

## FORMATION AND CHARACTERISTICS OF LIFESTYLE

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### ABSTRACT

*The article examines the peculiarities of a person's lifestyle, factors influencing the process of its formation. According to the author, by the end of the last century - the beginning of the new century, the number of social factors that can radically change a person's lifestyle increased. Socio-economic, political and legal, spiritual and ideological processes and trends occurring in modern society lead to the transformation of a person's lifestyle.*

**KEYWORDS:** *Lifestyle, Lifestyle Features, Factors Influenc, Degradation, Deformation, Standard Of Living.*

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### INTRODUCTION AND SIGNIFICANCE

At the end of the last century, at the beginning of the new century, the number of social factors that can radically change the way of life has increased. Socio-economic, political-legal, spiritual-ideological processes and trends in human society are leading to the transformation of the nature of human life. In this regard, there is a need to thoroughly study the problems of human life from a scientific point of view, to state the positive and negative changes in it.

One of the most important issues is the formation of a lifestyle and the identification of factors influencing it, the scientific study of its characteristics and the changes that occur.

### METHODS AND LEVEL OF LEARNING

Systematic, historical, as well as sociological, comparative and empirical methods of analysis were used in the study of this scientific topic. The concept of lifestyle, its characteristics, factors influencing lifestyle and its impact on human and social life are studied.

### RESULTS OF THE RESEARCH

Today, there are different approaches in science to the study, analysis, and identification of basic criteria for lifestyle, and it is a social category. These approaches include philosophical, sociological, socio-economic, socio-group, and others. Or there may be mixed approaches that justify these approaches in the most effective way. The concept of lifestyle has been a common subject in the social sciences and humanities because the main determinant of lifestyle is the person himself. It's just that all disciplines have different approaches and conclusions based on their research object. The multifaceted nature of the problem of lifestyle has led to an interdisciplinary approach to its scientific study. From antiquity (Aristotle, Democritus,

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Pythagoras, Socrates, Plato, etc.) and in the context of social and historical development, he put forward ideas related to lifestyle. Aristotle regarded man as a conscious being as the creator of the world, and his goal was to attain perfection. He believes that all the moral qualities in a person are not innate, but changeable. That is, it shows the importance of lifestyle in the formation of a person. "A spiritually mature person is one who adheres to the unity of mind and virtue" [1, p.54].

Lifestyle is a concept that represents the daily life, history and future of an individual, social group, people, nation, people, and is formed in the process of historical development and covers all aspects of human behavior and activities. In this sense, the individual and society reflect the worldview and value system. For example, in times when the religious worldview was predominant in the life of the society, religious concepts and norms prevailed in the minds of the people. Religion has played a major role in the development and transformation of human relationships. Rituals and traditions, religious customs, and rituals have had a profound effect on the origins of the holidays, some of which have become an integral part of the way of life over time. "In Zoroastrianism, in Ahuramazda, goodness is a symbol of goodness, justice, mercy, and truthfulness. After all, his enemy is the epitome of all corruption and evil. In Zoroastrianism, material phenomena and spiritual factors in the world are associated with good or evil. In other words, the imagery, myths, legends, philosophical insights, and moral norms associated with this religion are intertwined with the material and spiritual way of life of our distant ancestors" [2, p.6].

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The most important social aspect of lifestyle is how the social work of the members of the society, relationships, family, activity in daily life, physical and spiritual potential of people are reflected in the natural and social environment.

It also plays an important role in educating members of society, especially young people, to adhere to the ideas of national patriotism, humanity, as well as national and universal values through the formation of a healthy lifestyle in the family. A healthy family lifestyle also plays a role in raising the culture of our young people today, which has a long history. With this in mind, our government is focusing on creating adequate conditions for the formation and improvement of a healthy lifestyle in families. Because people's lives reflect the economic, political, social,

spiritual and cultural aspects of the development of society, and this determines a healthy family environment.

Lifestyle changes also affect living standards. "Lifestyle is much broader than the so-called economic category of living standards" [3, p.262]. Traditions based on a clear historical development process are repeated over time. They, in turn, create the behaviors, habits, and lifestyles that are needed. The nature, content, and manifestations of lifestyle are often shaped by people's lives, work, health, and even behavior. Human society is very complex, colorful and full of contradictions. It is home to billions of people, thousands of people who speak thousands of languages. Some of them have reached the highest peaks of modern development. Some live in extreme poverty and do not have access to education, medicine, the arts, science, and culture. Accordingly, the peoples of the world do not have the same way of life and standard of living, and one does not duplicate the other. You can see the similarities, the differences, the differences. The lifestyles and cultures of the peoples of Central Asia are close and sometimes identical. While common space, language, and religion are historically interrelated, natural climates also have an impact on lifestyle. For example, there are many differences between mountain peoples and desert peoples, from the ethnography of the nomadic peoples to their way of life. These differences are due to the above factors and their effects. There are also many differences in social psychology.

Today, technics and technology have become an integral part of our lives. It is impossible to stay away from the development of science and technology, technical achievements are being used effectively in all areas of industrial production, from everyday life. The education system is also faced with the problem of training personnel who can benefit from the achievements of science and technology. This is one of the primary and basic students of modern development. However, there are questions about what national identity, education and upbringing should be, what morals should be, and what are the reasons for the proliferation of alien elements in our lives. This is a serious and controversial issue. Of course, the enormous potential of science and technology cannot be denied, which makes it easier for us. It is important to remember that a normal society cannot be created by itself. This is an urgent issue that requires serious reforms and a combination of education and upbringing. In particular, the changes in the spiritual image of young people, the processes of moral degradation and deformation clearly show the subtleties of the issue. At the same time, there is a completely different category of young people around the world. It's not that it's good or bad, it's just that it's special.

The issue of youth is one of the main trends of today. Modern development has led to changes in the lifestyles of young people, which have a contradictory impact on their worldview and education. As a result, young people are changing their goals and aspirations for the future. When you look at the changes in the behavior of some young people, you can see that they are developing some aspects of apathy. These include a lack of concern for one's own future, a general indifference to what is happening in society, and a general lack of involvement. There are many cases of fear of difficulties and failure to take responsibility. A responsible person is not afraid to take on responsibilities, overcomes difficulties and problems. He strives to perform his duties honestly and conscientiously. Feels responsible and accountable. Defending the homeland is not only a duty but also a responsibility. Or being a parent is a huge responsibility. The formation of a free individual, the building of a free society does not happen by itself. Many factors influence this, including socio-political, ideological, economic and educational processes.

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There is no freedom without responsibility. "In modern society, the life experiences of young people have changed dramatically. Such changes also affect relationships with family and friends, education, and lifestyle" [4, p.13].

Socio-economic and political changes in society in the early XX-XXI centuries have led to systemic changes in all spheres of social life, including lifestyle, and highlighted the problem of healthy lifestyles of the population, especially youth. Lifestyle is a qualitative characteristic of certain types of human life, formed under the influence of material and spiritual life of society, an indicator of the level of their socialization.

Lifestyle is inextricably linked with the spiritual world of people. Existing social, political, and economic conditions and factors also have a significant impact on people's lifestyles. In everyday life, their moral and aesthetic views, behavior, attitudes, perceptions of life are absorbed into their inner world, beliefs and become a way of life, a way of thinking. National values are based on traditions, customs, holidays and celebrations. Uzbek national values are based on humanitarian ideas. Throughout the long history of Uzbek relations, mutual cooperation and empathy, loyalty and mutual respect, mutual trust and good neighborliness, childhood and respect for parents, kindness and loyalty in everyday life. is respected in all respects. National values are a great indicator of the contribution of humanity, human qualities, attributes and qualities to the treasury of national and cultural heritage, created by everyone belonging to that nation.

Indeed, today only a truly enlightened person can realize human dignity, national values, in a word, identity, live in a free and free society, to take a worthy place in the human community of our independent state. Therefore, in the process of education, it is important to form the individual in all respects, to realize his abilities and to equip him with the knowledge, skills and abilities necessary for social life. "Young and talented people are needed to develop scientific and innovative activities in our country. With this in mind, we rely on your rich knowledge and experience".

The years of independence have paved the way for the development of science and education. New state standards for education have been developed. New textbooks and curricula have been created. They include the study of the cultural and scientific heritage of the Uzbek people, the history of statehood, nature, the works and lives of great figures and scholars, writers and artists, as well as world science and culture. As a result, there is an opportunity to fully combine nationalism and humanity in the education system, in the development of our spirituality in general. As a result, a new system of educational institutions has been formed, and criteria have been created to define their main goals and objectives. The main purpose of the reforms in education is to bring up a spiritually mature person with intellectual potential. Today, modern educational institutions are required not only to thoroughly teach the sciences, but also to cultivate a highly spiritual person, to create a healthy spiritual environment that ensures spiritual maturity. Educational institutions have a direct impact on the development of society from one qualitative stage to another, and at the same time determine its level.

National values, of course, are directly related to the development or crisis of a nation. In other words, national values are related to the nation's past and present. Therefore, national values develop with the development of the nation, are devalued by the crisis. That is why a nation must create its own values, polish their new facets and aspects, and improve them in the process of

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development. Unfortunately, looking at national values as a sign of antiquity, expelling them from our lives, some of them have been completely forgotten. It is not a rigid concept that one value is replaced by another. But the values formed in connection with the nation, with its direct mentality formed by its historical way of life, cannot be completely abandoned.

Lifestyle characteristics are shaped and changed by the habitats and conditions of their peoples. The Uzbek people pay special attention to such moral qualities as humility, respect for elders, diligence, tolerance and honesty. Such qualities of the Uzbek people are reflected in national customs and traditions, daily life and interethnic relations. The importance of rituals, traditions and customs based on moral values in the life of our people is incomparable. The Uzbek people have always lived as a community and adhered to the tradition of neighborhood and neighborhood.

Each period aims to bring up a person who is relevant to his time, and thus defines the model of social development. This is one of the main reasons for the formation of a free and independent person from the first days of independence. Achieving these goals will require a multifaceted effort. As long as the criteria and norms of lifestyle are not fully met in the life of man and society, one-sided situations arise.

## CONCLUSION

It is difficult to make changes in society and improve people's living standards without solving lifestyle problems. The study should focus on the impact of modern development on lifestyles and their consequences, and the development of mechanisms to minimize its impact.

Achieving the noble goals of the people of Uzbekistan, the future of our country, its well-being and prosperity, its place in the world community in the XXI century, all this depends on the education and upbringing of the new generation. Speaking about the education system, the President said that unprecedented attention is being paid to the radical reform of the national education system on the basis of the idea that "the new Uzbekistan will start from the threshold of school." - A lot of work is being done to develop science, culture and art, literature, sports, increase the effectiveness of spiritual and educational work, the realization of talents and abilities of young people, especially our girls ".

Reform in society does not happen by itself. This requires a lot of complex work. This process cannot be done without lifestyle changes. This is because positive changes in lifestyle shape people's sense of belonging, defining practical tasks such as a deeper understanding of goals and objectives and aspirations for the future.

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