



Education is the Key to a Healthy Nation

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Annotation: This paper deals with the issue of education as a social environment that actively interacts with the social environment, the effectiveness of which is determined by the systemic characteristics of the interaction between education and society. Education is considered as learning, as a pedagogical process, during which a student, under the guidance of a teacher, educator, acquires knowledge, skills and abilities.

Key words: analysis, method, evaluation, education, training, education methodology, motivation.

Socialization is the process of development of the social essence of a person, which occurs under the influence of the environment when they assimilate the social experience of values accumulated by humanity, the most important tool for the socialization of a person is education. In modern science, education is considered as a social environment that actively interacts with the social environment. Its effectiveness is determined by the systemic characteristics of the interaction between education and society. The role of education is immeasurably increasing, the responsibility for the education of moral values of students is growing. In the field of education, the basic principles of the installation are laid, the motivation of social behavior is formed. The concept of "education" is read from the point of view of the orientation of education to the social norms presented in the public consciousness. Education in the broadest sense of the word is considered as learning, as a pedagogical process during which a student under the guidance of a teacher, educator acquires knowledge, skills, skills. At the same time, a certain worldview, morality, character of the student is laid, personality develops, in other words, not only the qualities of the student are formed, but also the citizen. The development of moral and ethical values by students, active involvement in social experience is the purpose of training. Training includes pedagogical educational impact on the individual, on his social appearance. Education is one of the fundamental factors of personality socialization. Education bears the main burden on the formation of human sociality, because the task of education is to change a person in the direction determined by social needs. The purpose of social education is the formation of a person ready to perform public functions of a citizen, the task facing the education system is the "education" of honest people who do not take responsibility for what is happening in society, the fulfillment of civil duties by a person. A citizen of any country must respect the state interests. The educational system should serve not so much qualified purposes as to prepare a loyal and reliable person for the state.

Basic educational knowledge and skills, including fundamental knowledge, the ability to reason, emotional self-regulation and the ability to interact, are the most important components of health. Moreover, education is a fundamental social factor of health – the main cause of health. Health equity requires programs that bridge the gap in educational outcomes between the low-income or racial and ethnic minority populations and the higher-income or majority populations. Education is a process and a product. From a social point of view, the educational process deliberately uses the receptive abilities of children and others to imbue them with knowledge, reasoning skills, values, socio-emotional awareness and control, as well as social interaction, so that they can grow as engaged, productive, creative and self-governing members of society. Not all learning is



acquired in a formal school environment. The process of education takes place at home, at school and in the children's community. Children spend a relatively small portion of their waking time at school — about 1,000 hours a year, or about one-fifth of their waking time. Thus, there are many opportunities for non-formal education outside of school. When researchers find evidence linking mental abilities, knowledge, feelings, and values with health consequences, not all of the consequences can be attributed to formal education.[1] As a product of the educational process, education is a set of knowledge, skills and abilities (i.e. intellectual, socio-emotional, physical, productive and interactive) acquired by students through formal and experience-based learning.

Education is an attribute of a person. And although it can be said about a person that he "has" a certain level of education at any given moment, the level of education is a dynamic, constantly evolving set of knowledge, skills and abilities. Although we understand education in a broad sense, including its formal and informal sources, the focus of our review of evidence is on formal education, which is measured in most studies. Our recommendation also focuses on formal education, from early childhood to college and beyond, that is, on the subject of educational policy and, as we argue, should also be the subject of public health policy. In the field of public health, researchers and practitioners have studied three main relationships between education and health. Firstly, health is a prerequisite for education: hungry children or children with poor hearing or suffering from chronic toothache, for example, interfere with learning. Secondly, health education (carried out in schools and in many public health activities; it is a central tool of public health. Thirdly, physical education in schools combines explaining the importance of physical activity for health with encouraging such activity. Here it is necessary to focus on two additional relationships between education and health. First, let's assume that education as a personality trait is a central conceptual component and a necessary element of health, like physical fitness. Secondly, we summarize the extensive literature demonstrating that formal education promotes health.[2] We assert that education – the acquired product and personal qualities – is both a critical component of human health and a factor contributing to other elements of human health now and in the future.

According to other definitions of health, a person who lacks the basic elements of education is not completely healthy. These embodied personal qualities or mental abilities, products of formal education as well as other learning experiences, are conceptually comparable to physical fitness and coordination abilities— well-known components of health. "Education teaches a person to use his mind: learning, thinking, reasoning, problem solving, etc. are mental exercises that can keep the central nervous system in shape in the same way that physical exercises maintain the shape of the body." Unhealthy is a person who cannot behave effectively and achieve a certain level of "social well-being" - an essential element of the World Health Organization (WHO) concept of health, which recognizes the contribution of social sectors outside the health sector to health promotion.

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