

Formation and Development of a Healthy Lifestyle

Arashova Gulnora Amirkulovna¹

Annotation: This article explores traditional ideas about a healthy lifestyle and highlights its fundamental philosophical, religious, and worldview meanings. The connection between a healthy lifestyle and social norms and social practices has been determined. The main attention is paid to the social and personal foundations of a healthy lifestyle.

Keywords: Health, personality, healthy lifestyle, society, healthcare system.

The processes taking place in modern society have exacerbated the problems of maintaining and developing human health and creating a healthy lifestyle. Health is a socio-economic category. On the one hand, the level of health determines the entire human life in a wide range of social existence, on the other hand, it is considered as the most important condition for the reproduction and quality of the labor force and human potential in general.

Ideas about a healthy lifestyle have existed for thousands of years. Fundamental ideas about a healthy lifestyle are created by religious doctrines. In the Abrahamic religions (Judaism, Christianity, Islam) and in the religions of the East (Buddhism, Hinduism, Confucianism, Taoism), a healthy lifestyle is understood as a way of approaching Divine existence, as an opportunity to achieve a person's own harmony and the harmony of his relationships with the world.

Numerous theological interpretations of a healthy lifestyle belong to the greatest thinkers of the Middle Ages, such as F. Aquinas, and to this day are the most fundamental, broadest of all known. They connect into a single system the spiritual and physical practices of preserving a person's health, especially focusing on the fact that a healthy lifestyle is possible only as a person's unity with himself, with other people, with nature, with the world as a whole. Today, modern science is only approaching such holistic ideas about a healthy lifestyle.

A healthy lifestyle became a subject of rational knowledge back in Antiquity. In Greek philosophy, it is considered on the basis of the unity of the spiritual and material in man and in the world (Empedocles, Heraclitus). Socrates and Plato considered a healthy lifestyle as a path to having the fullness of life and as a way to achieve well-being; as correct behavior, as intelligent life - Aristotle; as a consequence of human wisdom - Epicurus. Democritus, Seneca, Epictetus, Marcus Aurelius believed that the most important basis for a healthy lifestyle is moderation. A healthy lifestyle was also studied by famous doctors: Hippocrates, Galen. Ibn Sina.

In the Middle Ages, a healthy lifestyle was most often conceptualized as a way to unite a person with God (Augustine the Blessed, A. of Canterbury, W. of Ockham, T. of Carthage). Its necessary foundations were also highlighted: sanity, temperance, enlightenment.

In the New Time, a thesis is formulated according to which a person can maintain a healthy lifestyle only when he knows his nature. At the same time, the mission of medicine is also being comprehended (F. Bacon). Specific practical ways to maintain health and recommendations for achieving it are described (J. Locke). According to Descartes, a healthy lifestyle is achieved only in the unity of the physical, spiritual and sensory.

¹Senior Lecturer at Bukhara State Medical Institute



The most important ideas about the connection between a healthy lifestyle and morality, as well as specific recommendations for achieving health, belong to I. Kant. Hegel defined a healthy human life as the relationship between human “selfhood” and existing human existence.

An important role in the idea of a healthy lifestyle was played by the philosophy of life, which paid attention to the importance of physicality for human integrity (F. Nietzsche), and philosophical existentialism (C. Jaspers, A. Camus), in which a healthy lifestyle was considered as a person’s ability to communicate and full-fledged activity as a way to achieve authentic being. And in psychoanalysis (S. Freud, C. Jung) effective methods for maintaining and achieving mental health were created.

The definition of “health” does not have a unified generally accepted definition; it is characterized by ambiguity and heterogeneity of interpretations. In the scientific literature there are from 90 to 300 interpretations of this concept. In April 1903 I.P. Pavlov at the International Medical Congress held in Madrid said: “...unfortunately, we still do not have a purely scientific term to designate this basic principle of the body - its internal and external balance.”

The most common definition of the concept of “health”, which was given in 1946 by the World Health Organization: “Health should be understood as a state of complete physical, mental and social well-being, and not just as the absence of disease or physical defects” [89, p.14]. Because of this, the main criterion for the health-preserving orientation of education is its compliance with the mental and physiological capabilities of students, as well as their basic needs.

A healthy lifestyle has social normative, value and activity foundations. Society determines the norms of healthy and unhealthy; constitutes ideas about the ideal, “potential” and the greatest value of human health; creates models and standards of healthy behavior; defines a set of external “indicators” of health that allow one to distinguish healthy from unhealthy.

Society also shapes specific ways to achieve health: physical and physical training practices, healthy eating practices, healthy work, healthy rest, “the ability to get sick correctly” - in their totality, they constitute “healthy practices.”

Modern social activities create new meanings of a healthy lifestyle:

- 1) a healthy lifestyle as a way to achieve success, social, professional, personal;
- 2) a healthy lifestyle as a way of positive self-identification, an indicator of belonging to a particular social community;
- 3) a healthy lifestyle as adherence to civic duty, as a way to maintain the honor of the country, locality, and professional community. A healthy lifestyle for members of a certain community can be considered an important criterion for social well-being.

A healthy lifestyle as a condition and prerequisite for a person’s social activity and the full expression of his spiritual and physical strength presupposes, first of all, the purposeful formation of his consciousness and behavior that meets the requirements of health. The specific everyday implementation of a healthy lifestyle is an integral part of a person’s general culture, the richness of his spiritual world, life goals and value orientations. Therefore, one of the central directions in the formation of a healthy lifestyle is the cultivation of a conscious, active attitude towards health.

First of all, we are talking about the formation of a worldview position, characterized by the interrelation and interdependence of the values of preventive culture, acquired by a person with other worldview values (happiness, love, self-realization, etc.) and determining the influence of lifestyle on health and the achievement of desired benefits. The development of personal activity, the ability to self-determination, awareness of the priority of health among other life values is especially important at a young age, when a person is constantly and forcedly in a situation of choice, adaptation to economic and social conditions.

A healthy lifestyle is closely related to the health of the population. The increase and change in the nature of stress on the human body due to the complication of social life, increasing risks of a man-



made, environmental, psychological, political and military nature provoke negative changes in the health of citizens, including young people.

The modern period is characterized by an increase in morbidity and mortality of the population against the background of high achievements in medicine, a decrease in life expectancy, and a deterioration in demographic indicators.

system cannot ensure full human health. In the public consciousness, an idea of lifestyle is formed as an effective way to preserve and develop health.

The formation and development of a healthy lifestyle is influenced by many factors. These include: economic, environmental, social, information and political. For example, people's idea of the ideal of a healthy person is influenced by the way of life of society. The image of a healthy person, which was formed in the post-war period and existed for almost 40 years, was changed by the end of the 80s.

Initially, in accordance with the way of life, this image included the presence of rosy cheeks, a non-standard figure by today's standards, a well-fed body, etc. As a result of the social transformations that have occurred in society, the idea of the image of a healthy person has also changed. Today, for example, being overweight is no longer considered consistent with this image.

Information factors have a very large influence on the formation of a healthy lifestyle. Health education has changed people's beliefs about healthy eating. Connections were identified between different types of nutrition and diseases, which made it possible to influence life expectancy.

Today, the need for environmentally friendly food products is becoming increasingly recognized. In European countries, a large segment of the population, which has good incomes, pays a lot of money for vegetables and fruits that were grown without the use of chemicals. Products that have a reduced content of fat, salt, and sugar are gaining popularity. People limit their consumption of meat and dairy products, trying to consume more foods rich in vitamins.

Today, negative health trends are emerging among young people. All this requires the development of measures that will not only preserve, but also strengthen the health of the younger generation. It is necessary to instill an orientation towards the development of a self-preservation behavior strategy, which will ensure the effective socialization of young people.

The main problem is that for young people health, as a value and a healthy lifestyle, are more of a formal and declarative nature. At the same time, there are no actions to implement the principles of a healthy lifestyle in real behavior. Instilling in the younger generation the basics of a healthy lifestyle is a psychological and pedagogical problem that requires a solution. This discrepancy between ideas and actual actions may be due to an insufficiently diverse view of a healthy lifestyle.

For many boys and girls, it involves giving up bad habits or eating right. On the other hand, a healthy lifestyle does not always become the basis for behavior. That is, these principles for them are imposed from the outside and are not connected with the attitudes of young people. All this requires the development of special forms of teaching a healthy lifestyle, which would allow young people to expand their ideas about healthy behavior and connect this with internal needs.

Systems thinking characteristic of modern science, interdisciplinarity and universalization of scientific knowledge make it possible to designate a healthy lifestyle as a complex phenomenon that includes biological, social, economic, cultural, and moral components.

That is why it seems that a consistent and complete analysis of a healthy lifestyle is possible only by philosophical methods and means that make it possible to comprehend and generalize the results of individual sciences on its research, to integrate these results into an integral system of knowledge about it.



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