European Journal of Innovation in Nonformal Education (EJINE)
Volume 5 | Issue 5 | May - 2025 ISSN: 2795-8612

Formation of Methodological Knowledge of Parents on Health-Proofing Education of Children

Sharipova Dilara Jumaniyazova
Professor Tashkent State Pedagogical University, Doctor of Pedagogical Sciences,
Tairova Maprat Associate Professor TSPU, Ph.D. Biol Sciences

A B S T R A C T
The article examines the issues of developing parents' methodological knowledge on health-preserving education of children as a relevant pedagogical category, the role of parents in implementing a health-preserving strategy, and methodological knowledge as a factor in parental competence.

A R T I C L E I N F O
Article history:
Received 07 Mar 2025
Received in revised form
08 Apr 2025
Accepted 09 May 2025

Keywords: students, family, parents, health preservation, education, health values, health preservation competence, health culture.

Hosting by Innovatus Publishing Co. All rights reserved. © 2025

As is known, at present in Uzbekistan, in the context of educational reform in the system of training and upbringing, there are trends that emphasize the need for an integrated approach to maintaining and strengthening the health of the younger generation. The observed constant impact of various stress factors - from environmental to psycho-emotional - makes the task of protecting and improving children's health a priority. In these conditions, the role of the family becomes very significant, since parents, being the first and main educators, form in the child the basic ideas about health, its value and ways of preserving it. At the same time, the effectiveness of family influence directly depends on the level of methodological knowledge of parents in the field of health-preserving education. In this regard, there is a need to consider the essence of the formation of hygienic knowledge, characterize their structure and suggest ways to improve the competence of parents in this area. Considering health-preserving education as a system of measures aimed at developing the child's skills, abilities and beliefs based on acquired knowledge that contribute to the preservation and strengthening of physical, mental and social health, it should be noted that it includes not only a wide range of medical, but also pedagogical and psychological influences. According to research, health-preserving education involves not only teaching hygiene skills, but also developing a responsible attitude towards one's body, developing stress resistance, a culture of health, physical activity and environmental awareness (1,2).

In the context of the above, the family, as the most important social institution, is called upon to lay the foundations of all these areas in the process of family education and upbringing, and by the time of entering the formal education system, the child already has a certain level of medical and hygienic knowledge and ideas about health and the factors that positively or negatively influence it. That is why the family must create primary conditions for the formation of health values, and this is impossible without a sufficient level of health-preserving knowledge in parents, who implement the health-preserving strategy in the process (3,4).

The point is that only in conditions when parents, being bearers of a certain life philosophy, transmit to children their own ideas about health, a healthy lifestyle, ways of resolving stressful situations, this work will be successful. It is important to understand that the behavior of parents is a model by which the child builds his own attitude to certain aspects of life, including health.

Parental ignorance, lack of a culture of self-care, bad habits or ignoring the emotional state of the child - all this can lead to the formation of distorted ideas about the norms of a healthy lifestyle in children. Consequently, the targeted formation of methodological knowledge in parents becomes the most important task that can influence the upbringing of a physically and mentally healthy person (5).

According to literary data, parents' methodological knowledge, which is a factor in parental competence in the field of health-preserving education, is a set of theoretical and practical information that allows for the effective application of educational methods aimed at strengthening the child's health, including:

knowledge of age-related developmental characteristics; understanding of the principles of a rational daily routine; an idea of healthy nutrition; the ability to organize physical activity in accordance with age and individual characteristics; possession of psychological support and communication skills; knowledge of preventive measures to prevent diseases.

It is important to note that such knowledge should not only be obtained, but also understood, adapted to specific family conditions and systematically applied in practice (6). A detailed analysis of the ways of forming parents' methodological knowledge allows us to note that there are various forms and methods of increasing parental competence in the field of health preservation, which can be divided into formal and informal. Formal forms of interaction organized by pedagogical institutions include: parent meetings, trainings, lectures, seminars, master classes, consultations with specialists (doctors, psychologists, teachers). Such events allow us to systematize knowledge, get acquainted with modern approaches to education, and ask specialists questions of interest.

Informal forms include self-education of parents, including through reading specialized literature, participating in forums, online courses, watching educational videos. An important role here is played by the availability and quality of information, its scientific validity and practical orientation (7).

In addition, an effective form can be schools for parents at preschool institutions, where work is based on programs that provide for the comprehensive development of the educational competence of the family, providing psychological and pedagogical support to parents,

Formation of methodological knowledge of parents is impossible without support from educational and medical institutions. Psychological and pedagogical support involves not only informing, but also supporting families in the process of introducing health-saving technologies into everyday life. This is especially important in times of crisis: when a child adapts to kindergarten or school, when chronic diseases appear, when there are psychological difficulties in the family.

A teacher-psychologist or social worker can help parents adequately assess the child’s behavioral characteristics, offer individual parenting strategies aimed at reducing anxiety, creating a positive climate in the family, and reducing the level of conflict and tension.

It should be noted that in practice the process of developing parents' methodological knowledge faces a number of difficulties. Among them are the following: low level of general pedagogical culture of parents; lack of motivation for self-development; limited time for parents; skepticism about recommendations from specialists; inconsistency of information in open sources; financial or social difficulties that prevent full participation in educational initiatives.

To successfully overcome these barriers, a flexible approach is required, individualization of work with each family, the use of interactive methods, and the creation of trusting relationships between parents and specialists. To improve the effectiveness of work with parents to develop their methodological knowledge in the field of health preservation, it is advisable to: develop adapted parental education programs; actively use multimedia and digital resources; involve parents in joint activities (e.g., sports festivals, healthy eating competitions); organize parent self-help groups; ensure interdisciplinary interaction between teachers, doctors, and social workers (8).

A systematic and targeted approach promotes a sustainable result, in which knowledge is transformed into an attitude, and then into sustainable behavior of parents. Thus, the formation of methodological knowledge of parents on health-preserving education of children is the most important element of the system for increasing the potential of children's health. Only under the condition of active involvement of parents in the educational process, their training and motivation is it possible to create a single educational space in which the child will feel care, safety and support. Overcoming existing difficulties requires systematic work of educational institutions focused on partnership with the family, increasing parental competence and introducing innovative forms of education on various aspects of health preservation. It is this strategy that will help to form a generation of children for whom health will become a conscious value, and care for it - an integral part of everyday life.

Literature

1. Egorychev A.M., Akhtyan A.G., Kretinin A.S.Family as a socio-pedagogical institution for raising a child // CITISE: electronic. Journal. - 2021. - No. 4 (30). - P. 635-646.
2. Virabova A. Practical recommendations for parents to maintain children's health. From the practice of health-saving education. - 2nd ed., revised and enlarged. - M .: Probel-2000, 2022 .-- 154 p.
3. D.D.Sharipova, Kamilova N.G. Kamilova The role of the family in overcoming the crisis caused by an extreme situation. Mat conf. "Socio-psychological technologies for strengthening the relationship between mother and child in the family". Tashkent. - 2021.
4. Sharipova D.D. et al. Child health preservation is the basis of physical, mental and spiritual development of the individual. Collection “Harmoniously developed generation is a condition for stable development of the Republic of Uzbekistan 2 Tashkent 2015 pp. 176-178.
5. Tikhomirova L.F., Makeeva T.V. Health-preserving pedagogy: textbook for the academic bachelor's degree. - M.: Yurait, 2018. - 251
6. Rybina I.R. The essence of the concept of “health-preserving competence” Scientific notes of the Oryol State University, 3, 2015. p.66.
7. The role of the family in strengthening and maintaining children's health. https://cyberleninka.ru
8. Modestov A.A. et al. Health-preserving behavior of adolescents and young people as the basis for the health of future parents. J. Young Scientist. 2016, pp. 16-18

Application form

Sharipova Dilara Jumaniyazovna

Doctor of Pedagogical Sciences, Professor of TSPU

Tairova Maprat, Associate Professor, TSPU, Ph.D. Biol Sci.

Formation of methodological knowledge of parents on health-preserving education of children. Section 2.

Mail: sharipova-1938@mail.ru