

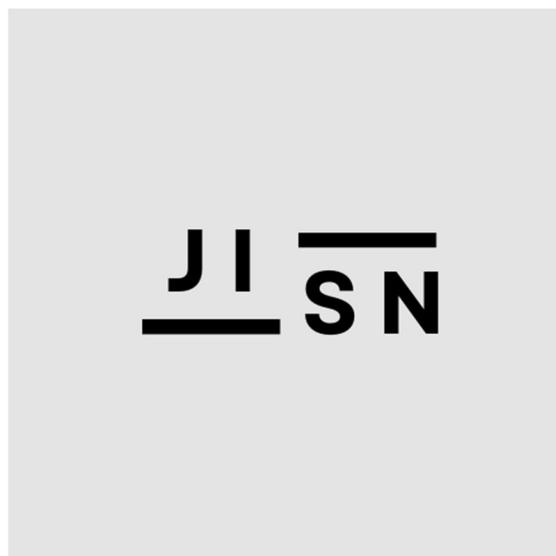
JOURNAL OF
**INTERNATIONAL
SCIENCE
NETWORKS**



Vol. 1 No. 7 (2025)

Publisher

D-PRESS SERVICES

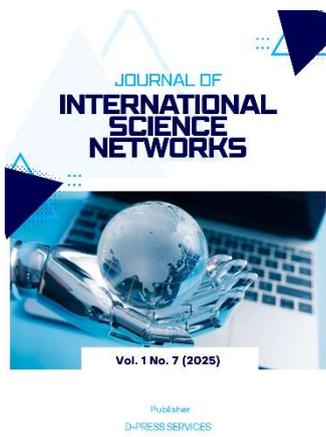


THE ROLE OF PHYSICAL EDUCATION IN FORMING A HEALTHY LIFESTYLE

¹ *Nazarov Sherzod Tursun ogli,*
² *Maksimova Nataliya Leonidovna*

¹ Teacher of the Department of Uzbek language and Social Sciences of the Jizzakh branch of the National University of Uzbekistan,

² Chuvash State University Named After Ulyanova I.N.
e-mail: sn3987494@gmail.com



Accepted Date:

November 05, 2025,

Published Date:

November 10, 2025

Journal Website:

<https://d-pressa.com/index.php/jisn/issue/view/jisn7>

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ANNOTATION:

A healthy lifestyle is one of the most important conditions for the sustainable development of society and the well-being of individuals. In modern conditions of rapid technological development, urbanization, and sedentary behavior, the level of physical activity among children, adolescents, and adults is significantly decreasing. This situation leads to the growth of chronic non-communicable diseases, weakening of physical fitness, and deterioration of mental health. Physical education plays a key role in forming stable healthy lifestyle habits from an early age. This article examines the theoretical foundations of physical education, its influence on physical, mental, and social health, and its role in shaping healthy lifestyle behaviors. Using a systematic analytical approach, modern scientific views, pedagogical mechanisms, and international experiences are analyzed. The results show that regular physical education not only strengthens physical health but also forms discipline, motivation, social activity, and resistance to harmful habits. The study substantiates the necessity of strengthening the role of physical education in educational institutions and society as a whole.

KEYWORDS:

physical education, healthy lifestyle, physical activity, health behavior, youth health, education system, motor activity.

Introduction

The problem of maintaining and strengthening human health has become one of the most urgent global issues of the 21st century. According to the World Health Organization, insufficient physical activity is one of the leading risk factors for mortality worldwide and is directly associated with cardiovascular diseases, diabetes, obesity, and mental health disorders. In this context, forming a healthy lifestyle among the population, especially among children and youth, is a strategic task of modern education and public policy.

A healthy lifestyle is a complex system of behaviors and habits aimed at maintaining physical, mental, and social well-being. It includes regular physical activity, rational nutrition, sufficient sleep, avoidance of harmful habits, stress management, and personal hygiene. Among these components, physical activity is considered the core element, as it directly influences the functioning of all physiological systems of the human body.

However, modern technological progress has significantly reduced natural physical activity. The widespread use of computers, smartphones, and transport, along with the dominance of sedentary lifestyles, has led to hypodynamia even among school-aged children. As a result, many young people show low levels of endurance, strength, flexibility, and general physical fitness.

In this context, physical education (PE) serves as the most

effective institutional mechanism for introducing physical activity into everyday life. Physical education is not only a system of physical exercises but also a pedagogical process aimed at developing motor skills, physical qualities, values of health, and positive attitudes toward an active lifestyle.

The relevance of this study lies in the need to scientifically substantiate the role of physical education in shaping a healthy lifestyle and to identify its pedagogical, physiological, and social significance.

The purpose of this article is to analyze the role of physical education in forming a healthy lifestyle and to identify its main mechanisms of influence on health-related behavior.

Methods

The research was conducted using the following scientific methods:

1. Systematic analysis of scientific literature – international and national studies on physical education, sports science, health education, and public health were reviewed.

2. Comparative analysis – different pedagogical approaches to physical education in various countries were compared.

3. Theoretical modeling – the conceptual model of the influence of physical education on healthy lifestyle formation was developed.

4. Generalization and synthesis – key conclusions were drawn based on the analysis of multiple scientific sources.

The study is based on secondary data and scientific publications, without direct experimental intervention.

Results

The Concept of a Healthy Lifestyle and Its Main Components

A healthy lifestyle is not limited to physical exercise alone but represents a holistic system of health-preserving behaviors. The main components of a healthy lifestyle include:

- Regular physical activity;
- Balanced and rational nutrition;
- Adequate sleep and rest;
- Personal hygiene;
- Rejection of harmful habits (smoking, alcohol, drugs);
- Psychological balance and stress resistance.

Scientific studies confirm that physical activity is the foundation of a healthy lifestyle, as it stimulates metabolism, strengthens immunity, regulates body weight, and enhances mental well-being.

Physical Education as a Pedagogical System

Physical education is an integral part of general education and professional training. It is aimed at:

- Developing basic motor skills;
- Improving physical qualities (strength, speed, endurance, flexibility, coordination);
- Strengthening health;
- Forming health-oriented values and motivation.

Unlike spontaneous physical activity, physical education is a

systematic, organized, and scientifically grounded process. It is implemented through:

- Compulsory PE lessons in schools and universities;
- Sports sections and extracurricular activities;
- Mass sports and fitness programs.

This system ensures the regular involvement of children and youth in physical activity, which is crucial for forming stable healthy habits.

The Impact of Physical Education on Physical Health

Regular participation in physical education classes has a direct positive impact on physical health indicators:

- Cardiovascular system: increases heart efficiency, improves blood circulation, reduces the risk of hypertension and atherosclerosis.
- Respiratory system: increases lung capacity and oxygen uptake.
- Musculoskeletal system: strengthens bones, joints, and muscles, prevents posture disorders.
- Metabolism: regulates body weight and reduces the risk of obesity.

Numerous studies show that students who regularly attend PE classes have significantly better physical fitness indicators than their inactive peers.

The Role of Physical Education in Mental and Social Health

Physical education influences not only physical but also mental and social health:

- Reduces stress, anxiety, and depression;
- Improves cognitive functions, memory, and attention;
- Enhances emotional stability and self-confidence;
- Develops communication skills and teamwork through group sports;
- Fosters discipline, responsibility, and goal orientation.

Thus, PE contributes to the formation of a harmonious personality and social adaptation.

Physical Education and the Formation of Healthy Behavioral Habits

The formation of a healthy lifestyle is impossible without stable behavioral patterns. Physical education plays a key role in this process through:

- Creating daily physical activity habits;
- Developing positive attitudes toward sports and movement;
- Teaching self-control and discipline;
- Increasing resistance to harmful habits (smoking, alcohol, drugs).

Young people who are actively involved in sports are statistically less prone to risky behaviors and more likely to follow healthy lifestyle principles.

The Role of Physical Education in the Education System

In the education system, physical education performs several important functions:

- Health-preserving function: maintaining and strengthening students' health;
- Educational function: forming knowledge about physical culture and health;
- Upbringing function: developing moral and volitional qualities;
- Socialization function: promoting social interaction and teamwork.

Schools and universities are the most effective environments for implementing physical education because they provide systematic, controlled, and inclusive participation of all children and young people.

Discussion

The analysis confirms that physical education is a fundamental factor in the formation of a healthy lifestyle. Its influence is complex and multidimensional, affecting physical, mental, and social aspects of human health.

At the same time, several challenges limit the effectiveness of physical education:

- Insufficient material and technical base in some educational institutions;
- Low motivation of students toward physical activity;
- Overloaded academic curricula;
- Lack of modern teaching technologies and innovative PE methods;
- Shortage of qualified physical education teachers in certain regions.

International experience shows that countries with developed

sports infrastructure and strong physical education systems (Japan, Finland, South Korea, Germany) demonstrate higher levels of public health and life expectancy. This confirms the necessity of strengthening the role of physical education at the state level.

Modern approaches to physical education emphasize:

- Individualization of physical harpyzki (workloads),
- Use of digital technologies (fitness trackers, mobile applications),
- Integration of health education and physical education,
- Promotion of lifelong physical activity.

Physical education should not be viewed only as a school subject but as a lifelong social institution that forms health culture and personal responsibility for one's health.

Conclusion

The study shows that physical education plays a decisive role in forming a healthy lifestyle. It is a powerful pedagogical, physiological, and social tool that:

- Strengthens physical health;
- Improves mental well-being;
- Develops social skills and moral qualities;
- Forms stable health-oriented habits;
- Prevents harmful behaviors.

In modern society, where physical inactivity has become a global health threat, strengthening the role of physical education is not

only a pedagogical task but also a strategic socio-economic necessity.

Practical Recommendations:

1. Increase the number and quality of physical education classes in schools and universities.
2. Introduce modern fitness and monitoring technologies into PE lessons.
3. Improve the professional training of physical education teachers.
4. Promote mass sports and physical culture among the population.
5. Integrate physical education with health education and psychological support programs.

The implementation of these measures will significantly enhance the effectiveness of physical education in forming a healthy lifestyle and improving the overall health of society.

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