

MODEL OF IMPLEMENTATION OF MECHANISMS OF IMPROVING THE PROCESS OF DEVELOPING A CULTURE OF HEALTHY LIFE AT YOUTH

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ABSTRACT:

At the same time, the domestic and foreign policies of civilized countries are determined by the concept of a healthy lifestyle. Health in society is the most important value, source, of ensuring the full life and self-development of a person, as well as public health in general.

In the 21st century, peoples attitudes towards health in terms of values are becoming more widespread. Since the years of independence, our country has managed to improve the health of the population as a result of a number of measures to ensure the health of the population, especially young people.

As in the rest of the world a number of international organizations in our country pay special attention to preparing all young people for life in the spirit of self-confidence, ensuring their level of education and gender equality in the educational process. .

Key words: respect, mechanism, education, society, values, establishment, healthy living, development, concept, analysis.

Аннотация:

В то же время внутренняя и внешняя политика цивилизованных стран определяется концепцией здорового образа жизни. Здоровье в обществе - важнейшая ценность, источник обеспечения полноценной жизни и саморазвития человека, а также здоровья населения в целом.

В XXI веке ценностное отношение людей к здоровью становится все более

распространенным. За годы независимости нашей стране удалось улучшить здоровье населения в результате ряда мер по обеспечению здоровья населения, особенно молодежи.

Как и во всём мире, ряд международных организаций в нашей стране уделяют особое внимание подготовке всех молодых людей к жизни в духе независимой уверенности в себе, обеспечивая их уровень образования и гендерное равенство в образовательном процессе.

Ключевые слова: уважение, механизм, образование, общество, ценности, установление, здоровый образ жизни, развитие, концепция, анализ.

Annotatsiya:

Ayni vaqtda sivilizatsiyalashgan mamlakatlarning ichki va tashqi siyosati sog'lom turmush tarzi kontseptsiyasi bilan belgilanadi. Jamiyatda sog'liq insonning har tomonlama to'laqonli hayoti va o'zini o'zi rivojlantirishni ta'minlash, shuningdek umuman jamiyat salomatligi eng muhim qiymat, manba, hisoblanadi.

XXI asrda odamlarni sog'ligiga qadriyat nuqtai nazaridan munosabatda bo'lish, ommaviy ravishda kuchayib bormoqda. Davlatimiz mustaqillik yillaridan boshlab aholini sog'lom turmushini ta'minlash ayniqsa yoshlarni sog'lom turmushini ta'minlash bo'yicha qator ishlarni amalga oshirish natijasida aholining sog'ligi bir muncha yaxshilashga ulgurdi.

Butun jahonda bo'lgani kabi davlatimizda ham qator xalqaro tashkilotlar tomonidan barcha yoshlarni mustaqil o'ziga ishonch ruhida hayotga tayyorlash, ularning ta'lim jarayonida ayniqsa tarbiyalanganlik darajasi hamda gender tengligini ta'minlash, jamiyatda yoshlarning mukammal ta'lim olib hayotda o'zi orzu qilgan sohani egallab o'z o'rinlarini topishlari qulay imkoniyatlar yaratishga alohida e'tibor qaratilganligidadir.

Kalit so'zlar: hurmat, mexanizm, ta'lim-tarbiya, jamiyat, qadriyat, ustanovka, sog'lom turmush, rivojlantirish, kontseptsiya, tahlil.

INTRODUCTION:

In our country, certain work is being done to educate young people in the spirit of patriotism, respect for national traditions and values, to bring up a spiritually mature and physically healthy generation, to protect their rights and interests.

However, the analysis of the measures taken shows that the current issues affecting a wide range of young people, in particular, the work to create favorable conditions for unorganized youth to find their place in life, provide them with comprehensive support, career guidance and employment, encourage their initiatives are not organized.

In the opinion of the great statesmen Amir Temur, "Great wrists - the great knowledge, high consciousness - a thousand" - this is a decisive factor in the development of a culture of healthy living among young people. Serious attention is paid to the education of young people, with a deep understanding of their spiritual training, strong will, active life position, and most importantly, "for whom" and "why" will be "qualified personnel who will be able to perform their duties at a high professional level." should focus.

- Analysis of the literature on the subject In order to consistently and effectively implement the state youth policy, comprehensively support the youth, radically reform the system of protection of their rights and legitimate interests, and in this regard, taking into account the suggestions and comments of the general public, especially youth, In accordance with the decision of the IV Congress of the Youth Movement of Uzbekistan on June 30, 2017, the Youth Union of Uzbekistan was established. June 30 was declared "Youth Day" in the country and 12 main priorities of the Youth Union of Uzbekistan Of course, these priorities are long-term. It requires the involvement of many experts, members of the public, enthusiastic and knowledgeable people in the field, and their hard work.

A government commission has also been set up to implement the tasks set out in the priorities, coordinate its activities and ensure the implementation of the planned measures. Of course, they were clearly shown where to start, how to organize, and what measures to take. But, to put it bluntly, the demand of today's time shows that it is time to move from lofty rhetoric to practical action. There are a number of issues that concern the head of state on improving the process of developing a culture of healthy living among young people.

On the basis of the instructions given by the President during his visit to Shayhantahur district on August 10, 2018, the "Innovative School of Future Brides and Grooms" was launched throughout the country.

In this innovative school, practical and theoretical training in the following areas is organized for young people entering the independent family life:

1. Psychology of family life;
2. Religious and moral education;
3. Family and legal relations;
4. Reproductive health (this topic is taught separately for boys and girls);

5. Family budget and economy;
6. The role of the community in ensuring the strength of the family, etc.

Experts of the "Innovative School of Future Brides and Grooms" training courses provide training for young people on the following issues:

1. Provide information and advice to young people on the problems they face in family life and ways to overcome them wisely;
2. Correction of family relations, prevention of conflicts;
3. Healthy lifestyle, psychophysiology of sexual life, harmful consequences of extramarital affairs and their prevention;
4. The influence of feelings of love, jealousy, devotion, kindness on family stability;
5. Use of specific features of female and male psychology in ensuring the strength of families;
6. The importance of national values in the proper establishment of family relations, the formation of a modern exemplary family;
7. Islam and its role in ensuring the strength of families (introduction to the essence of the Qur'anic recommendations);
8. The breakdown of family relations, legal issues in the process of divorce (property rights and obligations; the interests of spouses, children, etc.).

In particular, in order to prepare young people on the verge of marriage for family life, the Navoi regional department of the Family Research Center "Family" in 2019 established a "Innovative School of Future Brides and Grooms" in 5 regions.

- ◀ Navoi city
- ◀ Uchkuduk district
- ◀ Karmana district
- ◀ Kyzyltepa district
- ◀ Zarafshan city

In 2019, the school covered a total of 701 couples (1402 people) who applied for marriage to the Civil Registry Offices.

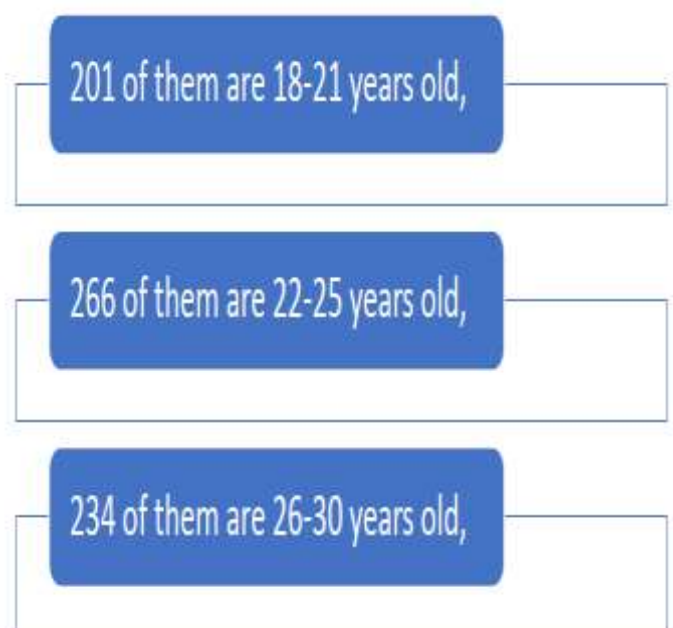
The newlyweds were trained on an 18-hour curriculum. Young people will also be provided with an encyclopedic notebook "Guide to strong family." They contain exemplary words, narrations and stories of our great scholars and famous artists, which serve to express the sacred duties of family, children, bride and groom, mother-in-law, strengthen family ties and increase the religious and legal knowledge of our youth.

During the training, young people were informed about the problems encountered in family life and ways to overcome them rationally, the proper organization of family relationships, conflict prevention, healthy lifestyles, psychophysiology of sexual life.

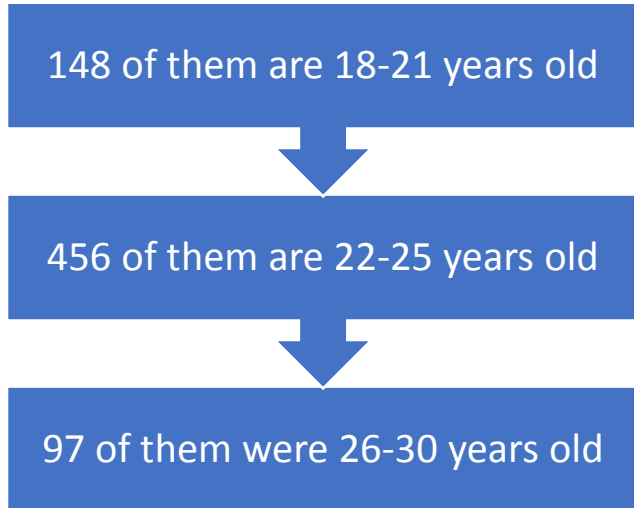
Connected to the mobile application "Family Lessons" of the Center for Scientific and Practical Research "Family", each couple received a side book "Young Family" and special Certificates. admitted that it helps to overcome the problems and difficulties encountered in family life.

The analysis of the Surveys conducted with the listeners of the Innovative School of Future Brides and Grooms was as follows.

By age of the guys:



Girls by age:



To the question "Was the duration of study sufficient?"



90% of young people answer "Yes"



10% of young people answered "No"

To the question "Your suggestions to the organizers."



5% of young people do not have offers,



95% of young people expressed their gratitude to the organizers

To the question, "Has reading been useful to you?"

100% of young people marked "Yes".
 When asked "Which topics did you like the most" in the survey, 68% of young people answered "All".

To the question "Which topics would you like to learn more about?"

70% of young people say that it is enough,

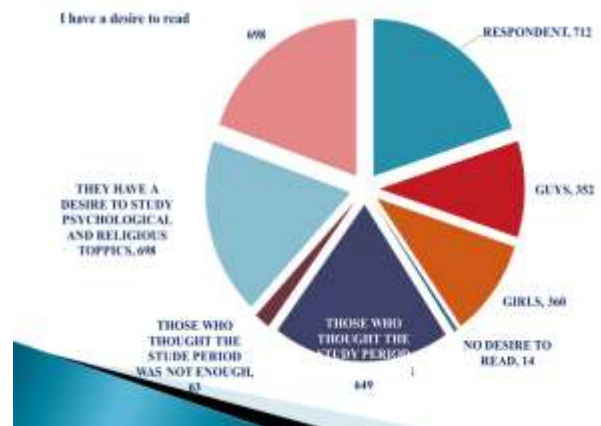
10% of young people study "Reproductive Health"

10% of young people study the topic "Religious and moral foundations of the family",

5% of young people study the topic "Family Psychology",

5% of young people want to learn more about "Forming a socio-spiritual environment in the family."

The results of the survey of listeners of the group "Innovative School of Future Brides and Grooms"



There have been no family divorces, disagreements or psychological imbalances among the graduates of these schools so far.

➤ As a result of joint work:

In 2019, the number of family divorces in the region decreased by 55 compared to 2018 (997-942).

Of the 307 Mahallas in the province, 54 (17.5%) did not have a family divorce at all.

220 families withdrew their applications from the courts and Writing acts of civil status.

As a result of the research, a project on "Improving the quality of life of the population in the formation of family culture in Uzbekistan, divorce in Uzbek families and their causes and consequences and their prevention" was developed.

RESEARCH METHODOLOGY:

The annotation is a summary of the project and the main stages of its implementation. The only goal of the reforms implemented in the years of independence in the Republic of Uzbekistan is to develop a modern family, conduct fundamental, practical and innovative research on family relations, interpersonal relations, rich cultural heritage and traditional family values, based on which to prepare young people for family life proposals for the prevention of divorce will be developed, its content is provided in accordance with social requirements, based on the analysis of universal and national family values, the relationship between spouses, parents and children, spouses and their parents, the criteria of a modern exemplary family, as well as the exemplary form of the modern family and The constitutional principle "The family is under the protection of society and the state" is widely promoted and integrated into society.

It is a social necessity to apply advanced ideas to the education system, which plays an important role in the training of a well-rounded person and a qualified specialist, and on this basis to improve its content. This process takes place through the management of the education system, ensuring that it is based on democratic and humane principles.

Achieving positive results in the management of the activities of educational institutions and the quality of education is the result of practical efforts to train qualified professionals.

At the end of the XX- century, economic competition between industrialized and

intellectually developed countries shifted to science, technology, and consequently, to education, because without the training of competitive personnel, there would be no competitive economy.

Thanks to the constant care of the President and the Government for the development of families, the widespread use of ancestral heritage in breaking the national values of the younger generation, educating them in the spirit of devotion to the motherland, the ideas of national independence. It is becoming an institution of the "Family", which reflects the spirit, ideas and aspirations of our country, which has gained independence and is moving forward on the path of development. Most importantly, unique national model of the Family Institute, which is still rare in the world, has been created and is being implemented in our country.

Participating in the training of qualified mahalla specialists in defining the criteria of a modern exemplary family, studying the problems of modern family development, internal family relations, interpersonal relationships, rich cultural historical heritage and traditional family values is invaluable. However, there is insufficient research on its demographic problems and pedagogical and psychological features in the training of qualified community specialists, its socio-economic role, which affects the strength of the family.

The following research topic was chosen to improve the process of developing a culture of healthy living among young people: "Improving the lifestyle of the population in the formation of family culture in Uzbekistan, divorce in Uzbek families and its causes, consequences and prevention." Based on the above, the purpose of scientific research:

Improving the process of developing a culture of healthy living among young people is

to teach the legal and psychological basis for resolving family conflicts, prevent divorce and strengthen the spiritual and moral values in the family, as well as to identify and implement pedagogical features.

ANALYSIS AND RESULTS:

Given the model of implementing mechanisms to improve the process of developing a culture of healthy living among young people, the main purpose of which is to raise the aspirations of many people in close connection with the above project, we decided to focus on the following issues.

The first issue is that for thousands of years since the dawn of human history, the most cherished dream of any country, any nation, any person who has been fortunate enough to be a parent, the main goal is to develop and nurture a culture of healthy living among young people. a national-territorial approach to preparation for independent life has been based on our national values, traditions and customs.

It should be noted that as long as the world exists, as long as human beings live, every nation, no matter what the system, no matter what the state, strives for it. When the family is formed, the bride and groom first ask God for a child and dedicate their whole life to him so that he can become a mature person. In the process of developing a culture of healthy living in young people in the ethnic approach to preparing them for independent living, it is necessary to understand that the fulfillment of this task, or the achievement of one's dreams is not limited to one year or five to ten years.

When it comes to the future and interests of the upbringing of young people, "On the grave of one of the means who lived three and a half thousand years ago," Our young people are stubborn and stubborn, ignoring the words of the elders, denying the values of their ancestors- the meaning of the inscriptions also shows that the development of a culture of

healthy living among young people is one of the main problems and priorities in all periods of human development, as it is today.

That is why today, when we talk about the model of implementing mechanisms to improve the process of developing a culture of healthy living among young people, we must first talk about the future importance, significance and practical impact of this model.

The most important thing is that not only you and we, but also our young people and young men and women who live in the hope of becoming parent's tomorrow should understand the essence of our goals.

The second issue - the functional responsibilities of educators, the public and parents in organizing and managing the process of developing a culture of healthy living among young people - is an extremely broad issue, every aspect of life comes to the fore and at the same time proves this fact.

Simply put the way everyone behaves in life has a direct impact on it. Who feeds their families in an honest way, who feeds their family in an unclean way, who buys a car for what they find, who builds a luxurious house, and who spends on raising their children - no matter what aspect of life, people have their own qualities and or vice versa with the mistakes and shortcomings they make, we see that they have a negative or positive impact on the upbringing of the younger generation.

In the words of Alisher Navoi, man is the crown of all creation. He must live with honor, purity and beauty ”.

In Navoi's works, man's spiritual power, wealth, and beauty are highly glorified, and the importance of human communication in his life, which he has raised to great heights, or the crown of creatures, is emphasized in his life by the American businessman D. Wesber. Just leave me my communication skills. And I will get back all that I have soon. ”

For example, in one psychological study, a single photograph itself, in relation to the initial indication of a given social image of the moral-psychological qualities of the person depicted in the photograph, generated completely opposite perceptions in the subjects. In this case, one group of subjects was introduced to the person in the photo as a violent criminal, and another group of subjects was introduced to the same photographer, a well-known scientist.

When it comes to evaluating another person by the subject, Doctor of Psychology, Academician A.A. Rean, states:

In life, when people evaluate another person, they say, they adapt him or her to a "sketch" he or she has "prepared in advance". Unfortunately, this situation is observed in almost every family. We can see this in the fact that the wife "brings up" the husband, the husband "wants to change." Excessive subjectivism, the predominance of reliance on "sketches" and stereotypes in the assessment of personality can lead to serious negative consequences.

From this point of view, what should be the functional responsibilities of educators, the public and parents in organizing and managing the processes of developing a culture of healthy living in young people that we have advanced?

What is the scope of its activities? Whose role is it in doing this good work? It raises the question. We all have a certain idea of the tasks ahead.

However, members of the society are not fully satisfied with the current pace of practical work. The work done in the past today requires the creation of a system in this regard. In the implementation of any work, first of all, there must be a system. It is effective if clear systematic work is carried out in the implementation of each work. That is, the goal cannot be achieved through non-

complementary, unconnected activities that are organized from time to time.

The Resolution of the President of the Republic of Uzbekistan "On measures to establish the Center of Islamic Culture in Uzbekistan under the Cabinet of Ministers of the Republic of Uzbekistan" states that the scientific heritage created by our great ancestors This invaluable wealth will undoubtedly serve as a source of wisdom and knowledge for new and new generations, and most importantly, a solid foundation for new discoveries."

So far, young people do not understand the essence of the problem, confusing the tasks assigned to them in teaching the legal and psychological basis of improving the process of developing a culture of healthy living, preventing divorce and strengthening the spiritual and moral values in the family and identifying and implementing pedagogical features. or there are cases of superficial approach to it.

Developing a culture of healthy living among young people is not a one-year or ten-year task, it may not even last a generation.

One of the main concerns of the society in the development of a culture of healthy living among young people is that the head of state takes the initiative in creating youth programs, setting such a noble goal for the people and the state, and this initiative is primarily responsible for fate.

Developing a culture of healthy living among young people is the basic human duty of all, of society as a whole, of each of us living in this country. Of course, it is not in vain that we use the phrase about human duty. No matter who a person is in life, whether he is a worker, a civil servant or a higher rank, the service of any industry should be determined not only by the performance of the task assigned to him, but also by how he performs his human duty. What do we mean by human duty? Whether he is a leader or an ordinary citizen, he has fulfilled his

duty to his parents and homeland, who brought him up with the wisdom, strength, opportunity, and faith that God has given him. , means to be a worthy child of the country. The issues listed above should be approached from the point of view of true humanity, not from the point of view of career.

Mercy, compassion and mercy are the greatest wealth of our people. From time immemorial, our ancestors and parents brought up their children with honor. He considers it a disgrace to leave them to their own devices. Everyone who sees Uzbekistan as a country with a great future and is ready to take practical steps in this direction should know that the development of a culture of healthy living among young people is the basis of all our great goals.

No matter who works where or in what position, when asked what the ultimate goal is, of course, the answer is to build a prosperous happy life.

What is the condition of a happy life? Isn't the condition of a happy life the development of a culture of healthy living in preparation for family life? Therefore, we must direct all our efforts to this goal. But this is not just the work of the state or a single agency or individual. It should be noted that this is an urgent task for the whole society, the whole society.

The press, especially television, plays an important role in this regard, because no household does not use the press or television. Therefore, government decisions include the organization of special programs on family, youth, culture and education. The purpose of this is to promote in detail and consistently, without hesitation, everything from the simplest to the most complex issues related to education.

At the same time, it is necessary to draw public attention to these issues in raising the family culture, and to cover it in all media on

television through real-life examples. It is necessary to show both negative and positive examples that occur in life. Let's say there are 2 children growing up in one family. In today's global information age, how their thinking, their understanding is growing, their worldview is being formed. It is necessary to conduct a detailed analysis of the processes of developing a culture of healthy living among young people. For example, some of our young people are making plans to build their future lives without yet stepping into independent life. Let's say what is the source of this, what is the secret. It is possible to arouse the interest of other young men and women by giving a comprehensive analysis of these issues.

In this regard, it is necessary to increase the responsibility of the neighborhood system, which is directly involved in the education of young people. Today is the era of common sense. Because in creating a family-friendly environment, the neighborhood must first and foremost have an influential force. If we take a closer look at the issue, it is not so noticeable now. We all know that the mahalla is a self-governing body. But is the mahalla fulfilling its function?

CONCLUSION/RECOMMENDATIONS:

This issue should be approached from this point of view. The neighborhood should not only create a good environment in the family, but also work regularly with the Parents 'University under the neighborhood citizens' assembly. In short, in addressing these issues, local governments and health care providers need to do their part.

Also, the deputies for women's issues in the neighborhood and family support departments should pay full attention to this issue. If these officials also take this issue into their own hands, many problems will be solved.

We can see from our spiritual heritage, especially from our sacred religion, that the

influence of Islam on the upbringing of children has been very strong since ancient times, because we value our religion and rely on it. Because a person with a culture of healthy living thinks healthy. Only a person with a healthy mind believes in God. His faith is healthy. Therefore, the process of developing a culture of healthy living is also very important for religion.

It should be noted that every conscious person in the world, regardless of nationality, wants his offspring to be healthy, but only a nation that is spiritually healthy can bring up a healthy generation.

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- 8) Sketch - sketch (original, approximate, sketch, sample of a picture or drawing).
- 9) stereotype - (Greek. stereos - solid + typos - seal, trace, mark, sign); frozen social cross-sections. A relatively stable and simple image of a social object (group, person, event, etc.).
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