

## THE ROLE OF SPORTS AND MEDICINE IN EDUCATING YOUNG PEOPLE IN A HEALTHY LIFESTYLE

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**Annotatsiya:** Yoshlar – har bir jamiyatning kelajagi, ularning sog'lom va barkamol tarbiyasi esa jamiyatning rivojlanishida muhim ahamiyatga ega. Sog'lom turmush tarzi yoshlarning jismoniy va ruhiy salomatligini ta'minlashda, shuningdek, ularning ijtimoiy faoliyatini oshirishda muhim rol o'ynaydi. Bu jarayonda sport va tibbiyotning o'ziga xos o'rni bor. Ushbu maqolada Yoshlarni sog'lom turmush tarzida tarbiyalashda sport va tibbiyotning roli haqida ma'lumotlar berilgan.

**Kalit soʻzlar:** yoshlar, sog'lom turmush tarzi, jismoniy faoliyat, sport, yurak-qon tomir tizimi, tibbiyot.

**Аннотация:** Молодые люди – будущее каждого общества, и их здоровое и хорошо образованное образование важно для развития общества. Здоровый образ жизни играет важную роль в обеспечении физического и психического здоровья молодых людей, а также в повышении их социальной активности. Особое место в этом процессе занимают спорт и медицина. В данной статье представлена информация о роли спорта и медицины в воспитании молодежи к здоровому образу жизни.

**Ключевые слова:** молодежь, здоровый образ жизни, физическая активность, спорт, сердечно-сосудистая система, медицина.

**Abstract:** Young people are the future of every society, and their healthy and well-educated education is important for the development of society. A healthy lifestyle plays an important role in ensuring the physical and mental health of young people, as well as in increasing their social activity. Sports and medicine have a special place in this process. This article provides information about the role of sports and medicine in educating young people in a healthy lifestyle.

**Key words:** youth, healthy lifestyle, physical activity, sports, cardiovascular system, medicine.

### INTRODUCTION.

Sports attract young people to physical activity. Exercise not only builds muscle, but also helps strengthen the cardiovascular system, boost immunity, and improve overall health. Young people discover their physical potential through sports and form a healthy lifestyle. Sports activities reduce stress, improve mood and strengthen mental health. Through sports, young people learn to manage their emotional states, which

improves their social relationships. Sport is a team activity, which helps to develop cooperation, team spirit and social skills among young people.

### **MATERIALS AND METHODS.**

Youth learn friendship, mutual respect and responsibility through sports. Success in sports requires hard work, patience and determination. These qualities help young people develop the skills they need to succeed in life. Medicine encourages young people to make healthy lifestyle choices. Health care facilities and health workers encourage young people to eat well, be physically active and develop healthy habits. Medicine plays an important role in controlling the health of young people. It is possible to maintain the health of young people and prevent diseases through medical examinations, vaccines and preventive measures. Medical professionals help raise the awareness of young people by educating them about health and wellness. Information on healthy living, nutrition, exercise and stress management can help young people make informed decisions.

Medicine is also important in strengthening the mental health of young people by providing psychological support. Psychologists and psychiatrists help young people deal with their emotional problems, which improves their overall health. The impact of sports on the health of young people is very large and multifaceted. Sports increase physical activity, which helps to strengthen muscles and bones. Young people develop their muscles and increase bone density by playing sports. Sports help strengthen the cardiovascular system. Physical exercise increases the efficiency of the heart, normalizes blood pressure and improves blood circulation. [3]

### **RESULTS AND DISCUSSIONS.**

Regular exercise increases immunity, which protects young people from diseases. Sport reduces stress and improves mood. During physical activity, the body produces endorphins (hormones of happiness), which improve the state of mind. Through sports, young people develop their skills, which increases self-esteem and confidence. Successful sports activities increase self-confidence of young people. Sport is a team activity that develops friendship, cooperation and team spirit among young people. Youth learn social skills and improve their social relationships through sports. Sports teach young people discipline and responsibility.

Regular training and participation in competitions encourages youth to be responsible for managing time and achieving goals. Playing sports encourages young people to eat healthy. Athletes often make good nutrition and healthy lifestyle choices that improve their overall health. Sports help keep young people away from harmful habits such as tobacco and alcohol. Playing sports encourages young people to choose a healthy lifestyle. The impact of sports on the health of young people is very important. It helps to improve physical, mental and social health and also develops healthy habits. Through sports, young people improve not only their health, but also their quality of

life. Therefore, it is very important to attract young people to sports and encourage them to choose an active lifestyle.[1]

Medicine plays a number of important roles in educating young people in a healthy way of life. Medicine helps young people learn healthy habits such as healthy eating, physical activity, sleep and stress management. Through health education programs, young people understand the importance of a healthy lifestyle. Medicine educates young people about diseases, their causes and methods of prevention. This, in turn, encourages young people to choose a healthy lifestyle.[5]

Medicine encourages young people to undergo regular medical examinations and early detection of diseases. This, in turn, is important in maintaining health and preventing disease. Medicine provides young people with the necessary vaccinations and preventive measures, which protect them from various diseases. Medicine plays an important role in supporting the mental health of young people. [2]

Psychologists and psychiatrists work with young people to help them deal with stress, depression and other mental problems. Medicine helps to increase the self-esteem of young people. Making healthy lifestyle choices and taking control of one's own health boosts young people's self-confidence. Medical professionals provide advice on healthy eating for young people. This, in turn, helps improve their eating habits. Medicine encourages young people to increase physical activity. By recommending sports and exercise, young people are encouraged to make healthy lifestyle choices. Medicine can help keep young people away from harmful habits, such as tobacco and alcohol. Through programs encouraging healthy lifestyle choices, young people learn to avoid harmful habits. Medicine encourages young people to make healthy lifestyle choices. This, in turn, improves their overall health and quality of life. Medicine plays an important role in educating young people in a healthy lifestyle. It encourages young people to make healthy lifestyle choices through health education, preventive medicine, psychological support and the development of healthy habits. This process helps to improve the health of young people and increase their quality of life.[4]

### **CONCLUSION.**

The role of sports and medicine complement each other in educating young people in a healthy lifestyle. While sports are important in improving physical and mental health and developing social skills, medicine helps guide youth through health care and education. When young people choose a healthy lifestyle, they not only strengthen their own health, but also the future of society. Therefore, it is important to strengthen cooperation in the fields of sports and medicine, to educate young people in a healthy lifestyle.

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