

Formation Of Harmful Habits in Society and The Effect on The Human Body

Axmedov Qahramon Abdulhamid O'g'li

Senior Lecturer, Department of Social Work, National University of Uzbekistan

Annotation: This article discusses the nature of harmful habits in society and their negative impact on human life, the importance of preventive measures to prevent the younger generation from being exposed to these harmful habits, the formation of a healthy family environment, the negative consequences of harmful habits in educational institutions. The essence of delivery in different forms is highlighted.

Key words: Bad habits, drugs, alcoholism, drugs, nicotine, tobacco, smoking, psychosis, youth, family, prevention, healthy lifestyle.

In order to prevent factors that negatively affect the health and lifestyle of the younger generation, one of the joint tasks of the administration of educational institutions and medical staff is to ensure the health of students in the educational process. It is necessary to impart knowledge about lifestyles, develop relevant skills and competencies to implement their main components and turn them into positive and useful habits. To do this, you need to provide information about the "Healthy Lifestyle" during and after school hours. [1] In particular, the theoretical foundations and principles of a healthy lifestyle, Abu Ali ibn Sina's views and opinions on a healthy lifestyle, the main indicators of a healthy lifestyle, as well as working and living conditions for a healthy lifestyle impact, importance in spirituality and culture, proper organization of leisure time, implementation of interpersonal relationships and psychohygiene, work dynamics, prevention of fatigue and tiredness. The role of exercise, physical culture and sports in the formation of a healthy lifestyle, the importance of a healthy lifestyle in the prevention of harmful habits, the impact of environmental protection on human health, should be inculcated in the minds of young people.

The knowledge gained about the healthy lifestyle in the educational process should be widely applied in life and implemented in the family, in the community, and for this purpose, parents and community members should work together. However, the following should be taken into account: In the presence of specialists, ie lawyers, psychologists, drug dispensaries, social workers in collaboration with drug addicts in educational institutions, AIDS and drugs, the harm of smoking to Awareness-raising, video screenings, lectures, roundtables, exhibitions on this topic in libraries and classrooms are the key to positive results.

Educational institutions, identification, study and registration of students and young people prone to drug and drug abuse in families (on the basis of questionnaires, tests), accounting of students' free time, various to It is necessary to develop training recommendations for participation in sports sections. [2]

In order to gain a better understanding of bad habits and their effects on the human body, the following key issues will be addressed: awareness of the prevention of addiction; health hazards; occurrence and development of harmful habits (smoking, alcohol consumption, drug addiction); the body's response to drugs, the stages of development of addiction; physical and mental degeneration of the addict; it is important to carry out preventive work, sanitation, measures and discussions to eliminate the negative features. Providing a thorough understanding of harmful habits and their effects on the human body, as well as encouraging them to be vigilant in preventing their transmission, should form the basis of education.

Not all medications are mentally or physically addictive, addictive, or simply addictive. The fact is that the drug itself produces a minimal amount of the drug (alcohol); or its analogues

(morphine, heroin, etc.) that play an important physiological role in the body, mimic the properties of hungry opioids. The use of organic solvents by some (mostly adolescents) to distract is nonsense in a sense, as the corresponding hallucinations occur as a result of primary disruption due to the so-called high lipotropy of brain tissue .

There is a lot of talk today about the social nature of alcoholism, smoking and drug addiction. In our study, the search for social causes blocked the more important biological causes.

There is ample evidence to suggest biological causes. First of all, it must be acknowledged that the types of distractions are the essence of the disease. They have their own etiology and pathogenesis. Like many diseases, they are based on the formation of defective (pathological) functional systems.

Predisposition to various forms of addiction and toxicomania (withdrawal, headache syndrome), abstinence syndrome does not develop smoothly. Initially, there is a mental dependence on the distraction, and when the drug is fully absorbed into the metabolism, the result is the most severe physical dependence.

It is no secret that the threat posed by drugs to the human gene pool is a topical issue right now. The disaster is currently being fought on an international scale. However, more than 80 million people worldwide are addicted to drugs. Doctors say that drugs age very quickly, both physically and mentally.

Chapter XIX, Articles 270-275 of the Criminal Code, is entitled "Crimes of Illicit Trafficking in Narcotic Drugs or Psychotropic Substances" [3] and provides for severe penalties. But no matter how severe or inevitable the punishment, it is difficult to open the eyes of a person who does not think about the consequences of his actions. Because it is impossible for a person caught in the clutches of drugs to get rid of it, on the contrary, he tries to spread his species everywhere and attracts new victims. The disasters it inflicts will break up families, leave unborn babies disabled in the future, and ruin the lives of young people.

Sadly, some who are unable to control their appetites use their weak faith, willpower, and addiction to ensnare young people in various ways. Therefore, in order to combat this scourge, regular awareness-raising campaigns are being carried out among the population, families, schools, neighborhoods, relevant agencies and the general public. These measures help to protect our young people from the dangers and dangers that can take their lives. In fact, educating young people in a healthy and harmonious way is a fundamental and sacred task not only for the family, but also for the country and society.

Today, the scourge of drug addiction is one of the most vicious threats to human life and dignity. It is no coincidence that it has been described as the "plague of the century." According to historical records, drug and opium use spread to many parts of the world during the Mongol invasion in the thirteenth century AD. Allama ibn Hajar al-Makki's Fatawa al-Kabir states that there are several harms to drug use: it impedes the human mind, the body loses its resistance to various diseases, impairs memory, and causes headaches, heart disease, tuberculosis, and diarrhea. It causes illness, prevents prayer, removes shame, and damages human relationships and kindness. " In addition, this harmful disease makes a person very lazy, poor, careless, insignificant, sexually weak, dull eyes, loosens teeth.

For example, Western and Eastern medical experts now unanimously confirm that drugs are harmful to humans. It has been proven that people who use these substances get dozens of incurable diseases, die early, and give birth to children with disabilities. It's like committing suicide. An international commission on drug and crime crime has been set up at the United Nations to prevent the spread of drugs and their spread, especially among young people. According to the annual data released by the commission, the number of drug and drug-related crimes in the world is growing every year. That is why a single program for the prevention and control of drug addiction and treatment of drug addicts has been developed and is being implemented.

The rational policy of our state is aimed at making civil society an exemplary society, full of all-round, healthy, noble qualities, high thinking and spirituality, social activism. Based on this popular policy, our state is consistently fighting against all types of drugs. The damage caused to

human health by the so-called "plague of the century" and its tragic consequences are widely discussed in the media.

It is true that no matter how many new medicines are added, no matter how many and quality of medical facilities, no matter how many doctors and the quality of medical equipment is improved, the expected results cannot be achieved if a person does not take care of his health.

In the current situation, the fight against alcoholism, drug addiction and drug trafficking is one of the most important and urgent tasks of humanity. Each of us must not be left out of this work, we must constantly explain to young people the harms and dangers of these habits, and regularly promote them to a clean lifestyle and good manners.

According to the WHO, the consumption of 8 liters of alcohol per capita per year is a serious threat to the gene pool of any nation. Alcohol, like drugs and various poisons, usually has a stimulant effect and then a paralyzing effect. Frequent consumption of alcohol leads to dysfunction of various organs.

Alcoholism, drug addiction and toxicity are one of the current socio-medical problems. As a result of the prevalence of this phenomenon among the population, the health of the people and the state as a whole is affected. The number of patients with alcoholism and drug addiction is estimated by millions. This situation creates a complex criminogenic environment in society, as this category of individuals is often frustrated.

Alcohol use affects somatic and mental health. [5] Mental illness occurs in any condition of acute alcoholism, as well as in the development of chronic disease, during long-term abuse. In such cases, mental illness may be short-lived or permanent. In this regard, forensic psychiatry distinguishes four clinical forms: simple alcohol intoxication, pathological intoxication, alcoholism, alcoholic psychosis.

Smoking is the inhalation of smoke from certain smoking plant products (tobacco, opium, etc.). Smoking is a common harmful habit that affects the health of the smoker and the people around him; leads to the development of diseases of the heart, stomach and lungs. A smoker becomes accustomed to it and cannot stand without smoking. The nicotine in tobacco has a strong effect on the human body, it has a temporary stimulating effect on the central and peripheral nervous system, increases blood pressure, narrows blood vessels; speeds up breathing. Along with nicotine, the products of combustion in tobacco smoke also poison the body. Tobacco smoke contains carcinogens. Tobacco smoke damages tooth enamel and causes diseases such as caries, stomatitis, and gingivitis, which affect the mucous membranes of the bronchi, leading to chronic bronchitis and emphysema of the lungs, followed by the development of irreversible malignant tumors.

Nicotine has a more negative effect on young people and the elderly, as their nervous systems are more sensitive to nicotine. Smoking is especially harmful during pregnancy, when nicotine enters the mother's bloodstream and poisons the fetus.

Smoking can also be hereditary and lead to the birth of weak, defective children.

Due to the harmful effects of smoking, a number of countries, including Uzbekistan, have recently taken anti-smoking measures, banning the advertising and sale of tobacco products to children, and smoking in public places and on public transport. Many smokers say that a person can become ill after quitting because the person who abstained from the poison has never been harmed.

It is possible to get rid of smoking no matter how much you smoke. To do this, he must have a strong will and determination to quit smoking.

In the upbringing of children, first of all, every parent, neighborhood, educational institution and others are not indifferent, but are equally responsible, responsible for their education, the health of their minds and worldviews. will need to understand.

The community, the school and the general public are equally responsible for the upbringing of high-spirited children, who are loyal, loving, courageous, courageous and healthy.

After all, today's harmoniously developed generation must become the owner of a comprehensively healthy future for this country tomorrow.

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