

### §3.6. READING IN ORGANIZING A HEALTHY LIFESTYLE IN THE FAMILY IMPORTANT FACTORS

Today, the state pays special attention to the development of reading in our society, especially among young people, and a lot of effective work is being done. In particular, the Decree of the President of the Republic of Uzbekistan dated January 12, 2017 "On the establishment of the Commission on the development of the system of printing and distribution of books, the promotion and promotion of the culture of reading and reading", September 13, 2017 "On a comprehensive program of measures to develop the system of publishing and distribution of book products, increase and promote the culture of reading and reading" and "On May 12, 2018" Our great scholars, writers and thinkers Implementation of a number of organizational and practical measures aimed at the development of reading culture in the country on the basis of the decisions "On the organization of reading competitions among young people in order to widely study and promote the creative heritage" laid the groundwork for a positive change.<sup>22</sup>

The book is an inextinguishable light that illuminates the paths of life, a source of happiness that gives meaning to human life, a faithful friend who accompanies him in any situation. There is no tool as powerful as a book in ensuring the spiritual maturity of man. Therefore, from time immemorial, the leaders of enlightenment, the people of knowledge, have called on all mankind to read books and learn the secrets of science from them. Today, children are often accused of not reading books. But the need to recommend them colorful literature is sometimes overlooked by parents, teachers, librarians. To do this, teachers are required to be well aware of students' interest in books and their needs. One of the reasons why students don't read books is that the parents in the family, the teacher at the school can't instill a love for the book, or there is a lack of interesting fiction books to read. In the negative attitude of students to reading and reading, as mentioned above, the publishers who create the organizational, material support of this process, parents, teachers who are not able to organize theoretically, pedagogically and practically rationally, effectively, and the responsibility of the social organizations responsible for the sector cannot be denied.<sup>23</sup>

Therefore, raising the educational process to a qualitatively new level is associated with improving the organizational and pedagogical aspects of the formation of a culture of reading in students.

So, the most effective way to fight all the obstacles in the way of young people today is knowledge and enlightenment. Therefore, in our country, great attention is paid to improving the quality of education, the spiritual and educational development of young people. This means that in order to be able to differentiate between good and bad, between good and bad, it is necessary to constantly study and constantly improve one's

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<sup>22</sup> Resolution of the President of the Republic of Uzbekistan "On a comprehensive program of measures to develop the system of publishing and distribution of books, increase and promote the culture of reading and reading" ( September 13, 2017) // [lex.uz/docs/3338600](http://lex.uz/docs/3338600).

Decree of the President of the Republic of Uzbekistan "On the establishment of a commission for the development of the system of printing and distribution of book products, promotion and promotion of the culture of reading and reading" // <http://uza.uz/oz/documents/book-products-print-and-spread-system-rivoz-12-01-2017>.

<sup>23</sup> People who do not read books are doomed to ignorance // <http://ufy.uz/2017/11/13/548.21> benefits of reading // <https://zamin.uz/life-style/14196-211> benefits of reading. h tml.

The miracle of reading is the culture of reading - the core of cultures // <http://betakrorbuxoro.uz/en/2018/07/06/otvolodiev-interviewed>.

knowledge. The role and influence of the family is important. Only then will we be able to contribute to the development of our children into worthy children of our Motherland.

Indeed, the book is a great force that lifts man from earth to heaven, increasing his spiritual power. It is a torch that strengthens the historical memory of mankind, the spiritual and enlightenment world, the scientific basis, and the bright future.

The innovative policy developing in our country has set important and responsible tasks for the family and education. In carrying out these tasks, parents and educators are required to approach their profession responsibly. Therefore, we approached the "System of pedagogical advice to the family in the formation of reading skills" so that every parent and educator could learn the specifics of reading and apply it in their work.

Scientific novelty of the research: - The content of improving the mechanism of formation of reading skills in the family has been developed and the pedagogical conditions have been identified.

- The process of improving the system of pedagogical advice to the family in the formation of reading skills has been developed.

- Effective forms of improving the system of pedagogical advice to the family in the formation of reading skills have been identified

- Practical-methodical recommendations on the formation of reading skills in the family have been developed and criteria for assessing the level of formation of reading skills have been established.

**If we achieve our goals and objectives, we will achieve the following results:**

- The effectiveness of improving the mechanism of formation of reading skills in the family ;

- To increase the attention to reading in the family by providing pedagogical advice to the family in the formation of reading skills;

- To strengthen the sincerity and kindness in the relationship between parents and children through the formation of reading skills in the family;

- Development of practical and methodological recommendations for the formation of reading skills in the family and orientation to a healthy lifestyle.

Review of the literature on the research topic (analysis): Reading, the importance of reading for society and the individual, socio-individual aspects of the development of reading, the formation of reading skills, its pedagogical, psychological, methodological requirements, family reading and issues of organizing extracurricular reading A.Abdulazizov, A.Abdullayev, E.Yuldashaeva, A.Umarov, Yo.Kayumkhodjaeva, B.Ganieva, A.Abdullaev, GK Amanova, H.Davron, It has been studied by such researchers as N.Norboboev, A.Saidov, G.Shirinov, D.Kuronov, F.Tajibayeva.

SIAbakumova, AV Avdeeva, I.Agapova, M.Davydova, LIBelenkaya, GIBondarenko, Ye.V.Buneeva, ANVoropaev, AA S tolyarov, VVGerbova, Ye.I.Golubeva, T.Yu.Konkova, NAKustova, Yu.P.Markova, MBNabatova, Ye.V. Posashkova, VARojina, MDSmorodinskaya, NFStanislavchik 's works reflect the interest of primary school students in reading, their reading skills, the specifics of the development of culture, traditional and modern technologies of reading, foreign experience in this area..

#### **Research methods:**

The study of relevant sources and theoretical analysis of the literature, observation, interviews, questions and answers, debates, tests, pedagogical experience, mathematical statistics were used.

One of the important tasks is to educate the citizens of the renewed society in the conditions of radical reforms in the social, economic and spiritual life of the Republic due to independence. After all, the democratic foundations, order and discipline in any civilized society, its economic prosperity, depends on the moral level of the population.

laid the foundation for the Uzbek people to regain their dignity, culture and

traditions, religion, language and spirituality, to develop national pride and national thinking, feelings of love for the Motherland. In other words, we recognize our rights, rely on our own strength and capabilities, take an independent approach to the events around us, and at the same time see our personal interests in line with the interests of the country and the people. We realized in particular that we need to nurture free, harmonious people in every way.

In order to fulfill this task, in the formation of the spirituality of the younger generation, they should instill in the minds and hearts of the idea of national independence, love and devotion to their homeland and people, self-awareness, education in the spirit of national and universal values. It is important for them to change their consciousness, worldview, thinking, to understand the essence of the reforms taking place in our country. From all this arises the need to protect the younger generation from the occasional exposure to foreign influences, to bring them up as believers, believers, broad-minded. Such a generation, of course, is first brought up in a family environment.

The spiritual thinking of a person is determined by his scientific potential, his level of reading. This means that the cultural and spiritual development of the younger generation also depends on books and reading. That is why it is very important to educate the younger generation on the basis of the ideas of independence and ensure that they grow up to be selfless people in our society. The rapid changes taking place in our social life in recent years, in turn, are directly related to the education of the younger generation, creating more effective pedagogical and psychological approaches. The family is also responsible for inculcating the ideas of independence in the minds of young people and giving them a thorough and thorough knowledge of the history and spirituality of the nation.

A healthy outlook. In this sense, the family is the main basis for the formation of youth spirituality. The Uzbek family has a unique experience in shaping the spirituality of young people in the family and at school. It should be noted that:

- Uzbek family to himself specific national education directional have;
- of human character plays an important role in the family and at school ;
- The Uzbek family is an inexhaustible source of human behavior;
- in children and the expression of their independent opinion begins in the family and at school ;
- Uzbek family raises three socially active people in the society.

This means that the Uzbek family has a unique national experience in shaping the spirituality of the individual.

It is known that each family has its own tradition, rich creative and intellectual wealth. In order to study this spiritual and cultural wealth, to use it in the development of society, to pass it on to future generations, it is necessary to start reading in the family and at school as a source of knowledge and thinking. According to our scientists, raising children through books is a very difficult process. In this process, all the events in the books are understandable to parents, other members of the family and children, cultivate human qualities in students, impart knowledge, guide them to a sense of goodness. necessary. Only in this case, reading helps to form the spirituality of reading. The spiritual world, behavior, dreams, life experience, traditions and profession of the parents help a lot.

Because the book, along with the child's understanding of the world, shapes the scientific worldview, its character is formed, understands how to deal with the contradictions of life and life. Every student who possesses these qualities grows up to be a highly spiritual person.

The book's unique role in human life, the spiritual development of human society has long been known. It creates a sense of acquaintance with the world, of arousing love

for beauty, of enjoying it, of hating evil by imparting knowledge. Parents have an extremely complex and responsible task in organizing children's reading. For this, parents themselves must have a high culture.

The Uzbek family has a tradition of reading. Because the family has a unique national experience in educating the younger generation through books. From ancient times to the present day, the book has been considered sacred in the Uzbek family. In the Uzbek household, a book is a spiritual property that is revered after bread.

By the time of independence, the Uzbek family began to see freedom and development at the level of reading. This is reflected in the fact that the basis of educating the younger generation in all respects is knowledge, as well as the process of learning, enlightenment and spiritual education is directly related to the book.

The formation of a culture of reading in the individual, the assignment of systemic tasks of various nature in the development and the presence of activities guarantee the achievement of effective results.

**How to read books? Recommendations for using books.**

1. Before reading the book, choose and get what you like.
2. From time to time, read and understand little by little according to the plan.
3. Understand the true meaning and purpose of the event or events in the book.
4. Don't put any marks on the book, don't touch the pen, get used to bookmarks without folding its pages.
5. Whether you get a book from the library or a personal book, keep it carefully. If it has moved, glue and patch it.
6. Don't mess with the book, because it will be used by others.
7. Strictly follow the book's appeal to readers.
8. Try to remember when and where the event in the play took place, who the protagonists of the play are.
9. Write down what you like about the work and what areas are impressive.
10. Habit of writing a brief synopsis of what you have read.
11. Tell your family members and friends about what you read. The teacher should be strong in organizing such fun activities. Because the teacher teaches students to explore independently by engaging them. As a result, the student can become more active and the author of new ideas. Most importantly, the student can assimilate a lot of information in search of a given task.

**Tips and advice for parents:**

1. A child is born in a family, so the knowledge of parents is very useful for the child to be educated. Therefore, it is important to give important advice to parents about reading first.
2. The fact that children read more books depends on the attention of the parents.
3. If a parent brings a book to his family and reads it with his children, he will express his personal opinion to the heroes of the book and create a consensus in the family.
4. In the family, parents get to know their children's interests and characters through their interest in books.
5. Parents should visit schools frequently, keep in touch with librarians and teachers, and keep abreast of news.
6. Parents should spend at least 20 minutes every day on their children's attitude to books.
7. The school library should also have shelves with the theme "The book that changed me", "Single bookcase", "Book read on time".
8. Regularly review literature and participate in interviews at parent meetings, conduct surveys among students and their parents to help stimulate family reading.

9. The fact that the competition "Dad, Mom and I - a family of readers" has become a tradition in schools, and the participation of parents in these competitions with their children, will greatly help the child.

10. In the family, parents should encourage and explain their children's attitude to books.

The competition shows that reading in a place where parents study becomes a favorite pastime for children, and problems with the intellectual development and upbringing of children are significantly reduced. The book assumes pedagogical functions.

An experiment on the formation of reading skills in the family works

Today, many textbooks and literature are available in electronic form. We do not want to deny this at all. However, using the book in its original form, feeling its warmth while enjoying the art, allows a person to gain a deeper understanding of the information provided in the source. The main goal of our research is to encourage parents to teach their children in the family, teachers in educational institutions to use literature in accordance with modern norms and a healthy lifestyle, and to use pedagogical literature effectively, taking into account the age of youth. Of course, our successors will contribute to the prosperity of society and become just people who will rule our country.

Experimental analysis.

An experiment was conducted to determine the means of forming the intellectual potential of parents and students and their effectiveness.

Objective: To determine the level of formation of intellectual potential of parents and students. (determine their interest in reading, use of pedagogical literature and make recommendations).

Main functions:

1. To diagnose the level of formation of intellectual potential in parents and students through interviews and questionnaires.

2. To study the system of spiritual-educational and educational work carried out at school.

3. Monitor the activities of class teachers and science teachers aimed at the formation of intellectual potential in students.

In-class and out-of-class educational work in general education schools, the level of intellectual development of students, in-class and out-of-class work were observed. The conditions created for spiritual and moral work in the school and in the family were studied. The level of formation of intellectual potential in students at school and in the family was studied on the basis of the following requirements:

- The degree of formation of attitudes to mental and intellectual activity in the family and students;

- Level of national character in the family and shooters;

- Desire to acquire modern knowledge in the family and students, to learn foreign

languages;

- Reflection of intellectual potential in the behavior and activities of students;

- Students' interests, attitudes to creative self-improvement.

The first interview was conducted with the families and students participating in the experiment. The interview was attended by 30 parents and 30 students, in which the following questions were used.

**Questions for parents.**

1. What books on parenting have you read or are reading? **write-----**

2. Have you set up bookshelves in your family?

**Yes. No. Not much**

3. Do you often bring books to your children?

**Yes. No. Not much**

4. Are the books read in your family analyzed?

**Yes. No. Not much**

5. Does the school your child attends have reading activities? **Yes. No. Not much**

6. Do you encourage your children to read books? **Yes. No. Not much**

7. Are you satisfied with the books in the bookstore?

**Yes. No. Not much**

8. What kind of books do you want for your children? **write-----**

#### **Questions for students.**

1. Are there bookshelves in your family?

**Yes. No. Not much**

2. What subjects are you interested in? Why-----

3. Do your parents bring you a book?

**Yes. No. Not much**

4. Are you interested in the lives of your peers who read a lot of books?

**Yes. No. Not much**

5. What do you do in your free time outside of school? **write-----**  
to learn foreign languages, information technology?

**Yes. No. Not much**

7. Have you planned your future activities?

**Yes. No. Not much**

8. Do you regularly participate in clubs and sports sections?

**Yes. No. Not much**

9. Are textbooks satisfactory in your mastery of education? **Yes. No. Not much**

10. What books do you like to read? **write-----**

11. Do you like to read books in their original form or use the Internet? From the Internet in the original case

12. Are you satisfied with the competitions, contests and other events held at the school? **Yes. No. Not much**

The results of the interview were summarized on the basis of criteria for determining the formation of intellectual potential in students.

Forming stage.

Purpose:

Development and implementation of forms, methods and tools to increase the effectiveness of the formation of intellectual potential in the family.

Functions:

1. Organize a lecture with parents, students and teachers participating in the experiment on "Youth of Uzbekistan - the builders of the future."

2. Conduct a test (in order to ensure self-assessment) to determine the level of formation of intellectual potential in students.

3. Recommend to students the agenda and the rules of its formation.

4. In order to ensure the implementation of the 5 important initiatives of the President, to involve students in the circles according to their abilities to form creativity

5. To give recommendations for effective planning and spending of free time outside the classroom.

During the experiment, parents, The following activities were carried out with students and teachers according to the plan:

1. Lecture on "Attention to reading in the family."

2. Organize a discussion on my capabilities and terms of use.

3. "How do I envision my future?" roundtable discussion on the topic.

4. Interview with a psychologist on "Parent-child relationship".

5. Sharing experiences on "My agenda...".

6. Trainings formed to do

Effectiveness of experimental results aimed at the formation of reading skills in the family

Control phase.

To determine the effectiveness of work on the formation of intellectual potential in the family during the experiment and compare it with previous results.

Main functions:

1. Observation of attitudes to reading and labor activity in the family.

2. Determining the effectiveness of measures aimed at the formation of intellectual potential.

3. Comparison of the levels of formation of intellectual potential.

the behavior of parents, shooters, and attitudes towards the activities carried out were reconsidered. They were interviewed. Intellectual skills at the beginning and end of the experiment far q i was compared. The results of the analysis of the data allowed to divide them into 3 groups:

1- group. Those who are well aware of their intellectual potential and strive for self - realization. (high level)

2- group. He is well aware of his intellectual potential and families who do not make regular efforts to self - help. \_ \_ (intermediate level)

3- group. Those who do not know their intellectual potential well and do not have a mechanism for self - direction. (low level)

Attitude of families to the formation of intellectual self - determination, they are in the field of self - intellectual and spiritual - moral development, in the organization of work in this area. indicates the presence of certain difficulties. All science teachers, group leaders, trainers, and parents need to help students overcome these challenges. Solving this task allowed the shooters to develop a spiritually mature personality.

Determine the level of intellectual capacity in families, we differentiated based on the following questions at the beginning and end of the experiment.

1. I intellektual salo h iyat what? Uni how roads with take over is it possible

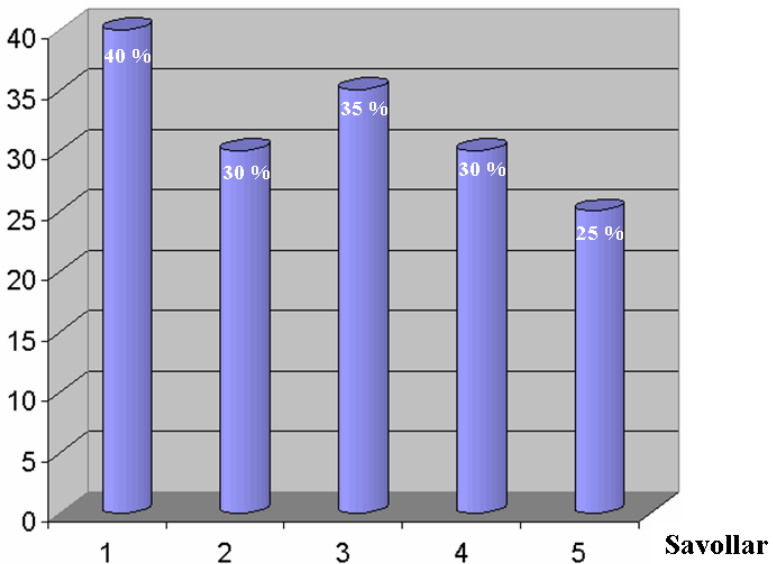
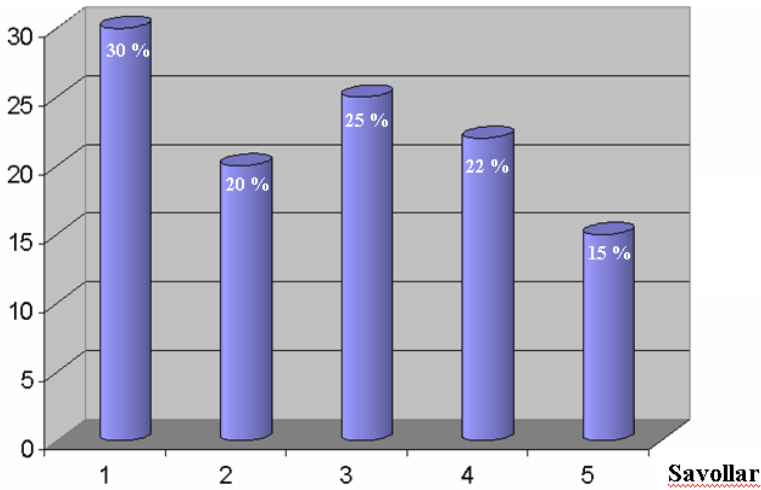
2. Science and enlightenment about how fertilizers Did you read? From a book? or from the internet?

3. This until which books did you read

4. In the family book mutolla to do your child the future definition do you know

5. Current kunda students educated and polite be for how tips do you get

The results were summarized according to the number of parent responses to the questions at the **beginning and end of the experiment.**



**End of experiment**

The results show that the difference in the effectiveness of educational work with 30 parents at the beginning of the experiment was as follows: positive answers at the beginning of the experiment were positive for 15 out of 30 parents, and at the end of the experiment - 30 24 of the parents were actively involved. Thus, in order to increase the effectiveness of the formation of intellectual potential in parents, it is necessary to take a new approach to the content, forms, methods and tools of spiritual and educational work on the basis of modern possibilities.

At the beginning of the experiment, 15 out of 30 parents responded positively - 50%.



At the end of the experiment, 24 out of 30 parents answered positively - 80%.

#### **CONCLUSIONS AND RECOMMENDATIONS**

In order to fully develop the intellectual potential of students, educators and parents should pay attention to the following: required.

Intellectual potential means the harmony of intellect, mind, perseverance, and perception with enlightenment, spirituality, and moral values. Therefore, it is important to pay attention to the priority of values in school and family. All this can be done on the basis of modern possibilities of using pedagogical literature.

Ensuring the participation of students and supporting participants in exhibitions, Olympiads, competitions, festivals, held in our country and in prestigious countries, is one of the main requirements of today. It is necessary to spend their free time productively after school, to ensure their regular participation in various clubs, training courses and spiritual and educational activities.

Formation of attention to reading in families is one of the most pressing issues of our time and is in line with socio-economic requirements.

In our research, we have come to the conclusion that the study of pedagogical and psychological aspects, if the individual's abilities are taken into account in the classroom, if they are approached individually, involved in extracurricular activities, science clubs, competitions, trips. I think that if it is organized quickly, if modern pedagogical technologies are widely used, as well as studied in a system that covers all types of education, its educational value will be high.

Today, many textbooks and literature are available in electronic form. We do not want to deny this at all. However, using the book in its original form, feeling its warmth while enjoying the art, allows a person to gain a deeper understanding of the information provided in the source. The main goal of our research is to teach students to use literature in accordance with modern norms and a healthy lifestyle. Encourage the effective use of pedagogical literature, taking into account the period of youth.

#### **Recommendations:**

- First of all, existing teachers and parents should explain the information about the book to young people in an interesting way;

- Should recommend the child to choose the right book for his age;

- It is important to constantly monitor the training in the correct and moderate use of the media;

- As educators and parents hear and debate about the books they read, the younger generation becomes more interested in books;

- Students should know the importance of patience, research and hard work in achieving any positive success. The result of this must be explained by parents and educators. Only then will we be able to fully realize the intellectual potential of our future generations.

The more books a family reads, the healthier a life will be in the family.

Parents should always be responsible for their child's future. A little indifference can lead to irreparable mistakes over time.