FORMATION OF LIFESTYLE IN NEW UZBEKISTAN AND ITS ROLE IN SOCIETY DEVELOPMENT

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Annotatsiya: Maqolada Yangi O'zbekistonda amalga oshirilayotgan iqtisodiy islohotlar natijasida rivojlanayotgan TURMUSH tarzining ta'siri sababli ijtimoiy – iqtisodiy hayot bilan bog'liq masalalar to'g'risida so'z boradi. Shu bilan birga, inson omili va turmush tarzi muammolari bo'yicha mulohazalar va takliflar berilgan.

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

Abstract: The article discusses issues related to socio-economic life due to the impact of the developing LIFESTYLE as a result of economic reforms in New Uzbekistan. 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, education, standard of living, development strategy, five initiatives

Аннотация: В статье говорится о проблемах, связанных с социально-экономической жизнью, обусловленных влиянием образа жизни, складывающегося в результате экономических реформ, реализуемых в Новом Узбекистане. При этом даются комментарии и предложения по человеческому фактору и проблемам образа жизни.

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

INTRODUCTION.

According to current data, a healthy lifestyle is a broad concept that includes productive social work, meaningful and useful leisure, physical education and sports, strengthening the body, observing personal hygiene, rational nutrition, refraining from harmful habits, undergoing an annual medical examination, 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. Lifestyles in advanced, science-

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technical societies are becoming the 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 increasingly paying attention to the issues of the lifestyle of the population, healthy lifestyle.

Review of literature on the topic. To date, literature devoted to the issues of the lifestyle and well-being of the population can be found on a large scale. S. Zainutdinov "Interrelation of the production of labor force and the image of life", Atakhanov R. S., Akhunov M.A. "Karakalpaks of Fergana: in the past and present", Komilov N. "Perfect man - the future of the nation", M. Makhamov, K Sodikov "Create a harmonious generation", A O. Obidov, Yu.V. Novikov "Health is in our hands", V.M. Shapiro, L.N. Bashmakova, G.U. Kurmaknova "Healthy image of life" monographs, books, manuals and scientific articles cover topics devoted to the issues of the lifestyle of the population. Such sources inspired me to write this article.

Research methodology. In preparing the proposed article, methods such as dialectics, analysis and synthesis, abstraction, historicism and logic, and statistical observation, which are usually used in the study of economic issues, were used.

Analysis and results. The world community, recognizing the successful implementation of a number of reforms being implemented in our country and the revolutionary changes in foreign policy, is talking about "New Uzbekistan". 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 renewing Uzbekistan, the lifestyle and way of life of people are changing dramatically as a result of the implementation of large-scale reforms in society.

Lifestyle is a broad concept that refers to the activities associated with the birth and life of a person. Lifestyle is a concept that has meaning in the way a person connects his life with livelihood. A person creates his own dignity with his lifestyle and lifestyle, becomes a person who benefits or harms society. From this point of view, lifestyle and lifestyle create conditions for the formation and development of human capital. Lifestyle (condition) is inherent in specific 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, which is manifested in human activities, interests, hobbies, beliefs, married and single life. Lifestyle is a concentrated, embodied form of life activity, closely related to the

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conditions of social activity of people. 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 life expectancy.

At a new stage in the development of our country, 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 areas of the Strategy of Actions for the 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 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 the directions set out in the Action Strategy are specific sections of changes aimed at further deepening broad-based reforms and fundamental renewal 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 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 young people's interest in music, painting, literature, theater and other types of art, to reveal their talents. The second initiative is aimed at creating the necessary conditions for physical training of young people and demonstrating their abilities in sports. The third initiative is aimed at organizing the effective use of computer technologies and the Internet among students and young people. The fourth initiative is aimed at organizing systematic work to raise the spirituality of young people and widely promote reading among them. The fifth initiative addresses issues of employment for women. These 5 initiatives have received broad public support and have begun to make a significant contribution to the development of human capital in society and in the way of life.

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Promoting a healthy lifestyle in the new Uzbekistan is one of the important directions of state policy. Large-scale work is being carried out to develop sports and physical education among the population, form a culture of healthy eating, and strengthen medical preventive measures. The increase in mass sports events, the construction of sports facilities for youth, along with strengthening human health, promotes an active lifestyle in society.

Reforms in the education system are an important factor in developing a lifestyle. A person with modern knowledge and skills is active in society and consciously organizes his life. At the same time, spiritual values, national traditions, and family upbringing remain the basis of the lifestyle of society.

There are also some problems in the process of developing a lifestyle. In particular, issues such as the differences between urban and rural areas, environmental problems, and a sedentary lifestyle remain relevant. An integrated approach and public participation are important in solving these problems.

In general, these reforms serve to improve the quality of life of society, create equal access to health care and education services, as well as adapt people's lifestyle to modern standards.

The reforms carried out in the field of education also have a direct impact on the development of lifestyles. The expansion of the scope of preschool education, the increase in the number of higher education institutions, and modern approaches aimed at improving the quality of education serve to develop human capital. Scientific sources emphasize that educated and qualified individuals form an active lifestyle in society.

Also, the reforms being implemented to support employment and entrepreneurship are expanding the population's sources of income and increasing their economic independence. Through the development of small businesses and private entrepreneurship, the population is gaining the opportunity to become self-employed, which leads to an increase in living standards.

The introduction of digital technologies is also one of the important features of a modern lifestyle. Electronic government services, distance learning and digital health systems are facilitating everyday life and increasing the social activity of the population.

Conclusions and proposals. In conclusion, the development of lifestyle in New Uzbekistan is an important indicator of social development. The quality of life of the population is significantly improving through the reforms carried out by the state, the promotion of a healthy lifestyle, the development of education and digital technologies. Consistent continuation of these processes will serve to build a stable and prosperous society.

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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 comfortable living conditions for the population. [Pages 6-67]. That is why in our country, broad conditions are being created to enrich the lifestyle of our people with positive qualities.

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