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## HISTORY OF IDEALS OF HUMAN BEAUTY

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### ABSTRACT

This article tells about the role of a teacher in leading teenagers to self-consciousness. Some interesting and important key-words for teenagers are given in the article. The tasks and intellectual activities for teenagers are described here full.

### KEYWORDS

Morality, aesthetics, art, psychology, national values, personality, education of extracurricular activities, self-knowledge, value orientation, national values, education, person, activity, self-consciousness, valuable orientation.

### INTRODUCTION

The spiritual, aesthetic and moral education of the younger generation on national and universal values - aesthetic and moral - is an extremely pressing problem, practically in demand, first of all, in secondary educational structures (in the educational practice of secondary schools, colleges, lyceums), especially during extracurricular time. Through self-improvement (forecasting, design, planning; ways and conditions of implementation).

Theoretical-practical and reporting-creative classes are conducted.

I. Topics: “Man is the most beautiful creation of Nature”, “History of the ideals of human beauty”, “What makes a person beautiful?”, “Favorite heroes (in works of literature and art, for example, in the lyrics of the East, in portrait painting of Uzbekistan)”, “How to preserve a miracle natural beauty - a person?”, “The inseparability of the aesthetic and ethical in a person”, “Sources of human beauty”, “Aesthetic choice of a person”, “Aesthetic attitude towards a person is not a simple contemplation of it, but an understanding and comprehensive assessment”; “Self-awareness”, “My essence”, “Designing of self-improvement”, “Self-

realization”; “The ideal of a modern personality”, “Basic personal values - moral and aesthetic”, “Programming personal self-improvement (moral and aesthetic)”[2;78].

Note: traditionally, vocabulary and conceptual work is carried out in all classes, including independent work - as a regular task.

II. The “defense” of moral and aesthetic “products” is organized on the topics of classes - various types of intellectual and creative work (with the requirement for self-esteem of the authors and “public opinion”) - this is: writing mottos, appeals, calls, slogans, bright phrases and statements in lesson topics; these are essays, reports, abstracts, judgments, own opinions, self-observations - perceptions - study - evaluations; development of various advisory materials (memos, advice, recommendations on the topics being studied) and many others.

The subjects of assignments and intellectual and creative works are interesting, original and non-standard, for example: “How beautiful is Man!”, “The beauty of man in the lyrics of the East”, “My ideal of a person”, “Our contemporary in portraiture of Uzbekistan”, “Goodness and beauty are nearby”, “Observations of people's relationships - positive and negative.”

The moral and aesthetic potential of extracurricular activities is aimed at adequate education of students. The topic of human cognition is considered for the purpose of studying man as an external-aesthetic, spiritual-aesthetic, moral and social value. Using diverse content with great sensory and aesthetic potential: the external aesthetic data of a person, the aesthetic image in poetry - the lyric poetry of the East,

in masterpieces of world art, classical literature, in fine art - the portrait genre of painting of Uzbekistan[1;123].

In extracurricular activities on the topic “Human Cognition”.

The topic of the lesson is “Man is the highest beauty in the world.”

### **Abstracts**

Man is a natural being with a close organization - a high degree of development in Nature. This is the highest beauty in nature.

Man is inseparable from nature, the Cosmos (he is its part and component).

There is nothing more beautiful than Man.

External aesthetic appearance of a Person

The primary elements of human physical beauty, physical perfection: proportions, harmony, fitness.

Aesthetics of human physical organization:

a head, straight set and rounded - the ideal packaging of the brain and sensory organs; decorating the head with hair of various shapes and colors;

a face, rounded, animated with eyes, blue, gray, brown, of different shapes, in which the mind shines;

a mouth is the most sensual part of the face, its different shapes;

teeth - their beautiful row of marble;

a chin - multi-figured, characterizing the will and even character of a person;

a figure is highly constructive, where everything is proportional, symmetrical, rational;

the structure and shape of the body, its parts - proportionality, symmetry, roundness, completeness, expediency, perfection (arms, legs, stability of the pelvis), wide chest, back - everything is wisely built by Nature;

movements - upright walking, walking, running, jumping - are beautiful, dynamic, fascinating.

The basis of a person's physical beauty is physique, the figure as a whole, the correct relationship of all parts. All this, expressed in normality and mutual harmony, represents external human beauty.

Physical beauty is part of the question - "The Beautiful in Man." This is a healthy, strong human organization.

So, the beauty of the human body is the proportionality of its parts ("good build"), physically developed (by sports) – harmonious as a whole.

An approximate canon of physical human beauty: correct relationships of body parts, their finest transitions, beautiful silhouette; ability to control the body; the beauty of movements, plastic, natural; beautiful gestures, cheerful body condition [3;167].

The physical beauty of a person is the highest stage of life development - as a result of natural development, labor activity in society, as a product of socio-historical activity. In a person, the physical and mental, natural-genetic and life-formed, and most importantly, natural and social form an indissoluble unity.

Thus, the essence of a person is not only what is inherent in him as an individual. The essence of man is the totality of all social relations.

Man is the subject of study of a number of sciences: anthropology, sociology, ethnography, pedagogy, anatomy, physiology, etc. Psychology studies a person's psyche and its development, his individual psychological characteristics, the roles he plays in social life, activity and communication.

Based on the foregoing, almost all psychology is addressed to the problem of Man as an individual included in social connections, his development in the processes of training and education, his formation in active communication, primarily in work activity.

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