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THE NEED FOR HEALTHY EGOISM IN THE HISTORICAL AND SOCIAL ENVIRONMENT

Abstract: The article highlights the need for healthy selfishness in the historical and social environment. Healthy selfishness is a tool that every person needs in order to live their life exactly the way they want it, without interfering with others doing the same. Unfortunately, not everyone knows how to distinguish rational selfish behavior from irrational behavior. If a person has a sense of self-worth and is able to achieve his goals while respecting the rights and interests of others, he can be considered a rational egoist.

Key words: egoism, healthy, unhealthy, positive.

Introduction

Selfishness is one of those qualities that are perceived ambiguously. In some situations, selfish behavior is condemned and condemned. In others, they justify him and say that everyone has the right to be a little selfish. It is enough to determine that there are two types of selfishness: healthy and unhealthy [2].

To put it simply, selfishness is taking care of yourself even at the cost of someone else's good. At the same time, it cannot be perceived as strictly negative behavior, because everyone needs to protect their own interests. Therefore, two types of selfishness began to be considered,

Materials and methods:

This includes empirical methods such as modeling, fact-finding, experiment, description and observation, as well as theoretical methods such as logical and historical methods, abstraction, deduction, induction, synthesis and

analysis, as well as methods of heuristic strategies. The research materials are: scientific facts, the results of previous observations, surveys, experiments and tests; means of idealization and rationalization of the scientific approach.

Healthy selfishness is a behavior in which a person is guided by his own interests, but not to the detriment of others. In philosophy, it is also called rational or reasonable egoism.;

Unhealthy selfishness is a behavior in which a person thinks exclusively about his interests and desires, ignoring the interests of others. As a rule, he does not even think that his actions can harm anyone, and does not notice when this happens. Thus, there is no point in arguing about whether selfishness is a negative trait or whether it simply helps to defend one's interests. It is enough to be able to distinguish when he is healthy and when he is not [1].

Results and discussion:

Healthy selfishness helps to build and protect personal boundaries, protecting our psychological comfort. And there is absolutely nothing wrong with a person being able to set priorities correctly without sacrificing their interests. Moreover, a person who is able to take care of himself will be able to take care of his loved ones and other people who are nearby and need his help [3].

Those who constantly make sacrifices and sacrifice their interests for the sake of others, as a rule, cannot take care of themselves or other people.

Healthy selfishness is a tool that every person needs in order to live their life exactly the way they want it, without interfering with others doing the same. Unfortunately, not everyone knows how to distinguish rational selfish behavior from irrational behavior.

If a person has a sense of self-worth and is able to achieve his goals while respecting the rights and interests of others, he can be considered a rational egoist. Such people usually have the following features:

- the ability to refuse. Many people do not know how to say "No!", which is why they are often forced to sacrifice their own interests;

- Reasonable persistence. There is no question of stubbornness here, it's just that such a person is persistent in achieving his goal. He always knows what he needs, so it is difficult to persuade or convince him. But when it's important, he has no problem compromising.;

- Honesty and independence. A person who is characterized by healthy selfishness avoids lies and hypocrisy. After witnessing an argument between two acquaintances, he will not support the one who is closer. He always stands on the side of truth, because it is this position that allows him to maintain a clear conscience and not take on unnecessary moral burden;

- the ability to accept yourself. A healthy egoist does not try to adjust to the expectations of others. He's always the way he feels comfortable being. He prefers and provides himself exactly like this, so he does not have to strain himself in order to meet some fashion trends or social requirements;

- restrained respect for the interlocutors. Such a person never fawns over other people, trying to please them. In this regard, he is self-sufficient and does not need anyone else's approval;

- Lack of guilt. A rational egoist understands how useless guilt is. He does not give up responsibility for his mistakes;

- respect for other people's feelings. He does not like it when people "get into his soul", because he prefers to deal with his experiences on his own. And in relation to others, he adheres to the same principle.

An unhealthy egoist cannot and does not try to understand someone else's point of view. He is always confident in his own rightness and expects other people to share his subjective opinion. He is also sure that others should act

solely in his interests, because he does not think about the fact that they also have their own interests and needs [3].

A person who is able to defend his interests without neglecting others' interests always commands respect from others [4]. To cultivate a healthy selfishness is worth at least for the sake of it. Also, this quality gives such advantages as:

- freedom in realizing one's desires. A person who was taught by his parents to respect his own interests and desires in childhood often does not understand what he wants and what he aspires to. Rational selfishness helps you listen to your desires, hear and understand them;

- protection from those who want to "climb on the neck". Many people allow others to use them because they are afraid of offending them. Healthy selfishness helps to protect oneself from exploiters and manipulators, who are always focused on finding a more accessible victim;

- The ability to take responsibility. The ability to be responsible for their mistakes and blunders is a skill peculiar to people who control their own lives. And rational egoists are exactly like that;

- the ability to ask for help when needed. This is another useful skill that is usually missing in people whose parents weaned them from all manifestations of selfishness in childhood;

- the ability to easily survive failures. A rational egoist often says "No!", so he doesn't really worry when he hears this word in response to his request;

- harmony in the relationship. In personal relationships, compromises and concessions are not always useful. If one of the partners turns out to be "soft-hearted" and constantly compromises his interests, there will be no harmony in such a relationship;

- positive people in the environment. People who are characterized by reasonable selfishness do not like to listen to complaints and whining, taking on someone else's negativity. Therefore, they intuitively limit their communication

with those who are prone to such behavior, their environment consists exclusively of positive people.

Conclusion:

Healthy selfishness is the most rational form of behavior that commands respect from others and helps a person to be successful in all spheres of life. Such individuals tend to be compassionate and do not remain indifferent when someone needs help [5]. At the same time, they never allow themselves to be exploited and involved in any undesirable activities [7]. These qualities of character and behavior are very important for creative individuals [6].

The philosophical systems of the Ancient East, in particular China, are mainly represented by concepts in which a person is considered, as a rule, in the closest, inextricable connection with society, society. The most important meaning of his life is to follow the "law of ideal relations" between people, in the family, society, and the state, and this is facilitated by a reverent attitude towards socially accepted norms, rules, ceremonial, etc. [1]. It would be ideal if a person always arranges his personal life in accordance with the public good, in particular, he must improve himself in order to then try to improve his family, work collective, ethnicity, society, the state and the world community.

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