

SOCIAL-PHILOSOPHICAL ASPECTS OF FORMING A CULTURE OF HEALTHY THINKING IN YOUTH

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In our country, the issues of forming a culture of healthy lifestyle in the thinking of young people and protecting the health of citizens are of the most urgent state importance. In particular, as one of the most important directions of the process of economic, social, political and spiritual-ideological reforms, in particular, of reforms in the country's education system, it is aimed at the issue of bringing up a mentally healthy and physically mature generation.

As the first President of the Republic of Uzbekistan, I.A. Karimov, stated, "From the first years of our independence, we set the education of a healthy generation as the highest priority. We raised the issue of raising a perfect generation to the level of state policy."¹ Since the first years of independence, the state policy based on the idea of a healthy generation has been implemented step by step in a planned, purposeful and targeted manner. The process of its implementation was provided with regular material, financial and the most advanced material and technical base. The concept of a healthy generation includes: prioritizing human values in the newly established democratic, legal state and civil society; healthy preservation and respect of the nation's gene pool; promote and promote the idea of a healthy generation; providing material, social, political, economic, medical and pedagogical factors and conditions for its practical implementation; to create a health infrastructure (medical, social, health, physical education and sports) at the country level in order to turn the growing generation into a healthy minded person, to prepare the ground for their life based on a healthy lifestyle; organization of the system of protection of the human factor from medical, ecological, ideological, informational attacks and threats; considered physical education and sports as a system of strengthening the health of youth and covered such issues as the creation of its wide-ranging infrastructure in every region of the country.

Sh.M. Mirziyoyev emphasizes the progress of this process as follows: "In this regard, it is important to decide on a healthy lifestyle in society, to popularize physical education and sports."² Extensive work was carried out with the aim of forming a healthy lifestyle, strengthening the health of the population, further developing and popularizing sports among the population, raising a physically healthy generation, and strengthening the social protection of the population. Ibn Sina writes, "It is ineffective to recommend physical training to everyone in the same way to train the human body. In this matter, it is important to take into account

¹ I. Karimov's speech at the ceremony dedicated to the Constitution Day of the Republic of Uzbekistan. "Khalk Sozi" newspaper, 1999. December 8.

² Mirziyoyev Sh.M New Uzbekistan strategy [Text] // Sh.M. Mirziyoyev - Tashkent: "Uzbekistan" publishing house, 2021. -B. 217.

people's youth, practical skills, habits, clients, strength and health.”³ Alloma shows that a person always needs health, happiness and a true friend. In his opinion, any patient can be cured with words. At this point, the issue of consistently providing public health in our society was considered as a priority task. Measures aimed at strengthening the health of the population in remote villages in our country are a clear example of this.

In our opinion, there are specific socio-political factors for the formation of health care-oriented thinking in young people. They are: The establishment of a healthy lifestyle and a culture of healthy living in society directly creates a demand for people who have a healthy way of thinking and culture, who can show an active attitude to their own health and the health of society. At this point, O. Boriyev and M. Usmanov, who researched some aspects of the ethnic history and ethnoculture of the Uzbeks, can be cited as ethnic factors aimed at protecting the health of young people. , they even emphasize that it is related to such characteristics as health, hard work, and humanity. According to them, the respect of ethnic values, national traditions, culture, and spiritual wealth have influenced the growth and prosperity of the population. ⁴

First of all, the education system should form the reserve of people and citizens with a healthy way of thinking and culture. Therefore, the main goal of the laws "National Personnel Training Program" and "On Education" adopted in the country was focused on the formation of well-rounded and mature individuals. At the same time, in order to further strengthen all existing achievements in national pedagogy and to strengthen innovative pedagogical factors in the educational system, the time demands the development of modern education aimed at protecting health from new, innovatively developing pedagogical technologies.

Therefore, a mindset aimed at protecting human health cannot be formed by itself. A purposeful pedagogical technology that incorporates the forms, means, methods and ways of forming this thinking, the features of its implementation process, its factors and the pedagogical goal as a whole system is required. Today, a special direction aimed at preserving health is rapidly developing in the theoretical pedagogy of the world. This course includes the criteria and values of health, the laws of a healthy lifestyle, issues of healthy thinking and consciousness, conditions and situations that threaten human health, and their negative consequences, as well as the procedures of a healthy lifestyle. But the main difference of the pedagogy focused on health protection from all the concepts mentioned above is that it directly teaches a person how, in what way, and based on what knowledge, skills and abilities, it is necessary to perform practical activities in order to protect the health of the person himself and those around him. Because we cannot achieve the educational goal with the creation of health infrastructures if the thinking of a person is not formed in a coherent and continuous manner,

³ See: History of the philosophy of Uzbekistan. Tashkent: Publisher, 2013. 182 p.

⁴ See: Boriyev O., Usmanov M. Uzbeks: ethnic history and ethnocultural processes. Samarkand: 2008. p. 23-26.

aimed at protecting his own health. The most correct and effective way to protect a person's health is to form a culture of thinking that is aimed at protecting the health of this person and the people around him. Therefore, pedagogy focused on health care is a mechanism for transforming the formed thinking, consciousness, and culture about health into a healthy lifestyle. The need to protect health becomes even more important in the conditions of economic development and improvement, rapid population growth, man-made revolutions, environmental safety, and the widespread penetration of various chemical products into everyday life. Today, a person cannot be the guardian of his health without knowing the system and practice of all efforts aimed at health care.

The issues of healthy lifestyle and healthy thinking are among the most pressing socio-pedagogical tasks in the world today. In the world pedagogic science, the issues of healthy lifestyle are one of the issues of wide scientific interest. Time proves that in the scientific study of the problem of healthy living culture, the proportional determination of universal criteria, on the one hand, and national criteria, on the other hand, is an important issue. Within the framework of today's scientific research, it is recommended to conditionally divide the research into three groups, which are directed to the study of the scientific-pedagogical problem of the formation of health care thinking. These include the following:

1. The system of historical-scientific and national values of the Uzbek people regarding health, healthy lifestyle and healthy culture;
2. The universal value system regarding health and the formation of a healthy lifestyle, as well as the views and scientific and pedagogical experience of Western scientists;
3. To study and systematize the scientific views carried out in CISs related to healthy living culture and healthy lifestyle;

In conclusion, we should emphasize that from the first years of independence, the issue of "healthy mother - healthy child" has become a priority of state policy in our country. All conditions are being created for our children to receive education and to show their knowledge and talents. As a result, today's young generation, using their intellectual and physical potentials, wins in prestigious world science Olympiads, as well as all kinds of competitions and contests, and raises the flag of our country high.

References:

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3. History of the philosophy of Uzbekistan. Tashkent: Publisher, 2013. 182 p.
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