



# Methodological Approaches To The Formation Of Medical Culture And A Healthy Lifestyle

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**Abstract:** In this article, we will try to analyze specific methodological approaches and methods for improving the medical culture of internal affairs officers. An internal affairs officer plays an important role in ensuring security as a guarantor of social responsibility and moral standards. As we have seen in the previous chapters, their role is not limited to enforcing the law, but also includes protecting justice and ensuring stability, which is especially important in the formation of medical culture.

**Keywords:** Cultural Competence, Patient Empowerment, Health, Medicine, Medical Culture, Ontology, Social Health Equity Of Health, Technological Advances, Mental Health.

## Introduction

By adhering to ethical standards and high moral principles, law enforcement officers contribute to the formation of a safe and harmonious society, where security is considered an integral part of the well-being of society. In this regard, we found it necessary to dwell on the role of physical culture. It is important for our government to implement medical examinations and preventive measures, early detection and treatment of diseases. It is necessary to support the physical and spiritual development of employees, create opportunities for them to participate in sports, social and cultural activities.

It is also important to ensure a healthy family and social environment, introduce family support programs, and encourage the public to build healthy families. It is important to widely disseminate information on a healthy lifestyle and health, and to disseminate information through the media and educational institutions. These measures play an important role in improving the health of the population and ensuring national development. From a scientific point of view, medical culture is an integral state of a person, "which includes three interrelated elements: physical, mental and social. Physical health can be understood as a coordinated interaction of biological processes that support and enhance human vital activity. From a spiritual perspective, health reflects the balance of a person's

mental and emotional states, which allows a person not only to adapt to the environment, but also to find the meaning and integrity of his existence. The social dimension of health is manifested in a person's ability to live harmoniously in society, to maintain and strengthen meaningful social relationships and mutual influences". Thus, health is not simply the absence of disease, but a state of dynamic balance of the physical body, mental integrity and social community.

## Methodology

Physical culture is an important component of the general culture of a person, has a significant impact on the quality of his physical education and healthy lifestyle, on the behavior of a person at work, in life and in the process of communication. It helps to solve important socio-economic, educational and health-improving tasks for the individual. In the works of many researchers, the relevance of involving employees of internal affairs bodies in sports is primarily due to the physical characteristics of police work in modern conditions. The use of physical force involves direct contact with the opponent and carries the risk of injury. At the same time, sports and physical training increase the physical strength, agility and balance of employees, which increases the efficiency of their professional activities and plays an important role in ensuring safety. Thus, the idea that the image of sports and the philosophy of physical education can help improve the professional skills of employees of law enforcement agencies and reduce the risks they may encounter in their working conditions was put forward.

Maintaining the health of the nation and forming a healthy lifestyle among the population, raising young people to be physically healthy and strong is one of the priority areas of the state's social policy. To achieve this goal, it is necessary to support and encourage sports and fitness activities, promote a balanced diet, and develop good hygiene habits. This understanding of the formation and maintenance of a healthy lifestyle is considered the basis for the promotion of medical culture. Because the importance of philosophical knowledge in the study of a healthy lifestyle stems from its importance in preserving and developing life for humanity and the entire Earth. The study of a healthy lifestyle from a theoretical and methodological perspective significantly expands the possibilities of solving various problems in the spatio-temporal continuum of human life. "Healthy lifestyle" is a complex category that synthesizes the fundamental biopsychosocial aspects of a person's life in the world. Therefore, the study of this phenomenon within a specific discipline is incomplete.

A healthy lifestyle is interpreted in different ways in the modern world. For some people, it can be just a way of self-expression. For others, it is a real attempt to strengthen physical health. In any case, forming a healthy lifestyle helps to improve the human body and even extend life. The absence of a healthy lifestyle, on the contrary, has a negative impact on human health and leads to many problems.

Today, the philosophical consideration of a healthy lifestyle is mainly based on the principles of "physicality" by F. Guattari and J. Deleuze, M. Foucault and others, as well as representatives of contemporary Russian philosophy I. M. Bykhovskaya, V. A. It is based on the scientific work of Podoroga and others. Scientific studies on existential therapy and familiar existentialism are also interesting, these concepts were illuminated by Heidegger's

student M. Boss, as well as E. Durkheim in their centuries. Physicality is expressed as the sphere of a person's physical (appearance) realization of existence and is manifested in his individual life activity. The body is the visible and tangible way of being, and it projects a relationship with the environment. Here, it is crucial to align one's essence with one's way of being, to choose a healthy lifestyle that ensures bio-psycho-social well-being, or an unhealthy lifestyle that leads to diseases, pathologies, and ultimately death. Therefore, the problem of the nature of a healthy lifestyle is considered not only theoretical, but also as a vital and practical issue.

It should be emphasized that the use of the concept of "health" in scientific language does not always mean the same content, since this term is used in different fields of science and in each specific case it is intended to solve specific tasks. This leads to a broadening of the spectrum of meanings, rather than a unification of its understanding. Thus, the content of the category of "health" is determined by different disciplinary and semantic perspectives. Analyzing the famous WHO definition of health, which describes it as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity," D. von Engelhardt justifiably emphasizes its limitations. This definition assumes a sharp dichotomy between health and disease and evaluates health in terms of hypertrophy.

There is a well-founded point of view that considers health not only as a state of ideal well-being, but also as the ability to adapt to injuries, physical defects, and impending death. This is especially relevant for employees of internal affairs bodies, since their professional activities are associated with a high level of stress, physical and psychological stress. From this point of view, the health of law enforcement officers can be defined not only as the maintenance of their physical condition, but also as their ability to effectively adapt to traumatic events and stressful situations in their professional environments. The main goal of activities aimed at the formation of medical culture is to preserve health and restore the adaptive capabilities of the body in the process of conscious human development, as well as to form a medical culture and a safe lifestyle.

This activity is aimed at ensuring not only physical, but also spiritual and psychological harmony, and aims to strengthen the bio-psycho-social integration of a person. It should be viewed as a philosophical process aimed at shaping a person as a subject of his life through the creation of a comfortable and spiritually rich environment in the process of activity, the introduction of a system of deep preventive measures aimed at ensuring psychological comfort and restoring health. The need for continuous professional development of specialists has repeatedly become a topic of discussion in professional groups and legislative bodies. The effectiveness of forming medical culture and healthy lifestyle skills, if the following events are organized for participants in the activity process.

1. Improve the regulatory framework;
2. Organize cooperation between health institutions and health care institutions based on the monitoring of employee health;
3. Introduce modern approaches to creating a health-promoting environment in the institution;
4. Expand resources to create a health-promoting environment in the institution;

5. Development and testing of programs aimed at preserving and strengthening the health of employees;
6. Integration of basic and additional education in the development of competencies on the importance of health;
7. Search, study and implementation of effective work methods under the program "Forming a Healthy Lifestyle", etc.

Medical culture and health are considered, by their valuable essence, as something that meets human needs and interests and has positive significance for people. In the axiological hierarchy, health is valued as one of the highest and universal values, because it is permanent, important in all areas, and not limited by time. At the same time, health is also considered as a means, because it does not exist "for itself", but is a basic condition of life. It is possible to live being sick, but it is impossible not to live being healthy. The antipode of health, from the point of view of value, is illness, which is perceived as an anti-value. It is no exaggeration to say that sport forms the basis of the physical element of medical culture, as we have already mentioned. According to the author, the effectiveness of an employee of the internal affairs bodies in performing his duties depends on professional and physical training, which is an integral part of his personal development. Physical training serves not only to increase a person's physical strength, but also strengthens his will and forms his personal qualities. Willpower reflects a person's inner strength and is manifested in his discipline, determination, and dedication.

## Result and Discussion

Also, physical training makes a person not only strong and courageous, but also ensures his mental stability and spiritual strength, which leads to high efficiency in the service. The scientific and philosophical foundations of physical training in educational institutions of the Ministry of Internal Affairs require a holistic consideration of the physical and spiritual strength of a person. General and special physical training is aimed not only at strengthening muscles or increasing strength, but also at developing a person's will, endurance, and ideological determination. Theoretical foundations, along with explaining the impact of physical activity on human development, help to view physical education not only as a vital necessity, but also as a moral responsibility. According to a number of authors, such an approach evaluates physical training as one of the important factors in the spiritual, social and professional development of a person. The physical training of an internal affairs officer is an educational process, and this process requires a broader philosophical perspective on human activity.

According to a number of researchers, anyone can take steps to improve their health independently. To do this, it is enough to perform regular physical exercises, eat a balanced and healthy diet, refrain from overeating, and use simple but effective techniques such as calming exhalations and rhythmic breathing. These habits help restore the energy expended in the body and are considered one of the effective measures to combat chronic fatigue syndrome. Through them, a person can significantly improve his general condition and live with stronger emotions. Every employee of the internal affairs body should be valued not only as a person who performs his official duties, but also as a person who is a moral

example in his society. According to this philosophical approach, the physical training of an employee is not only for his personal development, but also serves as an example to others in society, especially the younger generation. As a human being, an employee of the internal affairs body should be physically and spiritually perfect, demonstrating his strength and spiritual stability in harmony. Every action of such a person serves as an example for young people, shaping professional and personal ideals in a philosophical sense. A person can be seen as an active creator of his own health and well-being. This means not only taking care of his physical condition, but also consciously managing his inner world, emotional and spiritual development

## Conclusion

The social policy aimed at protecting the population of our country and the fundamental reforms that we have discussed in previous chapters are precisely these processes, the integration of which is considered to be of great importance. A number of measures are being implemented in our country to radically improve the ecological situation and eliminate ecological problems that affect human life. The “Uzbekistan – 2030” strategy also stipulates the installation and modernization of highly efficient dust and gas cleaning equipment and local water treatment facilities, as well as the introduction of 14 ecologically clean zones. In this regard, in order to further intensify the measures being taken to ensure ecological security in the country, improve the ecological situation, maintain a favorable ecological state, ensure the effectiveness of state management in the field of ecology and environmental protection, and prevent violations in the field, many As work is underway, an ecological rating of 14 administrative centers in the republic has been compiled. This was announced at a press conference on July 11 by the National Center for Climate Change under the Ministry of Ecology. The cities were assessed on a 100-point system. The fact that Namangan scored 62 points and was recognized as the greenest city in Uzbekistan is a matter of pride for our city.

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