content and conditions for the formation of the foundations of a healthy lifestyle in older preschoolers.

A healthy lifestyle is the implementation of a set of actions in all the main forms of human life: labor, social, family, household, leisure.

Children of senior preschool age have all the prerequisites for the stable formation of ideas about a healthy lifestyle:

- mental processes are actively developing, self-esteem, a sense of responsibility are growing;
- "positive changes in physical and functional development are noticeable; children are able to maintain and demonstrate correct posture;
- children are able to independently carry out household tasks, possess self-service skills, make strong-willed efforts to achieve the goal in the game, in the manifestation of physical activity.

To confirm the hypothesis, which consisted in the fact that the formation of a healthy lifestyle in children of senior preschool age in a preschool environment will be successful if:

- take into account the age and individual characteristics of children;
- create processes in preschool educational institutions for educational and methodological interpretation of the content of a healthy lifestyle;
- to carry out activities to form knowledge about a healthy lifestyle for older preschoolers;
- to systematically and purposefully promote a healthy lifestyle for children and parents, we conducted a study on the basis of pre-school education No. 3, pre-school education No. 6, pre-school education No. 28 in Navai, in which pupils of the senior group in the amount of 100 people took part.

The study was conducted in three stages: ascertaining, forming and control.

The first stage was aimed at identifying the level of formation of a healthy lifestyle among older preschoolers, for which a set of diagnostic methods was compiled and carried out.

At the second stage, the main directions of the teacher's activity in the formation of a healthy lifestyle among older preschoolers were identified and implemented.

At the third stage, a repeated identification of the level of formation of a healthy lifestyle in older preschoolers was carried out in order to trace the dynamics of changes in the level before and after the formative stage of the study.

Since the formation of a healthy lifestyle consists of children's ideas about a healthy lifestyle, good habits and a value attitude towards their health, the purpose of the empirical study is to identify the levels of children's ideas about a healthy lifestyle, to identify the levels of revealing healthy lifestyle habits and to determine the value attitude to their health, and then determine and implement the main areas of activity of the teacher in the formation of a healthy lifestyle among older preschoolers, therefore, in order to identify the level of development of ideas about a healthy lifestyle among older preschoolers, we selected the following set of diagnostic methods: a conversation with children in order to identify ideas about a healthy lifestyle (V. G. Kudryavtsev), the diagnostic task "What to do to be healthy" (I.G. Novikova), Diagnosis of a child's attitude to health and a healthy lifestyle. A detailed description of diagnostic techniques is presented in Appendix B-D.

Levels were considered to varying degrees: high, medium and low levels of ideas of children of senior preschool age about a healthy lifestyle were identified based on the following indicators:

- **high level:** the child has a clear understanding of the concept of "healthy lifestyle"; negative attitude to bad habits; adjusted to a healthy lifestyle;
- **intermediate level:** the child has a vague idea of the concept of "healthy lifestyle"; has little idea of bad habits; does not always strive to "set oneself up" for a healthy lifestyle;

- **low level:** the child has no idea about the concept of "healthy lifestyle"; does not deny bad habits; does not believe that a person should lead a healthy lifestyle.

IV. Discussion

At the beginning of our study, in order to identify the level of formation of a healthy lifestyle, we conducted a conversation with children of senior preschool age in order to identify ideas about a healthy lifestyle (V.G. Kudryavtsev). A description of this diagnostic technique is presented in Appendix B.

Kudryavtsev V.G., in order to identify ideas about a healthy lifestyle among preschoolers, suggests conducting a conversation. Questions for a conversation with children of the older group may be as follows.

Questionnaire for older preschoolers:

1. Do you have an idea about the concept of "health"?
2. How do you understand the phrase "healthy lifestyle"?
3. Do you lead a healthy lifestyle?
4. What do you do to be healthy?
5. Do you do morning exercises?
6. Do you do morning water procedures?
7. Can you swim?
8. Can you ski and skate?
9. What is labor?
10. Do you like to work?
11. Does the concept of a healthy lifestyle include work activity?
12. How do you work?
13. Do you know what "bad habits" are?
14. Do you know about the consequences of bad habits?
15. Why is it necessary to follow a healthy lifestyle?
16. Do you think it is right that work is the basis of a healthy lifestyle?

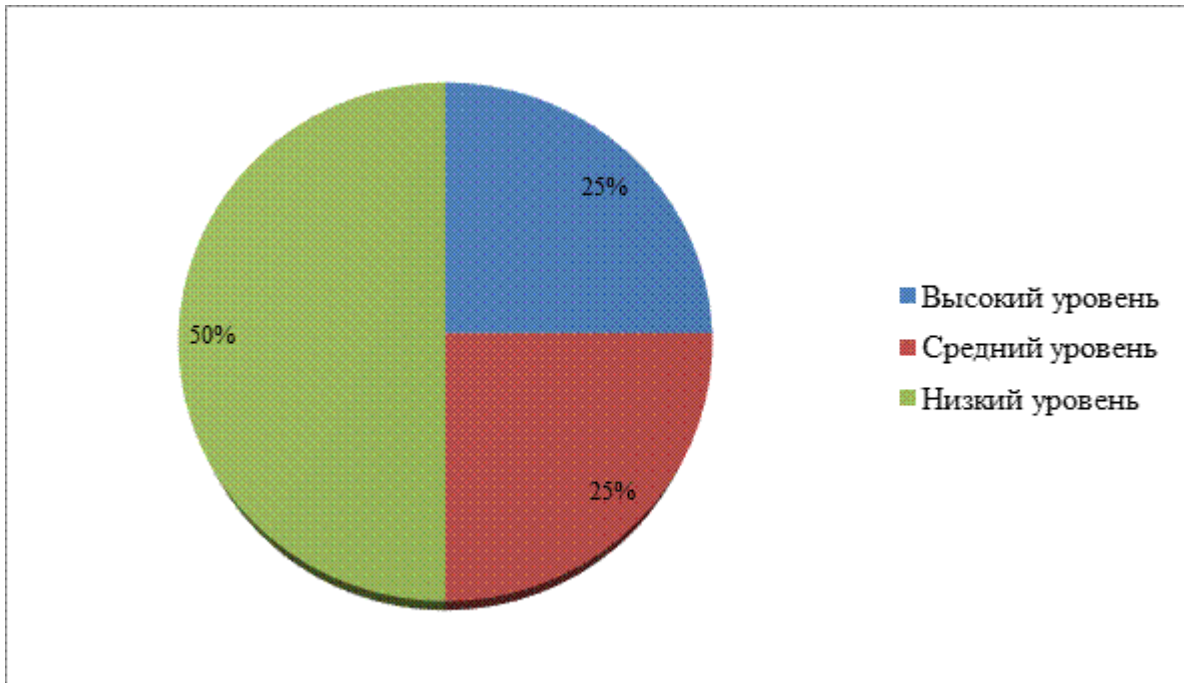
To determine the level of formation of a healthy lifestyle, the author uses the following criteria:

- 1) children's ideas about health as a human condition and the impact of the environment on human health;
- 2) the relationship between health and lifestyle (knowledge of good habits and children's attitude to bad habits);
- 3) participation in recreational and hardening activities.

The results obtained from the conversation at the beginning of the empirical study are presented in Table 1 and Picture 1.

Table 1 - Levels of development of ideas about a healthy lifestyle (V. G. Kudryavtsev) at the ascertaining stage of the study, %

Level of development of ideas about a healthy lifestyle	Number of children	Share, %
High	25	25
Medium	25	25
Low	50	50



Picture 1 - Levels of development of ideas about a healthy lifestyle (V. G. Kudryavtsev) at the ascertaining stage of the study, %

Based on the results of the diagnostics, we see that children generally have a low level of ideas about a healthy lifestyle - 50%, medium and high levels in 25% of older preschoolers.

After this conversation, we conducted a diagnostic technique "Diagnosis of the child's attitude to health and a healthy lifestyle", the purpose of which is to study the features of the value attitude of older preschool children to their own health and human health, a healthy lifestyle. A description of this diagnostic technique is presented in Appendix B.

To achieve this goal, the technique of "Unfinished sentences" is used. The teacher invites the child to play. He starts a sentence, and the preschooler ends it with the first thought that comes to mind.

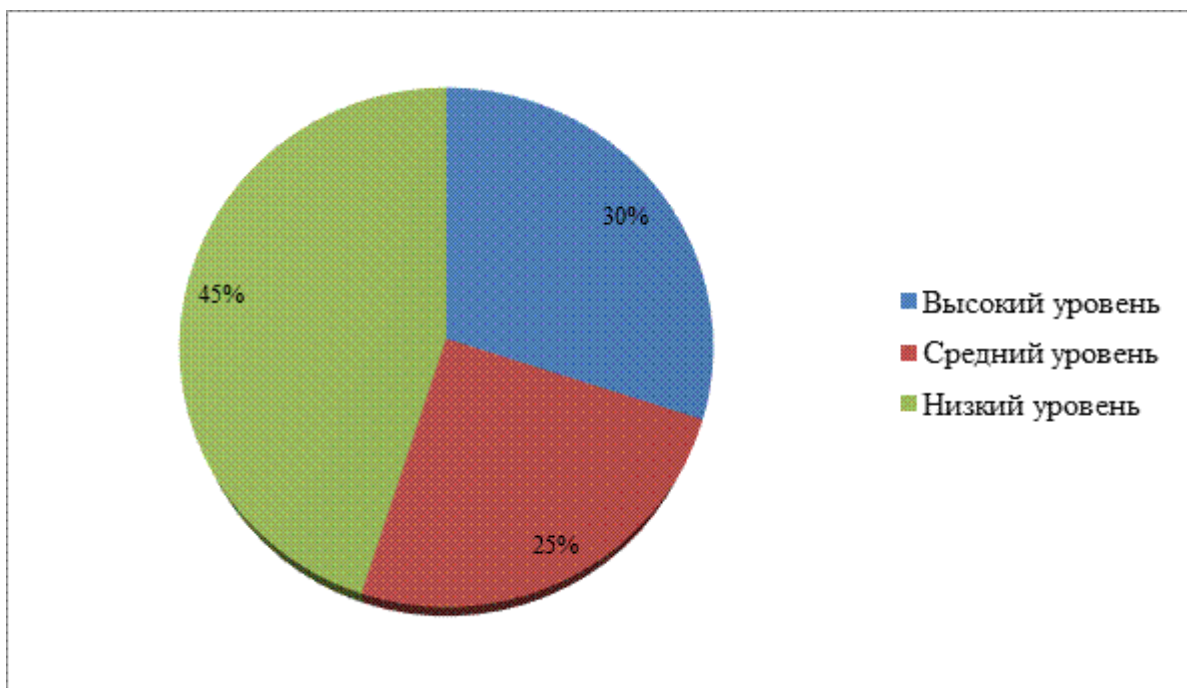
- A healthy person is...
- My health...
- Sometimes I get sick because...
- When I'm sick, they help me...
- When a person is in pain, he...
- I want to always be healthy because...
- When I think about health, I imagine...
- When I think about my health, I want to...
- If I had a magic wand of health, I would wish...
- When I am in a dangerous situation, then...
- When my friends get sick, I...
- When my mom and I go to the doctor, I think...

You can pause between sentences if your child gets tired or gets distracted. The results of this kind of survey are drawn up in a table, according to the criteria: awareness of the value of health is clearly manifested in the child - 3 points, not manifested - 1 point, manifested selectively - 2 points.

We presented the results of this diagnostic technique in Table 2 and Picture 2.

Table 2 - The levels of formation of the value attitude of older preschoolers to their health and healthy lifestyle at the ascertaining stage of the study, %

The level of formation of the value attitude of older preschoolers to their health	Number of children	Share, %
High	30	30
Medium	25	25
Low	45	45



Picture 2 - The levels of formation of the value attitude of older preschoolers to their health and healthy lifestyle at the ascertaining stage of the study, %

According to the results of this diagnostic, we see that a high level of formation of the value attitude of older preschoolers to their health and a healthy lifestyle is in 30% of children, the average level is in 25% of children, and the low level is in 45% of older preschoolers.

Next, we conducted the diagnostic task "What to do to be healthy" (I.G. Novikova), we presented a detailed description of this diagnostic technique in the appendix of G. Novikova I.G. a diagnostic complex was designed, including a diagnostic task, a problem situation. In order to identify ideas in older preschoolers about health promotion and disease prevention, you can use the diagnostic task "What to do to be healthy."

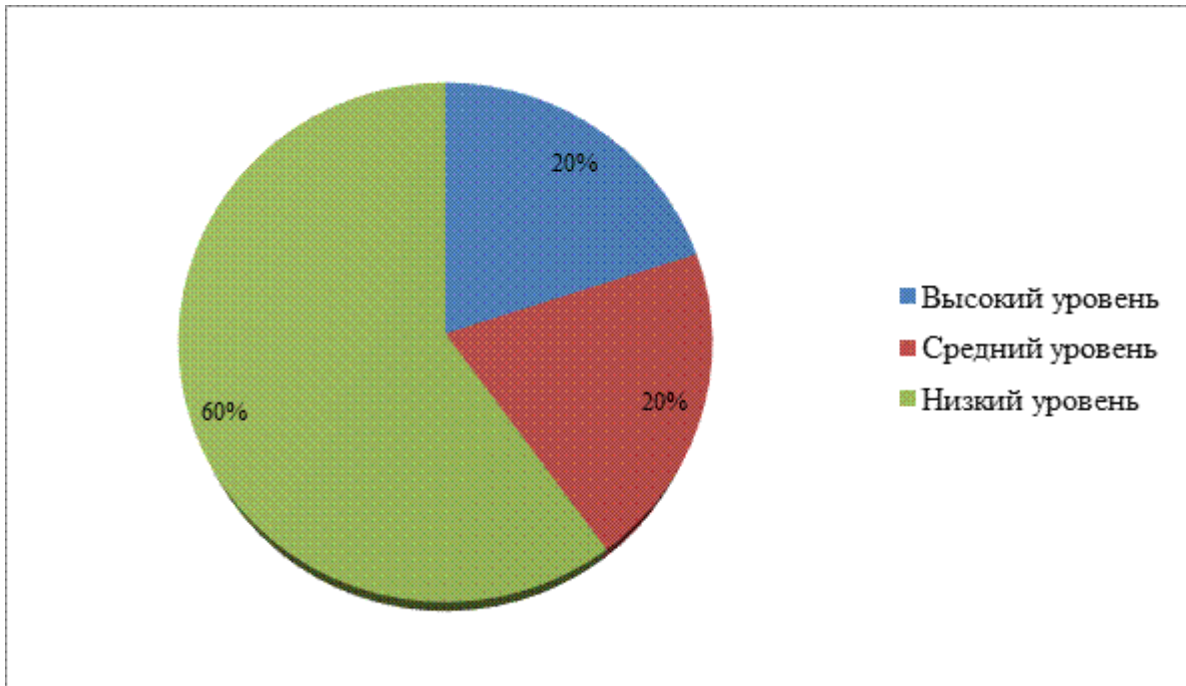
The teacher invites the child to talk to him “on the phone”.

During the conversation, the teacher finds out whether the child is healthy, what his mood is; expresses satisfaction that the child is healthy, and says: “My friend, the boy Dima, does not like to get sick very much. Dima asked me to ask you what to do in order not to get sick. After listening to the child's answer, the teacher suggests: “Please draw your answer. We will put your drawing in a large envelope and send it to Dima.” After completing the task, the teacher invites the child to explain his drawing and fixes these explanations.

We presented the results of this diagnostic technique in Table 3 and Picture 3.

Table 3 - Levels of development of ideas about health promotion among older preschoolers (I.G. Novikova) at the ascertaining stage of the study, %

Level of perceptions about health promotion	Number of children	Share, %
High	20 ч	20
Medium	20 ч	20
Low	60 ч	60



Picture 3 - Levels of development of ideas about health promotion among older preschoolers (I.G. Novikova) at the ascertaining stage of the study, %

Based on the results of this diagnostic, we saw that only 20% of older preschoolers have a high level of development of ideas about health promotion, an average level is also in 20% of children, and a low level is in 60% of older preschool children.

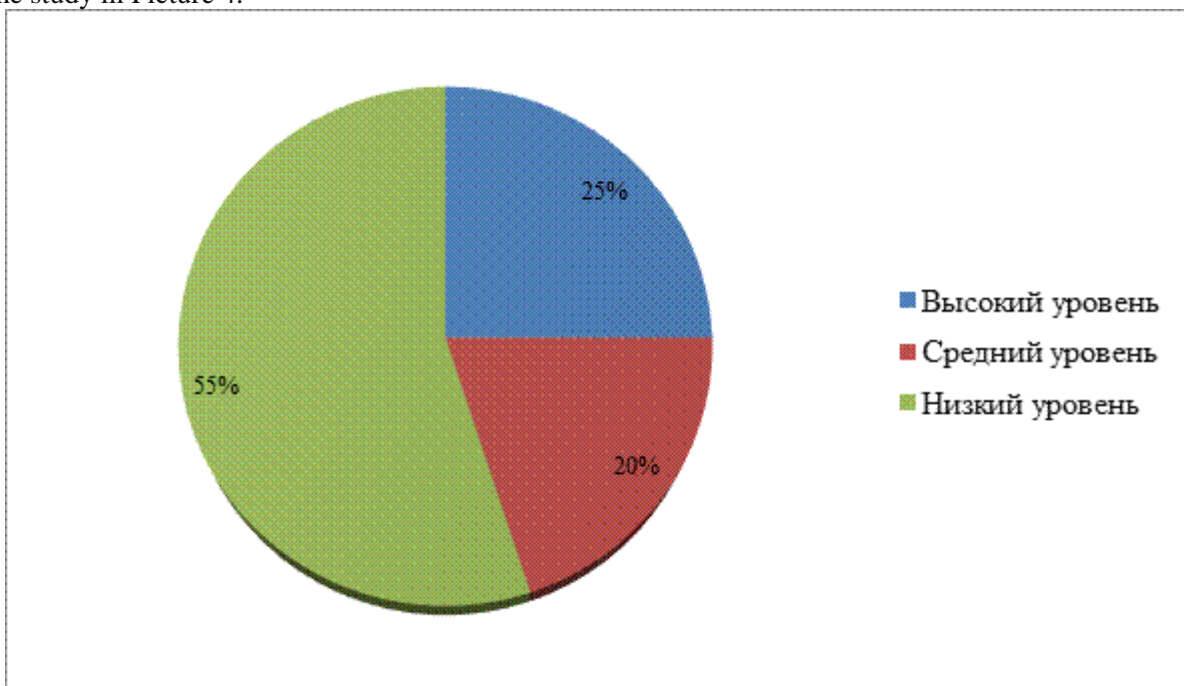
The results of all three diagnostic methods are shown in Table 4.

Table 4 - The results of the implementation of all three diagnostic methods at the ascertaining stage of the study

Child code	Conversation to identify ideas about a healthy lifestyle	Diagnosis of the child's attitude to health and healthy lifestyle	Diagnostic task "What to do to be healthy."	General level
1	L	L	L	low
2	L	L	L	low
3	L	L	L	low
4	L	L	L	low
5	H	H	M	high
6	L	L	L	low
7	L	L	H	low
8	H	H	H	high

9	L	L	L	low
10	M	M	M	medium
11	M	H	M	medium
12	H	H	H	high
13	L	L	L	low
14	L	M	L	low
15	H	H	H	high
16	M	M	L	medium
17	M	M	L	medium
18	M	L	L	low
19	H	H	M	high
20	L	M	L	low

We presented the levels of formation of a healthy lifestyle among older preschoolers at the ascertaining stage of the study in Picture 4.



Picture 4 - Levels of formation of a healthy lifestyle among older preschoolers at the ascertaining stage of the study, %

According to the results of diagnostic methods at the ascertaining stage of the study, we saw that mainly older preschoolers have a low level of formation of healthy lifestyle skills (55% of preschoolers), an average level - in 20%, a high level - in 25% of older preschoolers.

The results obtained indicate an alarming trend: most children do not have knowledge about their own body, about a responsible attitude to their health, which indicates the need to conduct special work on the formation of knowledge about a healthy lifestyle, which indicates that work is needed aimed at the formation of knowledge and ideas about a healthy lifestyle among older preschoolers, as well as the formation of a value attitude of older preschoolers to their health.

A healthy lifestyle is an individual system of habits and behavior of a person in the process of his life, when it provides him with good health.

In the structure of a healthy lifestyle, it is customary to single out the formation of systemic knowledge of ideas among preschoolers in the main areas of a healthy lifestyle; practical implementation of the knowledge system in habits and behavior; the formation of a conscious value attitude towards one's health and those around them.

The formation of a healthy lifestyle can be active, manageable if its initial diagnosis is provided, conditions are created to satisfy the motives of children's activities, the implementation of the motives and values of children receives emotional reinforcement, the child is aware of his subjective position in educational activities.

The main tasks of improving the health of children in kindergarten are the formation of their ideas about health as one of the main values of life, the formation of a healthy lifestyle.

Teachers should teach the child the right choice in any situation, only what is good for health and the rejection of everything harmful, instill in the child from an early age the right attitude towards his health, a sense of responsibility for it. These tasks should be solved by creating an integral system for the preservation of the physical, mental and social well-being of the child.

The specificity of the formation of ideas about a healthy lifestyle among preschoolers includes: the protection and promotion of health, the formation of ideas of older preschoolers about a healthy lifestyle, the development of the habit of a healthy lifestyle, the organization of versatile activities aimed at preserving the health of children, the implementation of a complex of educational, health-improving and therapeutic and preventive measures.

The results of the diagnostics made us face the need to carry out the formative stage of the study.

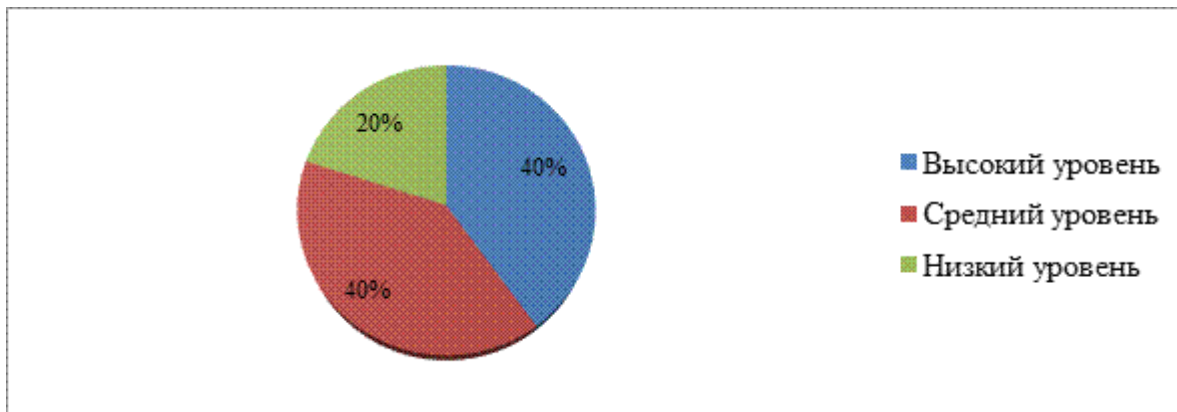
The formation of knowledge about a healthy lifestyle was carried out in stages.

The first stage was devoted to the formation of preschoolers' initial knowledge about the human body, about the functions of its parts; expanding and deepening children's ideas about diseases and their dangers, about medicines and vitamins.

The second stage was aimed at forming ideas about the dependence of health and a healthy lifestyle on the state of the environment.

The third type is the formation of knowledge about the dangers that may lie in wait for a child on the street, at home, in contact with strangers.

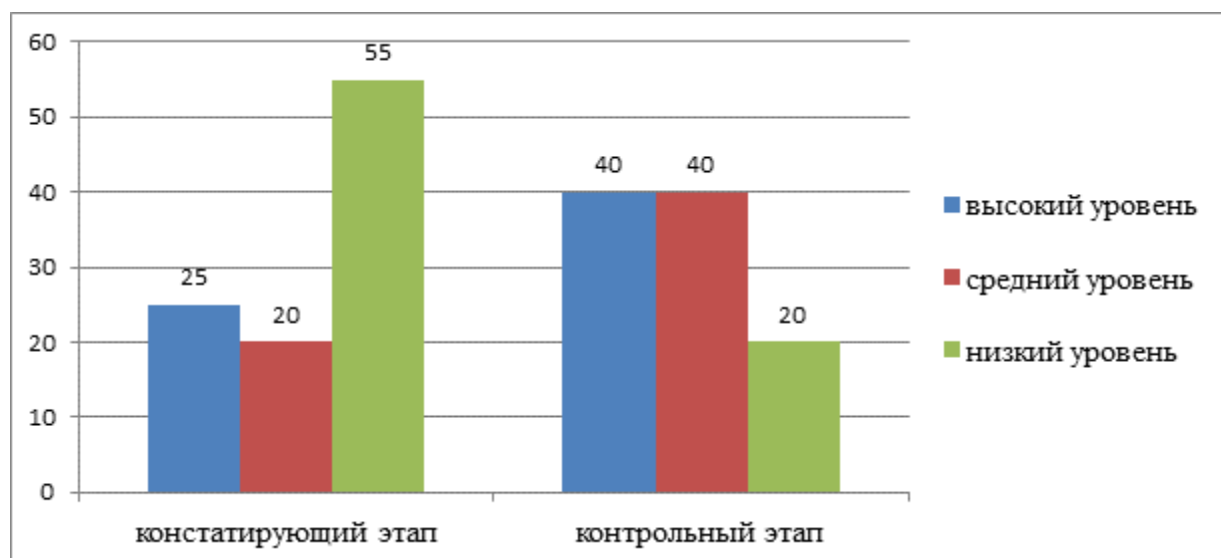
We presented the levels of formation of a healthy lifestyle among older preschoolers at the control stage of the study in Picture 5.



Picture 5 - Levels of formation of a healthy lifestyle among older preschoolers at the control stage of the study, %

Based on the results of diagnostic methods at the control stage of the study, we saw that the results have increased, a high level of formation of a healthy lifestyle for older preschoolers is in 40%, an average level is in 40%, and a low level is in 20% of preschoolers.

A comparative analysis of the dynamics of the formation of a healthy lifestyle for older preschool children at the ascertaining and control stages of the study is shown in Picture 6.



Picture 6 - Comparative analysis of the dynamics of the formation of a healthy lifestyle for older preschool children at the ascertaining and control stages of the study, %

Qualitative characteristics of the level of knowledge at the control stage showed that the level of formation of a healthy lifestyle has increased in children. All of the above speaks about the dynamics of the formation of knowledge of a healthy lifestyle in children of senior preschool age.

Thus, the hypothesis of the study is that the formation of a healthy lifestyle in children of older preschool age in the conditions of preschool will be successful if: take into account the age and individual characteristics of children; create processes in preschool educational institutions for educational and methodological interpretation of the content of a healthy lifestyle; to carry out activities to form knowledge about a healthy lifestyle for older preschoolers; to systematically and purposefully promote a healthy lifestyle for children and parents, it has been proven that the stated goal of the study has been achieved, the tasks set have been consistently solved.

V. Conclusion

To solve the first problem, we studied the essence and structure of a healthy lifestyle for older preschool children. Scientists from various fields of knowledge studied features of the development of a healthy lifestyle in preschool age: medicine and physiology V.N. Dubrovsky, B.N. Chumakov, Y.P. Lisitsyn, psychology O.S. Osadchuk, ecology Z.I. Tyumaseva, A.F. Amend and pedagogy V.G. Alyamovskaya, G.K. Zaitsev, M.L. Lazarev, L.G. Tatarnikova, Y.F. Zmanovsky, O.S. Schneider, O.V. Morozova, T.V. Poshtareva, O.Y. Tolstova and others.

V.A. Sukhomlinsky argued, "Care for the health of a child is a set of sanitary and hygienic norms and rules ... not a set of requirements for regimen, nutrition, work and rest. This is, first, care in the harmonious fullness of all physical and spiritual forces, and the crown of this harmony is the joy of creativity.

The formation of attitudes towards health as the greatest value in life (at a level accessible to children) becomes the basis for the formation in children of the need for a healthy lifestyle.

In turn, the presence of this need helps to solve the most important psychological and social task of becoming a creator in the child in relation to his own health and the health of those around him.

To implement the health direction, a special system of measures, methods and techniques is provided: widespread use of natural factors of nature; good hygiene care; clearly organized daily routine; massage in game forms ("let's stroke our hands", "let's stretch our fingers"); swimming in the pool and children staying in the sauna; physical exercises for the formation of posture, the development of the respiratory system, individual motor qualities (flexibility, dexterity, endurance, strength, coordination), the psyche (attention, quick wit, orientation in space and time).

To solve the second problem, we considered ways to form a healthy lifestyle in children of senior preschool age in a preschool environment.

A healthy lifestyle is formed by all aspects and manifestations of society, is associated with the personal-motivational embodiment of the individual's social, psychological and physiological capabilities and abilities. From how successfully it is possible to form and consolidate in the mind the principles and skills of a healthy lifestyle at preschool age, all subsequent activities that prevent the disclosure of the potential of the individual depend.

The system of preschool education plays a great role in creating favorable conditions for the formation of ideas about a healthy lifestyle among preschoolers, since, as noted by A.F. Amend, S.F. Vasiliev, M.L. Lazarev, O.V. Morozova, T.V. Poshtareva, O.Y. Tolstova, Z.I. Tyumaseva and others, is not only a medical problem, but also a pedagogical one, since properly organized upbringing and educational work with children often, to a greater extent than all medical and hygienic measures, provides formation of health and a healthy lifestyle.

A hygienically organized social environment for a child in a preschool educational institution is the first and main condition for the formation of a healthy lifestyle. Considering that a child spends a significant part of his life in a preschool institution, it, due to the specifics of its activities and capabilities, bears greater responsibility than parents do for the development of this knowledge.

The microenvironment of a preschool institution must meet not only sanitary and hygienic requirements; it must meet the requirements of the hygiene of the nervous system, psychological safety, and hygiene of social relations. It is important, for example, not only that children are put to bed at the appropriate time, but also how they do it how to ensure deep, healthy sleep. In addition, it is extremely important to ensure that children are comfortable when they wake up.

Teachers should understand that the health-improving activity of a preschool educational institution is a long-term investment by the state in a family that will return to it in the form of healthy and full-fledged citizens.

The second most important condition for the formation of a healthy lifestyle is the presence in a preschool institution of a special training program that would be aimed at acquiring by children a complex of necessary knowledge about caring for themselves, their bodies, and caring for people around them. To teachers of a preschool institution, writes V.G. Alyamovskaya, it is necessary to compile a list of classes on a

healthy lifestyle that they are guaranteed to be able to educate in children during their stay in a preschool institution.

To solve the third problem, we conducted a study based on preschool № 80 in Bukhara, in which pupils of the preparatory group of 30 people took part.

To confirm the hypothesis, an empirical study was conducted, which took place in three stages.

The first stage was aimed at identifying the level of formation of a healthy lifestyle among older preschoolers. The results of data processing at the ascertaining stage of the study, obtained during the implementation of diagnostic methods at the ascertaining stage of the study, showed that mainly older preschoolers have a low level of formation of healthy lifestyle skills (55% of preschoolers), an average level - in 20%, a high level - in 25% of older preschoolers.

At the second stage, the main directions of the teacher's activity in the formation of a healthy lifestyle among older preschoolers were identified and implemented. At the third stage, a repeated identification of the level of formation of a healthy lifestyle in older preschoolers was carried out in order to trace the dynamics of changes in the level before and after the formative stage of the study.

Summing up the results of the study, it can be stated that the hypothesis put forward was confirmed, both in the theoretical and practical parts of the study, the tasks set were solved in full, and the goal was achieved. The conclusions and recommendations obtained in the work on the formation of a healthy lifestyle for older preschoolers can be used in the work of psychologists and educators of preschool children in preschool educational organizations.

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