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**INFLUENCE OF MAIN INSTITUTIONS AND SOCIAL AGENTS IN DETERMINING
THE PROCESS OF IMPROVING A HEALTHY LIFESTYLE AND WORLD VIEW**

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Annotation: In this article, the process of forming a healthy lifestyle, referring to a detailed description of the essence of this process, the adaptation of the individual to society through the acquisition of social experience, values, norms, and attitudes characteristic of the entire society and individual groups, a healthy lifestyle in students. It is discussed about the participation of various social institutions in the process of improving the health of a person, the nature and direction of the influence of the family on the improvement of human health.

Key words: Healthy lifestyle, processes, existing norms, value system, relationship system, improvement of healthy lifestyle, adaptation to the world, human development, mental and social health, social control, life cycles, cultural experience, socialization.

We consider the process of forming a healthy lifestyle as an integral part of the general process of socialization of a person. The concept of socialization refers to the set of mechanisms, processes and results of a person's acquisition of social experience. To determine what this concept invests, it is necessary to refer to a detailed description of the essence of this process. Socialization is manifested as a set of social processes, as a result of which, under the influence of society, a person learns the existing system of norms and values that allow him to be a person, master certain roles and work as a member of society. However, we believe that this approach limits the understanding of the socialization process. In this case, the socializing person is deprived of an active principle and is only a passive object of social influence.

In this regard, we rely on a different approach in this work, which assumes the active participation of the individual in the process of socialization. According to this approach, socialization has two sides. First, socialization is the adaptation of a person to society by acquiring social experience, values, norms, and attitudes characteristic of the entire society and individual groups. Secondly, socialization is the process of forming one's own position and unique individuality, self-development and self-awareness, a new social-cultural experience is created. Thus, socialization appears as a two-way process: society affects the individual, contributes to the education of the individual, which in turn affects society, thanks to the active joining of society and changing it conducts a system of social relations. Within this concept of socialization, the formation of a healthy image is considered as an integral part of the process of adaptation to the surrounding world, as well as the subsequent transfer of internal behavior patterns is taken into account. The lifelong process of socialization takes place under the influence of institutions (at the macro level) and agents (at the micro level), the importance of which changes with age.

Various social institutions participate in the process of improving the healthy lifestyle of the population, including students. Thus, like the socialization process in general, the formation of a healthy lifestyle is not limited to childhood. However, the foundations of a healthy lifestyle, as well as deviations in the state of health, are mainly laid in childhood, adolescence and young adulthood. Each of these life periods is characterized by its own age-related psychological characteristics, living conditions, and basic nature. Activities are also special institutions and agents of influence. Researchers often distinguish three main institutions that have the greatest influence on improving a person's healthy lifestyle: the family, the educational system, and the health system.

In childhood, the family plays the most important role in the process of socialization and the formation of a healthy lifestyle. What primary socialization takes place. In this period of life, the closest elderly relatives (parents, grandparents, brothers and sisters, etc.) are undoubtedly the main agents of power and socialization. The family is the main physical, especially during childhood, social environment, which lays the foundation for human development, mental and social health. Therefore, it is especially important to study the nature and direction of the influence of the family on the improvement of human health. At the macro level, the family as an institution performs a number of socially important functions: economic, reproductive, educational, recreational, communicative, regulatory, etc. All these functions are related to the formation of a healthy lifestyle. Thus, the economic function provides financial and material support to disabled family members, provides them with material means to ensure their health and maintain a healthy lifestyle.

The educational function, which consists of the primary socialization process, forms attitudes, values, and habits towards health and a healthy lifestyle. Reproductive function creates conditions for birth in a healthy family environment. The number of children born in a family is determined depending on the reproductive relationship of parents and their health. It can be hypothesized that the improvement of a healthy lifestyle in children is based, among other things, on genetic factors inherent in maternal and paternal principles. Easy confidential communication, rest, emotional family attachments, recreational and communicative functions expressed in close relationships have a great impact on the mental and social health of all family members. A regulatory function is a system of regulating relationships between family members, including primary social control and the exercise of power and authority. Note that adults are also affected by the regulatory function of the family. The feeling of belonging to the family mainly regulates work, communication with other people, people's behavior. In addition, the regulatory function regulates sexual relations, protects people from dangerous sexual relations and sex, which is an important element of a healthy lifestyle and has a positive effect on a person's physical health.

After analyzing the approaches to understanding the functions of the family institution as a social institution, we can come to the conclusion that all of them help to form a healthy image. A person's life. Thus, the functions of the family are extremely important in improving a healthy lifestyle, and their influence is important not only in early childhood, but also in adulthood - youth, student - despite the increasing role of other institutions in this process. remains. It should also be noted that, as a rule, the foundations of religious self-awareness are formed in the family. Religious norms, which are one of the main goals of regulating the lives of believers, do not ignore the issues of health and healthy lifestyle. Models of a healthy body differ by denomination. Religion has a significant impact not only on spiritual (belief, morality) and social health (belonging to a religious community), but also on the physical health of religious people.

Differences in religious models of health and healthy lifestyles can manifest themselves. These are the following: the attitude to the body within religious rituals and everyday life; body aesthetics (parameters of a beautiful body); eating techniques (allowed, illegal, taboos, fasting, etc.), attitude to food (necessary amount, quality, etc.); hygiene; sexual practices; attitude to sports and physical culture, fitness, diet, etc. As an example, let's take a closer look at the attitude to health and a healthy lifestyle within the framework of the two most widespread religions of the Republic of Tatarstan - Islam and Orthodoxy. The Muslim model is based on the position that the human physical body is in the best and most perfect form that does not need any additions or corrections. It is said in the Holy Qur'an: "Allah gave you an image and perfected your image" (Qur'an, 40:64) and again: "We created man in a more beautiful system" (Qur'an, 95:4). The body plays an important role in the daily life of a Muslim.

Many Muslim websites have a document called "A Muslim's Note", according to which every Muslim should take care of his body and health, visit doctors, follow their instructions, it is written that he should keep his body clean, take care that his body is always full, but not eat much food. A Muslim must also strictly refrain from smoking and drinking alcohol. Noteworthy are the many references (articles and other materials) on Islamic websites and portals about the physical body and appearance of believers, which shows how important they are to Muslims. A Muslim's relationship with his body is strictly regulated. It is important to follow hygiene rules in this matter. In the Holy Qur'an, it is said that God "... loves those who are purified" (Qur'an, 9:108). It is also said in the Qur'an: "Purify your bodies when you are unclean" (5:6). For Muslims, neatness and cleanliness are part of the faith, both personal and social.

Attitude towards food is also of great importance in describing a healthy body model, as nutrition to a certain extent determines its parameters. Muslims are advised to eat enough to maintain health, physical strength and activity. Islam recognizes that sports improve people's health, so it allows and even encourages sports for all Muslims, men and women, regardless of gender. However, when practicing sports, Muslims must follow a few strict rules:

- 1) it is impossible to allow sports to be harmful to health;
- 2) You cannot reveal your awrah (those parts of the body you must hide from prying eyes) during class for both women and men;
- 3) men should do sports to strengthen and build, physical strength, agility, speed, but not to be proud and boast of your body (for example, bodybuilding, if it aims to increase physical strength, but it is condemned if a person is driven by a desire for narcissism and even more so to show your public body).

Orthodox Christian dogma also pays attention to the physical health of believers. There is an opinion that there is a careless attitude towards the body in the Orthodox environment. However, this idea is more of a myth than a fact and does not reflect reality. Although the Orthodox model of the body is based on the subordinate position of the human body to the soul, the body has an important meaning for the Orthodox. The physical body is considered in Orthodoxy not as a prison of the soul, but as a temple of the soul: "Your body is the temple of the Holy Spirit. Praise God in your bodies. You were bought with a price" (1 Cor. 6:19-20). Due to the high importance of the body, a person is required to take care of it and protect it. As for the standards of nutrition, Orthodoxy promotes the principle of moderation in food and rejection of excesses. In Christianity, including Orthodoxy, there are no clear limits and taboos on the use of certain foods

outside of fasting. Like Muslims, the Orthodox also fast, which makes up more than half of the year of the Orthodox calendar. Orthodox fasting implies food restrictions.

Educational and health institutions make a great contribution to the formation of a healthy lifestyle in the population. They operate under the influence of politics. Political institutions in the social system are called to perform the functions of goal setting, control and coordination, administrative and legal regulation. The main task of politics is to maintain the integrity of the social system.

In this regard, it can be said that political institutions should play a leading role in determining the strategy for the development of the health care system, because the economic development of the country, its defense capabilities and morale depend on effective activities in the field of health care: This includes the well-being of the conservation sector, the nation, and the entire society. We consider healthcare as a social institution under the influence of objective and subjective factors. Social cooperation between people is implemented in the issues of maintaining, strengthening and restoring the health of the population. An important feature of this mutual cooperation is the participation of professionals - doctors, medical workers, leaders of the health sector.

In other words, in terms of impact on healthy lifestyles, the health system is characterized by the specialized efforts of governments, institutions, and health system human resources. Health care is characterized by the following social functions: medical, protective, social-prophylactic, diagnostic, promotional and educational, as well as the function of medical and social expertise. The Institute of Health is encouraged not only to diagnose and treat diseases, but also, first of all, to carry out preventive work with the population, to carry out propaganda and educational activities in order to form the attitude of the population to a healthy lifestyle. Thus, the manifestation of the preventive function of health care is a medical examination - a preventive examination by medical specialists. According to the 2018 nationwide survey of the "Social Opinion" Foundation, the majority of citizens (78%) stated that they have the opportunity to undergo a medical examination at their place of residence or place of work. At the same time, 12 percent complained that they did not have such an opportunity. It should be noted that the situation has significantly improved compared to 2010, when the ratio was 52% and 32%. However, despite being aware of the possibility of a medical examination, only 48% regularly undergo it (30% in 2006). Since 2018, the country has switched to regular medical examinations of the population: as part of medical examinations, medical examinations are conducted every 3 years.

However, according to the survey, only a third of respondents (31%) are familiar with it, and one in four (25%) have "heard something about it". A relative majority of respondents (41%) had not heard anything about it at the time of the survey. Accordingly, it can be concluded that the program did not receive a response from the public due to the lack of propaganda aimed at explaining the possibilities of the program, most likely due to the ineffectiveness of cooperation with the mass media. Thus, the isolated measures of any institution will not give the desired effect - a comprehensive approach is necessary. It should be noted that in Russia, the state does not release from responsibility not only for the protection of citizens' health, but also for the formation of a healthy lifestyle.

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