

Medical and Psychological Issues of the Formation of Young People's Ideas about A Healthy Lifestyle in the Family

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Abstract: The article describes the medical and psychological issues of the formation of young people's ideas about a healthy lifestyle in the family, and comments on the observance of the rules of personal hygiene.

Key words: healthy generation, personal hygiene, nation, upbringing, social environment, active lifestyle and physical education, healthy lifestyle, medical examination, medical-hygienic, behavior.

Introduction. The most important problem for the formation of a healthy lifestyle is the development of a person in all aspects, a scientifically based lifestyle in the field of work, life and recreation, which helps to increase social- psychological activity, and a socially-hygienic lifestyle. is a formulation criterion problem. Accordingly, in the present period, when the social and economic development of the Republic of Uzbekistan is growing and developing, it is very important to clearly define the social and hygienic criteria of a healthy lifestyle.

In addition, the criterion is such a size that we can compare the processes that need to be measured with the established standard (standard) and evaluate it. When measuring such complex social processes as a healthy lifestyle, it is of great practical importance to form its acceptable and necessary dimensions for us.

Literary review and methodology. Among the socio-hygienic criteria that can be used to measure a healthy lifestyle, a person's:

- to be active in public and labor processes and engaged in effective creative activities;
- exemplary living in the family and in everyday life;
- his desire to realize his physical and spiritual abilities ;
- live in harmony with the natural and social environment;
- to gradually develop one's personality in order to become a healthy and well-rounded person;
- to live in an effort to protect oneself from becoming a slave to the harmful habits of an unhealthy lifestyle and from falling into the vicious vortex of life's flow;
- not only because he lives long, but also because he is satisfied that he is living life correctly, and he strives to live happily;
- it is possible to introduce valuable qualities and features such as a healthy lifestyle as a lifelong companion [1].

Everyone should regularly train their body parts to increase their reserve capacity. It is necessary to achieve an increase in the body's reserves, not in a cascade, but in a gradual manner. These include: forcing the heart and body muscles to work with the help of various physical exercises, performing such exercises at a fixed time and following a certain order, and making it a habit to alternate between mental and physical work.

Following the rules of personal hygiene and keeping your home tidy is the basis of health. Medical literacy is a vital need for every parent and child. In order to meet this need, to organize training courses "Fundamentals of medicine "in general education schools and higher educational institutions , to introduce medical knowledge in special programs for women in consulting rooms, personal hygiene rules , creating, developing and delivering guidelines, recommendations for adolescents, adolescents and expectant mothers, young mothers, teenage girls, promotion using the press, mass media and various forms of events campaigning will give the intended result.

The great judge Ibn Sina said that "the body in motion does not need medicine." Therefore, we should promote medicine that prevents disease, not curative medicine. And it starts from the family environment.

Indeed, for Uzbekistan, which has a complex demographic situation , strengthening the family and planning it today is not just a simple matter, but finding the right solution is an important factor in ensuring the development of the republic.

Taking into account the demographic situation in our republic, family planning, scientific and practical implementation of the medical and biological bases of the health of family members, development of methodological recommendations and their implementation on a large scale in the current socio-economic and demographic conditions, forming strong families and healthy families it is important to implement the lifestyle .

head of the country is very involved in the development of sports and children's sports in our country . If our young men and women are engaged in sports at an early age , they can inculcate it in their minds as an important, indispensable habit and skill in their lifestyle, this will help them to learn other activities that are important for their formation and activity as human beings. teaches to cope without difficulties, to look at health as a value.

If both young people who passed the medical examination should be clean in front of their own consciences, it is one side of the issue, but the fact that they are worried about their health before starting a family is a serious and responsible attitude towards the sanctity of marriage is another aspect.

In our research, we used the above information on parents and their children's healthy lifestyleWe tried to study one of the factors related to the formation of concepts and imaginations through the relationship of parents to medical examination . Answers were received to the questionnaire distributed by the parents regarding the determination of their and their children's attitude towards medical examination. (Table 1).

Table 1 Indicators of the results of the socio-psychological questionnaire for the study of "Parents' views on medical examination "

(N- 120)

No	C survey questions	Samarkand city	Navoi city	We sweat city	Average indicator
1.	a medical examination is necessary .	18.7	1 5, 7	18.0	16.2
2.	I believe that it is not necessary to undergo a medical examination during youth	16.9	1 7 , 3	17.0	1 6 , 1
3.	misunderstanding of parents and children, medical examination was not done.	1 3 , 0	13,6 _	13.2	13.3

4.	I think it is appropriate to have more girls in the family undergo medical examination.	12.3	13.0	13.4	12.4
5.	Most parents do not have time for medical examinations.	11.3	12.2	12.6	11.6
6.	A medical examination is usually required when a disease occurs.	13.6	13.8	12.6	12.3
7.	I believe that a medical examination is important for one's health.	13.3	13.0	12.8	13.0
8.	the lack of health knowledge on the part of the parents is the reason why they do not undergo medical examination.	14.2	14.4	13.0	13.8

Figure 1. Results of a socio-psychological survey on the study of "Parents' views on medical examination "
(N- 120)

The analysis of the received data shows that 16.2% of parents believe that it is necessary to undergo a medical examination , while 16.1% believe that it is not necessary to undergo a medical examination at a young age . This indicates that almost equal half of the parents answered that it is necessary to undergo a medical examination and the other half said that it is not necessary, which shows that they do not have stable concepts and ideas about health. Naturally, in such a case, the necessary actions for a healthy lifestyle will not be seen. As a result, such a situation in parents leads to the formation of a negative attitude towards medical examination in children. This, in turn, may be the reason for young men and women not forming the concept of the need for regular medical check-ups. Therefore, in order to create a healthy generation in all respects, we believe that teenage boys and girls and their parents should know and follow the following:

- a boy should turn to his father, and a girl to her mother, in order to avoid unpleasant consequences due to their ignorance of the secrets of puberty;
- at the age of puberty, not only secondary sexual characteristics appear in the body of boys and girls, but also significant mental changes occur . In this period, mentally taking care of teenagers and increasing attention to them will be the basis for creating not only physically strong young people, but also mentally healthy generation in the future.

Parents who are aware of the onset of puberty for young girls and boys should create the following conditions and opportunities for them to lead a healthy lifestyle:

- proper nutrition;
- engage in an active lifestyle and physical education;
- timely and proper rest;
- follow the rules of personal hygiene.

10th century ago, the great encyclopedist Abu Ali ibn Sina, the founder of Eastern medicine, said: "The main condition for maintaining health is to ensure the moderation of general factors that are important for human life." [2] had shown that . It is unique about healthy lifestyles for parents and young people it requires imagination, knowledge, understanding, skill and, most importantly, family upbringing.

Discussion and Results. According to, great attention should be paid to balancing the following seven main factors:

1. Body proportion (proportion).

2. Choice of food and drink.
3. Keeping the body (organism) from waste (surpluses).
4. Maintaining a (correct) body weight.
5. Improving (cleaning) what is taken from the nose (air).
6. Appropriate clothing (wear appropriate clothing, including seasonal).
7. Balance of physical and mental activities.

In our study, in order to determine the ideas and concepts of a healthy lifestyle of each examinee, the question "What do you understand by a healthy lifestyle in the family?" was addressed to the respondents.

It is known that people's regular medical check-ups show their healthy attitude towards their health. For this purpose, IPS (Social-Psychological Questionnaire) developed by us in order to determine the duration of medical examination of the respondents in our study was conducted.

The results of this survey are shown in Table 2.

Table 2 of determining the duration of the medical examination of the respondents

(N -200)

No	Answers	Samarkand region (N-84)	Surkhondar-ya region _ (N-75)	Navoi region (N-41)	Average:
1.	I recently passed the medical examination	11.5 _	10.3 _	9 , 6	10.5
2.	It's been 1-2 years since I passed the medical examination	18.6	19.4	23.4	20.5
3.	It's been 3-4 years since I passed the medical examination	16,7 _	1 5 .6	13.5	1 5 . 3
4.	It's been 5-6 years since I passed a medical examination	28 , 4	29.5 _	26,7 _	28.2
5.	I did not pass the medical examination at all	24.8	25.2	26.8	25.6

2 - picture . Indicator of the results of determining the duration of the medical examination of the respondents .

It is known from the results that 75.0 of the respondents It became known that about 100% of people have a one-sided approach to the concept of a healthy lifestyle . 19.3 percent of the respondents who believe that a healthy lifestyle means constant control of their health, 17.2 percent who define it as the spiritual maturity of family members , and 14.8 percent who cite the presence of a healthy psychological environment in the family as an example , legal literacy and culture in the family was 11.4 percent. A quarter of the respondents (25.0%) were able to clearly express the concept of a healthy lifestyle in the family. It turned out that the remaining 75.0 percent of the examinees did not have sufficient understanding in this regard. In addition, during the roundtable discussions and meetings held during the research, it became clear that some parents do not have the

understanding that a healthy lifestyle is one of the main factors in family happiness and peace, raising a healthy and well-rounded generation. Manifestation of such a situation makes it necessary to strengthen the promotion of healthy lifestyle concepts among young people and parents.

Also, in our study, we conducted an additional survey to find out whether the subjects knew their family doctors or not. We were encouraged to raise this honey by the information we received through interviews and meetings during the research.

According to the results of the survey, 47.4 % of the respondents do not know their family doctor yet, moreover, they do not have the idea that every family has its own doctor in our republic to strengthen family health. Especially, 46.7 percent of the respondents in Samarkand region noted that they do not know their family doctor . It was noted that 28.5 % of the respondents in Navoi region do not have enough of such concepts . This indicates that there is not enough of a healthy and conscious attitude among the population and young people in terms of maintaining their health and forming a healthy lifestyle. Therefore, it is necessary to take necessary measures in this regard.

Therefore, reforming the process of forming a medical and healthy lifestyle in the family is of urgent importance. In our opinion , the fact that these problems are not solved at the level of our country is the reason for the following:

1. Parents and young people do not have a healthy attitude towards their health and a healthy lifestyle.
2. unqualified medical services (as a result of which residents spend their time going to medical institutions in their regions).
3. among the population that protecting the health of young people is only the work of medical personnel.
4. Young people do not acquire knowledge aimed at the understanding and competence of first aid .
5. of young people with scientific and methodical literature aimed at improving medical culture.
6. Family and community youth are not fully involved in public institutions aimed at improving medical literacy.

The conceptual basis of the formation of medical and psychological knowledge in young people can be defined as follows :

1. Educating future parents who deeply understand the sanctity of family and marriage, who consider the health of family members as an important direction of social and life culture, who have high morals, who care about their own and others' health, and who are highly spiritual.
2. young people the importance of a healthy lifestyle, putting the health of themselves, family members and others first.
3. Development of a system and module aimed at the medical and psychological health of young people in the family and its protection.

Based on the above, the promotion of a healthy lifestyle in the family, neighborhood and educational system should be carried out consistently in different directions, on the basis of a specific program, in specific directions . In particular, it is primarily aimed at providing students with certain medical-psychological and medical-hygienic knowledge about a healthy lifestyle in the process of higher pedagogical education , and forming their understanding of the impact of a healthy lifestyle on the improvement of the human body, on the other hand, It is directly related to young people's ability to follow hygienic rules on the basis of a strict regimen, to make it a daily habit to take care of their own health and those around them. Also, healthy lifestyle should be widely promoted through the mass media, and should be deeply embedded in the educational content of schools, lyceums, and colleges in cooperation with all educational institutions.

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