

METHODOLOGY FOR CONDUCTING HEALTH AND HYGIENE TRAINING FOR MIGRANTS

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Abstract. This article covers the methodology for supporting the healthy lifestyle of migrants, using training technologies in the formation of their personal hygiene culture. Training is organized on the basis of interactive styles — role-playing games, simulations, observation and analysis sessions, audiovisual materials and online educational tools. This approach is significant in that it is effective in the conscious formation of hygienic behavior among migrants, strengthening the culture of healthy living and preventing diseases.

Keywords: migrants, health, personal hygiene, training methodology, interactive education, healthy lifestyle, hygiene culture

With the expansion of the scale of labor migration in recent years, the issues of maintaining the health of migrants, compliance with sanitary and hygienic requirements and increasing the medical culture are becoming more relevant. Compliance with the healthy lifestyle of citizens working or preparing to work abroad ensures their labor efficiency, flexibility and social integration. Therefore, trainings dedicated to the culture of Health and hygiene are considered as an integral part of the process of complex training of migrants.

The main purpose of the trainings is to form a culture of personal hygiene, food safety, disease prevention, mental health and medical care referral in migrants.

The main tasks include: - providing knowledge in medical prevention and healthy eating; - development of skills in compliance with safety and sanitary standards in the workplace; - prevention of infectious diseases and strengthening hygienic habits; - giving practical advice on maintaining mental and physical balance.

The trainings are organized on the basis of interactive teaching technologies, aimed at increasing the activity of participants, the formation of practical skills and the possibility of self-control. This methodology serves to consciously choose a

healthy lifestyle, introduce a culture of hygiene into everyday life and ensure safety in the process of Labor.

1. Role-playing games and simulations. Through this method, migrants participate in scenes adapted to real-life situations. For example, situations such as the proper use of protective equipment in production areas, the preservation of food or the implementation of hygienic rules in the place of residence are modeled. Through this approach, practical experience and behavioral reflexes are formed in participants.

2. Observation and analysis sessions. During training, students observe hygienic errors, incorrect habits and their negative consequences. Then, an analysis of problem situations is carried out, and collective solutions for their elimination are developed. This method develops the skills of critical thinking, hygienic behavior awareness and self-assessment.

3. Audiovisual tool-based training. Through short videos, animations, infographics and presentations, knowledge of a healthy lifestyle, proper nutrition, physical activity and psychological hygiene is provided. Audiovisual tools ensure that the training process is interesting and effective, helping to quickly remember information.

4. Online training and distance learning. Special digital training platforms will be developed for migrants working abroad or in the preparatory stage. Through online lessons, interactive tests, remote video games, it is possible to regularly update their knowledge. This method expands the scope of training and provides a continuous training process.

5. Feedback and assessment system. At the conclusion of each module, feedback is carried out in the form of a test, a question-and-answer and a mutual discussion. The assessment system determines not only the theoretical knowledge of the participant, but also the ability to apply it practically.

Training methodology. This training is aimed at developing a culture of Health, the conscious application of hygienic habits in everyday life, the formation of

disease prevention skills. Training is organized on the basis of interactive teaching methods.

1. Role-playing games and simulations. Content: participants perform roller stage performances with the theme of “proper and improper hygiene habits”. For example. One group plays” a worker who eats without washing his hand after returning from work “and the other group plays” a person acting in the proper hygienic order".1. Role-playing games and simulations. Content: participants perform roller stage performances with the theme of “proper and improper hygiene habits”. For example. One grs.

2. Observation and analysis sessions. Content: the trainer shows participants short videos or pictures containing hygienic errors. For example. Cases such as improper wearing of a mask at work, general use of water drinking bottles. Assignment: to identify a hygienic error in each case and propose ways to correct it.2. Observation and analysis sessions. Content: the trainer shows particd.

3. Audiovisual training. Content: through a 3-5 minute video, the topics “daily hygiene rules”, “disease prevention” are covered. For example. Visual plates on the correct brushing of teeth, the use of personal hygiene products. Purpose: to increase the efficiency of remembering through visual impact.3. Audiovisual training. Content: through a 3-5 minute video, the e.

4. Online training. Content: for migrants abroad, the module “personal hygiene and healthy lifestyle” is organized in a remote way. Platform: via Telegram, Zoom or a dedicated web portal. Purpose: to involve participants who are far away in the training process as well. Expected result: hygiene knowledge is regularly updated, distance learning opportunities expand.

5. Feedback and evaluation. Method: question and answer, mini-test and notification of the participants ' opinion in writing. Purpose: to determine the effectiveness of training and assess the degree of assimilation of participants. Expected result: the skills of self-control and strengthening hygienic culture are formed.

Table 1.

Forming a culture of personal hygiene for migrants

	Training method	Goal	Activity content	Expected result
1.	Role-playing games and simulations	Explain the importance of good hygiene habits to migrants and promote healthy behaviors.	Participants perform performances with the theme of "proper and improper hygiene habits". For example:” eating without washing his hand after returning from work “and” proper hygienic procedures " are compared.	Through practical experience, they understand the importance of hygiene for health; they begin to consciously choose healthy behavior.
2.	Observation and analysis exercises	Developing the skill to identify and eliminate hygiene errors	The trainer shows videos or pictures of hygiene disorders (such as wearing a mask incorrectly). Participants identify the error and suggest the correct path.	Participants develop skills in analysis, problem identification, and decision-making.
3.	Audiovisual training	Strengthening knowledge about a healthy lifestyle	Short videos and infographics cover topics such as "daily hygiene rules" and "disease prevention."	Through visual information, recall increases, personal hygiene habits are strengthened in everyday life.
4.	Online training	Creating remote learning opportunities for migrants abroad	The "Personal Hygiene and Healthy Lifestyle" module will be taught via Telegram, Zoom, or a dedicated web portal.	Through distance learning, migrants also learn about a healthy lifestyle; the duration of knowledge exchange is ensured.
5.	Feedback and evaluation	Determining the level of mastery and evaluating the effectiveness of training	By collecting questions and answers, mini-tests and feedback, the level of knowledge of the participants is assessed.	Skills are formed to strengthen self-control and hygienic culture.

Training in health and hygiene culture serves to ensure that migrants have a stable professional activity, not losing their ability to work due to diseases. Also, a healthy lifestyle facilitates the adaptation of the migrant to social life, gives impetus to the abandonment of negative habits.

As a result, it will be possible to achieve the following expected results: - The level of knowledge of a healthy lifestyle of migrants increases by 40-50% ; - Occupational injuries and hygiene problems in the workplace are reduced by 20-30%

; - The culture of the use of medical services is strengthened; - Through mass Prevention, the level of collective health improves.

As a conclusion, it can be said that training on the culture of Health and hygiene for migrants is an important factor not only in the formation of a healthy lifestyle, but also in improving efficiency in labor activity. When these trainings are established in a systematic and modular form, it gives positive results not only on an individual, but also on a community scale.

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