

The Social Importance And Spiritual Factors Of Ensuring The Balance Of Social Environment And Healthy Lifestyle

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Abstract: In the article has been analyzed the social importance and spiritual factors of ensuring the balance of social environment and healthy lifestyle and also showed forms his own healthy lifestyle in the existing social environment and relies on a healthy body and a healthy mind, he will achieve his own longevity along with being a socially active person as well.

Key words: social importance, spiritual factors, environment, healthy lifestyle, healthy mind.

INTRODUCTION

The social environment is the environment in which a person lives in a certain social system of governance, which includes the state, neighborhood, family, and clans, and the political system and ideology operating at the state level affect the formation of any human social consciousness. A healthy lifestyle is the living conditions that each person creates for himself in the existing social environment and political system of governance, a set of goals for achieving well-being, and its result. In this regard, while the social environment is assessed by the general conditions at the level of state administration, a healthy lifestyle is determined by individual factors, and their use is determined by the criteria of a person's social activity. In this sense, we should pay attention to the importance of religious ideas for a person's own life. In Islam, the birth and death of a person are related to the grace and mercy of Allah, but it is particularly emphasized that the life between birth and death, that is, the choice of the path of enlightenment and ignorance, and the degree to which individual time is used, is related to the person's free will. If a person chooses the path of ignorance, even if the state creates the highest conditions, a person will certainly live his life in vain. Or, on the contrary, if he forms his own healthy lifestyle in the existing social environment and relies on a healthy body and a healthy mind, he will achieve his own longevity along with being a socially active person and can be an example to others and his own children.

METHODS

The first factor in forming a healthy lifestyle is organizing an active physical life, engaging in physical activity and sports, physical training, rational planning and implementation of each part of life, observing the hygiene rules of physical labor, observing the norms of rest and physical labor, observing the rules of proper nutrition, observing proper sex education, preventing constant nervousness and fatigue, and observing the norms of smoking and alcohol consumption. If every person adheres to the factors listed above, they will reach the anthropologically established criterion of 110 years of life, but ignorance of these factors or failure to adhere to them even if they are aware of them will ultimately lead to an early death. These factors are the factors that enable a person to lead a healthy life and achieve the highest level of health.

RESULTS AND DISCUSSIONS

In our opinion, physical activity and early awakening are the key to a healthy lifestyle and longevity. However, at the end of the 20th century, technological progress, which has spread to all spheres of society, including the supply of gas to remote villages, the mechanization of agriculture, and the reduction in the number of people engaged in manual labor, have in turn led to a violation of the norms of maintaining a healthy lifestyle. Therefore, today, in the world, and especially in Uzbekistan, obesity and the related diseases diabetes mellitus, myocardial infarction, and heart disease are on the rise. In order to prevent these diseases, a mechanism for implementing health hygiene rules has been developed in the republic. We believe that R. Arzikulov's opinion that "A person strives to be healthy, vigorous and strong, to preserve his youth, beauty and working capacity in order to live a long and peaceful life. One of the main factors in achieving this is physical activity" [1] is justified. Because it is physical activity that ensures physical

activity, which in turn paves the way for mental activity. This idea is also reflected in the thoughts of Academician I.R. Ravlov. He emphasized that “the organism should develop in harmony and together with the external environment”[2]. Continuing his thought, I.R. Ravlov continued, “This harmony, as well as the activity of all organs of the human body, is controlled by the central nervous system. The organization of physical training, along with the impact on a specific muscle group, also has an impact on the general condition of the organism. Physical activity performed in a continuous manner has a positive effect on human health”[3]. Indeed, in this process, the metabolism of substances and energy in the body improves, the activity of cells in the body improves, brain activity increases, the heart muscle strengthens, and the activity of the kidneys improves. Thus, just through physical activity, we can achieve the dynamics of a healthy lifestyle.

Of course, in the current era, as a result of the increase in the level of prosperity and the increase in the population's ability to eat enough food, the weight and height of children and adolescents are relatively high, and it is necessary to recognize that this is influenced by the social life factor, and the fact that children of this age are physically exhausted is also one of the problems of the current era.

The fact that the 4th priority area of the Action Strategy for the Further Development of Uzbekistan includes the improvement of the social protection and healthcare system of the population, the implementation of targeted programs for the construction of affordable housing, the development of education and science, and the improvement of state youth policy, and the implementation of systematic reforms in this regard, is a clear indication of the great attention being paid to the upbringing of a harmonious generation [4].

One of the important factors of a healthy lifestyle is the observance of a proper eating culture, because food energizes the body, 20% of the energy in food serves to increase brain activity, since food is both a source of energy and activity. However, today's adolescents' drinking alcoholic beverages, smoking tobacco and chewing tobacco, and using drugs have a negative impact on their mental abilities, along with their physical health. The skills acquired at this age can become habits when they reach adulthood and, as a result, lead to their early death or to joining the ranks of the social dead, that is, a person reaches the level of maturity in this process.

Conscious consumption of toxic substances that have a negative impact on the human body to any extent is manifested in a person's insufficient assessment of his own life and health and his failure to understand that he is the main cause of early death, for example, tobacco contains nicotine, a substance that is ultimately harmful to the human body, but moderate consumption of nicotine saturates the body with strength.

Currently, a lot of research is being conducted on the impact of harmful habits on the spiritual development of the family. These studies show that the lack of adherence to a healthy lifestyle in families or the intensification of this problem is mainly due to the deterioration of the psychological and social environment between the spouses in the family. The main content and essence of family relationships have been thoroughly considered in the foundations of medical psychology and a healthy lifestyle, and G. Selye's theory of stress and adaptation syndrome, Z. Freud's psychosomatic medicine and psychoanalytic teachings, as well as the neo-Hippocratic view of health are developing [5]. The establishment of normal healthy family relationships depends on protective mechanisms. A protective mechanism is a means of preventing moral deterioration in a person. However, protective mechanisms are not the same. On the one hand, they stabilize, that is, they establish a person's relationship with himself, and on the other hand, they can disrupt relationships with the outside world.

CONCLUSION

A person who does not have sufficient knowledge and skills regarding a healthy lifestyle in the social environment and spiritual life, resorting to alcoholic beverages and exceeding the norm can completely disable the human body and lead to its death.

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