



Pedagogical necessity of developing hygienic culture in preparing students for family life

**Xolmatova Muzayyan
Mubashirovna**

Independent researcher of the Kokan State Pedagogical Institute.

ABSTRACT

The article talks about the pedagogical need to develop a hygienic culture in preparing students for family life. The main goal of the article is to achieve the development of young men and girls in family life and the provision of a healthy lifestyle

Keywords:

hygienic culture, preparation for family life, conceptuality, hygienic education.

Today, the formation of a culture of a healthy lifestyle in society, the level of health of people, the improvement of the lifestyle and raising a healthy generation do not fall from the agenda. In this process, the tasks of forming healthy life values in the society and preparing young people for family life are gaining importance. In such conditions, the need to develop hygienic culture among young people is increasing. Because readiness for family life is closely related to hygienic culture.

In the context of reforming the educational system and its modernization, the tasks of preparing young people for family life are also emerging. This, along with new approaches to the higher education system, actualizes the tasks of paying special attention to the courses of preparing students for independent life. Therefore, in preparing students for family life, it is important to research the issues of developing their hygienic culture, develop scientific conclusions and suggestions.

This paragraph aims to research the necessity, stages and features of hygienic culture in preparing students for family life. At the same time, it is planned to highlight the

Islamic and national values that promote hygienic culture. For this, first of all, it would be appropriate to consider the meaning of the concept of "preparation for family life".

Family as the smallest but important part of society plays a big role in human life. The degree of socialization of a person, especially young people, the traditional image is initially formed in the family. The consistent social policy of the state is also aimed at ensuring the strengthening of the peaceful life of this country for the well-being of our people. From this point of view, among the aspects of forming a healthy family among young people, the correct understanding of the attitude of young people to family and marriage, to the concept of their role in the modern society, as one of the problems of formation of mental readiness, can be distinguished in the formation of aspects aimed at building a marriage in the future.

The family is an environment and a force that moves development by showing its influence on the current political, socio-economic and cultural-spiritual renewal processes. It is for this reason that all-round mature and strong families are the country's

greatest wealth. Therefore, it is extremely important to prepare young people who are the owners of the future for family life, to teach them the values of family and marriage, to form a healthy family and to provide them with the necessary knowledge to create a healthy environment in the family. Because the stability of family relations ensures the economic and social development of society, and also plays an important role in improving demographic processes.

The stability of families, their achievement of harmony and well-being is determined by the economic and spiritual development of the social system to which it belongs, the moral and moral standards followed in the society, and the content of the state policy. In turn, the moral image of the society depends on the result and effect of the social education organized in families[1]. Therefore, for centuries, in any geographical space and social era, special attention has been paid to the issues of forming new families, establishing family life, organizing children's education, and continuing dynastic traditions.

For this, it is necessary to form a healthy lifestyle in students, to inculcate the values of healthy living, to connect the hygienic culture with the health policy based on national and religious values. In fact, health is not only the absence of disease or physical defects, but also a state of complete physical, mental, and social well-being. First of all, health should be strong, that is, it is necessary to give methodical instructions on how to prevent stress in students of higher educational institutions. A student may need to be able to control themselves during depression and engage in other activities to help them recover from depression.

As for the concept of a healthy lifestyle, a healthy lifestyle is an active action aimed at improving and protecting human health. Healthy nutrition plays a big role in forming a healthy lifestyle and developing a hygienic culture in students. Healthy nutrition is nutrition that ensures human activity, normal growth and development, strengthens his health and helps prevent diseases. In a healthy lifestyle, healthy eating is not about

eating a large amount of food at once, it is necessary to take into account the nutritional content of the food. It is assumed that the food contains enough minerals, proteins, and fats. Each substance affects the student's development negatively or positively. Eating a lot of fats and carbohydrates leads to weight gain.

Today, cleanliness, hygienic culture is one of the basic individual and social values that lead to the socio-economic and cultural development of society in the future. The most important foundation of hygienic culture, which is medical culture, health and healthy lifestyle, is emphasized in the Charter of the World Health Organization, the Ottawa Charter for Health Promotion, and the Bangkok Charter for Health Promotion in a Globalized World [2]. Amina Mohammed, the Deputy Secretary General of the UN, said that the health of the population and its medical culture are directly related to the hygienic culture. He said hygiene has become of great importance in preventing the spread of infectious diseases during the COVID-19 pandemic. In order to accelerate reforms in this field, the Sanitation and Hygiene Fund[3] was established under the UN Office for Project Services on November 17, 2020, which also shows the urgency of the problem. The strategic potential of treating medical culture as a value requires the research of the ideal directions of its development at the world level, by the state, by individuals, and most importantly by the young generation.

In order to develop hygienic culture among students of higher education institutions, it is necessary to organize special seminars, webinars and trainings for them during the month. By following the hygienic culture, we will be able to clearly observe that the mental, mental, and physical activities of the students have developed to a certain extent.

Nowadays, the attention paid to the development of hygienic culture among young people is increasing. The young generation is very susceptible to various influences. In this period of childhood, the conscious personal activity necessary for the development of hygienic culture is perfected. A series aimed at

promoting and forming a healthy lifestyle among the population, strengthening population health and prolonging human life, prevention of infectious and other diseases, harmful habits, physical activity, proper nutrition and work, timely rest, as well as observance of hygienic skills the development of measures and their implementation are of great importance in the life of different groups of the population, especially students.

The reforms carried out on the basis of the principles of social health of the society are aimed at forming a healthy social environment, well-rounded people, and a healthy culture of life in our country. This is done by strengthening people's health and improving their lifestyle. After all, the provision of public health is closely related to the state of the natural environment as well as the social environment. Therefore, human health is the property of the state. Therefore, striving to ensure the state of the social environment by protecting the biosocial health of a person is one of the important tasks of the state. It should also be noted that only physical health cannot be a guarantee of success. If the body is healthy, the soul and mind are unhealthy, it will definitely lead to unfavorable situations. This can have a negative impact on the healthy lifestyle of the community. Improvement of the social environment in terms of physical health and spiritual and moral maturity of a person remains one of the urgent social tasks today [4].

Lifestyle is a way of mastering the living conditions necessary for a person's living and living life based on a certain goal. Lifestyle can be divided into two groups, healthy and unhealthy lifestyle, according to the way a person acquires certain habits, skills and abilities.

A healthy lifestyle should include the following:

- performing daily morning physical training sessions in a sequence of exercises;
- active physical activity, training, physical education and sports;
- intelligent planning of the agenda and always following it; avoid physical and mental exhaustion; proper planning of mental

and physical work based on hygienic requirements;

- proper and quality nutrition;
 - compliance with personal and general hygiene requirements;
 - environmental protection, achieving ecological culture;
 - prevention of infectious diseases, injuries and accidents;
 - receiving proper sex education;
 - compliance with psychohygiene requirements (prevention of excessive nervousness and excitement);
 - not to give in to harmful habits (not to use tobacco products, not to allow alcoholism and drug addiction, etc.).
- Based on these criteria, it is possible to come to the following conclusion: healthy lifestyle is a social phenomenon that ensures the achievement of a high level of health and life activities based on the acquisition of skills that serve to ensure the safety of a person's life and health [5].

Special attention should be paid to the following areas aimed at the development of hygienic culture:

- strengthening the sense of responsibility for family life in young people;
- increasing the social prestige of fatherhood and motherhood;
- strengthening the psychological preparation of young people for family life;
- formation of the right views on the feeling of love, family and marriage relations in young people;
- imparting knowledge about reproductive health and reproductive culture to young people;
- strengthening the institution of the family, family-marriage relations, raising the value of the family among young people, widely promoting the values of family and marriage, preserving social and cultural heritage in the process of generational change.

In conclusion, it will be useful for students to prepare for family life, build a family and raise a healthy generation, to form a hygienic culture, to form hygienic knowledge and skills. For this purpose, it is appropriate to develop hygienic culture in the higher

education system, conduct trainings aimed at family preparation, include science, healthy lifestyle, hygienic culture, sex education and integrate it in interdisciplinary cooperation. It is intended to cover the model of this pedagogical process and innovative educational technology in the following chapters.

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