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**ETHNIC APPROACH TO PREPARING THEIR CULTURE FOR A
HEALTHY LIFE IN THE PROCESS OF PREPARING THEM FOR A
INDEPENDENT LIFE**

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ABSTRACT

It is no coincidence that the issue of the family has risen to the level of state policy in our country today. After all, the cornerstone of the country's development is laid in the family, which is the main link in our society. 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 people's 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.

KEYWORDS: *Axiology, Approach, Education, Society, Values, Establishment, Healthy Living, Civilization, Concept, Parental Attitude.*

Every one of my hearts is filled with fidelity, and every one of my heart is filled with humility, and this is also found. There is no shame in unfaithfulness, there is no fidelity in shamelessness.

Alisher Navoi

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