

Forming a Healthy Lifestyle culture in The Family in Adolescent Children

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Abstract: This article describes the role of thinkers in the formation of a healthy lifestyle in adolescents in the family, the views of thinkers on family relationships, the role of the family in the formation of a culture of healthy lifestyles in adolescents.

Keywords: family, upbringing, healthy lifestyle, communication culture, etiquette, healthy environment, attitude.

In our developing society, great attention is paid to the upbringing of a healthy generation, mature people. The development of reforms in our country today depends in many ways on the spiritual image and personal development of young people. The attention paid by President Shavkat Mirziyoyev to the youth, the conditions created for them to get a thorough education and the endless opportunities serve as a basis for them to become highly talented personnel who will contribute to the development of our country in the future.

An unhealthy psychological climate in the family environment leads the child to leave the family and engage in various illegal activities. The integration of education and upbringing in this type of family should fully reflect the social context. The conquest of the human mind by capturing its heart is the main goal of today's ideological struggle.

There is a saying among our people, "He does what he sees in the bird's nest." The President of the Republic of Uzbekistan Sh.M.Mirziyoyev says: "The greatest happiness is that I do not get tired of repeating it several times, may our family be at peace! The family is a small homeland, and if the family is peaceful, the homeland will be peaceful. May we all see those happy days, the perfection of our country and our youth as we intend to do now!" On family upbringing Sh.M.Mirziyoyev: Systematic measures to improve reproductive health, prevention of births with birth defects and diseases, further strengthening the material and technical base of medical facilities and human resources, which are important conditions for the development of a healthy child washar was performed.

There is a lot to be said about this, but I would like to mention just a few examples. Because a person who is mentally and morally mature has always been respected and respected by the people for his services to the motherland. That is why the Uzbeks felt that the foundation of human qualities was laid only in the family, that is, from the very beginning of morality, and paid special attention to family upbringing. "The role of the family in the upbringing of a child and his formation as an adult is enormous. In the family, the child's mental activity develops, his outlook and thinking are formed, and a sense of compassion for people is nurtured. The formation of a child's knowledge, abilities and skills depends on the family and family upbringing. One of the thinkers of the East in the system of family relations and views in this field is the scholar Abu Ali Ibn Sina, whose encyclopedic knowledge was recognized by all the peoples of Europe.

As a great scientist, he sought to reveal the scientific nature of all phenomena. Ibn Sina's pedagogical and psychological views were built on a social basis, he explored the application of the universal principle in the upbringing of children, and taught educators that parenting was acceptable through personal example rather than harsh corporal punishment. The scholar emphasizes the role of the family in matters of moral education. The issue of family relations is addressed in a special way in his book "Address of the event".

These demands of Ibn Sina on child rearing, educational psychology, and leaders were as progressive and necessary as they were at the time, and they have not lost their force even today.

Grandparents play a greater role than parents in creating a healthy child and a harmonious personality in the family. It is known from history that Mirzo Ulugbek's grandmother played an important role in the development of his grandson Saraymulkhanim as a great scientist, a man of high spirituality and a statesman.

In our developing society, great attention is paid to raising a healthy generation of perfect people. When a society is made up of families, it places great emphasis on educating young people and creating a healthy environment. G.Shoumarov, N.Egamberdiyeva, G.Yunusova, G.Yadgarova, E.Gaziyev, U.Kadirov, L.Nazirova, N.Kamilova, O.Hasanboyeva, O.Kh. Musurmanova, V. Karimova, Z. Shaumarova and others have conducted research on child rearing in the family, the role of parents in the family, the relationship between family and family, the educational role of the family.

Scientists from the Commonwealth of Independent States O.Ivanova, J.Piaget, E.Erickson, B.Lombov, B. Andreyev, A.E.Lichko, O.A.Karbanova, N.N.Posisayev V.X.Druzhinin, P.V.Gushina, V.AIvachenko, et al. worked.

The analysis of modern approaches of foreign scientists shows that D. Elko, E. Erickson, U. Ananov, Birren, etc., conducted research on adolescence.

Based on the research conducted by scientists, it is advisable to perform a number of tasks in the formation of a culture of healthy lifestyle in adolescents in the family today:

- psychological conditions for the formation of a culture of healthy lifestyle in adolescents in the family - the development of conditions and determine its quality;
- to determine the conditions for the formation of a culture of healthy lifestyle in adolescents in the family;
- organize the problems of forming a culture of lifestyle in adolescents in the family;
- develop methods and tools to create a healthy environment for adolescents.

From the above, it can be concluded that creating a healthy family environment is one of the most important activities today. This is especially important in the upbringing of children. When adolescents grow up in families with such a healthy environment, they will have no difficulty finding and finding their place in life. It is advisable to pay special attention to the culture of communication, because communication is very important for children in this period. The relationships and cultures of the people in the family are a mirror of the future.

In short, if you want to approach an issue, think about it from all angles, because there is another side to the coin. The reason why we are talking about this topic is that raising and educating a harmoniously developed generation is an important task for parents and educators, because the children they raise will be the future of our country and its flag will be known all over the world. Being attentive to children does not mean that they have to respect the idea, listen to it, listen to it and do everything

they can, but the interaction with them is very important to improve it. is important. That's why it's important to make sure your family has a healthy environment. How is she? As noted above, the existence of a culturally enlightened cultural environment means that if interpersonal relationships in the family are used properly and culturally, it is our achievement that we follow the right path for our successors. and they go that way.

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