

Любители прогулок могут сказать, что бывая на природе, получаешь много положительных эмоций, изменяется настроение, улучшается самочувствие. Среди лиц, регулярно отдыхающих «на природе», меньше распространены некоторые соматические и психические болезни и т. д. По исследованиям лаборатории научной организации труда, общение с природой увеличивает производительность труда и продолжительность продуктивной работы членов общества.

Двигательная активность является основным стимулятором жизнедеятельности организма человека. При недостатке движений наблюдается, как правило, ослабление физиологических функций, понижается тонус организма. Физические упражнения благотворно влияют на опорно-двигательный аппарат, сердечно-сосудистую и другие системы, улучшают процессы тканевого обмена. Под влиянием умеренных нагрузок увеличиваются работоспособность сердца, содержание гемоглобина и количество эритроцитов в крови, совершенствуются функции и строение самих органов. Усиливают эффект использования физических упражнений факторы внешней среды — естественные силы природы (солнечная радиация, свойства воздушной и водной среды). Их сопутствующее значение, по мнению многих учёных, трудно переоценить.

Врачи утверждают, что исследования о влиянии природы на здоровье человека доказывают, что контакты с природой могут нормализовать давление, повышают уровень энергии, что ведет к хорошему настроению, побеждают хроническую усталость, улучшают состояние дыхательных путей и снижают вероятность сосудистых заболеваний.

Врачи считают, что контакты с природой должны быть нормой, причем желательно ежедневной, по возможности нужно привлекать как можно больше людей к такой активности. Включение в оценку охраняемых природных территорий так называемых социальных функций делает значимость живого леса намного более высокой, чем стоимость древесины. Все перечисленные данные приводят к мысли, что в настоящее время наблюдается перелом в подходах к оценке использования земель. Лесное хозяйство начинает переориентироваться с получения древесины как основного продукта на извлечение «социальных» полезностей леса.

Кроме этого, польза леса для здоровья заключается в эфирных маслах, называемых фитонцидами. Их испускают деревья, чтобы защитить себя от микробов и насекомых. Лесной воздух позволяет не только чувствовать себя свежее и лучше, но и на самом деле укрепляет иммунную систему. Положительный эффект длится целый месяц после выходных, проведенных в лесу.

Заключение. Как бы высока ни была экономическая оценка природных охраняемых территорий, она не идет в сравнение с экологорегулирующим и социальным их значением. Без экологического равновесия и привычной среды человек жить не может. Таким образом, природные охраняемые территории имеют важнейшее значение в жизни каждой страны и Земли в целом. Управление ими — особая функция государства и международных органов.

Философия исследует, как известно, наиболее общие законы развития природы, общества и мышления. Очевидно, что анализ взаимоотношений человека и биосферы, общества и природы представляет собой не что иное, как составную часть философско-экологический аспект, который в современных условиях приобретает существенное значение, требующее соответствующего теоретического осмысления. Научное понимание отношения «человек—природа» предполагает уяснение, с одной стороны, единства составляющих компонентов данного отношения, а с другой стороны, их различия, обусловленного социальной, отличной от природной, сущностью человека.

Здоровье — это капитал, данный человеку природой изначально, потеряв который, трудно вернуть обратно.

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FAMILY VALUES AND THEIR IMPACT ON FAMILY-MARRIAGE RELATIONSHIPS

Introduction. In modern times, the natural flow of socio-political changes in society has not only made a decisive impact on the essence and content of family-marriage relations, but has also caused emergence of a number of problems. Today, in the globalized world, families are under the influence of technological and economic development. The propagation of the wave caused by the changes observed in western society is noted with concern. The Western community perceives the family institution not as a value, but as a means of investment tool, the provision

of individual interests. Being weak of family traditions leads to a number of socio-psychological complications that, in turn, it accelerates the degradation in society. In modern times Azerbaijan is integrating into the world community. From this point of view, the globalization process in the world also affects our society. The family should bring up citizens for society and the state, and form a system of values. But the changing times, modern development, globalization, undoubtedly, has influenced Azerbaijani families, which can be considered a small state model. A strong family means a strong state. Therefore, the state is interested in building a strong and healthy family.

Unfortunately, our family institution, our values that has recently played an important role in our national development as a carrier of our gene pool, is being erode. Statistical data about the reaching of the number of divorces to a frightening limit in recent years were provided in the web resources of the State Statistical Committee. From the conducted research, it becomes clear that conflicts in all families begin with the slightest rumor and stretching go till the courts and people decide to divorce without thinking about the future. It is also a reality that the divorce is in the first place among the most viewed cases in the country's courts today. Divorces play a major role in the collapse of the family institution and in the trample of values. In the present time, we observe the modernization of the classic family model, and its moving away from traditional values.

The columns of the family Institution in Azerbaijan are based on respect for growth, loyalty to the head of the family, mutual love and other values. The family is such a structure that it is impossible to manage it by law. The family is surrounded by love fences, should be managed by the laws of love and care. The family in a legal framework will simply lose its essence in the community. Strengthening family values is the basis of the community's spiritual health.

Main part. Family values are custom and traditions transmitted from generation to generation. These are exactly feelings that make a family strong and long-lasting. Also family values are people's livings in a family — their joy and sorrow, family's well-being, problems and difficulties.

Family and family values are such a concept that without one of them the other can not exist. In the absence of a family, family values lose their significance. Without the basic principles that can protect the integrity and spiritual health of the family, the family has no opportunity to exist. Thanks to them, the parties have been able to preserve their spiritual health, unity and integrity in the family for many years. Family values are the attitude of one person to another person with love and care. By creating a union men and women, each of them brings something of their own to this union, and they create an atmosphere that forms the basis of family relationships in this union, in which their children are born and bring up.

Family values are a broad topic for sociological researches and there are many examples of this, but we will focus on the key and important concepts for the family. These are the following:

The feeling of love — is one of the main values of the family. It shows itself in the desire to show tenderness, care, to pay attention, to protect, and constantly be with him (her) in a relationship with your loved ones. Families based on a sense of love are happy and prosperous. It's a strong castle, a quiet shelter, where you can always go back, get support and comfort.

The integrity of the family goes through love. The love shown by the mother to the father, the father to the mother, the parents to the child, the child to the parent creates the emotional atmosphere of the family. Parents need to be unconditional and generous in conveying love to each other and to their child.

Internal communication is a concept where family members communicate in a genuine way within the family. The foundation of true communication is based on "sincerity" and "understanding". Everyone in the family should respect each other's right to speak and to express themselves. When a family member speaks, other family members should listen to with the intention of really understanding him (her). Each family member should be able to freely express his (her) thoughts, even though he (she) is different from other family members. If there is a problem, it must be solved with not indirect way, but by communicating directly.

Responsibility — is the duty of each member of the family to perform some duties in accordance with his or her role in the family. Every day we face such responsibilities as cooking food, providing family income, going to school, collecting toys, doing homework, cleaning the house. These tasks must be fulfilled to create a common living space and to live together. What these tasks will consist of and their limits may vary for each family. The important thing is that each family member concentrates the concept of responsibility on himself (herself) and understands his (her) obligations. It is also useful to review these responsibilities by periodically holding a family meetings.

Confidence — is a relationship based on trust, confusion, confidence to one person's honor, loyalty, sincerity, truthfulness, and honesty and to them as a whole. Learning to trust each other within the family and to teach it to your children is one of the important issues. You have to share every problem, failure, or minor anxiety with your family. It's impossible to buy confidence with any money. Only it can gain and protect, and it takes many years.

Kindness — is a desire that arises in order to support and be useful to a weak, defenseless person. The presence of such a desire in the family ensures to make the family more harmonious.

Loyalty — is another guarantee of being strong of love ties. It means to be with the loved person in the joyful and sad moments of life without looking at anything. This quality is being formed in each person during his early childhood in such qualities as loyalty to speech, work, friendship.

Mutual understanding — is the value we all expect from the person we are communicating with not only in family life, but also outside the family. Mutual understanding within the family helps each individual of the family to establish healthy communication with the surrounding world and other people. It is important to understand each other perfectly, to respect the interests and desires of the opposite side and your children. A person who feels support from the family does not only develop spiritually, he also rises in other areas and achieves great success.

Respect — is a value created by the parties in the family in relation to each other. Although it is seen that how difficult it is to earn and develop respect, it is even more difficult to keep it. Respect is important for a successful marriage. Just as we respect our spouse, we should respect what he or she values (e. g., his (her) family). The main condition for the integrity of the family is the respect of family members to each other. If there is respect, there is also well-being and love in the family.

Forgiveness — is to go through the mistake and throw away any feelings of resentment that can create that mistake. This is not to reduce the mistake or to consider it as if it has ever happened. You need to learn to forgive people who hurt you. If you hold grudge, you will harm yourself physically and morally, moreover, you will endanger your marriage. Anyone can make a mistake. Life is too short to spend on anger. First of all, you need to get the answer to all your questions from the offended side and make the choice — forgive, accept, or move on the way.

Each of us must have a clear idea of the family values that contribute to the creation of a strong and friendly family. Knowing the moral and moral principles plays an important role in the growth of trust, confidence to each family member.

Generally, family values can be divided into two parts, based on the listed concepts: traditional and modern family values.

Traditional family values are values that have been passed down through older generation's experience and trial throughout history. It is presented to couples in ready-made form by the elders and old women, as well as the media. But it is not enough to present. Thus, young families should see their family values on the personal example of the older generation, as well as their parents.

With the change and development of the views of the current society, modern family values have emerged. They can be divided into parents' and children' values. These two groups have a lot in common to each other, but they have a more serious and progressive character that belongs to our children, as each subsequent generation strives to take from the previous only what is most important and create their own existing family values.

Of course, the concepts we cited above are the basis for modern family values, but unfortunately, they are under the serious pressure of various factors, which are caused by society's problems. The results of sociological surveys indicate that in modern times family values for young people are far from the first place. Career, education, relationships with friends and parents have surpassed them. In this regard, our family values that have stood the tests of time and still exist today, should be protected and keep alive, and such factors as respect for growth, attention to the small, and compassion should be preferred. At the same time, democratic principles should be understood, innovations that will not undermine our positive traditions capturing the pulse of time and time should be accepted, prohibitions on individuals' independent thinking and choice should not be imposed.

Much work is being fallen to mass media, especially television, which form public opinion in the promotion of our family values. This can be seen from the fact that the promotion of national-moral values is included in the main activity principles of public and state television. But our family values are almost not promoted on private TV channels. Television channels running away for the show and advertising demonstrate only the negative part of society in social-household themed programs. However, the exemplary families of Azerbaijani society is dominated incomparably superior, and it is much more in this proportion. It is true that by highlighting the problems of families, it is possible to show the defects of society, but here the balance should not be disturbed. Taking into account the integration of mass media into the world, its scope, the formation of opinion of the families representing the people about that people, should not be forgotten. The Media should also show and promote exemplary families from different social groups with healthy minded and keeping alive our habits-traditions, national-spiritual values. And it can enlighten young people who will build a new life by unraveling the secrets of the excellence and longevity of such families.

Clearly defined family values help to strengthen the foundation for building a strong and friendly family. Strong and consistent family values play an important role in increasing trust and confidence for every member of the family.

In order to keep the family as the joy and basis of our lives, first of all it is necessary to show children in our personal example what it is and how it exists in reality. Children learn and adopt family values by watching their parents behavior in the family. Family for children is practically the whole world. In the first years of his life, family values and traditions are the main source of information not only about the physical world, but also about the world of emotions. Everything that a child learns in his family is the basis of his secular view. Therefore, a happy family is the source of a healthy generation for society. Values dominating in the family environment show how that family is. Therefore, though we do not grow up in such conditions in our lives before marriage, can not adopt the true values in educational relations, we must work for each other, mainly for children and make this world a better place.

Conclusion. The values of family life are such a concept that we must always protect it. When a loved one is nearby and the joyful laughter of children playing is heard — the heart is filled with delicacy, the world is painted with all the colors of the rainbow, and you want to live forever. The feeling of stopping this moment is arisen, but only one desire exists that all this should continue as long as possible. Isn't that possible? Nothing is impossible — you just need to learn how to protect these and other wonderful moments. Protect love and mutual understanding. Estimate the trust of your loved ones, because this is the most important reward that they can give you for your attitude to them. Do not hurt the feelings of your relatives, because they never expect it from you, and they remain defenseless in the face of the blow from you. In fact, the values of family life are everything we have in our lives.

Every day of a happy family is a voluntary sacrifice that members do for each other. There is no need to be afraid of this word, because only when someone at least deliberately surrenders to another, or sacrifices his own interests to help pleasant moments, a long-awaited understanding and calm is established in each family.