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**LIFESTYLE AS A CERTAIN WAY OF INTEGRATING NEEDS IN EVERYDAY LIFE*****Mamirova Dilaram Tavakulovna****Associate Professor of the Department of Stage Movement and Physical Culture, State Institute of Arts and Culture of Uzbekistan, Tashkent, Uzbekistan*

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**ABOUT ARTICLE****Key words:** Level of health, education, self-regulation, personality, expression, level, activity.**Received:** 12.07.2024**Accepted:** 17.07.2024**Published:** 22.07.2024**Abstract:** This article reveals the importance of protecting and promoting health, which mainly determines a person's lifestyle. The author argues cultural values remain relatively stable, changing only during crisis periods in a person's life and his social environment. About the need for the process of forming a personality, who would be able, based on his professional qualities, worldviews and value orientations, to actively participate in solving pressing problems of our social development.

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**INTRODUCTION**

A way of life is nothing more than a certain way of integrating his needs and the corresponding activities and accompanying experiences. The structure of a lifestyle is expressed in the relationships in which different types of life activities exist. This is manifested in the portion of the individual's time budget that is spent on them; in what types of life activities a person spends his free time on, what types he gives preference in situations where choice is possible. If the lifestyle does not contain creative types of life activity, then its level decreases. Some use their free time more for reading, others for physical exercise, and others for communication. By consciously planning the expenditure of time and effort, a student can either become involved in a wide network of such connections or become isolated.

A lifestyle cannot be imposed from the outside. A person has a real opportunity to choose forms of life activity and types of behavior that are significant to him. Possessing a certain autonomy and value, each

person forms his own way of acting and thinking. A person is able to influence the content and nature of the lifestyle of the group or collective in which he is located.

The expression of a person's self-regulation in life is his lifestyle. This is a behavioral system characterized by a certain constancy of its components and including behavioral techniques that ensure the achievement of intended goals with the least physical, mental and energy costs. By becoming a habit, a lifestyle acquires some freedom from the sphere of conscious control. But the sphere of personal self-government may also be characterized by purposeful volitional acts of self-influence. This level of self-regulation becomes possible with the development of the hierarchy of personal motives, the presence of high-level motivations associated with the general orientation of interests and value orientations, and generalized social attitudes.

A person's life depends on the state of health of the body and the extent to which its psychophysiological potential is used. All aspects of human life in a wide range of social life - production and labor, socio-economic, political, family, spiritual, health, educational - are ultimately determined by the level of health.

There are different approaches to defining the concept of "health", which can be classified as follows: 1) health is the absence of disease; 2) "health" and "norm" are identical concepts; 3) health as a unity of morphological, psycho-emotional and socio-economic constants. What these definitions have in common is that health is understood as something opposite to disease, different from it, as a synonym for normality.

The functional approach is currently the most widely used. Its peculiarity lies in the individual's ability to carry out his inherent biological and social functions, in particular, to perform socially useful labor and production activities. Their loss is the most common and most significant social consequence of human illnesses for an individual, family, and society.

In connection with the functional approach to health, the concept of a "practically healthy person" arose, since pathological changes are possible that do not significantly affect the well-being and performance of a person. However, this most often does not take into account the price the body pays to maintain working capacity.

To prevent diseases and increase the vitality of the body, there are two ways: either removing external causes, or improving health, strengthening the body so that it is able to neutralize these external causes.

The first method is not very reliable, since it is almost impossible for a person living in society to eliminate all external factors of the disease.

The second method is more effective. It consists in avoiding, as far as possible, the causes that provoke illness, and at the same time hardening your body, accustoming it to adapt to external influences in order to reduce sensitivity to the effects of unfavorable factors. Therefore, the ability to adapt is one of the most important criteria of health.

The need for health is universal, it is inherent in both individuals and society as a whole. Attention to one's own health, the ability to provide individual prevention of its disorders, a conscious orientation towards the health of various forms of life activity - all these are indicators of a person's general culture.

The humanistic direction of organizing the protection and promotion of public health always places responsibility on the individual not only for his behavior before society, the team, and loved ones, but also for his attitude towards his own health as a social value.

Health is considered a basic characteristic of human life. Many modern researchers associate health with the concept of "quality of life." In particular, P. I. Sidorov and V. T. Ganjin (1997) argue that health is such a quality of the life process when it is naturally and optimally carried out in the natural and social environment and is enriched by the necessary inner world of a particular person. For a person, it serves as an adequate hygienic environment and a healthy lifestyle.

Considering health as a life process, we can talk about it in relation to any person and to any segment of his life biography, as well as to society as a whole: health; society, the health of the nation, the health of the younger generation. There are two interrelated aspects of health: biological and social.

A person's ability to be happy and healthy depends on the quality of life. In establishing the quality of life, both objective factors (level of well-being, social services, ecology) and subjective ones (high meaning of life and a healthy lifestyle) are important.

A healthy lifestyle (HLS) is a measure of civilization and humanity that characterizes both an individual and society as a whole. It consists of an orientation towards health as an absolute life value, towards the ideals of the individual, family, nation and nature, from effective measures of nutrition, education, physical education and sports, hygiene of body and spirit.

This raises questions: who is able to diagnose and treat social ills? Who can carry out prevention in educational institutions?

The state and society should do this, improving the social quality of life and forming self-preserving behavior of people. "Take care of your health from a young age", "It is easier to prevent a disease than to treat it"... Folk wisdom orients public consciousness towards caring for the birth and preservation of a healthy generation, the formation of a healthy lifestyle, valeology culture from childhood. This aspect of activity is inherently social and pedagogical, therefore it should be carried out by teachers as carriers of culture (including the culture of health), providing optimal psycho-hygienic conditions for training and education; parents who lay the foundations of biological health and create a healthy lifestyle for the child in the family, as well as specialists who solve problems of maintaining social health and preventing social illnesses.

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