

Methodology of Inclusion of Healthy Lifestyle Skills in Adolescents with Deviant Behavior

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Abstract

In the world, researches focused on specific general laws of social society, normative procedures related to human activity, life norms, principles of life and compliance of society members with social norm requirements are being carried out on a large scale. In this regard, it is important to develop social programs that provide comprehensive measures to prevent crime and delinquency among young people in leading basic educational institutions and scientific research centers. Therefore, pedagogical and psychological negative factors in the process of education and training of adolescents in the process of combating the formation of deviant behavior in the pedagogical (pedagogical), legal (legal), socio-economic (socio-economic), and health care (health) priority tasks should be determined and implemented. the issue of elimination remains relevant.

Keywords: comprehensive, educational institutions, pedagogical, human activity, society, global scale, framework aimed.

INTRODUCTION

On a global scale, the process of activity aimed at preventing crime and delinquency among teenagers is considered as one of the main factors of social, economic and spiritual-educational development of society. The maturation and professional development of each adolescent is a complex process, which may be accompanied by specific difficulties and deviations, internal contradictions, and inability to adapt to various situations in social life. For this reason, it is of great importance to acquire and develop healthy lifestyle skills among teenagers. It is of particular importance to improve and popularize the content of educational and methodical works aimed at maintaining and strengthening the health of adolescents, mainly in extracurricular activities and activities, and finding practical solutions to these problems.

The purpose of the reforms implemented in all spheres of the social life of our country is to ensure human dignity and its interests, security and well-being. The President of the Republic of Uzbekistan stated at the 72nd session of the United Nations General Assembly that the idea of violence should be prevented among the youth of the world and their rights and interests should be prevented. , a multilateral cooperation initiative was put forward from the nations of the world for the social protection of life. This justifies the fact that defining the rights of young people in a single standard and protecting them is an important condition in the era of globalization and information technology development. To do this, it is necessary to improve the current methods of protecting young people from attacks of mass culture, educating them with the help of healthy **lifestyle skills, and** forming healthy lifestyle skills in deviant teenagers.

PF-5106 of the President of the Republic of Uzbekistan dated July 5, 2017 "On improving the effectiveness of state policy on youth and supporting the activities of the Youth Union of

Uzbekistan", dated June 30, 2020 "Reforming the state policy on youth in the Republic of Uzbekistan and bringing it to a new level" PF-6017 dated January 28, 2022, "On the development strategy of New Uzbekistan for 2022-2026" No. Resolution No. 5153 of the Cabinet of Ministers of the Republic of Uzbekistan "On the approval of the concept of development of youth policy in Uzbekistan until 2025" dated January 18, 2021 No. 23 and other regulatory and legal documents related to this field This research work serves to a certain extent in the implementation of tasks.

On September 14, 2016, the law "On State Policy Regarding Youth" was adopted in our country. This law serves to protect the interests of young people and create appropriate opportunities for them to occupy a worthy place in our society. But today, the current era, which is rapidly changing, requires the improvement of the work in this field, the further improvement of the legal framework aimed at ensuring the interests and protection of the rights of young people, and on this basis opening up new opportunities for our young people.

In his speech at the 72nd session of the United Nations General Assembly held in New York, USA on September 19, 2017, the President of the Republic of Uzbekistan Shavkat Mirmonovich Mirziyoev proposed to adopt the "Convention on the Rights of Youth" at the UN platform, taking into account that we are currently living with the largest group of young people in the history of mankind. did Based on this, the President pointed out that the number of young people is increasing by two billion, international terrorism and extremism are growing rapidly, and the need for protection of young people is an important factor. The President said that it is necessary to prevent the spread of the idea of violence among the youth of the world, and for the social protection of their rights and interests, the nations of the world are asked to initiate multilateral cooperation.

It was emphasized that defining the rights of young people and protecting them is an important condition of the era of globalization and information technology development. "Also, the member states that have signed this convention should consider the issue of youth as an important direction in the country's social policy and fulfill their great responsibilities." Protecting young people from mass culture attacks, educating them with the help of healthy lifestyle skills are important tasks.

In the next five years, investments allocated to the scientific and professional development of young people, health, expansion of economic opportunities, development of technology and innovations will create a foundation for having a "demographic dividend", that is, for the country to achieve high economic development in a short period of time.

The implementation of strategic tasks aimed at increasing the effectiveness of the youth policy in the country for the near and long term has a significant impact on ensuring stability, peace and prosperity in Uzbekistan.

For the first time in the history of our country, the Youth Forum of Uzbekistan was held on December 25, 2020 with the participation of the President of the Republic of Uzbekistan. At the forum attended by more than 30,000 young people, the Head of State communicated with young people and supported their ideas, proposals and initiatives.

Based on these tasks, the Concept defined the strategic goals, priorities, five-year tasks for the development of the state youth policy, as well as the national model for the implementation of the youth policy, and became the programming for the development of sector-specific programs and comprehensive measures.

The concept is based on the main principle of "Working for the interests of young people" defined in the "Youth - 2030" strategy of the United Nations.

The concept is based on the discussions, suggestions and recommendations of the Chambers of the Oliy Majlis of the Republic of Uzbekistan, Youth Parliaments, Youth Commission, youth organizations, national and foreign experts on youth policy, international organizations, state

bodies, civil society institutions, active youth and other representatives of wide scientific circles and the public. Was developed.

A number of studies on the formation of a healthy lifestyle in adolescents have been identified in the analysis of the work carried out in foreign countries and independent commonwealth states, for example, if a special course called "Education of human social health" is implemented in the education system of Great Britain with the development of the program, the CIS countries, including , in the Russian Federation today, attention is being paid to the in-depth study of the sciences of acmeology and valeology. In the Republics of Kazakhstan and Kyrgyzstan, the issue of forming STT (healthy lifestyle) among students is being solved by the introduction of valeology training course into the general secondary education school curriculum.

Based on the purpose of our research and the tasks set before us, we studied some of the reasons that have a direct negative impact on a healthy lifestyle among teenagers and explained them as factors of an unhealthy lifestyle as follows:

1. Internet access to various sites that have a negative effect on moral education (military games, access to various ectermist sites, viewing films and photos that have a negative effect on spiritual and moral education) is considered one of the negative factors that cause the derailment of a primary healthy lifestyle.
2. Excessive use of cellular communication tools - negatively affects the nervous system, memory loss and damage to nerve fibers; a direct negative impact on the vision analyzer will cause a decrease in visual acuity and cause eye diseases.
3. Drinking alcohol; smoking tobacco, tobacco, drugs - has a negative effect on the functioning of the digestive, respiratory, circulatory systems and causes chronic diseases. Most of the reasons for entering such a path are the parents' indifference to the upbringing of the child or fulfilling the child's wishes too much, starting to earn money easily or lack of family, depression, internal turmoil, the formation of interest in friends among teenagers, disordered lifestyle, working with an excessive workload. we can cite examples such as
4. Dangerous behavior different ways of injury (use of cold weapons, explosive substances) - negative situations caused by the use of pyrotechnic substances, use of cold weapons at various holidays, events and competitions or at home.
5. Negative influence of the environment in the family - intolerance, quarrels, separation between parents also have a negative effect on the child's organism, cause stress, and as a result, have a negative effect on the physiology of the organism's work in the nervous system, internal It is observed that it causes various diseases as a result of its effect on the functioning of the secretory glands.
6. Infectious diseases caused by inappropriate sex, ways of transmission of AIDS, negative consequences, early marriage, birth of genetic diseases in children as a result of marriage between close relatives are manifested.
7. In the living environment, the material and economic aspects are sufficiently provided, but the parents have a superficial view of the child's education, excessive entertainment, leaving their studies unsupervised, spending their free time on the street, playing computer games that have a negative effect on behavior, not using the Internet for useful activities, accessing inappropriate sites, etc. Leaving the situation unchecked has a negative impact on the child's education and active growth and development.
8. Non-observance of eating habits in the living environment, parents' strict parenting, working outside of school hours, doing heavy work for their age also lead to an unhealthy lifestyle in the student.
9. In the current period, there is an imbalance between ecology and society, man and nature, scientific and technical progress and human health, and all this is generally manifested in the relationship between man and nature. It is known that the human body is constantly affected

by changes in the surrounding environment. In the same weather conditions, he feels good and refreshed, but in another condition, lethargy or negative effects of various symptoms occur. We know that 75% of human health depends on the atmosphere, and now various dusts and harmful gases in the air cause allergic and viral diseases in the respiratory tract.

The concept of "deviant behavior" means that the behavior of minors deviates from the social rules accepted in society and is characterized by non-observance and violation of these rules. Deviant behavior is especially common among minors. During this period, personal feelings of minors are formed, their self-awareness and knowledge of the world is decided. However, the formation and development of a person is a complex process that can be accompanied by specific difficulties and deviations, internal contradictions, and inability to adapt to different situations in social life. Young people with a deviant character often do not attend classes at school, run away from home, act as nannies, drink alcohol, and turn to drugs. As a result, they tend to break the law and commit crimes.

As a result of the conducted observations, the rules that justify the deviant character of teenagers in their own way have been shown. In the process of studying a number of theoretical rules of foreign scientists regarding the deviant behavior of teenagers, we were convinced that these theoretical rules were created based on sociological research of the behavior of young people in a certain place, that is, with a different way of life, customs, and mentality. . That is why it is difficult to directly apply these works of foreign scientists in the conditions of our Uzbekistan. For this reason, we planned to study the deviant behavior of children among minors in our republic, the factors that cause this behavior by conducting sociological research.

Children with deviant behavior (deviant behavior) and lack of self-control do not get away with anything, there are no rules for them, they may not recognize their teachers or their parents. If such children are not dealt with in time, if their desires are not curbed, such children may grow up to be psychopaths or, in some cases, criminals.

Adolescence is the most important period in the formation of a person, it is a period of hesitation, comparing oneself with one's peers and others, being dissatisfied with one's condition and appearance. The reason is that during this period, the teenager gradually realizes the necessity and begins to achieve a certain freedom, accordingly, he acquires the ability to make decisions that is, he begins to act responsibly based on the laws of social development. Because of this, adolescence is characterized by various conflicting experiences, difficulties and crises. At the same time, this period is the period of loss of childhood feelings, feeling of anxiety and emergence of psychological discomfort.

Adolescence is often called the period of disproportion in development. At this age, attention to one's physical characteristics increases, the reaction to the opinions of others increases, personal pride and feelings of resentment rise. Physical defects are often exaggerated. First of all, the increased attention to one's body compared to childhood is due not only to physical changes, but also to the new social role of the adolescent. People around them expect the adolescent to handle certain developmental problems on their own at the expense of physical maturity. Seeking to escape from the care of adults, the adolescent seeks a temporary expression of his growing "I" to feel free. He finds this in the leisure environment. Free time is a priority in a teenager's life. Minors spend this time outside the home, in the circle of peers. Parents want to influence their teen's interactions outside of school, ostensibly to protect their children from unwanted contact. As a result, teenagers who like to be lonely appear. Adolescent morals are primarily influenced by the external social environment (micro-environment: family, class, school conditions, relationships with other members of this environment), as well as individual characteristics of the adolescent personality related to his reaction to various "life failures".

Adolescence is the period when his worldview, beliefs, viewpoints, principles, self-awareness, evaluation, etc. are formed. If a child of elementary school age acts according to the instructions of adults or his random, involuntary wishes, the teenager begins to organize his activities based on certain principles, beliefs and personal views.

Morality and individual consciousness are of particular importance in the formation of a teenage personality. In this, students' acquisition of moral concepts and their application to life play an important role. The process of forming universal human qualities confronts the student with contradictions of belief, belief, and point of view. Observing social life, acquiring the necessary skills for a person in it, gives him the opportunity to analyze the behavior of adults. As a result, life skills such as assessing the way and manner of older people in emergency situations begin to form.

An analysis of juvenile delinquency shows the following factors as its causes:

- negative effects in family and marriage;
- unhealthy lifestyle;
- to be in contact with bad-mannered persons;
- non-schooling minors are not engaged in a specific useful activity for a long time;
- being involved in crimes and various antisocial behaviors by older criminals;
- the use of violence, the influence of various written books and video films;
- failures in life and instability of moral beliefs;
- some qualities of the mental state;
- negative influence of mass culture;
- Is an increased interest in certain actions and a tendency to perform such actions.

CONCLUSIONS

Based on the analysis of crimes and offenses among teenagers in our republic, we present the following conclusions and recommendations:

- step-by-step development of a modernized military patriotic education model based on democratic principles aimed at preventing delinquency among teenagers;
- to teach the mechanisms of prevention of offenses among teenagers on a scientific basis, to design its organizational and technological bases, to develop trends for future implementation in the organization of pedagogical activities of future specialists;
- improvement of the system of assessment and conclusion of the level of training of graduates of higher education institutions for the prevention of offenses among teenagers;
- relevant departments of pedagogic sciences incorporate educational materials related to the prevention of delinquency and crime into the educational content and improve its content;
- development of a "Social program" that provides comprehensive measures for the prevention of crime and delinquency among teenagers, and clearly defining and implementing priority tasks related to legal, socio-economic, educational and health care;
- reduction of crime and delinquency among teenagers, introduction of effective mechanisms for morally healthy upbringing of the growing young generation and protection of their rights;
- identifying deviant teenagers in educational institutions, neighborhood, family and crime prevention bodies and carrying out educational activities based on an individual work plan with each of them;
- to help adolescents in their efforts to achieve social goals, to increase their internal potential, to regularly train them in healthy lifestyle skills;
- Development of measures aimed at increasing the effectiveness of educational institutions in organizing educational work among teenagers who are under the preventive account of

internal affairs bodies, as well as in identifying those who are prone to committing offenses and crimes.

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