

The Effect of Healing Process on the Aesthetic Consciousness of the Individual

Barakaeva Gavkhar Lukmonovna

Researcher of SamSU

ABSTRACT: It would not be wrong to say that health improvement is the aestheticization of people's lifestyle. We can analyze the healing process as an aesthetic phenomenon. Because the healing process embodies aesthetic aspects. "Today, it is necessary to educate young people on the basis of healthy ideology, criteria of national education, to approach their ideological-political, labor and aesthetic education from the point of view of the ideas of national development. It is worth noting that a healthy social-spiritual environment in the family for a child is a source of universal and national values.

KEYWORD: Health, aesthetics, process, healthy ideology, national ideology, aesthetic education, aesthetic attitude.

Introduction

It would not be wrong to say that health improvement is the aestheticization of people's lifestyle. We can analyze the healing process as an aesthetic phenomenon. Because the healing process embodies aesthetic aspects. "Today, it is necessary to educate young people on the basis of healthy ideology, criteria of national education, to approach their ideological-political, labor and aesthetic education from the point of view of the ideas of national development. It is worth noting that a healthy social-spiritual environment in the family for a child is a source of universal and national values.

In Uzbek families based on eastern values and morals, the importance of family honor above their own personal well-being, the priority of taking care of relatives and close people, neighbors is a high-level value, which serves to connect the family with the external environment and ensure its stability.

In general, a healthy generation is, first of all, a healthy generation, a generation with a strong faith, a healthy mind, an educated spirituality, a brave and courageous generation. Only a healthy nation and a healthy generation can build a great state." A country whose children are healthy will be powerful, and the children of a powerful country will be healthy."

It should be said that the healing process is carried out in an individual and public form. Individual healing is carried out based on the physical, mental and spiritual characteristics of each individual.

This process continues from the moment the child is born in the mother's womb until the last day of his life. All the mother's work for the healthy birth of the fetus, taking various vitamin complexes, eating healthy, doing physical exercises and trying to protect her mental state from various stresses, is the first stage of the child's health activities.

The health care process is under the control of the state and society after the birth of the child. Immunization (vaccination) carried out with the birth of a child and carried out systematically can be a clear manifestation of individual and public health.

Abdurauf Fitrat, one of the great representatives of the last century, writes in his work "Family or family management procedures": "The fate of the nation depends on the state of the family in which the representatives of this nation lived... Where the family relationship is based on strong discipline, the country and the nation are stronger and more orderly." will be."

The healing process is the ultimate goal of the educational process. The continuous education system in the Republic of Uzbekistan envisages the realization of the goal of full health. Continuous education, which covers the system of higher education starting from pre-school education, assumes the task of comprehensively improving the health of the individual.

Among the systematic activities aimed at the physical health of the young generation, healthy and vigorous growth, physical education classes are included in the mandatory agenda starting from preschool educational institutions, physical education classes at the school level are held continuously in all classes, and additional sports clubs are operating free of charge in each neighborhood. the creation of the opportunity to use sports clubs and football fields for free is a practical example of our state's policy in the field of physical health of the young generation.

Three-stage sports competitions, "Sprouts of Hope", "Barkamol Avlod Oyinlari" and "Universiade", which serve as a foundation for international sports achievements of the Republic of Uzbekistan, which is developing in all respects today, play an extremely important role in publicizing the health of the society.

It is of great importance to increase knowledge of physical culture and Olympic education, to follow a healthy lifestyle in the field of physical education and sports, in life, in production. The main task is to involve a large segment of the population in physical culture and sports, to promote Olympic education, values, and principles, and in the implementation of such tasks, physical culture training, Olympic education, forms and methods are of great importance.

Olympism is not only a social phenomenon, but also a doctrine that aims at the all-round development of a modern person based on the values of physical education and sports.

A group of our athletes and coaches were awarded with the highest awards of our country for their achievements in the Olympic Games and their contribution to increasing the prestige and prestige of our country on an international scale, to the formation of feelings of love and loyalty to the country in the minds of the young generation, and to the training of talented young athletes in our country. Among them, "Pride of Uzbekistan" Abdulla Tangriev and Ekaterina Khalko, who received the honorary title.

The necessity of the issue of sanitization is becoming extremely important even in the ideological sphere today. Because the ongoing struggles in the ideological sphere require not to allow indifference in this sphere. So what is a healthy ideology? "A healthy ideology is a form of ideology based on the principle of the priority of humanity, based on a system of noble and constructive ideas." Issues of forming a healthy ideology are extremely important in improving the health of the individual and society.

Because ideology, a healthy ideology serves as a basis for the priority of creativity, honesty, patriotism, goodness, humanitarian aspects in human activity. Any society and state should pay special attention to issues of ideological rehabilitation in the system of activities aimed at improving the health of the society.

List of used literature:

1. Decree of the President of the Republic of Uzbekistan "On measures to fundamentally improve the state management system in the field of physical education and sports", 2018
2. Annotated dictionary of main concepts of spirituality T, 2013
3. Philosophical encyclopedic dictionary. Moscow: Gardariki, 2004
4. A. Baumgarten. Aesthetics. Perevod M.M. Pozdnev, V.L. Ivanov. Moscow: EINAI, 2012.
5. G. Skirbeck. History of philosophy. Tashkent: 2000.
6. Carl Jung. Human and ego symbols. Moscow. Luch, 2017.
7. F. Dostoevsky. Unijennye i oscarblennye. Moscow: Nauka. 2005.
8. F. Dostoevsky. Bednye Lyudi. Spr: IESN, 2007.
9. G. Skirbeck. History of philosophy. Tashkent: 2000.
10. Aesthetics. A. Sher. B. Khusanov. Tashkent: 2010.