

E-ISSN NO:-2349-0721



Impact factor : 6.549

## THE ROLE OF WOMEN IN THE OF A HEALTHY LIFESTYLE

Karimov Zafar

Researcher at Urganch State University

---

### ABSTRACT

The article serves to emphasize full support of women and the promotion of their status in the family and society as one of the top priorities of the state policy. It also provides scientific conclusions on the content and essence of the ongoing reforms to ensure the strength and well-being of the family.

Key words: State policy, top priority, reforms, society, women, gender equality, family strength, well-being.

### INTRODUCTION

During the years of independence, the process of dealing with women's issues has been systematized in Uzbekistan which serves to ensure their active participation in the society.

Over the past period, the conditions created for the further enhancement of the role and status of women in the society have laid the foundation for them to take their social activity seriously. In particular, the adoption of the Law "On Guarantees of Equal Rights and Opportunities for Women and Men" and the Law "On Protection of Women from Oppression and Violence" has strengthened the legal framework in this regard.

### MAIN PART

However, despite the fact that a number of measures have been taken in the interests of women, the following problems hinder a number of systemic measures such as full support of women, the organization of targeted work with them, strengthening the spiritual and moral environment in families and creating effective mechanisms for the improvement of women health were noted in the Presidential Decree:

First, there is no targeted support system for women in need and in difficult social situations, there is no practice of individual work with unemployed and socially inactive women, inefficient organization of employment promotion and entrepreneurship development among women;

Second, there is a lack of targeted work to prepare young people for family life, to form a modern model family, to strengthen its spiritual and moral foundations and traditional family values and the effectiveness of measures to prevent early marriages, family conflicts and divorces still remains low etc.

Third, women's reproductive health activities are not sufficiently organized, and there is no effective system for the prevention and treatment of maternal and perinatal diseases, especially in remote rural areas;

Fourth, there are no effective measures for the prevention of delinquency and crime among women and the mechanism of improving the legal culture of women, providing them with legal advice does not meet modern requirements;

Fifth, the wide-ranging functions of women's committees do not allow them to fully mobilize their efforts and capabilities to address the most pressing issues of women due to the absence of the necessary competencies and personnel;

Sixth, the uncertainty of the organizational subordination of the Republican Research and Practice Center "Family" and the lack of necessary funding impedes the effective implementation of its tasks e.g. to study family problems and develop practical-scientific proposals for their solution;

Seventh, there is absence of work for training and retraining of young people for family life, family strengthening, conflict and divorce prevention."On measures for radical improvement of activities in the field of support of women and strengthening of the institute of the family" has brought the committee system to a new level. The decree sets out a number of measures to radically improve the activities in the field of support for women and strengthening the institution of the family.

This decree was passed to introduce the measures which ensure the rights and interests of women, social and moral support, political engagement, women's role in building society and the state leading them to a new level; moreover, it aims at demonstrating women potential, creating new opportunities for further development of their activities.

Also the decree sets out a number of measures aimed at enhancing the socio-political activity of women, ensuring their legitimate interests, realizing their abilities and potential, strengthening the institution of the family, protection of motherhood and childhood.

In particular, the chairman of the Women's Committee and the heads of its regional branches are in charge of the following tasks:

- to timely identify women in difficult life situations, including women with disabilities, organize individual and targeted work and support them;
- to implement practical measures to ensure the employment of women, the development of family and private entrepreneurship and crafts among them;
- to organize effectively the prevention of delinquency and crime among women, increase their legal culture and strengthen their spiritual and moral values.

Involvement of the representatives of the Women's Committee and the "Family" Center in meetings and other events not related to their responsibilities and activities is strongly prohibited.

The main tasks of the Republican Scientific and Practical Center "Family" organized under the Women's Committee are, first of all, to implement the conceptual idea of "Healthy family - healthy society".

Another achievement in this field was the establishment of the medal "Honorable Woman" which is awarded for women who have shown potency and initiative in the life of society and the state and who have made a worthy contribution to the formation and strengthening of the family, protection of motherhood and childhood.

Over the years, women have made an important contribution to the formation of the spirituality of the society, both in the socio-spiritual and educational spheres. The introduction of the position of a specialist in working with women in all neighborhoods, strengthening the spiritual and moral values in families was another privilege in this field which has given a chance to study the families closely and serves to ensure the effectiveness of targeted solutions to existed problems. In particular, under the responsibility of such specialists a large-scale of work has been carried out in each neighborhood in order to prevent delinquency and crime among women. A great attention was paid to solving the social problems of women released from prisons, as well as 2,587 members of religious denominations, who were deregistered last year and found their own place in the society. Address lists of vulnerable and disabled women have been compiled to work with them

individually and systematically.

It is known that further strengthening and development of the family, especially increasing the role of the family in educating the younger generation as physically healthy and spiritually mature individuals, focusing on the role of women in building a strong, healthy family are recognized as main priorities of today's state policy. As President Sh. Mirziyoev noted: "High respect for women who are the "pillars" of the family and society, the grace and beauty of our lives, has always been and will remain a great value for our people". As an evidence and performance of the high respect and care for women, in recent years more than 80 national and international documents have been adopted to strengthen the role and influence of women in society and protect their legal, social, economic and spiritual interests.

The Research and Practice Center "Family" established under the Cabinet of Ministers of the Republic of Uzbekistan and the Women's Committee have developed a concept for strengthening the family institutions. On June 27, 2018, the Resolution of the President of the Republic of Uzbekistan No. PP-3808 "On approval of the Concept of strengthening the institution of the family in the Republic of Uzbekistan" was adopted. In accordance with the concept, taking into account the special nature of the formation of a new family model aimed at implementing the conceptual idea of "Prosperous family is the basis of social development" the following priorities and main directions of state policy have been determined in this field:

- I. Improving the institutional and legal framework for improving the family and strengthening social partnership.
- II. Conducting fundamental, applied and innovative research on strengthening and developing the modern family.
- III. Encourage demographic development and increase family welfare.
- IV. Strengthening the educational potential of the family, preserving traditional family values in the society, improving the spiritual and moral environment in families.
- V. Creating an effective system of effective methodological, advisory and practical assistance for families.

According to the concept, the effective implementation of the tasks such as "The modern family model in the society" and the constitutional principle of "Every family is under the protection of the society and the state" should be the result of the effective reforms aimed at strengthening the family.

The following main directions have been identified for strengthening the family in the Republic of Uzbekistan:

- Improving the institutional and legal framework for strengthening the family and social partnership;
- Carrying out fundamental, applied and innovative research on strengthening and developing the modern family;
- Encouraging demographic development and increase family welfare;
- Strengthening the educational potential of the family, preserving traditional family values in society, improving the spiritual and moral environment in families;
- Creating an effective system of methodological, advisory and practical assistance for families.

Globalization and the rapid development of technology are placing new demands on the upbringing of children in the family. In this process, the scope and worldview, spirituality and potential of women play an important role as well. One of the great writers of the Jadid literature, a prominent poet, playwright, teacher and,

educator Abdulla Avloniy said: "Upbringing is for us either life or death, salvation or destruction, happiness or calamity." The future of a nation with a harmoniously developed generation, without any doubt, will be bright and prosperous. It is the responsibility of women to cultivate this perfection. The enlightenment and spirituality of the woman is very important in this process. AbdibekSherozi wrote that "Knowledge is an adornment for a woman. An illiterate and ignorant woman makes all kinds of mistakes in child upbringing". RizouddinibnFakhriddin claimed that "Looking at the children, you will understand the knowledge, tenderness and kindness of mothers. It is also on the mothers shoulders who have the most difficulty in raising their children, and they do many good deeds that aren't even prescribed for them by the Sharia (Law acts of Muslims)".

Achieving the efficiency in family upbringing in the conditions of rapid exchange of information, the formation of free, independent thinking, initiative young people with organizational skills is the guarantee of the preservation of national identity, upbringing of harmoniously developed generation, ensuring family stability, increasing its wellbeing, creating healthy and spiritual environment in family.

## CONCLUSION

The Presidential Decree of February 18, 2020 "On measures to improve the social and spiritual atmosphere in society, further support of the mahalla institute, as well as raising the system of work with families and women to a new level" has played an important role in the support of women's social activism, strengthening their place in society and the guarantees of protection of their rights and legitimate interests, the organizational and legal right to ensure a healthy and stable socio-spiritual environment in society and the family, as well as peace, harmony and tranquility and radically reforming the mechanisms and bringing the system of working with families and women to a new level.

## REFERENCES

1. Mirziyoev Sh. Congratulation of Women's Day // Khalk Suzi, March 8, 2019.
2. Speech of the President of the Republic of Uzbekistan Sh. Mirziyoev in the Senate of the Oliy Majlis of the Republic of Uzbekistan. 22.06.2019.// Khalk Suzi, June 2019 //uza.uz
3. Djuraeva N. The social status of women in the history of Uzbekistan. -Tashkent: Nodirabegim, 2020. – p 195-196.
4. Buribekova D. The dependence of society on women`s activism
5. wcu/uzTog'ayevaMuattarBahodirqizi student of Uzbekistan state world language university