

## **Socio-Psychological Aspects of Healthy Lifestyle**

*M.T. Rustambekova*

*Department of Psychology ASU Senior Lecturer.*

### **ABSTRACT**

A healthy lifestyle is a factor that ensures both physical and psychological development of a person, contributing to the satisfaction of all his social needs, a process that continuously ensures the ability to achieve, fully perform social functions and actively participate in family life and work..

### **ARTICLE INFO**

*Article history:*

**Received** 06 December 2024

**Received** in revised form

28 December 2024

**Accepted** 03 February 2024

**Keywords:** Culture, health, ecology, situation, nature, personality, work, family, mental hygiene, factor, person, psychophysiology, organism, needs, lifestyle, proteins, abilities, humanity, attitude

---

*Hosting by Innovatus Publishing Co. All rights reserved. © 2024*

---

“A healthy person is nature’s greatest creation.” This wisdom encourages people to think, look at their past and reflect on what they have done. Since man is also one of the “products” of nature, his health is directly related to nature. To do this, it is necessary for every person to form the idea that “nature is our space.”

Health is the first and most important need of a person, determining his ability to work and ensuring the harmonious development of a person. This can only be achieved by maintaining a healthy lifestyle.

A healthy lifestyle is a system of physical and spiritual activity aimed at ensuring a decent standard of living for a person in all aspects (health, career, family, free time, friendship, etc.). Resources to help you stay healthy and overcome or reduce problems include healthy lifestyle choices.

A healthy lifestyle is one of the most important biosocial categories, embodying ideas about a certain type (type) of human life. It includes the features of a person’s daily life, his work activity, daily life, ways of using free time, satisfying his material and spiritual needs, participating in public life, norms and rules of behavior. In turn, the main factors that determine a person’s lifestyle include:

- the level of a person’s general culture and education;
- material living conditions;
- gender, age and constitutional characteristics of a person;
- Health status;
- the nature of the ecological habitat;
- characteristics of work activity (occupation);
- features of family relationships and family education;
- human habits;

- ability to satisfy biological and social needs.

Lifestyle is a behavioral characteristic of a person's life, that is, a certain standard (socio-psychological category) to which human psychology and psychophysiology adapt.

The basis of a healthy lifestyle is the choice of lifestyle. A person's lifestyle must correspond to his constitution. The human constitution is a product of the genetic potential of the organism. The constitution is always individual: as many ways of life as there are people. The basic principles of a healthy lifestyle include;

- social: the lifestyle must be aesthetic, moral and strong-willed;
- biological: lifestyle should be age-appropriate, energetic, active and rhythmic.
- Maintaining a healthy lifestyle should include the following:
  - the desire for physical perfection;
  - achieving spiritual and intellectual harmony in life;
  - providing adequate nutrition
  - exclusion from life of self-destructive behavior (smoking, alcoholism, drug addiction, physical inactivity, etc.);

- compliance with personal hygiene rules; hardening the body and cleansing it, etc. **As a system, a way of life consists of three main interconnected and changing elements, three cultures:**

1. food culture;
2. culture of movement;
3. culture of emotions.

Nutrition is one of the important factors on which the health and performance of the body depends, since it performs energetic, plastic, bioregulatory and resistance functions. It ensures the construction and constant renewal of cells, tissues and organs, as well as the creation of biologically active substances that form enzymes and hormones - regulators and catalysts of biochemical processes. The main nutrients necessary for the functioning of the body are proteins, fats, carbohydrates, minerals, vitamins and water. The absence or deficiency of any of them leads to dysfunction of the body.

Proteins serve as material for the formation of most hormones that are part of the structure of cells, tissues and organs, enzymes and compounds that provide the body's immunity against infections.

Human nutrition must meet certain hygienic requirements, be acceptable in quantity (corresponding to energy consumption), balanced and varied. Personal hygiene is important to maintain good health. Failure by a person to observe elements of personal hygiene can affect the health of other people - family members, neighbors, the community in which he is located. Such a person can cause a wide spread of infectious diseases, for example, influenza, catarrh of the upper respiratory tract, dysentery, tuberculosis, etc. One of the requirements of personal hygiene is skin care. Microorganisms (bacteria and fungi) settle in large numbers on dirty skin, which leads to the appearance and development of pustular and fungal diseases. As a result of blockage of the sweat and sebaceous glands, their normal activity is disrupted and skin respiration is reduced. Especially a lot of bacteria accumulate under the nails (about 95% of their total number is on the skin of the hands). Therefore, it is very important to properly care for your nails and thoroughly wash the subungual areas with soap and a brush. Hair care is carried out by washing it with warm soft water and minimally alkaline soap. Personal hygiene rules for oral care include rinsing your mouth after every meal, as well as special dental care. Personal hygiene also includes sexual hygiene and home hygiene. - it is necessary to maintain cleanliness in the house, keep clothes, bed linen, shoes and bed in order, create normal conditions for sleep and rest. Each person determines the components of a healthy lifestyle for himself. The formation of a healthy lifestyle today is a relevant topic for any person - an adult or a child, a schoolchild or a student. Sometimes in a family, parents instill in their children a culture of a healthy lifestyle.

It is necessary to accustom children to the requirements of a healthy lifestyle already in preschool age, since for their physical and psychological development it is very important that the child is raised from an early age based on these requirements. Kindergartens, schools, and the media today are actively involved in promoting a healthy lifestyle and its components: physical education, gymnastics and various diets. There are reasons for this trend. The fact is that modern life requires a person to invest a lot of his work, time and, most importantly, his health to achieve his goals. The situation is aggravated by poor ecology, sedentary working conditions, poor quality products and poor nutrition, harmful radiation from various technologies and many other factors that affect our mental and physical well-being. Each of us has our own physical and mental characteristics, some of which are transmitted to us at the genetic level. Some always remain in good shape without doing any physical exercise or special dietary recommendations, some are not prone to colds and in winter it is impossible to catch an acute respiratory infection, some are able to sleep 4 hours a day and remain calm. stay awake... All these abilities are the exception rather than the rule and are characteristic only of some people. And we can definitely say that there is no ideal healthy person in the world who has all the above benefits. Therefore, it is important for us to know our weaknesses and take all necessary measures to prevent diseases. This is a place for a healthy lifestyle. Using knowledge about healthy lifestyle can be useful to any person in various situations, for example, it allows:

1. Proper upbringing of children (parents, teachers, teachers and educators).
2. Absolutely everyone can live longer and feel better.
3. Don't spoil the health of someone who studies a lot during their undergraduate course and works tirelessly to climb the career ladder at a young age.
4. Organize events and make the right decisions if you are involved in organizing people's time, for example, if you are an employer, director or rector of a university.

It should be noted that the culture of a healthy lifestyle affects the quality of life of any person, which is associated with the ability to achieve longevity, fully perform social functions, and actively participate in family and work activities. social life is community. Many of us sometimes think about how to lead a healthy lifestyle: exercise or eat a moderate and balanced diet. But in most cases, it doesn't come down to promising yourself that you need to change your life starting Monday. These promises can be repeated many times before they become a serious problem that is very difficult to deal with. In order not to expose your body to such situations, you must follow special rules that will help you stay healthy, which you will learn about in the lessons of this course. These rules must be followed purposefully and systematically. To do this, first of all, you need to decide what you want to achieve by leading a healthy lifestyle and set it as a goal. Secondly, you need to be confident in yourself and take action every day to achieve your goal. In maintaining a healthy lifestyle, as in any business, it is very important to develop a routine, habits and self-discipline. One of the important habits is a balanced diet, and the right foods should be taken in the right mode. No less important for health are such components as the correct balance of work and rest, sleep, moderate physical activity, understanding the biological rhythms of your body, etc. However, even a person leading a healthy lifestyle is not immune from all diseases, and therefore it is important to know how to behave in case of illness or injury. To successfully lead a healthy lifestyle, you need to understand your body, learn from your own experience and constantly expand your knowledge. A healthy life also requires completely giving up bad habits that can ruin all your efforts. It should be understood that drinking, smoking, overeating and many other weaknesses only increase the impact on the human body of factors associated with poor ecology, mental and work stress. Our people have always paid attention to a person's healthy lifestyle; it is not for nothing that they express such proverbs as "A healthy body is a healthy mind" and "Health is the key to life," who also expressed their valuable opinion about the positive impact.

### **List of used literature:**

1. Ananyev V.A. Introduction to psychology and health. St. Petersburg, 2008.
2. Averbukh E. S. Disorders of mental activity in late age. – L., 2009.
3. Vasilyeva O.S., Filatov F.R. Psychology of human health. – M., 2011.
4. Karimova. V. N. Health Psychology, Tashkent. 2018
5. Nishonova Z. T. Psychology of ontogenesis. Tashkent, 2005. pp. 23-26.
6. Goziev E.G. Psychology of youth. Tashkent. year 2009
7. Petrovsky K. S. Hygienic diet. - M: Medicine 2005
8. Health psychology \ Textbook for universities \ Under. Ed. G. S., Nikiforova. – St. Petersburg: 2013.
9. Health psychology. \ G.S.Nikiforov, V.A.Ananyev, I.N.Gurvich. - St. Petersburg; 2010
10. [www.psychology.net.ru](http://www.psychology.net.ru).