

THE IMPACT OF SOCIAL PROCESSES ON LIFESTYLE (SOCIO- PHILOSOPHICAL ANALYSIS)

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Boymurodov Zohid Shokirovich

Karshi State University,

Docent, Department of Philosophy and Sociology

Doctor of Philosophy (PhD)

Abstract

The article is devoted to the analysis of changes in the way of life during socio-historical development, its laws and modern trends. The existence of different lifestyles in the same period of socio-historical development, its causes and consequences are analyzed.

Keywords

Socio-historical development, ecological situation, economic factor, lifestyle, characteristics of lifestyle, factors influencing lifestyle, standard of living, degradation, deformation, national life, national culture, national characteristics.

Introduction. Today, the number of scientific studies aimed at studying the social foundations of lifestyle is increasing. National lifestyle is associated with the living conditions, history, and national characteristics of a particular nation or people. Human lifestyle is not a spontaneous phenomenon. Its formation and development is based on certain laws. On the one hand, lifestyle has its own evolution. It is formed under the influence of various natural conditions, characteristics characteristic of different stages of human society, past trends in various aspects of social life. On the other hand, in each period of socio-historical development, not one, but several lifestyles prevail. There are a number of determinants that cause differences in the lifestyle of representatives of different social groups, classes, and classes who lived in the same era. When researching changes in the lifestyle of any social group, including young people, these two laws should not be overlooked.

Literature methodology. It can be seen from scientific sources on the subject that [Arzikulov R.U. Basics of a healthy lifestyle. T.; 2005], [Beginin V. Sociology obraza jizni.- Saratov: Izd. Saratovskogo universiteta, 1993], [Vozmitel A. Image quality: concept, sustainability, dynamics: Autoref. diss. na soisk... dokt.sots.n.- M.: Institute of Sots. RAN, 2000], [Jumanova F.U., Nazirova G.K. Psychological-pedagogical factors of development of a healthy lifestyle among schoolchildren.//

Academic research in educational sciences, 2021, vol. 2, #6.- Pp. 27-32.] any lifestyle includes a number of parameters. These parameters are derived from the main directions of human life activity.

Lifestyle is, first of all, a product of socio-historical development. As society developed under the influence of various factors, it also changed the lifestyle of its members. In the early stages of its development, the human lifestyle was mainly dependent on natural conditions. For this reason, the first communities, tribes and clans were formed in areas with favorable natural conditions. These conditions determined the shape of the places where people live, the types of activities they engage in, the nature of the tools used in these activities, and the products they consume. Of course, the mastering of fire, the improvement of labor tools, and the development of language brought serious changes to the human way of life. However, for a long time, the lifestyle of Homo sapiens consisted of adaptation to natural conditions.

Another reason for changes in human lifestyle is related to the development of crafts. The development of the productive forces has radically improved the technique and skill of artisanal labor. As a result of this, handicrafts, which were previously a unique aspect of the labor of farmers and herders, became a separate field of labor activity. Moreover, artisans eager to sell their products gradually gathered in the cities. In this way, the cities that existed mainly as residences of feudal and religious leaders became settlements with their own lifestyle and style. These social processes created urban and rural lifestyles.

The Renaissance, which stood out as a period of cultural development in the East, and a few centuries later, the Renaissance, inspired by the powerful development of literature and art in Western countries, further enriched the human way of life. During this period, there were classes that did not participate in the existing relations of material production. These classes turned their life activities related to literature and art into a separate way of life. As a result, a lifestyle typical only of intellectuals and creative people was decided. At the same time, the humanitarian ideas developed and promoted by the representatives of this class influenced the content of the lifestyle of the representatives of all classes and groups of this period. "In the conditions of intense social life and business activity, a spiritual environment has emerged where individuality and originality are valued. A dynamic, ambitious, active person who won his social status not because of his famous ancestors, but because of his efforts, perseverance, intelligence, knowledge, and luck came to the stage of history. Man began to look at himself and nature with new eyes, his aesthetic taste, attitude to the environment and the past changed"[1].

So, during the development of human society, the lifestyle of a person, on the one hand, has become richer in content, on the other hand, it has been continuously differentiated.

At the same time, there are certain differences in the way of life of social groups, classes, and even people who lived in the same historical period. Of course, such differences, which are often observed in modern societies, do not appear by themselves. They have different determinants. Their group includes first of all natural determinants. The role of a natural determinant is the ecological situation prevailing in the area where a person lives. "Ecological situation refers to natural conditions and resources in a certain area, the degree of acceptability of conditions for human life, a set of factors that change it in a positive or negative direction and can change it" [2]. It is not appropriate to imagine each of these factors as a separate situation. The ecological situation consists of an integrated system of these factors. "Usually, the following criteria are used to determine the ecological situation in a particular region:

- a) the condition of the soil in the area, the condition of the land used in agriculture;
- b) the condition of water bodies in the area and the practice of their use;
- c) specific characteristics of the climate in the area;
- g) plant species in the area;
- d) fauna in the area;
- e) state of natural resources and their use in the area;
- j) the degree of acceptability of natural conditions in the area for human life" [2].

The ecological situation primarily determines the content and form of human labor. It is known that any work relies on certain natural resources. Whatever resources are abundant in the area, the lifestyle of the people living there is determined by the work activities based on these resources. For example, agriculture develops in areas with good soil and water conditions, animal husbandry in desert zones, and fruit and vegetable growing in areas with rich flora. True, on the eve of the new century, the acceleration of the trend of globalization in the world activated the movement of natural resources - export and import. As a result, production based on them is being created even in areas where there are no specific natural resources. However, in any case, labor activities based on local natural resources continue to gain priority in people's lifestyles.

The ecological situation of the region also affects people's social activities and mutual relations. In short, the reasons for the formation of a way of life based on the principles of collectivism in the East, and an individualistic way of life in the

West, are partly rooted in natural conditions. This situation is vividly described in I. Karimov's work "High spirituality - invincible power": "It is known from history that people in Central Asia have been living in valleys, on the banks of large water sources - rivers and streams. The conditions of the region, surrounded by deserts and deserts, with extremely complex nature and climate, these peoples and nations have adapted to each other for thousands of years, become close friends He insists that his wife should live lightly" [3]. The moderate climate in the West created favorable natural conditions for economic activity. Therefore, the improvement of mutual assistance between the members of the society is no longer a matter of life and death, an individualistic way of life has been decided. "As a result, a person got used to not caring about the interests of society, but to live only with his own needs and interests" [4].

The dependence of human life on the ecological situation is especially evident in the construction of buildings and structures. For example, experts take into account the climatic conditions of the area, the quality of soil, water and air, and other elements of the ecological situation before building any structure. "The projects of the houses should be sharply differentiated from each other depending on the region in which they are built - in the desert, in the tropics, in the central region of the country. Universal houses that can be built in any conditions are ineffective from the economic and engineering point of view, and for this reason, it is necessary to develop the project based on the climatic characteristics of the specific region" [5].

The unique features of nature in the region, the landscape, its pastures and forests, seas and rivers, hills and mountains, deserts and deserts are the spiritual image of a person - worldview and belief. qualities and characteristics, play an important role in the formation of attitude to reality. Throughout his life, a person consciously or unconsciously strives for nature, draws strength from it, draws certain conclusions from its scenes. His first visions of form, color, order, harmony, order, standard, appropriateness are born with the grace of nature. These imaginations give order, harmony, purposefulness to a person's leisure activities. In addition, nature is considered a source of creativity, inspiration, development and realization of existing abilities. And the creative possibilities, which are motivated by nature, become a reality during free time activities. As long as this is the case, it can be noted that the ecological situation in the area where a person lives determines the content of his free time.

Disruption of the ecological situation causes a sharp change in the way of life of a person. This situation is particularly evident today. By the end of the 20th century, "the development of society has entered a new stage of social production.

At this stage, the number of technical tools used by mankind has increased so much that, as a result, the consumption of natural resources has increased tremendously. That is why humanity's need for them is growing year by year" [2]. Efforts to meet this need, on the one hand, lead to a decrease in available natural resources, and on the other hand, to excessive pollution of the natural environment. These negative changes in the ecological situation have a negative impact on the human way of life, and in the regions where environmental problems have become acute, they completely derail it.

Lifestyle is formed under the influence of social determinants. Among these determinants, the economy of the society has a special place. Therefore, one way of life prevails in a society dominated by one type of economy, and a completely different way of life prevails in a society dominated by another type. The important point is that any type of economy causes both positive and negative elements to take place in the way of life. For example, a person's lifestyle in the conditions of a traditional economy is characterized by relying on national values formed over the centuries. However, such a lifestyle has an inert character and "digests" progressive changes with difficulty. In contrast, the market economy gives a dynamic, changing character to a person's lifestyle, but it is impossible to positively assess the priority of consumerism in such a lifestyle.

The composition of the economy can also be a source of changes in lifestyle. In a society where the agrarian sector is dominant, the characteristics of the rural lifestyle play a decisive role, while in a society where the industrial sector is advanced, the labor activity of people depends more on industrial production, even their social activity, household life originates from industrial interests. The digital economy, which began to develop rapidly in recent years, has a complex impact on people's lifestyle today. As a result, on the one hand, people's lives are becoming easier, their use of social services is easier. On the other hand, the digital economy is narrowing the scope of human communication, even digitizing household and leisure activities.

Conclusion. A person's lifestyle changes in proportion to the pace of economic development. Economists use the category "quality of life" in their monographs and articles to ascertain these changes. Quality of life - "the level of development of the system of ensuring the life and activities of the population, as well as income and quality of consumption, education and professional potential, economic interests and needs, social inclinations, forms of adaptation strategies, economic activities and other social - is a concept representing the living conditions, level and quality of social groups with different economic parameters" [6]. The development of the economy ultimately leads to the improvement of the lifestyle of citizens. For

the same reason, the President of the Republic of Uzbekistan, Sh. Mirziyoyev: "Creating the necessary conditions for effective work, decent wages, modern housing, quality education and medical care, ample opportunities for recreation and leisure - all these are economic important factors that determine the essence and content of our reforms in the field", he said [7]. Stagnation of economic development, its decline has a negative impact on the lifestyle of members of society.

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