



COVERAGE OF THE PROBLEM OF THE FORMATION OF A HEALTHY LIFESTYLE IN THE FAMILY IN THE SCIENTIFIC LITERATURE

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Annotation: *this article describes the coverage of the problem of the formation of a healthy lifestyle in the family in the scientific literature, E.Y.Korzhova, Ye.Fromm, G. S. The research of brogan brought by scientists like Sullivan is listed.*

Keywords: *health, psychological health, healthy lifestyle, E.V.Yeliseva, V.E.Lepsky, A.A.Strelsov, E.Y.Korzhova, Ye.Fromm, G. S. Sullivan,*

For a long time, the problem of health was hardly noticed by the science of psychology. Twenty-First Century Psychology focused on anomalies of human nature and paid homage to phenomena such as suffering, interpersonal conflict, crisis; at the same time, the mental health of an individual has rarely become the subject of thorough research. Only in the second half of the last century, mainly within the framework of humanistic and transpersonal psychology, the efforts of young major scientists to study the basics of full functioning of the psyche ushun were unified and the systematic formation of psychological comprehensions of health began.

The so - called Health Psychology (Health Psychology) stood out-this is a scientific and practical direction designed to study socio - cultural and socio-psychological health problems. Psychological health's meaningful analysis of the framework requires the systematization of research approaches aimed at understanding mental health, its sources, criteria for assessing its level, factors affecting its condition; as well as the choice of psychodiagnostic tools that allow you to record the level of individual manifestations of the mental health of an individual. Revising known theoretical and practical Yeshim and ideas, shiqish emphasizes the characteristics and laws of the nature of mental health.

Another vector that develops and significantly complements mental health problems is the fact that many scientific works have been carried out dedicated to the study of the impact of socio - psychological and socio-cultural factors on human health (E.Y.Korzhova, Ye.Fromm, G. S. Sullivan).

Y.V.In his theory, Krayev divided the psychological health of an individual into several stages. According to his theory, the period of participation corresponds to the invasion of a certain professional assertiveness (from 15 to 25 years). Society in it does not eat the object of socialization, but sees it as a subject of social and productive shigarish activity, evaluating its results in accordance with the standards of "adults"."

As we can see, currently, the term" psychological health " is widely used ansha in relation to an individual. At the same time, today the process of generating shigarish is an





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important component of the psychological health of any person (E.V.Yeliseva, V.E.Lepsky, A.A.Strelsov et al.)

Thus, if the analysis of the above studies allows, first of all, in a general way, to give a tariff on psychological health in a scientific-theoretical way, then, from two, the development of psychological health criteria suitable for the purpose of the study and its application in practice, ushun serves as a scientific-theoretical basis. It can be said that the theoretical and methodological foundations of barsha today form the ideas about the factors of family-specific health ushun make it possible to make relevant scientific clarifications when conducting a certain level of scientific research.

Thus, from the above scientific and theoretical considerations, it becomes important to research it within the framework of each activity, while the psychological health process is comprehensive in its purpose and essence.

Therefore, by researching the coverage of the problem of the formation of psychological health in the scientific literature, based on the above, it became known that it is necessary to focus serious attention on the pedagogical and psychological principles of this problem. That is, the results of each study of representatives of advanced psychology to a certain extent serve to repeatedly emphasize the uniqueness of the actual psychological problem of the problem of psychological health. In addition, the analysis shows that it is the problem of the formation of a healthy lifestyle in families that the extremely meticulous nature of the literature aimed at studying from a scientific and practical point of view testifies to the fact that today this problem should be turned into a clearly focused subject of research. Ushun, on the other hand, first of all, has to turn to the theoretical methodological foundations of the study of psychological health perceptions in a special way, precisely in adolescence. After all, it is impossible to give a positive assessment of the scientific novelty and potential of the work without making scientific observations of theoretical and methodological developments corresponding to any specific direction of research.

In this regard, based on the analysis of the scientific literature studied above, we found it necessary to pay special attention to the interpretation of theoretical and methodological principles related to the process of establishing a healthy lifestyle in families.

This pressing problem is reflected in the successive invasions of the Yeshim of research.

The leader for human development itself is the process of self-realization. Simple development fits positively into this process and leads a person to have a common human essence.

Conditions and at the same time criteria for this development:

- * attitude towards another as self-esteem;
- * decentralization, dedication and love ability;
- * creative, coelopoetic nature of life;





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- * ability to freely express will;
- * ability to design the future and self;
- * the presence of internal responsibility to yourself and others;
- * the desire to find the general meaning of your life.

In this sense, we think that the following scientific and practical tasks should be carried out in the study of the psychological peculiarities of a healthy lifestyle in the family: to identify and analyze the possibilities of Social Psychological harmony between psychological health and the effectiveness of professional activity, to determine and research social psychological factors that determine the impact on the performance, analyzing to what extent the proportion between the characteristics of personality and psychological health in the family is manifested, psychologically analyzing the correlation relationship between factors that ensure the harmony of psychological health and professional competence, forming the relevant conclusions and seriously approaching the issue of developing a program for the formation of psychological health and its application in practice.

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