

MORAL VALUES AS AN IMPORTANT FACTOR FORMATION OF A HEALTHY LIFESTYLE

Butoyev Ilkhom Uzokovich,
Teacher of the Department of Humanities
Samarkand State University Kattakurgan Branch,
ilxombutoyev@mail.ru

Abstract:

The article analyzes the issues of healthy lifestyle, the role of moral values in its formation and development. The role and importance of oriental manners, universal ideals, and moral values in the development of a spiritually mature person is considered. The moral and moral integrity of a person and its standards are shown. The role and importance of moral values in the formation of a healthy lifestyle among the citizens of Uzbekistan and young people is shown.

Keywords: Healthy lifestyle, moral values, morally perfect person, oriental manners, universal and national values, patriotism, humanitarianism, nationalism, moral standards, criteria, principles and values.

ПРАВСТВЕННЫЕ ЦЕННОСТИ КАК ВАЖНЫЙ ФАКТОР ФОРМИРОВАНИЯ ЗДОРОВОГО ОБРАЗА ЖИЗНИ

АННОТАЦИЯ

В статье анализируются вопросы здорового образа жизни, роль нравственных ценностей в его формировании и развитии. Рассмотрены роль и значение восточных нравов, общечеловеческих идеалов и нравственных ценностей в развитии духовно зрелой личности. Показана морально-нравственная целостность человека и его нормы. Показана роль и значение нравственных ценностей в формировании здорового образа жизни у граждан Узбекистана и молодежи.

Ключевые слова: Здоровый образ жизни, нравственные ценности, нравственно совершенный человек, восточные манеры, общечеловеческие и национальные ценности, патриотизм, гуманизм, национализм, нравственные нормы, критерии, принципы и ценности.

Today, the issue of raising a spiritually mature person is one of the important issues in the politics of Uzbekistan, and the importance of spiritual and moral values in the spiritual renewal of society is growing. Education of a perfect person with an independent worldview, based on the priceless heritage of our ancestors and modern thinking, is carried out on the basis of the formation of intellectual, moral and spiritual

qualities. Educating a highly moral, moral, educated, business-minded person is an important factor in ensuring the future of Uzbekistan.

Directing a person to correctness, honesty, purity, patriotism and humanity, goodness, and high morality is the essence and meaning of the concept of a perfect person. The stable development of Uzbekistan is directly related to the education of citizens with a strong sense of faith, belief, moral qualities, spirituality, and national responsibility.

A person who has assimilated Eastern manners and universal ideas and moral values into his mind is a highly spiritual, morally perfect, perfect person. Spiritual maturity is directly related and interrelated with a person's outlook, beliefs, mentality, norms of behavior, morals. For a spiritually mature person, the development of the Motherland, the peace of the country and the well-being of the people are the main goal and the standard of high morality. A person with moral qualities thinks about the fate and well-being of the people, the fate of the Motherland and its development.

As a democratic legal state and civil society are being established in Uzbekistan, civil society is based on the freedom of speech, freedom of thought and freedom of activity of a person within the framework of the law. This shows that the state and society being built in Uzbekistan is based on high moral standards and principles.

The seven priorities developed on the basis of the principle "From the strategy of actions to the strategy of development" put forward in the Decree of the President of the Republic of Uzbekistan "On the Development Strategy of New Uzbekistan for 2022-2026" are the establishment of a people-friendly state by increasing human dignity and further developing a free civil society. to make the principles of justice and the rule of law the most basic and necessary condition of development in our country, to ensure the rapid development of the national economy and high growth rates, to conduct a fair social policy, to develop human capital, to ensure moral progress and to bring the industry to a new level, to generalize based on national interests approach, strengthening the security and defense potential of our country, conducting an open, pragmatic and active foreign policy is based on high morality and improving moral relations in society.¹

In Uzbekistan, great attention is being paid to the issue of raising a healthy generation and a well-rounded person through the development of a healthy lifestyle. Healthy means raising not only physically strong children, but spiritually rich, intellectually developed, morally pure, enlightened children and generation. Such people embody the values and ideas of the most honorable qualities of our people - faith and honesty, kindness, mercy and compassion, shame and concern, honor, mutual respect, high patriotism, loyalty to the country and people.

¹ 1. Decree of the President of the Republic of Uzbekistan. On the development strategy of New Uzbekistan for 2022-2026. January 28, 2022, No. PF-60. <https://lex.uz/docs/5841063>

According to President Shavkat Mirziyoyev, it is a very honorable task to educate young people in the spirit of loyalty to the motherland, to form initiative, selflessness, and moral qualities in them based on the programmatic idea "From national revival to national rise".²

Various definitions have been given about ethics, according to Abdulla Sher, - Ethics is a spiritual phenomenon considered equally relevant for all people, consisting of social demands and needs in the form of relationships, which requires that the freedom of will given to a person be rationally limited by the internal will power in the course of behavior. is³

Philosopher Erkin Yusupov believes that "morality in general is the form and norm of self-management of people who exist as individuals on the ground of social relations, the manifestation of the level of spiritual maturity characteristic of them in mutual communication and relationships."⁴

J.Ya. Yakhshilikov, N.E. Mohammadiyevlar defined that "Ethics is a set of certain behaviors, manners, behavior, principles and norms that arise due to the objective relationship between man and society, manage and regulate the life and activity of each person on the basis of harmonizing personal and general interests." they give⁵

Ulfat Mahkamov, - Morality is considered one of the forms of social consciousness and is embodied as a set of rules of conduct and order of every person in society and family. Therefore, morality is manifested in the worthiness of society, family, and work. It is believed that the most important signs and directions in human behavior and behavior are embodied and serve as the basis of the rules of behavior in a person's activity and development.⁶

In the encyclopedic dictionary of philosophy, "Akhlq (the plural of the Arabic word khulq) is a set of specific rules and regulations for regulating relationships between people. It is defined that "goodness" and "good habits" in morality allow a person to adapt his own interests to the interests of society, and in some places to change his life goals and interests in the interests of society.⁷

The Presidential Decree "On the development strategy of New Uzbekistan for the years 2022-2026" defines the goal of improving the state policy on youth, which includes helping young people to mature spiritually, intellectually, physically and morally, instilling in young people a sense of patriotism, citizenship, tolerance, laws, in the spirit

² Mirziyoyev Sh.M. From national revival to national rise. Volume 4. Tashkent, Uzbekistan, 2020, 35 pages.

³ Abdullah Sher. Ethics. Textbook. Tashkent, Publishing House of the National Society of Philosophers of Uzbekistan, 2010, 10 pages.

⁴ Yusupov E. Spiritual foundations of human development. Tashkent, University, 1998, 38 pages.

⁵ Yakhshilikov J.Ya., Muhammadiev N.E. Philosophy. Textbook, Samarkand 2021, 281 pages.

⁶ Mahkamov U. Moral lessons. Tashkent, "Fan" publishing house, pp. 19-20.

⁷ Philosophy, encyclopedic dictionary. Tashkent, "National Encyclopedia of Uzbekistan" 2010, 35 pages.

of respect for national and universal values, to educate as a person who can resist harmful influences and currents, with firm beliefs and views on life, to form a desire for a healthy lifestyle in young people, as well as conditions for the meaningful organization of young people's free time and the mass development of youth sports tasks such as creating, are defined.⁸

Raising the perfect generation, paying more attention to its physical, mental and moral education is an important issue in Uzbekistan's policy. A spiritually perfect person has high spirituality and morality, he has such noble qualities as selflessness, courage, bravery, love for his people, appreciation of the Motherland, and pride in his ancestors. A person's humanity is determined primarily by his spiritual and moral integrity and purity. The spiritual and moral integrity of a person is manifested in the following: concern for the well-being of parents, children, relatives, family members, neighbors, neighborhood, community, the whole country and people; consider it a human duty to constantly improve one's manners and character; valuing and preserving the cultural heritage that has become a monument from ancestors; respect national values, remain loyal to them; having a high level of patriotism, humanitarian feelings; showing high morality in interaction, considering it a duty to help others; respect the laws adopted by the state; To always be ready for the defense of the homeland, to have military-patriotic feelings; defense of religion and justice, mercy and goodness; promise keeping and other ethical concepts, norms and principles.

The sense of patriotism in a person is manifested in the following: concern for the perspective and independence of the Motherland; to understand and protect the dignity and honor of the people, the country; to give all his work, talent, opportunity, and if necessary his life for the future of the country, the happiness of the people, etc.

People achieve perfection in the process of moral and spiritual purification. The sign of perfection is to follow the right path and benefit the people. The more a person benefits people with his words, deeds, and intentions, guides them to the right path, and devotes himself to the right path, the more perfect he becomes.

The issue of educating a perfect, perfect person with high moral qualities is in the historical and spiritual heritage, such as "Nightmare" by Kaikovus, "Gulistan" by Saadi, "Bo'ston", "Bahoristan" by Abdurrahman Jami, "Mahbubul-qulub" by Alisher Navoi, "Akhlaqi mohsini" by Husayn Vaiz Koshifi. described in the works. In most of these works, Eastern human qualities such as justice, honesty, purity, purity, correctness, truthfulness, humanity, and enlightenment are highlighted.

Alisher Navoi's work "Nasayimul Muhabbat" lists the characteristics of a perfect person, his oriental qualities. Alisher Navoi adds the following to the oriental qualities of a perfect person: repentance, contentment with honest food, making a living from one's profession, observing the Sharia, considering oneself inferior to everyone, not being rude even to one's children and servants, being soft-spoken - good, gentle-tongued,

⁸ Decree of the President of the Republic of Uzbekistan. On the development strategy of New Uzbekistan for 2022-2026. January 28, 2022, No. PF-60. <https://lex.uz/docs/5841063>

compassionate to be, to be generous, to be brave, to be meek, to be kind, to live contentedly, to be patient, to be faithful, to be faithful, not to be afraid to be humble, etc. Thus, in the past, a specific moral code of a perfect person was developed, and it was considered the dream of every person to have these qualities. The idea of a perfect person had a great socio-moral significance. It served to educate a person in the spirit of honor, goodness and great kindness, to strengthen love, loyalty and loyalty. At all times, at every moment, they reminded people of their humanity, helped them to refrain from evil, vile deeds, inappropriate behavior and actions, and ensured the appearance of a building of faith and conscience in them.⁹

A perfect person is the supreme symbol of faith and faithfulness, honesty and purity, and every person strives for perfection in his life.

In Uzbekistan, in the process of building a democratic legal state and a civil society based on the principles of justice, human moral qualities such as faith, honesty and purity, being conscientious and pious are gaining importance as a standard of social relations. The effect of the reforms being carried out in our country today, - says President Shavkat Mirziyoyev, - first of all, directly depends on the expansion of the ranks of young personnel with high morale, independent thinking, who are able to take responsibility for the fate and prospects of our country.¹⁰

Today in Uzbekistan, great attention is being paid to the formation of moral qualities such as faith, honesty, humanitarianism, sincerity, dedication, politeness, decency, forgiveness, honesty, correctness, diligence, patriotism in the issue of spiritual renewal of society and education of a perfect person. Inculcation of moral qualities in the minds of young people is of great importance in raising them as mature and perfect human beings.

At the present time, in the education of a complete, perfect person who thinks in a new way, attention is being paid to his development as a person who has a great sense of civic duty, to his formation as a person with a broad worldview, political and legal consciousness, and a developed culture. Strengthening the power of the motherland, spreading its glory to the world, adding fame to its fame is an important task of a perfect person with high moral qualities. Being a child worthy of the motherland, deeply realizing that it is closely related to its husband, wife, and family, honoring it is also a form of patriotism, which is a human moral virtue. Patriotism, as a moral virtue, is knowing the history of one's people and being proud of it, preserving ancient monuments, material and spiritual heritages created by ancestors and passing them on to future generations, appreciating the beautiful and rich traditions, customs and customs created by our people and ancestors. and embodies a sense of duty and responsibility for the future of our people. The priority of the interests of the motherland and nation is an important aspect of human moral virtue.

⁹ <https://www.elib.buxdu.uz/index.php/pages/referatlar-mustaqil-ish-kurs-ishi/item/9199-c>

¹⁰ Mirziyoev Sh.M. The work of a people with a great intention will be great, their life will be bright and their future will be prosperous. Volume 3. Tashkent, Uzbekistan, 2019, 54 pages.

The moral values of the Uzbek people's lifestyle, work activities, mutual relations, cooperation, solidarity, loyalty, mutual support, good neighborliness, family mutual respect, attention, and loyalty are based on humanitarian ideas. Humanity and compassion are important moral values inherent in the national mentality of the Uzbek people.

Formation of patriotism and humanitarian feelings among the citizens of Uzbekistan, especially the youth, is an important guarantee of building a democratic, fair and legal society in our country. One of the important moral qualities in the national mentality of our people is nationalism. Nationalism is a moral activity that consists of strengthening the unity of one's nation, developing one's language, customs, and traditions, preserving values and heritages, developing intelligence and potential for the future of one's nation, and implementing national education. Nationalism acquires a moral essence because it represents the interests, dignity, honor, history, culture, and enlightenment of the nation.

The true humanity of a person is measured by his faith, religion, charity, purity and honesty, humility and other moral qualities. The concept of faith itself expresses such moral qualities as piety, kindness, purity and honesty, and humility. People of faith always adhere to moral qualities such as purity and honesty, piety, kindness, and kindness. Faith has a religious and secular character, and in religious faith the main issue is to believe in God, the divine essence that created everything, while in secular faith, the main focus is on the issue of humanity and humanity. The important features of humanity in a person - piety, compassion, purity and honesty are expressed through the concept of faith.

Today, in the process of spiritual renewal in Uzbekistan, the issue of inculcating high moral qualities, standards, principles, and values into the minds and hearts of citizens, especially young people, is gaining urgent importance. There is increasing attention to the issue of deciding on a healthy lifestyle among citizens of Uzbekistan, including young people, and studying the role, importance, and legality of moral norms and values in the education of a well-rounded person in this process.

A healthy lifestyle includes active physical activity, training, physical education and sports, proper planning of mental and physical work, proper and high-quality nutrition, compliance with personal and general hygiene requirements, environmental protection, having an ecological culture, avoiding harmful habits. If it consists of such things as not giving in, the morals, manners, and spirituality of a person have a positive effect on the formation of a healthy lifestyle, and become important as the spiritual basis of human perfection. The formation of a healthy lifestyle begins with the family, and in the formation of a child's personality, the lifestyle of the family, the customs and traditions in the family, the psychological conditions of the family, and the moral environment in the family are of great importance. A healthy way of life in a person is constantly formed and developed on the basis of moral values and standards - preschool education, school education, higher education, work team. Promoting healthy lifestyles and well-being for all segments of society at all ages is essential to creating a sustainable society.

Deep changes in our country, renewal of political and socio-economic life, democratic renewal and modernization of our society are being carried out on the basis of forming and improving a healthy lifestyle in the life of society, raising a well-rounded person.

In modernizing Uzbekistan, human health, physical fitness, and the possession of a healthy lifestyle culture are considered very important social values, and the role and importance of moral values in the process of educating a healthy person is increasing. In the processes of globalization, information, and modernization of social life, the standards and criteria of moral assessment are changing. This puts the socio-philosophical study of the conditions and factors that influence the formation of a healthy lifestyle in the life of the society and the upbringing of a mature generation. Ensuring the nation's health and preserving the nation's gene pool is carried out on the basis of establishing a healthy lifestyle in society and educating a well-rounded person.

REFERENCES

1. Decree of the President of the Republic of Uzbekistan. On the development strategy of New Uzbekistan for 2022-2026. January 28, 2022, No. PF-60. <https://lex.uz/docs/5841063>
2. Mirziyoev Sh.M. From national revival to national rise. Volume 4. Tashkent, Uzbekistan, 2020, 35 pages.
3. Abdullah Sher. Ethics. Textbook. Tashkent, Publishing House of the National Society of Philosophers of Uzbekistan, 2010, 10 pages.
4. Yusupov E. Spiritual foundations of human development. Tashkent, University, 1998, 38 pages.
5. Yakaslikov J.Ya., Muhammadiev N.E. Philosophy. Textbook, Samarkand 2021, 281 pages.
6. Mahkamov U. Moral lessons. Tashkent, "Fan" publishing house, pp. 19-20.
7. Philosophy, encyclopedic dictionary. Tashkent, "National Encyclopedia of Uzbekistan" 2010, 35 pages.
8. Decree of the President of the Republic of Uzbekistan. On the development strategy of New Uzbekistan for 2022-2026. January 28, 2022, No. PF-60. <https://lex.uz/docs/5841063>
9. <https://www.elibbuxdu.uz/index.php/pages/referatlar-mustaqil-ish-kurs-ishi/item/9199-c>
10. Mirziyoev Sh.M. The work of a people with a great intention will be great, their life will be bright and their future will be prosperous. Volume 3. Tashkent, Uzbekistan, 2019, 54 pages.