MEASURES TO IMPROVE THE LIFE OF THE POPULATION OF THE NEW UZBEKISTAN

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Abstract: The article discusses issues related to socio-economic life due to the influence of the LIFESTYLE developing as a result of the economic reforms being carried out in New Uzbekistan. Lifestyle is understood as a complex picture of human behavior and activities formed in the process of historical development. Customs based on a specific historical development process are repeated over time. They, in turn, give rise to actions, habits, and a character of life that have become necessary. At the same time, considerations and proposals are given on the problems of the human factor and lifestyle.

Keywords: human factor, lifestyle, healthy and unhealthy lifestyle, lifestyle, education, standard of living, development strategy, five initiatives.

Аннотация: В статье рассматриваются вопросы, связанные с социально-экономической жизнью, обусловленные влиянием ОБРАЗА ЖИЗНИ, формирующегося в результате экономических реформ, проводимых в новом Узбекистане. Образ жизни понимается как сложная картина поведения и деятельности человека, сформированная в процессе исторического развития. Обычаи, основанные на конкретном процессе исторического развития, повторяются во времени. Они, в свою очередь, порождают действия, привычки и характер жизни, которые стали необходимыми. При этом излагаются соображения и предложения по проблемам человеческого фактора и образа жизни.

Ключевые слова: человеческий фактор, образ жизни, здоровый и нездоровый образ жизни, образ жизни, образование, уровень жизни, стратегия развития, пять инициатив.

Annotatsiya: Maqolada Yangi O‘zbekistonda amalga oshirilgan iqtisodiy islohotlar natijasida shakllangan HAYoT TARZI ta’sirida shartlangan ijtimoiy-iqtisodiy hayotga oid masalalar ko‘rib chiqiladi. Hayot tarzi deganda tarixiy taraqqiyot jarayonida shakllangan inson xulq-atvori va faoliyatining murakkab manzarasi tushuniladi. Muayyan tarixiy rivojlanish jarayoniga asoslangan odatlar vaqt o'tishi bilan takrorlanadi. Ular, o'z navbatida, zaruratga aylangan xatti-harakatlar, odatlar va hayot xarakterini keltirib chiqaradi. Shu bilan birga, inson omili va turmush tarzi muammolari yuzasidan fikr-mulohazalar va takliflar bildirilgan.

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Kalit so'zlar: inson omili, turmush tarzi, sog'lom va nosog'lom turmush tarzi, turmush tarzi, ta'lim, turmush darajasi, rivojlanish strategiyasi, beshta tashabbus.

Introduction

According to modern data, a healthy lifestyle is a broad concept that includes productive social labor, meaningful and useful leisure, physical education and sports, physical training, personal hygiene, rational nutrition, abstinence from harmful habits, annual medical check-ups, and many other components. Societies living on Earth are usually distinguished by their different lifestyles. Today, we witness people living in different lifestyles in societies based on traditional economies, market economies, administrative-command economies, and mixed economies. With the development of science and technology, lifestyles in progressive societies are becoming criteria for development. A healthy lifestyle in these countries is becoming one of the main factors of socio-economic development. That is why scientists are paying increasing attention to the issues of the lifestyle of the population and a healthy lifestyle.

Review of literature on the topic. To date, a wide range of literature devoted to the issues of the lifestyle and well-being of the population can be found. S. Zainutdinov “Interrelation of labor force reproduction and lifestyle”, Atakhanov R. S., Akhunov M. A. “Karakalpaks of Fergana: in the past and present”, Komilov N. “A perfect person is the future of the nation”, M. Mahkamov, K. Sodikov “Let's create a healthy generation”, A. O. Obidov, Yu. V. Novikov “Health is in our hands”, V. M. Shapiro, L. N. Bashmakova, G. U. Kurmaknova “Healthy lifestyle” monographs, books, manuals and scientific articles cover topics related to the issues of the lifestyle of the population. Such sources inspired the writing of this article.

Research methodology. In the preparation of the recommended article, methods such as dialectic, analysis and synthesis, abstraction, historicity and logic, and statistical observation, which are usually used in the study of economic issues, were used.

Analysis and results. In Uzbekistan, “a new Uzbekistan is being formed as a result of our large-scale measures for the political, social and economic modernization of society”[1]. In Uzbekistan, a legal democratic state and civil society based on a market economy are being built, in which the implementation of the simple and fair principle of “human interests above all else” is of paramount importance. In the modernizing Uzbekistan, the lifestyle and way of life of people are changing dramatically as a result of the implementation of large-scale reforms in society ifestyle is a broad concept that refers to the activities of a person associated with the birth and life of a person. Lifestyle is a concept that has meaning

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in the way a person connects his life with livelihood. A person creates his own value through his lifestyle and lifestyle, becomes a person who benefits or harms society. From this point of view, lifestyle and lifestyle create the conditions for the formation and development of human capital. Lifestyle (condition) is inherent in his own historical socio-economic relations, the form and content of a person's individual and collective life, and characterizes such features as his behavior, communication, and mentality. Lifestyle is the formation of a person's existence in the world, manifested in human activities, interests, hobbies, beliefs, married and unmarried life. Lifestyle is a form of life activity that is closely related to the forms of social activity of people and the conditions of social activity. The main parameters of lifestyle are labor (education, upbringing of the younger generation), everyday life, socio-economic, political, religious and cultural activities of people, as well as various behavioral habits and external manifestations. A person's lifestyle is a key factor in determining his health, well-being and the level of average life expectancy.

Lifestyle, as a rule, manifests itself in healthy and unhealthy forms. An unhealthy lifestyle is a lifestyle that encroaches on a person's life, is manifested in relationships that are associated with drugs, alcohol, tobacco products, and lead to family and social unrest. A healthy lifestyle is a philosophical concept that deeply expresses the scope of the material and aesthetic diversity of the real life activities of society, social groups, neighborhoods, families and individuals, leading a person to a prosperous and prosperous life. A healthy lifestyle is a state of harmony at all levels, that is, the internal environment - physical, mental, spiritual, as well as the external environment - with all that is. On the basis of a healthy lifestyle, it is necessary to strengthen a person's aspirations for perfection, and on this basis to form modern thinking about the source of strength and power of a prosperous society. Clusters, which combine various sectors in a single chain in the economy, are rapidly entering our way of life, strengthening internal and external integration between sectors and sectors and raising innovative thinking to a new level in an innovative environment.

The beginning of independence is a reality associated with the implementation of strategic tasks of the transition period of our country from an administrative-command system to a legal democratic state and civil society based on a market economy. During the transition period from 1991 to 2016, our people carried out wide-ranging reforms in the political, economic-social, legal, spiritual-cultural spheres, overcoming difficult difficulties from totalitarianism to democratic development. The work carried out in these conditions required a high level of activity, patriotism, faith in the future, and great effort from our people.

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The state youth policy in Uzbekistan, which has been renewed since 2016, has reached its highest level. The formation of entrepreneurial abilities and employment of young people by raising a physically and spiritually healthy, intellectually mature generation has become an urgent issue.

At a new stage of our country's development, the Decree of the President of the Republic of Uzbekistan No. PF-4947 dated February 7, 2017 “On the Strategy of Actions for the Further Development of the Republic of Uzbekistan” has determined the priority areas for the development of all spheres of state and social life in our country and is leading to revolutionary changes in the lifestyle of our people. The main directions of the Strategy of Actions on the five priority areas of further development of the Republic of Uzbekistan in 2017-2021 are as follows:

1. Improving state and social construction.
2. Ensuring the rule of law and further reforming the judicial and legal system.
3. Further development and liberalization of the economy.
4. Development of the social sphere.

Ensuring security, interethnic harmony and religious tolerance, conducting a well-thought-out, mutually beneficial and practical foreign policy [2]. All of the directions set out in the Action Strategy are specific sections of changes aimed at further deepening broad-based reforms and fundamental innovations in our country. The Action Strategy is being implemented in five stages and is changing people's lifestyles. In Uzbekistan, 5 important initiatives put forward by our President Mirziyoyev to further increase attention to our youth, widely involve them in culture, art, physical education and sports, form skills in using information technologies in young people, promote reading among our country's youth, increase women's employment, strengthen the spiritual immunity of our youth, and spend their free time meaningfully have become a major step towards improving the lifestyle of our society. The first initiative serves to increase the interest of young people in music, painting, literature, theater and other types of art, and to reveal their talents. The second initiative is aimed at physical training of young people and creation of necessary conditions for them to demonstrate their abilities in the field of sports. The third initiative is aimed at organizing the effective use of computer technologies and the Internet among the population and young people. The fourth initiative is aimed at organizing systematic activities to raise the spirituality of young people and widely promote reading among them. The fifth initiative addresses issues of providing employment to women. These 5 initiatives have been strengthened by the support of the wider community and have begun to make a significant contribution to the development of human capital in the life and lifestyle of society. Based on the Resolution of the President of the Republic of

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Uzbekistan "On additional measures for the implementation of the "Prosperous Village" and "Prosperous Mahalla" programs", the development of the road and transport infrastructure, engineering and communication networks, and social sphere facilities of the regions through the consistent continuation of the implementation of the "Prosperous Village" and "Prosperous Mahalla" programs, and on this basis, the further improvement of the well-being and standard of living of the population, is leading to positive changes in the lifestyle of our society[3]. Today, deep reforms are being implemented in all spheres in our country. The goal of them is to build a democratic state and a just society in which the implementation of the simple and clear principle "Human interests are above all else" is of paramount importance[4].

In the book “Strategy of the New Uzbekistan” by our President Sh. Mirziyoyev, he emphasized that “First of all, the person, his rights and happiness should be the primary goal of state policy and the activities of all state bodies. The construction of society and state policy should be based on this idea and be organized on the principle of “The State is for Man”” [pages 5-67].

Conclusions and suggestions. The New Uzbekistan Development Strategy, adopted for 2022-2026, is developed within the framework of seven directions and one hundred goals, and the 12 goals and 42 tasks set in the first direction are of great importance in building a people's state that serves to glorify human dignity and create prosperous living conditions for the population. [Pages 6-67]. That is why our country is creating broad conditions for enriching the lifestyle of our people with positive qualities.

In conclusion, the revolutionary reforms being carried out in our country indicate that the influence of lifestyle on the development of man and the human factor is increasing in the process of development of our New Uzbekistan. By improving the lifestyle of our people, they are becoming the basis for expanding the opportunities for improving human development. Such changes are expanding the opportunities for our people to live a prosperous life in the development of our society.

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