

STRUCTURAL ELEMENTS AND MECHANISMS FOR RAISING A HEALTHY GENERATION

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ANNOTATSIYA: Ushbu maqolada globallashuv jarayonlarida sogʻlom avlod tarbiyasiga ehtiyojning ortishi, tarbiyaning ayrim asosiy strukturaviy elementlari va mexanizmlari mazmuni berilgan boʻlib, unga xos ijtimoiy-tibbiy, pedagogik va psixologik jihatlarning namoyon boʻlishi bayon etilgan.

Kalit soʻzlar: sogʻlom avlod, yoshlar, taraqqiyot, globallashuv, jahon, tarbiya, sogʻlom hayot, tahdid, element, mexanizm.

ABSTRACT: This article examines the growing need to nurture a healthy generation in the context of globalization. It explores some of the key structural elements and mechanisms of this education, and describes the specific socio-medical, pedagogical, and psychological aspects.

Keywords: healthy generation, youth, development, globalization, peace, education, healthy lifestyle, threat, element, mechanism.

АННОТАЦИЯ: В статье рассматривается рост потребности в воспитании здорового поколения в процессе глобализации, раскрывается содержание некоторых основных структурных элементов и механизмов воспитания, а также описываются проявления специфических для него социально-медицинских, педагогических и психологических аспектов.

Ключевые слова: здоровое поколение, молодёжь, развитие, глобализация, мир, образование, здоровый образ жизни, угроза, элемент, механизм.

Introduction

In the modern era of globalization, the future of society is inextricably linked to raising a healthy generation. Furthermore, raising a healthy generation is an important criterion for the development of human capital and the subject of ongoing scientific research. Indeed, in every historical period, raising a healthy generation has been a priority for state policy, reflecting its humanitarian essence. From this perspective, the relevance of the scientific problem of raising a healthy generation, its structural elements, and the mechanisms for ensuring it, is as follows:

First, significant changes have occurred in the raising of a healthy generation over the years of independence. In general, constant attention to this issue has been elevated to the level of state policy, and, in particular, the need to study the phenomenon of education from socio-philosophical, medical, and pedagogical perspectives is growing.

Secondly, since creating decent living conditions for young people is directly linked to their development as a healthy generation, studying, analyzing, and finding solutions to pressing developmental problems is of great practical importance.

Thirdly, the humanistic content of the discoveries of the modern era lies in strengthening the upbringing of a healthy generation: "Upbringing and education cannot be separated from each other. Only when organized harmoniously and continuously can these two processes shape patriotic youth, well-mannered, highly spiritual, simultaneously erudite, intelligent, spiritually and physically healthy, with a broad outlook, thinking, and modern professions" [1], and the times demand that we study this.



Fourthly, identifying the mechanism for raising a healthy generation, identifying development methods and structural elements is associated with issues of ensuring the continuity of the formation of education in the consciousness of young people and requires a philosophical generalization of its theoretical, methodological and practical aspects.

Main Part.

Recently, many popular science treatises and articles, textbooks, and manuals have expressed various ideas about raising a healthy generation, some of which complement each other, while others even contradict each other. In some cases, the concept of a "healthy generation" is interpreted in the context of a "perfect generation." Since the content of our article is related to a healthy generation, we felt it necessary to provide one of the definitions characteristic of this concept: "A healthy generation is understood, first and foremost, as a healthy generation, physically strong, with full faith and convictions, educated, highly spiritual, courageous, and patriotic"[2].

Regardless of how the concepts of "ideal generation" or "healthy generation" are used in printed publications (articles, brochures, textbooks, manuals, and other printed materials), their content reflects the medical, spiritual, cultural, and socio-philosophical aspects of education. Therefore, raising a healthy generation should not be understood as a simple process encompassing the family, educational institutions, and society as a whole, but as a social reality reflecting complex structural elements and mechanisms.

In the context of our article, we focused on work (hard work), knowledge (high spirituality) and physical health as structural elements and mechanisms for raising a healthy generation.

In the early stages of human society's development (the primitive communal period), it became a social being thanks to human consciousness and labor. Humanity influenced and mastered nature through labor, acquiring material and spiritual wealth. Labor also began to define humankind's position as a social reality, encompassing human ethics and relationships. Abu Nasr Farabi, in his work "Reflections of the City Dwellers," demonstrated that for the full formation of...rules of conduct, human qualities such as interest in labor, mutual assistance, and respect predominate, and these qualities are formed through labor [3].

Today, the generation of the future can be seen working in all spheres. Of course, the conditions and opportunities created by the government of the Republic of Uzbekistan play a significant role in this. Among the youth of Uzbekistan, there are many who make a significant contribution to the development of the country through their exemplary work. According to available data, in recent years, "3,158 young people have been employed" in the republic [4]. In August of this year, at an expanded meeting chaired by President Sh. M. Mirziyoyev, "he outlined areas for the employment of 92,000 university graduates who are currently unemployed and the creation of additional jobs" [5]. Such efforts expand the career opportunities of young people, demonstrating the qualities of a mature individual and a healthy generation in the true sense of the word. However, there are also young people who do not want to work, looking for easy money and therefore ending up in criminal environments. Such young people pose a great danger to countries around the world and threaten development. In general, fostering a spirit of hard work in young people has always been a universal value of nations.

An important aspect of labor education is increasing youth activity, fostering mutual support, and, most importantly, creativity. The labor process requires the development of such qualities as moral consciousness and a sense of duty in young people. Such education is crucial for the state and society. This will reduce crime and the waste of free time on unnecessary activities. Encouraging labor will further enhance the potential of young people. Uzbekistan has established state awards named after "Mard Oglon", named after Zulfiya, and the "Creator of the Future" medal for hardworking, knowledgeable, and intelligent youth.



Knowledge and **spirituality** are closely linked. As our great-grandfather, Abu Ali ibn Sina, emphasized: "Knowledge is the perception of things. It is what the human mind must achieve without making mistakes or going astray." [6] Indeed, a person must possess the necessary knowledge to gain status and value in society, choose the right profession, and generally choose their path in life. Because the world of thought and spirituality is enriched by positive knowledge accumulated in relation to each process.

Knowledge, one of the building blocks of raising a healthy generation, is an important criterion for nurturing the worldview and spirituality of youth. In human development, knowledge begins to take shape, first and foremost, in the environment surrounding them. The mahalla plays a major role in this regard. The mahalla's primary activity is nurturing youth in a spirit of respect for national and universal values and a deep understanding of duty and responsibility.

The future generation will grow up seeing the need for knowledge, high thinking, and education, and the aspirations of those around them to possess a particular profession. They will understand the necessity of hard work and devotion to the Motherland.

Physical health has become a fundamental element of youth education. Indeed, the educational foundations of physical health are linked, first and foremost, to the knowledge accumulated in the minds of young people. For example, to what extent do today's youth understand healthy eating habits, and do they adhere to daily intake standards? Since today's youth spend half their day in schools, businesses, stores and markets, and on the road, they pay attention to foods that are quick to consume and don't take much time (sometimes to save time). Of course, this may provide them with some convenience in consumption, but do they have any practical knowledge regarding the adverse effects on health? Young people harm their health due to "inattention to nutrition, a lack of information about it, improper consumption of sweets, narcotic sweets and juices (coffee, alcoholic beverages), the impact of nutrition on human health, a lack of knowledge about how to organize nutrition in accordance with age and activity, and constant fasting in order to maintain a figure. This attitude towards nutrition... leads to the development of diseases of the cardiovascular, endocrine, excretory and immune systems, as well as the appearance of excess and insufficient body weight" [7].

Physical health also includes meaningful leisure activities for young people. It's well known that physical activity and sport play a significant role in meaningful leisure activities. Due to physical inactivity, excess weight (obesity) among young people has become a global problem.

Physical inactivity leads to metabolic disorders and the development of obesity. In fact, there are several types of physical inactivity: laziness, the presence of certain illnesses (limited mobility), and prolonged sitting while performing certain professional duties, including computer work. Physical inactivity, resulting from long hours spent sitting in front of information technology devices, is not only a health problem for young people but also a threat. Therefore, it's time to pay attention to this important aspect of youth education.

Significant efforts are being made in Uzbekistan to increase attention to youth. In particular, the 2016 Law of the Republic of Uzbekistan "On State Youth Policy" [8] and five important initiatives put forward by the President of the Republic of Uzbekistan in March 2019 [9] are noteworthy". It is worth noting that local khokimiyats* also allocated 45.1 billion so'ms** in sponsorship funds to widely promote the five important initiatives of the President of our country among educational institutions and students" [10].

Conclusion and Recommendations

Based on the above considerations, the following general conclusion can be drawn:

- **First**, studying the structural elements and mechanisms of raising a healthy generation reveals important substantive aspects in improving the manifestation of new facets inherent in this process;



- **Second**, implementing scientific and practical projects contributes to the effectiveness of raising a healthy generation;
- **Third**, studying the methodological foundations of raising a healthy generation from a modern pedagogical perspective and strengthening their application in the classroom is crucial for the development of science and education.

To develop the development of a healthy generation, the following is **recommended**:

- since education has always been a critical social issue, prioritize a healthy living environment and upbringing to ensure the country's future development;
- develop the natural sciences, medical, philosophical, aesthetic, moral, religious, political, legal, ideological, and economic foundations for raising a healthy generation;
- enrich the subjects taught in educational institutions with scientific materials on the mechanisms for implementing the development of a healthy generation;
- ensure the placement of materials in the media on the topic of "Raising a Healthy Generation" and intensify public activity.

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Note

*local executive body

**national currency of Uzbekistan

