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PHYSICAL LABOR IS THE BASIS OF A HEALTHY LIFESTYLE IN THE CONTEXT OF GLOBALIZATION

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ABSTRACT

It is impossible not to see that today's democratic changes and the processes of globalization in the world have a conflicting effect on a person's psyche, health, and relationship to life. The social existence has never changed without affecting the existence of the subject, without turning his imagination in one direction or another. The dynamics of changes in the social existence finds a perception in the human psyche and either activates the individual or creates indifference moods in him. S. Norkulov, doctor of philosophy, states that consciousness, which moves an individual with society and shapes his relationship to existence, is among the phenomena that develops in a “dialectical” manner. As the social space and environment affects the mind, the mind also affects the environment and the social space. However, the social space and environment act as an objective entity, and consciousness as a subjective phenomenon leads a person to change the objective entity.

KEYWORDS

Human mind, antipodes, discipline and organization, objectivity and subjectivity indicates, serious problem, economic activities.

INTRODUCTION

The harmony of objectivity and subjectivity indicates the arrival of social development as a unified reality, the development of human and social life in accordance with general laws. They cannot be set against each other, antipodes, epistemological researches look for differences between them. In fact, such researches do not completely reject the development of human and social life according to general laws. True, the human mind is prone to restless research, finding new problems and their solutions, it is not interested in ready-made postulates and theories. Finding and expressing one's "I" by searching for novelty and originality is a characteristic of subjects. According to the researcher, a person constantly strives to do something new, to bring something new to social existence, the main effective experiences in his mind are related to creating and doing something. These actions either express private interests or are focused on group, social interests. Social activity belongs to the second group.

THE MAIN FINDINGS AND RESULTS

According to Doctor of Philosophy, Professor Z.R. Kadirov, social activism is a unique reality and describes the level of striving for "a conscious, impartial analysis of social relations and to change one or another of their elements." If a person faces any serious problem of social importance and realizes that to solve them, it is necessary to adopt new laws or to improve the mechanism of existing laws, the desire for social activity becomes stronger. Such a "serious problem" is participation in labor and social relations. "Work is manifested as a goal-oriented, conscious activity, which is directed to the achievement of a result and controlled by the will in accordance with a conscious purpose. Work aimed at production, creation of a certain product according to a generally established

rule is at the same time the main way of forming a person.

In the labor process, not only one or another product of labor activity is created, but the subject itself is formed as a person. In the process of work, human talent is formed, his character is formed, his principles of mutual understanding are strengthened and become practical and active rules. By its very nature, work is always related to the performance of a certain task, and the whole process of activity must be focused on achieving the desired result: therefore, work requires planning and executive control, it always includes certain obligations and creates internal discipline and organization. Activity appears as a factor that creates and stimulates the labor process. According to the researcher, social activity is destructive and constructive. Destructive activism is focused on solving social problems by "restructuring life radically, often by force." Constructive social activism is focused on solving existing social conflicts on the basis of existing social structures, without radically changing these structures by force. A person or a social group demonstrating constructive social activity activates the potential of management existing in a particular social institution. If a person or any group of members of society uses legal means to solve necessary social problems (that is, appeals to legislative or executive authorities, participates in elections, etc.), such social activity is constructive. If, in the implementation of their demands, people use non-legal means, try to erode the existing social relations (when there is no possibility to solve existing social problems within these relations), such activity will be destructive. Destructive forms of social activism include civil disobedience, various forms of violence. In short, constructive social activity is the activity of a

person aimed at changing the existing existence in a legal way, destructive social activity is its opposite, i.e. changing the existing systems in illegal ways. In this approach, the subject's attitude to the law, especially young people's legal culture, comes to the fore. That's why researchers start social activism by studying the behavior that conforms to the norms defined by special laws and consider this to be consistent with the principles of building a democratic legal state. S.A. Joraev, a political scientist who has specially studied youth issues, explains the youth policy of our country as follows. "Firstly, a special place for young people in the social structure of the society, which is mentioned in the constitution; secondly, the system of benefits and concessions in employment, labor and economic activities, education, professional improvement, qualification improvement, advancement in service, cultural service provision; thirdly, a system of mechanisms and tools to protect youth's health and life, material well-being and living environment, interests and needs in cultural and spiritual growth; fourth, free medical, cultural, health, sports, etc. the state guarantee system for infrastructure provision; fifth, it will create a system of means and measures to protect young people from the influence of illegal and anti-constitutional political, nationalist, separatist, extremist and other factors and organizations, state bureaucracy, bureaucratism and tyranny of officials. These tasks have not lost their importance even now, but on the contrary, they are being revealed more widely and critically. For example, it is possible to cite President Sh.M. Mirziyoev's critical comments regarding the "Kamolot" youth social movement. "As a result, says the President, we have to admit, no matter how hard it is today, that Kamalot has become a fragile and weak structure that responds to everything related to the life of young people and at the same time does not respond to anything. When talking about the subjective reasons that have a

negative impact on the activity of "Kamolot", it should be noted with regret that most of its managers and employees allow negative situations such as a formal, superficial and indifferent attitude to work, indulgence in life and alcoholism. The main reason for the appearance of negative problems is that young people do not know their rights well, and their opportunities to participate in social work are limited. A person who is well aware of his right will look for ways to realize it, at least he can apply to the virtual lobby of the President and the Cabinet of Ministers. In fact, this is also a form of social activism. But the following numbers cited by the President are not only "Kamolot", the current youth union of Uzbekistan, but also all educational institutions and society. "In 2016, about 1,740,000 violations, 23,440 crimes were committed by young people, and more than 8,000 cases of separation between young families were recorded... The number of young people who do not work, do not study, do not have a specific occupation, and are exposed to negative influences is increasing.". Indeed, in the past there were ways and means of engaging young people in social activities, for better or for worse. For example, after school, they were involved in street and square cleaning, beautification works, and during the seasons, they were involved in cotton harvesting.

Today, these procedures have been canceled, and special workers are engaged in cleaning and beautification. On the one hand, this is good, it is impossible to attract young people to work that distracts them from studying and getting a profession. On the other hand, this new order should not cause young people to be indifferent to negative situations such as water wastage, creation of abandoned places, pollution, and air pollution. What's wrong if a school or high school student participates in cleaning the

surroundings of the school where he is studying, beautification? This is also socially useful work.

In addition, there is a sharp change in the attitude to physical labor among most of the young people, they want to live in beautiful, urbanized houses and do not imagine that such houses are created through hard work and physical exertion. Their consumerism is on the rise. The increasing number of goods and delicacies in our markets and shops is changing their attitude to social work, that is, the meaning of life for them is to enjoy and live in pleasure. Yes, a person has the right to enjoy his life and live happily, the previous heavy manual work is being done by new technical tools. This is a sign of progress, of course. However, the need for manual labor never completely disappears. No technical tool, robot can replace a human, it cannot fully perform the tasks it performs. Such extra manual labor is necessary for a person himself, for his healthy growth, physical and mental maturity. Work is not only a guarantee of material well-being, but also a condition for the formation of human thinking, especially for young people to become physically fit and well-rounded people.

Today, the types of social work and their essence are also changing. Seasonal, hired or contractual types of labor appeared. Unskilled young people are mainly involved in such work. It has become a custom for rural youth to work seasonally for farmers. Many young people go to other countries to work seasonally. These are useful and necessary types of social work. True, in such work, there is little concern about following the laws, guaranteeing the health of the hired person, organizing a pleasant vacation, and forming a healthy lifestyle. The employees themselves are eager to finish the order quickly and make the accounts as quickly as possible, so they don't even ask about the working conditions. They work in unsanitary, uncomfortable

and rest-free conditions, which means they are completely ignorant of labor laws.

CONCLUSION

However, the Constitution of the Republic of Uzbekistan, the Labor Code and other normative legal documents state that the necessary working conditions are created for every worker, the working hours and rest time are established, and the person has the right to recover his health in the event of an accident. Voluntary conclusion of the employment contract and its full implementation is the responsibility of the customer. This legal requirement complies with universal legal norms and ethno-ethical requirements.

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