

IMPLEMENTATION OF HEALTHY LIFESTYLE PRINCIPLES AMONG THE POPULATION IN ELIMINATING FAMILY MEDICAL PROBLEMS

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Abstract. On the way to restoring health and building a healthy generation among the population, there is a need to improve preventive measures of medical and social importance, and positive results are being achieved in this direction. The formation of a healthy family and its active participation in ensuring its social and economic stability is the daily task of today's leaders.

Keywords: Healthy Family, Health formation, socio-economic tasks, behavior of young people.

A family is an independent unit of society, connected with the dreams and hopes of two young people and their families when they grow up, and its creation by two mature people is a union that brings considerable benefits to the state and society. In our society, great attention is paid to young people, their education, and their formation as individuals. Teenagers, first at school and then when they move to a youth group, are provided with knowledge and skills aimed at choosing a profession and finding their place in society in cooperation with universities or labor collectives. In the process of education, it is not an easy task for a person to understand his or her identity, determine what his or her purpose in life is, and have an orderly and effective lifestyle. Some people stumble and get lost on this path, and it is necessary to be able to show them the right path and consolidate life principles..

Positive results can be achieved as a result of the widespread application of the principles. First, young people should be introduced to the functions of the family, the following functions are distinguished in the family: organizational, economic, household, educational, creative, sexual and reproductive health, valeological.

Organizational task. The issue of making decisions when creating a family, who has the main initiative?! This has a strong impact on the family being built on the basis of mutual respect and love, and on the family withstanding subsequent life tests and forming a strong family. A sense of mutual love and mutual respect certainly develops such states as patience for some shortcomings and flaws in a person, gratitude, and striving for an orderly life. Young people enter the new family they have created with the models of communication in the family they were born and raised in, and it should be noted that these models do not always fully correspond to the new family. It is necessary to create effective models of young family communication by forming communication skills among young people. The development of communication models should be approached from the perspective of the theories of intellectual, spiritual and physical adequacy and needs. By understanding and managing the vital needs of oneself and one's spouse (close relatives), a person becomes more aware of the goals and objectives set for life and,

ultimately, begins to achieve the desired dream life. Unfortunately, it takes several difficult and sometimes painful years of life to understand these seemingly simple concepts.

Another important task that must be formed in a young family, is a creative task. Young people should form the values of their small family. This can be remembering the place of their first meeting, the first dance to music, or similar situations that emotionally connect people. We must not forget that creativity is a constantly developing and renewing task of the family. The example of a young family is an artist's untouched sheet of paper. And how many bright colors will be given to this sheet depends entirely on the two young people and partly on the people around them.

Household duties. One of the unwritten laws of our society is the role of men and women in the family related to the household. It is not suitable for a man to be engaged in household chores, he should be the main source of income for the family, and the requirement for a woman to be busy with raising children and doing household chores is still observed in a high percentage of families. This model of distribution of household chores in the family is becoming outdated, today more and more women are encouraged by the state to earn money. Men are introducing modern technologies into their homes to facilitate household chores. All this indicates that in modern Uzbekistan a new form of family is being formed, an alliance between equal members. The influence of third-party intervention, which causes the breakup of families, is also gradually decreasing. Firstly, in a family formed by mature individuals, decision-making is not delegated to another person, and secondly, the spiritual environment in the family is constantly strengthening..

Economic task. The family has its own budget and the skill of using it wisely has been formed. People who respect the needs of the family as well as their personal needs will certainly have a high level of becoming an economically stable and independent family in the future, and mutually agreed purchases and family budget planning can in turn lead to the solution of a number of social problems that may arise in the family. The marriage of people who do not have economic and financial literacy means that in the future the family will not be able to endure social difficulties, and not knowing how to get out of stress can lead to the development of harmful habits, which in turn can lead to divorce..

The task of reproductive and sexual health. Every family wants to leave behind a mentally, physically healthy and strong generation. The main emphasis in our society is on having children and raising them. The values inherent in our nation, such as caring for, nurturing, and cherishing a pregnant woman, become an unforgettable part of this period of life for a woman. When having a child, it is necessary to apply the principles of healthy fatherhood and motherhood, and the expected guest must also have the opportunity to be born healthy. Just as it is clear that healthy parents create a healthy generation, it is equally important to maintain the interval between children. A woman's body must fully compensate for the deficiency of microelements lost during pregnancy and breastfeeding. The new fetus must also develop in a healthy, positive environment, be desired, and have a high chance of survival. It is during

pregnancy and breastfeeding that a woman's body experiences a deficiency of iron, vitamins A, B, D, E, PP, calcium and zinc. All of these can be replenished naturally or artificially, and are provided free of charge to pregnant women by family clinics in the form of multivitamins. Information and lessons on sexual health are limited, and the main assistants for the population are various websites and baseless databases, and sometimes ignorance about sexual life also becomes the basis for family disagreements. Unfortunately, the changing sexual needs of the population engaged in labor migration abroad and the lack of satisfaction of these needs in the family also cause an urgent psychological and social problem.

Explaining the functions of the family, we would like to dwell in more detail on the valeological function. The valeological approach studies the influence of emotional, spiritual, physical and medical principles. Each principle has its own unrepeatable standards, with the help of which it helps in the perfect development of the young family, these standards are as follows:

Standards inherent in the moral principle: having information (knowledge), responsibility, worldview, common culture, striving for perfection.

The spiritual principle is primarily the human psyche, determines the individual sensitivity, intuition and feelings of each person, its formation and improvement ensures the quality and duration of life. Therefore, in the example of a young family, the standards specific to this principle are the following: patience (endurance), zeal, discipline, faith, conscience, faith, politeness.

The physical principle determines the various individual physical loads on the body, which should be formed from childhood in a normative manner and carried out systematically and systematically, aimed at strengthening health. This principle is carried out in the SST in harmony with the emotional and spiritual principles, therefore its main standard is: the pursuit of physical perfection.

The medical principle considers the problems of healthy nutrition and sexual health, along with preventive measures against the risk factors of non-communicable diseases. At the same time, one of the most important tasks of forming a lifestyle is responsibility for one's own health, the standards of all the previously mentioned principles are also aimed at this goal. Therefore, in this principle, it is necessary to find the final result, that is, a solution to the issue of responsibility for one's own health.

At the same time, five factors are important for creating a young family: physical, material, spiritual, sexual and psychological factors.

1. Physical factor - attractiveness, cuteness - such a relationship depends on the "heart's desire" physical perfection and appearance. The beauty of the face, height, tone of voice, character, speech, facial expressions, gestures, and clothing culture evoke positive emotions.

The physical factor encourages a decision at the first meeting and retains its positive and even negative aspects throughout life for a long time.

2. Material factor - a material assessment of the level of opportunities of both parties. In this case, each applicant for marriage sets requirements based on his own needs, which can be very high or modest requirements.

This factor is becoming more widespread in the conditions of a market economy. At the same time, this factor is based on the level of determination of values of each person.

3. Spiritual factor - this factor arises from the intellectual and cultural needs of the couple, is assessed by their worldview, upbringing, and inner world.

In this regard, the level of spiritual development of the couple, their values in life are of great importance. The formation of a healthy lifestyle necessary for family happiness is based on spiritual, intellectual, and aesthetic values.

Only if the spiritual world of two people who love each other is compatible, they will fully understand and support each other.

The spiritual life of the family is not limited to what the couple is interested in or what field they are in, their scientific directions, and their unique values, but is reflected in their mutual understanding of each other. The compatibility of the spiritual world, the similarity of the inner world, and the level of culture are of great importance in the strength of the family. In such a situation, the couple correctly understands and supports each other's thoughts, and thanks to their rich spirituality, they jointly find ways to overcome various obstacles and difficult situations in life. The culture of the family develops and improves, which is reflected in mutual relations.

4. The sexual factor, which reflects the intimate life of both partners. The compatibility of their sexual needs and worldviews is assessed by two criteria:

A) Compatibility according to the type of sexual constitution;

B) Compatibility of the type of sexual intercourse.

If the couple is not sexually compatible, it will be difficult to form a happy and strong family, and even end in divorce. However, the well-being of the family cannot be assessed by only one factor, but their importance is also difficult to deny..

Modern sexology has created a doctrine of sexual compatibility of couples. A number of theories have been created that describe sexual intimacy and include some indicators.

To create harmony and a prosperous atmosphere in the family, both couples need to understand and support each other's desires in order to be interesting to each other and not get bored with life. Such knowledge and understanding should be conveyed to young people before they start a family. Different views on sexual relations in modern times, behavioral factors, level of upbringing, approaches, information and unnatural relationships lead to maladaptation in the sexual life of young people. Only if high-level cultural relations are formed in this extremely delicate issue, strong bonds will be formed between the couple.

The psychological factor - this reflects the problems of compatibility of the couple from the psychological side, that is, it includes not only character traits, but also emotional (passionate) states. Spiritual compatibility and satisfaction with marriage depend on the level of mutual sympathy and worldview.

The spiritual factor is of great importance in the formation of long-term strong relationships, mutual understanding and support, the preservation of the unique

character and individuality of couples, and a deep understanding of their duties and responsibilities..

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