

THE ROLE OF THE FAMILY IN GROWING A HEALTHY GENERATION

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Annotation. *The family has always been a place built on certain warm feelings, mutual affection and love. In the family, which is an integral part of society, it is necessary to instill in the hearts such national characteristics as mutual respect, love, diligence, honesty, patience, honesty, modesty, modesty. Children who grow up in this environment have the right to grow both physically and spiritually, as well as to be the creators and heirs of a brighter future for our society.*

This article highlights the factors that require great attention in the upbringing of a healthy generation, the role of parents in raising a mature, healthy and harmoniously developed generation, the relationship between spouses, the stability of a healthy family environment, especially the role of women in the family and other educational issues.

Keywords: *family, healthy generation, society, upbringing, harmonious, social, human, factor, lifestyle, parent, child, science and technology, science, education, interrelation, respect, future.*

The family, which is the foundation of society, is a factor that ensures the continuity of generations, the transmission of values, customs and traditions of the rich spiritual heritage of our people from generation to generation.

Bringing up a healthy generation is to build basis of a great state and a prosperous life. Bringing up a healthy generation has two aspects – bringing up a physically healthy and perfect generation. For a person to be spiritually mature, he must first be physically healthy. It is simple, but it is a factor in the future development of our society.

Human health is the most important among social values. The problem of health is one of the indicators of socio-economic development of the country, which is inextricably linked with the specificity of ecological, economic and social genetic well-being, the level of science and technology and culture of the population. The most important challenge facing humanity is a healthy lifestyle, that is, the ability of older people to lead a humane and harmonious life, to live a regular life, to help form a new generation of physically healthy, mentally fit, to work, relax and socialize. is a socially rational lifestyle problem. A healthy lifestyle is associated with strengthening the family, a person's standard of living, health, mood, aspirations, confidence, daily changes in the level of socio-economic and spiritual development of society, and most importantly, measures to ensure the effectiveness of educating the younger generation [1,2,3,4,5].

A healthy environment in the family is the stabilization of lifestyle, harmonious upbringing of children, increasing civic responsibility in fulfilling the educational and social needs of the family. Harmony in the family, mutual respect, affection, etc., create a spiritual atmosphere between parents and children, have a positive impact on their development. Mutual agreement, the father's love for children and the mother is an example of a highly moral human relationship, which fills the child's heart with good feelings, nurtures a sincere attitude. Family upbringing is also important because it is based on the parents' love for their children and the children's deep love for their parents, and it differs from other upbringing.

With the emergence of each family, a "family-family member", as well as a "family-society" relationship is formed, and it becomes an objective necessity to manage this relationship with certain rules of morality, customs and traditions. No one and nothing can be equal to a family in raising a pure and virtuous person. The family is one of the most important signs of lifestyle, and through them it is possible to make a moral assessment of the family's way of life.

The relationship between a couple is a part of moral relationship, and the parental relationship is a purely moral one. The most favorable conditions for the upbringing of the new generation are created in the family. Therefore, the essence of the moral relationship in the family is to preserve and strengthen the family, to create opportunities for the upbringing of perfect children.

There are three sacred sources in the life of every nation, the first of which is bread- to be full and healthy, the second is a book to be enlightened and to continue the history of generations, and the third - woman to keep the bond of life unbroken. Not only a woman the successor of generations and the link of life, she is a great person who has contributed to the material and spiritual development of society for centuries. During the years of independence, a lot has been done to maintain the prestige of our women in society. The Women's Committee of Uzbekistan was established on March 1, 1991 with the aim of active participation of women in the ongoing socio-political and democratic processes in the country, the spiritual and educational upbringing of women [6,7,8,9].

We can see the active participation of women in the political life of our society, in the management of the state and society, in the field of culture, science and public education. But one of the main responsibilities of a woman is to give birth and bring up members of society.

The role of woman in the family, the level of equality of the couple in the family, can be the basis for determining the moral level of the family. The participation of woman in the family in the storage and purchase of family funds strengthens their equality, further enhances the culture of family life. The development of a culture of family relations also depends on the attitude of the woman in the family as a mother, a friend, a housewife. If we pay attention to the fact that women are engaged in the upbringing of children, we will see that the harmonious upbringing of young people depends on their place in society and the family, their knowledge, spiritual and cultural level. Equality of a couple fully reflects the upbringing of children, the family's relationship with society. If the spiritual level of the couple in the family is rich, it is beneficial both for the family and for the society. Only healthy parents give birth to healthy children.

A healthy generation is first formed in the family. In this case, the role of the woman, that is, the mother, is unique. The well-being of the family, the high level of spirituality, depend mainly on women. A woman sets an example in the family with her spiritual and moral purity, thrift, and zeal. Therefore, special attention should be paid to the status of woman in the family. One of the main responsibilities of a woman is to give birth and bring up members of society. The second most important task of every woman is to be an educator. A woman who does not have a certain level of cultural and educational level cannot bring up children well so that they can grow up harmoniously, which means that a healthy lifestyle in the family is not at the required level. Striving for spirituality, culture, raising the cultural level is a socio-national obligation. The great state of the future needs enlightened, highly spiritual, cultured, educated citizens. Only enlightened mothers can bring up such people. At a time when raising a healthy generation and ensuring the stability of families is an urgent issue, we must first of all pay more attention to the physical and spiritual health of our women and girls, prepare our youth for independent marriage and livelihood. In addition, in order to bring up young people in the family physically and spiritually, parents are responsible for regularly enriching their spirituality, so that their children have a full understanding of the history, culture, literature and art, architecture of their country. For this purpose, it is expedient to make effective use of the oral

heritage of the people, inherited from our ancestors, as well as modern educational practices. A healthy family is the backbone of our society, which raises physically healthy, spiritually rich, harmoniously developed children.

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