

## THE FACTOR OF SPIRITUAL WELL-BEING AS A KEY FACTOR IN ENSURING A HEALTHY LIFESTYLE

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### Abstract:

In the article has been analyzed the factor of spiritual well-being as a key factor in ensuring a healthy lifestyle by the helping scientific literature.

**Keywords:** Factor, spiritual well-being, key factor, society, healthy lifestyle.

### Introduction

It is known that in our society, human health, physical well-being, and the possession of a culture of a healthy lifestyle are extremely important social values. Ensuring the health of the nation, preserving the genetic fund of the people can be solved in a sufficiently positive way only thanks to a healthy lifestyle.

### METHODS

This puts the task of all social institutions of society; as family, educational institutions, neighborhoods, and independent education to convey to the citizens of our society the meaning and essence of a healthy lifestyle, and to educate young people as alert, knowledgeable, and well-rounded individuals. Spiritual perfection (spiritual maturity) is an important factor in ensuring a healthy lifestyle.

### RESULTS AND DISCUSSIONS

Spirituality determines the working world of a person, his moral values and life goals. Below are the main aspects and factors of the influence of this concept on a healthy lifestyle.

- Moral values and ethics
- Psychological balance
- Healthy social environment

Moral values and ethics - knowledge of the spiritual wealth, spiritual depth, perfection of a person, living a life with honesty and justice, goodness and kindness, such noble universal and national qualities-virtues, consciousness, thinking, behavior-ethics, activity, logical expression of the relationship between a person and society. The term moral values is expressed in moral qualities, virtues and characteristics. However, all aspects of morality, its content and essence, the form and principles of the manifestation of society, nation and citizens in social life, are expressed to a certain extent in the system of moral values. Moral

values also reflect the criteria and methods for evaluating moral rules, norms, ideals and goals. They are manifested in the form of such qualities as goodness, kindness, justice, compassion, tolerance, kindness, generosity, trust, honor, conscience, happiness, duty, hard work, patriotism, loyalty, courage, humility, honesty.

Moral values encompass moral relations inherent in the processes and events of nature and the social life of humans, societies, and nations. Moral values, in addition to having a universal human nature, are also rich in national characteristics. In particular, values, in addition to having a universal human nature, are distinguished by their content, essence, position, importance and uniqueness in the development of society and man, their diversity and richness, inherent in the mentality of our nation and in accordance with our spirituality and an integral part of our life, that is, the basis of our spiritual life [1].

If we talk about the role of the motivation factor in the formation of a healthy lifestyle, first of all, the term motivation, according to its meaning, is to motivate a person to engage in a certain activity, to justify and express its importance. In particular, the motivation factor in the problem of forming a healthy lifestyle is aimed at making people understand why they should live a healthy lifestyle and why they should not choose an unhealthy lifestyle. When assessing the role of the motivation factor in the process of forming a healthy lifestyle among the population, it is necessary to pay attention to the presence of three main elements in each person, which are necessary for analyzing his daily life activities. In particular, each person has:

- the presence of knowledge about a healthy lifestyle;
- the presence of a firm belief that living a healthy lifestyle can make a person healthy and prolong his life;
- the presence of a determined effort to live a healthy lifestyle [2].

From a theoretical point of view, this three-dimensional factor can be formed in different variants in people's daily lives. The functional need of each person to strengthen his health determines his practical actions on this path. Accordingly, all factors can be divided into: those who live a hygienically correct and reasonable lifestyle, that is, a healthy lifestyle; those who live a medically unhygienic, that is, an unhealthy lifestyle.

Abu Ali ibn Sina's opinion that "to live a long life, it is necessary to regularly train the body, eat properly, work, rest, and, especially, not to be nervous for no reason" is a way to realize the desire of every person to live a long life. Since this is the case, a person should find the meaning of his life, be proud of the results of his activities, train his body to organize his work properly, do regular physical activity, and organize his activities in an orderly manner. Because, maintaining and preserving health is related to a person's free will and the correct organization of his life activities, for this he must: follow the rules of nutrition and organize them correctly, control his weight, organize work and rest hours correctly, follow the rules of sleep, be active, talk and refrain from work. Man is the highest gift of nature, he comes into the world once, he achieves happiness through work, as long as his life path is prosperous, for this he must be healthy first of all [3]. In our opinion, the elderly

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and senile people in Ibn Sina's "Canons of Medicine" are wise people who advance the life of society and serve as an example for maintaining health.

### **CONCLUSION**

As a logical continuation of this idea, the Russian scientist I. Davidovsky said that "the ability of the elderly to adapt to circumstances decreases, but instead of it comes knowledge, professional skills, high abilities, wisdom and social responsibility. Over time, a person gains experience and becomes wiser. These qualities are usually characteristic of mature and elderly people. That is why young people respect and value the elderly", which is a fact of social life.

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