



# TJAS

**Thematic Journal of Applied Sciences**

informing scientific practices around the world  
through research and development

## Thematic Journal of Applied Sciences

Volume 4, No. 2, March 2024

Internet address: <http://ejournals.id/index.php/TJAS/issue/archive>

E-mail: [info@ejournals.id](mailto:info@ejournals.id)

Published by ejournals PVT LTD

Issued Bimonthly

Chief editorS.

**G. Ahmed**

*Professor of Computational Mathematics and Numerical Analysis Faculty of Engineering, Zagazig University, Zagazig, Egypt, P. O. Box 44519*

*Requirements for the authors.*

*The manuscript authors must provide reliable results of the work done, as well as an objective judgment on the significance of the study. The data underlying the work should be presented accurately, without errors. The work should contain enough details and bibliographic references for possible reproduction. False or knowingly erroneous statements are perceived as unethical behavior and unacceptable.*

*Authors should make sure that the original work is submitted and, if other authors' works or claims are used, provide appropriate bibliographic references or citations. Plagiarism can exist in many forms - from representing someone else's work as copyright to copying or paraphrasing significant parts of another's work without attribution, as well as claiming one's rights to the results of another's research. Plagiarism in all forms constitutes unethical acts and is unacceptable. Responsibility for plagiarism is entirely on the shoulders of the authors.*

*Significant errors in published works. If the author detects significant errors or inaccuracies in the publication, the author must inform the editor of the journal or the publisher about this and interact with them in order to remove the publication as soon as possible or correct errors. If the editor or publisher has received information from a third party that the publication contains significant errors, the author must withdraw the work or correct the errors as soon as possible.*

**OPEN ACCESS**

Copyright © 2024 by Thematics Journals of Applied Sciences

## CHIEF EDITOR

**S.G. Ahmed**

*Professor of Computational Mathematics and Numerical Analysis Faculty  
of Engineering, Zagazig University, Zagazig, Egypt, P. O. Box 44519*

## EDITORIAL BOARD

**Yu Li**

*Wuhan University of  
Technology, China*

**Seung Man Yu**

*Seoul National University of Science  
and Technology, South Korea*

**Syed Saeid Rahimian Kolor**

*Universiti Teknologi Malaysia,  
Malaysia*

**Eko Susanto**

*Menegment of journal Indonesia*

**Siti Mazlina Mustapa Kamal**

*Universiti Putra Malaysia, Malaysia*

ELSEVIER



SSRN

Universal  
Impact Factor



**ENSURING THE NECESSARY CONDITIONS FOR THE USE OF HEALTH-SAVING TECHNOLOGIES IN EDUCATIONAL INSTITUTIONS****N.A.Karimova**

associate professor of the Nizami

Tashkent State Pedagogical University, Ph.D.

4th year student of Nizami State Pedagogical University

**Gaybullayeva M.Sh**

*Abstract: Today, in the developing system of general secondary education, the problem of training biology teachers is relevant on an educational scale. The development of biology and the introduction of its achievements into the life of society. Consequently, the importance of biological education in school is increasing. The organization of health protection of the educational process consists in studying the most important conditions for the organization of the educational process, including for the preservation of the health of students.*

*Keywords: Healthy generation, student, compulsory lesson, education, health, technology*

After Uzbekistan gained independence, the upbringing of a healthy generation. Prosperity in connection with this resolution of the Cabinet of Ministers No. 589 dated December 3, 1993. The younger generation has adopted a comprehensive program of wellness measures. The main focus of this program is on:

1. Every employee working in the field of education has the right to medical and hygienic knowledge.
2. Every employee of public education should be aware of hygienic pH, they should know their own standards and, first of all, comply with them themselves.
3. To form a healthy lifestyle and give hygienic education to the younger generation.
4. It is necessary to deal with such urgent issues as the widespread promotion of the program "for a healthy generation".
  - to bring up a healthy child and to bring up in him what is inherent in nationality, training in skills and competent content;
  - the formation of girls' values inherent and corresponding to Uzbek national traditions, such as chastity, life, femininity, Latophat, for, preparing them for future family life, the formation of a healthy lifestyle;
  - such decisions were made as fostering in children a sense of bravery, pride, the ability to manage a family, to be kind to their parents, to their children.

Biological science in the developing system of secondary general education today, the problem of teacher training is relevant on an educational scale. The development of biology and the introduction of its achievements into the life of society. Consequently, the importance of biological education in school is increasing. The essential conditions for the organization of the educational process for the preservation of the health of students, including the preservation of the health of students, include:

1. Establishment of a single maximum allowable number of hours per week for all educational institutions, taking into account its duration ;
2. Inclusion of hours of voluntary, group and individual classes in schools in the maximum permissible load of students, provided that the mandatory load does not exceed the maximum permissible;
3. Drawing up a schedule of school classes for compulsory and round-the-clock

classes, taking into account the daily and weekly mental activity of individual students;

4.Planning round-the-clock classes on the days of the least number of compulsory classes;

5.On limiting the duration of classes in schools to 45 minutes ;

6.Establishment of standards for the use of technical means of education in the educational process (on average 15-20 minutes);

7.Ensuring conditions for the restoration of students' ability to work during the day by setting the standard duration, maximum use of fresh air, outdoor games ;

8.The use of methods for the prevention of rapid fatigue with a limitation of the density of academic work in lessons in basic subjects to 8-3% and conducting physical education and wellness exercises in the classroom;

9.Satisfying the biological needs of schoolchildren in movement by introducing motor-active subjects;

10.Give homework taking into account the capabilities of students and the individual psychophysiological characteristics of children.

One of the most important management tasks facing the organizers of education is the introduction of health-saving technologies, the creation of a wellness environment in educational institutions, and professional development of teaching staff.

The educational environment in healthcare includes the following components:

1 Optimization of sanitary and hygienic conditions of education and upbringing .

2 Rational organization of the educational process and the mode of study load.

3 On ensuring proper nutrition of children in preschool institutions ;

4 Improvement of the physical education system.

5 Providing psychological comfort to all participants of the educational process .

6 The use of healthcare technologies.

7 Widespread use of health education programs.

8 Integration of wellness activities into the educational process .

9 Providing family counseling aimed at improving social adaptation and strengthening children's health.

10 Organization of work to strengthen the health of teachers.

11 training of teaching staff on children 's health issues .

12 conducting health monitoring.

A healthy environment is created in the classroom, in which effective work requires compliance with health-saving technological methods.The educational environment implies not only learning conditions (meeting the requirements for the placement and placement of land, buildings, premises, lighting and air-thermal conditions), but also the organization of the educational process. The work of a biology teacher to create a health-saving educational environment includes:

a) coordination of the content of education with the age-related psychophysiological capabilities and needs of children, as well as programs of other disciplines;

b) the organization of the educational process based on health-saving technologies that ensure the prevention of school stress;

c) creation of a favorable external environment, compliance with hygienic requirements for learning conditions.

According to some literary sources. mental performance indicators can be divided into separate periods by studying them during the day. This, in turn, study and work are the most objective criteria for drawing up a rational agenda. Mental performance consists of

5 periods:

1. The start period. For a few minutes in class the student adapts to learning and work processes.

2. The optimal period of operation. A stable period of mental work. At the same time, there is a dominance of attention.

3. Complete. the compensation period. Unlike the previous period, the first signs of fatigue begin to appear, but they are compensated by human willpower and do not come to the surface.

4. The period of unstable compensation. Increased fatigue work is characterized by a decrease in activity, but a person can willpower to continue mental work at the required level until a certain time.

5. The period of progressive decrease in labor activity. This period is characterized by a rapid increase in fatigue, in which the productivity and efficiency of the mental work performed sharply decrease. These periods are during the lesson. it can be observed during the day, week, quarter, year.

When asked whether it is possible to maintain a high level of mental performance, Russian scientist N. E. Vedensky argues that the conditions that ensure high productivity of mental labor include:

- slowly start doing any job;
- choosing the optimal rhythm and order of work and adhere to;
- getting used to doing work consistently and consistently;
- organization of work and recreation, alternation of one type of work with another;
- automation and improvement of mental work skills, as well as automatic formation of skills through regular physical exercises.

Many of the above factors also determine the performance of students, but the most important of them are compliance with the growth schedule and timely rest.

#### References:

1. Толипова Ж.О., Фофуров А.Т. Биология таълими технологиялари. - Т.: Ўқитувчи, 2002. - 126 б.

2. Yosh anatomiyasi, fiziologiyasi va gigienasi . O'quv qollanma . G.M.Raimova, D.S.Hodmonova, N.N.Xoshimov 7-8-9 betlar

3. Ergasheva G.S. "Umumiy o'rta ta'lim maktablari biologiya darsliklari o'quv materiallarini loyihalashning didaktik asoslari" p.f.n. ilmiy darajasini olish uchun yozilgan dissertatsiya. T-2006. - 156 c.

4. Борисова И.П. Обеспечение здоровьесберегающих технологий в школе // Справочник руководителя образовательного учреждения. - 2005. - № 10. - С. 84-92.

2. Вайнер Э.Н.

5. Karimova N.A. Orientation of students to the profession in the teaching of biology " Human and his health"// International scientific and practical conference Cutting - edge science 2023. Shawnee, USA. P 13-18