



DOI: **10.5958/2249-7137.2021.01730.4**

**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

INTRODUCTION

In Uzbekistan, rich work is being carried out in the socio-economic, political, spiritual, educational and cultural spheres. At the heart of all this is the comprehensive protection of the rights and interests of man, citizens and youth of our country.

In our country, 1997 is called the "Year of Human Interests", 1998 - the Year of the Family, 2001 - the Year of Healthy Generation, 2008 - the Year of Youth, 2010 - the Year of Harmoniously Developed Generation, and the adoption and implementation of state programs increase can also be evidence of the following opinion. President Shavkat Mirziyoyev said: "It is known that the upbringing of the younger generation has always been important and relevant. But in the 21st century we live in this issue is really becoming a matter of life and death. "The more perfect the upbringing, the happier the people will live,"¹ say the sages. In order for education to be perfect, it is absolutely impossible to create a gap in this issue," he said.

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Culture embodies the dimension of modern man's mastery of his own health potential and responsibility for it. The idea of health management, the ability to choose a healthy lifestyle system is now evolving.

LITERATURE REVIEW

An axiological approach to the phenomenon of health contributes to the development of this concept of health, which provides the direction of society healthy lifestyle, the development of health, everyone should recognize the importance of the individual for his life.



Acseology is a philosophical theory that pays special attention to moral values and is responsible for studying these values. Etymologically, the word axiology means “value theory” derived from Greek terms. Actions are what value means, Y logos, what it means is learning, theory. In this sense, value or what is valued by people is a product of individual, subjective decision and personality culture. According to German philosopher Max Scheler, moral values follow a hierarchy, first positive things related to what is good in turn, then what is good, then what is beautiful, and so on².

"When we say value, we mean a set of natural and social blessings and events that serve the interests and goals of nations, people and social groups that are important to man and humanity and are valued and valued by them."³

- **Research Methodology.** "Values are a set of people, relationships, situations, material things and spiritual wealth that have prestige, attention, respect, prestige among people in society."⁴ "Value is an integral part of the spirituality of man and society, a concept used to express the value of events, happenings, processes, situations, qualities, demands and procedures in the universe."⁵ "Value is a concept used to show the universal, socio-ethical, cultural and spiritual significance of certain events in reality,"⁶ he said. This in turn, underscores the importance of values.

There is a central point within these philosophical ideas about how we want to be in a better position in the future. To move from the current situation to a better one, one must first understand that improvement is needed to find them on some important points. This is based on philosophical axiology or existential axiology, values, an action that can lead us to a better state in the future.⁷ This is because values give meaning and relevance to our actions. The problem of health care has become a problem of national security; the protection of public health is the most important direction of state policy. This problem is related to the development strategy of health facilities.⁸

I.I. Brexman was one of the first to focus on the problem of an integrated approach and proposed the term “valeology” as a science of healthy living that studies a person’s mental resources and capabilities, human physical health, and ways to strengthen and maintain it. Valeology is a science that studies health and focuses on maintaining and strengthening human health. This process involves a variety of methods, modern approaches, mechanisms and principles in shaping a positive lifestyle. Valeology is a new direction in the field of medicine. Entered by the Ministry of Health in November 2006 in the register of medical specialties.⁹

At present, health is viewed in terms of human and social resources (A.S. Hakobyan, V.S. Golubev, J. Coleman, M.L. Berger).¹⁰

These scientists see health as an integral (physical and psychological) component of human resources — an integral feature that determines human life and potential, mental and intellectual resources. Due to human health it is able to improve and develop itself in all aspects during life activities.¹¹

Factors influencing personality in modern health psychology (VA Ananiev, GS Nikiforov, EI Kholodkov) and personality (G. Murrrey, S. Maddi, VA Petrovsky and EB Starovoytenko) considered as; rich and empirical material on the interrelationship of personal and emotional

factors in the study of health, personal characteristics and the relationship of health collected (D. Krants, S. Hedges)¹²

In the direction of creativity in improving the quality of life, emphasis is placed on the structure of the conditions of personal development, the necessary connections in the mind, not only the psychological causes of the disease, but also the questions of human adaptation in modern health psychology.¹³

Today our country has created sufficient conditions for every family to live in peace and prosperity. It is important that not only the head of our state, but also mahallas and educational institutions, as well as social institutions work together and do good deeds for the peace of families.

Everyone in life always has a clear goal and a desire to achieve it. Therefore, he wants these dreams to come true and always serve the interests of his family and children. It is also family life that encompasses a large part of our lives for each of us, and provides us with true, complete true happiness, or conversely, leads to unhappiness even though we have no needs.

In today's globalized world, at a time when diverse lifestyles and ideas are in fierce competition with each other, rapid information changes around the world, telecommunications innovations in human life are showing their scope, in turn, as a result of this difficult situation, we can use the high human qualities and traditions that have been preserved in the family for centuries, enriching them in harmony with today's life traditions, educating our youth, forming a sense of patriotism and preparing them for independent life. we are required to understand the complex aspects of life, to develop the skills to overcome various difficulties.

- **Analysis and results.** Why do we try to pay attention to family members and their relationships, because if we can always feel free and happy in the family, we can succeed in any endeavor. Because the family is the most sacred place in human life. Only a person's family can make him or her feel and feel needed by the people or society around him or her to achieve happiness.

Young men and women on the verge of marriage. Tell me:

If we take a family as a building, what kind of building do you think it is?

If we take the family as the colors of the universe, what color is it?

We decided to use the definition and content of the family, the secrets of how to live happily in the family, as well as legal and psychological knowledge about the family, the invaluable heritage of our great thinkers, so that you can clearly imagine the family in your eyes.

In this context, the study of interpersonal relationships in the family in this article, in turn, serves to identify problems in the family and overcome them.

It is this family that encompasses a large part of human life and provides true human happiness.

A small social group associated with a common set of moral responsibilities, mutual respect, understanding, and affection based on marriage and close kinship is called the family. **Family:**

- Firstly, it is seen as a lifelong fortress for the young man and woman from the time the foundation is laid, and as a result, for generations to come;

- secondly, there are several types of interpersonal relationships in the family, including parents and children, husband and wife, mother-in-law and daughter-in-law, sons and daughters, etc .;
- Thirdly, positive or negative situations arise in the family as a result of interpersonal relationships, as a result of which each member of the family may develop good or bad qualities in each other due to different influences on each other.

The **family** is an extremely important and enduring link in society. Because the family contributes to the well-being of every person and gives him happiness. It is here that all his joys and worries arise. In this sense, man is not only responsible for laying the foundation of the family fortress, but also for its architecture.

Virginia Satir, a psychologist and psychotherapist from Wisconsin who has made a significant contribution to science, said: “The family is the microcosm of the universe.¹⁰ It is enough to study the family to understand it. Dominance, solidarity, freedom, mutual trust, communication skills that are present in the family are the key to many events in life. If the world needs to change, the family needs to change. ” Therefore, just as every family member has a role to play in the family, so a father and a mother have a role to play in the upbringing of young people. If every member of the family does not have a place, that is, if the couple is constantly denied and treated arbitrarily, the child will grow up not only abusive, greedy, rude and unkind, but also accustomed to live only for himself.

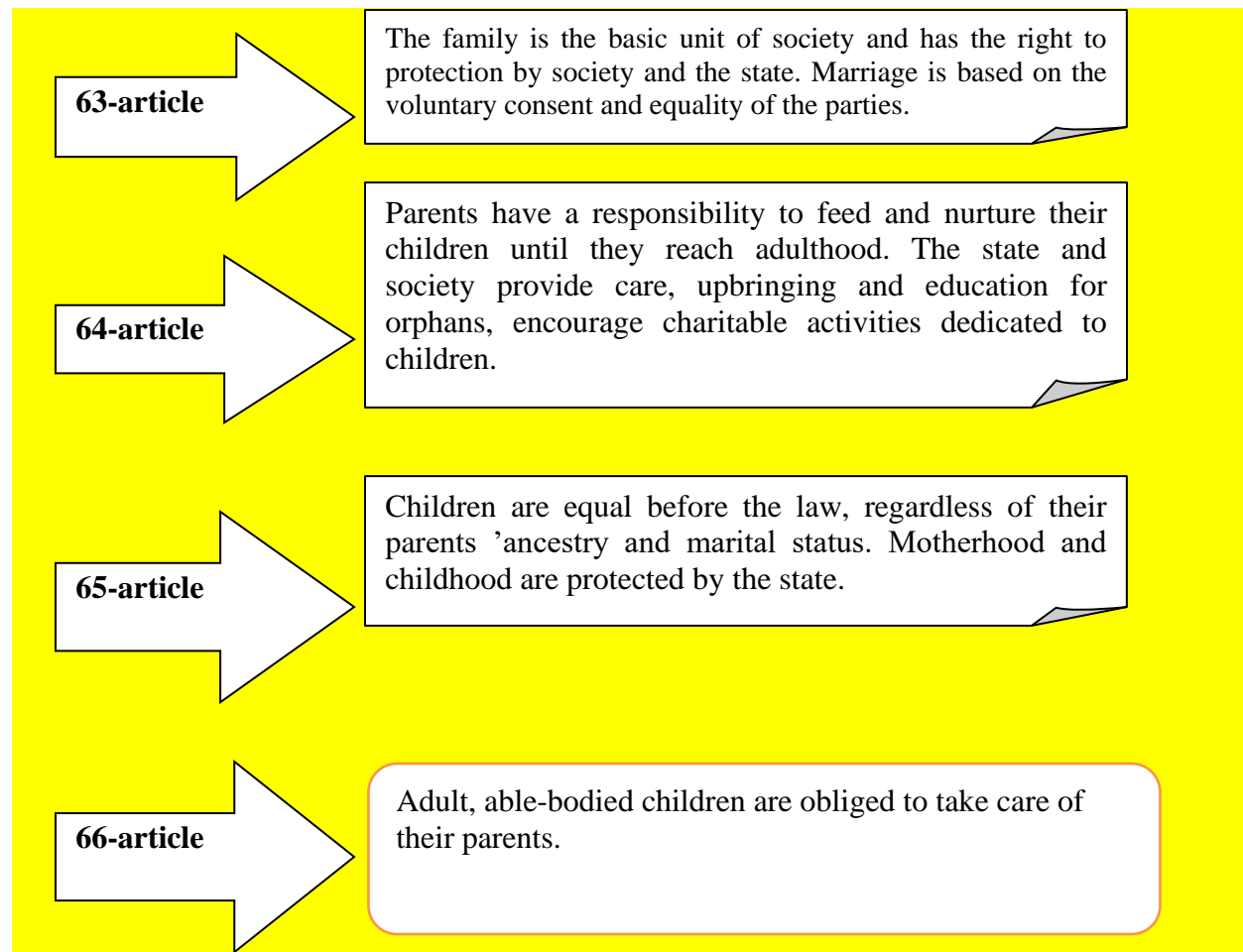
Laws and documents adopted today in the Republic of Uzbekistan serve to strengthen the unique status of the family, forming the legal basis. Including:

- Articles 63-66 of the Constitution of the Republic of Uzbekistan;
- Family Code of the Republic of Uzbekistan;
- Civil Code of the Republic of Uzbekistan;
- Labor Code of the Republic of Uzbekistan;

Decrees and Orders of the President of the Republic of Uzbekistan on protection of family, motherhood and childhood, resolutions on State programs adopted by the Cabinet of Ministers of the Republic of Uzbekistan for the social protection of family, motherhood and childhood and other documents.

Family strength is a key factor in determining the development of a society. For our society today, the issue of preparing young people for family life is a state-wide, government-wide global issue that cannot be postponed, cannot be tolerated, and requires a very serious approach.

Chapter 14 of the Constitution of the Republic of Uzbekistan is also dedicated to the family, as the family and its role in society are unique.



The demographic policy, economic, social and legal measures pursued by our government are a clear example of this. The main directions of such a policy are the protection of motherhood and childhood, the improvement of the financial situation of large and low-income families, the benefits created for young families, mothers, and so on.

Parenting is an important part of the family. In the family, first of all, family members should not forget that they are responsible for each other, and then for the upbringing, morals and etiquette of the child. It is said, "Parents are artists, children are works of art, and the process of upbringing is art itself," which, of course, has a great meaning.

The national traditions and customs of the Uzbek people, which have been preserved for a long time (in addition to parents, grandparents, relatives, the environment) also play an important role in this regard. However, sometimes the lack of upbringing in the family and the lack of advocacy activities lead to the development of bad habits in the behavior of family members (drinking, smoking, drug addiction, exposure to various religious movements, spiritual depravity). Through upbringing in the family, a person is instilled with a certain political and ideological worldview, moral norms and patterns of behavior, physical qualities. It is not in vain that our people say, "He does what he sees in the bird's nest." As a result of parental upbringing in the family, every boy and girl acquires different values and is able to adapt to social life.

- Conclusion/Recommendations. In short, what can we see as a mechanism to improve the process of developing a culture of healthy living, focusing primarily on pre-marital factors in preparing young people for independent family life. The age characteristics of young people who are getting married are the most characteristic among the premarital factors. Directly these indicators play an important role in the stability of a marriage.

The age group between 20-24 will have higher life experience than the generation younger than 20 years. Representatives of this generation will have a higher level of socio-economic maturity, because at this age most young people choose the necessary profession or graduate from higher education, have a certain life skills and the opportunity to acquire a specific profession. Representatives aged 25 and older have a higher level of socio-economic and professional maturity than those aged 20-24. As a result, 25-year-olds differ significantly from each other in their life experiences or in other respects compared to 20-year-olds.

In this case, not only teachers of the family, neighborhood or educational institution, but also members of society as a whole, that is, everyone who considers themselves a member of society, must act in the spirit of patriotism for the development and interests of the country.

It is the duty of all of us in the upbringing of children, in the expansion and enrichment of their spiritual worldview, in the use of the opinions, teachings, and wisdom of thinkers, and in the development of a harmoniously developed person.

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