

**PEDAGOGICAL-PSYCHOLOGICAL AND GENDER CHARACTERISTICS OF THE
DEVELOPMENT OF HYGIENIC COMPETENCE IN STUDENTS OF MEDICAL
EDUCATIONAL INSTITUTIONS**

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Abstract: In the article, the theoretical and methodological bases of development of hygienic competence in students of medical educational institutions, pedagogical mechanisms and technological bases of development are studied. Also, the pedagogical necessity of developing hygienic competence among students of medical educational institutions was analyzed.

Key words: medicine, hygiene, reproductive, hygienic competence, technology, improvement, pedagogical, technological, model, monitoring, didactic, design, expert assessment, pedagogical experiment.

Annotatsiya: Maqolada tibbiyot ta'lim muassalari talabalarida gigienik kompetentlikni rivojlantirishning nazariy-metodologik asoslari, rivojlantirishning pedagogik mexanizmlari va texnologik asoslari o'rganilgan. Shuningdek, tibbiyot ta'lim muassalari talabalarida gigienik kompetentlikni rivojlantirishning pedagogik-psixologik va gender xususiyatlari tahlil qilingan.

Kalit so'zlar: tibbiyot, gigiena, reproduktiv, gigienik kompetentlik, texnologiya, takomillashtirish, pedagogik, texnologik, model, monitoring, didaktik, loyihalash, ekspert baholash, pedagogik eksperiment.

Аннотация: В статье изучены теоретико-методологические основы развития гигиенической компетентности у студентов медицинских образовательных учреждений, педагогические механизмы и технологические основы развития. Также проанализирована педагогическая необходимость развития гигиенической компетентности у студентов медицинских образовательных учреждений.

Ключевые слова: медицина, гигиена, репродуктивная, гигиеническая компетентность, технология, совершенствование, педагогический, технологический, модель, мониторинг, дидактический, проектирование, экспертная оценка, педагогический эксперимент.

Today, the issues of the formation of a healthy lifestyle culture in society, the level of health of people, improving the state of lifestyle and raising a healthy generation are not falling off the agenda. In this process, the tasks of forming healthy life values in society, preparing young people for family life are gaining relevance. In such conditions, the zarsurat of the development of hygienic culture in young people is also increasing. Because the readiness for family life is considered closely related to hygienic culture.

The tasks of reforming the educational system, preparing young people for family life in the conditions of its modernization are also emerging. This, together with new approaches to the higher education system, is actualizing the tasks of the study of special attention to courses for preparing students for independent life. Therefore, in preparing students for family life, it is also important to research issues of the development of their hygienic culture, develop scientific conclusions and proposals.

The UN General Assembly's Goal 5 in the field of Sustainable Development is to promote Gender equality and expand the rights and opportunities of all women.

This paragraph aims to research the need, stages and characteristics of hygienic culture in preparing students for family life. At the same time, it is envisaged to highlight Islamic and national values that promote hygienic culture. To do this, it would have been advisable to first consider the essence of the concept of "preparation for family life".

In our country, special importance is attached to ensuring gender equality and expanding the rights and opportunities of women. Implementation of gender equality strategy in Uzbekistan until 2030 in all areas and decision-making and implementation provides for an integrated approach to the implementation of the principle of equality of women and men at the levels of increase.

In 2022-2026, the national program for increasing the activity of women in all aspects of the country's economic, political and social life was approved. The number of women studying in higher education has doubled. The growing number of qualified female personnel serves to increase activity in all aspects of life.

In order to comprehensively develop the educational system aimed at women, a budget quota of 4 percent was introduced for women enrolled in higher education institutions from the 2020/2021 academic year. Enrollment of 2,000 women in higher education institutions under a special grant in the 2021/2022 academic year resulted in 45.6% of students enrolled in higher education being women. It is possible to rely on the above data, however, that a sharp increase in the number of students and girls in higher educational institutions raises the need and prerequisites for approaching them among urgent tasks not only in professional activities, but also in the issues of preparing them for family life.

The family plays a large role in human life as the smallest but most important part of society. The degree of socialization of a person, hususan youth, the image of Ma'anavi is initially formed in the family. The consistent social policy of the state will also initially be aimed at ensuring for our people's well-being, strengthening the peaceful peaceful peaceful life of this country. In this regard, as one of the problems of the formation of mental readiness among aspects of the formation of a healthy family in young people, a correct understanding of the attitude of young people to family and marriage, the concept of their role in modern society as a whole, can distinguish interdependence in the formation of aspects aimed at future marriage.

The family is an environment, a force that moves progress by influencing the current processes of political, socio-economic and cultural-spiritual renewal. It is for this reason that all-round

mature and strong families are the country's greatest asset. Therefore, it is important in the idea to prepare young people with future owners for family life, to instill in them the values of family and marriage, to form a healthy family and to give them the knowledge necessary to decide on a healthy environment in the family. Because, the stability of family relations ensures the economic and social progress of society, and also plays an important role in improving demographic processes. The strengthening of families, their achievement of harmony and well-being is determined by the content of the economic, spiritual development of the social system to which it belongs, the spiritual and moral criteria that are practiced in society, the state policy under way. In turn, the spiritual image of society depends on the result, effect of social upbringing, which is being organized in families. Therefore, for centuries, special attention has been paid to the issues of the formation of new families, the establishment of family life, the organization of foster care and the continuation of dynastic traditions, both in any geographical space and in social Times.

One of the measures to strengthen families, preserve them, as well as create an environment in which it is possible to raise a perfect person and bring them to adulthood is to educate students as a family person. Only a family person can meet the social, economic and cultural needs of the family. The satisfaction of family needs, on the other hand, prevents conflicts that are likely to arise in it on their own. The use of family values in the organization of foster care helps young people to mature into a worthy successor to their ancestors, a family-friendly person.

Researcher olima Sh.N.While Muratova studied the social psychological aspects of preparing boys for family life in her research, she found that according to an analysis of the issue of the need to prepare boys for family, 91.0% believed that preparing boys for family life was necessary. The researcher also points out that in recent years there are also those among students who do not attend classes, but only do the day late under the influence of absurd videos, connect the night to the morning in night bars, as well as those who understand that life in connection with birthdays, holidays consists of life, it is advisable for him to organize

Well-known psychologist E.While analyzing the psychological characteristics of students, Gaziev characterizes them as a social group preparing to fulfill roles related to social life and specialty on the basis of a certain rule and special programs. One of the main features of the student period is the rapid realization of social maturity. According to the author, social maturity (maturity) requires an individual to acquire the necessary mental ability as well as the various roles he performs in social marriage (to start a family), raise a child, participate in useful labor (to work in a responsible task). The main criteria and indicators of this process are awareness, activity, responsibility, the possibility of becoming a specialist, the duty of young fatherhood and motherhood, playing sports, being able to organize free time, participating in circles, etc.

This requires students to form healthy lifestyles, instill healthy living values, and associate hygienic culture with wellness policies based on national and religious values. In fact, health is not only the absence of diseases or physical defects, but also a state of complete physical, mental, social calm. Health must first of all be strong in the psyche-that is, it will be necessary to give methodological instructions on how stress does not come out in students of higher educational

institutions. The student must be able to control himself during the time of mental breakdown and engage in other activities to get out of that state.

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