

## THE IMPORTANCE OF LABOR AND SOCIAL ACTIVITY IN ENSURING A HAPPY AND PROSPEROUS FAMILY

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**Abstract:** This article discusses how achieving a happy and prosperous family requires labor and social activity from every family member. It highlights that a healthy lifestyle is closely connected with a person's physical, intellectual, and spiritual development through work. The family is considered as an integral part of social existence, and related ideas are explored.

**Keywords:** Healthy lifestyle, husband and wife, family, happiness, labor, prosperity, social activity, humanism, universal values.

Global crises associated with environmental, demographic, and climate changes, as well as the degradation of flora and fauna, the shortage of drinking water, the increasing use of various additives in food, the growing consumption of alcohol, and the widespread rise in tobacco use are openly recognized as having a negative impact on human health and the upbringing of a healthy generation. Since a healthy lifestyle is directly linked to ensuring a person's physical, intellectual, and spiritual development, special attention is being paid to its systematic study from socio-philosophical, anthropological, sociological, and medical perspectives.

In particular, husband and wife, together under the leadership of the father, strive to preserve and enhance the family's status and reputation. Family happiness includes achieving the well-being of children, cooperation between spouses, mutual respect, raising children, bringing them to maturity, helping them establish their own homes, celebrating important family events such as weddings and grandchildren's milestones, and educating children to become useful members of society.

The happiness and prosperity of a family require labor and social activity from each of its members. The family exists as a part of social being. Social existence constantly influences the individual, shaping their perceptions in various ways. Just as the social environment affects consciousness, consciousness in turn influences the environment and social space. Human consciousness is inclined toward continuous inquiry, seeking new problems and their solutions. Through the search for novelty and uniqueness, individuals discover and express their identity. A person constantly strives to create something new and contribute innovations to social existence. The most significant experiences in human consciousness are connected with creating and doing something. These actions may express either personal interests or collective and social interests. Such processes are inevitably realized through social activity and labor.

Social activity is a distinctive phenomenon that "characterizes the level of a conscious and selfless analysis of social relations, as well as the aspiration to transform certain elements of those relations. When a person encounters a serious socially significant problem and realizes the need to adopt new laws or improve the mechanisms of existing ones to resolve it, their стремление toward social activity becomes even stronger." Such a "serious problem" includes labor and participation in social relations.

Labor manifests itself as a purposeful and conscious activity directed toward achieving results and is guided by will in accordance with clearly defined goals. According to general understanding, labor aimed at production and the creation of a certain product is simultaneously the main means of personal development. In the process of labor, not only is a particular product



created, but the individual themselves is formed as a personality. During labor activity, a person's abilities develop, their character is shaped, their worldview principles are strengthened, and they transform into practical behavioral norms. By its nature, labor is always associated with performing specific tasks, and the entire process of activity should be directed toward achieving the intended result. Therefore, labor requires planning and control of execution; it always includes certain responsibilities and fosters internal discipline and organization.

The role of labor in human development has always held a central place in the teachings of past generations. In particular, the moral views of the thinkers known as the Seven Saints of Bukhara—Abdulkhaliq Gijduvani, Khoja Arif Mohitabon, Mahmud Anjir Faghnavi, Khoja Ali Romitani, Boboyi Samosiy, Mir Sayyid Kulol, and Bahauddin Naqshband—are ideologically harmonious. Their perspectives on humanism and universal values, especially their ideas about the role of labor in human life and destiny, are of great importance in educating the younger generation of independent Uzbekistan.

In organizing labor education within families, using the works and teachings of our spiritual heritage scholars, and incorporating these works into family reading practices, yields positive results.

The well-known principle of Bahauddin Naqshband, the pride of Bukhara, and the Naqshbandi order is: “Dil ba Yor, dast ba kor!” — “Let the heart be with God, and the hands at work!” In other words, according to Naqshbandi teachings, “Naqsh band bar dil band” — “Bind the heart with the remembrance of God and the imprint of His creation and power.” These ideas, which call for constant labor and earning a livelihood through honest work, have significant educational value and are among the priceless traditions that play an important role in raising children, especially in fostering a love for work.

Today, the types and nature of social labor are also changing. Seasonal, hired, and contract-based forms of labor have emerged. Young people without a profession or specific skills are mainly involved in such types of work. It has become common for rural youth to work seasonally for farmers. Many young people also travel to other countries for seasonal employment. These are also considered useful and necessary forms of social labor.

However, in such types of work, insufficient attention is often paid to compliance with laws, ensuring the health and safety of workers, organizing proper rest, and promoting a healthy lifestyle. Workers themselves often strive to complete assigned tasks quickly and settle payments as soon as possible, so they may not even inquire about working conditions. They continue working even in unhygienic, uncomfortable environments without adequate rest, which indicates that they are often completely unaware of labor laws.

In fact, the Constitution of the Republic of Uzbekistan, the Labor Code, and other regulatory legal documents emphasize that every worker must be provided with proper working conditions, regulated working hours and rest periods, and the right to restore their health in case of an accident. The voluntary conclusion of a labor contract and its full implementation are the responsibility of the employer. These legal requirements are consistent with both universal legal norms and ethical standards.

The role of labor in human development is one of the most important factors in ensuring family stability. The Resolution No. PQ-3808 of June 27, 2018, by the President of the Republic of Uzbekistan, “On approving the Concept of strengthening the family institution in the Republic of Uzbekistan,” highlights increasing the responsibility of families in child upbringing as one of the key tasks awaiting solution. Establishing proper labor education within the family is one of the most effective ways to accomplish these goals.

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