

MODERN METHODOLOGY OF TEACHING "FUNDAMENTALS OF VALEOLOGY" IN NON-MEDICAL HIGHER EDUCATION INSTITUTIONS

Aripov Abdulla Nasritdinovich

Associate Professor of the Department of Physiology and Valeology of Namangan State University, e-mail: aripov-abdulla@mail.ru

As you know, at present, our state pays great attention to teaching in non-medical higher educational institutions such disciplines as "Fundamentals of Valeology", "Age Physiology and Hygiene", "Fundamentals of Medical Knowledge", instilling in students the skills of medical culture and a healthy lifestyle, teaching her scientifically based rules of a healthy lifestyle, as well as maintaining and strengthening the health of an individual, society, and nation. Human health is the main life value.

Knowledge and skills in medical disciplines obtained by graduates of non-medical higher and secondary specialized educational institutions, the medical culture they have acquired are necessary not only for their personal health or the health of their families. The most important practical significance is that they are called upon to further actively promote the ideas of a healthy lifestyle among their future students, bringing them to the consciousness of every person. In the Action Strategy approved by the President of Uzbekistan Shavkat Mirziyoyev, "development of the social sphere" is defined as one of the five priority areas. Accordingly, reforms are ongoing aimed at further improving the healthcare system of the Republic of Uzbekistan, and our young people, with their medical knowledge, are called upon to contribute to this area by providing practical assistance in the prevention of various dangerous diseases. Thus, it contributes to the preservation and strengthening of the health of our society.

Because of this, raising the level of teaching medical disciplines in non-medical educational institutions to the world standard, reworking the philosophical methodology of sciences, and modernizing the educational process are urgent problems of today.

Obviously, in recent decades, the "Idea of health" has become an urgent problem. To date, the conditions for a radical improvement in the health of the population and the possibilities of clinical medicine remain insufficient, or diagnostics and treatment by means of modern medicine are extremely expensive.

According to the World Health Assembly (1992), the number of sick and disabled people in the world is increasing. In particular, due to the lack of cardinal methods for the treatment of coronary heart disease, cancer, diabetes mellitus, the mortality rate among the population remains high precisely because of these diseases.

The development of world civilization in itself makes high demands on the health of a modern person, in particular, scientific and technological development, the use of new high technologies in various spheres of life lead to a change in human living conditions. Despite the fact that, along with medicine, such natural sciences as physiology, anthropology, ecology,

pedagogy, psychology, biology, genetics are also involved in the study of human health, the formation of disciplines that study health on deep scientific grounds is a vital necessity.

Taking into account the historically accumulated scientific problems and experience on this issue, as well as based on the need to further deepen the study of human health and develop scientific approaches to the "Idea of Health", thinkers of the East, scientists of the European Union and Russia raised a number of practical problems. As a result, at the turn of XX-XXI, a new discipline was formed - valueology, which studies and comprehensively analyzes the formation, development and preservation of a person's physical and moral health. To date, valueology has taken shape as a discipline and specialty and has reached a new level of development.

Valeology, as a new scientific direction that studies health, was included in the register of medical specialties in November 2006 by the Ministry of Health of the Republic of Uzbekistan. The study of valueology has become mandatory for every person. Since the 2006-2007 academic year, the teaching of this discipline has been introduced in non-medical educational institutions.

The goal of the ModeHed grant project, which is developing within the framework of the European Union's Erasmus + International Programme, is to modernize the teaching of medical sciences at universities of the Republic of Uzbekistan, as well as to deepen the knowledge of young students in these disciplines through the introduction of modern scientific pedagogical technologies.

The subject of valueology is individual human health, human health reserves (internal reserves, possibilities for restoring health) and the scientific basis for the formation of a healthy lifestyle. According to the scientific literature, human health is a complex category that reflects the relationship between the environment and the individual, a way of life determined by a sense of unity with the world.

The World Health Organization (1992) interprets the philosophical content of the concept of health as follows: "Health is not only the absence of disease and physical infirmity, but also full physical, spiritual and social development." Nevertheless, the object of study of valueology is not only a healthy (morally, physically, socially) organism, but also the physiologically unlimited so-called "third state" of the organism, i.e. people who are in an intermediate state between health and disease.

Valeology is a set of knowledge and practices related to the states of physical, moral, spiritual, social health in the conditions of interaction between a person and the environment.

At the current stage of its development, valueology has developed specific philosophical scientific and theoretical methodological foundations. Valueology has:

- own object of research;
- methodological grounds;
- purpose and objectives;
- certain methods of solving their problems.

If medicine (anatomy, physiology, sanalogy) develops a system of knowledge and norms regarding the treatment and prevention of diseases, then valueology:

- considers issues of maintaining and strengthening health from the moment of birth to old age;
- develops methods of prevention and prevention of diseases;
- develops methods of restoring health after illness;
- develops methods for prolonging a healthy life.

Valeology is divided into two areas: individual and public valueology. Individual valeology is aimed at preserving and increasing the health of an individual. Public valueology is aimed at protecting and increasing the physical, moral, spiritual, economic and social health of society (people, population).

The basis of the philosophical methodology of valueology is the formation of individual health, body health reserves and a healthy lifestyle. At the same time, she considers her tasks to be the formation of a scientific understanding of each person about their own body and responsibility for it, teaching ways to assess the state and strengthen their own health, methods of increasing and expanding the functional reserves of the body.

Along with the preservation and strengthening of health, valeology takes into account the normal physiological processes that occur in the body of a person suffering from a disease for its treatment, as a result of which the proposed valeological methods of healing have a positive effect on the body. Also, the adaptive-protective reactions of the body are enhanced and its reserves are increased.

Valeology, as already noted, has a "healthy person" as one of its objects. However, it addresses the state between health and disease - the "third state" - and teaches how to develop health programs for people from this risk group, taking into account individual conditions, forming a healthy lifestyle and properly mobilizing the body's resources.

Here, methods of quantitative and qualitative assessment of health and health reserves are used, which make it possible to determine ways to increase a person's abilities. Their goal, as well as the dominant aspiration of health care, is to create motivation for a healthy lifestyle, using technology and research results.

The purpose of valeology is to quantify and qualitatively analyze the individual health of each person. The main goal and the most urgent problem of this science is the use of the mechanisms and health reserves inherent in the genetic system, to maximize the use of the body's capabilities to adapt to changing environmental conditions.

Valeology develops mechanisms for the formation of a healthy lifestyle individually for each person. She argues that the number of healthy lifestyle styles should be equal to the number of people living on the globe. This should be understood as an emphasis on the individualization of the concept of a healthy lifestyle. From a practical point of view, approaches to health protection and precautionary measures, all medical actions must have a scientific basis, which is also an important goal of valueology.

Based on the foregoing, the following principles can be distinguished, determined by the basis of the philosophical methodology of valueology:

1. Valeology considers human health as an independent social medical category, reliably interprets its quantitative and qualitative indicators. Such categories of valeology as the formation, preservation, promotion of health can be used in scientific everyday life.

2. Development of an analytical approach to the existence of a state between illness and health.

3. Health, in contrast to the disease and the pre-morbid condition, is considered by valeology as a general category. The decline in health and the presence of physical disabilities, the pre-morbid state ("third state") and the state of illness are considered as particular conditions.

4. In valeology, a systematic (integrative), generalizing (holistic) approach to a person and his health is practiced. Methods of non-drug exposure are used.

5. The development of scientific and theoretical principles of valueology meets the requirements for the formulation of tasks by the general theory of medicine. The essence of the states of health, illness and the intermediate state is associated with philosophical understanding.

The modernization of the course of valueology should be carried out on the basis of these principles and taking into account in practice the tasks that this science sets for itself.

So, it is possible to define the following tasks of modernization of the training course of valeology:

- Development and implementation in practice of the concept of the essence of health.
- Development of diagnostic methods and models for assessing health, building, predetermining, predicting its condition.
- Quantification and predetermination of the level (index) of human health.
- Formation of programs of individual improvement.
- Formation of the "psychology" of health, the creation of motivation to improve the health of the individual.
- Implementation of an individual health improvement program, primary and secondary prevention, evaluation of health measures.

Thus, valueology is fundamentally different from other sciences that study human health. In the circle of valeology research are health and a healthy person. In the process of modernizing the teaching of valueology in non-medical higher educational institutions of the Republic of Uzbekistan, based on its scientific and theoretical methodology and taking into account the essence of the category of health, criteria for individual health can be developed and improved.

Used literature

1. Mirziyoev Sh.M. New Uzbekistan Strategy, Tashkent: «Uzbekistan» publishing house, 2021. Page 464.
2. Mirziyoev Sh.M. "On the strategy of actions for the further development of the Republic of Uzbekistan". -T.: "Adolat" publishing house. 2017.

3. Abu Ali ibn Sina. Medical laws. T.1. -T.: «Navro'z publishing house», 2013. - 692 б.; T.2. -T.: «Navro'z publishing house», 2013. - 776 б.
4. Aripov A.N. "Fundamentals of valeology". Instructional manual (for students). Namangan, NamDU, 2017. 96 p.
5. Aripov A.N. "Osnovy valeologii". Elektronnaya uchebnaya posobiya. NamGU s University Leipzig (Germany) TSRMO, - T.: 2018. P. 232.
6. Aripov A.N. Scientific and theoretical and methodological fundamental valeology. Uchebno-methodicheskoe posobie. NamGU. - Namangan 2020. p. 82.
7. Brekhmen I.I. Valeology is a science. -M.: 1990.
8. Irgashev Sh.B. Valeologicheskie principles of rational nutrition. -T.: 2010.
9. Irgashev Sh.B. Valeology. Textbook for medical institutes. -T.: Info COM.UZ Ltd publishing house, 2015.