

Socio-Historical Traditions and Gender Characteristics of Developing Hygienic Culture in the Process of Preparing Students for Family Life

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Annotation: The article analyzes the socio-historical traditions, gender characteristics and modern approaches to the development of hygienic culture in the process of preparing students for family life.

Keywords: hygienic culture, healthy lifestyle, unhealthy lifestyle, reproduction, hygiene, medical-hygienic.

A person's hygienic way of thinking is inextricably linked to the natural and geographical conditions of the region in which he lives, the rhythm of life and the worldview of the people of the existing society and their attitude to it. In the development of modern civilization, hygienic culture and its control system not only play an important role in improving human natural living conditions and rational use of natural resources, but are also a key factor in determining the future of human civilization. Therefore, the current problems of hygienic culture and its control system are diligently studied by both theorists and practitioners from all sides.

Hygiene is a Greek word that means useful. It studies the impact of environmental factors (chemical, physical, social, etc.) on human health and, based on the data obtained, develops criteria and rules for improving the external environment, strengthening human health, especially preventing infectious diseases, improving performance, prolonging life fan dir.

Hygienic culture is the protective shell of society. It is well known that the instinct of self-preservation is one of the fundamental properties of living organisms. Self-preservation goes in a biological direction in other living organisms, and the mechanisms of adaptation to the environment are improved. In humans, the means of adaptation to the natural environment are manifested in housing, clothing, food for survival, transport for movement in space and other technical and technological capabilities that protect it from the adverse effects of weather and climate. At the same time, another problem arose, which was that man had to develop means of protecting nature from the social environment he had created. As a result, the moral, religious, national, legal, political rules and principles of environmental activity, the establishment of an institutional system of control, also required an increase in efficiency [1].

Health is one of the most important components of human maturity, a guarantee of an individual's inviolable right to self-development, active participation in personal and social life. It is known that in our society, human health, physical fitness, a culture of healthy lifestyle are very important social values. Ensuring the health of the nation, maintaining the gene pool of the people will be solved in a positive enough way only due to a healthy lifestyle. This means that all social institutions of society; The family, educational institutions, neighborhoods and independent education are faced with the task of explaining to the citizens of our society the content and essence of a healthy lifestyle, educating young people as vigilant and knowledgeable, well-rounded individuals.

A healthy lifestyle is a process of formation of a well-rounded person who can actively work, live in a creative environment, easily bear strong physical and mental loads, factors that are extremely dangerous and harmful.

In the literature on pedagogy and social hygiene, the problems of forming a healthy lifestyle have recently received a lot of attention. Socio-psychological, medical-hygienic, economic, self-motivational aspects of these issues are being studied. However, the methodological problems and socio-hygienic criteria of a healthy lifestyle, the specifics of some regions, climatic and geographical conditions, the ethnic characteristics of the culture of life of the population are not sufficiently studied.

Hygienic culture, its content and essence, scientific and pedagogical analysis of its place in the life of society requires a dialectical approach. Of course, such an approach is an important methodological basis for understanding and evaluating social life, rational human attitude to the environment, including the content of hygienic culture, understanding the "nature-society-human" system, drawing theoretical conclusions and practical recommendations for a healthy lifestyle. At the same time, the description of hygienic culture as an objective, necessary integrated socio-cultural phenomenon serves to scientifically determine the main factors of creating a healthy lifestyle and the relationship between hygiene and culture.

Hygienic culture is an integral part of culture in general, the activity of people aimed at creating material and spiritual wealth, aimed at creating a comfortable and healthy environment for the body in their natural habitat. In our view, a hygienic culture is not a spontaneous phenomenon but a necessity to perform the functions of social life. This need has been consistent with periods of gradual development in its content.

That is:

- The first stage - the emergence of hygiene buds in ancient primitive society, which was first considered from a medical point of view, and later it was manifested as an integral part of social life;
- The second stage - in the Middle Ages (IX-XII centuries) is characterized by the rise of views on the development of hygienic culture in Movaraunnahr to the level of education;
- The third stage covers a new period, ie the period from the XVIII century to the end of the XX century. During this period, a relatively stable situation in the development of historical heritage is observed in the development of views on hygienic culture.
- The fourth stage - changes in views on hygienic culture during the independence of Uzbekistan and its development from 1991 to the present. To date, the formation of national ecological and hygienic consciousness in people has become an integral part of social life and has risen to the level of public policy.

In illuminating the historical genesis and retrospective foundations of hygienic culture, the researcher considers the following:

- First, the study of the historical foundations of the formation of a hygienic culture in society is of great practical importance, that is, it allows to determine the causes of future development;
- Second, the creative development of the historical foundations of the formation of a hygienic culture, its importance in ensuring human health, the prevention of various diseases in the transition of humanity from a "wild" way of life to a "cultural life"

appears;

Third, humanity is a unique nation in different historical periods formed a hygienic culture. At the same time, the struggle for survival in specific conditions has become a mental feature of hygienic culture;

- Fourth, in modern hygienic culture, religious ideas are characterized by a gradual reliance on the development of science. It has accumulated a rich experience of enriching each other in the hygienic culture of the West and the East;
- Fifth, the development of hygienic culture can be considered as a result of scientific achievements, the interaction of civilizations. The historical development of hygienic culture has led to the formation of the science of "Social Hygiene", which has a philosophical status, which is aimed at finding solutions to the problems of everyday life, the development of science and technology;
- Sixth, although humanity is taking over the modern culture of hygiene, global problems related to the development of science and technology are changing its paradigms and setting new tasks for science;
- Seventh, the widespread use of modern scientific and technological advances in solving problems related to the hygienic culture of mankind plays an important role in solving socio-hygienic problems.

An organism is an integrated system that is self-governing, constantly interacting with the environment, and able to sustain its own life. It is well known that the human and animal organism is a complex biological system composed of cells, tissues, organs, and functional structures. "An organism is a unit of the organic universe that can live independently, be self-governing, and respond to various changes in the external environment as a whole." The organism should be seen as a whole, not as a collection of individual parts or individual cell regions. All the organs, systems and functions of a complex organism are constantly interacting with each other. All of this makes up a whole complex organism. As M. Sechenov noted, "an organism cannot survive without a changing external environment that helps the organism to survive." This means that an organism can only survive if it interacts with the external environment around it, and as a result of such interactions, it renews itself.

No matter how complex the organism is, all its tissues and organs work in close connection with each other. This connection is controlled by the nervous and humoral (blood) pathways. The distinctive feature of a different organism is that its structures are formed in a certain way and differ in their specific complexity. The human body, which has a complex organization, is a whole whole entity in which all the structures, cells, tissues, organs, and their systems are in harmony with each other, subordinate to the whole, whole organism.

The model model of the national concept of formation of a healthy way of life allows to carry out the process of formation of a healthy way of life among the population of the republic in a certain order and on a scientific basis, increasing its efficiency. At the same time, the exemplary model of a healthy lifestyle regulates and accelerates the process of forming healthy relationships between people and exemplary behavior. People will have the opportunity to compare their existing lifestyles, hygienic behaviors, as well as their medical culture and activities in the community with the model stage and make appropriate changes to it.

If we talk about the role of the motivating factor in the formation of a healthy lifestyle, first of all, the term motivation, in its essence, is to motivate a person to engage in a particular activity, to justify and explain its importance. In particular, the motivational factor in the problem of forming a healthy lifestyle is aimed at explaining to people why they should live a healthy lifestyle and why they should choose an unhealthy lifestyle.

In assessing the role of the motivating factor in the process of shaping a healthy lifestyle among the population, it is necessary to pay attention to the presence in each person of three main elements necessary for the analysis of his daily life activities. Including in each person:

- Knowledge of a healthy lifestyle;
- Strong belief that living a healthy lifestyle can make a person healthy and prolong life;
- the presence of a serious effort to live a healthy lifestyle. Theoretically, in people's daily lives, this triangle can be formed in different variants. The inner need of each individual to strengthen his or her own health determines his or her practical action in this direction. Accordingly, all factors:
 - those who live a hygienically correct and reasonable lifestyle, ie a healthy lifestyle;
 - can be divided into those who live a medically unhygienic, ie unhealthy lifestyle.

In the current period of growing and developing social and economic development of the Republic of Uzbekistan, it is important to clearly define the socio-hygienic criteria for a healthy lifestyle.

The ideology of a healthy lifestyle in our country is not a set of laws and knowledge of human health, but a system of views on strengthening human health. The ideology of a healthy lifestyle, according to RU Arzikulov, embodies the philosophy of lifestyle, the state policy on the formation of a healthy lifestyle, the legal and moral basis of a healthy lifestyle, pedagogy, psychology, sociological culture, ethics and integrity of a healthy lifestyle. .

It is known that the criterion is such a dimension that with its help we will be able to compare the processes that need to be measured for us with the formed standard, we can evaluate it. In measuring complex social processes such as a healthy lifestyle, it is important to formulate dimensions that are acceptable and necessary for us.

Such criteria that can be used to measure a healthy lifestyle include:

- to be active in public and labor processes, to be engaged in effective creative activity;
- Exemplary life in the family and in everyday life;
- striving to realize their physical and spiritual abilities;
- live in harmony with the natural and social environment;
- Striving to gradually develop their personality in order to become a healthy and harmonious person;
- striving to protect themselves from becoming enslaved to harmful habits of an unhealthy lifestyle and from falling into the vicious cycle of life;
- the desire to live happily, not only because he lives a long time, but also because he is satisfied with the right life;
- It is possible to include valuable qualities and characteristics, such as a healthy lifestyle that will accompany him for a lifetime.

Everyone needs to exercise them regularly to increase the reserve capacity of their body parts. It is recommended to follow the following rules of a healthy lifestyle to create a health reserve:

- Regular physical training and physical labor. Exercise at least 6 hours a week;
- work with normal mental and physical load, active rest after intense mental work. Contemporary and meaningful organization of work holidays;
- Rational and balanced diet, weight loss, restriction of consumption of animal fats, sugars and sweets;
- turning away from bad habits;
- hardening of the organism;
- be in the fresh air for at least 2-3 hours every day;
- Strict adherence to the schedule, sleep at least 8 hours a day;
- change of lifestyle and work if necessary;

living, studying and working contentedly.

It is necessary to achieve a gradual organization, not a waterfall, to increase the body's reserve capacity.

These include forcing the heart and body muscles to work with the help of various physical exercises, performing such exercises at the same time and following a certain order, making it a habit to alternate mental and physical work, and so on.

It is well known that as we fight for the future of our generation - a healthy generation - we will need to teach the nation to live a healthy lifestyle in order to achieve our goal. When we say a healthy generation, we should mean not only physically strong children, but also a spiritually rich and healthy generation. After all, it is impossible to be physically healthy without being spiritually healthy. Both concepts are compatible with each other and require one from the other. And a nation with a physically and spiritually healthy generation cannot be broken. As our main goal is to form a nation that is physically healthy, highly spiritual and united on the basis of a single national idea, we must teach it to live a healthy lifestyle.

The problem of a healthy lifestyle - the most important problem facing humanity - is the formation of a scientifically based, socially and hygienically rational lifestyle that promotes the full development of the individual, work, life and leisure, scientifically based, socio-hygienic activity.

"A healthy lifestyle is a way of life that aims to maintain and strengthen health by organizing daily life on the basis of biological and social laws."

The promotion of a healthy lifestyle in the education system should be carried out consistently in different directions, on the basis of a specific program, in specific areas. In particular, it aims to provide students with certain medical and hygienic knowledge of healthy lifestyles in the process of higher pedagogical education, to form in them an understanding of the impact of a healthy lifestyle on the development of the human body. is directly related to the formation of skills to make the health of others a daily habit. In addition to promoting a healthy lifestyle through the media, it should be deeply embedded in the educational content of schools, lyceums and colleges, in conjunction with all educational institutions.

It is known that in the Uzbek family the signs of multi-generationalism are clearly expressed. The elders of the family - grandparents, close relatives, neighbors, neighborhoods - are directly involved in the formation of healthy ideas and knowledge in the minds of children. According to our ancient traditions, the influence of grandparents, neighbors and relatives on the upbringing of our children is stronger than that of parents. They are the determinants of the spiritual environment in the family. This kind of upbringing tradition is an important spiritual and pedagogical value of the past, and in the life of our great ancestors this kind of upbringing style was formed and reached the level of a certain system.

A person's lifestyle is formed under the influence of specific events and various changes that take place in his life. The development of society, the growth of the flow of information, the growing demand for a fast-paced lifestyle, the fact that interactions and relationships are becoming more complex, affect the psyche of students. As a result, they have an increasing responsibility to choose a set of behaviors based on their destiny, family, community, lifestyle, mental, emotional, and freedom. This kind of lifestyle often requires the prevention of various neurological disorders that can occur in students. Achieving this goal requires, first of all, the organization of a healthy lifestyle on a personal and social scale, as well as the implementation of important directions to achieve its continuity and continuity. To do this, it is necessary to understand the essence of this problem and know how to solve it. Special research conducted in recent years has made it possible to create a scientific and methodological basis for the formation of a healthy lifestyle in our society. The Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan, the Center for Development of Higher and Secondary Special and Vocational Education and the Institute of Philosophy and Law of the Academy of Sciences of the Republic of Uzbekistan in Angren issues were reflected.

The results of the analysis of the conference materials showed that the social and spiritual-psychological problems of organizing a healthy lifestyle of young people were raised, and the issues of spirituality were mentioned in the reports of the conference as the main means of solving these problems.

The main purpose of our research is to develop an integrated pedagogical system for the formation of a healthy lifestyle among students of pedagogical universities and to substantiate the pedagogical conditions that will improve the creation of scientific and methodological recommendations aimed at implementing this system. On this basis, it consists in educating a person who has acquired the knowledge, skills, abilities and habits to maintain the health of himself and others. As a result of the research, the following practical results were recommended.

- Given the importance of understanding the content of a healthy lifestyle, the concept of a healthy lifestyle in students, its various levels are gradually formed as a specific phenomenon;
- In the process of studying various classes and other subjects, a systematic approach to the knowledge of students about a healthy lifestyle, a model and concept of improving the effectiveness of the formation of a healthy lifestyle;
- In the process of teaching the experimental course "Healthy Lifestyle" modern pedagogical technologies were used at the required level, experimental work was carried out, the effectiveness of teaching future teachers a healthy lifestyle was guaranteed, students' knowledge of healthy lifestyles increased.

It is necessary to form in students knowledge based on healthy lifestyle decisions. They are mainly in the activities of the Center for Spirituality and Enlightenment of the higher education institution

and among the youth of the Agency for Youth Affairs. - in my great pride ", " We are always away from destructive ideas ", " We talk on the phone - in a civilized way ", and " Internet information - for my needs ".

It is also important to use video presentations for each roundtable. It is usually appropriate to organize such interviews in student dormitories or on a university scale. Whenever possible, artistic performances by students should be organized. The impact of such public conversations helps to change students' worldview, attitudes towards the environment. If we connect our lives today to a period of rapid movement, our main focus should be on promoting the necessary information that will serve the sustainability of a healthy lifestyle. In this regard, students are interpreted as the most needed future professionals of our society.

Today, students are demanding to show their intelligence among our people. The most important thing to keep in mind is that it is the graduates who need to feel that the family and the people around them need to be approached as teachers in order to improve their sustainability. They should help to create an effort to limit the youth in their territory today from all kinds of emotional passions, as well as shameless clothing, uncivilized use of the phone (shameless pictures and videos, classmates' pornography), which enters our nation as a total stranger.

If students are unfamiliar with such situations or their participation is directly observed, it will inevitably lead to various complex situations in the upbringing of future generations at the level of perfection. If necessary, this situation will prevent the formation of a healthy lifestyle as a serious illness. As we cover the future teacher with modern knowledge, our main goal is to increase the level of intelligence in line with a healthy lifestyle. They include "The importance of sports for human health", "Caring for the environment", "Meeting the requirements of sanitation and hygiene in the home", "Regular diet and sleep on a daily basis", etc. important issues such as "participation". Basically, the norm plays an important role in the sustainability of a healthy lifestyle, as in any industry.

In conclusion, reproduction is a key criterion in the orderly execution of movements. This is important for human health and should be on the agenda in a conditionally reflexive manner. Mechanisms for doing this are primarily in the family, communities, and educational institutions. In families, parents and relatives, activists in the community, and in educational institutions, of course, teachers. In addition, as in all industries, a healthy lifestyle requires security.

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