



## **PERSONALITY: WELLNESS AND SPIRITUAL EDUCATION**

Zarifa Muminova

Samarkand Branch of the Tashkent University of Information Technologies

### **Annotation:**

Well-being is based on a healthy lifestyle. Only by following the requirements of a healthy lifestyle can a person heal himself both physically and mentally. A healthy lifestyle means spiritual education based on universal and national values, the ability to refrain from bad habits, to prepare the ground for spiritual healing based on strengthening and improving the body.

**Keywords:** healing, spirituality, physical healing, healthy lifestyle, moral values, spiritual healing, rules of ecological culture.

Wellness is a complex type of activity associated with the protection and promotion of health, the prevention of various diseases, as well as the formation of healthy lifestyle habits in people. As we know, health improvement involves protecting not only the physical existence of people, but also their spiritual existence, as well as developing their ability to cope with external influences. That is, health improvement is a set of measures aimed at developing internal stability and protection in the entire existence of people. The ultimate goal of the healing process is to educate people who are physically healthy, free from harmful influences, vices, aspiring and spiritually alert. Wellness processes are a generalization of actions that combine multifaceted measures, organized by the state and society in close cooperation [1].

Human existence embodies three types of reality: physical (material), spiritual (mental, moral) and social (both material and spiritual). The physical existence of a person is the material existence of a person, his body, organism, vital organs and vital functions that exist only in a certain space and time. The spiritual existence of a person is a complex world that embodies human thinking, worldview, morality, beliefs and the spiritual world. The social existence of a person is his or her social existence that exists in society together with people in connection [2]. The problem of healing is inherent in all three forms of human existence. We will analyze each of them separately.

Physical recovery is a complex of tasks aimed at achieving and maintaining the health of the human body based on strengthening the health of the human body, endurance, resistance to external influences, proper nutrition and active physical activity. Physical recovery is the foundation of a person's spiritual and social well-being. Because a healthy and energetic person has a high probability of spiritual renewal, the ability to feel confident in social relationships, and the development of healthy thinking skills. The proverb "A healthy mind in a healthy body", which is widespread among many nations, reflects this philosophy.

Physical recovery is based on the formation of a healthy lifestyle. "A healthy lifestyle is a social phenomenon that ensures the implementation of life activities based on the acquisition of skills to ensure human health and safety, as well as to achieve a high level of physical health" [6]. A healthy lifestyle is a lifestyle based on the active mastery of human living conditions, a physically active lifestyle,



adherence to a rational agenda, exercise, high-grade and high-quality nutrition, clothing and keeping the body clean, adherence to the rules of hygiene and ecological culture, spiritual education based on universal and national values, the ability to refrain from bad habits.

Goals and objectives of a healthy lifestyle:

- ✓ acquire theoretical knowledge and practical skills to eliminate factors that negatively affect human life and health [7];
- ✓ strict adherence to the agenda;
- ✓ regular exercise, organization of active physical activity and regular sports;
- ✓ careful assimilation of information about the nature and importance of proper nutrition and their use in practice;
- ✓ determination of responsibility for personal health;
- ✓ environmental protection, rules of ecological culture [4];
- ✓ the ability to prevent various injuries and accidents;
- ✓ ensuring that there are no incentives for the development of negative habits (smoking, drug and alcohol use);
- ✓ correct education of the rules of personal hygiene and their observance;
- ✓ organization of theoretical and practical classes on the formation of immunity against various diseases, etc.

A healthy lifestyle, environment, freedom, creative thinking are different aspects of an inseparable whole process, and the relationship and interaction between them constantly ensures the integrity of this process. A healthy lifestyle is the desire to have high qualities in a person spiritually, mentally, spiritually and physically [3]. The most important goal of any society is to develop the ability of young people of the next generation to live in harmony with sports, correctly and adequately explaining that physical culture and sports are used for a healthy lifestyle. Only a healthy generation can build a healthy nation - a healthy state and a healthy lifestyle. The way of life of people is organized in a certain environment, and on the basis of their thinking, content is formed, stabilized and a certain direction is acquired. Only when new spiritual foundations are created, the level of health of the lifestyle will be improved and qualitatively increased [9].

However, this process is controversial and the proportion of lifestyle-forming interactions varies, sometimes the influence of the environment on the lifestyle may also be unfounded. In such cases, the foundations of a healthy lifestyle are violated, and the level of recovery in the process of self-determination cannot reflect its essence. The basis of rationality lies in human thinking. When a person's thinking is highly developed, he or she will be able to timely understand the negative consequences of the environment and overcome these consequences. This ensures the development of the lifestyle. This is where the second type of healing, spiritual healing, comes into play.

Spiritual healing is an influence on the consciousness and thinking of an individual, on the system of moral values formed on this basis, on the basis of the highest human qualities, the principles of mankind, which have been formed and improved over the centuries, and the historical experience of mankind. Spiritual healing refers to a person's lifestyle and spiritual system:



- moral values - fostering a sense of conscience, duty, faith, responsibility, devotion, honesty, patriotism and humanity;
- cultivate moral qualities - patience, compassion, tolerance;
- moral position - the ability to distinguish between good and evil, struggle with various difficulties arising in life and overcoming them, fostering perseverance in the way of life;
- moral behavior - to show the above in the process of behavior or to make the above aspects a criterion for their activities.

At this stage, we must distinguish between spiritual education and spiritual healing. The process of spiritual education is the primary and initial stage of activity, manifested in the education of the individual. That is, this is the main form of activity aimed at socialization and spiritualization of the individual. It would be wrong to say that spiritual healing is the goal of spiritual education. In the process of spiritual education, spiritual healing takes place. Spiritual recovery should be the main and priority goal of the process of human upbringing. In the human spiritual system, lifestyle and thinking are inextricably linked. Although the way of life is a broader concept than the style of thinking, the way of life of a person is shaped by thinking. For this reason, a healthy education system is critical to ensure the development of healthy thinking in humans [5].

In general, human education has a broader meaning than the education of thinking. Cultivating thinking is an important, special aspect of human education. Since thinking is an important factor in deciding on a healthy lifestyle, healthy thinking is an important expression of human existence as a whole, the main condition for the formation of other forms and manifestations of health in it. True humanity, hard work, generosity and tolerance, self-awareness, self-education, self-sacrifice, hard work and initiative in the interests of truth and people are the basic principles of healthy upbringing [8].

In conclusion, it must be said that when deciding on a healthy education system, the correct organization of the process of spiritual education, we can understand that the necessary sequence, scientific, national, historical in education is a complex, systematic manifestation. In this sense, healthy parenting means a humanistic nature and a sublime form of parenting. Its high form is, first of all, a form consistent with the interests of the Motherland and the people. We can say without hesitation that the system of spiritual education is a really healthy system of education. Its main principles are humanity, discipline, a sense of responsibility and commitment.

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