

Characteristics of Attitude Towards Health in Adolescent Students

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Abstract: Adolescence is characterized by the possession of energetic and demanding features. The transition from childhood to adulthood is a period of fundamental and distinctive differentiation in all aspects of development at a certain age - physiological, intellectual, moral, social. It should be noted that during adolescence, high-quality new formations occur, changes in the mature personality, understanding, methods of social interaction with friends, hobbies, interests, cognitive and educational activities, the essence of moral and generally accepted measures that mediate behavior and relationships also change.

Keywords: adolescence, educational activities, healthy lifestyle, cognitive activities, educational activities, behavior.

Introduction

This article focuses on “the formation of a healthy lifestyle in our society, the development of conditions appropriate to the requirements of the time for the perfect study of the established subjects in the educational activities of the population, especially young adolescents, and the further development of motivational activity of students in a general secondary school.” The paper also explores the personal orientation of adolescents, the formation of health-oriented values, and the dependence on individual psychological characteristics. Aim is the study and theoretical justification of the formation of adolescents attitudes towards their own health.

Materials and Methods

In confirming the degree of reliability of empirical results, mathematical-statistics are studied through methods, testing, survey, methods. The emotional component of the value attitude towards adolescents' health is to shape attitudes towards their feelings and health, and in this article we examined some aspects of it. Studying it as a comprehensive fundamental study is one of the immediate tasks of the future.

Discussion and Results

In modern conditions, the formation of the personality and individuality of each person is of great social importance. These processes play a special role in adolescence, since during this period a reassessment of values occurs. During this period, we can observe a significant change in the teenager's worldview, which significantly affects the formation of his values, the formation of a motivational sphere that subsequently develops his orientation, determines his actions and behavior.

The fact that adolescence is called the boundary between childhood and adulthood with a person's integral participation in social life was recognized by famous psychologists - L.S. Vygotsky, L.I. Bozhovich, M. Mead, N.D. Levitov, D.I. Feldstein, D.B. Elkonin.

In our opinion, the attitude of adults and the organization of the applied attitude also affect the teenager's assessment of his behavior. Based on research conducted by psychologists, it can be said that most adolescents correctly understand such spiritual and moral concepts as determination, humility, pride, sincerity, kindness, generosity, justice. Therefore, it is appropriate to pay attention to

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the formation of life experience, stable beliefs and a scientific worldview in their guidance for health. According to ancient traditions, in the past, the transition to adulthood in communities was formalized with special rituals, with the help of which the child not only acquired a new social status, but was also, as it were, reborn, received a new nickname, etc. According to representatives of various psychological theories, E. Erikson and others, adolescence is a special stage in the formation of a child, which is reflected in separate terms: "transitional", "crisis", "complex", "acute period". These terms emphasize the complexity and importance of the formation processes that occur at a certain age period, associated with the transition from one stage of a child's life to another.

G.E. Zalesky noted that an important feature of adolescents is the opening of their most valuable psychological development opportunities. Although at this time difficulties in self-awareness and self-determination are manifested, the search for the meaning of existence, the desire to know one's own personality, one's own capabilities, abilities, and the search for one's own identity in relationships with other people are closely related to the features of the individual. The only meaningful reality for adolescents is society, in which their imagination is manifested. The teenager perceives the external society as a perspective for acquiring personal skills, his concentration directly depends on it. Having the ability to delve deeper into himself and enjoy his own experiences, a teenager opens up a whole world of unknown feelings, he now perceives and understands his feelings not as a consequence of what happened, but as a product of his personality. Objective, impersonal information activates in a teenager self-analysis, thoughts about his tasks.

Despite the fact that adolescence is a difficult and difficult period in the formation of a human personality, at this stage of development, not only the above-mentioned signs are observed, but also a turning point in the transition, the result of which is loyalty, and one of the main conditions for social development.

This aspect was studied by E. Erikson, who emphasized that it is the basis for the future positive actions of a teenager, that is, a schoolchild. Indeed, each life situation calls for a person to make a certain choice, the implementation of which can only be determined by his attitude to various areas of life. Identification, including personal and social unity, is interpreted in the sense of two characteristics: positive - how a person should be and negative - how a person should not be.

Identity at this period begins to emerge against the background of a socially comfortable environment of the individual, with a high level of relationships with relatives, peers, and a growing level of self-esteem. In unfavorable conditions, if the actions are imaginary, then the process of identifying the teenager's identity is experienced through negative emotions, and in this case, more problems arise with other people.

The acquisition of individual identity is an emotional component of the value-volitional side of personality formation, in which a person is classified as a multi-stage process with experience and structure characteristic of different periods in the actual problems that arise spontaneously.

Scientific sources recognize that one of the factors of the turning point in adolescence and relationships with others is an overestimation of one's own abilities, which is characterized by the desire for autonomy and independence, painful pride and contempt. High criticism of adults, a feeling of denigration, a sharp reaction to humiliation, a desire to reduce one's abilities in the field of law are factors characteristic of adolescents in adulthood. Attention to relationships with peers is often manifested in the fear of not being recognized by them. Emotional well-being depends on the place occupied by the teenager in society, and is determined primarily by the attitude and assessments of peers. During the school period of the teenager, there is a rapid development of moral thoughts, views, and attitudes that act in their actions. They often try to develop generally accepted rules and concepts that are not similar to their own requests and the conditions of adults. Because the formation of ideals in adolescents, their place in life, the desire to realize their dreams and goals, leads to the emergence of various inclinations and interests.

L.S. Vygotsky noted that in adulthood, a sphere of hobbies develops that expresses the values of adolescents, determines their psychological basis. The transition of hobbies from personal and specific



forms to abstract and unified ones, the development of interest in problems of worldview, beliefs, morality and ethics is observed. Interest in one's own emotional impulses and the concerns of others is also formed. In general, the period from puberty to adulthood coincides with the transition of schoolchildren to adulthood, which is complicated by the need to determine one's own destiny and choose a life path after graduating from secondary education. The fact that the development of self-awareness for adolescents is a modern problem, that is, the main neoplasm of puberty, has been studied by researchers. Therefore, we can conclude that the impact of today's acceleration has led to the emergence of various characteristics in adolescents. For example, if adolescents who are aware of themselves in their behavior and act based on positive rules create their own identity, then the category of adolescents whose moral understanding corresponds to their actions also requires special influence. Also, while influencing adolescents whose behavior is consistent with knowledge of moral norms requires a different approach, this process creates different situations for adolescents who do not understand the connection between moral requirements and everyday behavior. Based on this, determining a separate sphere of influence in their approach to the issue of health in their personality ensures compliance with the goal.

In the scientific literature, there is evidence that the need for communication and autonomy is considered as important factors in the development of the personality of a high school student, which regulates the order of integration into society and the essence of its value concepts. As D.I. Feldstein noted, a teenager strives for recognition of his personality in the community, by society. A distinctive feature of communication at this age is the expansion of the circle of the adolescent community and, at the same time, large choices in communication, the definition of friendly relations in the group and their manifestation in division. During this period, the narrow saturation of communication in the adolescent personality, the presence of a standard for assessing his own personality, the use of partnership as a source of significance, etc. are distinguished.

L.I. Bozovich, I.S. According to Kon and A.V. Mudrik, the transition from puberty to adulthood is explained by a sharp change in internal positions, which is the main direction of attention of the teenager to the future.

A.V. Mudrik assumes that due to the acquisition of a certain level of consciousness in the adolescent, a spiritual emphasis is placed on the individual, on the society to which he belongs. It is emphasized that just as it is impossible to master social experience without communication, it is also impossible to master this experience personally in adolescents without autonomy. Communication helps the individual to enter society, the community, and this gives him a sense of personal security, a sense of belonging in the group, a sense of psychological well-being and stability, which is especially important for older schoolchildren. This age period is a time when the importance of understanding, empathy, and psychological connection in communication increases. In adolescents, the separation of the individual allows him to individualize himself and understand his own uniqueness. According to I.S. Kon, the main emotional assimilation of high school students is to reveal their inner state, to understand their individual uniqueness in comparison with others. In our opinion, collective activity is of great importance for the development of self-awareness in adolescents. Today, we can say that self-awareness in adolescents has reached a new level, because the influence of modern views prevails in choosing a specific moral model for themselves. In the current era, taking into account the influence of sensational events and human behavior on the Internet as a model for them, it can lead to the perception of negative aspects in oneself as positive qualities. As a result, another important feature related to self-education arises in him, the negative orientation of this aspect cannot but affect his mental health.

Conclusion

A healthy lifestyle culture in a teenager's personality is a lifestyle with an individual expression in relation to his health, which is determined by the following components: educational - cognitive, socio-spiritual, goal-oriented, covering the behavioral, emotional-volitional sphere. All these components of a healthy lifestyle are closely related to each other.



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