

THE ROLE OF AESTHETIC VALUES IN FORMING A HEALTHY LIFESTYLE IN YOUNG PEOPLE

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ABSTRACT

The article analyzes the role and importance of aesthetic values in the formation of a healthy lifestyle in young people. The issues of formation of spiritual, moral, artistic culture in young people. The issues of formation of spiritual, moral, artistic culture in young people, their creativity, aesthetic taste and the impact of aesthetic culture on the formation of a healthy lifestyle were considered. Social-legal, spiritual-ethical, aesthetic-cultural aspects and factors of a healthy lifestyle are focused on the spiritual maturity of young people.

KEYWORDS: *Formation Of A Healthy Lifestyle In Young People, Aesthetic Values, Youth Education, Spiritual, Moral, Artistic Culture, Youth Creativity, Aesthetic-Cultural Influences On A Healthy Lifestyle Factors.*

INTRODUCTION

In establishing a democratic legal state and civil society in Uzbekistan, it is important to decide on a healthy lifestyle for young people, to develop their aesthetic consciousness and culture. The formation of a sense of national pride and national pride in young people begins with the realization of a person's national identity. National pride and pride is formed by a person knowing the history of his country, preserving the cultural heritage and aesthetic values of his people, and further enriching them. Formation of spiritual, artistic and moral culture in young people, awareness of national identity, restoration of historical memory, development of feelings of national pride and pride, education of them as perfect human beings with high spirituality is important. Creativity, aesthetic taste and aesthetic culture in young people are important in forming a healthy lifestyle in them. A healthy lifestyle is a way of life of a person formed in certain socio-legal, spiritual-ethical, physical-spiritual, aesthetic-cultural conditions, culture of interaction, behavior, outlook, and behavior. A healthy way of life forms the capabilities of a person, brings it to life, determines the specific social activity of each person in direct connection with the life of society. The aesthetic consciousness and culture of young people is developed on the basis of various theories, views, artistic education and upbringing depending on social reality, nature, and art. Aesthetics develops the artistic taste of young people, instills in them a love for beauty, and helps to form a healthy lifestyle.

Young people who are familiar with art will have a higher attitude to life, respect for national traditions and universal values, - says President Shavkat Mirziyoyev, - And I believe that they will be able to save the world from spiritual decline, and will appear as a generation that glorifies mutual harmony and unity¹.

Goal 75 of the Decree of the President of the Republic of Uzbekistan Shavkat Mirziyoev "On the Development Strategy of New Uzbekistan for 2022-2026" is called the development of visual and applied art and design trends, raising the artistic and aesthetic taste of the population, and for this purpose - visual and applied art of Uzbekistan such tasks as popularization at the international level, improvement of the system of training of mature specialists in the fields of fine and applied art and design are defined.²

In Uzbekistan, great attention is being paid to the issue of raising a healthy and mature generation, realizing the creative and intellectual potential of young people, bringing them to adulthood as individuals with a broad worldview, possessing worldly knowledge, morally, aesthetically, politically, and legally. A healthy lifestyle has an impact on healthy relationships between people in the process of renewal in Uzbekistan. Healthy lifestyle is a concept that embodies the philosophy of lifestyle, the policy of the state on the formation of a healthy lifestyle, the legal and moral foundations of a healthy lifestyle, pedagogy, psychology, sociological culture, ethics and aesthetics of a healthy lifestyle.

In the life of the society, people's historical and cultural experience is accumulated and passed from generation to generation due to the spiritual heritage, traditions and customs of the people. At the same time, cultural traditions also include factors such as ideas and knowledge, values, views and imaginations, norms of behavior and taste, etc., which are passed from generation to generation, historically settled and become a component of social consciousness.

There are a number of types of values in cultural development, which are directly related to people's aesthetic consciousness, culture and activities. These are: 1. Values related to the material environment in which a person lives. 2. Moral values manifested in traditions, customs and ceremonies. 3. Values manifested in labor skills and skills, knowledge and experiences, abilities and talents formed on the basis of human intellectual perception and practical activity. 4. Values manifested in relationships based on community, cooperation, goodwill, and solidarity between people. 5. Values related to people's age, profession, gender and racial characteristics.³

According to J.Ya. Yakshlikov and N.E. Muhammadiyev, "Aesthetics" in our daily life is often understood as a set of qualities such as color and shape of objects and events, perfection, proportion, elegance. In science, the word "aesthetics" is defined as a category, that is, a philosophical concept that reflects the aspects of beauty, grandeur, and heroism in things and events in the objective world, a set of aesthetic relations of a person to reality.⁴

The phrase "philosophy of beauty" is more appropriate to the essence of this science, - says Abdulla Sher, - because it studies not only beauty in art, but also beauty in people, society and nature. Besides beauty, there are many other concepts such as grandeur, tragedy, fun, wonder, imagination, harmony, tenderness, which are also the responsibility of the science of aesthetics. But at this point, it should not be forgotten that, on the one hand, beauty participates as an element in each of these concepts, and on the other hand, they themselves act as an element in relation to beauty. It is the manifestation of this connection in reality that we call sophistication.⁵

Aesthetics encourages a person to understand reality on the basis of the laws of beauty and sophistication during his life and conduct his activities in this way, - says OtabekGaybullaev, - Our ideas, thoughts, understandings, imaginations about the world find their place in society with their aesthetic significance. On this basis, each person has a unique and suitable unique and colorful world of sophistication. People's understanding of the essence of beauty in life is realized in social relations with each other, in friendship, in showing one's positive aspects through work, and in thirst for knowledge.⁶

Aesthetics as a science studies the reflection of reality on the basis of beauty, the feelings of beauty and coolness in all spheres of human activity, especially the general laws of artistic creation, - says Erkin Umarov, - We understand beauty and coolness in reality in different ways. Our aesthetic views, ideas, and assessments are relative, and it is the duty of aesthetics to evaluate them objectively.⁷

Aesthetics is important in the formation of a healthy lifestyle in the life of society, and the given definitions focus on the social essence of aesthetics. In the explanatory dictionary of the main concepts of aesthetics, saying "Aesthetics is the science of beauty" does not mean the original essence. On the contrary, aesthetics as a comprehensive science: a) a set of phenomena that seeks to know the essence of feelings of beauty related to a specific reality; b) a form of consciousness based on emotional perception of existence; c) a type of human activity aimed at understanding and feeling the truth, knowing and analyzing values. Aesthetics is a science with a subject, object and scope of research. Essentially, all values related to the appearance of a person and the perception of reality can be the subject of aesthetics. In particular, nature and its aesthetic features, art and its expression in artistic images, creative process and its laws, society and its development principles serve as the subject of aesthetics.⁸

In the encyclopedic dictionary of philosophy, - Aesthetics (from Greek - feeling, emotional education) - a philosophical science that studies the specific aspects of the value relationship between man and the world and the field of artistic activity of people. The term "aesthetics" was coined by the German philosopher A. Baumgarten put it into scientific circulation. The expressions philosophy of beauty, philosophy of art, philosophy of artistic creation have been used as synonyms of aesthetics. In later times, the term aesthetics or the philosophy of sophistication also came to mean aesthetics.⁹

Today, systematic work is being carried out in Uzbekistan on the issue of raising young people to be physically healthy, wide-minded, ethical, aesthetic, political, and legal.

As the President of Uzbekistan Shavkat Mirziyoyev noted, - At the moment, we have very important tasks in the field of culture to fight against ignorance with enlightenment, to teach our youth to understand real art, to form their aesthetic world on a healthy basis.¹⁰

In Uzbekistan, great attention is paid to educating young people in the spirit of our national values and traditions. Attention is being paid to understanding the national identity of our people, studying our ancient history, and preserving the cultural heritage left by our ancestors. The territory of Uzbekistan has long been famous for its culture, literature and unique art. Our nation has created its own stage of development, its own way of life, its own philosophy and its own culture during its centuries-old history. By raising the aesthetic consciousness and culture of

young people, it will be possible to form their aesthetic taste and aspirations for high aesthetic ideals, and to make them decide on a healthy lifestyle.

A healthy lifestyle requires each of our compatriots to rely on the complex of truth, to develop intelligence, to deeply and consciously understand science, knowledge, philosophy of life, the experience of ancestors, the requirements of the times, to develop the lifestyle and meaning of life in the way of humanity, and to follow moral qualities on all fronts. Moral maturity strengthens faith and action in a person. Raises the honor of humanity. This process is conscious living and leads to happiness. It serves to find a healthy way of life, to humanize and improve the health of the society.

When educating young people on the basis of a healthy lifestyle based on aesthetic values, attention is paid to the following.

Educating young people as patriotic citizens of the Republic of Uzbekistan based on national and universal values, preparing young people to seriously fulfill their civic duty to the Motherland, increasing the responsibility of young people to master the profession perfectly, forming and developing unique individual qualities of young people as individuals. Wide promotion of social activity, initiative, respect for study and profession and a sense of social responsibility to young people, development of their socio-political and legal awareness and expansion of critical and analytical thinking skills. Formation of immunity against negative diseases in young people, meaningful organization of their free time, and directing them to scientific and creative activities based on their interests, improving spiritual-ethical, aesthetic and educational work among young people.

To develop a healthy lifestyle among young people, to raise the reading culture of young people in their aesthetic upbringing, to widely promote the best examples of our national literature and world literature, to pay attention to the use of foreign languages, computer technologies and Internet resources at all stages of the education system, to meaningfully organize the free time of young people taking into account their comments and suggestions, developing concrete and targeted programs of measures, systematic organization of outreach to various circles, including children's music and art, children-teenagers sports schools.

Educating young people from a high moral, aesthetic, political, and legal point of view, protecting them from ideological threats and establishing a high level of spirituality in society step by step. Preparing young people for an independent life, increasing the social activity of the population, strengthening public control over youth education, and effectively implementing tasks in the field of ensuring peace and tranquility in society. Improving the pedagogical culture of parents and further strengthening the implementation of the concept of "family-neighborhood-educational institution" cooperation in the education of the mature generation.

Implementation of complex measures aimed at expanding the scope of use of educational, cultural, art and sports institutions aimed at improving the culture and quality of life of young people. Raising the spiritual-moral, religious-educational, cultural level of young people and their constantly growing intellectual, aesthetic and provision of cultural needs, spiritual and educational heritage, customs and to further expand the work of preservation and promotion of values.

To further expand, strengthen, and ensure the educational effectiveness of promoting aesthetic consciousness and culture, healthy lifestyle among young people. Establishing an effective propaganda system aimed at strengthening the ideological immunity of young people against foreign ideas, raising the legal culture, and strengthening citizens' respect for the law and intolerance to criminal situations.

Family, educational system, labor institution and local institute in promoting kindness, compassion, kindness and courage, honesty and piety, conscientiousness, integrity and harmony, selflessness, patriotism, nobility and other virtues among young people and developing spiritual and educational work. further expansion of cooperation.

Educational, spiritual, moral and aesthetic training of young people, implementation of measures aimed at increasing their social activity. Focusing on promoting spiritual and national values, customs, traditions, traditions and rituals among the youth.

The issue of raising a healthy generation in Uzbekistan is one of the most important issues in state policy. Education of physically healthy, highly spiritual young people united on the basis of a single national idea is carried out on the basis of a healthy lifestyle, and in this process great attention is paid to the issue of national identity awareness, restoration of historical memory, and raising feelings of national pride and pride.

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