THE BENEFITS OF USING THE LEGACY OF THINKERS IN PROMOTING A HEALTHY LIFESTYLE AMONG PRIMARY SCHOOL STUDENTS THE BENEFITS OF USING THE LEGACY OF THINKERS IN PROMOTING A HEALTHY LIFESTYLE AMONG PRIMARY SCHOOL STUDENTS

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Abstract. This article highlights the pedagogical possibilities of using the heritage of great thinkers in the formation and promotion of a healthy lifestyle among primary school students. A healthy lifestyle is an important factor in ensuring the physical, spiritual and mental well-being of the younger generation. The study analyzes the views of thinkers such as Abu Ali ibn Sina, Abu Nasr al-Farabi, Alisher Navoi, and Bahauddin Naqshband on a healthy life, morality, proper nutrition, hard work, and physical activity. It is also substantiated that the use of this heritage in the educational process serves to form healthy habits, responsibility, attention to one's own health, and positive life skills in students. The article shows the advantages of integrating the heritage of thinkers into the content of modern education and its educational effectiveness. The results of the study confirm the importance of the legacy of thinkers in raising a healthy generation based on national and spiritual values.

Keywords: healthy lifestyle, primary education, legacy of thinkers, Ibn Sina, Alisher Navoi, spiritual education, health, physical activity, healthy habits, national values, harmonious generation.

INTRODUCTION

Today, the physical and spiritual development of the younger generation is one of the priorities of state policy. The development of society, the health of the nation, and the future development of the country are directly related to the adherence of young people to a healthy lifestyle. Therefore, the formation of healthy lifestyle skills in students, their protection from harmful habits, and the development of a healthy lifestyle culture are considered one of the important tasks in the education system. Especially since primary school students are at the initial stage of their formation as individuals, the development of knowledge, skills, and competencies related to a healthy lifestyle is of particular importance.

During primary education, students' worldview, values, and daily habits are formed. It is during this age period that the upbringing and education provided create a solid foundation for later life activities. If habits such as healthy eating, adherence to personal hygiene rules, physical activity, and proper time management are formed in childhood, they will become an integral part of human life in the future. Therefore, the use of effective pedagogical tools in promoting a healthy lifestyle is one of the urgent issues facing education. The rich scientific and spiritual heritage of the Uzbek people is of incomparable importance in the upbringing of the younger generation. Our great thinkers Abu Ali ibn Sina, Abu Rayhan Beruni, Alisher Navoi, Ahmad Yassavi and other scholars paid special attention to the principles of human health, cleanliness, balanced nutrition, etiquette, and a healthy lifestyle in their works. In particular, Ibn Sina's views on medicine serve as an important scientific source in promoting a healthy lifestyle not only in his time, but also today. Conveying the thoughts of thinkers about a

healthy lifestyle to primary school students in accordance with their age characteristics serves to increase their interest in a healthy lifestyle[1].

Another important aspect of using the heritage of thinkers is that it develops respect for national values, interest in historical heritage, and feelings of patriotism in students. Teaching knowledge about a healthy lifestyle through historical sources, proverbs, legends, and examples from the lives of scholars enriches the content of the educational process and increases its educational effectiveness. As a result, students not only learn the rules of a healthy lifestyle, but also develop a sense of national identity and spiritual maturity.

This study analyzes the pedagogical advantages of using the heritage of thinkers in promoting a healthy lifestyle among primary school students, its educational and educational potential, and its practical significance. It also highlights effective ways to raise a healthy and well-rounded generation by integrating the legacy of scholars into the modern educational process.

LITERATURE ANALYSIS AND RESEARCH METHODOLOGY

The issue of forming a healthy lifestyle in primary school students is one of the important areas of pedagogical science. In this process, the use of national and spiritual heritage and the views of great thinkers is of particular importance. The ideas of Eastern thinkers about human health, physical education, moral development and healthy life remain relevant in today's educational process.

Abu Ali ibn Sino's "The Canons of Medicine" covers in detail the issues of maintaining human health, proper nutrition, regular physical exercise and prevention of diseases. The scientist scientifically substantiated the main factors of a healthy lifestyle. Abu Nasr Al-Farabi in his work "The City of Virtuous People" emphasizes the interdependence of physical and spiritual perfection in the upbringing of a perfect person[4]. Alisher Navoi in his work "Mahbub ul-qulub" notes that a person's moral purity, hard work and healthy life are important factors in the development of society. Also, in the work of Abdulla Avloni “Turkish Rose Garden or Morality”, special attention is paid to the issues of raising young people to be healthy, educated and patriotic[3].

Theoretical and empirical methods were used in the research process. As theoretical methods, the methods of studying, analyzing, comparing and generalizing the works of thinkers, pedagogical and methodological literature were used. As empirical methods, observation, interview and questionnaire methods were used. Also, pedagogical monitoring was carried out to determine the knowledge and skills of primary school students regarding a healthy lifestyle. The results obtained were analyzed and the educational effectiveness of using the heritage of thinkers was assessed.

ANALYSIS AND RESULTS

The pedagogical possibilities of using the heritage of thinkers in the formation of knowledge and skills on a healthy lifestyle among primary school students were analyzed. The analysis showed that teaching topics related to a healthy lifestyle by linking them with the lives and scientific views of great scholars significantly increases students' interest in the subject. While in traditional lessons, information about healthy eating, personal hygiene or physical activity is often given theoretically, in classes organized on the basis of the heritage of thinkers, these concepts are enriched with real-life examples.

The views of Abu Ali ibn Sino on maintaining health, the wisdom of Alisher Navoi about human perfection, and the spiritual and moral heritage of other scholars are perceived with great interest by students. In particular, activities organized through stories, conversations, role-playing games and

small projects help children to firmly master knowledge on a healthy lifestyle. Students begin to understand the importance of being healthy more deeply based on examples from the lives of scholars[5].

It was also found that using the legacy of thinkers not only forms knowledge about health, but also has a positive effect on the spiritual education of students. The coverage of values such as hard work, discipline, cleanliness and decency put forward by scholars during the lesson develops a sense of responsibility in children. This allows us to pay attention not only to the physical, but also to the spiritual aspects of a healthy lifestyle.

In the lessons conducted based on the legacy of thinkers, it was observed that students' activity in the lesson increased. They were distinguished by asking more questions on the topic, freely expressing their thoughts, and striving to apply the rules of a healthy lifestyle in their daily activities. In particular, there was an increase in interest in applying recommendations on healthy eating, personal hygiene, and sports in practice.

Using the legacy of thinkers is one of the effective means of promoting a healthy lifestyle among primary school students. This approach serves to enrich students' knowledge about a healthy lifestyle, to form positive attitudes and strong habits in them. At the same time, it helps to create an educational environment based on national and universal values.

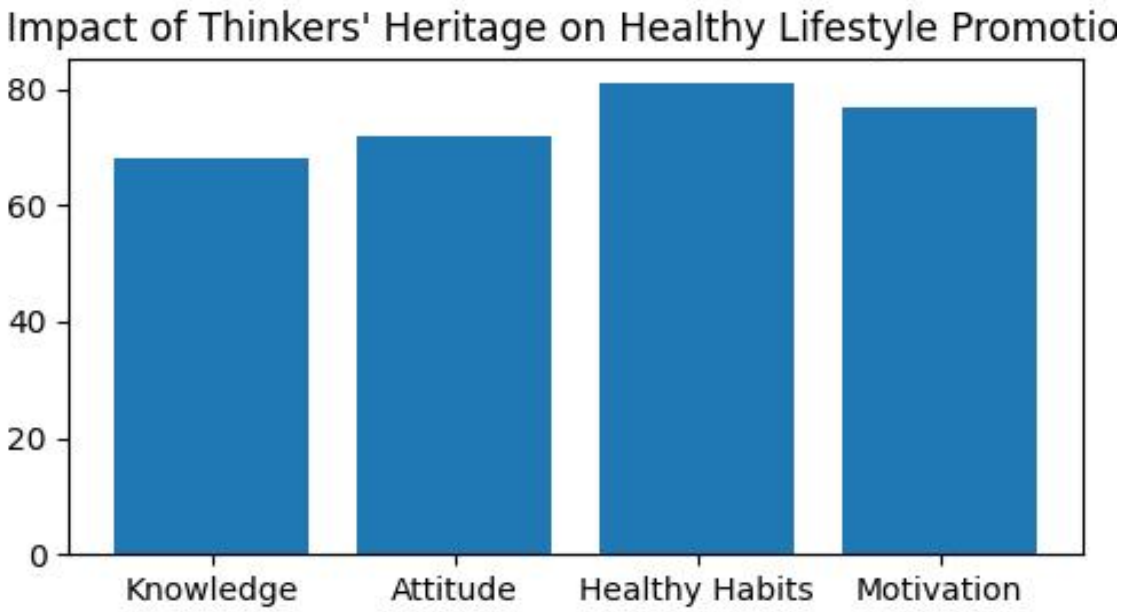


Figure 1. Illustrative comparison of educational outcomes.

It has been shown that integrating the legacy of thinkers into the content of education on a healthy lifestyle not only increases the effectiveness of education, but also makes a worthy contribution to raising a harmonious and spiritually mature generation. Therefore, it is advisable to widely use the legacy of scientists as one of the important pedagogical resources of modern primary education.

CONCLUSION

Forming a healthy lifestyle in primary school students is one of the priority tasks of today's education system. Because it is at this age that children's attitude to life, daily habits and ideas about health are formed. The results of the study showed that using the heritage of thinkers in the process of promoting a healthy lifestyle is one of the important pedagogical tools that serves to increase the effectiveness of education. The scientific, moral and educational ideas put forward by great scientists play an important role in developing students' interest in a healthy life and a sense of responsibility.

Based on the analysis, it was found that educational processes organized on the basis of the heritage of thinkers, in addition to expanding students' knowledge about a healthy lifestyle, also have a positive effect on their spiritual and moral development. The views on health, purity, a healthy lifestyle and human perfection put forward in the works of such scholars as Abu Ali ibn Sina, Alisher Navoi, Abu Rayhan Beruni have not lost their relevance today. Through the effective use of this heritage, it is possible to teach students the rules of a healthy lifestyle in harmony with national values[7].

Also, the integration of the heritage of thinkers into the educational process increases students' interest in lessons, develops independent thinking skills and helps them form positive behavior. Instructive examples, wisdom and scientific views from the lives of scientists create strong ideas about the importance of a healthy life in the minds of children. As a result, they not only acquire theoretical knowledge, but also strive to follow a healthy lifestyle in their daily lives.

The results of the study showed that the educational value of using the heritage of thinkers is also high. Through this approach, students develop such qualities as national pride, respect for the heritage of their ancestors, patriotism, and spiritual responsibility. This demonstrates that promoting a healthy lifestyle is closely related not only to physical health, but also to the comprehensive development of the individual. In general, using the heritage of thinkers is one of the effective, meaningful, and educationally rich ways to promote a healthy lifestyle among primary school students. In the future, it is advisable to further expand the educational opportunities of the heritage of scientists through the use of innovative pedagogical technologies, interactive methods, and digital educational tools in this area. This will serve to educate a healthy, educated, spiritually mature, and competitive generation.

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