

**THE SIGNIFICANCE OF GENERAL VAEOLOGY IN A HEALTHY LIFESTYLE**

**Gadoeva Lobar Ergashevna**

Associate Professor of the Department of  
Foreign Languages and Social Sciences,  
Asia International University

**Abstract:** This article reveals that a healthy lifestyle and the upbringing of a healthy generation have become one of today's global issues. It explains that valeology is aimed at preserving and strengthening human health and has achieved scientific-theoretical and practical results and successes in the fields of medicine, natural sciences, sociology, pedagogy, physical culture, and sports.

**Keywords:** lifestyle, valeology, medicine, natural sciences, sociology, Socrates, Plato, Diogenes, Yusuf Hamadani, Bahauddin Naqshband, psychosomatic processes, human (individual), group, and society.

Today, a healthy lifestyle and the upbringing of a healthy generation have become one of the global issues. Therefore, this topic attracts the attention of influential international organizations such as the UN, UNESCO, and WHO, as well as various fields of science. The emergence of valeology as a separate scientific discipline and its introduction into the education systems of some countries confirm this idea.

The word "vale" comes from Latin and means greeting or wishing good health. According to I. I. Brekhman, valeology is a science aimed at preserving and strengthening human health. It relies on scientific-theoretical and practical achievements in the fields of medicine, natural sciences, sociology, pedagogy, physical culture, and sports. The scholar considers valeology as a branch of science that theoretically studies the health of individuals and the population, as well as a healthy lifestyle. It also relies on the conclusions and recommendations of sciences dealing with human health while possessing its own theoretical methodology.

The growing attention to the formation of a healthy lifestyle and, in general, the issues related to raising a healthy generation has led to the clarification of the scientific-theoretical methodology of valeology, as well as its subject and methods. The textbook published by Ya. L. Markhotsky addressed these scientific-theoretical issues. Today, <sup>1</sup>valeology and valeological views have found their place within the system of humanitarian sciences as an integrated scientific discipline.

Currently, valeological perspectives are studied in several directions such as general valeology, sociological valeology, and applied valeology.

General valeology studies the general theoretical and philosophical problems of a healthy lifestyle. It examines humans and the maintenance of their health within the context of macro- and micro-systems, as well as through their life goals and their role in social relations. These general philosophical studies mainly rely on the historical and philosophical heritage and on philosophers' fundamental views about human health.

In the history of philosophy and in the scientific heritage related to social thought, there are many ideas and concepts about human health that help us better understand modern valeological teachings. For example, it is noted that Socrates, even when approaching the age of sixty, ran barefoot alongside young soldiers and regularly washed with cold water. Plato engaged in stone

<sup>1</sup> **Brekhman I.I.** *Introduction to Valeology – the Science of Health*. Moscow: Nauka, 1987. p. 5.

lifting and gymnastic exercises. Diogenes made a habit of resting and sleeping in the open air. Seneca strengthened his body through special spiritual exercises. Likewise, Yusuf Hamadani and Bahauddin Naqshband regularly engaged in physical labor. Such examples can serve as instructive models for modern valeological teachings.

General valeology is inclined toward philosophical reflections and approaches. In it, the human organism is considered as a holistic system, and negative changes in the organism are interpreted as the disruption of this integrity or as the result of psychophysiological changes related to age. Just like a human being, the organism does not remain in a static state; both are characterized by fluctuating development and change.

A healthy lifestyle can be studied at the individual, group, and social levels. There are differential distinctions and approaches between these levels. In the theory of a healthy lifestyle (valeology), these aspects are comprehensively explained, and the debates surrounding them contribute to the development of valeology as a scientific discipline.

Valeological teachings, views, and ideas can be found in almost all social, humanitarian, and medical sciences. Particularly today, when the relationship between human health, the spirit, and psychosomatic processes, as well as the influence of religious, spiritual, and moral factors on mood, is being widely substantiated, valeology is increasingly becoming a science of integrative significance.

In conclusion, the essence of general valeology in <sup>2</sup>a healthy lifestyle can be expressed in three main points<sup>3</sup>:

1. **Managing health rather than disease:** Valeology teaches people not only how to treat illness but how to increase their health reserves while they are still healthy.

2. **Formation of personal responsibility:** It develops a culture in which individuals understand that responsibility for their life and health lies not only with medical professionals but also with themselves.

3. **Holistic approach:** This science connects physical strength with mental well-being and proper nutrition, forming a system of knowledge that guides a person toward overall well-being and perfection.

In short, valeology is not merely a theory but a practical guide to living a long and high-quality life.

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<sup>3</sup> Markhotsky Ya. L. *Valeology*. Study guide. Minsk: Vysshaya Shkola, 2006. pp. 4, 6.

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