



THE PROBLEM OF IMPROVING THE SOCIO-CULTURAL ENVIRONMENT IN THE FORMATION OF A HEALTHY LIFESTYLE

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Annotation.

The article scientifically substantiates that improving the social and cultural environment, physical activity of people is an important factor in the formation of a healthy lifestyle.

Key words:

Healthy lifestyle, socio-cultural environment, medical foundations of a healthy lifestyle”, “physical activity”, “active physical health”, healthy lifestyle, gene pool.

Nowadays, priority has been given to the formation of a healthy lifestyle in our republic. It should be noted that the improvement of the socio-cultural environment, physical activity of people is an important factor in the formation of a healthy lifestyle.

Recently, such concepts as valeology, “medical foundations of a healthy lifestyle”, “physical activity”, “active physical health”, “healthy lifestyle” have appeared in our language.

The ancient Greek ruler and philosopher Alkmeon (VI-V centuries BC, in his work “On Nature” first defined the concept of “health”. According to his ideas, the human body is a microcosmos, and his health is in the opposite direction of harmony forces, and as well, it is a simple “equal democratic right” conflicting forces, such as, health, heat and cold, moisture and dryness, bitterness and sweetness. The “absolute dominion” of one of them leads to the death of the other and causes disease.

The rules of a healthy lifestyle requires conform sanitary and hygienic rules; not to drink alcohol, not to smoke, not to use drugs, eat with pleasure, know the norm in emotional pleasure, engage in physical training, maintain a high level of health and physical development, dress properly. The great educator V.A. Sukhomolinsky promoted the formation of a healthy lifestyle from the very beginning of young people in his “Bolalarga jonim fido” work, which includes regular physical education, proper nutrition and work in the fresh air. He called a large section of this book “Sog’lomlik, sog’lomlik va yana bir karra sog’lomlik (Health, Health, and Health Again)”. Based on his research, he is convinced that the cause of children’s illnesses, children’s laziness, vulnerability is hidden in the shortcomings of family upbringing.

Human health is not only a medical-biological, but also, first of all, a social category, which is ultimately determined by the nature and character of the existing social relations, social factors and conditions. It is worth noting that there are several approaches to health care in the medical literature. One of them is to explain health in the absence of disease. This approach is mainly specific to research in medical psychology and personality psychology. However, such an interpretation of the phenomenon of “health” doesn’t mean it has not shortcomings. First, it is illogical to evaluate health as non-sick, and therefore it is not entirely meaningful to define the concept in a negative way; secondly, such an approach is subjective in nature, with health recognizing all known diseases while ignoring hitherto unknown diseases; thirdly, such a definition is descriptive and mechanistic and cannot reveal the individual health phenomenon, its features and mechanism.

When defining the concept of health, the question often arises as to its norms and limits. Of course, the concept of norm is controversial here. The norm is used to conditionally express the functions of the human body, the balance of its individual organs, the external environment. I. I. Brekhman writes that an organism can never be in balance with the environment, otherwise its development will stop, which means that its further development will not take place.

Thus, health is described in the literature as a holistic feature that encompasses the inner world of man, and as a phenomenon that embodies the whole existence of relations with the external world, including physical, psychological, social and spiritual aspects.

A person's social health depends in many ways on his or her personal and professional self-awareness, satisfaction with his or her family and social status, the reality of his or her life goals, and their suitability for sociocultural situations (economic, social, and psychological conditions).

Based on the above, it can be said that the national way of life is based on the social environment, the strengthening of its spiritual foundations.

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