

INCREASING YOUTH HEALTH, SOCIAL ADAPTATION AND ENVIRONMENTAL ENGAGEMENT*Navruzbek Zarifovich Niyatov**SamIES, assistant intern of the department of "Management"**E-mail: navruzbekniyatov@gmail.com*

Abstract: The article highlights the ways in which the youth health sector can stimulate innovation, shape consumer experience, and influence the overall business landscape, and makes suggestions for new approaches.

Keywords: youth health, social adaptation, environmental activism.

Introduction. In today's interconnected and rapidly evolving global economy, the Youth Health sector plays an increasingly important role by stimulating innovation, shaping consumer experience, and influencing the overall business landscape. Today, the health, social adaptation, and environmental activism of young people play a significant role in the sustainable development of society. Young people are the future of every country, they have many resources that are important for the development of society. Therefore, maintaining the health of young people, increasing their social adaptation and environmental awareness, is a key factor in creating a sustainable and safe environment for future generations. Below we will talk about the importance of increasing the activity of young people in these three areas and how it can be developed..

Analysis of literature on the topic.

1. Constitution of the Republic of Uzbekistan - Tashkent, 2023.
2. Law "On Youth Policy" - September 14, 2016.
3. Resolution of the President of the Republic of Uzbekistan No. PQ-5106 dated July 5, 2017 - On the State Program "Youth - Our Future".
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5. Nishonov, F. et al. Fundamentals of working with youth. – Tashkent: Publishing House of the Youth Union of Uzbekistan, 2021.
6. Safarova, M. Pedagogical foundations of the formation of a healthy lifestyle for young people. – Tashkent: Science, 2019.
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Research methodology. The research process used a systematic approach, logical thinking, grouping, comparison, statistical observation methods.

Analysis and results.

1. Analysis of youth health

Based on social surveys conducted in recent years and statistical data from health institutions, the following trends were observed among young people:

Decrease in physical activity levels, especially in urbanized areas;

Unhealthy diet, increased interest in fast food products;

Stress, sleep disorders and mental health problems;

Increased use of tobacco and alcohol products among certain groups.

These situations put the physical and mental health of young people at risk.

2. Analysis of social adaptation

The level of adaptation of young people to social life depends on various factors, and the following problems have been identified:

Excessive dependence on technologies (gadgets, social networks) limits social skills;

Difficulties in adapting to the labor market - lack of sufficient practical skills and experience;

Weak social activity and civic position (low level of participation in neighborhood, public works, volunteering).

The results of this analysis show the important role of educational institutions and public organizations in preparing young people for practical life.

3. Analysis of ecological activity

The results of the conducted surveys and interviews showed the following:

There is interest in environmental problems among young people, but this often remains within the framework of theoretical knowledge;

The level of participation in practical activities aimed at environmental protection is low (planting seedlings, sorting waste, participating in environmental campaigns, etc.);

Due to the lack of environmental education and upbringing, environmental awareness has not yet been fully formed.

4. Results

The analysis showed that measures are needed in the following areas to improve the health, social adaptation and environmental activity of young people:

In the health sector: strengthening programs to promote a healthy lifestyle in schools, colleges and universities, developing a culture of sports and healthy eating;

In social adaptation: practice-oriented education, involvement in volunteer activities and encouraging participation in social projects;

In the area of ecology: organizing environmental campaigns with the participation of young people, conducting environmental education in interactive and practical forms.

Conclusions and suggestions. Based on our research on the health, social adaptation and environmental activity of young people, we offer several practical suggestions to organizations seeking to improve their effectiveness and address the complexities of the field of health, social adaptation and environmental activity of young people:

1. The health of young people is one of the main factors of social development, and their physical and mental state is important for the stability and future of society.

2. Social adaptation is formed through the ability of young people to find their place in society, social activity, readiness for cooperation, and integration into the social environment.

3. Environmental activity is the conscious attitude of young people towards nature, their participation in environmental protection, which determines the level of their ecological culture.

4. Although the level of formation of a healthy lifestyle, social activity and a sense of environmental responsibility among young people is currently increasing, there are still certain shortcomings and areas that require attention.

1. On health promotion:

Strengthening the promotion of a healthy lifestyle in schools and universities, including physical exercise in the mandatory curriculum.

Expanding free sports clubs, fitness centers and wellness programs for young people.

Establishing psychological health counseling centers and integrating them with online services.

2. On strengthening social adaptation:

Creating platforms for volunteering, participation in community work.

Organizing socio-psychological trainings, leadership courses, and communication skills development classes.

Developing and implementing social integration programs for young people with disabilities.

3. To increase environmental activity:

Introduce environmental education subjects in schools and universities or enrich existing ones with practical training.

Support and expand projects such as “Green Zone”, “One Student – One Tree”.

Organize competitions and campaigns that encourage young people to separate waste, recycle and actively participate in environmental initiatives.

In conclusion, the path to increasing the health, social adaptation and environmental activity of young people is determined by a constant focus on flexibility, innovation and customer value. By adopting the above conclusions and implementing the recommended strategies, organizations can position themselves for success in the constantly evolving area of the service industry, ensuring sustainable growth, operational excellence and the provision of unparalleled services.

References:

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