



NATIONAL AND TERRITORIAL APPROACH TO PREPARING YOUNG PEOPLE FOR INDEPENDENT LIFE IN THE PROCESS OF DEVELOPING A CULTURE OF HEALTHY LIFE

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We all know from history that in the holy books and from the works of our great ancestors Abu Nasr Farobi, Abu Rayhan Beruni, Abu Ali Ibn Sino, Alisher Navoi to the works of Abdirauf Fitrat, the issue of family and national values played an important role in shaping the moral qualities of young people. It is the Uzbek families that have been preserving our national and spiritual values, traditions, customs and ancient cultural heritage for centuries.

"We will mobilize all the forces and capabilities of our state and society for the development and happiness of our young people, who are independent-minded, have high intellectual and spiritual potential, and are equal to their peers in any field in the world," the head of state said. "We consider it our priority to improve the work of all levels of the education system in accordance with modern requirements," he said. increases a sense of special responsibility.

Therefore, the views of our great ancestors in the upbringing of children, when we study the views of intelligent people, embody the moral and educational qualities that are directly relevant to the Uzbek nation. It is the kindness, sincerity and attitude that are reflected in the example of our parents. Abu Nasr al-Farabi, who took the pseudonym of Aristotle of the East and the second teacher, said: , must have qualities. " With these ideas, Farobi, in turn, sets an example for parents by emphasizing the importance of household chores, housekeeping, and the need to pay special attention to the aesthetic and hygienic upbringing of children.

So, we need to focus on the question of who the young people are. Article 3 of the Law of the Republic of Uzbekistan "On State Youth Policy" defines "youth" as persons who have reached the age of fourteen and not older than thirty.

If we pay attention to the age, adolescence begins at the age of 15-22. It is during this period that love develops, and young men and women begin to want to live more independently, but they often make

mistakes because they do not have a clear idea of their profession. One of the main reasons for this is the need to give young men and women of this age in the family a correct understanding of the relationship between men and women. When parents take care of their children, they can help their children to develop good relationships. Because the relationship between boys and girls is very complex and they are formed gradually.

Now let's talk about adolescence, when 23-28 years old, one of the main features of this period is that young people are more willing to actively participate in production and work as adults in social spheres.

In this regard, our ancestor Fitrat said, "People should strive for a clear goal, become rich, be happy and respected, be a warrior or be weak and humiliated, bear the burden of unhappiness, be neglected, be dependent on others and be slaves and captives. It depends on the upbringing of the children," he said. Therefore, if we say that our children are the stars of our future and hope, the stars of our hope are our followers who will continue the work of parents and ancestors.

In today's world, the formation of young people's belief in life, the formation of intellectual potential and spiritual immunity, the development of independent thinking, the targeted use of information and communication technologies in the development of a culture of healthy living are also important issues for young people to adapt to society. requires This, in turn, should help our young people to have a clear idea and vision of the homeland, to understand that there are many countries in the world, but our homeland is not unique and unequal.

The main purpose of our research is to develop scientific and methodological recommendations for the development and implementation of mechanisms to improve the process of developing a culture of healthy living in boys and girls aged 16-25 years, and to raise awareness of those involved in preventing the formation of unhealthy lifestyles.



Involvement is a multi-stage, complex process that includes:

- upbringing in the spirit of the laws of the country, its inviolability, territorial integrity, respect for the motherland and the family,
- Establishment of integrated education between school and life to teach young people to care for the family and society in collaboration with our teachers and the general public working in the education system,
- increasing the social activity of young people and supporting them in the effective use of their potential,
- facilitate the development of a culture of healthy living, perfect mastery of science and technology, increase the necessary knowledge and skills for the profession,

It is possible to open the door to a wide range of opportunities for young people to be ready for independent living at a steady pace.

Young people are psychologically tested to determine the status of each young man and woman in the spirit of the country's laws, its inviolability, territorial integrity, and respect for the motherland and the family. In collaboration with our educators and the general public in the education system, an analysis of the establishment of integrated education between school and life to teach young people to care for the family and society will be conducted to determine whether they are socially active or inactive.

As a result, a survey was conducted among young people to determine the development of a culture of healthy living, mastery of science and technology, and the development of the necessary knowledge, skills, abilities and competencies for the profession before the introduction of integrative education. If unexplored concepts are encountered in a new topic statement, then young people will be introduced to unexplored concepts. At the same time, it is possible to use national-territorial, ethnic and systemic approaches to improving the process of developing a culture of healthy living, and others.

The main factors in the development of mechanisms of ethnic and systemic approach to improving the process of developing a culture of healthy living among young people:

- radically change the content of educating young people in the spirit of the laws of the country, its inviolability, territorial integrity, respect for the motherland and the family.
- creation of a new system to increase the social activity of young people and change the form, methods and techniques of organizing the process of effective use of their potential.
- to develop and put into practice the theoretical basis for predicting the readiness of young people to live

independently in the process of promoting the development of a culture of healthy living on the basis of the established system.

In this regard, the following activities will be carried out between schools and life to develop a culture of healthy living among young people through the use of ethnic and systematic approaches to prepare young people for independent living:

- Improving the systematic implementation of special courses for future brides and grooms in the regions;
- Coordinating the curriculum of the University "Parents" under the citizens' assemblies of the mahalla with the programs of special courses for future brides and grooms;
- Establishment of "youth counseling" telephones and advocacy groups;
- Conducting sociological surveys to help improve the legal literacy of young people;
- Development and implementation of recommendations based on the results of sociological surveys;
- strengthening cooperation between government and public organizations.

This means that young people need the help of motivators to help them develop their determination and confidence to take the first step, and to stimulate them to succeed.

So, next we need to figure out what a healthy lifestyle is. So the question is, what is a culture of healthy living? We begin by looking for an answer to this question. We are interested in whether today's youth have a clear understanding of the culture of healthy living. This is because the basic knowledge of a healthy lifestyle is often not fully followed. One of the main reasons for this is that people do not set the right agenda. neither does it happen because they have not set a clear goal. When the causes are studied, various problems and shortcomings are mentioned.

It is obvious that the formation of a culture of healthy living among young people today is one of the most pressing tasks. The research focuses on the example of 16-25 year old boys and girls, who are the most enthusiastic and demanding young people in preparing our boys and girls for real life. We can see this in the example of young people around the world, because we can see that young people from all over the world, whether they are from England, America, Japan or China, have similar interests and certain characteristics. As an example, one of the requirements of today is their similarity:

- use of the virtual world
- similarity of dress styles
- similarity of hairstyles
- similarity of interests



- similarity of mimicry, pantomime movements, etc., the combination of other qualities and characteristics.

However, based on the above, we can say whether all this is good for our youth or not. At the same time, we are concerned about whether young people today have a culture of using modern technology and social media. The rapidly evolving world of information often reflects the culture of healthy living among our youth. At the same time, a thorough study of one's own history and culture, especially among our young people, increases their confidence in their nation and motherland, and develops their ability to be free from various external influences and foreign ideas.

This means that all of us clearly need to work with young people on a regular basis in a systematic way.

We know that as a society develops, so do the members of that society, and the relationships between them, as well as our interpersonal relationships, our family relationships, which are unique and intimate.

In our society, the family is the most sacred place. The birth and formation of a child takes place in the family, which is one of the most complex social groups in society. It occurs on the basis of the generalization of hereditary, natural, educational, moral, and spiritual relations.

When Islam entered the lives of different peoples and nations, it offered a set of values such as humanity, compassion, generosity, compassion, and tolerance in a general sense, and showed peoples the way to live in harmony, reconciliation, and peace.

With a purposeful and systematic approach to guiding the younger generation today, it will serve to strengthen the foundations of our future. This means that young people need to serve the motherland faithfully, to be honest and clean, to use the Pandu advice of our thinkers, to preserve the soil of every inch of land, to inculcate the notion of devotion.

In conclusion, it should be noted that the system of traditional relations between fathers and children in Uzbek families is of great pedagogical and psychological importance, and today our main task is to continue to study these traditions while maintaining them

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