

SOCIAL NORMS AND PSYCHOLOGICAL FACTORS INFLUENCING THE FORMATION OF A HEALTHY LIFESTYLE IN THE FAMILY

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Anotation: this article reveals the role, significance of social norms that allow you to determine the psychological characteristics of the socio-psychological factors of the formation of a healthy lifestyle in the family.

Keywords: family, healthy lifestyle, social norm, cultural traditions, psychological factor, motivation.

INTRODUCTION

social norms and psychological factors affecting the formation of a healthy lifestyle in the family are very multifaceted and closely related. Let's take a closer look at these factors.

The influence of social norms: social norms, that is, actions, habits and values adopted in society, play an important role in shaping the family's views and attitudes towards a healthy lifestyle.

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General views on a healthy lifestyle: the more common norms in society, such as a healthy lifestyle, for example, eating right, playing sports and giving up harmful habits, the more likely it is in families to follow these norms.

Media influence: the media, especially social networks, play an important role in the formation of social norms by promoting a healthy lifestyle or, conversely, popularizing unhealthy habits.

Cultural traditions and Customs: concepts and practices about healthy lifestyles can differ in different cultures and societies. For example, in some cultures it is more important to have family meals and exercise together, while in others it may be more common to eat and play sports individually. Peer and friend influence: for adolescents and young adults, the behavior and views of peers and friends are very important. If a healthy lifestyle is common among friends and peers, it contributes to the formation of healthy habits even among young people. Influence of psychological factors: the psychological factors that influence the formation of a healthy lifestyle in the family are very diverse, covering many aspects from self-awareness to motivation of family members. Motivation: the presence or absence of motivation to strive for a healthy lifestyle is very important. Influence of psychological factors: the psychological factors that influence the formation of a healthy lifestyle in the family are very diverse, covering many aspects from self-awareness to motivation of family members. Motivation: the presence or absence of motivation to strive for a healthy lifestyle is very important. Motivation can be influenced by factors such as attention to one's own health, self-esteem, desire to achieve a goal, hope for the future. Self-esteem: a high level of self-esteem, helps people pay more attention to

their health. Self-esteem people are more likely to strive to eat healthy, exercise regularly, and give up harmful habits. Self-control and control: self-control and the ability to resist impulses are important to maintain a healthy lifestyle. A high level of self-esteem can help people avoid unhealthy foods, refrain from harmful habits, and engage in regular sports.elf-control and control: self-control and the ability to resist impulses are important to maintain a healthy lifestyle. A high level of self-esteem can help people avoid unhealthy foods, refrain from harmful habits, and engage in regular sports. Stress and stress management: high levels of stress can make people resort to unhealthy habits, such as eating too much sweets or unhealthy foods. Therefore, the ability to manage stress plays an important role in the formation of a healthy lifestyle. Self-confidence: self-confidence is important to change and maintain a healthy lifestyle. Confident people are more eager to change themselves and achieve healthy goals.Intra-family relationships: the interaction, support, cooperation and encouragement of family members to each other, play an important role in the formation of a healthy lifestyle in the family.Psychological problems: depression, anxiety, and other psychological problems can prevent people from paying attention to a healthy lifestyle.ident people are more eager to change themselves and achieve healthy goals.Intra-family rel Interaction: social norms and psychological factors are closely related and interact with each other.Social norms affect psychological factors: norms that support a healthy lifestyle in society can increase the motivation of family members, strengthen self-esteem and increase self-confidence. Psychological factors influence the adoption of social norms: self-respecting, self-confident and self-sufficient people are more willing to accept and adhere to social norms that promote a healthy lifestyle. Mutual strengthening: achieving a healthy lifestyle, in turn, can improve self-esteem, self-confidence and stress management.

LITERATURE ANALYSIS

As we said above, the starting furnace of any upbringing is the family. A person spends the bulk of his childhood in the family, in the care and supervision of his parents.s we said above, the starting furnace of any upbringing is the family. A person spends the bulk of his childhood in the family, in the care and supervision of his parents. The formation of social norm elements such as physical culture it is necessary to start from the day the child came into the world, when the child performs light exercises with his limbs, regularly carrying out conditioning activities using water and air baths, the child gets used to these procedures, enjoys them and eats well, sleeps and grows in moderation. As children gradually grow and their consciousness also develops, one of the main tasks of the parent is to choose toys that are suitable for their age, separate for boys and separate for girls.s children gradually grow and their consciousness also develops, one of the main tasks of the parent is to choose toys that are suitable for their age, separate for boys and separate for girls. In this process, too, the choice of toys for the child is influenced by their physical culture and the choice of toys and games involved in sports, which arouses the child's interest in sports games from an early age. Alternatively, the child's age-appropriate combination of small-to-small exercises, morning Gymnastics, and certain sports or other types of competition games together, routine, implementation, further increases the child's interest in physical education and sports games.lternatively, the child's age-appropriate combination of small-to-small exercises, morning Gymnastics, and certain sports or other types of competition games together, routine, implementation, further increases the child's interest in physical education and sports games. Especially in this regard, the child's Petty successes will pay off even better if they are encouraged, his interest will become a daily social norm, and in the child it will become an integral part of his daily lifestyle. In the second place, it will be

necessary to know every time that the games and exercises that parents are doing are beneficial for the child's body, that he will be a physically strong person in the future. In the second place, it will be necessary to know every time that the games and exercises that parents are doing are beneficial for the child's body, that he will be a physically strong person in the future. Over time, the child begins to independently carry out these exercises, during which the duty of the parent on the first day, by giving the child, creating sufficient and comfortable opportunities in this direction, passing the child's health under the supervision of doctors when moving to another type of exercise, a more severe form, then it will consist of implementation. If from an early age in children similar elements of physical education are formed in the family and then go to kindergarten, it is these skills that are continued according to a certain program, systematized, such social norms develop and improve. If one or the other exercises are performed better than the friends next to them, the child's interest in this direction of Sports will increase even more. It is necessary that caregivers operating in children's institutions do not look at the formation of Physical Culture in children as an event of the second level, superficially. Because children quickly realize such an approach, and they also approach this event superficially, and as a result, physical education may not be formed in their minds as a social norm. One convincing way to shape physical culture in kindergartens is to hold small - to-small competitions and encourage winners among children, which are suitable for their age, physical and mental capabilities. If this event is not carried out, the child does not understand well the final result of Physical Culture. In fact, our goal is precisely to form Physical Culture in the child's mind as an everyday social norm, and although this norm is considered to ensure that he is physically and mentally healthy, children are more interested in his short and fast final results and strive for these successes. As a result, the child's interests in physical education and sports games increase every day, and in the later stages of his life, continuing it, becomes an integral part of his lifestyle, and the main thing is that he himself plays the role of a positive environment for those around him in absorbing physical culture into the minds of others. As a result, the child's interests in physical education and sports games increase every day, and in the later stages of his life, continuing it, becomes an integral part of his lifestyle, and the main thing is that he himself plays the role of a positive environment for those around him in absorbing physical culture into the minds of others. It will be necessary for the child to be supported in the family by these acquired and developed skills into his interests in life, while at the same time providing an opportunity to continue and develop it. When an opportunity is created for the child to be involved in the upcoming sports competitions on sports games in which he is interested and, precisely, to rise to the worldview, the child day by day becomes more interested in this or that type of sport, finally begins to understand its importance for society and, most importantly, for human health. This serves as one of the most fundamental factors in the formation of Physical Culture in a child. In the family, kindergartens, when the above-mentioned activities are carried out according to a plan, when a child reaches school age, his attitude towards physical culture and sports is correctly formed, and in order to successfully continue his activities in this direction at school, he finds an inner opportunity in himself and requires opportunities and conditions from his teachers to Physical education at the school is continued according to a certain plan and in additional circles. Physical education classes at the school are carried out under the guidance of specially trained educators, and this activity of the child is under constant supervision by the school doctor.

RESULTS AND DISCUSSIONS

At present, it is gratifying that, on the initiative of the president of our country, special sports schools, lyceums or sports schools aimed at some type of sport have been established, and today they are successfully functioning. True, the former looked at physical education classes and teachers at secondary levels in schools, today such negative habits were put to an end, attention to physical education classes today was strengthened, the repair and reconstruction of gyms, its provision of sports equipment at the required level is considered at the state level, which is currently worth boasting of its positive results. The former looked at physical education classes and teachers at secondary levels in schools, today such negative habits were put to an end, attention to physical education classes today was strengthened, the repair and reconstruction of gyms, its provision of sports equipment at the required level is considered at the state level, which is currently worth boasting of its positive results. The main task of the end is to, together with the entire public, transform physical culture into a daily social norm in the minds of young people. In this regard, it is desirable and gives a good effect if everyone starts the work first of all from himself. Because the child is primarily interested in what he sees and the process. To fully achieve this goal, it is necessary for each parent, neighborhood activists, educators of children's institutions, secondary and higher educational institutions and labor teams to actively participate. While the medical importance of physical education is demonstrated in practice at the same time as the theoretical explanation to the child, the child will feel the essence of its content well only when he directly perceives and delights in the state of Health and the vitality of the body of sports exercises. The importance of physical education is demonstrated in practice at the same time as the theoretical explanation to the child, the child will feel the essence of its content well only when he directly perceives and delights in the state of Health and the vitality of the body of sports exercises. It is not surprising that it is this process that lies at the heart of the organization of continuous sports competitions among young people in our country, sprouts of hope, harmonious generation and university games. Thus, the child gradually develops physical culture skills. In a child who is regularly engaged in physical education and sports, not only physical and mental intellectual potential grows, but also medical and hygienic skills, the main skills of a healthy lifestyle, are formed in it. In a child who is regularly engaged in physical education and sports, not only physical and mental intellectual potential grows, but also medical and hygienic skills, the main skills of a healthy lifestyle, are formed in it. The child who is engaged in sports, first of all, correctly adheres to it, there are changes in the worldview to the positive, they have more heaviness, pressure, in many cases they always put logic before emotion when entering any process, think Well, the qualities of sensitivity, alertness, dexterity, agility, politeness and hard work are also perfectly formed. The main thing is that they are far from bad habits, such vices as smoking, drinking, drugs, laziness, and, of course, children who belong to this social group grow up to be healthy, energetic, spiritually trigger, individuals with a high level of intellectual potential. So it is necessary that we never forget that a high level of physical culture serves as a guarantee of our health. Physical education should be given to everyone, at all times and everywhere, only then will we be able to form a healthy generation in our country, contributing to great work, more or less. The formation of Physical Culture in each family member means the formation of Physical Culture in this society. Physical education should be given to everyone, at all times and everywhere, only then will we be able to form a healthy generation in our country, contributing to great work, more or less. The formation of Physical Culture in each family member means the formation of Physical Culture in this society. Today, even in the health system, in a period

of gradual formation of market relations, there will be no exaggeration to say that one of the main directions for improving the health of the population will also be the implementation of the formation of Physical Culture in our society. Our people have long revered, glorified, and in a certain sense relied on, and worshipped, people of physical strength. They have always appeared as heroes in fairy tales, epics from folk oral creativity in the image of the shields of the Fatherland. At all times in history, young people were brought up in the image of the heroism and courage of these. It is also not for nothing that the formation of a healthy generation in society from the first day of our country's independence is a priority for all reforms. Healthy offspring refers not only to the absence of some kind of disease or deficiency in the body, but also to the first goal, physical and, moreover, mental, social perfection.

Conclusion

This means that the formation of patronage culture in our country at the same time serves the formation of a physical culture that ensures the health of the population. The legal basis for the development of Physical Culture and sports work in our society has been created. From the first day of independence, one of the main directions for the formation of a healthy generation in society was the implementation of dozens of decrees and decisions aimed at revitalizing physical education and sports work, especially attracting more young people to these events, special state programs were developed, work was carried out aimed at training specialized specialists in this field, and the main thing is that Dozens of special sports schools, lyceums, sports clubs, clubs operate, today Uzbek sports are facing the world and rightfully it is worth proud of the fruits of independence grown from our country, champions of world and international sports games, sports masters, candidates. Dozens of special sports schools, lyceums, sports clubs, clubs operate, today Uzbek sports are facing the world and rightfully it is worth proud of the fruits of independence grown from our country, champions of world and international sports games, sports masters, candidates. The most interesting thing is that there will be no exaggeration if we say that the tennis game that our president launched on their own initiative has become the lifestyle of our young people today. The Dove of Uzbek wrestling has taken its proud place among the sports games of the countries of the world. The world recognized Uzbek boxers. In a word, the role of Physical Culture and sports in strengthening human health is understood today by many in our country.

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