

HEALTH IN STUDENTS OF EDUCATIONAL INSTITUTIONS TECHNOLOGY FOR IMPROVING CONSERVATION-ORIENTED THINKING

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Abstract

Preservation of health and its development is one of the urgent tasks in the educational system today. In particular, the process of introducing pedagogical technologies aimed at strengthening the health of students in higher education institutions, testing them on the basis of practical experience, is of great importance.

This article is about the determination of the effectiveness of technologies, the level of common sense of students was measured based on the methods used in the educational process, relying on experimental work.

Keywords: pedagogical technologies, healthy lifestyle, proper nutrition, physical activity, mental stability, digital technologies, interactive techniques, stress management.

Today, the development of thinking aimed at preserving the health of students in higher education institutions is one of the pressing issues. This process is not only limited to providing knowledge about a healthy lifestyle, but also includes pedagogical technologies aimed at the formation of skills for applying this knowledge in everyday life in students [1]. The technologies presented in this section are analyzed as tools to promote the physical and mental health of students, to encourage them to regulate their personal way of life.

The observations carried out showed that the use of special pedagogical technologies significantly increased the sense of worldview and responsibility in students regarding the preservation of health [2]. In particular, the interest of the participants in the experimental group in maintaining health and the ability to control oneself showed high indicators compared to the control group.

To improve the effectiveness of these technologies, it is important to work with students individually, to involve them in various trainings and programs aimed at a healthy lifestyle. Also, more attention was paid to the development of common sense in students through the use of interactive methods and modern information technologies in the educational process [3]. Based on studies conducted in this way, it has been shown that students' health-conscious thinking is significantly enhanced, which causes positive changes in their future professional and personal lives.

In general, the effectiveness of technologies for the development of thinking aimed at preserving health is based on the strengthening of students' motivations for preserving health with the help of modern pedagogical Technologies, an individual approach and digital tools. The results obtained in the experimental process confirm the practical importance of scientific research carried out in this direction [4].

The modern educational process sets itself the goal not only to develop the intellectual potential of students, but also to form skills aimed at maintaining and strengthening their health. Therefore, in higher education institutions, it is necessary to improve the thinking aimed at preserving health through modern pedagogical technologies [5]. These technologies play an important role in shaping the attitude of students towards a healthy lifestyle, proper nutrition, physical activity and mental stability.

Today, the integration of digital technologies and interactive techniques into the educational process helps students to more deeply absorb information on health preservation, apply them in practice. For example, online courses and virtual simulations on healthy lifestyle and stress management are of great interest among students and encourage them to participate actively. At the same time, with the help of mobile applications, it is possible to monitor a healthy lifestyle, plan timely rest and nutrition, and students' self-control skills are formed [6].

Within the framework of the experiment, using specially developed didactic models and interactive lesson methods, the level of thinking of students in preserving health was assessed. Especially through the use of digital programs, new innovative solutions have been implemented to support a healthy lifestyle in the educational process. These innovations ensure that students take a responsible approach to their health and train them to make independent decisions.

In addition, interactive health and management workshops and trainings were organized for students [7]. Through these activities, students' knowledge of maintaining health has deepened and there have been clear changes in their way of life. For example, students' interest in physical activity and healthy eating increased, they began to play sports regularly.

Modern pedagogical technologies, digital tools and interactive approaches used in pilot work have significantly increased the level of thinking of students regarding the preservation of Health. In the experimental group, Students' health-related knowledge and skills to put this knowledge into practice in everyday life showed high results [8]. The results showed that innovative educational techniques enriched with digital technologies help to strengthen students' sense of responsibility for managing and developing their own health.

It is also recommended that personalized educational programs be introduced, taking into account the individual needs of students, to improve the effectiveness of pedagogical technologies aimed at preserving health. Based on this, the digital resources and advanced technologies included in the learning process serve to improve students' common sense and

health care skills [9]. This provides the basis for their greater success in preserving health during their future life activities.

In general, the effectiveness of technologies for improving thinking aimed at preserving health, through modern educational tools and digital platforms, is becoming of great importance in the formation of a responsible approach of students to their own health. The results of the studies and experiments carried out prove that such pedagogical approaches are successfully applied in practice and increase the level of thinking of students in terms of preserving health. The above methodological approaches have been improved to suit modern educational processes, which are effective in changing the attitude of students towards health in a positive way. At the same time, the communication of health information through interactive training and digital technologies further increases the ability of students to apply their knowledge in practice [10]. The results of the experiment show that through the technologies of Health pedagogy, students react more attentively not only to their own health, but also to the health of those around them.

At the final stage, the results of a test to determine the level of students' mastery of pedagogical technologies related to health care showed that they contributed to the strengthening of their healthy habits in everyday life. Therefore, methods aimed at preserving and strengthening health with the help of modern pedagogical technologies are recommended to be widely used in the educational process, proving their effectiveness.

The criteria for the experimental testing of Health pedagogy technology aimed at preserving health in students are important for determining the effectiveness of pedagogical approaches aimed at maintaining and strengthening the health of students. These criteria are one of the main tools for assessing the effectiveness and impact on students of technologies used in the experimental process. They not only theoretically, but also practically allow students to determine how health care technologies have affected them.

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