

Historical Roots of Healthy Lifestyle Psychology in the Family

Saidov Azamat Ismoilovich

Samarkand state foreign languages institute Head of Pedagogical and psychology department,
Psy.d, (DSC), Phd, associate professor

Abstract:

The article discusses the role of the family in the formation of the psychology of a healthy lifestyle among young people and the basics of its formation. And also in the article practical recommendations for the formation of a healthy lifestyle among young people are put forward.

Keywords: Family, youth, psychology of a healthy lifestyle, healthy generation, family socio-psychological factors.

Ensuring the health of the nation is resolved in a sufficiently positive way due to the healthy lifestyle of maintaining the foothold of the people's gene pool. All social institutions of the Society; Family, Educational Institutions, neighborhood and independent education will cross-reference the issue of the meaning and essence of a healthy lifestyle for the citizens of our society, the education of young people as an independent and knowledgeable, competent person.

Proceeding from this, from the first years of independence, the formation of a healthy generation began in our Republic. The issue of educating the "harmonious generation" rose to the level of Public Policy and began to be considered as a priority task.

However, despite the activities carried out in our country for the all-round perfection of young people and the great attention given to this sphere, among young people there are ill-deeds such as tobacco smoking, giving in to alcohol, displaying of crime, inhuman and inhuman behavior. This is due to the fact that in our opinion, the psychology of a healthy lifestyle among young people and a wide population, and especially in families, is not sufficiently formulated.

It is known that the role of family and family cohesion in the development of any society can not be overemphasized. Because the health of a living organism depends on the health of who makes it, just as the whole organism has a worthy role in the purposeful implementation of its activities, the family is the cell that makes up a whole organism, which is called the state, society. The role of the family in the development of the economy, social life of its state as a citizen of the state in which each family is healthy, in which the positive psychological climate prevails, in which it is born and formed as a person, in this environment, is a decisive factor, the role of the family in human perfection is incomparable [4].

The heritage of our great thinker ancestors is of great importance in the formation of a healthy lifestyle, a sense of respect for national and universal values in the hearts and minds of young people, and in the harmonious upbringing in all respects. After all, in the works of our scientists, who devoted their lives and potential to the realization of the true essence of life, a special place is given to issues related to the upbringing of a healthy generation. The ideological unification of the Eastern thinkers Abu Nasr Farabi, Abu Rayhon Beruni, Abu Ali Ibn Sina, Yusuf Khoshib, Mahmud Qashgari, Kaykovus was the basis on which they placed high the role of Family, Family Education in the upbringing and perfection of the individual, especially the role of the family in the intellectual and moral perfection of the individual, the role of the In the ancient book of Zardusht

ISSN 2792-3983 (online), Published under Volume: 2 Issue: 6 in Jun-2022

Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <https://creativecommons.org/licenses/by/4.0/>

“Avesto” it is stated that the family is a sacred place, in the stability of the family there is an equal responsibility of the husband and wife, the views on the upbringing of children.

Characteristics characteristic for a healthy spiritual life of pre-Islamic peoples animistic in their attitude to the phenomena of nature and society (e'tiqod that everything has a soul, a soul), magia (magican instinct for inanimate things that have natural power to worship), totezm (the leadership of worship for animals, plants, things), painting, rituals of paganism, mixed use in the process of upbringing; belief in the; leadership of the idea of struggle for the victory over the noble idea, the noble word, the noble deed, the evil idea, the evil word, the evil deed; the main method of nurturing moral thinking is the punishment of blindness, persuasion, pattern, confession. And the means of education consisted of things and events that were imagined to have supernatural power.

As we all know, the formation of a healthy lifestyle in the Uzbek family is largely dependent on the family (women): the attitude of family members to physical education, clean-freedom, elegance, children's regime, upbringing (eating order, dressing culture, recreation, teaching) were considered the basis of the formation of a healthy lifestyle psychology in the family [2].

Moreover, one of the important simple requirements for the formation of a healthy lifestyle in young people is to dress each member of the family in a clean and tidy manner, to clean their teeth with mis wok, to rub fragrant things, to engage in intimate communication with the hair, to develop spiritually and enlightenment, to adhere to a healthy lifestyle and dress procedure [3].

Kaykovus recommends his child to go out to work, to play horseback riding, to walk on horseback, to swim in the water, to strike a spear, to throw a pilgrim, to throw a bow, to enjoy the secrets of knowledge primarily as a kind of craft, and secondly as a kind of sports that temper human organs.

Kaykovus also touched upon the issue of raising spiritually and physically healthy children in the family, and the ideas put forward by The Thinker on the upbringing of a healthy generation also play an important role in improving the content, form, methods and means of education today. While thinking about the duties and responsibilities of the child before the parents, the task of the father and mother before the child is to give him a good name when he comes into the world, to find him a wise and kind midwife, to give knowledge, to teach a profession, to educate well, "Says the scientist. Also the boy makes special educational requirements for the boy, the girl-boy. His thoughts on this matter are as follows: "If you can then teach your child each instructive, his benefit will reach you too. But if your child is full of maturity, if you have the potential to become the head of his family, to take a wife and to be engaged in household affairs, you will bring him a wife, so that you will know that you will fulfill this right of him. But if you want to marry your son and give your daughter to the husband, then you can not marry your own relatives. Wife from a stranger even if you do not take from your own relatives, they will know your meat, blood. Wife from another tribe. You know this, when you make a tribe of two tribes, when you make a stranger relative to yourself, until you make one power two, and you make two from both sides, and your support will increase."

The role of physical education in the formation of a healthy lifestyle in the family is incomparable. In physical education, depending on the complexity of the simple exercises, it is important to go smoothly; to increase the range of exercises plays an important role in the child's maturation. In this regard, we say - says Ibn Sina" morning sport is a voluntary movement that forces a person to breathe deeply and consecutively. A person who is engaged in bodybuilding painfully and at the right time will not need treatment for diseases that have come due to the broken Hilt (blood, bile, sputum), as well as the client, as well as for diseases that have come due to previous ones"[1]. A person who regularly engages in bodybuilding does not suffer from diseases for a while, he will have the strength to quickly overcome the disease. If a person, then more often stops physical

ISSN 2792-3983 (online), Published under Volume: 2 Issue: 6 in Jun-2022

Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <https://creativecommons.org/licenses/by/4.0/>

exercises and does not perform physical exertion, then they weaken their organs, in the end they can suffer from various diseases,- says Ibn Sina.

Ibn Sina took a specific method in determining the duration of the performance of physical exercises, that is, not the unity of time as it is now, but the basis of physiologic indicators. Partridge:

- 1) in the process of bodybuilding, the color of the skin, if it goes well, the movements can also be continued;
- 2) lightness of movement; if they are light, the delay of their completion will not yet come;
- 3) the state of the organs; actions can be continued if their multiplicity continues.

The scientist wrote that there are a lot of types of bodybuilding, which are mostly performed quickly, light, thin, strong, etc. According to its classification, shooting with a fist, shooting from a bow, fast walking, throwing a spear, hanging, jumping on one leg, fencing, horseback riding, strolling in a cart are among the fastest-performing types of bodybuilding. The subtle and light type includes flying in swings, swings...standing or lying down, sailing in boats and ships. To stronger movements consists in playing squats with large and small balls, fighting falls, catching up with their own shadow, jumping, punching with the tip of a spear, raising a stone, polishing a chopping horse, stopping holding.

According to the recommendation of the scientist, a person should perform fast and intense movements during adolescence with relief, alternating light movements with pain, when starting bodybuilding, the body members should be clean, the food eaten should be digested in the stomach, and the next feeding time should be approached.

Abu Ali ibn Sina recommends the use of the healing powers of nature in the conditioning of the human body and in the treatment of various diseases. He points out that" the air becomes fragile and pure, and when the spirit does not interfere with the client an ore of the opposite bed, it becomes a worker for health and a keeper of it", "heating the body in the hot sun ...during strong movements, it strongly distributes waste, sweats...it benefits from shortness of breath and" steep breathing", cold client brain be powered", " if a person was healthy.

Ibn Sina in the family of children with physical, intellectual and moral education to grow along with them energetic and healthy and also give you the need to impress. The physical action scientists, creative labor, intellectual labor with the science of must-read books, learn to work with add go to get it should be noted that enrich the spirituality, spiritual principles of human maturation pedagogical-psychological aspects in many different languages.

Great thinkers dedicated to the improvement of school-age children are incredibly the body in the idea of great importance. To read it in school children from the age of 6 and was recommended as one of the main part of the physical education curriculum. Children it is fulfilled in the event of recovery that may change before and after the age of 6, were reduced slightly to be in hot water before eating, badantarbiya is that you need to make more.

Ibn Sina that occur in the organism of children of school age children for growth and development of organ damage should not make badantarbiya rough movements, the only light that should make harakatlarnigina gives advice. It is known as the children prepared to sit for a long time as a result of the lesson, the interest will be lost and bored to read, as well as organzmga remain inactive for a long time can damage a young and growing as a result. Ibn sina well understood the process of teaching this physical exercise (walking walking, jumping,horse, chop, playing ball, fighting, fencing, and others) to get added I will recommend to go with.

Also still in the X century ago, Abu Ali ibn Sina "A key skill in maintaining the health and general factors are important to human life mo" is to provide the drake passage to the south" - that was [1]. These words means that you need to adhere to a healthy lifestyle. This specific knowledge, the level, and most importantly, family education and family that you require will.

Policy, the formation of a healthy lifestyle in the family of the culture that respects all of the members of not only the family but healthy, strong families in ensuring that the country and consequently, the wellbeing of the country, the people Batumi-plays a large role in determining happiness.

Was the conclusion I can say that the culture of a healthy lifestyle in the family history of the formation of spiritual values and upbringing go back to the root of the long family, family and family values of providing strong will make a worthy contribution to the establishment. After all, the family is stable and the younger generation it's healthy – it's solid and stable society is a strong society country.

Literature:

1. Abu Ali Ibn Sina. Tib of the law. Three volumes Saylanma. 1-volumes. - Tashkent, - 1992.
2. I. K.Abdullaev Living standards and human health. –T.: 2006.
3. Abidov A, O., Y. Novikov.V. The health of our own we have in our hands. Tashkent. "Medisina" in 1989.
4. Musurmonova O. Family healthy generation in nurturing the family-neighborhood-education institutions of cooperation priority directions // "Young oilaparvar, father-motherhood in the preparation of the family's role" on the topic the republic scientific-practical conference materials. – T., 2013. – B. 217.
5. UGLI A. A. D. et al. DEPRESSIVE BEHAVIOR IN SPORTS COMPETITIONS AND THEIR CHARACTERISTICS OF WILL-SUSTAINABILITY.