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METHODOLOGY OF INCLUSION OF HEALTHY LIFESTYLE SKILLS IN ADOLESCENTS WITH DEVIANT BEHAVIOR



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MONOGRAPHY

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INTRODUCTION

In the world, researches focused on specific general laws of social society, normative procedures related to human activity, life norms, principles of life and compliance of society members with social norm requirements are being carried out on a large scale. In this regard, it is important to develop social programs that provide comprehensive measures to prevent crime and delinquency among young people in leading basic educational institutions and scientific research centers. Therefore, pedagogical and psychological negative factors in the process of education and training of adolescents in the process of combating the formation of deviant behavior in the pedagogical (pedagogical), legal (legal), socio-economic (socio-economic), and health care (health) priority tasks should be determined and implemented. the issue of elimination remains relevant.

On a global scale, the process of activity aimed at preventing crime and delinquency among teenagers is considered as one of the main factors of social, economic and spiritual-educational development of society. The maturation and professional development of each adolescent is a complex process, which may be accompanied by specific difficulties and deviations, internal contradictions, and inability to adapt to various situations in social life. For this reason, it is of great importance to acquire and develop healthy lifestyle skills among teenagers. It is of particular importance to improve and popularize the content of educational and methodical works aimed at maintaining and strengthening the health of adolescents, mainly in extracurricular activities and activities, and finding practical solutions to these problems.

The purpose of the reforms implemented in all spheres of the social life of our country is to ensure human dignity and its interests, security and well-being. The President of the Republic of Uzbekistan stated at the 72nd session of the United Nations General Assembly that the idea of violence should be prevented among the youth of the world and their rights and interests should be prevented. , a multilateral cooperation initiative was put forward from the nations of the world for the social protection of life. This justifies the fact that defining the rights of young people in a single standard and protecting them is an important condition in the era of globalization and information technology development. To do this, it is necessary to improve the current methods of protecting young people from attacks of mass culture, educating them with the help of healthy **lifestyle skills, and** forming healthy lifestyle skills in deviant teenagers.

PF-5106 of the President of the Republic of Uzbekistan dated July 5, 2017 "On improving the effectiveness of state policy on youth and supporting the activities of the Youth Union of Uzbekistan", dated June 30, 2020 "Reforming the state policy

on youth in the Republic of Uzbekistan and bringing it to a new level" PF-6017 dated January 28, 2022, "On the development strategy of New Uzbekistan for 2022-2026" No. Resolution No. 5153 of the Cabinet of Ministers of the Republic of Uzbekistan "On the approval of the concept of development of youth policy in Uzbekistan until 2025" dated January 18, 2021 No. 23 and other regulatory and legal documents related to this field. This research work serves to a certain extent in the implementation of tasks.

CHAPTER I. THEORETICAL PRINCIPLES OF MAINTAINING A HEALTHY LIFESTYLE IN ADOLESCENTS WITH DEVIANT BEHAVIOR

1.1. Education of adolescents through healthy lifestyle skills as a pedagogical problem.

On September 14, 2016, the law "On State Policy Regarding Youth" was adopted in our country. This law serves to protect the interests of young people and create appropriate opportunities for them to occupy a worthy place in our society. But today, the current era, which is rapidly changing, requires the improvement of the work in this field, the further improvement of the legal framework aimed at ensuring the interests and protection of the rights of young people, and on this basis opening up new opportunities for our young people.

In his speech at the 72nd session of the United Nations General Assembly held in New York, USA on September 19, 2017, the President of the Republic of Uzbekistan Shavkat Miromonovich Mirziyoev proposed to adopt the "Convention on the Rights of Youth" at the UN platform, taking into account that we are currently living with the largest group of young people in the history of mankind. Based on this, the President pointed out that the number of young people is increasing by two billion, international terrorism and extremism are growing rapidly, and the need for protection of young people is an important factor. The President said that it is necessary to prevent the spread of the idea of violence among the youth of the world, and for the social protection of their rights and interests, the nations of the world are asked to initiate multilateral cooperation.

It was emphasized that defining the rights of young people and protecting them is an important condition of the era of globalization and information technology development. "Also, the member states that have signed this convention should consider the issue of youth as an important direction in the country's social policy and fulfill their great responsibilities." Protecting young people from mass culture attacks, educating them with the help of healthy lifestyle skills are important tasks.

Central Asia is the youngest region in the world, with an average age of 27.6 years. About 50 percent of the population of the region belongs to the Republic of Uzbekistan.

In the next five years, investments allocated to the scientific and professional development of young people, health, expansion of economic opportunities, development of technology and innovations will create a foundation for having a "demographic dividend", that is, for the country to achieve high economic development in a short period of time.

The implementation of strategic tasks aimed at increasing the effectiveness of the youth policy in the country for the near and long term has a significant impact on ensuring stability, peace and prosperity in Uzbekistan.

For the first time in the history of our country, the Youth Forum of Uzbekistan was held on December 25, 2020 with the participation of the President of the Republic of Uzbekistan. At the forum attended by more than 30,000 young people, the Head of State communicated with young people and supported their ideas, proposals and initiatives.

In the Address of the President of the Republic of Uzbekistan to the Oliy Majlis on December 29, 2020, priority tasks for bringing the state policy on youth to a new stage were defined [10].

Based on these tasks, the Concept defined the strategic goals, priorities, five-year tasks for the development of the state youth policy, as well as the national model for the implementation of the youth policy, and became the programming for the development of sector-specific programs and comprehensive measures.

The concept is based on the main principle of "Working for the interests of young people" defined in the "Youth - 2030" strategy of the United Nations.

The concept is based on the discussions, suggestions and recommendations of the Chambers of the Oliy Majlis of the Republic of Uzbekistan, Youth Parliaments, Youth Commission, youth organizations, national and foreign experts on youth policy, international organizations, state bodies, civil society institutions, active youth and other representatives of wide scientific circles and the public. was developed.

In the development of the concept, legal documents on youth policy of more than 50 countries, agreements and documents of more than 20 regional youth associations (Shanghai Cooperation Organization, Commonwealth of Independent States, European Union, Organization of Islamic Cooperation, etc.), general normative documents of more than 30 international organizations were used. (United Nations, International Labor Organization, World Health Organization, Inter-Parliamentary Council, etc.) were studied and analyzed [15].

A number of studies on the formation of a healthy lifestyle in adolescents have been identified in the analysis of the work carried out in foreign countries and independent commonwealth states, for example, if a special course called "Education of human social health" is implemented in the education system of Great Britain with the development of the program, the CIS countries, including , in the Russian Federation today, attention is being paid to the in-depth study of the sciences of acmeology and valeology. In the Republics of Kazakhstan and Kyrgyzstan, the issue of forming STT (healthy lifestyle) among students is being solved by the introduction of valeology training course into the general secondary education school curriculum.

The Law of the Republic of Uzbekistan "On Education" defines the following priorities in terms of creating important conditions for raising a healthy generation, meeting the individual needs of children and adolescents, meaningfully organizing their free time and rest, as well as forming and developing a personnel training system. given [2]:

- taking the necessary measures to protect and strengthen the health of children and students of educational institutions and health authorities;
- organization of practical actions aimed at improving the health of the educational process, creation of conditions for the development of STT standards;
- is to improve the medical and hygienic culture of students, to strengthen their activities in physical education and sports, and to improve their organizational and methodological approaches in order to increase the level of physical maturity.

Formation of a healthy lifestyle in adolescents requires socialization of the process and creates the ground for formation of high spirituality, conscious discipline, sense of human dignity, behavior based on social norms established in society, aesthetic rich outlook, logical and creative thinking in young people.

The results of the analysis show that due to the low effectiveness of the measures aimed at educating young people in the spirit of respect for national and universal values and loyalty to the Motherland, negative situations are observed such as their adherence to various foreign ideas, delinquency and crime, early childbirth and extravagant weddings.

According to information, 39,088 young people live in troubled families, 368 young people are under the influence of various harmful informal groups and currents. In particular, 11,469 or 34.8 percent of the 39,244 crimes recorded in January-November 2020 were committed by young people.

Education of young people in the spirit of loyalty to the family and preparation for family life is not systematically organized.

In particular, cases of early marriages, illegal marriages and divorces are observed among young people, including the majority of 25,000 family divorces recorded in 11 months of 2020.

Various infectious and chronic diseases, premature deaths, addiction to drugs, alcohol and tobacco products, consumption of psychotropic substances (as of September 2020) due to the incomplete formation of concepts about reproductive health, proper nutrition and hygiene rules, healthy lifestyle in young people 5,889 young people who use drugs are on the list), and as a result of marriages between close relatives, there are still cases of violation of the nation's gene pool and the birth of children with birth defects.

There are some problems in ensuring the social adaptation of young people and children in need of social protection (orphans, children of orphanages, those with disabilities and in need of treatment) to the society.

The established mechanisms for providing work and housing for foster children of orphanages, social adaptation to the society are not giving their results [12].

Based on the purpose of our research and the tasks set before us, we studied some of the reasons that have a direct negative impact on a healthy lifestyle among teenagers and explained them as factors of an unhealthy lifestyle as follows:

1. Internet access to various sites that have a negative effect on moral education (military games, access to various extremist sites, viewing films and photos that have a negative effect on spiritual and moral education) is considered one of the negative factors that cause the derailment of a primary healthy lifestyle.
2. Excessive use of cellular communication tools - negatively affects the nervous system, memory loss and damage to nerve fibers; a direct negative impact on the vision analyzer will cause a decrease in visual acuity and cause eye diseases.
3. Drinking alcohol; smoking tobacco, tobacco, drugs - has a negative effect on the functioning of the digestive, respiratory, circulatory systems and causes chronic diseases. Most of the reasons for entering such a path are the parents' indifference to the upbringing of the child or fulfilling the child's wishes too much, starting to earn money easily or lack of family, depression, internal turmoil, the formation of interest in friends among teenagers, disordered lifestyle, working with an excessive workload. we can cite examples such as
4. Dangerous behavior different ways of injury (use of cold weapons, explosive substances) - negative situations caused by the use of pyrotechnic substances, use of cold weapons at various holidays, events and competitions or at home.
5. Negative influence of the environment in the family - intolerance, quarrels, separation between parents also have a negative effect on the child's organism, cause stress, and as a result, have a negative effect on the physiology of the organism's

work in the nervous system, internal It is observed that it causes various diseases as a result of its effect on the functioning of the secretory glands.

6. Infectious diseases caused by inappropriate sex, ways of transmission of AIDS, negative consequences, early marriage, birth of genetic diseases in children as a result of marriage between close relatives are manifested.

7. In the living environment, the material and economic aspects are sufficiently provided, but the parents have a superficial view of the child's education, excessive entertainment, leaving their studies unsupervised, spending their free time on the street, playing computer games that have a negative effect on behavior, not using the Internet for useful activities, accessing inappropriate sites, etc. Leaving the situation unchecked has a negative impact on the child's education and active growth and development.

8. Non-observance of eating habits in the living environment, parents' strict parenting, working outside of school hours, doing heavy work for their age also lead to an unhealthy lifestyle in the student.

9. In the current period, there is an imbalance between ecology and society, man and nature, scientific and technical progress and human health, and all this is generally manifested in the relationship between man and nature. It is known that the human body is constantly affected by changes in the surrounding environment. In the same weather conditions, he feels good and refreshed, but in another condition, lethargy or negative effects of various symptoms occur. We know that 75% of human health depends on the atmosphere, and now various dusts and harmful gases in the air cause allergic and viral diseases in the respiratory tract.

The concept of "deviant behavior" means that the behavior of minors deviates from the social rules accepted in society and is characterized by non-observance and violation of these rules. Deviant behavior is especially common among minors. During this period, personal feelings of minors are formed, their self-awareness and knowledge of the world is decided. However, the formation and development of a person is a complex process that can be accompanied by specific difficulties and deviations, internal contradictions, and inability to adapt to different situations in social life. Young people with a deviant character often do not attend classes at school, run away from home, act as nannies, drink alcohol, and turn to drugs. As a result, they tend to break the law and commit crimes.

As a result of the conducted observations, the rules that justify the deviant character of teenagers in their own way have been shown. In the process of studying a number of theoretical rules of foreign scientists regarding the deviant behavior of teenagers, we were convinced that these theoretical rules were created based on sociological research of the behavior of young people in a certain place, that is, with a different way of life, customs, and mentality. . That is why it is difficult to directly

apply these works of foreign scientists in the conditions of our Uzbekistan. For this reason, we planned to study the deviant behavior of children among minors in our republic, the factors that cause this behavior by conducting sociological research.

Children with deviant behavior (deviant behavior) and lack of self-control do not get away with anything, there are no rules for them, they may not recognize their teachers or their parents. If such children are not dealt with in time, if their desires are not curbed, such children may grow up to be psychopaths or, in some cases, criminals.

Adolescence is the most important period in the formation of a person, it is a period of hesitation, comparing oneself with one's peers and others, being dissatisfied with one's condition and appearance. The reason is that during this period, the teenager gradually realizes the necessity and begins to achieve a certain freedom, accordingly, he acquires the ability to make decisions, that is, he begins to act responsibly based on the laws of social development. Because of this, adolescence is characterized by various conflicting experiences, difficulties and crises. At the same time, this period is the period of loss of childhood feelings, feeling of anxiety and emergence of psychological discomfort.

Adolescence is often called the period of disproportion in development. At this age, attention to one's physical characteristics increases, the reaction to the opinions of others increases, personal pride and feelings of resentment rise. Physical defects are often exaggerated. First of all, the increased attention to one's body compared to childhood is due not only to physical changes, but also to the new social role of the adolescent. People around them expect the adolescent to handle certain developmental problems on their own at the expense of physical maturity. Seeking to escape from the care of adults, the adolescent seeks a temporary expression of his growing "I" to feel free. He finds this in the leisure environment. Free time is a priority in a teenager's life. Minors spend this time outside the home, in the circle of peers. Parents want to influence their teen's interactions outside of school, ostensibly to protect their children from unwanted contact. As a result, teenagers who like to be lonely appear. Adolescent morals are primarily influenced by the external social environment (micro-environment: family, class, school conditions, relationships with other members of this environment), as well as individual characteristics of the adolescent personality related to his reaction to various "life failures".

Behavioral deviance, expressed in various forms of adolescent maladjustment, is the result of unhealthy psychosocial development and disruption of the socialization process. Because during this period, a teenager strives for self-awareness in all aspects, to find his place among other people, he looks with envy at some qualities in the actions and actions of older people around him, and he has a hard time not finding these qualities in himself. Sometimes he even feels incomplete.

At such a time, close people, first of all, parents, mentors should lend a first aid hand to the child. It is known that a child first sees the traits and qualities of his parents, and then begins to compare them with others around him. Therefore, parents should be able to find a way to their children's hearts. Children with deviant behavior (who run away from school, constantly disturb their peers, tease their classmates) need all kinds of support from adults. Parents should provide moral support to the child with the help of class leader, teacher and school psychologists.

Adolescence is the period when his worldview, beliefs, viewpoints, principles, self-awareness, evaluation, etc. are formed. If a child of elementary school age acts according to the instructions of adults or his random, involuntary wishes, the teenager begins to organize his activities based on certain principles, beliefs and personal views.

Morality and individual consciousness are of particular importance in the formation of a teenage personality. In this, students' acquisition of moral concepts and their application to life play an important role. The process of forming universal human qualities confronts the student with contradictions of belief, belief, and point of view. Observing social life, acquiring the necessary skills for a person in it, gives him the opportunity to analyze the behavior of adults. As a result, life skills such as assessing the way and manner of older people in emergency situations begin to form.

An analysis of juvenile delinquency shows the following factors as its causes:

- negative effects in family and marriage;
- unhealthy lifestyle;
- to be in contact with bad-mannered persons;
- non-schooling minors are not engaged in a specific useful activity for a long time;
- being involved in crimes and various antisocial behaviors by older criminals;
- the use of violence, the influence of various written books and video films;
- failures in life and instability of moral beliefs;
- some qualities of the mental state;
- negative influence of mass culture;
- is an increased interest in certain actions and a tendency to perform such actions.

A variety of factors contribute to juvenile delinquency. These factors are related to the family, and when considered as one hundred percent, it can be observed that 30% of it corresponds to troubled, immoral, quarrelsome families, and 60% of families that look "peaceful" from the outside, but neglect their children's upbringing [105] .

We can see the conditions that allow antisocial manifestations of the adolescent psyche in the following:

- distorted ideas about the true meaning and importance of the most important spiritual concepts (bravery, loyalty, friendship, heroism, bravery, humility, etc.);

- making a mistake in evaluating certain persons, events, events; not being able to evaluate a person according to the sum of all his characteristics and qualities;
- preferring the appearance of a person's behavior without taking into account his real motives and goals;
- the change of mentality associated with the formation of a person, physical and spiritual development of the organism, and the process of coming of age;
- inability to control emotions, changeability, extreme impressionability, frequent mood swings;
- a sharp reaction to the environment, all new, unfamiliar things without the necessary knowledge and experience;
- excess of unused energy due to increased physical activity, initiative, life activity;
- striving to be independent in any way, to recognize the importance of one's personality; do not like advice, pedagogic advice and other forms of educational influence of adults;
- the desire to show and prove that he has become an "adult";
- susceptibility to influence, overconfidence, tendency to imitation.

In this process, it is desirable to protect teenagers from various negative mass culture and educate them with healthy lifestyle skills based on the following tasks:

to determine the didactic basis of content acquisition and development of healthy lifestyle skills among teenagers;

developing and recommending as a methodical guideline the technologies of content creation of healthy lifestyle skills in extracurricular activities and activities;

is to create a special educational program and develop a methodology for its use based on the need for a conscious approach to maintaining and strengthening the health of adolescents and strengthening their responsibility.

In order to prevent teenagers from being unsupervised and neglected, to prevent them from committing crimes and offenses, and to protect them from various negative effects, preventive and warning measures are being held in cooperation with all educational institutions.

At the same time, in some regions of our republic, there is no complete collection and analysis of information on young people with difficult upbringing, crime and delinquency, and their parents, and people and conditions that have a negative impact on the upbringing of teenagers are not regularly studied, with difficult upbringing, crime and delinquency. The fact that the practice of reporting young people who are prone to committing crimes to the internal affairs bodies has not been established at the required level has a negative effect on the work in this regard.

Although crimes committed by teenagers decreased by 28.1% (from 1430 to 1028) in 2018 compared to 2017; This indicator remains high in Andijan, Bukhara,

and Surkhandarya regions. At the same time, in 2018, compared to 2017, the number of young people brought to criminal responsibility in our republic decreased by 34.4% [94].

When comparing the number of teenagers who committed crimes in 2017-2018, from 30 to 34 in Namangan, from 29 to 41 in Fergana, from 17 to 21 in Syrdarya, from 14 to 30 in Bukhara, from 13 to 15 in Khorezm, in Andijan region It was observed that it increased from 13 to 30 and from 16 to 29 in the Republic of Karakalpakstan.

The number of crimes committed by teenagers during the first 3 months of 2019 was 89, compared to 54 during the first 3 months of 2018, and increased by 39.3%.

In the first 3 months of 2019, compared to the same period of the previous year, the number of youths who committed crimes in Andijan (4-9), Kashkadarya (2-7), Namangan (5-14), Surkhandarya (4-13), Fergana (3-20)) can be observed to have increased in the regions.

1.2. Classification of forms and causes of deviation of behavior of adolescents from social norms

In recent years, the number of deviant teenagers is increasing, for whom it is observed that achieving material well-being by any means becomes a vital goal. Work and study lost their social value and importance, the advantages of living better than working less and studying began to take on a pragmatic tone. Therefore, it is necessary to conduct a consistent study of the dynamics, form, and causes of deviant behavior, as well as to develop effective measures of preventive, preventive, corrective, rehabilitation social control.

Yu.R. Vishnevsky, I.A. Gorkovoy, G.A. Gurko, A.N. Elizarova, A.V. Merenkova, V.D. Moskalenko, G.P. Orlova, B.S. Pavlova, V.G. Popova, V.T. The scientific research works of Shapko and other scientists are devoted to the problems of manifestation of deviant forms of behavior in adolescents, which are related to the unhealthy state of the child in the system of internal family relations.

In the scientific works of B.N.Almazov, V.S.Afanasev, G.F.Kumarin, V.V.Lofovoy, I.A.Nevsky, V.G.Stepanov, the influence of the school environment in the process of socialization of young people and the prevention of student behavior deviations transfer works are presented.

Recognizing the importance of the above works, it is worth noting that, despite the approaches of many research studies on the study of deviant behavior, the problem of adolescent deviance, which is developing in the conditions of the market economy, requires further study.

Deviant behavior is always associated with some kind of inconsistency between the types of activities, norms, rules of conduct, ideas, attitudes, and values of human behavior that are widespread in society or groups. Norms are the mechanism that keeps the social system in a state of equilibrium in the face of inevitable changes. In the natural and social sciences, the word norm is understood as a certain level of completion, measurement for maintaining and changing the system.

Thus, deviant behavior is actions that are contrary to the legal and moral standards accepted in society. For example, deviant actions are deviations from the norms established by society, as well as from the norms of mental health, law, culture and morality (V.V. Kovalev, I.S. Kon, V.G. Stepanov, D.I. Feldstein, etc.), certain behavior that does not satisfy the social perspectives of a given society in a given period of time is considered a deviant behavior (N. Smelzer, T. Shibutani).

What are the main reasons for the high probability of deviance from social norms? Such reasons are as follows:

- social inequality. It means that the poverty of the youth, who make up the majority of the population, is reflected in the standard of living and the stratification of the society into rich and poor, unemployment, crisis, corruption, etc.
- the spiritual and moral factor of deviant actions is represented by the relative moral and spiritual level of the society, lack of spirit, materialistic psychology, isolation of the individual. With a market economy, social life is like a market, where everything is bought and sold, labor, cheap labor and human trafficking have become commonplace. Degradation and the decline of morals are represented by mass drinking, drunkenness, drug addiction, violence and lawlessness;
- the environment is favorable to deviant behavior. Many young deviants come from troubled families. Unhealthy living conditions and upbringing in the family, problems in acquiring knowledge related to academic failures, conflicts arising from the inability to establish communication with others, various psychophysical deviations in health lead to a mental crisis and loss of the meaning of life.



Figure 2. Causes of deviant behavior of teenagers.

Today, certain forms of deviant behavior are defined.

Crime. In psychology, the origin of deviant actions and, consequently, delinquency of teenagers and young people should be sought from difficult upbringing or socio-cultural neglect. If criminology is a science that answers the question of the causes of crime, pedagogy is about re-education and pedagogical preventive measures, sociology is about the actions of social laws, psychology determines the psychological mechanisms of crime. Researchers focus on the following internal psychological factors that may lead young people to commit crimes:

- the need to take risks;
- the need for prestige, self-respect;
- emotional instability;
- aggressiveness;
- presence of character accentuation;
- deviation in mental development;
- low self-esteem;
- inadequate self-assessment;

During adolescence, illegal behavior is more conscious and arbitrary.

Addiction is an umbrella term for a complex of causes and conditions related to drug use. Opium, morphine, hashish, and painkillers are the most common drugs that have a strong negative effect on the state of the nervous system. Drug addiction is a plague of the century. Ten years ago, this disease affected only a fraction of young people. Today, both busy people and ordinary youth are not afraid of drug addiction. Common causes of drug addiction among young people are:

- excess, time not allocated to productive work;
- not controlling what the child does in the family;

- conflicting environment in the family and on this basis the child's anger and tension;
- consumption of narcotics by parents, other family members;
- keeping narcotics at home;
- drug generation;
- the state of depression in some children after the hope of achieving something is not realized.

Naturally, the motivation to use the drug is related to the randomness of the situation, the general action, the coherence of external and internal reasons. Randomness should not be left out. Therefore, the main task of educational institutions is to carry out preventive work with students of all ages. The main focus is on children's perception of drugs as the worst, ensuring that they are responsible for the future, that they do not take abnormal forms of satisfaction of their needs personally.

Drunkenness. Alcohol consumption among minors is on the rise worldwide. Alcohol consumption by children and adolescents is one of the most serious social and pedagogical problems. Alcohol is more harmful to the nervous system than drugs. The most common forms of combating alcohol and alcoholism are educational prohibition measures [93].

Preventive actions:

- prohibiting the use of weak tonic drinks at school celebrations;
- conducting group therapy against alcohol;
- always explain and show for children that there are many other ways to meaningfully spend free time;

Prostitution. Adolescence is a period of rapid sexual development, and with the onset of adolescence and young hypersexuality, interest in sex increases compared to later periods. Society has always looked for ways and means to combat prostitution. Historically, there have been the main forms of prostitution policy: prohibition, regulation (registration and medical examination), abolition (in cases of prohibition and non-registration, prevention, clarification and education). Historical experience has shown that legal and medical procedures directed against the holders of these oldest professions do not completely solve this problem. Practice shows that social and spiritual changes in society will fundamentally change the situation.

Suicide. In Latin, "suicide" is a person's conscious deprivation of life [67]. A tipping point in a series of self-destructive behaviors. Suicidal behavior is the primary goal of suicidal ideation. Suicidal behavior includes suicidal actions - suicidal situations, manifestations (thoughts, intentions, feelings, statements). Age has a significant effect on the characteristics of suicidal behavior. For example, periods of crisis such

as adolescence. Suicide attempts are more common among teenagers than at other ages, and few succeed.

In general, adolescent interactions with peers and parents may negatively influence suicidal behavior. Another important factor that has unfortunately been relatively understudied is the influence of teenage subculture. For example, the behavior of teenagers is an example of their imitating someone. Prevention of suicidal behavior can solve a number of tasks: limiting and controlling access to various autoaggressive means, controlling factors and risk groups. Psychological prevention of suicide is mainly carried out in the form of training on timely detection of suicide and timely assistance to loved ones.

Let's run away from home, let's say. The most visible form of outsidership is dyadism. Addiction can be described as a deviation in behavior, which is also related to other types of deviant behavior: alcoholism, drug addiction, crime. Bullying causes moral and psychological harm to a person and to those who encounter it. Adolescents' reasons for running away from home usually include loss of family and family relationships, as well as disconnection from school. Among adolescent boys, emancipatory form of running away from home takes shape, and in adolescent girls, it takes on a demonstrative form. Home escapes are done alone without any preparation. Young people have to spend the night in night train stations, have to eat irregularly while half hungry, steal with strangers, often, without realizing it, teenagers join socially dangerous gangs, consume alcohol or drugs [92].

Fear. The emergence of various fears (phobias) in children and adolescents is characterized by the characteristics of their youth. Often, this is a neurological fear after the darkness, loneliness, separation from parents and loved ones, which, in turn, increases the negative impact on human health. Such situations can be resolved by soothing conversations with them. In other cases, they are short-term, but there are also long-term forms. As the reason for such actions, it is possible to indicate long-lasting situations that damage the child's soul (serious illness, sharp conflicts at school or in the family). Fears manifest in the form of a fixed thought in the brain, and a fixed thought in the brain manifests itself in the form of actions. Fear of thought contagion, fear of sharp objects, closed room and speaking of stuttering people dominate the mind. Psychocorrective game technologies and methods can be used to eliminate the fear of children and adolescents.

Vandalism and graffiti. Vandalism is a type of destructive behavior. According to many studies and statistics, in most cases vandalism is committed by young people under the age of 25. According to surveys conducted among teenagers, the peak of vandalism is between the ages of 11 and 13. Vandal youth have the same level of intellectual development as their peers, but their achievement in school is much lower. According to the conducted studies, it was noted that most of the vandals

were in a state of crisis. According to the public opinion, vandalism is usually seen as aimless, useless, and ambiguous behavior. Determining the motives of vandalism is one of the main tasks of socio-psychological research [93].

D.K. Let's look at the classification of motives of vandalism presented by Kanter:

Boredom is the emergence of a desire to be interesting. The reason for this is the search for new impressions, the search for interests related to prohibition and danger. The goal of research-hacking interest is the desire to understand how the system works.

Observing the physical process of aesthetic emotional-destructive works, creating new visual structures, getting emotional pleasure from them.

Existential Inquiry – Kanter explains this motif as he explains that vandalism can act as a means of self-affirmation and explores the possibility of impact on the society to which it attracts attention. (A great example of Herostratus, who burned down the palace of the god just for glory).

Graffiti is a unique form of deviant behavior among teenagers and young adults. From the point of view of psychology, graffiti is a way of self-expression. The term graffiti (Italian graffiti - drawing) refers to ancient inscriptions, mainly internal signs, drawings on the walls of buildings, dishes and other objects [96]. Graffiti means vandalism, this damage is a relatively safe form of small, insignificant, deviant behavior compared to other types of vandalism and violent crime:

- personal and group identity, the subcultural language of youth in the English translation of the Russian text;
- protest against social and cultural norms;
- evil reactions, competition and symbolic violence in the content of fighting motives;
- motives of creativity;
- sexual motives;
- entertainment motives.

Thus, vandalism in general and graffiti as one of the types of vandalism is a type of youth deviance.

Thus, it is worth noting that parents, teachers and youth leaders should be aware of deviant behavior. With the emergence of factors that lead to deviant behavior of adolescents, it helps to solve these problems at an early stage of formation through the correct behavior of adults.

1.3. Social education in the family as a guarantee of prevention of adolescent deviant behavior

Article 63 of the Constitution of the Republic of Uzbekistan states that "The family is the main link of society and has the right to be under the protection of society and the state" [1]. Also, the Law of the Republic of Uzbekistan "On Education" states that "Parents or legal representatives of minors must protect the legal rights and interests of the child and are responsible for their education, pre-school, general secondary, secondary special, vocational education." is emphasized.

Raising a child serves the happiness of the family and the happiness of the society. This, in turn, requires a lot of attention to children.

Parents who raise their children to be physically healthy, intelligent, and happy to serve society and people will have fully fulfilled their duties.

Unfortunately, this is not always the case. Changes in family relations, disagreements between father and mother, the origin of problems have a bad effect on child upbringing, and lead to the appearance of negative consequences. As a result, the child is out of parental control.

One of the main tasks of any society and state is to ensure the right of the child to be raised in the family. These rights of the child are defined in international documents (the UN Convention on the Rights of the Child), as well as in the legislation of the Republic of Uzbekistan. In the Family Code of the Republic of Uzbekistan, the following rights of a child are distinguished as basic and independent: the right to live and be brought up in a family, the right to communicate with parents and other relatives, the right to self-defense, the right to have a name, surname and patronymic. Adoption, guardianship and sponsorship, foster family, orphans and children deprived of parental care are acceptable and justified forms of placement.

In our country, the education of orphans deprived of parental care has been given serious attention in different historical periods. At a time when the influence of family education on the mental education of a child is emphasized in current modern scientific researches, it is necessary to recognize that the main attention was paid to the upbringing of a child in the family in the early period of the Islamic science of our respected religion. In Islam, it is shown that the child should be breastfed by his mother as much as possible. Because the child receives both spiritual and biological nourishment through mother's milk. In verse 233 of Surah Al-Baqara of the Holy Qur'an, it is emphasized that "Whoever wishes to end breastfeeding, mothers breastfeed their children for two full years" shows the importance of mother's milk for the child's development.

It is narrated from Abu Huraira, may God be pleased with him: "The Messenger of God, may God bless him and grant him peace, kissed Hasan ibn Ali

while al-Aqra' ibn Habis Taymi was sitting in his presence. Then he said: "I have ten children. "I have not kissed any of them," he said. Then the Messenger of God, may God's prayers and peace be upon him, looked at him and said: "He who does not show mercy will not be shown mercy." It is also narrated from Aisha, may God be pleased with her: "An Arab came to the presence of the Prophet, may God bless him and grant him peace, and said: "Do you kiss your young children? We don't kiss," he said. Then the Prophet, may God's prayers and peace be upon him, said: "I could do anything if Allah took mercy from your heart" [62].

These hadiths mean, first of all, that it is necessary to have mercy on young children, that parents should be kind to their children, and that this is a mercy of Allah and a meritorious deed. Every parent should remember that they are responsible for their child's education.

In Islamic science, children are precious trusts in the hands of parents, so it is important to educate them well, teach them good manners and explain good habits.

When Muhammad, peace be upon him, said, "Be with your children and improve their manners," he meant that not being interested in children's education and not being involved in them will cause various unpleasant things.

Hazrat Umar's statement that "The more the child is away from the father, the more he tends to do bad things, he looks for a companion outside the family, and this often leads to bad consequences" is also related to child neglect and its consequences.

In Islamic science, a lot has been said about the role of parents in raising children. Mother's role in child education is especially highlighted.

Abu Ali ibn Sina (980-1037), who was widely known in the East and West and received the title of "Sheikh-ur-Rais", described his pedagogical and psychological views on family, parent and child relations in his works "Medical Laws" and "Tadbiri Manzil". His comments about the family as a social institution, a source of interpersonal relations, a favorable social environment for interaction, the influence of national traditions, and the basis of the phenomena of imitation and contagion have not lost their power to this day.

He emphasizes that parents should follow the principles of universality in raising children. The educator told the parents that it is better to educate him through personal example, as opposed to severe punishment.

Ibn Sina puts great demands on the head of the family, he encourages children to be raised with a sense of kindness towards each other, and to create a warm spiritual environment. He emphasizes that the unpleasant upbringing in the family does not only have a negative effect on this family, but also on other families, and that reasonable upbringing is an important basis for family happiness. Ibn Sina writes that it is necessary to introduce the child to positive qualities and inculcate good

manners without waiting for the child to acquire bad behavior and character. He said that regardless of the circumstances (environment), the development of children is the main task of parents, whether they are the head of the state or an ordinary member of society, the same requirement should be made for them in the matter of education, because it is a social need.

Yusuf Khos Hajib, a great thinker and poet of the 12th century, describes his views on ethics and family life in his book "Kutadgu Bilig" - "Knowledge that leads to happiness". According to the poet, having a child and raising him is a great happiness for every person, without them life has no meaning. But this thing imposes a great responsibility on parents, which is both a duty and a debt for every parent to cope with it. He considered the family environment to be the basis of moral development of a person: "If a child's behavior is bad, it is not the child's fault, it is the father's fault."

In the didactic works of Makhmur, Gulkhani, Muqimi, Furqat, Zavqi, Abdulla Avloni, Avaz O'tar, who continued the progressive ideas of our great compatriots, the problem of human perfection, nationality and social environment in the improvement of the child's personality, and the role of the family occupy a special place.

The social and pedagogical works of the great thinker A. Avloni embody moral views. According to him, the social environment, family conditions, people around the child, and interpersonal relationships are of great importance in the development of moral qualities in children.

Touching on the personality of the child, emphasizing the role of the family in him, he says, "He does what he sees in the bird's nest." "Human wealth is worthy. If he gets a good upbringing, avoids bad habits, and grows up accustomed to good habits, he will become a happy and acceptable person in everyone's eyes...". The scientist emphasizes that the role of the family in child education is primary: "... education should start from the day of birth" [27].

These mentioned thoughts and many other arguments in Islam are devoted to the upbringing of children in the family, leaving no doubt that the upbringing of children is one of the most necessary obligations of the family. At the moment, even the creation of all the conditions in educational institutions specializing in the upbringing of the young generation cannot detract from this obligation from the family. Because such institutions cannot replace the family in satisfying the child's emotions and spiritual experiences. It is both a duty and a duty for parents to do the great work of raising children.

There are different approaches to defining the concept of "family". G.B. Shoumarov, Sh.B. Shoumarov, M.G. Davletshin view the family as a small group

based on marriage or close kinship, related to household service, mutual support, and shared moral responsibility [59].

Q. Munavvarov, O. Musurmonova, M. Inomova, V. Karimova and other family scholars define that the family is a social group based on the natural, economic, legal, and spiritual relations of people. All members of the family: husband and wife, parents and children, brothers, sisters, relatives interact with each other in terms of marriage, economic, legal, moral, psychological [42].

In modern science, there is a lot of information that proves that deprivation of family education definitely harms the development of a child's personality. Its power and practicality cannot be compared with anything, not even with a very competent education in a children's institution. A person needs the family environment, its situation and prospects throughout his life. The family has a great influence on the developing personality. In the family, the child's attitude towards himself and the people around him is formed. The family plays an important role in mental development, the formation of attachment and the successful implementation of their studies and independent education, it is important for a person to learn social rules, especially important rules for fulfilling family duties.

The researches of G.Shoumarov, O.Musurmonova, V.Karimova and others show that the choice of a spouse and the characteristics of family relationships depend on the environment and mutual relations in the parents' homes. In the family, a fundamental valuable orientation in the spheres of social and inter-ethnic relations is formed, which determines the way of life, scope and level of human aspirations, life direction, plans and methods of achieving them. In addition, the family plays a supportive role, which is psychologically important for independent living. From the point of view of psychology, the range of needs of a child should be fully met in order for a child to develop mentally healthy and have a good relationship with peers:

- The need for parental care and attention.
- Needs in the emotional sphere.
- The need for social cognition.
- Needs related to the involvement of the child in social life.

Thus, the need for parental care and attention is prioritized.

The family can be a powerful factor of personal development and emotional-psychological support and a source of human trauma and various personality disorders, neuroses, psychoses, psychosomatic diseases and behavioral deviations related to it. F.I. Kevlya emphasizes the importance of the family and writes: "The family is a small socio-psychological group that directly participates in solving a wide range of problems. It is necessary for him to participate socially in the life of the society, and his lack of participation in the education of the growing generation

is harmful. Depending on the influence of the family on the child, it is possible to know in what conditions he is growing up: favorable, conflicting, inappropriate" [44].

Many factors have a bad effect on the fate of the child: the increase in the number of divorces, the increase in the number of births out of wedlock, financial difficulties, unemployment of parents. Today, the term "social orphanhood" of minors is widely used. A social orphan is defined as a child whose parents are still alive. Due to socio-economic reasons, child abandonment, abandonment, children of those deprived of parental rights, children of parents recognized by the court as incompetent (with mental illness), parents who are in places of deprivation of liberty or whose whereabouts are unknown. underage children deprived of maternal care are considered social orphans.

The current Family Code introduces the concept of "rights and obligations of parents to protect children's rights and interests" (Articles 73-74).

Parents are considered the legal representatives of their children and participate in relations with any physical and legal entities to protect their rights and interests; are responsible for raising and developing their children; The Family Code obliges them to take care of their children's health, physical, mental, and spiritual development.

Since the dictionary concept of "parental rights" does not exist, we will analyze this concept within the functional approach to the family.

Family tasks are activities directly related to meeting certain needs of family members. One function is lost over time, others change depending on social conditions, become assistants, besides, modern theoretical views show the various functions of the family. At the same time, a full-fledged family has tasks that remain in one form or another throughout its life.

The study of social and pedagogical literature, the content of legislative documents allows to identify different concepts of families that may be deprived of parental rights for various reasons.

A family in the social risk group is a family with underage children, parents who refuse to fulfill their parental duties, use parental rights for their own benefit, are cruel to children, addicted to alcohol and drugs.

Families in a socially vulnerable state are families that have children in a socially vulnerable state, parents and legal representatives of minors who do not fulfill their obligations to raise, educate and support them and have a negative influence on their behavior or have cruel relations with them.

Families in a difficult life situation - families whose life activities have been objectively disturbed as a result of the circumstances: families with many children, families with children with disabilities, etc. low-income families who are responsible for raising their children, but whose parents are unable to work due to

insufficient income, temporary work, or poor health, and are unable to adequately care for their children.

Thus, the following can be included in the factors of socially dangerous families:

1. Socio-psychological factors (spouses, families with destructive emotional-conflict relationships between parents and children, parents' pedagogical lack of education and their general education levels are low, families with disturbed value orientations);
2. Socio-immoral factors (parents' alcoholism, drug addiction, inability to adapt, immoral lifestyles, family quarrels, negative influence on the child, being cruel to him);
3. Socio-criminal factors (parents' alcoholism, addiction to drugs, immoral and destructive lifestyles, family quarrels, cruelty and torture, criminal prosecution of family members, contact with criminals);
4. Socio-economic factors (low material level of family life, irregular income, poor living conditions);
5. Medical and social factors (unfavorable environmental conditions, disability or chronic diseases of parents, family members, harmful working conditions of parents, especially mother);
6. Socio-demographic factors (incomplete or large families, families with minor or elderly parents, families with repeated marriages and stepchildren).

Well-known Czechoslovak scientists I. Langmeyer and Z. Mateychik emphasized that the isolation and separation of children from the social environment, the loss of existing social relations, and their important needs remain unmet. They argue that social stigmatization in institutional settings is attracting more researchers' attention.

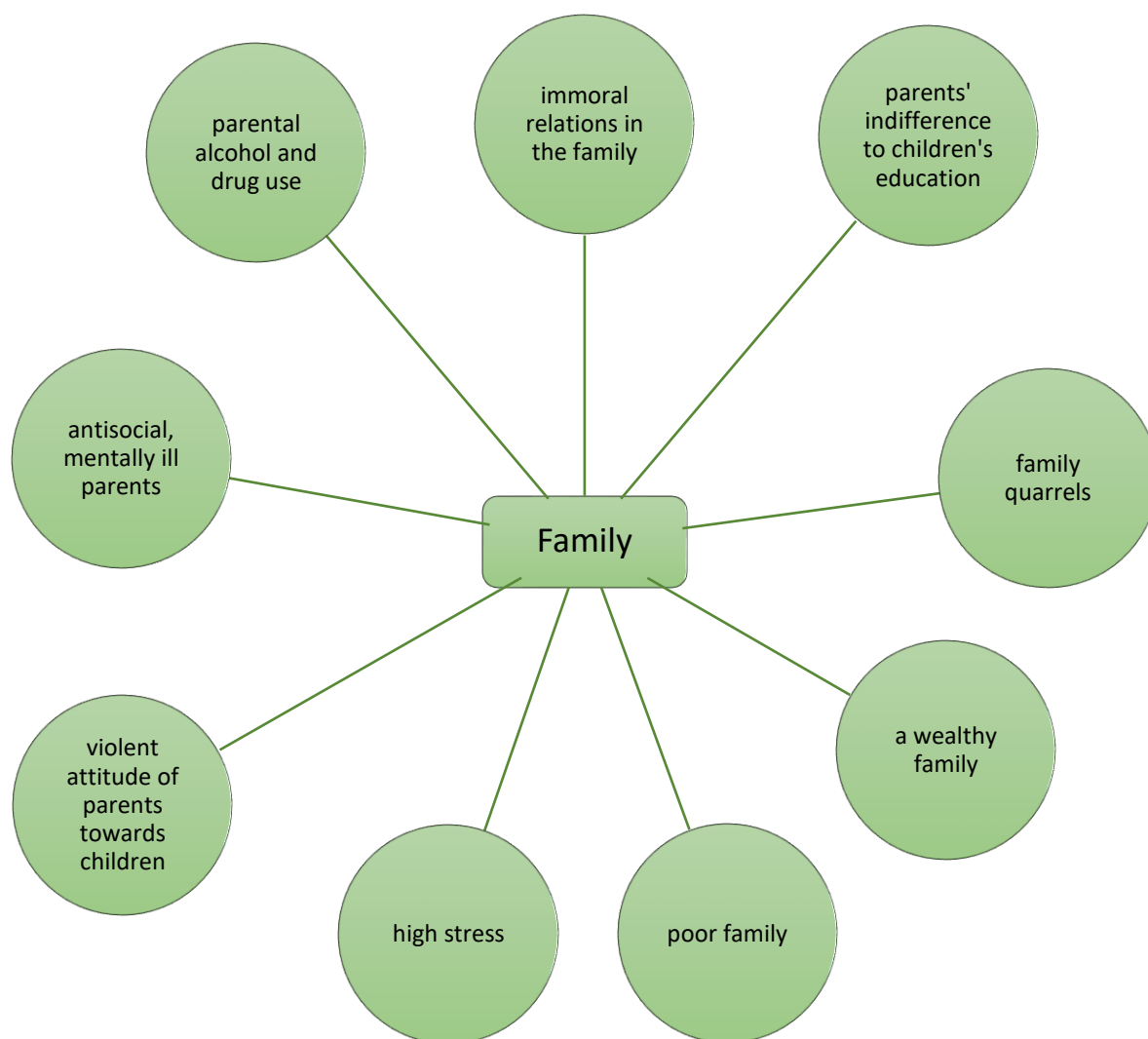


Figure 3. Factors of adolescents' tendency to deviant behavior in the family.

British scientist K. White discussed the problems of children in institutional institutions: "They differ from other children due to many different stigmatizing processes felt in school, in relations with neighbors, in the social service "community". The reason is that they are physically or mentally separated from their families" [69].

For children, new conditions different from the blood family, even if unhealthy, can compensate for or exacerbate existing problems. Being in a foster home allows a child's personality to change. By comparing the final and initial diagnoses of the children in the institution, it is possible to determine that isolation has decreased, and their interactions with children and adults have improved. But at the same time, aggression, resistance, anxiety can increase significantly. In our opinion, at the same time as the improvement of communicative indicators, it is possible to determine the cases where the strengthening of some negative personality traits occurs due to the household characteristics of the House of Mercy.

Modern studies show that approximately 60% of children in children's institutions are affected by chronic pathology of the central nervous system,

approximately 55% are retarded in physical development, and 36% are affected by organic damage to the brain and other diseases. Only 5% of children in children's institutions are considered healthy. In addition to lagging behind intellectual development, children left without parental care have complex disorders in the emotional sphere:

- loss of emotional freedom, confidence, sense of security;
- apathy, relationship difficulties, emotional impoverishment;
- loss of feeling of calling to some activity, decrease in activity or vice versa - hyperactivity.

Adolescence accumulates and aggravates all the shortcomings of formation outside the family, participating as a reflection of the genesis of the quintessence of the personality and its development outside the system of child-parent relations. E.A. Levanova pays a lot of attention to working with adolescents and writes: "Adolescence is very complicated, it is a period of growing up, during the transition to adulthood, it is observed that the worldview of childhood is lost and adulthood has not yet been achieved... The educational views of parents, which are expressed by various degrees of lack of control, are not only in incompetent families. , but also the lack of care and supervision by adults that can be found in successful families." When conducting long-term educational work with adolescents, it is necessary to know how to anticipate and prevent negative situations [44].

We agree with the opinions of other researchers (N.P. Ivanov, T.S. Kochkina, G.V. Sem'ya, T.I. Shalavina) who include the following in the important features of adolescent personality development in the conditions of a closed institution of the boarding school type:

- not knowing how to control and plan one's actions independently;
- "profit instruction" and consumer attitude to life;
- in conflict situations, undesirable forms of behavior prevail;
- anxiety and self-doubt;
- lack of moral motives;
- inability to see the direction of the situation, the past and the future;
- very low level of knowledge;
- lack of vocabulary;
- free development of imagination and creative thinking;
- high indicators of physiological development;
- "habitual helplessness", that is, a state in which the student believes that he is not able to control his life, that external events do not depend on him, and that he cannot do anything to prevent or change them. Such children have high, sometimes excessive life demands, and the level of daily demands is very low. Children are not familiar with the mechanisms of fulfilling their vital needs, goal striving, life

planning, and step-by-step implementation of tasks to achieve life goals. Indicators of the influence of the presence or absence of a family on the formation of a child's personality are clearly visible from Table 2.

Indicators of the influence of the presence or absence of a family on the formation of a child's personality

1 Table 1.3

	Family presence	Absence of family or maladjustment
Emotional appearance	Parental love: close, warm, friendly relationship	Lack of parental love: alienated, cold, hostile relationship
Educational tools	Attention, encouragement, strictness in moderation, appropriate types of punishment, control, discipline	Ignorance and lack of encouragement, carelessness, violence, rudeness, rudeness
Results of environmental exposure:	In the family	Without a family or in an ill-adjusted family
aggressiveness	Not obvious or sometimes	Obvious
2. Anxiety	Situational or loosely expressed personal anxiety	Apparent personal and situational anxiety
3. Feeling guilty	Not clearly expressed or sometimes	Clearly expressed
4. Negativism	Not clearly expressed or sometimes	Clearly expressed
5. Suspicion	Not clearly expressed or sometimes	Clearly expressed

The human psyche has chosen the state of illusions and dreams as one of its defense mechanisms. This is the so-called replacement of existing objective reality

with dreams. In their research, N.A. Ivanyuk, A.M. Makhanko, children's natural desire to be brought up in their family creates therapeutic dreams in them during the period of separation from the family, and in conditions where there is an objective reality to which children aspire, dreams decrease or disappear altogether. In the conditions of orphanages, all children always have a period of dreams. Daydreaming has a negative impact on children's school performance (both academically and behaviourally). Uncomfortable feelings caused by the incompatibility of dreams and objective reality are the reasons for children's aggressive and depressed states [38].

Family is the single best possible environment for a child to live a good life and develop. The family is the most suitable factor of socialization of the child.

The family helps to acquire the experience of kinship relations, the rules of communication with adults, spiritual and universal values.

The family helps to form a sense of security, self-esteem, "family child" inner views, positive attitude towards people and work.

CONCLUSIONS ON CHAPTER ONE

Based on the analysis of crimes and offenses among teenagers in our republic, we present the following conclusions and recommendations:

- step-by-step development of a modernized military patriotic education model based on democratic principles aimed at preventing delinquency among teenagers;
- to teach the mechanisms of prevention of offenses among teenagers on a scientific basis, to design its organizational and technological bases, to develop trends for future implementation in the organization of pedagogical activities of future specialists;
- improvement of the system of assessment and conclusion of the level of training of graduates of higher education institutions for the prevention of offenses among teenagers;
- relevant departments of pedagogic sciences incorporate educational materials related to the prevention of delinquency and crime into the educational content and improve its content;
- development of a "Social program" that provides comprehensive measures for the prevention of crime and delinquency among teenagers, and clearly defining and implementing priority tasks related to legal, socio-economic, educational and health care;
- reduction of crime and delinquency among teenagers, introduction of effective mechanisms for morally healthy upbringing of the growing young generation and protection of their rights;
- identifying deviant teenagers in educational institutions, neighborhood, family and crime prevention bodies and carrying out educational activities based on an individual work plan with each of them;

- to help adolescents in their efforts to achieve social goals, to increase their internal potential, to regularly train them in healthy lifestyle skills;
- development of measures aimed at increasing the effectiveness of educational institutions in organizing educational work among teenagers who are under the preventive account of internal affairs bodies, as well as in identifying those who are prone to committing offenses and crimes.

CHAPTER II. PRACTICAL PRINCIPLES OF MAINTAINING A HEALTHY LIFESTYLE IN ADOLESCENTS WITH DEVIANT BEHAVIOR

2.1. The form, method, means of organizing a healthy lifestyle in deviant adolescents.

Decree No. PF-5106 of July 5, 2017 of the President of the Republic of Uzbekistan "On improving the effectiveness of the state policy on youth and supporting the activities of the Youth Union of Uzbekistan", "Measures to radically reform the state policy on youth in the Republic of Uzbekistan and bring it to a new level" Decree No. PF-6017 dated June 30, 2020, Decree No. 5153 of the President of the Republic of Uzbekistan dated March 27, 2017 "On measures to further improve the system of crime prevention and combating crime", Cabinet of Ministers of the Republic of Uzbekistan "Regarding youth in Uzbekistan Resolution No. 23 of January 18, 2021 "On Approval of the Concept of Development of State Policy until 2025" requires comprehensive attention to activities such as revitalizing work with deviant adolescents in educational institutions, increasing attention to the issues of prevention of delinquency among adolescents, and resorting to pedagogical and psychological correction methods. is doing [7].

In the "Strategy of Actions" of the President of the Republic of Uzbekistan in the five priority areas of the development of the Republic of Uzbekistan in 2017-2021, the task of creating a continuous education system with a new content was set, and in its structure, the modernization of legal and regulatory frameworks in educational institutions with a new content and essence was determined as the main direction. In this republic, where human rights and freedoms are declared as the highest value, the youth of our society, without any defects, race, body color, gender, language, religion, political or other beliefs, national-ethnic or social origin, the health and birth of the child, his parents, whether or not he has a legal guardian, guarantees that his rights will be protected, regardless of any other circumstances.

These reforms are aimed at improving the innovative organization and management mechanisms of the legal and regulatory frameworks of the educational process, meeting the needs of educational subjects, raising the young generation to be intellectually and emotionally complete people, aligning the quality of education

and its evaluation criteria in educational institutions with international standards, based on modern pedagogical theories and best practices. focused on the formation of a person with a new outlook who can organize his own activities. Observance of legal norms established by the society and the fact that its result is related to the interests of the society, directing young people towards social relations, realizing the natural possibilities of a person to gain social experience; it is manifested in the increased need to prevent crime and delinquency among teenagers and to create preventive mechanisms in working with them.

In our republic, these problems are among the issues that await their solution in the continuous education system, and they are expressed in the following:

- restoration of our great spirituality, inculcation of a healthy way of life to all citizens, first of all, to young people, is set as a priority in the policy of our state;
- the need of the times to solve the problems of formation and inculcation of high spiritual culture, ethics, and enlightenment qualities in young people;
- raising a spiritually mature, physically, mentally healthy, patriotic, selfless person, improving the education and training system;
- increase in the need to fulfill the tasks of bringing up the new generation spiritually and spiritually;
- need for in-depth scientific research on current issues of crime prevention and crime fighting.

Formation of teenagers as individuals and subjects, intellectual development, growth of the level of upbringing, compliance with the norms of manners and behavior set by the society creates the basis for their functioning as equal citizens of the society in the future.

In order to improve the mechanisms of identifying teenagers with deviant behavior, it is necessary to refer to pedagogical diagnostics, prevention, correction, and rehabilitation procedures.

Although attention is focused on the socio-psychological problems of adolescents, individual prevention of crime, and the formation of ideological immunity in adolescents, the territorial location of educational institutions, aspects of their identity, demographic characteristics, as well as the methodological foundations, innovative pedagogical directions and pedagogical methods of prevention of delinquency and crime among adolescents it is necessary to take into account the potential of professors and teachers in ensuring the prevention of offenders and crimes among them. Also, in the implementation of legal education, issues such as improving the prevention of delinquency and crime among students are among the tasks that await their solution.

Thus, it is appropriate to study the biological, physiological, psychological, socio-pedagogical, socio-economic factors of the origin of crime and delinquency

among teenagers, to work with young people on this basis, and to create a specific system for improving the mechanisms for eliminating behavioral disorders.

Healthy lifestyle is an urgent social problem, which is considered from the point of view of human perception, psychology and motivation. Establishing a healthy lifestyle mainly involves compliance with the factors that ensure human health.

Active work, physical strength, protection from extremely dangerous and harmful factors, as well as spiritual culture are included in the organization of lifestyle.

A healthy lifestyle is the key to all-round development of the young generation. Lifestyle is our life activity, that is, how we spend a day and night.

The term "lifestyle" means the way of living or the order of living, which has been acquired during the entire historical development of mankind and has been formed over thousands of years. Every person is a product of the socio-economic society in which he was born and grew up. A person gets used to the social norms, that is, customs, which have been formed for many years in this society, and naturally adheres to them. The process of observing these social norms is influenced by the socio-economic, socio-spiritual and socio-natural processes of the lifestyle in this society.

Scientist D. Mominov, who studied a healthy lifestyle and its evolutionary basis, paying special attention to the biological and social factors that play an important role in human life and development, believes that it is necessary to take into account the following conditions when improving the lifestyle of people today: nutrition, movement, biorhythmic, sexual, genetic and factors associated with family, social, acquired harmful habits, environment, and concentration of population in relatively small areas, technology and life development; unconsciousness, illiteracy, incompetence, etc. in the matter of health. Increasing the level of knowledge and opportunities of young people in the correct use of these factors is the main task before the medical field, and a healthy lifestyle means a lifestyle aimed at organizing daily life on the basis of biological and social laws, maintaining and strengthening health [46].

According to the information provided by the International Health Organization (WHO), human health depends on lifestyle in more than 50% cases, 20% on genetic factors, 20% on ecology, i.e. environmental influences, and 10% on the effectiveness of medical care. . A healthy lifestyle and mental health should become a natural and organic need of a person, which must be followed consciously and voluntarily throughout his life.

Maintaining and strengthening health is based on taking into account several healthy lifestyle factors. It is appropriate to explain the factors and content of a healthy lifestyle as follows.

Factors that constitute a healthy lifestyle in adolescents with deviant behavior

Table 2.1.

№	Factors	The content of the factors that make up a healthy lifestyle
1.	<i>Observance of personal and general hygiene</i>	It is the basis for strengthening the health of the organism from the embryonic period to the long-lived period, and protection against various infectious diseases. A set of hygienic procedures and measures related to the independent maintenance of cleanliness of the body and individual parts of the body (hands, feet, face, mouth, skin, etc.), as well as clothes, shoes, etc. . Regular adherence to them creates the necessary conditions for a person to be healthy.
2.	<i>Reasonable agenda</i>	It is important at any age, and it requires correct determination of mental and physical activity during the day, adherence to the diet, the order of work performed during the day, rest and diet based on the diet.
3.	<i>Rational and healthy eating</i>	The rational organization of food on a scientific basis is based on the rule of quantity of food, the rule of quality of food and the diet regime. Diet is important for the body to be healthy and strong, for normal growth and development, high mental and physical activity, resistance to various infectious diseases, adverse environmental factors.

4.	<i>Balance of physical and mental activity of the body</i>	The agenda includes mental work (being active in class, doing homework, reading textbooks and additional scientific and fiction literature), sports clubs and competitions to prevent mental exhaustion.
5.	<i>Ecological culture and aesthetic education</i>	It is the need of the hour for a mature person of the new century to be able to show the elements of ecological culture. Ecological culture is an in-depth knowledge of the environment, a sense of nature conservation, caring for plants and animals, rational use of natural resources, their increase, increasing love for the nature of our Motherland, preserving it for the next generation. is a high indicator of practical activity aimed at leaving living conditions.
6.	<i>The importance of family harmony in the formation of a healthy lifestyle</i>	Family harmony consists of strict adherence to the rules of a healthy environment in the family, inculcation of family sanctity as a value, teaching respect for adults and respect for children.
7.	<i>A healthy marriage and a healthy family</i>	Parental responsibility in preparing young men and women for marriage, ensuring full coverage of marriageable young people with medical examination, control of mental, spiritual and physical health are among the basic factors for creating a healthy family.
8.	<i>Protection from harmful habits</i>	Conscious abstinence from alcohol, drugs, and tobacco products is the basis for mental and physical health..

9.	<i>National and universal values</i>	Our national foods, national traditions, national sports and holidays help us to know our values and realize our spiritual identity.
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Compliance with these factors is the basis for ensuring the health of the body. Health signs are, first of all, indicators of a person's physical health: age, weight, pulse, blood pressure, lung capacity, palm and finger muscle strength, etc., and secondly, signs and norms of a person's mental and moral health , harmful habits and so on) are listed.

The study of factors and conditions that determine health is also included in the study of the "state of hygiene" of the population. This includes a complex set of natural and social factors: natural conditions, heredity, living conditions and other factors, which are necessary conditions for a person's long life and the implementation of creative plans, working for the welfare of society, building a strong family, giving birth and raising children. is the basis of the conditions.

Health is the ability of the human body to adapt to constantly changing conditions in the external environment. The external environment includes climatic factors and conditions, proper organization of work and rest, diet, social environment, etc. Adolescents' skillful adherence to healthy lifestyle factors, conscious protection from harmful factors is the basis for ensuring biological health, and it is considered a balanced unit of biological, mental, spiritual, physical conditions and labor activity of the human body.

The main factors of compliance with the rules of a healthy lifestyle are the hygienic factor. Hygiene is a comprehensive field of medicine, which includes the requirements necessary for people's life and health, not only in terms of cleanliness, but also issues that ensure their lives are beautiful, comfortable, and safe. Hygienic foundations of human health, i.e. physical health of a person, creation of a strong shield for protection against various dangerous diseases, first of all, if it is determined by strict adherence to the rules of personal hygiene by everyone, and on the other hand, provision of hygienic living conditions necessary for human habitation It is also inextricably linked with living in accordance with the requirements of public hygiene. Among other things, one of the important tasks is to form the hygiene of a healthy lifestyle in teenagers, to determine the unique possibilities of following the hygienic rules that protect and strengthen health, and the content of the factors that make up a healthy lifestyle is the hygienic education. Hygienic education - provides highly productive work and healthy living conditions for the normal development of the organism, teaches to protect against infectious

diseases, to keep the public place and living environment tidy, to follow the daily routine, to follow the diet.

Hygienic education includes personal and general hygiene concepts.

Personal hygiene education - scientifically based hygienic procedures by each person, related to the independent maintenance of the cleanliness of the body and individual parts of the body (hands, feet, face, mouth, skin, etc.), as well as clothes and shoes, and a set of measures is understood. Regular adherence to them creates the necessary conditions for a person to be healthy. Regular compliance with the rules of personal hygiene is not only an important criterion of a healthy lifestyle, but also of a high general and medical culture.

Personal hygiene is the observance of daily hygienic procedures at work and in private life in order to maintain and strengthen human health, which includes oral hygiene, hand hygiene, hair hygiene, and skin hygiene.

Hands are washed with soap in the following cases:

- after leaving the toilet;
- before cooking and eating;
- after looking after animals;
- after returning home from the street;
- after performing any tasks;
- always keep nails short;
- teach your friends the above mentioned hand washing rules.

If hygienic rules are not observed, the following negative situations are observed:

- worm diseases, infectious intestinal diseases, dysentery, botulism, forms of viral hepatitis A are mainly caused by non-observance of hygienic rules.

Oral hygiene. Keeping the teeth clean, always brushing twice with various pastes and powders, that is, after the morning breakfast and the evening meal, this kind of care is an important means of strengthening the dental vessels and gums. Be sure to rinse your teeth with water after each meal to get rid of any food residue left between your teeth. If you don't, the leftovers will rot and your mouth will smell bad. If you do not pay serious attention to the cleanliness of your gums and palate, you will suffer from various dental and gum diseases [78].

Skin hygiene. We all know that most of our body is covered with skin. In addition to breathing through the lungs, our body also breathes through the skin. Therefore, skin cleanliness is very important. In order for the skin to be clean, it is necessary to take a shower every day as much as possible. It is necessary to bathe in the bath every day in the hot weather, in the summer months, once a week in the winter. It helps to clean all kinds of bacteria and germs on the skin [78].

From an anatomical point of view, human skin consists of 3 layers - epidermis, dermis, subcutaneous fat layer, and hair and nails are skin derivatives. The skin

performs a protective function, participates in heat exchange, sweat and sebaceous glands perform secretory functions.

General hygienic education - in its essence, ensures the moderation of external environmental factors necessary for human health and its activity, maintaining the ecological balance between a person and an external factor, protection from unfavorable climatic conditions for living, hygienically comfortable work for a long life of each person while maintaining labor activity and includes a set of measures to create living conditions. Living on the basis of general hygiene requirements is considered an important criterion not only for the formation of a healthy lifestyle necessary for strengthening human health, but also for the development of the culture of life. That is, both concepts of personal hygiene and general hygiene are aimed at strengthening the health of a young organism [75].

Rational and healthy nutrition is also important in the formation of a healthy lifestyle in young people, and the diet is important for the body to be healthy and strong, for normal growth and development, high mental and physical activity, and resistance to various infectious diseases and adverse environmental factors. The rational organization of food on a scientific basis is based on its rule of quantity, rule of quality and diet regime. When creating a diet for young people, it is recommended to follow the following healthy eating rules:

65% of the diet should be fruits and vegetables, bread and various porridges, 30% should be meat and dairy products, 5% sweets and fats.

Food should be as fresh as possible, suitable for the season. More space should be reserved for plants in spring and summer, and products rich in protein and fat in winter.

It is necessary to drink about 2 liters of water every day, avoid fast food, carbonated drinks, semi-finished products, chips and kirishki, many other foods with artificial taste, color and shape, and not to mix different foods in the diet.

Fruits should be consumed half an hour before meals, tea and drinks 1-2 hours later.

After 19:00 it is allowed to eat only a small apple.

If the enzyme substances of the body are compatible with the chemical composition of the ingested food substances, health is determined, while the violation of this balance causes serious diseases. When evaluating balanced or unbalanced foods, these factors should be taken into account, and measures should be taken to supplement or optimize them.

Optimal nutrition is the consumption of products that meet the requirements of the physiological rhythms of the body, are prepared in good quality, have a nutritious and sweet taste, and are filled with unparalleled biologically active substances and contain proteins, carbohydrates, fats, vitamins and microelements necessary for the normal life of the body.

Rational nutrition is important for the body to be healthy and strong, for the normal growth and development of young people, and for good working ability, and it performs two important functions in the human body.

1. The energetic function of food, that is, food substances are oxidized in the body with the help of oxygen and generate energy, and this energy is used for the normal functioning of tissues and organs, maintaining body temperature, human movement and work.

2. The plastic function of food is that the substances contained in it, especially protein, are included in the composition of cells and tissues, that is, they ensure the renewal of worn-out parts of cells and the division and reproduction of cells.

Disorders of eating habits, low-quality preparation of food, i.e. raw or fried food, the presence of various chemicals in food and water (mineral fertilizers, pesticides), regular consumption of alcohol, etc. inflammatory disease of the mucous membrane), enteritis (inflammatory disease of the mucous membrane of the small intestine), colitis (inflammatory disease of the mucous membrane of the large intestine) and can continue chronically for several years, even for the whole life of a person.

In order to prevent the occurrence of such diseases, it is necessary to pay attention to food hygiene. Mixed foods are digested in the stomach for an average of 4 hours. Therefore, it is necessary to eat every 4 hours. If the time between meals is less than 4 hours, food does not pass from the stomach to the duodenum. As a result of this, old food and new food are mixed, the normal functioning of the stomach is disturbed and the stomach rests. Conversely, if the time between meals is more than 4 hours, the stomach becomes empty, and the enzymes and hydrochloric acid produced by its glands affect the mucous membrane of the stomach and inflame it. Chronic gastritis and ulcer disease of the stomach may occur if the eating disorder is repeated frequently.

It is advisable for everyone to follow the following basic rules in order to prevent dangerous factors caused by unbalanced nutrition in terms of content and energy value:

to put an end to overeating, to increase energy expenditure when the body weight is more than normal, and at the same time to reduce the consumption of high-calorie foods;

reduce consumption of manufactured, refined sugar to 10%;

reduce the consumption of fats in the total energy value up to 30%, for this, limit the consumption of meat, eggs and increase the consumption of skimmed milk;

reduce the consumption of saturated fats in the total energy value by 10%; reducing cholesterol consumption to 300 mg per day, reducing table salt consumption to 5 g per day.

The balance of physical and mental activity of the body is to ensure mental work (being active in class, doing homework, reading textbooks and additional scientific and fiction literature), as well as active participation in sports clubs and competitions in order to prevent mental exhaustion.

Modern production and living conditions have greatly reduced human movement activity. Academician A.I. According to Berg's data (2000), in the last century, 94% of muscle energy was spent in production, and now it is only 1%. Lack of movement has a negative effect on human health. Regular physical education and sports, morning physical education, physical exercise breaks, walks, tourism are aimed at filling the place of hunger for movement of hypodynamia. Research by experts from Stanford University in the US confirms this, American scientists cite many points that convince people to do physical exercises. Physical exercise is fundamentally an integral part of a healthy lifestyle, because without physical activity, not only the physical but also the mental condition of a person deteriorates, the intellectual capabilities of a person decrease (doctors say that mental work should be fully compensated by physical work). In the exercise system proposed by the American authors, they do not provide any specific exercises for the purposeful strengthening of muscles or the special development of any physical qualities (mass, endurance, speed, etc.). In order to lead a healthy lifestyle, according to them, aerobic exercises should be performed. "Aerobic exercises are exercises that rhythmically use large groups of muscles. They will not be directly related to physical loads, but they should help the tissues to be supplied with oxygen and its consumption." Any type of aerobic exercise will strengthen the cardiovascular system, if done at moderate intensity for twenty minutes every other day or at least three times a week. Aerobic exercises include walking or jogging, jogging, jogging, swimming, ice skating, stair climbing, rowing, skateboarding, roller skating, dancing, basketball, tennis. As you can see, all these exercises do not require any special physical skills. All of them are performed in a unique, interesting way for the practitioner. Naturally, this is also an additional factor for engaging in physical education, that is, leading a full healthy lifestyle.

In the course of physical training, it has been proven that the musculoskeletal system is successfully strengthened, body weight is reduced, fat metabolism is improved, cholesterol is reduced in the blood serum, arterial blood pressure is normalized, the central nervous system is improved, a strong training effect occurs, and the body's resistance to various extreme effects is strengthened, i.e. the effect of physical exercises is manifested in the work of practically all organs and systems of the body, but their effect on the cardiovascular system is the most important. Being in good physical condition consists of the following components:

1) endurance - a healthy heart provides it. The best exercises for the heart are those that use the most oxygen. Walking, running, cycling, swimming, aerobics increase the endurance of the body.

2) dexterity - a person in good physical condition should be able to balance his actions and have a quick reaction.

3) muscle strength - strong muscles make the figure attractive. The body does not require additional oxygen during strength training.

4) muscle endurance - repetitive movements train muscles to work intensively without tiring.

5) flexibility - strong healthy and elastic muscles allow to maintain mobility at any age, especially in old age. Flexibility is developed by gymnastics, badminton, dancing, skiing, etc.

Compliance with these factors is the basis for ensuring the health of the body. Health signs, first of all, are indicators of a person's physical health: age, weight, pulse, blood pressure, vital capacity of the lungs, palm and finger muscle strength, etc., and secondly, signs and norms of a person's mental and moral health, harmful habits and so on) are listed.

Health is the ability of the human body to adapt to the constantly changing conditions of the external environment. The external environment includes climatic factors and conditions, proper organization of work and rest, diet, and social environment. Adolescents' skillful adherence to healthy lifestyle factors, conscious protection from harmful factors is the basis for ensuring personal and medical health, and it is considered a balanced unit of biological, mental, physical conditions and labor activity of the human body.

Studying the factors and conditions that determine health is also included in the study of the "hygiene status" of young people. This includes a complex set of natural and social factors: natural conditions, heredity, living conditions and other factors.

As part of the study, the following criteria for assessing health in adolescents were developed.

☐ The first group consists of people who do not suffer from chronic diseases, who were not sick or less sick during the examination period and developed (healthy, perfect) according to their age.

☐ The second group - those who do not suffer from chronic diseases, but have some functional and morphological defects: nearsightedness, flatness, scoliosis of the first degree, those who have a tendency to acute infectious and chronic diseases.

☐ The third group consists of people who have a chronic disease, but are not very severe, and have a normal general condition and sense of well-being.

☐ The fourth group includes people with chronic diseases, whose general condition is disturbed, and whose feeling worsens after an attack of the disease.

□ The fifth group includes persons suffering from acute chronic diseases and significantly reduced functional capabilities. Usually, children belonging to this group do not attend general children's institutions and do not walk in many.

According to some data, 15% of young people belong to the first group, 50% to the second group, 49% to the third group, and 22% to the fourth group. The above figures show the dynamics of health, not the composition, and the number of people belonging to groups 4 and 5 is decreasing, and the number of people belonging to group 3 is increasing due to the implementation of health measures.

Normal state, disease, third state of the organism are different from each other.

- Normal condition is a set of normal physiological indicators of the human body and is understood as a state in which it can live comfortably, work, and work smoothly and stably, adapted to external conditions.

- Illness - indicates that the organism has lost its ability to adapt to the changing conditions of the environment, to decrease or completely lose its work activity.
- The third state (or intermediate state) is a state between health and disease, which is mainly diagnosed according to the following symptoms. These are: appearance of disease symptoms in nerve cells and tissues in the activity of the nervous system, loss of appetite, headache, weakness, dry skin.

2.2. Functions and principles of healthy lifestyle skills formation in adolescents with deviant behavior.

The integral formation of aspects of a healthy lifestyle in teenagers is a criterion of the education of a culture of a healthy lifestyle in them. A healthy lifestyle is a comprehensive concept, a philosophy and researched by representatives of the social sphere as the main component of social life, as a global social problem. Culture of a healthy lifestyle is a high indicator of a healthy lifestyle, it is a deep knowledge of the content and essence of the universal and national values of spiritual and physical health, which became a vital need with the emergence of humanity, turning them into a daily life need in full compliance with the rules of a planned life. following the rules of personal hygiene, having the skills and abilities to protect one's spiritual and physical health, is a product of common sense, consciousness, thinking, and an active way of life that shows the perfection of a person. Students have the opportunity to master specific knowledge, skills, and competencies standardized by the biology curriculum and DTS, and to acquire healthy lifestyle skills in all forms of teaching, in lessons, extracurricular activities, excursions, and extracurricular activities. In this place, the composition of a healthy lifestyle is carried out on the basis of the following functions:

- recovery of knowledge - recovery of knowledge gained in the context of a healthy lifestyle through educational, educational and developmental goals in the content of biological education, teaching analytical and logical thinking;

- update of knowledge - expansion of previously acquired knowledge about a healthy lifestyle, development based on clear evidence;
- correction of knowledge - analysis of the acquired knowledge on healthy lifestyle and elimination of shortcomings;
- applying knowledge - turning the knowledge gained about a healthy lifestyle into a personal belief by applying it during the lifestyle;
- predicting - turning the factors of a healthy lifestyle into a personal belief means to be mentally and physically healthy in the future, to overcome various diseases and live a long life, to avoid morally corrupt ideas, to have creative ideas.

The process of developing healthy lifestyle skills in adolescents is aimed to be implemented through these functions as follows. (Table 1).

Controlling the knowledge of adolescents based on the functions of a healthy lifestyle

Table 2.2.

Learning objectives	Cognitive competencies	Type of control in the lesson	Assignment level
Restoring knowledge	Recognition and interpretation of objects, understanding, familiarization, interpretation of processes. Knowledge of healthy lifestyle and environmental knowledge	Test task Verbal response Cluster formation	Reproductive Productive Partially exploratory Creative level
Updating knowledge	Understanding and interpreting objects, events and processes. Understanding the complications of unhealthy lifestyles and environmental issues	Cluster formation Venn diagram Solving problems Venn diagram	Productive Partially exploratory Creative level
Correction of knowledge	Observing and experimenting on objects, events, processes. Take care of your health, engage in physical education, conduct simple	Verbal response Cluster formation	Reproductive Productive Partially exploratory Creative level

	environmental experiments		
Acting on knowledge	Comparing objects, events, processes, dividing objects into parts, distinguishing their characteristics, comparing objects, events, processes	Venn Diagram Clustering	Partially exploratory Creative level
Prediction	Classification of objects into systematic groups, generalization of knowledge about objects, events, processes	Cluster formation Creating a Venn diagram	Partially exploratory Creative level
Conclusion	Making a general conclusion about the object, event, processes	Verbal response	Reproductive Productive Partially exploratory creative level

This table reflects educational goals, educational tasks used in the stages of formation of biological competences, types of non-standard test tasks used for control of competences in intermediate control and their levels of complexity. Implementation of educational tasks through the "My test" program allows to increase the student's learning activity in monitoring and evaluating the knowledge he has acquired about a healthy lifestyle.

Despite the fact that a number of positive actions have been taken to promote a healthy lifestyle in our society, there is a deterioration of various moral education among young people, drug addiction, addiction to alcohol, entering the path of crime, slowing down of the body's physical and emotional development, or signs of early puberty (violation of sexual education, father negative situations such as - mother's neglect of children's upbringing) are observed. Most of these situations are caused by lack of meaningful organization of free time of young people, not engaging children in sports and science clubs during extracurricular time, and parents leaving their children without supervision. As a result, there is a deterioration of health, the occurrence of various diseases, as well as factors leading to the impure path, which cause the emergence of an unhealthy lifestyle.

The main task of developing healthy lifestyle skills among teenagers is to educate a perfect person who is mentally and physically healthy, who preserves and appreciates his health, based on the unity of education. In this process, it was determined that it is appropriate to use the principles of teaching on the basis of

knowledge about healthy lifestyle, methods of creative activity and the integrity of education. It should be noted that the principles of education are the set of knowledge about the structure, essence, and laws of the education system, as well as the knowledge that organizes the activity and is manifested in the management of practice. The description and analysis of the didactic principles (improved version) used in the process of forming a healthy lifestyle in students is as follows.

The scientific principle is the basis for the content of the process of forming a healthy lifestyle in students and guarantees the study of scientific knowledge, facts, concepts, laws, theories with practical significance.

The principle of systematicity is a different structure of the human body as a biological system in the formation of a healthy lifestyle in students and learning at the level of complexity, as well as envisioning and using all the components of the teaching process: the purpose, tasks, content, methods, tools and forms of teaching in the form of a system.

The principle of demonstrability is natural, visual, distributive, didactic in creating a healthy lifestyle for students.

and provides for the use of dynamic materials, multimedia tools.

The principle of integrity of education and upbringing - provides for achieving efficiency in the methodical support and management of the educational process, solving the problems of educating students, mentally, emotionally, spiritually and physically.

The principle of awareness is an effective method of teaching students to develop a healthy lifestyle

and tools prepare the ground for students' conscious acquisition of knowledge.

The principle of comprehensibility is used to prevent difficulties in students' assimilation of knowledge in the process of creating a healthy lifestyle for students.

The principle of coherence - in the process of forming a healthy lifestyle in students, it is assumed that there will be a connection between the previously acquired knowledge of the students and the knowledge of the subject being studied, as well as there will be coherence between the content of education.

The principle of harmonization requires the organization of independent work of students individually and in groups, along with general education in the process of forming a healthy lifestyle in students.

The principle of humanization is to create a comfortable psychological environment for students to learn, educate and develop, and to develop creative abilities of each student at the level of their potential.

The principle of democratization requires equalizing the civil rights of teachers and students in the process of developing a healthy lifestyle for students, giving

students the right to freely express their opinion, and to choose when completing educational tasks.

On the basis of didactic principles, he required the coherence and systematic organization of methods, means, forms of healthy lifestyle skills in extracurricular activities and extracurricular activities.

Factors of formation of health and healthy lifestyle among teenagers

Health is not only the absence of disease and physical defects, but also complete physical, mental and social development. Health is such a dimension within which teenagers realize their desires on the one hand, and on the other hand, maintain the characteristics of being able to get along with the environment. Health is such a natural state of the organism, in which all organs and systems are mutually harmonious and have the opportunity of perfect self-management, the health of teenagers is not only a necessary condition for each teenager, but at the same time it has an important social, moral and spiritual value.

The individual health of adolescents is the natural state of the organism without pathological shifts, in optimal connection with the environment, in which all functions are adapted to each other, and health is a mutually harmonious set of systemic and functional characteristics that ensure the objective and optimal life activity of the organism to the environment, as well as full labor activity.

Health is the process of preserving and improving biological, physiological, psychological functions, work capacity and social activity of adolescents during the maximum duration of their active life.

According to scientists, "Health is the normal state of the mental, emotional, mental, and physical spheres of life activity of adolescents, and this state is a favorable condition for adolescents to realize the flourishing of their personality, skills and abilities, their continuous connection with the environment, and their responsibility for it. creates conditions".

Negative factors that endanger health and their level of impact are presented in the table below (Table 2.3).

Table 2.3

Factors	Significance in health (power of influence, percentage)	A group of factors
Турмуш тарзи ва турмуш шароити	50	Меҳнат, уй, турмуш шароити. Нотўғри, нораціонал овқатланиш. Меҳнат ва дам

		олишни нотўғри ташкил этиш. Стрессли (асабий) вазиятлар. Адинамия, гиподинамия. Спиртли ичимликлар истеъмол қилиш. Наркотик моддаларни истеъмол қилиш. Ёлғизлик, оиланинг мустаҳкам эмаслиги. Тиббий маданият, тиббий фаолликнинг пастлиги, ўз саломатлигига масъулиятсизлик.
Генетик омиллар	20	Наслий касалликларга мойиллик
Ташқи муҳит омиллари	20	Ҳаво, сув ва тупроқнинг турли зарарли моддалар билан ифлосланиши. Экологиянинг бузилиши. Турли ноқулай географик ва иқлим шароитлари.
Соғлиқни сақлаш	10	Профилактик тадбирларнинг самарасизлиги. Тиббий ёрдам сифатининг пастлиги.

According to the above table, it is impossible to look at the health of teenagers separately from the environment in which they live and their specific activities, comprehensive view of life activities, purpose, living, social status, and lifestyle of teenagers. As long as adolescents are not engaged in maintaining and improving their health, implementing healthy lifestyle skills, all activities aimed at health care will remain ineffective.

How is the level of health determined? Currently, the signs that are the basis for health assessment are divided into the following groups:

2. Level of physical harmonic development;
3. Main functional systems and reserve capabilities of the whole organism;

4. The level of immune protection and non-specific resistance of the organism;
5. Whether there are chronic and congenital diseases, developmental defects;
6. The level of personal characteristics reflecting mental and social comfort of adolescents' health

In order to strengthen health, every teenager should fully know the structure of his body, the functioning of his organs. Only teenagers who know this will consciously approach the responsible task of taking care of their health. But there are many people who forget that their health is in their own hands. The great scientist Thomas More said: "A wise man prefers to prevent a disease than to seek a cure." Adolescents are able to recognize their minds and understand them in words, and they are usually guided in the right direction. But for some reason, not everyone chooses the path of health and lives long without diseases. Some people end their sweet life before reaching the halfway point of this so-called life. Some live long and happy lives. However, the structure of the body of all teenagers is not drastically different from each other. Their difference lies in their attitude to health: someone preserves his health and lives a long time, while someone lives lightly and shortens his life.

The sooner any disease is diagnosed, the easier it is to treat. For this, every teenager should undergo regular medical examinations. The only way to stay healthy is to make a healthy lifestyle an integral part of our lives. For this, it is necessary for every teenager to observe the rules of personal and general hygiene, to formulate the daily schedule correctly, to engage in physical education, to give up harmful habits, and to eat properly. All these are the guarantee of living a healthy life, free from diseases.

2.3. The content of the methodology of educating deviant adolescents with the help of healthy lifestyle skills.

A number of prospective decrees and decisions that ensure the expediency of measures to strengthen and protect human health and promote a healthy lifestyle in the republic are aimed at such a good cause and are being implemented step by step today.

The main goal of the tasks defined in paragraph 4.5 entitled "Improvement of the state policy regarding youth" of the Decree No. PF-4947 of February 7, 2017 "On the Strategy of Actions for the Further Development of the Republic of Uzbekistan" educating young people with a vital perspective, deepening democratic reforms and increasing their social activity in the process of developing civil society, supporting the creative and intellectual potential of the young generation, forming a healthy lifestyle among children and young people, first of all, reducing crime, drug addiction among schoolchildren (teenagers) prevention of substance abuse, prevention and fight against AIDS, which is one of the most important problems in

world medicine, which is affecting the population, especially young people, increasing day by day, raising medical culture, preparing adolescents (boys and girls) for a healthy lifestyle, aimed at the birth of a healthy generation and the measures to raise it.

The realization of these tasks is the application of effective forms and technologies of organizational and management of educational and learning activities, the realization of students' concern for their own and others' health, protection from various negative factors, and the acquisition of knowledge, skills and competencies necessary to protect their own health. at the same time, the ground is prepared for the acquisition of healthy lifestyle skills.

Questionnaire method was used to determine the level of readiness of adolescents to learn healthy lifestyle skills, their motivation and their understanding of healthy lifestyle. Conducted questionnaire surveys allow discussion on healthy lifestyle (Table 2.4).

Analysis of academic motivation of adolescents

Table 2.4

№	Ўқув мотивлари	%
1	Соғлом турмуш тарзи тушунчаларини билишига бўлган қизиқишнинг мавжудлиги	35
2	Дарс давомида соғлом турмуш тарзи юзасидан берилган топшириқларни бажаришда юқори баҳоларни олишга интилиши	45
3	Ўзини ва ўзгалар соғликларини қадрлай олиши, миллий анъаналар ва умуминсоний қадриятлар негизда соғлом турмуш тарзини ташкил этишига эришиш	30
4	Ҳаёт фаолияти давомида соғлом турмуш тарзи омилларига риоя этишни шахсий эътиқодга айлантириш	45
5	Соғлом турмуш тарзини шакллантиришда маънавий ва ахлоқий фазилатларнинг аҳамиятини ўргатиш	35

6	Носоғлом турмуш тарзини юзага келтирувчи омиллардан онгли равишда ҳимояланиш	35
7	Жисмонан ва руҳан саломатлигини сақлашга қаратилган тадбир ва кечаларда фаол иштирок этиш	40
8	Ўз кучига ишончининг мавжудлиги	55

Factors that guide adolescents with deviant behavior to achieve positive behavior.

In the development of STT (healthy lifestyle) skills, the reproductive method (lecture, theoretical seminar, story, round discussion, presentation) is used in reinforcing and summarizing lessons, in laboratory and practical work based on the careful preparation of the teacher, and prevails in the traditional education system; active methods (logical methods - inductive, deductive, analysis, separation of the main idea, comparison, generalization methods, which consist of identifying typical facts in the educational material, distinguishing, comparing, comparing, and generalizing the factors that make up a healthy lifestyle; independent work methods - based on the content of a healthy lifestyle, giving independent work and creative tasks; the method of problem-based research - is used consistently and goal-oriented during the lesson, and serves to actively master the educational material by applying the previously acquired knowledge and skills in new situations; the method of encouraging and justifying the activity of students - prepares the ground for the development of students' interest in learning about a healthy lifestyle, mental activity, the need to acquire new knowledge, communication culture, self-control and management, assessment skills; practical method (conducting practical exercises such as first aid in case of injury); tools (plant herbariums, collections, indoor plants, models, dummies, visual aids representing the content of a healthy lifestyle, booklets, written questionnaires, mass media (magazines, articles, educational methodical manuals, textbooks and brochures), didactic materials, non-standard tests, tables and schemes, multimedia programs, video-plots, technical cadascopes and computer tools, microscopes were effectively used, which ensures the priority of orientation and stimulation of activity by strengthening educational motives in young people.

It is recommended to use the following methods in forming a healthy lifestyle in teenagers.

The debate method is a teaching method that is conducted in the form of a debate and exchange of ideas with students on a topic that forms a healthy lifestyle

(for example, on the topic of combating drug addiction). This method is used assuming that any topics and problems are discussed on the basis of existing knowledge and experience. The task of leading the discussion can be assigned to one of the learners or the teacher himself can lead the discussion. It is necessary to conduct the discussion freely and try to involve each learner in the discussion. During the implementation of this method, it is necessary to immediately try to eliminate conflicts that arise between students. The following rules should be followed when conducting the debate method:

- create an opportunity for all learners to participate;
- following the right hand rule (raise your hand and speak after receiving permission);
- culture of listening to ideas;
- non-repetition of expressed ideas;
- mutual respect for each other.

Below is the structure of the debate method.

The structure of the debate method. (Topic: Negative effects of drinking alcohol on the human body).

The stages of the debate method are as follows:

1. The teacher chooses the topic of discussion and develops questions about it.
2. The teacher asks the students a question about the problem and invites them to a discussion.
3. The teacher writes down the answers given to the given question, that is, different ideas and opinions, or appoints one of the students as a secretary to perform this task. At this stage, the teacher creates conditions for learners to freely express their ideas.

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2. The teacher asks the students a question about the problem and invites them to a discussion.
3. The teacher writes down the answers given to the given question, that is, different ideas and opinions, or appoints one of the students as a secretary to perform this task. At this stage, the teacher creates conditions for learners to freely express their ideas. Different opinions are heard, problematic questions are asked, ideas are collected, analyzed, and a clear and acceptable solution is found. The topic will be covered. The teacher groups, summarizes and analyzes the ideas expressed together with the learners.

As a result of the analysis, the most optimal solution to the given problem is selected.

The method of working in small groups is a creative work in the lesson aimed at learning the educational material or completing the assigned task, dividing them

into small groups in order to activate the learners. When this method is used, learners work in small groups and have the right to actively participate in the lesson, take the role of leader, learn from each other and appreciate different points of view. When the method of working in small groups is used, the teacher has the opportunity to save time compared to other interactive methods. Because the teacher can simultaneously engage and evaluate all learners. Below is the structure of the method of working in small groups. The steps of the method of working in small groups are as follows:

The direction of activity is determined. Related issues are determined by topic. Discussion and analysis, evaluation, the topic will be covered. Small groups are formed.

The problem situation method is a method aimed at forming the skills of students to analyze the causes and consequences of problem situations and to find their solutions. The complexity of the problem chosen for the problem situation method should match the level of knowledge of the learners. They should be able to find a solution to the given problem, failure to find a solution leads to the fading of interest of learners, loss of self-confidence. When using the "problematic situation" method, students learn to think independently, analyze the causes and consequences of a problem, and find its solution. Below is the structure of the problem situation method. The structure of the problem situation method

Group development of a solution to a problem situation. Provide a description of the problem situation. Divide into groups. Group determination of the causes of the problematic situation. Group thinking about the consequences of a problem situation. Choosing the right solutions.

The steps of the problem situation method are as follows:

1. The teacher chooses a problem situation on the topic, determines the goals and tasks. The teacher explains the problem to the learners.
2. The teacher introduces students to the purpose, tasks and conditions of the assignment.
3. The teacher divides the learners into small groups.
4. Small groups study the given problem situation. They determine the causes of the problem and each group makes a presentation. After each presentation, the same points are summarized.
5. At this stage, feedback on the consequences of the problem is presented during the given time. After the presentation, the same points are summarized.
6. They discuss and analyze various possibilities of solving the problem. They develop ways to solve the problem situation.
7. Small groups make a presentation on the solution of the problem situation and offer their options.

8. After all presentations, the same solutions are collected. Together with the teacher, the group chooses the most appropriate options for solving the problem situation.

Round table method is a teaching method conducted by students expressing their opinions on the problems or questions given around the round table. When the round table method is used, tables and chairs should be arranged in a circle. This helps each learner make eye contact with each other. There are oral and written forms of the roundtable discussion. In oral round discussion, the teacher introduces the topic and asks the learners to give their opinion on the question, and each learner in the circle gives their opinion orally. Listens carefully to the learner who is speaking, and if discussion is necessary, all feedback is discussed after listening. This helps students to think independently and develop speech culture. Tables and chairs are placed in a circle in a written roundtable discussion, and an envelope is given to each learner. Each learner asks a question on a certain topic in an envelope and writes his answer on one of the answer sheets and puts it inside the envelope. After that, he passes the envelope clockwise to the student next to him. The learner who receives the envelope writes his answer on one of the answer sheets, puts it in the envelope and passes it to the learner next to him. All envelopes move in a circle. In the final part, all envelopes are collected and analyzed. The steps of the roundtable method are as follows:

1. The subject of the training will be announced.
2. The teacher introduces the students to the training procedure.
3. One envelope for each learner and as many learners as there are in the group to write answers, the answer sheets are distributed, and the time allotted for writing each answer is set. The learner writes his name on the envelope and on the answer sheets.
4. The learner writes his question on the topic on the envelope and writes his answer on the answer sheet and puts it inside the envelope.
5. The learner who wrote a question on the envelope passes the envelope to the next learner clockwise.
6. The learner who received the envelope writes an answer to one of the answer sheets to the question on the envelope, puts it inside the envelope and passes it to the learner next to him.
7. The envelope goes around the round table and returns to the student who wrote the question. The learner who wrote the question evaluates the answer sheets in the envelope.
8. All envelopes are collected and analyzed. Through this method, learners can express their knowledge on the given topic in a short and clear way. In addition, this method creates an opportunity to evaluate learners on a specific subject. In this,

learners can evaluate the answers given by other learners in the group to the questions they ask, and the teacher can objectively evaluate the learners.

The "Brainstorming" method is the process of freely developing many ideas related to the topic without criticism at the beginning. The use of the "Brainstorming" method is diverse. The main task of the "Brainstorming" method: to use the power of small groups to collect ideas (the total power of the small group is greater than the sum of the power of the group participants). Brainstorming encourages people who are busy solving a problem to come up with more ideas (some of which may be unique and outlandish). The basic principle of this strategy is that the more ideas are offered, the more likely it is that even one idea will be correct. Steps to effective brainstorming:

1. Freely transfer participants.
2. Prepare paper to write down ideas.
3. Present the problem to the brainstorming participants.
4. Determine the rules of operation: in the process of proposing ideas, they are not evaluated; free thinking; the more ideas the better; "catch" the ideas of others and develop them (invent new ones by combining them, changing them, etc.).
5. Quickly jot down the suggested ideas on paper.
6. Once your writing sheet is complete, hang it on the wall.
7. Encourage new ideas and add your own.
8. Don't laugh at other people's ideas, make critical comments, or make jokes.
9. Continue until you run out of as many ideas as possible. It can be used during the educational process in brainstorming lectures - working individually and in pairs, in practical training - in small groups (4-7 people), in a full study group. During the training, the brainstorming method gives an opportunity to activate the audience, eliminate fatigue, and involve everyone in the process of searching for ideas.

The purpose of the insert method: this method is used to facilitate the acceptance of a new information system and the assimilation of knowledge by the listeners, and this method also serves as a memory exercise for the listeners. Procedure for implementing the method:

- before the lesson, the teacher prepares a text in the form of a handout or presentation that explains the main concepts of the subject;
- the text explaining the essence of the new topic is distributed to learners or shown in the form of a presentation;
- learners get to know the text individually and express their personal views through special symbols. When working with the text, listeners or participants are advised to use the following special symbols:

Labels: text 1, text 2, text 3. V – familiar information. - I did not understand this information, I need an explanation. + this information is new to me. - I am against

this opinion or this information. At the end of the specified time, the information that is unfamiliar and incomprehensible to the students will be analyzed and explained by the teacher, their essence will be fully explained. The questions will be answered and the exercise will be completed.

The purpose of the "FSMU" method: this method serves to draw specific conclusions from the general thoughts of the participants, assimilation, conclusion, and independent creative thinking skills through comparison and comparison. It is recommended to use this method in lecture classes, reinforcement, when asking about the topic, giving homework and analyzing the results of practical training. Procedure for implementing the method:

- participants are offered a final conclusion or idea related to the topic;
 - each participant is given papers with the steps of the FSMU method:
 - the relationships of the participants are presented individually or in groups.
 - Fill in the table. Question. Ways and means of organizing physical training in preschool educational institutions (F) State your opinion (S) Give reasons for your statement of opinion (M) Give an example justifying your reason (U) Summarize your opinion
 - VENN diagram method. The purpose of the method: This method is a form of organizing teaching through a graphic image, which is represented by the image of two intersecting circles. This method makes it possible to consider the analysis and synthesis of various concepts, bases, ideas through two aspects, to determine their common and different aspects, and to compare them.
- F • express your opinion.
S • give reasons for your statement.
M • Give an example to prove your reason.
U • Summarize your opinion.

Based on these methods, various didactic tasks are recommended in order to determine the cognitive activity of adolescents. The development of educational tasks with levels of difficulty (reproductive), moderately difficult (productive), difficult (partially researched), most difficult (creative) is focused on determining the skills of a healthy lifestyle and controlling the acquired knowledge of students.

- Easy (reproductive) (I) - the level that requires students to know the essence of events, events, laws and terms that determine their ability to remember, without processing the educational material;
- Moderately difficult (productive) (II) - a level that requires students to analyze, synthesize, compare objects, draw conclusions by applying several laws and regulations at the same time and generalizing;
- Difficult (partially researched) (III) - a level that requires students to apply previously acquired knowledge, skills and abilities in new unexpected situations,

analyze objects, synthesize, make comparative comparisons, draw conclusions by applying laws and regulations;

- The most difficult (creative) (IV) - the level that requires students to apply previously acquired knowledge, skills and abilities in solving educational problems that arise in unexpected situations, perform mental operations such as analysis, synthesis, comparative comparison, generalization, drawing conclusions.

The use of extracurricular activities in developing healthy lifestyle skills in adolescents with deviant behavior also allows to achieve effective results. Extracurricular activities strengthen the knowledge, skills and abilities of young people acquired from theoretical training, and shape their worldview. The following forms of extracurricular education can be used to develop healthy lifestyle skills in adolescents with deviant behavior:

- launching the activity of centers, clubs, circles;
- organization of corners;
- organization of auditions, public events, sports competitions;
- participation in the work process;
- participation in holiday celebrations;
- organizing meetings with famous people who have achieved success in various spheres of society;
- didactic reading;
 - organization of roundtable discussions, debates, seminars and trainings;
- organizing trips to narcology, SPID centers, etc.

In the course of experimental work, the "Kamolot Malikasi" table tennis competition, the national youth bicycle marathon, the "Shunqorlar" military sports competition, the "Youth Cup" tournament in this field of sports, "We are against drug addiction, we support a healthy lifestyle" organized in cooperation with state and public organizations. "youth festival on the theme; organized in the cultural-educational direction "Fun and intelligent", "Ingenuity", "Think, search, find!", "Heritage of ancestors - the foundation of the future", "Do you know the law?" contests, start-up projects "Towards a healthy life", "I am a supporter of a happy life", "I am the future of renewing Uzbekistan" are a guarantee of developing healthy lifestyle skills in deviant teenagers.

Conclusions on the second chapter

Physical activity is a fundamental component of a healthy lifestyle. A person should always strive to develop physical qualities such as strength, dexterity, speed, endurance. Each of us has many jobs that require physical strength and reliable training. In the course of regular physical exercises, not only health is strengthened, but also a feeling of well-being and mood improves, a sense of freshness and cheerfulness appears.

The obtained results helped to conduct experiments and create adequate methodical recommendations in order to create a healthy lifestyle.

Knowing the emotional motivations of adolescents and the level of moral-hereditary development, it is appropriate to use modern technologies for creating a healthy lifestyle. Including:

1. Health care technologies - performing short-minute physical exercises aimed at ensuring the balance of mental and physical activity by organizing the "Minute of Health" in educational processes, training to do practical work in the "Health Corner" outside of class (providing first aid for broken bones, skin damage and etc.), healthy lifestyle skills are developed.
2. Health education technologies - active methods aimed at maintaining health, effective use of innovative educational technologies are envisaged. This process allows effective use of textbooks, study guides, scientific articles, health journals, multimedia programs, and health information.
3. Technologies for the formation of health culture - based on the organization of spiritual and educational events related to a healthy lifestyle, healthy sports training, teaches young people to consciously apply the knowledge they have gained about a healthy lifestyle throughout their lives, to protect themselves and others' health. These technologies are inextricably linked and are recommended to be used in all forms of education.

In the conditions where ideological-ideological struggles such as filling the mind of the society with the products of "mass culture" are raging, how to deal with students and young people who are prone to crime and delinquency, and what to do in order to resist these attacks based on the requirements of the national idea, should become a daily concern of pedagogues. In order to prevent such threats, to strengthen the ideological immunity of students, in our opinion, relying more on the lessons left by ancestors, on the truths tested by experience, will have a good effect in the matter of education. The promotion of education places a huge responsibility not only on the activity of this system, but also on the media space that informs the public about it, that is, the mass media.

CHAPTER III. PEDAGOGICAL EXPERIMENT AND ITS RESULTS.

3.1. The content of experimental work on the development of healthy lifestyle skills in adolescents with deviant behavior.

Graduates of higher medical educational institutions, future specialists are responsible for the education of adolescents with deviant behavior, especially for the development of healthy lifestyle skills in them.

From this point of view, within the framework of the study, the educational direction of public health technical schools 5.71.03.00 - "Nursing", 5.71.05.01 - "Pharmacy", 5.71.01.01 - "Paramedic-obstetrician", 5.71.01.02 - "Paramedic-

laboratory work" The content of the subject programs of the specialization curriculum ("Nursing in the team", "Medical psychology", "Occupational psychology", "Occupational diseases") was analyzed.

Although a number of topics related to the protection of the population and human health are presented in the analyzed programs, the topics in the direction of the form, method, methods, tools, factors, functions and methodology of developing healthy lifestyle skills in deviant adolescents were not reflected.

For this purpose, based on the goals and objectives of the research, we created the training course "Fundamentals of a healthy lifestyle in adolescents with deviant behavior", which includes the content of the methodology of developing healthy lifestyle skills in adolescents with deviant behavior.

It was determined in the course of experimental work that students who have mastered a special course can meet the following requirements for STT level:

- the ability of adolescents to perceive the directions of activity on the formation and strengthening of STT;
- acquisition of modern technologies of formation of STT by teenagers;
- to know health risk factors related to work, methods of prevention of occupational diseases, strategies to maintain health, to create a healthy moral environment in the team, and to know how to behave in any environment.

The training course covers a total of 24 hours of training (12 hours of lectures, 12 hours of practical training). Below is the main content of the course.

I. Relevance of the course and its place in higher professional education programs

One of the most urgent tasks today is the training of highly qualified, competitive personnel. Because the development and future of our country depends on the personnel we train, their potential, how quickly they can solve the problems that have arisen. Since they will be teachers of educational institutions in the future, they should deepen their knowledge of their specialty and the solution of social problems, and have the ability to convey the content of the studied subject to the minds of students and teenagers. The training course "Fundamentals of a healthy lifestyle in teenagers with deviant behavior" is important in fulfilling this task.

Also, the training course "Fundamentals of a healthy lifestyle in adolescents with deviant behavior" has a special place in the training of specialists in the social sphere: psychology, sociology, pedagogy and psychology. In this educational course, the development of socio-educational knowledge is envisaged in the teaching methodology, due to the fact that the master's students and bachelor's students will become pedagogues of specialist subjects in the future.

It is appropriate to teach the curriculum "Fundamentals of a healthy lifestyle in adolescents with deviant behavior" as an elective subject in the block of general professional subjects, in the semesters of the bachelor's course of professional

education, higher nursing. This training course was developed in order to teach ways of organizing independent work and control of knowledge in the educational process, taking into account the specific features of studying the subjects, forming socio-educational knowledge of future specialists.

II. The purpose and mission of the training course

The main goal of the educational course program is to develop the socio-educational knowledge of teenagers, to form the skill of skillfully using them in the organization of the educational process, to learn to select and apply effective methods for the subject, and to learn how to improve them.

The main tasks of the training course program are to familiarize the future specialist-pedagogue with the specific features of the educational process and activities based on the training course "Fundamentals of a healthy lifestyle in adolescents with deviant behavior";

- inculcation of socio-educational ideas in teaching methodology, socio-educational approaches to teaching, their common aspects, differences, advantages and disadvantages;
- organization of lectures, practical and seminar sessions on the healthy lifestyle of deviant teenagers;
- Selection of the main methods used in learning the content of healthy lifestyle skills;
- To study the pedagogical and psychological characteristics of deviant adolescents and to prepare a teaching method complex for the effective use of visual aids, handouts, technical tools and information communication technologies in order to develop healthy lifestyle skills in them;
- determining the role of normative documents and skills in studying the training course;
- to study the general and specific aspects of the training course and to choose appropriate teaching methods and to reflect them in the teaching methodology;
- taking into account the connection of the educational course with other subjects and the specific features of the course;
- the main methods used in the study of the educational course and their adaptation to the subjects of the subject being studied;

III. The main theoretical part (lecture sessions)

Topic 1. Goals and objectives of the training course "Fundamentals of a healthy lifestyle in adolescents with deviant behavior".

Socio-pedagogical foundations of promoting a healthy lifestyle among young people. Pedagogical problems of prevention of crime and offenses among students. The requirements of the Law of the Republic of Uzbekistan "On Education", "Concept of Pedagogy" and other regulatory documents. Cases of deviation from

social norms established in society. Socio-psychological characteristics of deviant adolescents. Different standards and approaches in identifying and describing delinquent and delinquent behavior of adolescents in practice. Causes of crime and delinquency. Grouping of personal socio-psychological characteristics of adolescents.

Pedagogical and psychological aspects of prevention of crime and delinquency among teenagers. The main tasks of crime prevention among young people studying in general secondary schools. Stages of forming positive qualities in teenagers.

Topic 2. Technologies for detection and elimination of deviant behavior in adolescents

Diagnosing adolescents with deviant behavior. Stages of diagnosis of delinquency, delinquent students, adolescents and young adults.

Improvement of mechanisms of identification of adolescents with deviant behavior. Composition of diagnosis and correctional procedures for identification of adolescents with deviant behavior. Identification of adolescents with deviant behavior is specific to educational institutions.

Behavior correction of deviant adolescents. Types of psychological-pedagogical warning and prevention of deviant behavior of crime-prone teenagers. The main components of psychological-pedagogical correction and social rehabilitation.

Topic 3. Scientific-pedagogical basis of prevention of moral threats among teenagers.

Spiritual foundations of the formation of immunity against threats in the national culture of the Uzbek people. The main tasks in the fight against spiritual threats. Ideological harmony based on modern educational system and national heritage.

Fighting against threats. National-spiritual aspects of immunity formation. Social roots of ideological threats.

Ideas of struggle against spiritual threats in the interpretation of the heroic phenomenon of the Uzbek people. To increase the consciousness and faith of young people, and to protect them from destructive currents. Terrorist organizations fighting against the government from suicidal terrorism.

Formation of moral culture in prevention of moral threats among teenagers. Principles of combating moral threats. The essence of patriotism and the necessity of socio-moral needs in teenagers.

Ethical criteria of adolescent education and modern methods of strengthening the sense of patriotism in them. A condition for the formation of a healthy lifestyle in teachers and their important factors. Trends in the development of ideas of

combating moral threats among teenagers in the spiritual and moral heritage of the Uzbek people.

Topic 4. Negative effects of "Popular culture" among adolescents and coping mechanisms against threats of destructive information

"Popular culture" is a social phenomenon. Factors of emergence of "mass culture". The main manifestations of popular culture. "Popular culture" is the social functions of the industrialized consumer society.

Popular culture and national value system. "Popular culture" and ideas of the pursuit of perfection in Eastern thought. The evils of "mass culture".

Preventive measures to protect teenagers from the influence of "Popular culture". Aspects of mass culture prevention.

Protecting the spirituality of adolescents from the harmful information resources of the global Internet. The Internet is a mass, fast source of information. Factors of adolescents' interest in the Internet. The Internet: negative aspects of the transformation of real communication into a virtual form. Internet problems.

Appearances of media materials that promote crime and delinquency among adolescents and educational work to combat them. Development of telecommunications. Media safety measures among adolescents.

Social Institutions in the Prevention of Adolescent Crime and Delinquency: Integrating Family, Institutional, and Neighborhood Activities. Preventive work of law enforcement agencies and family, neighborhood, educational institutions in the prevention of juvenile delinquency. Measures of early prevention of family disputes.

Topic 5. Mechanisms of formation of a positive social environment in the families of students prone to crime and delinquency

The need to organize a diagnosis of the historical-social formation of families. Work to improve the social environment in families.

Diagnosis of the social environment in the families of students prone to crime and delinquency. Social environment arguments in families.

Classification of families of deviant adolescents. Features of implementation of preventive measures.

Formation of a positive social environment in families of deviant adolescents. Factors that determine a healthy environment in families.

Social determinants of adolescent delinquency and neglect. The direct impact of raising the legal consciousness and culture of citizens on their morale. Education is a continuous process in the life of young people.

Social cooperation in the prevention of delinquency and neglect among adolescents. The main areas of activity of inspectors of prevention of delinquency and delinquency among teenagers. Individual preventive work with socially dangerous adolescents.

Topic 6. Socio-pedagogical conditions of systematic organization of work with unorganized youth and children with difficult upbringing

The current state of working with unorganized youth and technologies for engaging them in socially useful activities. The problem of unorganized youth. Working with unorganized youth and providing employment.

Tools and methods of promoting a healthy lifestyle among unorganized youth. Developing healthy lifestyle skills among young people. Principles of forming a healthy lifestyle of teenagers in educational institutions.

Families, neighborhoods in working with unorganized youth. Systematic organization of social cooperation of educational institutions. The role of the family in the formation of a perfect person. Grouping of youth with negative morals.

The main directions of working with children with difficult upbringing in educational institutions. Factors of formation of negative behavior in adolescents. Grouping of behavioral motives of adolescents.

Principles and methods of working with children with difficult upbringing. Grouping of youth with difficulties in education. Methods of working with "difficult" minors.

IV. Independent education and independent work:

The main goal of independent education is the formation and development of knowledge and skills to independently perform certain educational tasks under the direct and indirect guidance and control of the teacher outside the classroom.

Recommended topics for freelance work:

1. The essence of the occurrence of criminal and delinquent behavior of teenagers.
 2. Personal socio-psychological characteristics of minors.
 3. The importance of preventive work on crime and delinquency among teenagers.
 4. Delinquency problems among teenagers.
 5. Methods of forming positive qualities in teenagers.
 6. Correction of the behavior of adolescents with deviant behavior.
 7. Technologies of struggle against spiritual threats in the interpretation of the heroic phenomenon of the Uzbek people.
 8. Ways to form moral culture in preventing moral threats among teenagers.
- 3.2. Effectiveness level of the method of composition of healthy lifestyle skills in adolescents with deviant behavior.

The Bukhara regional branch of the republican center for training and specialization of secondary medical and pharmaceutical workers, the regional division of the republican center for training and specialization of secondary medical and pharmaceutical workers, Samarkand region, Afshona 490 respondents who are educated at the center for social and legal assistance to minors belonging to Abu Ali bin Sino technical school of public health, IIB of Bukhara region, XPB took part.

We tried to show the level of effectiveness of the pedagogical system for developing healthy lifestyle skills in adolescents with deviant behavior based on statistical analysis.

Organization of the process of formation of healthy lifestyle skills in adolescents with deviant behavior is carried out on the basis of a number of parameters. In particular, according to the purpose, based on the content, according to the methods and forms of organization, based on the results, according to the interaction between the subjects of the process according to the indicated components and according to their positions. The development of healthy lifestyle skills in adolescents with deviant behavior is very complex, and it is managed based on the cooperation of professionals and adolescents.

The results of the initial and final diagnosis of the levels of composition of healthy lifestyle skills in adolescents with deviant behavior were carried out on the basis of diagnostic methods and tools compatible with each group. The indicators representing the results of diagnosis at the beginning of the experiment made it possible to express the level of efficiency of the system implemented by us at all three stages. This, in turn, became the basis for monitoring the degree of elimination of deviant behavior.

The training course "Fundamentals of a healthy lifestyle in deviant adolescents" prepared within the framework of the fundamental project on the topic "Social and pedagogical technologies of educating adolescents with deviant behavior" was organized by the author and the project staff in different regions of our republic.

The psychophysiological characteristics of respondents with deviant behavior, the causes of deviant behavior, and the level of knowledge about the formation of healthy lifestyle skills in adolescents were determined through the following questionnaire questions:

1. What do you mean by a healthy lifestyle?
2. How do you explain the concept of behavior?
3. What psychological characteristics of adolescence do you know?
4. What do you mean by deviant behavior and how does it manifest itself?
5. Explain the concept of deviation from social norms?
6. What are the forms of education of teenagers with deviant behavior?
7. Show the main factors of formation of healthy lifestyle skills in teenagers with deviant behavior.
8. What methods and methods do you think can be used in the formation of healthy lifestyle skills in teenagers with deviant behavior (suggestions and comments)?

9. In the content of educational institutions, which subject programs do you think it is necessary to include topics related to the formation of healthy lifestyle skills in adolescents with deviant behavior?

10. What state and non-state organizations are active in the formation of healthy lifestyle skills in teenagers with deviant behavior?

☐ Development of a "Social program" that includes complex measures aimed at developing healthy lifestyle skills in adolescents with deviant behavior and clearly defining and implementing priority tasks related to legal, socio-economic, educational and health care;

☐ To reduce crime and delinquency among teenagers, to bring up morally healthy young generation and to introduce effective mechanisms to protect their rights;

☐ Identifying deviant teenagers in educational institutions, neighborhood, family and crime prevention bodies and carrying out educational activities based on individual work plan with each of them;

☐ Helping adolescents in their efforts to achieve social goals, increasing their internal potential, and regularly training them in healthy lifestyle skills;

☐ It is necessary to develop measures aimed at increasing the efficiency of the activities of general education schools in the organization of educational activities among the students who are on the preventive account of the internal affairs bodies, as well as in identifying those who are prone to committing offenses and crimes.

RECOMMENDATIONS:

Based on the results of the research, we recommend to implement a number of measures to prevent the manifestation of socially deviant conditions in the adolescents of our republic today:

- to ensure that educational institutions become, first of all, centers of education, to develop uniform standards of values that should be formed in adolescents and the methods of their introduction, to form a uniform system of values in society, especially to achieve the harmony of religious and secular values, to ensure that these values are correctly adopted by adolescents development of awareness measures;

- taking into account the high importance of the family factor in the upbringing of a perfect person, forming mechanisms for the organization of family upbringing and influencing the processes of family upbringing;

- the method of implementing social control that prevents social deviance is typical for our nation - to make wide use of the neighborhood factor, in particular, to expand the neighborhood's adolescent education and control tasks;

- As one of the important structural elements of the concept of forming a perfect person implemented in our republic, to pay more attention to the formation of legal consciousness in teenagers, to achieve the reflection of our religious and secular values, national customs and traditions in the legislation of the republic;

- development of unified principles of the use of television and radio in the inculcation of moral values at the national level;
- wide promotion of book reading and book reading among teenagers, development of specific mechanisms to encourage reading processes in the whole society, achieving greater involvement of students and youth in libraries, development of new information technologies, in particular, the basis of using INTERNET systems to activate reading processes, deepening of information globalization in the future taking into account the protection of adolescents from various informational attacks during the creation of information security systems;
- establishment of special centers and services that help teenagers to get out of various problematic, conflicting and mental crisis situations based on the experiences of developed countries;

In connection with the declaration of Thursday as "Crime Prevention and Prevention Day" in educational institutions, it is effective to increase the effectiveness of the activities of state administration bodies and public structures in the prevention of crime and offenses, to improve the attendance of teenagers, and to prevent crimes and offenses among them. holding events;

- Pedagogical approaches to raising deviant adolescents, wider popularization of local and international experiences;
- identifying the causes of crime and delinquency among teenagers in the family, educational institution and neighborhoods and introducing mechanisms for their elimination;
- promotion, advocacy and social cooperation to prevent suicide among teenagers, early pregnancy;
- taking measures to prevent the danger of mass media, the Internet and other media that threaten the ideological immunity of minors;
- development and implementation of socio-pedagogical technologies of raising deviant adolescents;
- continuous study of the attendance of young people in educational institutions, determining the real reasons for missing classes by teenagers, developing and implementing measures with the relevant authorities to eliminate existing deficiencies;
- fundamentally improving the system of information exchange with the internal affairs bodies on the facts of crimes and offenses detected in educational institutions or reported by young people and teachers;

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