

**FORMATION OF A HEALTHY LIFESTYLE FOR WOMEN LIVING IN
UNCOMFORTABLE CLIMATE CONDITIONS OF THE ARAL SEA REGION
THROUGH PHYSICAL-MASS SPORTS EVENTS**

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Abstract

The article examines the formation of a healthy lifestyle among women living in unfavorable climatic conditions of the Aral Sea region through mass physical culture and sports events. A sociological survey of 100 women was conducted to study their level of physical activity and participation in sports events. The results showed that most women maintain a moderate level of physical activity, while a significant portion participates rarely or not at all in sports events. The main obstacles include lack of time, limited access to sports facilities, and unfavorable climatic conditions. The study confirms that physical culture and sports play an important role in promoting a healthy lifestyle, improving health, and increasing physical activity among women.

Keywords

healthy lifestyle, physical culture, sport, women, Aral Sea region, physical activity, mass sports events, health promotion.

In modern conditions, the problem of preserving and strengthening the health of the population, especially in regions with an unfavorable ecological and climatic situation, is of particular importance. One such region is the Aral Sea region, where the consequences of the Aral Sea ecological disaster led to a deterioration of natural and climatic conditions, increased environmental pollution, and an increase in the incidence of diseases among the population.

The problem of forming a healthy lifestyle of the population in an unfavorable ecological environment is one of the topical issues of modern scientific research. Scientists are paying special attention to ecologically hazardous regions, which include the Aral Sea region, where the consequences of the Aral Sea ecological disaster had a significant impact on the state of the environment and public health. [1].

According to scientific research, the deterioration of the ecological situation in the region is linked to the degradation of water resources, the pollution of atmospheric air, and the intensification of desertification processes. These factors have a negative impact on public health and contribute to the growth of various diseases [2].

A number of studies show that one of the most dangerous factors for the health of the population of the Aral Sea region is dust and salt storms arising on the dried-up bottom of the Aral Sea. Millions of tons of salt and dust are released into the atmosphere annually, spreading over long distances and negatively impacting public health [3].

Scientific literature also notes that the environmental problems of the Aral Sea region affect not only the physical but also the psycho-emotional state of the population. Social and economic difficulties, the deterioration of the ecological situation, and the decline in the quality of life contribute to the growth of stressful situations and a decrease in the life activity of the population [4, 5].

In this regard, modern scientific literature emphasizes the important role of a healthy lifestyle as one of the main factors in preserving and strengthening public health. The formation



of a healthy lifestyle includes a rational work and rest regime, proper nutrition, refraining from harmful habits, and regular physical exercise [6].

Thus, the analysis of scientific literature shows that, despite a significant number of studies devoted to the environmental problems of the Aral Sea region and the state of public health, the issues of forming a healthy lifestyle for women through physical culture and mass sports activities have not been sufficiently studied. This determines the need for further scientific research in this area.

In the Aral Sea region, frequent dust and salt storms, an increase in the concentration of harmful substances in the atmospheric air, and unfavorable climate change are observed, which negatively affect the health of the population, including women. These factors increase the risk of various diseases, weaken the immune system, and reduce the overall physical activity of the population.

Women living in such conditions are among the most vulnerable categories of the population. In addition to environmental factors, their health is also influenced by socio-economic conditions, the level of physical activity, lifestyle characteristics, and the availability of sports and recreational activities.

The formation of a healthy lifestyle is one of the most important directions of state policy in the field of healthcare and physical culture. Physical education and sports activities play an important role in this process, which contribute to increasing the motor activity of the population, strengthening health, preventing diseases, and improving the psycho-emotional state of the individual.

Physical culture and sports have a complex effect on the human body, improving the functional state of the cardiovascular, respiratory, and nervous systems, as well as contributing to an increase in the body's resistance to adverse environmental factors. Regular physical activity is an important condition for maintaining a normal health level and preventing many diseases.

In this regard, the development and implementation of effective scientific and pedagogical approaches to the formation of a healthy lifestyle for women living in the Aral Sea region's unfavorable climatic conditions through the organization of physical culture and mass sports events is of particular relevance.

The purpose of the research is to develop and substantiate the effective forms and methods of forming a healthy lifestyle among women living in the unfavorable climatic conditions of the Aral Sea region through the organization of physical culture and mass sports events.

To achieve the set goal, the following tasks were defined:

- analyze the role of physical culture and sports in the formation of a healthy lifestyle;
- determine the importance of physical culture and mass events in improving the level of women's motor activity;

The object of the research is the process of forming a healthy lifestyle for women living in the unfavorable climatic conditions of the Aral Sea region.

The subject of the research is the organizational and pedagogical conditions and forms of physical culture and mass sports activities aimed at forming a healthy lifestyle for women in the Aral Sea region.

To study the role of physical education and sports in the formation of a healthy lifestyle for women living in the unfavorable climatic conditions of the Aral Sea region, a sociological research method - questionnaires - was used.

The purpose of the sociological survey was to determine the level of women's physical activity, their attitude towards physical education and sports, as well as to identify factors influencing the formation of a healthy lifestyle.



The study involved women of various age groups living in the Aral Sea region. The survey was conducted using a specially developed questionnaire, including questions aimed at studying lifestyle, physical activity level, health status, and attitude towards physical education and sports activities.

The questionnaire included several blocks of questions:

The first block was aimed at determining the overall level of women's physical activity. Respondents were asked to indicate whether they engage in physical education or sports, how often they perform physical exercises, and which types of physical activity they prefer.

The second block of questions concerned the participation of women in physical culture and sports events. In particular, participation in sports holidays, health-improving activities, fitness classes, and other forms of physical activity was studied.

The third block of questions was aimed at identifying women's attitudes towards a healthy lifestyle and their motivation for physical education. Respondents were asked to assess the importance of physical activity for strengthening health, preventing diseases, and improving the quality of life.

The fourth block included issues related to factors hindering physical education. Among them, such reasons as lack of free time, lack of sports infrastructure, unfavorable climatic conditions, and insufficient motivation were considered.

The data obtained during the survey were processed using statistical analysis methods. The research results made it possible to determine the level of women's physical activity, identify the main motives and barriers for engaging in physical education, and assess the role of physical culture and mass sports events in the formation of a healthy lifestyle.

The study involved 100 women living in the Aral Sea region. The results show a diverse level of physical activity and participation in sports and mass events.

1. Frequency of physical activity (diagram - column)

- 15% of women engage in physical education daily.
- 45% - 2-3 times a week.
- 25% - once a week.
- 15% rarely engage in physical activity.

Most women maintain moderate levels of physical activity (2-3 times a week), a smaller portion engages in daily or very rarely.

2. Participation in physical culture and mass events (diagram - circular)

- 20% of women regularly participate in events.
- 40% - sometimes.
- 25% - rarely.
- 15% do not participate at all.

The results show that while most women attend events at least occasionally, a significant portion rarely participates or doesn't participate at all. This emphasizes the need to develop more accessible and motivating programs for physical education and health activities.

3. General observations

• Participation in organized sports events has a positive correlation with the frequency of individual physical activity: women who regularly participate in events more often engage in physical education 2-3 times a week or more.

• The main obstacles to regular training are: lack of time, limited access to sports infrastructure, and unfavorable climatic conditions.

• Most respondents (55%) believe that physical activity significantly contributes to the formation of a healthy lifestyle, 35% assess the impact as partial, and 10% believe the effect is minimal.

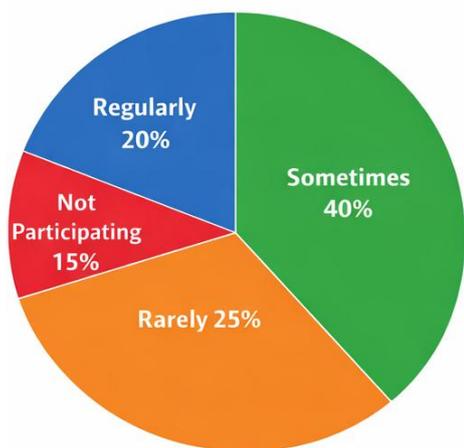


Data visualization

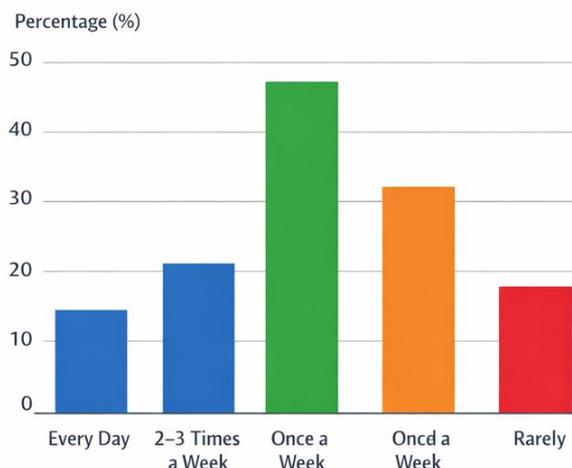
Below are diagrams showing the survey results:

- Column diagram: frequency of physical activity.
- Circular diagram: participation in physical education and mass events.

Participation in Physical Activity Events



Frequency of Physical Activity



Conclusion. The survey results confirm that physical education and sports play a significant role in shaping a healthy lifestyle for women in the Aral Sea region. Regular participation in physical exercises and sports and mass events contributes to strengthening health, forms motivation for physical activity, and forms sustainable healthy lifestyle habits.

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