

THE PURPOSE OF THE PREPARATION OF GIRLS FOR A FAMILY AS PART OF A HEALTHY LIFESTYLE

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Annotation

The article deals with the problems of training a new generation of the family in the folk tradition in the modern world, the influence of the surrounding communities (mahalla) in foster care.

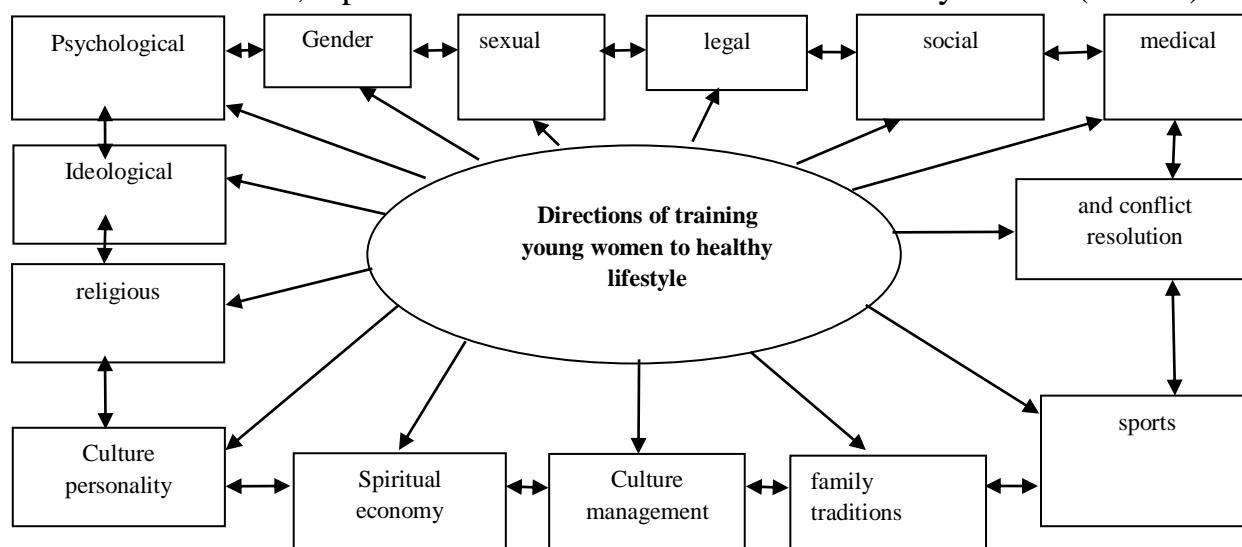
Keywords: healthy lifestyle, society, the implementation of the rules, the surrounding communities, mahalla, indicators, directions of training young women to healthy lifestyle, identity.

Introduction

One of the objectives of the State program "Year of welfare and prosperity is the increase of State and public activity of women. Are large-format works on protection of socio-economic and spiritual empowerment? These tasks are realized through a clear, well-planned, financially secure, spiritually supported by public policies. The social protection of mothers and children, improving medical culture of the population, providing it with the necessary knowledge on healthy living, spiritual and mental protection of human health from threats has a strong place in the rules of a healthy lifestyle.

The formation of thinking about healthy lifestyles of girls living in the communities, is one of the main objectives and is associated with raising mental, behavioural, hygienic, physical, environmental, spiritual, aesthetic, and other indicators.

In our view, the implementation of the rules of a healthy lifestyle in the lives of girls living in the communities, a pattern in which all indicators are closely related (table 1)



Each direction given in the illustration has its branch and implementation of their passes in close connection with each other. Training the girls to a healthy lifestyle through the mahalla is associated with teaching skills, that should be held up to constantly correct, scientifically, it continuously and in relation to the requirements of the present time.

By adopting healthy lifestyles in communities, requires great skill and knowledge, constant research, should pay attention to the age and the psychological characteristics of adolescent girls. And with the introduction of healthy lifestyle plays a big role the democratic propaganda.

The study found that such training as health is a priceless gift, "The future without drugs ", " Spend a life without addiction ", " AIDS is the plague of the century ", " There is no place in our lives, bad habits, " Guidance", "Ibn Sina" will make our city, district hygiene ", " Valley will be healthy-be a hero ", " home of the generation of Heroes ", " we are a strong and healthy family ", " reproductive health is the health of the future generation ", " cheerful starts ", " healthy life-wealth ""Father, mother and I is a family of athletes, Improving the medical culture in the family", "mass games" have significantly increased the thinking girls on healthy living.

To introduce healthy lifestyles organization of mahalla- identity, the mahallia - society, the mahallia- protection and family, mahalla is a structure of the State, the mahallia- education, health-mahalla, mahalla, girls and young women plays a major role.

In mahalla there such directions as mahalla- healthy lifestyles, which can play an important role in the implementation of this propaganda.

The research identified pedagogical conditions of Community girls to a healthy lifestyle and a family. This is:

- Education-organization of the joint activities of the mahalla with other systems (family, parents, educational institutions, non-governmental organizations) and their practicality, equality, responsibility and creativity;

- Teachers should have the scientific pedagogical literature and should be provided with staff;

- In the course of the superiority of the nation and the State, the family and the individual;

- Introduction of life skills for healthy living;

- Ensure respect for educators.

The research found that in the preparation of girls for the family as part of a healthy lifestyle should pay attention to the following:

- Set the preparation of girls for a family as part of a healthy lifestyle the main task of the mahalla;

- Preparation of girls for the family on the basis of the rules of healthy way of life;

-focus on the establishment of special regimes, methods, programmes for promoting and creating special frameworks for its implementation;

-in preparing the community for the girls of the family as part of a healthy lifestyle should be equipped with special skills and literature;

-Organization of promotion in accordance with regularity and duration;

-training the girls to a family as part of a healthy lifestyle through special arrangements.

When preparing girls for a family as part of a healthy lifestyle to enjoy the following educational facilities:

And explain the need for properly) family as part of a healthy lifestyle on real examples;

b) Examples from the life of famous people, examples of families, communities, art literature and heroes from the movies;

In) views on healthy lifestyles, the folk pedagogy, art thinkers of the East, Islam and other religions;

g) Improvement and strengthening of provisions in the family traditions and customs associated with a healthy lifestyle;

d) Example of parents on healthy living;

e) Widespread use of literatures and teaching manuals, handouts, associated with a healthy lifestyle;

f) Visiting health institutions and the use of different health methods due to their age and health.

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