

## CHARACTERISTICS OF YOUTH LIFESTYLE

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**Abstract.** The article analyzes the main features of the lifestyle of young people and the process of changes in it.

**Key words:** lifestyle, explanation, trend, free time, participation in community affairs, labor activity, habit, skill, healthy lifestyle.

Each social group has its own way of life. These aspects, on the one hand, arise from the main characteristics, needs and interests of this group, as well as their social status in society. On the other hand, these aspects are constantly changing under the influence of various natural and social factors. The same can be said about the lifestyle of the youth of Uzbekistan. The marriage of young men and women in our country is distinguished by a number of features that are not found in other social groups. Since these characteristics are related to the attributes of young people as a social group, it is better to start scientific discussions with the identification of these attributes.

Young people are a group that has its place in society in all countries and has various characteristics. When classifying young people as a separate socio-demographic group, the following criteria are used:

- age limits. The United Nations defines the generation under the age of 14 as "children". The end of the physiological and mental processes associated with puberty indicates the end of childhood. According to the criteria of the United Nations, youth refers to boys and girls aged 14-24. However, this limit is set to optimize the generalization of more statistical data. If we approach the issue from the point of view of socio-spiritual criteria, the youth socio-demographic group

includes young men and women aged 14-29. In particular, 14-18-year-olds are teenagers, 19-24-year-olds are young adults, and 25-29-year-olds are mature youths;

- socio-psychological characteristics. Young people are characterized by changeable mentality and mood, sharp and conflicting attitude to social reality, low level of tolerance, proneness to maximalism, tendency to distinguish themselves from others;

- social status. According to their social status, young people are considered to be the most active social group of the society, able to immediately express their attitude to various social processes. The nature and course of social, economic, political and spiritual-cultural processes in the society are largely determined by the needs and interests of young men and women;

- behavior. Since the system of values of young people has a changing character and is in the stage of formation, the behavior based on them is also characterized by inappropriateness;

- characteristics of the socialization process. Young people are a generation undergoing the process of socialization, mastering educational, professional, cultural and other functions.

According to experts, the fact that a person has achieved financial and personal independence, started to spend his money independently, and has his own livelihood, shows that his youth period is over.

The abundance and scarcity of young people in the society, on the one hand, creates certain opportunities, and on the other hand, creates a number of problems. For example, in a situation where there is a large number of young men and women in the population, the possibilities of improving all spheres of social life and accelerating the pace of development of the society expand. At the same time, the country's expenses for the creation of new jobs, construction of housing and household service facilities, and development of education and culture are also increasing. In countries with a relatively small number of young people, such costs are kept at an optimal level. However, due to the aging of the population, the pace

of development in the country is slowing down. But regardless of their quantitative characteristics, young people in any society are "a demographic force capable of seriously influencing the nature of the material production process, determining the goals of economic development, and when the time comes to radically change it", "political power", "an active participant in social processes", "a force that determines the moral and spiritual situation and ensures moral security" will remain.

The unique characteristics of young people as a socio-demographic force are also reflected in their lifestyle. Young men and women in our country have a number of attributes that cannot be found in other groups in terms of labor activity, participation in community affairs, household life, daily habits and skills, organization of free time.

The labor activity of young men and women of Uzbekistan is characterized by its mobile nature. Young people easily change the place of their work, freely move from one city to another, from one region to another, from one country to another in search of work. It is for this reason that the share of young people in the composition of labor migrants remains large.

However, mobility does not mean regional mobility. Young men and women often change not only the area where they work, but also their professions. Experts associate the main reasons for professional mobility with the following: the emergence of interest in new professional activities, the emergence of opportunities for higher wages, the prospects of promotion to new positions, the unfavorable situation in the labor market, the devaluation of the profession.

Another feature of the labor activity of the youth of Uzbekistan is its flexibility. It is known that usually young men and women do not have enough work experience and seniority at the beginning of their working career. This situation causes the rightful objection of employers. As a result, young people are forced to adapt to the proposed working conditions, work order, and salary.

In the labor activity of the youth of Uzbekistan, the propensity for innovations is clearly visible. All areas of our society are going through radical

changes. The activities of enterprises, organizations, firms and companies in various fields are changing dramatically due to innovative approaches and technologies. It's not for nothing. Because, as the head of state noted, "sustainable socio-economic development cannot be imagined without innovative development, large-scale scientific and technical cooperation and the introduction of new technologies, scientific and technical achievements."

Finally, it should be noted that the labor activity of the youth of Uzbekistan, as in all countries, has a maximalist character. Young people are used to exaggerating their social role, expecting great results from their work, harshly evaluating the work order and conditions, and mercilessly analyzing the skills of their colleagues. This habit leads young men and women to improve their professional skills in one case, and in another case it creates a mood of impatience in them towards unacceptable procedures and actions.

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