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The Role of Reflection in the Formation of Time Management within a Healthy Lifestyle of Educators

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Annotation: This thesis provides a scientific and theoretical analysis of the role of reflection in shaping a healthy lifestyle and developing effective time management skills in teachers' professional activities. Reflection is justified as an essential mechanism for planning professional work, rational time management, and improving teachers' professional effectiveness.

Keywords: reflection, time management, healthy lifestyle, teacher, professional effectiveness.

Introduction. In the modern education system, the scope of tasks assigned to teachers is expanding. This leads to a lack of time, mental strain, and health problems. In the regulatory legal acts of the Republic of Uzbekistan in the field of education, along with the professional development of teachers, support for a healthy lifestyle is defined as an important task. From this point of view, the formation of time management based on reflection is of current importance in the activities of teachers.[1]. The modern educational process requires from the personality of a teacher not only knowledge transfer, but also high professional culture, a healthy lifestyle, and the ability to properly manage one's time. Today, a teacher's health is not their individual responsibility, but an integral part of the quality of education and the potential of society. Especially against the backdrop of constant stress in pedagogical work, emotional burden, and lack of time, the harmony of a healthy lifestyle and time management has become a pressing issue. However, if these two concepts are associated with a third mutually reinforcing factor - reflection, then the effectiveness increases significantly.

Teachers often find themselves in a whirlpool of unplanned tasks throughout the day. This negatively affects their health, leading to emotional distress and professional burnout. Therefore, proper time management, i.e., "time management," is not only a tool for increasing teacher productivity, but also a strategy for preserving personal health.

But the effectiveness of time management largely depends on "reflection," that is, the ability to think about one's activities, draw conclusions, and plan changes. [2]. Reflection allows the teacher to:

- understanding how you spend your time;
- recognition of which activities are ineffective;
- identification of insufficient time allocated for health and rest;
- more precise development of future work plans.

For example, a short written reflection at the end of each day - finding the answer to the question "What did I spend the most time on today?" - creates the basis for a teacher to consciously plan the next day.

A number of scientific studies conducted in recent years (UNESCO, OECD report, 2023) also show that teachers with a high level of reflexivity strive for a





healthy lifestyle, are more stress-resistant, and are more successful in time management.

Unfortunately, in most local educational institutions, reflection still remains at the level of individual initiative. In this regard, it is advisable to introduce special diaries or weekly reflection journals for teachers. Even with a simple "self-timing scale," when a teacher evaluates daily activities, there is clarity in time management.[3].

Reflection is the teacher's inner compass. It serves not only to determine the professional path, but also to strive for a healthy lifestyle and conscious time management. If a teacher is attentive to their health, analyzes their activities, and consciously plans their time, this will have a positive impact not only on their personal well-being, but also on the quality of education and social motivation of their students. Therefore, the effective combination of time management and a healthy lifestyle achieves perfection only through reflection. Therefore, reflection is an integral factor in the formation of a teacher's professional culture, activities aimed at a healthy lifestyle, and an effective time management system.

In the research process, methods of analysis, comparison, generalization of pedagogical and psychological literature, as well as drawing theoretical conclusions based on a reflexive approach were used. The interrelationship of the concepts of time management and a healthy lifestyle was also analyzed. The results of the study show that reflection allows teachers to consciously analyze their activities, correctly allocate time, and set priorities. Time management skills, formed on the basis of a reflexive approach, serve to reduce the level of stress in teachers; strengthen physical and mental health; increase work productivity; prevent cases of professional burnout.[4]. In addition, reflection acts as a motivational factor in the formation of a healthy lifestyle. The more effectively a teacher manages their time, the more they focus on sports, recreation, and personal development.

Conclusion. In conclusion, reflection is an important mechanism for the development of time management skills in the formation of a healthy lifestyle of teachers. Systematic organization of reflexive activity serves to increase the professional effectiveness and quality of life of teachers. Therefore, it is advisable to introduce training and methodological classes based on a reflexive approach in educational institutions.[5].

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