



## **Social-Psychological Significance of Forming the Culture of a Healthy Lifestyle in The Family**

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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:** Psychology, healthy lifestyle, family.

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### **Introduction**

Raising a perfect generation should not only be physically healthy, but matured in the spirit of oriental morals and universal ideas. First of all, a person should be healthy, and for this, it is necessary to form concepts and ideas about a healthy lifestyle. That's why raising everyone to appreciate their health from a young age is an integral part of the formation of ideas about a healthy lifestyle.

It is true that mental health, which is now considered the basis of a healthy lifestyle, has become an area of major research in a short period of time. We should note that the following numbers prove this situation. If in 1975 there were 200 mental health care programs in the US, by 1990 such programs had increased to 5,000. Currently, they show considerable economic efficiency [1]. Currently, one out of every ten psychologists in the United States deals with one or another issue of mental health, and one out of every three articles published in English-language psychological journals is related to various aspects of this field [2].

When talking about a healthy lifestyle, we are used to imagine that it is first of all getting rid of harmful habits that cause the human body to become sick. This term is explained primarily in relation to the activities of health workers. However, in the formation of a healthy way of life - body and mind, mind and perception directly depend on a person, so psychology, which is a science that studies the laws and secrets of the human psyche, is related to it. Accordingly, in the science of psychology, there is a concept of psychology of a healthy lifestyle, which considers a healthy lifestyle primarily as a reflection of the human mind and thinking. Therefore, ensuring our health, which is necessary for each of us, like water and air, and getting used to a healthy lifestyle in order to achieve this, appears as a research subject not only of medical workers, but also of psychologists and the science of psychology.

In this sense, when psychology studies from the point of view of human behavior, behavior and various psychological states in the formation of a healthy lifestyle: basically, what aspects of

our psyche that seem to be a secret are related to the feeling of health, well-being and vitality of each of us, by managing it, we are our wealth. - what opportunities are available in our hands in terms of maintaining our health, forming the psychology of a healthy lifestyle as a science and a useful practice that studies how to manage our own mental state, keep it moderate by keeping up with the changes taking place in our consciousness in time, how to adapt to changing conditions, prevention in this regard is increasingly boldly entering our lives.

In addition, the psychological aspects of forming a healthy lifestyle-human character; a person's attitude towards a healthy lifestyle; socio-psychological factors of healthy lifestyle formation; individual-psychological characteristics of a person; the influence of the family environment in which the person grew up, that is, external factors can be included.

According to the sources, medical workers have determined the directions of a healthy lifestyle, taking into account various factors, and recommend living in compliance with it [3]. It should be said that human health depends not only on biological factors, but also on the social environment in which the person lives, on the interaction between the person and the people around him. Human relations, first of all, start from family, family environment. The ability to live a healthy lifestyle does not appear suddenly in a person, since it requires special skills, it is necessary to teach it in the family from early childhood. This is one of the most important and responsible tasks of parents. All parents, while raising their children, always strive to be alert and watchful. This attention cannot be limited to standards such as checking that the child has enough things, is healthy, and regularly attends classes. First of all, the place where the main life of a person is spent - the lifestyle of the family should be healthy [4].

It is known that the family is a mini-society of every society. As a part of society and social life, the family has its own tasks, and each of these tasks requires certain knowledge and, most importantly, a sense of responsibility. If the established family does not improve or "grow" as a part of the society, especially if it does not develop mentally and spiritually, if the mutual tasks and interests of the parties in the family are not clearly defined, the future of such a family will not be prosperous. That's why we need to give importance to something before defining *the rules*, that is, the patterns or *algorithms of a successful family*.

The family is one of the most complex groups. It requires not only a serious approach, that those who are building a family carefully study each other, but also that later, throughout their lives, almost every day, and if necessary, every hour, the spouses should think deeply about their relationship to each other. Only then will the family be happy, healthy and long lasting. Accordingly, in order to create a successful family model (module), it is necessary to determine the patterns of all aspects that determine a healthy lifestyle. First of all, it is necessary to find mechanisms that support the practical implementation of these models individually for each of the future spouses, that is, it is necessary to determine the ways to create a prosperous family, in other words, it is necessary to develop algorithms. It is spiritual; psychological; physical; medical aspects should be taken into account.

The standards of moral aspects are the same for both men and women, that is, they should be based on positive qualities that ensure the well-being of the family: level of knowledge, level of education, responsibility, compatibility of worldview, culture, a sense of striving for improvement.

Standards of psychological aspects - can be manifested in the following qualities; tolerance, that is, in harmony, in spirit, in reason, in manners and in courtesy. And women should cultivate virginity, gentleness, and always avoid trying to show off their own. The algorithm that forms mental standards is directly related to the spiritual algorithm and in many ways goes back to the

education of young people.

The norms of physical aspects are reflected in the pursuit of physical perfection, the motivation to go to gyms, fitness clubs, that is, it is necessary to take into account the factors of the development of the philosophy of life in terms of physical fitness.

Standards of medical aspects should be primarily aimed at identifying various diseases, especially hereditary or social diseases (tuberculosis, HIV/AIDS, sexually transmitted diseases). But on the other hand, positive norms should encourage future spouses to take responsibility for their own health. So, how to achieve the results set by the standards of building a successful family? Ways and mechanisms or algorithms for shaping the psychology of a healthy lifestyle are based on a single system, focused on one goal, and determined on the basis of the steps in the education of the growing generation. A positive result can be achieved by involving state, non-state and public organizations, and most importantly educational institutions, in the process. Starting from kindergartens, schools, lyceums, colleges, and higher educational institutions, the importance of community organization should be felt, because it is the neighborhood that affects the formation of well-being in the family. At the same time, in the formation of positive norms among young people, it is necessary to rely on the traditions of our people, our mentality, our customs, and the traditions of each family that are passed down from generation to generation. Respect for ancestors is a great salve in the upbringing of the young generation.

The formation of spirituality and culture among young people is a complex and multifaceted process that requires an approach based on the characteristics, environment and conditions of one or another family. In our country, great importance is attached to the issue of spirituality in the education of the young generation. "Spirituality-enlightenment" centers, "Family scientific-practical research" centers and neighborhoods are not only effective, but the issue of spirituality in the upbringing of the young generation has a state-level position, and it is necessary that all educational institutions are responsible for the youth's intellectual maturity.

As we all know, the formation of a healthy lifestyle in an Uzbek family depends more on the family (women): the attitude of family members to physical education, cleanliness, orderliness, children's regime, education (diet, clothing culture, recreation, teaching) and others.

For this reason, increasing the importance of physical education, which is a source of public health in our country today, in order to achieve its penetration into all families, the widespread involvement of women in this work - the promotion of family sports comes from the demand of the times.

Doing family sports, first of all, ensures the strength, harmony and well-being of that family. In such a family, the health of family members of all ages is strong, the spiritual environment is moderate, mutual relations are good, each family member has a high enthusiasm for study and work, and his mood is always upbeat. In this family, kindness, kindness, responsibility, attentiveness are normal.

Physical education and sports are not only a means of improving the health of the population, but also a factor that forms the rational organization of recreation, the general culture of a person, the culture of dealing with other people, and the spiritual growth of the young generation. Physical education and sports are not only a means of improving health and solving social problems, but also a means of extinguishing the hearth of a mentally and physically unhealthy environment among the population (especially young people). Young people who have made a habit of physical education (sports) have no room for "free (idle) time".

In order to achieve the mentioned positive results, it is necessary to further strengthen the work carried out in this direction in our country, using all types of mass media and the power of

the general public, to regularly promote a healthy lifestyle among the population, to bring in wonderful sports equipment for families, and in the neighborhoods, construction of sports halls and playgrounds at all levels of educational institutions in accordance with the requirements of the time and full provision with appropriate equipment, increasing the types of sports clubs and sections, training local personnel to operate in these centers, engaged in family sports, and promoting it it would be appropriate to encourage members of our active society.

It can be concluded from the above that a healthy lifestyle, on the one hand, refers to the physical health and maturity of a person, and on the other hand, the spiritual and ideological health of a person is the basis of his full maturity as a person. Only a person who feels healthy not only physically, but also socially and mentally can be an active member of society and benefit himself and others.

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