

Of The "Lifestyle" Category Theoretical Explanation

Boymurodov Zohid SHokirovich
Researcher at Karshi State Universiteti
E-mail: boymurodovzohid26@mail.ru

Annotation. The article is devoted to defining the theoretical and methodological foundations of lifestyle research. For this, first of all, it is necessary to carry out a theoretical explanation of the "lifestyle" category, that is, to reveal the relationship between the content and structural elements of the concept. Also, in order to study the specific aspects of human lifestyle from a scientific standpoint, it is necessary to analyze it not only in a static state, but also in a dynamic state. Relying on these two theoretical approaches used in all lifestyle studies, revealing the lifestyle as a concept that expresses a specific form of human individual or collective life activity, determining the structural structure of the lifestyle, expressing the main properties of the elements included in this composition, and revealing the forms of the lifestyle according to the character ; the issue of showing the factors that cause the emergence of positive and negative lifestyles has been studied.

Key words: Lifestyle, explanation, trend, free time, participation in community affairs, labor activity, habit, skill, healthy lifestyle.

The world is changing rapidly. By the first quarter of the 21st century, a new economic reality has settled in the world, relations between economic objects have become turbulent. Social life in modern society is also radically renewed: social-stratification transformations, social group and class diffusion indicate this."In the political sphere, the evolution of the state institution took place, associations (corporations-states) were formed that served as an alternative to it, regional associations that performed state functions appeared." [1, p. 14]. Considerable developments are also observed in the phenomena of the spiritual space of society.

The mine of changes has not bypassed Uzbekistan. Apart from the updates in the world arena, the socio-economic reforms carried out in the country for a quarter of a century gave a special shape to the image of the society. In recent years, we are witnessing that the measures implemented within the framework of the New Uzbekistan strategy are modernizing the economy, changing the elements of the social sphere, improving the political existence of the society, and giving a new meaning to its spiritual and cultural life.

Lifestyle is a concept that expresses a specific form of individual or collective life activity of a person. Aspects of human life, behavior, and relationships with other members of society are embodied in it. Lifestyle allows to learn important aspects of an individual's life and activities, typical features characteristic of the life of people belonging to a social group or class.

Labor activity is the most important direction of life activity. Because work is a purposeful activity aimed not only at creating material and spiritual benefits, but also at satisfying human needs and realizing his interests. Labor activity is the main factor that enriches the meaning of human life, gives it a certain direction, raises its social prestige, shapes its virtues and qualities, and determines its beliefs. It determines the general order, direction, behavior and attitude of a person's life. It is for this reason that a person's lifestyle primarily includes his work.

Work activity that determines the lifestyle of a person can take different forms. It is known that labor is composed of physical or mental labor according to its form. It is well known to us that physical work is performed at the expense of a person's physical capabilities, and mental work requires the mobilization of his intellectual potential. It is these characteristics that determine the order and ritual of human life. For example, if the regularity, continuity, and repeatability of the frequency of labor operations are a priority in the lifestyle of people engaged in physical labor, such cases are less common among representatives of intellectual and creative labor.

According to its social character, labor activity is classified into private, hired and individual labor. The life of people engaged in private work goes one way, the life of citizens involved in wage labor in another way, and the life of a member of society engaged in individual work in a third way.

A self-employed person is usually responsible for the fate of the enterprise, owns the means of production, and is more interested in the results of his work, so his working time begins to take up more time than usual in his life. For a person living with hired and individual work, his work becomes the main source of living, and the content and importance of work play an indirect and secondary role.

Work, no matter how important it is, is not the only direction of human activity. During his lifetime, a person participates in various processes in society while working, and through this participation, he strives to satisfy his specific needs and interests. Therefore, another direction of a person's vital activity is related to his participation in the affairs of society. For this reason, lifestyle includes this parameter.

Participation in community affairs means participation of people in social, political and cultural processes in harmony with other members of society in order to achieve certain results and realize interests. Such participation takes place in two forms. In particular, a person's participation in the activities of various political and democratic institutions, public-political events is called civic participation.

Civic participation can take place, for example, in various elections and referendums, in the discussion of political or socio-economic programs, in public hearings, in rallies. In contrast, social participation refers to the joint activities of people in their daily lives. It will have a formal and informal form. Formal social participation is manifested in the participation of people in the activities of public organizations, and informal social participation is manifested in the observance of certain traditions, participation in public events, mutual assistance and similar practices [2, 130-139-p].

If we think based on the above theoretical conclusions, a person's lifestyle, first of all, embodies the form of his civic participation. The lifestyle of a citizen who is accustomed to regularly participate in elections and referendums, discussions of political or socio-economic programs, public hearings, rallies, is characterized by richness and activity. In contrast, the lifestyle of people who do not like to participate in the activities of democratic institutions and do not like to participate in social and political events will have a passive character.

We believe that it is necessary to pay attention to two situations. The first case is that any active civic participation will not have a positive character. For example, constant biased participation in elections and referendums, political or socio-economic program discussions, public hearings and rallies can be evaluated as active, but it cannot be called a positive lifestyle. The second case is that any passive civic participation is not necessarily negative.

Secondly, a person's lifestyle includes the form of his social participation. It is distinguished by the intensity of the lifestyle of people who constantly participate in the activities of public organizations, regularly participate in social traditions, and contribute to the organization of public events, charity events and mutual aid measures.

One of the directions of a person's vital activity is related to his household life. "It refers to the daily lifestyle aimed at meeting the basic physiological needs of a person. This way of life includes housing, clothing, and household goods at the disposal of a person, as well as his self-serving actions [3, p.122-123].

Household life is one of the most important aspects of human life. Its form comes primarily from natural conditions. Geographical location of the area where a person lives, climate, soil condition, flora and fauna, level of provision of natural resources - all these ultimately determine the life of a person.

The form and properties of housing, clothing, household goods used by people are suitable for the geographical location and climate of the area where they live. The range of products that people are accustomed to consuming depends on the abundance and character of the area's flora and fauna and natural resources.

Also, there is a certain connection between the domestic lifestyle and the characteristics of the national culture. A person organizes his household life on the basis of material and spiritual values of the nation, his attitude to nature, society, and man. The influence of national culture on a person's household lifestyle in most cases remains even when his place of residence changes. That is why, for example, migrants who have moved to other countries try to organize their lives on the basis of national cultural norms and values.

Another factor determining the household lifestyle is related to the form of human labor. A person tries to adapt his domestic life to work. For the same reason, for example, the household life of a person engaged in intellectual work is fundamentally different from that of a person engaged in physical labor. However, this is only one aspect of the matter. The second aspect is that different forms of work provide a person with different levels of income. It goes without saying that differences in incomes lead to differences in people's lives. This difference is clearly manifested in housing, clothing, household items and the like. The place of a person in the social space also affects the formation of the household lifestyle. "Social space, unlike physical (geometric, geographical) space, does not record the place where a person is, but his social status - the sum of the individual's relations with various groups in society and their members. The social space is multidimensional, because each person's relationship with one or another social group can happen in different ways.

The existence or non-existence of a person's relations with one or another national, religious, professional, economic group determines the system of his social coordinates, in turn, these coordinates affect the state of a person's personal life, the conditions and opportunities for its implementation[4, p.25-26]. In other words, a person's social status, influence in society, the nature of his relations with others leave a mark on his material capabilities and lifestyle.

When talking about a person's life activities, his daily habits and skills are also mentioned. Therefore, it is necessary to connect the important aspect of lifestyle with these concepts. A habit is "an action that has arisen under the influence of certain conditions, has become stronger in a person's character, and then is carried out involuntarily"[4, p. 12] is implied. In order for any action to become a habit, it needs to be repeated unconsciously for a certain period of time, and each time it creates deep satisfaction in a person. A certain system of habits becomes an integral part of human behavior over time, and its implementation becomes a need. Various habits appear in human life. For example, physical habits occur in the form of physical actions performed by him involuntarily. Behavioral habits are visible in relationships with others. Habits associated with experiences are repeated in the way a person expresses his feelings.

Skills are also an important aspect of human lifestyle. A skill is a skill, competence, which is formed as a result of continuous repetition of an action. Its main difference from everyday habits is that the skill is formed consciously by a person. In order to acquire any skill, a person needs to have a certain system of knowledge. Separated from knowledge, there cannot be a self-generated skill.

Life activity of a person continues not only during work time or when he is busy with social affairs, but also during his free time. It is for this reason that a person's lifestyle is determined by the ways of using free time. Free time is an important aspect of human time budget. It is known that the time budget is a concept that expresses the general measure of time at the disposal of a person.

Usually, when talking about the time budget, they note that it is classified into working time and non-working time. However, time outside of work also has its own structural elements. For example, a person can spend time free from work for household chores, child rearing, satisfying physiological needs, moving in transport and other similar activities. Experts call the period that exceeds the working time of a person and the time spent on listed tasks as free time. [5, p. 143]. In other words, free time is a component of time outside of work, which means the time spent by a person for independent education, community service, and spiritual needs.

Free time does not always serve human spiritual growth. A person spends this time acquiring skills that are against the interests of society members, getting acquainted with the content of various inhumane ideas, participating in the activities of extremist groups that spread the seeds of destruction, communicating with criminal circles, engaging in activities with high social risk, and similar negative efforts. Possible. Such situations, on the one hand, cause the human lifestyle to take on a negative, unhealthy tone. On the other hand, negative changes in the way of life will ultimately lead to the degradation of a person as a person, spiritual decline.

The following conclusions follow from the above considerations. Lifestyle is a concept that expresses a specific form of individual or collective life activity of a person. The main directions of a person's life include the types of activities performed during work, during participation in community affairs, in everyday life, based on daily habits and skills, and in free time. The way of life of a person, social

group, caste, class, nation is composed of specific configurations of these types of activities. The positive or negative, progressive or regressive nature of activities determines the positive or negative nature of lifestyle.

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