

Individuals Prone to Bad Habits and Ways to Work with Them

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Annotation: This article discusses people who are prone to bad habits, the appearance of habits, the reasons for their occurrence, their appearance, people prone to bad habits in the process of carrying out our activities, such as prohibition, restriction, explanation, assistance, personal example work with interrelated styles is highlighted.

Keywords: Habit, good and bad (harmful) habits, environmental impact, stress, unemployment, pure layer, unstable layer, dangerous layer, prohibition method, explanatory method, personal example.

Habit is a habitual way of life, a way of moving, a tendency that has become commonplace for a person [1].

Traditionally, habits can be divided into good and bad (harmful). Habits develop and change throughout life. Good habits can simplify and improve your life. These include: hygiene, a daily routine, a balanced diet, a sports lifestyle, maintaining order.

Bad habits are socio-psychological, individual-biological factors that include a number of different forms of social behavior that are routinely performed by a person and cause harm to him, preventing him from successfully perceiving himself as a representative of a particular society. and the manifestation of a person's mental and psychological discomfort as a result of the negative impact of a microsocial environment that is detrimental to human health.

Bad habits include, on the one hand, harmful to human health (smoking, intoxication, drug use), and, on the other hand, habits that lead to hostility and sometimes disgust to the actions of others.

However, many people are addicted to bad habits - smoking, alcoholism, drug addiction. Consumption of harmful, toxic substances leads to the destruction of internal organs and deterioration of health. Why do people anticipate the effects of harmful substances and start taking them?

- There are three main reasons for this:
- - Stress - substances give a feeling of euphoria and happiness due to the effect on the centers of pleasure;
- - Unemployment - people do not know what to do in their spare time and fill it with drugs or alcohol;
- - Environmental impact - they drink and smoke "for company" so as not to be "black sheep" among their peers.

In general, in the life of society, there are systems related to human relations, such as areas of habits, types of services, and so on, all of which have the structure and location of a pyramid. The peculiarity of the pyramidal arrangement is that its lower layers fill the upper layers and ensure its development. The basis of the pyramid is always the majority or the general population. As you ascend along the pyramid, it decreases in number and improves in quality. If we look at the order of the educational system in society, we can imagine that the lower floor of the pyramid is the general population, the upper floor is schools and educational institutions, then universities and research institutes, and finally the highest peak is the Academy of Sciences. . It follows that

pyramidal development and location are the basic laws of the structure and development of society [2].

The reason we are talking about pyramid-like placement and development in development is that harmful habits and their development are also subject to the law of the pyramid. Only then will the process backfire, leading to a deterioration in health and universal values.

If we place the pyramid according to the level of people's attitude to harmful habits, it can be conditionally divided into 4 parts.

The first layer consists of those who are completely free of harmful habits - children, the elderly, people living a healthy lifestyle. Therefore, we call this layer a pure layer, free from harmful habits.

The second layer is made up of those who are new to smoking, alcoholism, and occasionally drinkers and drug addicts. Most people in this group have a healthy outlook on life and are more responsible for their own health. So, some of them may be members of this group. When left unmanaged, they can be left astray and lose the right path. Therefore, this layer can be called an unstable layer.

The third group includes those who are addicted to drugs, alcohol, and drugs. However, those in this group are more likely to become addicted to alcohol or drugs. People in this group may commit crimes under the influence of alcohol or drugs, and may lose their families and children. People in this group are also more likely to suffer from physical illnesses, as well as alcoholism and drug addiction. Therefore, we called this layer a dangerous layer.

And finally, the highest and last stage of harmful habits, which are alcoholics and drug addicts, are addicted to drugs. In order to improve the health of these people, each of them, along with long-term therapeutic work, will be subject to strong control, prohibition and education. It takes at least 2-3 years of consistent and patient work to heal a single patient.

People who are prone to bad habits use interrelated methods, such as banning, restricting, explaining, helping, and setting a personal example, in the process of carrying out our activities.

In particular:

Prohibition, although a more inconvenient (non-democratic) form of education, is effective. This is a style that can and should be used, especially in a family setting. In fact, it forms the basis of the development of human society. From the age of 9-10, children become interested in the friends around them, older smokers and drinkers. This interest begins with questions such as why they smoke and drink. If a parent explains to them their health problems, if they are harmful, why do they smoke or drink? If they say they don't understand it yet, why don't they? tries to defend his understanding with questions such as His questions are absolutely correct. However, his lack of understanding of life and life prevents him from understanding the essence of the issue. At such times, it is important to emphasize that the parent's action plan does not allow him to smoke and drink alcohol, and to explain that the attitude to this issue can be resolved only after graduation and marriage.

The effect of any ban depends on strong controls. It is important to say this prohibition in front of his friends, acquaintances or the public, and not in a big way, but slowly, holding it close to you, as a warning, in a private conversation. . In general, around the table, in family conversations, it is necessary to constantly talk and remind about harmful habits, critical conversations or scientific conclusions. Prohibiting harmful habits in the family, not creating conditions for alcoholism, and forcing smokers to quit smoking are also good prohibitive measures.

The method of prohibition can be used very carefully in different ways and forms, depending on the age, social status, level of consciousness of young people, and this method is one of the factors that ensure the effectiveness of the work of parents, educators, teachers.

Restrictive measures are close to bans, but they are different. For example, there is a big difference between quitting completely and limiting the number and amount of drinks you drink. It can even be used against drug addicts. In that sense, restraint can be the key to a healthy life. Because that's the way most people get rid of bad habits. For example, reducing the number of cigarettes smoked during the day, not smoking before breakfast or lunch, abstaining from alcohol

on Saturdays and Sundays, limiting one or two glasses at weddings and parties, and so on. The procedures and methods of delimitation are very diverse.

Although the method of explanation is a noble method of education, including the fight against harmful habits, its effectiveness is extremely limited. Explanatory style is suitable for conscious, cultured, enlightened people. The method of upbringing people far from these qualities is to forbid, restrict, reprimand, and control like children. There may be many people who object to this idea. First of all, they come from those uncultured, uneducated people. This is also the reason why the work of our whole system, based on explanation, is extremely inefficient. This means that applying the explanatory method to more intelligent, enlightened and cultured people will give better results.

Another important requirement of the system to combat bad habits is to help. Helping means helping someone who wants to get rid of bad habits, creating conditions for them, and applying treatment if necessary. Because at that time a person needs the help of others. This applies to parents, educators and teachers, leaders and friends alike. It is a sign of great nobility, of great humanity, to turn at least one person back from an unhealthy path to the right path at such a time.

Finally, the most effective way to combat bad habits is to set a personal example. If a parent, teacher, educator, leader is free from harmful habits and is not inclined to a healthy life, such a person's upbringing, prohibition, and explanation will have no effect.

In any case, the fight against bad habits is carried out in two main ways. The first is general measures, such as the production of products that are harmful to human health, the restriction of its sale and advertising, and the work to explain their harm to the population. This method can only be effective for the conscious and thoughtful segments of the population. In any case, the reality of life is proof of that.

The second step in the fight against bad habits is a set of personal actions, which is the attitude of each person to bad habits, actions of smokers, alcoholics, drug addicts to get rid of their bad habits. Today's market economy these two are more important to us in the context of This is because no matter how global the problem is, no matter how many influential organizations, systems and even states deal with it, the efforts and efforts of anyone other than a smoker, an alcoholic, a drug addict, a specialist or a society will not work. Therefore, this work should be considered, first of all, by every smoker, alcoholic and drug addict and he should solve the problem in terms of the importance of his life, life, family and health. To do this, it is important to have a clear mind, a wise decision, a strong desire to live and be healthy. It is difficult to dissuade someone who does not have such opinions.

So, the first requirement for getting rid of bad habits is to be able to think consciously about one's life and health.

In addition, social surveys show that about 80 percent [3] of people complain that they cannot get rid of their bad habits. It seems that most people are critical of their bad habits. That's a big deal. The question now is in implementing this view. To do this, one must be determined to get rid of bad habits.

The problem with bad habits is that most people who are used to them can see a few of them. For example, a smoker may drink or a smoker may smoke. In addition, there are several styles for each type of harmful habits. For example, those who use tobacco in the form of nasvai, cigarettes, cigarettes, those who are addicted to alcohol, such as beer, wine, vodka, and drug addicts, from smoking, crushing and injecting. Typically, a drug addict, alcoholic, or drug addict uses their type and style indiscriminately. Therefore, in order to get rid of bad habits, it is necessary to try to get rid of all of them, not just any of them. This is one of the most important requirements in the fight against bad habits.

Although addiction is the most dangerous of all harmful habits, the effects of alcohol are stronger in terms of motivating other harmful habits and making them more popular. This is because, first of all, many people believe that alcohol does not cause much harm and therefore it is possible to drink a little. Second, even a small amount of alcohol weakens the willpower, which plays an important role in the formation of human character, and the fate of such people depends

more on the situation, the airy feelings under the influence of alcohol. Here are some suggestions on how to look or get an appointment for acne treatment.

A good time to get rid of bad habits can be a vacation, work or tourist trip, quiet times at work or good seasons. During vacations and long trips, a person avoids negative habits and worries about work or family. A small number of seasons can also play a role. For example, from August onwards, autumn is full of fruits and the weather is mild. The spring months are also a good time to do this. Only in the summer and winter chills can be a slight inconvenience to the human body. This summer can be hot in June-July and rainy in January-February.

Since almost all bad habits affect the nervous system, the body needs to learn them. Drugs are especially powerful in this regard. Therefore, in the early stages of abandonment, there is a strong sense of humor, that is, a desire for a harmful habit, a state of necessity. There is general discomfort in the body, mood swings, and even severe pain when learning to use drugs. At such times, the help of loved ones is needed. To reduce the effects of humor, you need to use daily distractions. For example, in the village - field work, mountains, field trips, in the city - a garden, a museum-theater. Sports games, conversations with people who lead a healthy lifestyle, and so on, also work well. The most important thing is to endure the initial difficulties and stick to the decision to make your life healthier. Chewing gum, tablets, aerosols, etc., which are offered in order to disperse the humor of harmful habits, can be considered as the next method of business.

Ibn Sina's method of getting rid of harmful habits is also noteworthy. Ibn Sina is invited to see a patient. When he came, he saw that the patient was weak, dry, skeletal, and addicted to drugs. Ibn Sina said, "Bring a ladder." They brought a ladder into the room. Ibn Sina climbed the stairs and went back down. He left the room and went home. Surprised by the great doctor's actions, the relatives of the patient went to Ibn Sina's house and said, "Great doctor, you saw the patient, but you did not prescribe any treatment." Ibn Sina said, They said, "We don't understand what it has to do with the patient's treatment to go up the stairs." Ibn Sina: "The patient was addicted to drugs and he was in a serious condition, increasing the amount of drugs every day. As I climbed the stairs, it was a sign that drugs were on the rise. Now you will reduce it in this way, just as I came down the stairs. Then the patient will recover." [4]

Influence of harmful habits. This is also an extremely problematic factor. Usually, many of them offer harmful habits to a person without supporting healthy decisions, or "What do you do in this five-day world without smoking or drinking, do you want to dominate the world?" - such as a robe and even saying "smoking, drinking is a man's business" can upset a person or change his mind. Therefore, the best course of action in the period of quitting bad habits is to completely cut off contact with such people, and to stay away from them for at least a year.

No contradictions. If the environment at work or at home is not good, it will be difficult to get rid of bad habits. A peaceful and serene life, good mood, and normal human relations are very important in the period of giving up bad habits. Because any conflict is about nerve play. So, especially during this period, try to improve the relationship, not to get nervous (in general, the relationship should always be only good). Otherwise, a little nervousness can ruin a person's success over weeks or months.

Another effective way to get rid of bad habits is to practice the religion, to have conversations with the believers, to perform prayers, fasting, and to visit holy places, if one has the will. This belief serves not only physical but also spiritual purification.

Getting rid of drugs is a little harder. In this case, the drug will need the help of relatives, and the letter will have to use strong prohibitive methods. The most importantly, has a strong will, always imagining its dire consequences, not to break the decision, to endure humorous situations. At such times, look for activities that distract humor and volunteer time, such as more work, playing sports, hiking, field trips, and living a healthy lifestyle. you will need to apply the program.

Evaluate and consolidate achievements. This is a very important requirement. Of course, one has to work hard along the way. Having a good sense of humor, staying away from friends or partners, the energy, the effort, the nervous tension that every minute is spent fighting against his bad habits - all these are his hard work and success at the same time.

The most notable successes in the process of overcoming bad habits are the strengthening of health, the saving of the family economy due to the sharp reduction of unnecessary expenditures due to bad habits, and the improvement of human qualities such as behavior, discipline, and behavior.

It is also important to increase the prestige and respect in the family, at work, among relatives and neighbors, to evaluate the events around you, to clarify, deepen and deepen the mind. Indicates that a person's marriage is healthy.

Incorporate healthy lifestyles into your daily routine. The process of getting rid of bad habits first saves them the time of finding, buying, bringing, consuming, hanging out, and, as a result, drunkenness, drunkenness, or wandering around in vain. In addition, a person who gets rid of bad habits develops a healthy mindset and begins to feel the need for sane, thoughtful friends, people who live a healthy lifestyle. The conversation of such people is always about health and its strengthening, the discussion of books on these issues, the work to be done in the field of health, the types of health methods, their differences and so on. Their conversations and lifestyles change his outlook on life, life and health. Most importantly, he will be an exemplary father (mother) for his children, a thoughtful manager of the family, an exemplary employee at work, a person with his own reputation and views in society. It lays the foundation for a healthy and happy life. This is the main goal of every conscious, thoughtful person in life.

In short, in the fight against bad habits, based on the social conditions, consciousness and culture of the people, it is possible to achieve good results in this area by applying the above-mentioned methods of struggle.

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