

SOCIO-PSYCHOLOGICAL PROBLEMS OF THE FORMATION OF THE PSYCHOLOGY OF A HEALTHY LIFESTYLE OF FAMILIES

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ABSTRACT

The article deals with the problems of the psychology of a healthy lifestyle in the family, its formation and possible social and psychological ways to solve these problems. Illuminated, scientific and practical results of research related to healthier lifestyle of the individual.

Keywords: Healthy generation, healthy lifestyle, psychology of a healthy lifestyle, socio-psychological factors in the formation of a healthy lifestyle.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

During the years of independence, the creation of a just democratic society in our country was defined as the main goal, and consistent steps were taken in this direction. In this regard, significant progress has been made in creating a civil society, the most equitable social space that fully respects the interests and human rights and lives up to its centuries-old hopes. Further formation of a healthy lifestyle in society, strengthening the health of the population, raising a physically healthy and spiritually rich young generation, ensuring widespread involvement of citizens in active activities in physical education and sports are the priority areas of active reform policy pursued in our country.

Speaking of a healthy lifestyle, we have learned to imagine that the most important thing is to stay away from bad habits that cause a person to have an unhealthy complexion and face color. This term is most often explained in a way related to the activities of medical professionals. However, in the formation of a healthy lifestyle, the body, consciousness and perception are directly related to the person, and psychology, being a science that studies the laws and secrets of the human psyche, has a connection with it. Therefore, in the science of psychology there is the concept of psychology of a healthy lifestyle, which most of all considers a healthy lifestyle as a reflection of human consciousness and thinking. So, to ensure our health, which is necessary for each of us as water and air, and to achieve this, the habit of a healthy lifestyle is manifested not only by medical professionals, but also by psychologists, as well as the science of psychology as a subject of study.

In this sense, psychology is when a person is studied in terms of temperament, behavior and various psychological conditions in the formation of a healthy lifestyle: in principle, each of us has our own wealth, controlling which aspects of our spirituality, which seem to be a secret, are related to our sense of health, without injuries and good spirits. - the formation of the psychology of a healthy lifestyle and what opportunities we have in our hands from the point of view of maintaining our health is increasingly entering our lives as a science and a useful practice that studies the management of our own mental state, ways to maintain it in a moderate state, and adapt to changing conditions, prevention in this regard, through the timely promotion of changes in the psyche [1].

Sources note that the psychology of a healthy lifestyle consists in the fact that as long as we organize our daily lives on the basis of certain laws aimed at maintaining and strengthening health, a lifestyle depends on how well and in what form we organize our life, for this, each person must have a culture of life and spirituality, worldview.

It is necessary to consider health, a person's attitude to his own health as an important component of personality. We can say that this sphere arose due to the fact that society began to realize that on its own it was unable to solve health problems. "Risk factors" are associated with illness and death, which means that their study and evaluation are included both in psychology and in medicine [2]. But based on the results of many studies, it should be particularly recognized that today, representatives of the medical sphere cannot solve their health problems without resorting to the help of teachers and psychologists, relying on their own strengths. Already among the employees of the medical sector, health problems also grow from year to year [3].

When forming the psychology of a healthy lifestyle, a number of socio-psychological problems arise in the population and especially in youth. Below we will try to give an idea of some of the main socio-psychological problems in the formation of the psychology of a healthy lifestyle.

First, it is true that mental health, which is the cornerstone of a healthy lifestyle, has long been a major area of research. It should be noted that the following figures confirm this fact. If in 1975 in the United States 200 mental health programs were used, then by 1990 there were already 5000 such programs. They are currently demonstrating significant cost-effectiveness. Currently, one out of ten psychologists in the United States is dealing with a particular mental health problem, and it is also acceptable to admit that every third article published in English-language psychological journals relates to various aspects of this field [4].

In this direction, special magazines, books and monographs are published. Its broad practical expression is reinforced by various organizational decisions. For example, in the UK, when the national "health document" was adopted, such an initiative aimed at improving the mental and physical health of the European population was called "Health for All".

The number of mental health centers and clinics operating in all Western countries, as well as groups that help strengthen private health, is growing day by day.

Specialists in the field of health psychology should have in-depth knowledge not only in general psychological preparation, but also in psychohygiene, psychoprophylaxis, as well as psychosomatic health and psychosocial issues.

Secondly, we often compare people living in cities and villages with each other, compare and put some kind of flaws in the way of life, and sometimes we say "Oh, there are no opportunities in this village." But the way a person lives, in my opinion, has nothing to do with it. Wherever, under whatever conditions a person lives, he first of all tries to create comfort in himself. Because this convenience determines his daily life, his lifestyle and health. Let's look at a room that is simply designed to have to go in and go out several times during the day, hanging out in everyday life. We see some places where people go to the toilet in uncomfortable, windy from all sides, uncomfortable for seats and even surrounded by different things around the place. What about the places that were built so it's hard to get to them from the harsh winter weather? And the fact that children pass through snow and land to get there leads them to illness. So, is it really worth the huge cost? Or is it that a person is neglected, that he does not know

what consequences this will lead to? Seeing that such people have expensive furniture, home decoration and spend money on luxurious weddings, you might think that he really has no money for a simple convenient toilet. And what about the fact that these people do not have a bath to swim in it at least once a week. Although all this is repeated again, it can be assumed that a person does not have a lifestyle culture, a low level of spirituality. Ultimately, we will pave the way for the emergence of diseases, especially those that are characteristic of different women, we will become a factor in the spread of diseases and reveal our own uncivilization. This is not to say that all the villagers are in such a situation, the opportunities created in some houses are better than in the city.

Thirdly, the ability to lead a healthy lifestyle does not arise in a person suddenly, since he also requires a certain qualification, he must be taught in the family from the very first childhood. This is one of the most important, responsible tasks that parents take upon themselves. All parents, when they raise their children, constantly strive to be vigilant, attentive. This attention may be limited by such standards as the fact that the child will have enough of everything, the availability of good health, and monitoring regular attendance of his lessons. For example, we wake up from a dream, our thoughts are occupied with today's plans and their implementation, Big-small, pleasant-unpleasant, but today we must do work that cannot be put off. The most important "concern" is our child. Wake up, wash, feed, dress and preen in a timely manner to go to kindergarten or school, during our daily troubles he comes to mind again, we think that he did whether he came from school, call him and tell him to sit like a decent child and did his homework. Returning from work, we plunge into unfinished household chores, among which we check the lessons of the child, with whom we can talk a little or not ... the next day the same routine is repeated. We are so used to it that we almost never think about our actions and our brain thinks about completely different things during these actions. How did the child wake up from sleep? Did he help make breakfast, set up a table? In what mood did he go to school? How did he say goodbye? How did he react to your last rebuke? How does he spend his time? Can I distribute it correctly? How is it formed as a person in general? Thousands of such questions may seem insurmountable, but all this is an environment in which a future member of society can shape itself in the future.

Our observations show that it is necessary to find solutions to the following socio-psychological problems that serve to solve the problem of forming the psychology of a healthy lifestyle among young people:

- to reveal the socio-psychological aspects of the formation of the psychology of a healthy lifestyle from a pedagogical and psychological point of view;
- to study the experience of foreign countries in the development of the psychology of a healthy lifestyle and to identify the scope and content of its application in the youth education system;
- to determine its effectiveness in practical experiments based on the theoretical aspects of the socio-psychological development of the psychology of a healthy lifestyle among young people;
- to determine the position and place of the educational system in the educational process of forming the psychology of a healthy lifestyle for young people and develop an effective system;
- development of the psychology of a healthy lifestyle of youth, the development of oriented socio-psychological trainings, assessment of their content and effectiveness.

In a word, it can be noted that the psychology of a healthy lifestyle implies, on the one hand, the physical health and maturity of a person, on the other hand, the spiritual, ideological and

mental health of a person, the basis of his harmonious adulthood as a person. A healthy person, not only physically, but also socially, psychologically, can become an active member of society, and can also cause self-esteem and self-esteem among others. After all, since the family and the young generation are healthy, the society is strong, the society is strong, the country is stable.

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