

PSYCHOLOGICAL AND PHILOSOPHICAL ASPECTS OF CHILD'S HEALTH

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Annotation: This article focuses on the family - the main link in society, the adoption of children, their healthy upbringing, upbringing and education, the state's attention to the health of the nation.

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In this bright world, no matter what the creature, everyone cares for the child, even carries the grain in his mouth, protects and nurtures him. The greatest and most sacred of all beings, the child of man, devotes his whole being, if necessary, his whole life, to his happiness, to his future. In this regard, it is unlikely that it will reach our nation - the Uzbek people. To have a child, to bring him up in a healthy way, to see happiness is the best dream for our people, the highest happiness.

This is not in vain. Because the future of every family depends on what kind of child grows up in that family. The family is a small but very important part of society. At the heart of such efforts is a deep meaning. The lineage of the nation had to be cleansed. Because during the former Soviet regime, the lineage of not only the Uzbek people, but also all the nations of the former Soviet Union was almost destroyed. The same regime, the same ideological leaders said that there would be no different nations in the Soviet state, that a single Soviet people had emerged, that it was written in capital letters in the newspapers, and that it was hung on the streets and on the roofs of tall buildings. Remember, at the time, the baby was brought to the mother three days later in the maternity ward. Until then, they took milk from mothers in the maternity ward, mixed it all up, and gave this mixture to the babies. Now think, whose milk did the children born at that time drink?! God knows.

Who doubts that the idea of creating a single Soviet people is at the heart of such an "event"? The children of different parents may have unknowingly become brothers, sisters, and cousins, perhaps because they were breastfed. Now think of this oil for yourself... There is a saying among our people that a person who enters with milk leaves with a soul. It is not for nothing that it is as honest as breast milk. So, breast milk is very important in the

future development of the child as a human being (without denying the place and importance of upbringing).

After gaining independence, first of all, maternity hospitals have changed radically, their conditions have risen to the level of international standards. Most importantly, as soon as the baby was born, it was handed over to the mother, and the baby was not breastfed. This is not a trivial matter or a small matter. Any behavior - both good qualities and bad habits - is absorbed into human blood through breast milk. There is a deep meaning behind the phrase blood-soaked. The same is true of love and devotion to parents, relatives and the country.

From time immemorial, our people have taken the issue of genealogy very seriously and responsibly. During the reign of Amir Temur, a lot of work was done in this direction. Sahibkiran paid special attention to this issue: "I focused on looking for a bride in order to marry my sons, grandchildren and relatives. I saw this work as equal to the work of the state. I inquired about the lineage of being a bride, the seven roses. Through specific people, I found out about his health, his physical maturity. As long as the bride is free from all imperfections in her lineage, morals, health and strength, I gave a big wedding to the people and sent her away." [1.1]

In our country, a comprehensive approach to the issue of a healthy child, a healthy generation. In other words, in order for a healthy child to be born, great emphasis is placed on the need for the parents to be healthy first. Within the framework of the Action Strategy for the five priority areas of development of the Republic of Uzbekistan for 2017-2021, the country pursues a unified state policy in strengthening the family, maternal and child health, promoting a healthy lifestyle among the population. It was signed by President Shavkat Mirziyoyev on March 11 this year. With the adoption of the Law of the Republic of Uzbekistan "On Reproductive Health", the work in this area has reached a new level. The law provides for the protection of the reproductive health of citizens, including the development and improvement of the reproductive health care system, the education of a conscious and responsible attitude towards the birth of healthy children, the creation of equal opportunities for women and men in the exercise of reproductive rights. The main directions of the state policy on raising the medical culture in the field have been strengthened.

At the heart of this is the issue of a healthy mother and a healthy child. The establishment of screening centers, perinatal centers is a vivid example of the fact that special attention is paid to the health of the mother, as well as the fetus.

Indeed, a physically and mentally healthy child is the happiness of a parent. So is the happiness of society. Therefore, every effort is being made to eliminate situations that could lead to the birth of a child with either a physical or mental disability. These are very important issues such as early marriage and prevention of marriage between close relatives, medical examination of the health of those entering into marriage.

Sports play an important role in the development of a child who is physically healthy, mentally active, strong-willed and determined. Therefore, special attention is paid to the development of children's sports in our country.

Today, the involvement of children, including girls, in sports has become widespread. After all, the main purpose of creating a fund in our country is to make it a habit for children to go in for sports, thereby raising a healthy generation. In order to realize these noble intentions, modern sports facilities have been built and are being built not only in the capital or in the regional centers, but also in remote villages. They are equipped with sports inventory and equipment. Most importantly, the utilization rate of these sports facilities is growing from year to year.

As a result of such attention and care, our boys and girls are achieving high results at the Asian and World Championships and the Olympic Games in various sports. The people who think about the future consider the health and upbringing of their children as a priority. It saves neither time nor money on the road. This is evidenced by the symbolic work done in Uzbekistan during the years of independence and its great results. It is no coincidence that the World Health Organization has recommended Uzbekistan's rich experience in this area as a model for many countries. Experts estimate that today, 15 percent of the world's healthy people, 15 percent of patients, and 70 percent of semi-healthy people. Many semi-healthy people suffer from malnutrition, environmental pollution, and stress. [2.1]

It is not a month's or a year's work for a child to grow up healthy in every way, to ensure his or her bright future. This is a continuous process. After all, as long as a person

exists, a child is born, and when a child is born, he also has his own joys and worries. Maybe this is the meaning of human life ...

Try talking to young people in later years. The worldview, way of thinking, color, stature, and behavior of today's boys and girls are very different from those of 5-10 years ago. Today's youth has inner courage, self-confidence, determination for the future. Can express himself / herself freely, think independently. No one will follow what they say. Because their lineage is pure, the first thing they tasted when they came to this bright world was their mother's milk. They are the children of healthy mothers. They are the children of independence. Today's youth are those who understand the destiny of the country, the sense of belonging to the future of the Motherland, and are able to take responsibility in this way. They are emerging as a decisive force in our society. There is no doubt that a country with such young people will consistently follow the path of development, no less than anyone in the world.

Yes, in a short historical period, great, centuries-old work has been done to cleanse the lineage of our nation, our people, and it is yielding great results. After all, the greatest and most complex of the great changes that have taken place during the years of independent development is the change in the minds and worldviews of the people, the cleansing of the nation's lineage. Therefore, it is more difficult to change the human mind than to build any large structure.

We firmly believe that the future of our country will be in the hands of pure, warm-hearted, thoughtful and determined young people, and that a great state will be built in our country and Uzbekistan will be among the most developed and powerful countries.

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