



**ATTENTION TO LEISURE AND SPORTS IN SHAPING THE VALUES OF A HEALTHY  
LIFESTYLE**

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**Annotation**

Based on the title of this article, one can say that the place and significance of national values in the process of globalization changes mainly according to the requirements and necessity of the health system, they may lose their value or be consistent with other values.

**Keywords:** development, globalization, page, society, multinational, harmony, health, talent, post-industrial, layer, negligence, value.

**INTRODUCTION**

In recent years, improving the quality and efficiency of the education system in the country, the formation of modern knowledge and skills among kindergarteners, schoolchildren and students, ensuring close cooperation and integration between education systems and science, continuity and continuity of education and popularization of physical culture and sports. Consistent work is being done to create the necessary conditions and infrastructure for the promotion of a healthy lifestyle, especially among young people, to ensure the country's worthy participation in international sports arenas.

At the same time, the existence of a number of systemic problems and shortcomings in the organization of physical culture and sports hinders the effective implementation of state policy in this area and the full use of the country's existing sports potential.

Many sociologists (especially those who represent the idea of positivism) admit that science, whether we like it or not, has to take into account the requirements of world development. To do this, empirical research needs to study the characteristics of social phenomena. One of them is globalization.

Is globalization a necessary process globally? Is the participation of existing societies on earth mandatory? Similar questions are raised as a topical issue in global and local media pages or in many scientific conferences. Most of the answers will end with the emergence of globalization, whether we like it or not, as the most important international economic, social and political ideology in the 21st century. Of course, this is a mandatory phenomenon of our time. But it is also possible not to participate in it in order to preserve one's identity and purity, as long as the society becomes closed. But it remains poverty or semi-poverty, a lack of information, and some degree of human suffering.

J. Stiglitz, the winner of the International Nobel Prize, writes in his book "Globalization: Concerns": "What benefits a nation will experience from the process of globalization will largely depend on the performance of the national government. Many believe that increasing the role of the state in the process of a market economy is a leading idea. They do not want to take into account one thing, "the law of market relations itself puts the solution of all social problems in its place. The state should be



responsible for solving problems such as inequality, unemployment and environmental pollution. ”[1] This is one side of the issue.

The other side of the coin is that many experts see globalization as often serving the interests of the world's leading financial and economic powers. Whereas in the past the borders of existing states were divided according to the legal order and rules of governments focused on economic and political situations, today its fate is increasingly dependent on global economic processes.

It is known that the global economy is currently developing rapidly. The G8 states (actually the Big Seven) are the main executors of this process. Because under their control are international institutions that decide the world economy. These are the International Monetary Fund (IMF), the World Bank (WB) and the World Trade Organization (WTO). Therefore, we need to assess globalization not only as a techno-economic situation, but also as a socio-political situation. According to the 2004 issue of the journal Sociological Research, the fact that "transnational corporations (TNCs) and multinational corporations (MNCs) in these developed countries control 70% of all international trade and 30% of production" 1 in itself leads to various inequalities. as highlighted.

From the point of view of the subject, the role and importance of national values in the globalization process will change, lose its significance or merge with another value, mainly depending on the demands and needs of the health system. Ali Ahmad, an Iranian writer, analyzes this in his book Westernism on the categories of “producer” and “consumer”: “In the world, the two poles are opposed to each other - the first creates, manufactures and sells machines; the other uses, consumes, and studies his documents as he goes. Therefore, the first is the “creator” and the second is the “consumer”. Today, as the West is a producer, the East is a consumer, it is difficult to maintain the purity of national values no matter what the effort. So far, only Japan has achieved this. ” [2] While the advantage of some development is that it naturally brings the health care system to the highest level there, in poorer countries, on the contrary, health care lags behind due to lack of necessary funds. It should be noted that the medical and sports system is a subsidy institution that requires the largest investment from the budget system of any state.

The positive and negative aspects of the health system in globalization are reflected in the following. 1). The professional participation of today's young and experienced intellectual citizens of any country in English-speaking activities and industries enhances the ability to master modern medicine. 2). However, a good category of specialists is being taken to advanced countries.

It is becoming increasingly clear that the globalization of the world today does not take place within a single region or pole. The reasons for this are not only economic inequality, geopolitical situation, but also the diversity of cultures, the existence of several ethnic groups and religions, the differences in the mentality and psychology of people. Another American researcher, S. Huntington, says that in the process of globalization, there is a clash of civilizations. In his view, "the emergence and formation of globalization in different parts of the world are traces of the expansion of the West, or more precisely of Christian civilization, and its values and institutions are far from equal in the presence of other cultural traditions and systems." 1 Russian expert Yu. Yakovets, on the other hand, said that “the growing risk of clashes between civilizations is limited to the development of strategies and mechanisms



for various roundtables for cooperation and partnership between civilizations and states, unable to find a way to save themselves. This is ultimately tantamount to human suicide.”<sup>2</sup> But F. Fukuyama, one of the theorists of globalization, states: “... I believe that the historical development of human society is directed towards democratic forms of government, but I need to accelerate this process. I do not think so, especially through the use of military force and interference in the internal affairs of other states.” But F. Fukuyama believes in his works that sooner or later the whole world will voluntarily accept the Western model of governance as a historical process. In fact, the onslaught of similar informational and theoretical ideas has also begun to have a drastic impact on human health.

In the 1960s, a group of sociologists began to proclaim that a techno-structural process had begun in society. Technological representatives are an association of people with a variety of technical knowledge, experience and skills that are in great demand in modern industry and planning. According to sociologist JK Gelbright, “almost all decision-making processes are divided at the expense of techno-structural, which has special advantages.” He goes on to write that “the state has become nothing more than an executive committee of techno-structure.” However, this does not mean that the state is losing its status. Only now the state has to radically change its governing function. This is the main problem in many traditional societies today. That is, the state structure is still unable to get rid of traditional management stereotypes, or it is difficult for it to abandon this situation. That is why the transformation of national values (the transition from one form to another) in the process of globalization is causing controversy here. Because it is the representatives of the intellectual potential who are the “heroes” of post-industrial society, creating a single system of values in globalization.

Futurologist-sociologist D. Bell writes in his book “The Coming Postindustrial Society”: “In a postindustrial society, power is no longer based on private property, but on knowledge. Scientists, engineers and technicians take the stage as the leading class; leading positions are occupied by intellectual organizations (universities, research institutes, industrial laboratories). The economy is primarily based on services, not material goods.

Political decisions are based solely on rational-technical considerations, which means that “ideology is over”. Now imagine for yourself that while the value system is struggling with modern systems on the basis of zeal, we are no longer individual health. Maybe we shouldn’t worry about community health. People reach a general consensus (resolving contentious issues and disputes by consensus) in a relationship of social values, while experts adapt to systematic analysis and decision-making based on rational methods. In short, we have an era of professional managers and technocrats.” It is no secret that today the era of post-industrial society reigns in developed countries. That is why these societies are increasingly attracting talented researchers and experts from all over the world. This further accelerates the transformation of national values on the basis of their scientific and creative activity. In fact, the leading participants in the information age are actually people from the intellectual layer.

The first buds of a conscious attitude to work are formed in the family. The family, which is a specific criterion of the socio-emotional state of society, is tasked with inculcating in the minds of young people not only national traditions and customs, moral norms, but also the values that are an important element of the spirituality of our people.



At present, children under the age of 15 make up about 10 million people in Uzbekistan, or 41% of the country's population. Such a demographic composition of the population requires special attention to the issues of labor education of young people, their vocational training and future employment.

The example of parents and the centuries-old traditions of ancestors play an important role in the formation of work skills. In the family, as the child learns the mother tongue, he acquires national customs and traditions, including labor traditions, and under the direct influence of the parent, a certain attitude to labor is formed. As a child grows up knowing that the tasks he is initially given are necessary, he begins to value them. In this case, the coordination of work skills with the internal capabilities of the family plays an important role in the full realization of the child's abilities. The internal capacity of the family means, first of all, the clear goals of the family members, their future goals, the conscious attitude to work in the upbringing of children, the development of factors in accordance with the family environment.

It should be noted that there is a certain difference between rural and urban in this regard. For example, in a rural family, the child acquires basic labor skills before going to school, such as tending livestock, cleaning the yard, planting trees, building a house, growing crops in a warm room, and participating in field work.

Ensuring that every citizen develops a strong immune system against the disease through regular physical activity and mass sports and the formation of life skills for a healthy lifestyle, the elimination of harmful habits, adherence to the principles of proper nutrition, rehabilitation and rehabilitation and systematic physical activity and effective organization, appropriate infrastructure and other necessary conditions are being created in this regard.

The role of the family in making the right choice, such as realizing a child's talents, abilities, and interests, is invaluable. If a child is not given the right direction, he or she will blindly pursue a profession he or she does not like, resulting in a loss of interest in work, decreased social activity, and inability to compete in the labor market in the future. This means that the solution to the problem of youth employment should start from the family threshold.

The current changes in the world, including the process of globalization, require a new approach to the education of family labor. In Japan, for example, a perfect system of inculcating national traditions and values, including work skills, in the minds of young people has been formed. That is why there are many family shops, art clinics, small restaurants and thousands of family businesses in the country. Because all members of the family are involved in the family business from an early age, and the traditions in this area are passed down from generation to generation. As a result, the best labor values of the nation have been preserved in Japanese families. Japanese young people study, get married, and try not to burden their parents in family life, mainly with the money they earn.

One of the peculiarities of the mentality of our people is the high level of duty and responsibility of parents to their children. For example, most parents consider it their duty to educate and employ their children, to marry, to house them, and even to raise their grandchildren. This sometimes hinders the formation of our children's ability to think freely, independently, to feel responsible, to evaluate any situation correctly and rationally.



It is observed that the child's choice of a particular profession is decided by the strong will of the parents. In such cases, neither the child's interests, nor aspirations, nor abilities are often taken into account. As a result, a highly educated "challasavod" specialist does not know his job well, is indifferent to the work assigned to him, is dissatisfied with his work and even causes social and psychological protests. This, in scientific terms, leads to the beginning of a process of alienation from labor, which causes great harm to both young people and society.

At the same time, the protection of the interests and labor rights of young people in our country is guaranteed by our legislation. In particular, the forced use of children in the labor market is prohibited in Uzbekistan. According to the Labor Code of the Republic of Uzbekistan, which came into force on April 1, 1996, only adolescents over the age of sixteen are allowed to work full-time. In this sense, parents should also take a sensible approach to involving their children in field and other work-related work, taking into account their contributions and other interests. The belief that a child's bones are hardened in labor is also to be used wisely.

Sociological research conducted in our country confirms that there are serious problems in the upbringing of children, especially in the formation of their labor skills. According to available data, intellectuals living in different regions communicate with their children for 10-15 minutes a day. This is a sign that the parents do not pay enough attention to the upbringing of their children, do not know their interests clearly, do not have information about their peers and peers, in short, the child is left to his own devices. Naturally, such negligence can lead to them going down the wrong path, falling under the influence of criminal groups and fanatics.

The effectiveness of labor education in the family also depends on the strength of its cooperation with the school. After all, if the family forms the basis of the child's individual characteristics and qualities, the school should help to develop and realize his abilities and talents. If labor education in school is not in line with family labor traditions, the educational process can be disrupted. For example, some parents do not always support their child's participation in school hashars or landscaping. On the contrary, a positive effect in the process of sports education can be achieved only if the goals of parents and school administration in this regard are common.

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