

## THE ROLE AND IMPORTANCE OF THE PSYCHOLOGICAL ENVIRONMENT IN FORMING A HEALTHY LIFESTYLE

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**Abstract:** *The article analyzes the socio-psychological importance of a healthy psychological environment in the development of a healthy lifestyle in the family. In addition, the article examines the psychological protection mechanisms of husband and wife relations in the formation of a healthy environment in the family.*

**Key words:** *healthy lifestyle, health, perceptions, family psychology, physically healthy, mentally healthy, social environment, healthy psychological environment.*

Development of a healthy lifestyle is one of the urgent issues of today. Developing a healthy lifestyle in the family, which is the smallest unit of society, is of great importance. But we face certain obstacles in the development of a healthy lifestyle in the family. A clear example of this is the fact that harmful habits have become an integral part of our daily life. In order to eliminate these situations, the President's decree "On measures for the wide implementation of a healthy lifestyle and further development of mass sports" states: to follow the principles of proper nutrition, in particular, not to consume excessive amounts of salt, sugar and fat, as well as doughy food and sweets, bread products, in a word, today's era demands that we need to make a healthy lifestyle into our daily life.

Ensuring that every citizen develops a strong immune system against diseases by regularly engaging in physical education and mass sports and forming life skills for a healthy lifestyle, abandoning harmful habits, in order to follow the principles of nutrition, restore and rehabilitate and organize mass physical activity activities in a systematic and effective manner, in order to create appropriate infrastructure and other necessary conditions in this regard:

✓ 1. The following should be defined as the main directions of wide implementation of healthy lifestyle and further development of mass sports:

✓ creating conditions for physical education and mass sports in every family, neighborhood and district (city), in pre-school, general secondary, secondary special, professional and higher educational institutions and other organizations; regularly holding sports competitions between families, classes, labor teams and regions for the development of mass sports;

creating conditions that ensure the satisfaction of the needs of different groups of the population for healthy nutrition, reducing the consumption of doughy food and sweets, bread products with a high content of salt, sugar and fat, and

harmful habits , in particular, reducing the incidence of disease, overweight (obesity) and premature death by abstaining from alcohol and tobacco consumption;

widespread promotion of a healthy eating culture among the population, including giving up irregular and late bedtime eating habits;

compliance with sanitary-hygiene rules as an integral part of a healthy lifestyle at the level of families, neighborhoods, pre-school education and general education institutions

promotion;

Formation of a modern material and technical base for physical training and sports in pre-school education, general education, secondary special, professional and higher education institutions, enterprises, organizations and all other types of institutions." [1] Currently, a lot of research is being done on the question of how harmful habits affect the psychological development of the family. These studies show that non-observance of a healthy lifestyle in families or the intensification of this problem is mainly caused by the breakdown of the psychological environment between the spouses in the family.

The main content of family relationships is carefully considered in the foundations of medical psychology and healthy lifestyle, ... G. Selye's stress and adaptation syndrome, Z. Freud's psychosomatic medicine and psychoanalytical teachings, as well as Neo-Hippocratic view of health , ... is developing. [2]

The establishment of normal healthy family relationships depends on protective mechanisms. A defense mechanism is a means of preventing mental disorders in a person. However, the defense mechanisms are not the same. On the one hand, they stabilize, that is, establish a person's relationship with himself, on the other hand, they can destroy relationships with the outside world.

Defense mechanisms are psychological strategies by which a person avoids or reduces negative situations such as frustration, conflict, anxiety, and stress. The family and its relationships are always under external psychological influence. Currently, we can take the following psychological protection measures to create a healthy psychological environment in families:

- organization through healthy lifestyle, physical activity;
- national education based on our rich historical traditions and values;
- Internet culture in educating the intellectual generation, information consumption culture in family relationships;
- psychohygiene, through supervision;
- development of information and psychological immunity of young people.

Coping with negative feelings of a person and maintaining a person's self-esteem is very important in creating a healthy environment in the family.

Analysis of factors of family well-being leads to the fact that an attempt to select a complete list of psychological factors of people of different gender, age, social and professional affiliation may fail.

Therefore, we can list the most important factors of family well-being below:

Psychological compatibility of spouses (family members in general);

People who create a family seek to satisfy a set of needs

Failure in marriage is largely determined by mistakes in choosing a partner: the selected person does not actually have personal characteristics or a combination of his psychophysiological characteristics, views and values. It is very important that the husband and wife are compatible with each other in terms of biological and moral factors that reflect different political, cultural, and psychological views of education.

Healthy relationships in the family also depend on the level of satisfaction of the individual, and this depends on the fulfillment of family tasks to a certain extent.

At the current stage of human development, the following can be listed among the main tasks of the modern family:

- economical,
- Reproductive,
- educational,
- recreational,
- communicative,
- Regulatory (management),
- Such as felicitological. [3]

It is difficult to effectively convey family relations based on equality and mutual understanding to the younger generation. "Today's young people reach sexual maturity at the age of 12-13, and in most cases, after 7-8 years, that is, girls are 19-20 years old, and boys are 21-22 years old. At this time, they are neither economically, nor socially, nor psychologically ready for family life." [4]

A family should live in harmony with mutual respect, but by now, the number of marriage divorces in 2021 in our Republic was more than 39,000 family divorces. When researching the reasons for marriage divorces by the scientific-practical center "Republika "Family", in most cases it is in the first place mutual disagreements of spouses, incompatibility of character, jealousy, betrayal, daughter-in-law and mother-in-law. and other close relatives not going out, a man's indulgence in harmful habits (drinking, drugs, etc.), financial difficulties (mainly the husband's inability to work, inability to manage an independent family), in-laws' disagreements after the wedding, husband's absence will be recorded." [4] "In the Fergana region, when the reasons for the breakdown of families were studied, childlessness in 647 cases, betrayal in 46 cases, not living together for a long time in 170 cases, family disagreements in 2,698 cases, interference of a third party in family relations in 311 cases, and in the remaining cases the lack of readiness of

our youth to build a family, It was found out that neglect of health, young men's failure to consider it their duty to manage the family, provide material support, raise children mentally and physically healthy, and girls' lack of understanding of the duties of housewives and mothers, in most cases due to conflicts between mother-in-law and daughter-in-law."[5]

In conclusion, the creation of a healthy psychological environment in the family is of great importance in the development of a healthy lifestyle. A healthy psychological environment is formed on the basis of psychological maturity and social readiness between husband and wife. The impact of a healthy lifestyle on the family environment is also significant. Because if every member of the family follows a healthy lifestyle, eats properly, plays sports, these processes cause psychosomatic changes in them. That is, their adherence to a healthy lifestyle improves their mental and psychological condition. A healthy lifestyle affects the socio-psychological change of the family environment. A healthy relationship starts with a healthy lifestyle. These situations have a great impact on social and psychological processes in the family. The socio-psychological importance of a healthy psychological environment in the development of a healthy lifestyle in the family depends on the synchronous organization of these processes.

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