



## **SOCIAL FACTORS INFLUENCING THE LIFESTYLE OF YOUNG PEOPLE**

Targeted Basic Doctoral Student of Samarkand State University named after Sharof Rashidov

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**Annotation.** In this article, the adaptation of young people to the process of socialisation in society, the concepts of modern lifestyle, and the attitudes of the younger generation towards our national values are discussed. It is also noted that economic conditions, the family, education, and the system of national culture and values are closely interconnected as a socio-philosophical phenomenon that shapes young people's attitudes towards their lifestyle. Furthermore, achieving an ideal level of youth health and lifestyle is presented as an indispensable stage in the implementation of any reform that a society seeks to carry out.

**Kalit so'zlar:** youth, lifestyle, social factors, cultural values, spiritual development, the influence of the educational environment.

In modern conditions, the activity of young people in implementing reforms in the social, economic, and spiritual spheres in Uzbekistan, and in particular, the study of the problems of improving the innovative factors of this phenomenon on a scientific basis, is considered an important issue. The active participation of young people in society in the process of eliminating social problems that hinder the implementation of reforms, and their innovative initiatives, make a significant contribution to the rapid development of the country in all its aspects. Today, in modern society, the health and lifestyle of young people are determined not only by social, economic, and demographic indicators. In today's social life, the lifestyle of young people is becoming more complex and multifaceted under the influence of global information exchange, family social value systems, and cultural relationships. The socialization of youth is one of the most important stages in the development of society, and it is directly important in the formation of a person's values, worldview, and lifestyle. This process is influenced by a complex of factors such as the family, educational institutions, society, the media, and modern information technologies. Especially in the context of globalization, new cultural trends entering the lives of young people are playing an important role in determining their social direction. Therefore, an in-depth analysis of the factors of the socialization process is one of the urgent tasks of today. A deep philosophical analysis of the lifestyle of young people serves as a basis for encouraging the emerging young generation to live a spiritually mature, spiritually healthy, highly thoughtful, and healthy lifestyle. Indeed, as our President Shavkat Mirziyoyev has emphasized, "Why are major states and the world's most influential companies trusting us today? Why are they investing billions of dollars? This is certainly not without reason. Because our partners see the achievements of our youth in science, education, IT, culture, arts, and sports, they are assessing our potential and becoming confident that the foundation of our future is strong." This idea is not only political and moral in nature, but also represents a profound philosophical principle that reflects confidence in the future of



our youth and demonstrates that their modern lifestyle is a strategic factor in the development of society.”

One of the first important indicators that determines the health and lifestyle of young people is the family environment. “In this regard, as our Head of State has stated, the idea that ‘A healthy family is the foundation of a healthy society’ is clear evidence of this.” The family is not only a place that provides the younger generation with economic support, but also a social institution that provides educational, moral, spiritual, and psychological support and is an important factor in the socialization of the individual and the acquisition of habits and skills worthy of society.

The lifestyle and way of life of young people is a complex process closely linked to the social life, spiritual, cultural, and economic processes of society. From a scientific and philosophical perspective, the daily social life of a young teenager is not only a product of external conditions, but is determined by his inner world, axiological system, and spiritual and moral experience. In today's society, attention to the lifestyle of young people is higher than ever before. At this point, Kant defines aesthetic experience as one of the main factors in the process of socialization, characterizing it as both subjective and universal. “When evaluating health from an aesthetic perspective, seeing and feeling a healthy person evokes positive aesthetic feelings in us. It also affects how people imagine health as an ideal.” Aesthetic values in society have a significant social impact on health. People's desire to keep their bodies healthy and beautiful is seen as one of the social factors of the beauty ideal. From this perspective, aesthetic education is inextricably linked to physical education and medical culture. While customs, traditional values, and national values formed the social and spiritual foundation of society, scientific achievements, global cultural processes, and the demands of modern life have supplemented this phenomenon with new results. If the philosophical knowledge that influences the lifestyle of young people is logically analyzed, the concept of "spiritual immunity" becomes important. If a person has strong spiritual immunity, they have the ability to think independently and tend to be critical of events and processes.

In some societies around the world, there are several issues related to increasing youth engagement. In particular: youths adhering to traditional ways of thinking; fear of failure and avoidance of risks; lack of awareness of social problems in their own living areas; inability to fully understand the depth and complexity of existing problems; difficulties in using the necessary funds, mentorship, or technological tools to effectively implement their ideas; limited financial and infrastructural resources to support innovative initiatives; bureaucratic and institutional obstacles; complex regulations or the lack of sufficient platforms to demonstrate and expand their initiatives.

The culture of communication, an integral part of life, has been formed over thousands of years of history. The establishment of a positive environment for youth interaction fosters social engagement, self-confidence, critical thinking, and social responsibility. The growth of cultural connections among peoples of the world and the partial transformation of contemporary values are visible aspects of the lifestyle of young people. By the transformation of values, we understand the process in which moral standards between generations are re-evaluated and life criteria are updated based on the changing aspirations of the times.



In conclusion, in the current era, pragmatism, self-improvement, independent thinking, and individual development are becoming more important as values for the younger generation. However, this aspect is not a denial or complete abandonment of traditional values, but rather a reinterpretation of them in a way that is appropriate for a new way of life. The analysis of factors influencing the socialization process of youth shows that an individual's life stance and social activity are primarily shaped under the influence of family upbringing, educational institutions, peer groups, and mass media. In today's globalization environment, the Internet and digital technologies have become one of the main sources that directly influence the values of young people. Therefore, strengthening the spiritual immunity of the younger generation and raising them in a healthy social environment remains one of the most important tasks of society.

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