



A HEALTHY LIFESTYLE IN UZBEK FAMILIES FROM THE POINT OF VIEW OF ISLAM RELIGION

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Annotation

In this article, the formation of a healthy lifestyle in the family, the formation of a healthy environment by inculcating the Islamic religion in the upbringing of children by parents and conducting religious education and physical education in them, is highlighted.

Keywords: Physical education, religious education, cleanliness, spiritual purification, health.

INTRODUCTION

Islam glorifies man as a precious and complex being and pays great attention to his mental and spiritual perfection. Islam is a religion of purity and freedom. He considers purity to be an integral part of faith, and calls for spiritual, spiritual and physical purity in everything.

DISCUSSION AND DISCUSSION

In Surah "Tawba" of the Holy Qur'an, Allah Almighty blesses as follows: There are people in it who love to be purified. Allah loves those who are purified [24], He has mentioned in several places that He loves His pure servants. The Prophet, may God bless him and grant him peace, explained all the aspects that lead to the physical and spiritual purification of his Ummah and to attain the happiness of the two worlds [9-15]. He is the inventor of personal hygiene. 1400 years ago, they encouraged their ummah to be clean by showing an example of perfect cleanliness and gave the necessary recommendations. In this regard, there is no aspect that harms healthy lifestyle, health, and cleanliness [4]. Human society, which began with our father Adam and our mother Eve, is made up of families. Family is the foundation of society. A society cannot be healthy if the foundation is not healthy. The family is the main tool that makes the human mind a nation and ummah, and ensures the transmission of spiritual values from generation to generation [10]. There is no other organization that can replace the family in terms of the tasks to be performed.

The family is one of the elements of heaven. True happiness can be achieved only in a healthy family environment [23]. The family, built on the basis of love, respect, solidarity and mutual understanding, is the material and spiritual insurance of the society. Great changes in the economic, social and cultural life, as well as in other areas, have led to a number of new concepts and changes in the life of the family.

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In Islam, the family also has a religious essence[11]. Starting a family is a pilgrimage, both financial and physical. Some scholars say that building a family is more virtuous than nafl prayers. It is inevitable that families will break up due to trivial reasons and bring society to the brink of destruction[16-30]. The stronger the family, the stronger the community.

Family is a source of confidence that pulls us out of life's difficulties and sufferings, illuminates our inner world, and gives us strength and courage in life's struggle. Both in the laws of our country and in the activities of existing religious organizations, the issue of family is given serious importance[22].

In particular, the General Constitution of our country states that "The family is the main link of society and has the right to be under the protection of society and the state." Based on the fatwas of our scholars, the Muslims of our country have the opportunity to easily solve all religious problems, such as family, marriage, and divorce[12]. A lot of good things have been done and are being improved in terms of forming the next generation. In particular, our state has adopted a number of decisions and programs aimed at further strengthening and increasing the efficiency of work on the formation of a healthy generation, protection of mother and child health, birth of a healthy child, raising a physically and spiritually mature generation. being applied to life[5].

Shirazy, expressed excellent opinions about the standard of human health: "Let there be hardness and softness, the Physician is both a surgeon and a healer." A wise person is not always harsh, but I am still gentle when Qadri leaves. It is no exaggeration to say that Abu Ali ibn Sina devoted his life to studying the standards of human health . His main research object was the study of health and patient norms[13]. In Ibn Sina's view, quality is not lost from quantity. In the same way, the unity and integrity of quality and quantity does not mean that they are mutually exclusive. Ibn Sina's achievement was that he was able to distinguish between quality and quantity signs. For this reason, he distinguished "diseases of quantity" from "diseases of quality"[8]. The child gets to know the world and the environment through the eyes of parents[14]. What is bad for the parents , the child considers it bad. There is no better person for a child than a person whom a parent loves. Parents are the first example for him. Therefore, in the family, if you yourself can be what you want your child to have, i.e. if you are the best example for him, he will be less likely to be negatively influenced by the outside environment[21].

most important and most effective tool in raising a child is to set an example. You can be an example for the child. Similarly , negative behavior is passed on to the child from the parents. If you aim at beating and punishing in the formation of a healthy lifestyle in the upbringing of a child in the family, turn away from this path, the result of this will be very sad[15]. You can use beatings and punishment until your child is physically strong, and when his physical strength is greater, your words will have no effect. If you can't educate well , then change yourself[7].



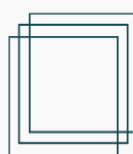
Parents should be able to feel what their child is missing. It is this deficiency that causes a child to behave badly. What can a child lack? Only the time, love and attention of the parents. He doesn't need anything else. In this regard, it is emphasized in the religious teachings that the education of parents to their children is also considered as one of the urgent tasks. About this, Muhammad (pbuh): those who brought the following instructive truth[16]: "Educate your children, because they were born for a time that is not yours", and encourage every parent to educate their children in the science and education of their time. Those who called us not to look indifferently, in another hadith, when our Prophet Muhammad (pbuh) said[20], "Education of knowledge is a duty for every Muslim and Muslim woman", they meant that our boys and girls should be provided with equal conditions for learning.

We can learn from the above hadiths that in the times of our Prophet, forming a healthy lifestyle for children in the family and preparing them for family life is also an urgent process[4]. It is the duty of every parent to raise a child in a healthy manner. In this regard, our great compatriot Abu Ali ibn Sina Tarbiya is led from several directions. For the child's intellectual development, various books are read to him, and games that develop intelligence are involved in activities[17].

In order to improve mental education, discussions and explanations suitable for the child's psyche are conducted on eternal topics such as life and death, good and evil, morals and manners. In order to give physical education, it is possible to engage in some useful work, to learn activities such as swimming, shooting[5]. Even today, continuing these traditions, our parents raise their children in a healthy climate of family, love and respect for each other, worthy sons and daughters of the country, true loyal citizens of the Motherland. They are dying to grow up[33]. It is not for nothing that our people say, "A bird does what it sees in its nest[18]." This sentence has a deep meaning. We should not forget that it is a center of education that directly affects the development of a person. Relying on the teachings of the Holy Islam, Uzbek families not only give their children religious and worldly knowledge, but also teach them morals[19]. They are also trying to make it beautiful. Because our Prophet (peace and blessings of Allah be upon him) himself said: "I am a prophet sent to improve people's morals." Therefore, Allah Almighty sent him as an ambassador to the earth for this very purpose, and he is an example for all of us in this regard[6].

CONCLUSION

In conclusion, in order to create a healthy environment in the family, parents should be able to create a psychological environment in the family. Islam is also one of the most important and important factors in creating a healthy lifestyle in the family. It serves as an important tool for the young generation. If the family leaders can create a healthy environment, they have a healthy relationship with the religion of Islam, and there will be no cases of entering into various foreign ideas and currents of healthy thinking in families.



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