

Main Factors for Youth Lifestyle Formation

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ABSTRACT

The article argues that the creation of conditions for human health and longevity is the main task of any society, health problems in different periods of society are injured in different ways, a healthy lifestyle with social development, narrow the interests of groups, rising to the level of common interests, ignorant conditions. and a healthier approach to culture.

KEYWORDS: *human health, longevity, health problem, social development, from private to general, interests of narrow groups, common interest, health culture, attitude*

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INTRODUCTION

In this sense, the main task of any society is to realize this dream of mankind, that is, to create conditions for human health and longevity. In different periods of human society, the problem of health was solved in different ways. As social formations developed, health rose from the particular to the general, from the interests of narrow groups to the level of general interests. But at all times a healthy lifestyle is one of the basic requirements of health.

Thanks to independence, we have become much closer to world science and culture. It has also changed our attitude towards health. It is becoming increasingly clear that human health depends on it. As a result, various movements for a healthy and long life began to appear.

LITERATURE ANALYSIS AND METHODOLOGY

Health as meaning and value was given attention in the works of M. Weber and Z. Bauman. G. Simmel considered health as a special form of the organic body. The meaning of the concept of "health" is hidden by G. Simmel in the relationship between the concepts of "life" and "death"[1].

B.S. Turner considers health as the result of the action of three components of society: the experience of

illness from the point of view of the individual; the processes of functioning of special institutions that care for patients, and the social orientation of health care systems.

The idea of the boundaries of everyday life is expressed in their works by E. Giddens and J. Baudrillard. E. Giddens notes that the state of health is influenced by numerous social factors and the conditions in which they appear. J. Baudrillard states that health has become a new need along with such as: clean air, greenery, water, silence, but now health is treated pragmatically. Health as a duty is presented by P. Berger and D. Berger. The modern social environment, in their opinion, requires a lot of energy and strength from a person, therefore, in modern societies, the cult of youth, health and life has established itself, and therefore being young, healthy, full of vitality is a moral obligation for everyone[2].

DISCUSSION

Some people fast ten days a week, while others like to cross the ice and swim. Some say that physical education and sports are the foundation of longevity, while others promote the benefits of yoga and alternative therapies. Over time, the World Health Organization

Experts estimate that 20% of our health depends on environmental factors, 20% on offspring, and only 8-10% on the quality of medical services. The remaining 50% depends on our lifestyle.

The above scientific findings and years of health research It has proven the vital truth that the only and surest way to live a healthy life and live a long life is to live a healthy lifestyle.

As a result, a healthy lifestyle has gone beyond the interests of individuals and groups and has become a matter of national importance. In this regard, it should be noted that systemic reforms are being carried out in the country.

Health as an invaluable asset for everyone is becoming one of the important conditions for the socio-economic development of society.

It should be noted that health as an invaluable asset for everyone is becoming one of the important conditions for the socio-economic development of society. Lifestyle is the cornerstone of a person's life, to which everyone belongs, relying on it, few people can radically change their lives[3].

The main factor that determines lifestyle is the size of a person. A healthy lifestyle is one in which harmful factors affect people's health. Otherwise, you should consciously deviate slightly from them.

A healthy lifestyle is, first of all, a lifestyle that strengthens and maintains the health of each person for many years to old age.

The main indicator that a person leads a healthy lifestyle is, first of all, the state of his physical development and general well-being, mood, success or failure in his personal life, work flow, work. A healthy lifestyle includes the following norms of a person's condition:

Constant and conscious concern for one's health;

A rational, well-organized healthcare organization should not harm the body, should not lead to excessive fatigue (for example, during exercise or therapeutic fasting, etc.);

The history of mankind shows that laziness and health are absolutely incompatible; everyone should be forced to pay less attention to their health every day;

Factors such as hypodynamics (sedentary lifestyle), alcohol, drug addiction, smoking, malnutrition (overeating, frequent consumption of spicy, salty or fatty foods, etc.) are harmful to health, not knowing how to rest (continuous, long and continuous rest) bad for health. At the same time, fears, anxieties, constant protests, conflicts between desires, constant

complaints, a feeling of dissatisfaction, a feeling of indifference, a bad mood, jealousy, etc., are harmful to the health of the mother. The following are some of the factors that can have a significant impact on a healthy lifestyle:

- confidence in improvement along with hard work;
- a penchant for humor and jokes;
- the ability to quickly adapt to any situation;
- the ability to not forget the good for a long time and quickly forget the bad;
- regularly do physical exercises in the fresh air with mild (pleasant) fatigue;
- happiness is the best friend of health, it is necessary to organize a good mood every second, every hour, during the day;
- mental thinking of a person about the meaning of life and its joys, understanding that the unity of trust with the desire for a goal is the support of everyone.

A person has only one health, and diseases are countless, very many and always keep in mind that it is easier to maintain good health than to fight with a lot of diseases. From this we can conclude that a healthy lifestyle helps to completely get rid of many diseases or successfully fight them[4].

Another conclusion - a healthy lifestyle, non-compliance usually leads to a weakening of the human body's resistance to various diseases, and in many cases to a weakening of the immune system (the protective function of the body).

A healthy lifestyle is a lifestyle in which each member of society moves in two directions. The concept of a healthy lifestyle is related to the physical health of people, together they also represent his mental health.

In this regard, the first President of the Republic of Uzbekistan, I.A. Karimov, noted that, "When we talk about healthy, we mean not only physically strong, but also spiritually rich generation"[5].

A healthy and long life has always been the dream of mankind, we all know from history. In this sense, the main task of any society is to realize this dream of mankind, that is, to create conditions for human health and longevity.

According to the World Health Organization and According to the research of Professor G.I. Shaykhova, human health depends on the following factors: lifestyle - 55%, heredity (biological) - 18%, environment - 17%, state of health - 10%. If everyone

can properly apply these factors, he will be able to have a healthy baby possible. Few people are to blame for the occurrence of many diseases.

Naturally, the population suffers from various diseases due to lack of sanitation, unhealthy lifestyles and neglect of their health. So, our health depends on ourselves, on how we live. The good health of a person is evidenced not only by the fact that he is free from diseases, but also by the harmony of his physical and mental strength, good working capacity and always good mood.

Everyone should know their dignity, respect others, value their work, maintain health and strive to live happily. This must be done with a healthy lifestyle. The components of a healthy lifestyle and the main factors that ensure its viability are:

- correct and rational, high-quality, food.
- active lifestyle and physical culture.
- organization of the day and work schedule based on biological laws and rhythms.
- healthy marriage and building a healthy family.
- I wish you a safe sex life.
- a culture of peace of mind and communication.
- avoid bad habits.
- observe the rules of personal and public hygiene.

- beware of accidents and injuries.
- have knowledge and skills about a healthy lifestyle.

CONCLUSION

Undoubtedly, these directions are of a general nature, they only determine the program of action for a healthy lifestyle. In fact, everyone should have extensive knowledge and skills in each of these areas.

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