

IMPORTANT ASPECTS OF ECOLOGICAL CULTURE, HEALTHY LIFESTYLE AND SPIRITUAL AND MORAL EDUCATION

ALMAMATOVA Z.KH.

Competitor of the Jizzakh State Pedagogical Institute.

RAXIMOVA M.A.

Competitor of the Jizzakh State Pedagogical Institute.

ABSTRACT:

The article highlights the issues of ecological culture, the formation of a healthy lifestyle and spiritual and moral education of students. The formation of ecological culture and spiritual and moral education of students is theoretically based on the essence of the content.

KEYWORDS: healthy lifestyle, spiritual and moral education, the goal of a healthy life, public health, ecological culture, ecological activity, somatic (physical illness), social and personal signs

INTRODUCTION:

We have to admit that forming a healthy society and building a healthy lifestyle has always been one of the most pressing issues. Public health is closely linked to the health of the nation. The basic principles and content of the formation of a healthy lifestyle are reflected in our spiritual heritage, in the views of great scientists and thinkers. For example, encyclopedic thinkers Abu Isa al-Tirmidhi, Bakhauddin Nakshband, Ahmad Yassavi, Abu Nasr al-Farabi, Aziz al-Din al-Nasafi, and Khusayn al-Wazir al-Kashifi provided a scientific basis for the existence of a healthy lifestyle in a healthy environment. So, what is ecological culture?

Ecological culture is the activity of knowledge, Consciousness, understanding, literacy, intellectual



Potential and ability to apply it in nature, a high

Level of activity in relation to the environment, A conscious and responsible approach.

The basic qualities of ecological knowledge and ecological culture are:

- 1) moral and ecological consciousness is an essential cultural quality of a person, his emotional awareness of the environment, perception, imagination, nature protection on the basis of intelligence and depth implies that he has practical skills;
- 2) environmental responsibility is manifested in the development of attitude and responsibility in the individual, such an attitude is formed only as a result of the person's intentional and short-sighted understanding of the consequences of negative impact on nature and the desire to eliminate such impact;
- 3) Ecological willpower is the individual's ability to evaluate and control the actions of himself and others in the environment depends on the individual's perseverance, thrift, cleanliness and cleanliness.

Ecological values are of special importance in the formation of students' ecological culture, which includes the desire to preserve nature, initiative, consistency, diligence and conscious activity. Moreover, one of the most vital aspects of environmental culture is environmental activity, which includes all forms and manifestations of the activities of people who solve problems rationally. Ecological culture is a material activity that takes the spiritual life, protecting nature, greening production and shaping ecological thinking.

Respect for the individual, the realization of his interests and the creation of decent living conditions have become one of the most important tasks of our state. According to the charter of the World Health Organization, health is not only the absence of disease and physical disability, but also the full range of social and spiritual well-being. In the "Explanatory Dictionary of the Uzbek language" health means "to be healthy or body health" and health is defined as "not sickness". There are also ideas that health refers to the state of coordination of the functions of the organs and systems of the human body with the external environment. This understanding is based on the three characteristics of health: somatic (physical illness), social and personal.

Somatic sign is self-regulation of the organism, the balance of physiological processes, and adaptation to the external environment as much as possible. Social character is the ability to work, social activity, and the norm of a person's practical attitude to the world. Personal sign is a strategy of human life, an expression of dominance over life events. The essence of the content, scope, tasks and role of a healthy lifestyle in society is that the main factors, general principles and norms of the organization of a healthy lifestyle are the socio-philosophical and educational aspects of the formation of a healthy lifestyle. In addition, the specific features of the social environment in

improving a healthy lifestyle address the legal and environmental problems of the formation of a healthy lifestyle, for example: measures and methods of restrictions on the use of psychotropic drugs, reproductive, physical maturity and self-esteem.

According to the fact that 64% of our population is under 30 years old. It is the formation of healthy lifestyle skills of this number of our citizens that will lead to the formation of a quality of life in our society. Hence, spiritual and moral education forms in a person a sense of understanding the ideal concepts when it comes to the meaning of life. It turns out that spiritual and moral education and environmental culture equip a person with a healthy lifestyle. A healthy lifestyle requires a person to live this life in accordance with the criteria of humanity. Living a healthy life and striving for happiness is a healthy lifestyle. Therefore, this concept is directly related to spiritual and moral education.

In short, the system of environmental education and upbringing will continue in children's pre-schools, general education schools, and later stages of education and in the work community. We all know from the data that the human mind makes up 50% in the first 3-4 years of its overall development, 30% in 4-8 years, and 20% in 8-17 years. With this in mind, environmental education should be implemented mainly in kindergartens and schools. Kindergarten children first develop the concept of environmental education. Children's love and care for nature are nurtured in the family and at school. Well-known progressive educators have emphasized the need to raise children in a spirit of love from an early age. The famous seventeenth-century educator J. A. Comenius made a special point in his book "Expression of Significant Things in Pictures". The book is an encyclopedia for children to understand and is designed to help children love nature and learn about its life and

structure. Humanitarian goals, that is, kindness and care for people, play an important role in nature conservation. All famous educators emphasize the importance of educating students from an early age in the spirit of humanity and nature. According to psychologists, curiosity is the driving force behind learning about the environment, and it helps children to apply the knowledge they have acquired and develop the skills to apply it in practice.

At the heart of the concept of "ecological culture" is the need to understand and think about these situations, to live in harmony with the laws of nature and society. Ecological culture is also an integral part of human culture and is an important indicator of it. Therefore, ecological culture is the formation of such qualities as protection of the house, street, neighborhood, village and city from pollution, its beautification, landscaping, preservation and effective use of natural habitats, protection of nature of our country.

REFERENCES:

- 1) Tillaeva G. Healthy lifestyle - a factor of rational living.// Proceedings of the scientific-practical conference on the role of moral values in the formation of a healthy lifestyle. - Tashkent: 2009. 12 - 17 p.
- 2) Annotated dictionary of the Uzbek language. (5 volumes), 3 vols. - T.: State Scientific Publishing House of the National Encyclopedia of Uzbekistan, 2007. 431, 563 p.