

## IMPROVEMENT OF PEDAGOGICAL MECHANISMS OF DEVELOPMENT OF HEALTHY LIVING CULTURE OF WOMEN IN FAMILY AND NEIGHBORHOODS

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### ANNOTATION

One of the wonderful traits of the Uzbek people is respecting and honoring women. In order to improve the position and status of women in society, Uzbekistan is currently engaged in historical projects of great national significance. After all, the attitude toward and attention paid to women, youth, and families is tied to the stability and development of the political and socio-spiritual environment in society. In this article, there are thoughts and opinions about the improvement of pedagogical mechanisms for the development of a healthy culture of women and girls in families and neighborhoods.

**Key words:** neighborhood, pedagogical technologies, women and girls, healthy life, culture, formation, development, pedagogical mechanisms, proper nutrition, hygiene.

The President of our nation greatly values the position and function of women in society, protects their rights and interests, and establishes the conditions necessary for our women to become knowledgeable, contemporary specialists, qualified professionals, and to build strong and healthy families. First and foremost, the President pays special attention to the fact that the protection of children's health is the most important task in the ongoing fight against child poverty.

It is well recognized that the family, particularly the lady in the home, plays an unmatched role in the development and promotion of the distinctive spirituality of the country. Because a person's earliest life concepts and imaginations are created in the family's embrace and through their mother's upbringing, these sentiments are among their purest and most fundamental. The status of women in our culture, their relationship to the family, and their function in social life are all highly respected, and this is reflected in all facets of their position.

The tasks of the family legislation are to strengthen the family, build family relationships on the basis of mutual love, trust and respect, unity, help each other, and the sense of responsibility of all its members before the family, and to intervene in the family affairs of one and the same person. It is mentioned that it consists of non-imposition, ensuring that family members exercise their rights without hindrance and ensure the fulfillment of these rights. That is, every subject in the family, parents and children, has the right to demand their rights, therefore, they are obliged to fulfill their obligations and duties. Such relationships are regulated in this family law and provide legal stability.

Every culture places a high priority on the family. In our nation, numerous decisions, regulations, pamphlets, and legal papers have been established to fully address topics like marriage, marriage contract, marriage formalization, annulment, and divorce.

It is necessary to mention that today family education serves as a support for the development of the state and society. That is why attention to family education and family relations is increasing day by day. Many decisions, decrees and laws have been adopted in this regard. The

decision of the Cabinet of Ministers of the Republic of Uzbekistan "On further development of the family institution and measures to prepare young people for family life" adopted on December 31, 2020, "Working with families and women, supporting the neighborhood and the enlightened" adopted on March 2, 2022. Among these are the presidential decree "On measures to improve the support system", the presidential decree "On organizing the activities of the State Committee for Family and Women" adopted on March 2, 2022.

A national legal system aimed at ensuring equality of women with men in all spheres, glorifying and valuing them, and protecting their legal rights and interests was created in our country, which is boldly walking the path of building a legal state and a democratic society. Unveiling the potential of women in society, strengthening their role in raising a mature generation, and ensuring their more active participation in our comprehensive reforms has become one of the priority directions of our state policy.

In our nation, which is adamantly embarking on the path of constructing a legal state and a democratic society, a national legal system aimed at guaranteeing equality of women with males in all sectors, glorifying and valuing them, and preserving their legal rights and interests was developed. A draft of the idea for enhancing the family institution will be developed by the "Family" center and the Women's Committee. When the courts make decisions, they should prioritize preventing divorces, protecting the interests of women and children during this process, especially by offering them housing proposals and implementing measures to increase equality for women and children.

The activities of local civil status registration agencies are critically studied, and professional personnel who understand the nature of their duties, are fair, respect our family values, and are appointed to them. Address lists of women who want to work will be formed, comprehensive measures will be taken to ensure their employment, to involve women in family and private business, handicrafts.

In every area of the community, action is done to prevent crimes involving women and girls. Particular focus will be placed on helping the 2,587 women who were freed from prisons and removed from the special register last year find their place in life and resolve their social issues. Additionally, systematic effort will be done to advance the capabilities of national screening and reproductive facilities, give targeted medical aid to low-income families, and enhance the medical culture of women and girls.

Ensuring the rights and interests of women, increasing economic, social and political activity in our country is defined as an important direction of state policy. During the past years, certain works have been carried out in this regard. However, an effective mechanism for the realization of women's interests has not yet been created. The women's committee, neighborhood and other public organizations over the years have been limited to holding various events and meetings, and have not been effective in helping families, women and young girls in difficult social situations. As a result of this, many issues have accumulated in the localities, and no specific work has been done to solve them.

The way a person organizes their daily schedule affects whether they lead a healthy or unhealthy lifestyle. The normal growth of the body in all respects, the bolstering of the will, high labor productivity, long-term good preservation of working ability, and illness avoidance

are all impacted by a well-planned daily routine. Another element of a healthy lifestyle is cleanliness.

In order to apply the principles of a healthy lifestyle to life, to avoid harmful factors that have a negative effect on human health, to eat rationally, to replenish the body's energy consumption, to obey the important rules that we must follow in our daily life, doing mental and physical exercises, playing sports, full and high-quality food, following hygienic rules, and refraining from harmful habits cause the following requirements:

- Follow the rules of personal hygiene;
- Follow the agenda;
- Increase physical activity;
- Abstaining from harmful habits (alcoholism, alcoholism, drug addiction);
- Organizing proper nutrition;
- Regular exercise.

It is certain that if we follow a healthy lifestyle in every area, we will live well and live long. It is natural that many diseases increase due to non-compliance with the rules of proper nutrition. Nowadays, we often eat chemicals. This also causes illness. We refer to the doctor, it is wrong to say that his recommendations are always 100% effective. Because the pills they recommend have different effects on the body. In the time of Ibn Sina, it was natural for sick people to be cured due to medicinal plants applied to people.

A number of steps were outlined in the President's aforementioned proclamation in order to address these issues and give women all-encompassing support. The republican, regional, city, and district women's committee structures have all been significantly upgraded. In all community meetings, the post of a specialist in dealing with women and enhancing moral and spiritual values in families was introduced.

Under the Cabinet of Ministers, the scientific and practical research center "Family" and its regional divisions were established, and specific tasks and status were determined. Coordination of the activities of the body for writing civil status documents was entrusted to the deputy head of the district - the chairman of the women's committee. With this, the capacity and influence of local women's deputy governors and the Republican Committee were strengthened.

**In conclusion**, women are given a lot of attention in our country right now. All the prerequisites are being put in place for their full engagement in a number of societal activities. Our forebears were always urged to regard women, respect them, and respect them, which has a long history in our country. The development of a healthy lifestyle in society, the widespread fight against youth inactivity, the preservation of people's strong physical and mental capacities, and particularly the encouragement of young people to participate in sports are all becoming more and more crucial.

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