

SOCIOLOGICAL SCIENCES

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The factors working for settled of a healthy way of life

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Abstract: In this clause analyzed a healthy way of life and its basis. The medical, psychological and social parties of a healthy way of life is investigated mutual comparison. And as the factors and other social norms of comparative parameters are analysed.

Keywords: *Healthy life-style, sexual education, social norms, ecology education, globalization*

XX the century in a history of mankind is determined as generalization, integration financial, economic and man-power, that is, globalization and as, purchase of mutual similarity, unity, unification between the state and nations, peoples, cultures, different kinds of crises on a global scale, with growth of struggle for the sake of financial, ecological, natural supplies. One of unique property globalization is a growth because of day per day of requirements to a healthy way of life and healthy culture on a global scale. It is estimated as preventing means of different threats at the man and in its life.

Really, for today of a task how to live on a basis principles of health, self-defense from various medical, ecological, psychological and anthropologic of threats, the requirement to have the vital philosophy and principles of life of each man responsible the approach to own life and health. On this, last decades such questions as a healthy way and the culture of life, means of a storage health have turned to object of research of tens by that. The named

theme and his repeated importance have turned to one of the main themes of such areas as philosophy, economy, medicine, culture, sociology and pedagogics. The various standpoint, idea and newest methodology are offered within the limits of this theme. Including, one of the problems interesting of all states is for such questions as how is possible to protect of young generation from marked threats, as is possible effectively to form of a healthy way of life and culture in reflection of youth.

What such an way of life? What specificities the healthy way of life from an unhealthy way of life differs by?

Image of life are methods of development of vital conditions for existence of the man on the basis of a definite purpose.

Image of life it is possible to share into two groups, healthy and not a healthy way of life, agrees with methods of mastering of some habits, skills and qualification.

A	B	V
The person actively moving, strengthen body by the different trainings engaged with physical exercises and a certain kind of sports	The person actively moving, strengthen body by different trainings, and as, limited only morning physical exercises	The person slowly moving, making exercise strengthen body and physical culture looking on convenient conditions
The person reasonably planning, observing mode of day, and as, having to extensive concept about importance of formation, whose skills of a healthy way of life of a daily mode	The person who is not observing to a mode of day consecutive	The person who is not observing to a mode of day consecutive
The person informed corrected of a correct and qualitative meal and constantly observing to this	The person informed corrected of a correct and qualitative meal, but inconsistently observing	The person who is not having sufficient concepts about rules of a correct and qualitative feed
The person owning the complete information, concerning personal and hygienic rules and observing to these rules	The person who is not owning the complete information, concerning personal and hygienic rules, but sometimes observing to these rules	The person owning the complete information, concerning personal and hygienic rules, but not observing to these rules is absolute
The person having concept about protection of an environment and importance of an environment in a formulation of skills of a healthy way of life and conducting practical activity in this sphere	The person having concept about a position of an environment in public health services of the man, but practically by not engaged protection of an environment, at the given moment planning this action	The person not having concept about a role of an environment in public health services
The person knowing corrected safety traumatism both accidents and rendering of the first help at extreme in situations	The person who is not having the rights to render of the help at extreme situations	The person who is not knowing corrected safety traumatism both accidents and rendering of the first help at extreme in situations
The person having concept sexual education and importance respecting opposite floor, forming intellectually and physical	The person having average concept sexual education and importance	The person having low concept sexual education and importance which is not respecting opposite floor
The person having concept about negative influence of harmful habits which are not smoking, not accepting of spirits drinks and narcotic substances	The person not having sufficient concept about negative influence of harmful habits which are not smoking, not accepting of spirits drinks	The person not having concept about negative influence of harmful habits smoking and accepting of spirits drinks
The person having sincere behavior and considering a role it significant in a healthy way of life	The person having sincere behavior, but not considering a role it significant in a healthy way of life	The person not having sincere behavior and not considering a role it significant in a healthy way of life

When the speech goes about a healthy way of life, it is necessary to pay attention below specified:

- Active physical movement, tempering to be engaged in physical culture and sports;
- Correctly to plan the order of day and is constant to it to observe; to not suppose physical and moral weariness; correctly to plan intellectual and physical work on the basis of the hygienic requirements;
- Correct and qualitative meal;
- To observe to the requirements of personal and common hygiene;
- To protect an environment, to achieve ecological culture;
- Prevention of cases of incidents as infectious diseases, reception of a trauma and accidents;
- Correct sexual education;
- To observe corrected of hygiene (to prevent of excessive nervousness and excitement);
- To move to harmful habits (to use of tobacco products, spirits drinks and narcotic means)[1].

Were based on above told the criterion is possible to reach the following to the decision: the healthy way of life is a social phenomenon ensuring adjustment of vital activity and achievement of a highest level of health, having based on skills of a safety of existence and health of the man.

Image of life - certain form of vital activity having steady, constant specificity and ideas at the people.

Establish of a healthy way of life is connected to arms of the basic theoretical knowledge and skills of the people in the field of a healthy way of life.

Degrees of formation of skills of a healthy way of life are divided into groups A B and V.

Here it is possible to take advantage of the below-mentioned table[2].

If the quantity of the correct answers makes or exceeds 85 %, an way of life healthy, if it makes 55-85 %, the way

of life partially healthy and in such cases is necessary to consider councils of the teachers and parents, if the result is lower than 55 %, it is necessary to organize individual employment with the teacher [3, 21-22].

The questions of health among social questions are considered as a culmination point. Here it is considered to the very important public health services and development of the methodical and organizing approaches, to realize scientific research in this a direction, formation of a healthy way of life.

The special attention in study of health on the part of the experts addresses not to activity of personal activity of strengthening of health, and to a role of biological components, ecological factors, labor conditions, household life and free time of the man.

It is impossible to treat illness all the state only with actions of the doctors. In this factor it is required the newest approaches, but in the country are saved experience till public health services and prevention of illnesses, vigilance from them. The newest approaches occur from requirement of care of personal health. Active struggle for the sake of health here emphasizes and as there is an opportunity to allocate system determination of activity of the man in development of a healthy way of life effectively. The process of the social analysis enables to allocate, on development of a lay-out at the population, properties of family, teaching and educational and health process of bodies, MASS-MEDIA.

However, formation of a healthy way of life and the questions development of a lay-out while are not applied to scientific researches. Research in this sphere it is not enough also it demands the further development of the theoretical instructions and to carry out of empirical researches.

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Матьякубов Э.Р. Влияния факторы формирования здорового образа жизни

Аннотация: В этой статье проанализированы здоровый образ жизни и ее основе. Медицинские, психологические и социальные стороны здорового образа жизни исследуется взаимное сравнение. И как факторов и других социальных норм сравнительных параметров анализируются.

Ключевые слова *Здоровый образ жизни, половое воспитание, социальные нормы, экологическое образование, глобализация*