

Studying the Issue of Shaping and Developing Medical Literacy among the Rural Population

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Abstract:

The article analyzes the formation of medical culture among the rural population, exploring the intrinsic connection between humans and nature. It examines how unexpected natural phenomena, such as ecological changes and modifications in soil, water, and air composition, directly impact the health and overall lifestyle of rural inhabitants.

Keywords: Human, social phenomenon, nature, village, health, healthy lifestyle, medical culture, biosocial.

Introduction

Man lives as part of nature and is a biosocial being with greater intelligence than other living creatures. He is considered a social phenomenon with a unique status called human existence.

The survival process of this intellectually capable being is characterized by three aspects. Firstly, the "primary nature" that has existed since ancient times. Secondly, the "secondary nature" created through his tireless work and intelligence. Thirdly, the fact that he lives in accordance with the laws of studying, understanding, and scientifically investigating the secrets of natural processes as if they were the subject of some mysterious object. Consequently, as a result of the influence and counter-influence of synergetic and dialectical processes occurring within this natural world, the medical culture of the rural population has formed and developed. This process continues today in new content and form. Upon closer examination, the medical culture of the rural population is considered one of the microcosmic forms of natural existence.

Methodology

Regarding the role of villages in the development of society, the first President of the Republic of Uzbekistan, the great statesman and political figure I.A. Karimov, said: "Our roots, our origins, first and foremost, can be traced back to rural land. For mankind, the great and sacred concept of Motherland seemingly begins with the image of a village. The further prosperity of our country, the well-being of our people, and the fulfillment of the high tasks before us are undoubtedly linked to the fate and future of our villages. "Therefore, taking these words as a methodological foundation, it is becoming increasingly important today to elevate the issue of protecting the health of the rural population to the level of state policy"¹.

Analysis and results

The word "nature" in a broad sense refers to the entire objective world: the sky, the natural environment, and society; in a narrow sense, it is a philosophical concept denoting the natural environment: the earth's crust, soil layers, water, the plant world, the animal world, nearby space, and the lower layers of the atmosphere. Additionally, Professor N.A. Shermukhamedova expands on the concept of "nature," stating that it is used in a special sense - to illuminate the roots and fundamental foundations of the subject of discussion, considering all the diverse forms of the entire world. We acknowledge this as a novel perspective, of course"².

The existence of nature consists of interconnected yet distinct parts: firstly, "primary nature," which comprises eternally created, presently existing, and future eternal objects and processes from their inception; secondly, "secondary nature," which is the product of all material and spiritual production objects in nature, created by human intellectual activity.

The existence of nature consists of interconnected yet distinct elements: firstly, "primary nature," which comprises eternally existing objects and processes that have been present from the beginning, exist now, and will continue to exist in the future; secondly, "secondary nature," which is the product of all material and spiritual objects in nature created by human intellectual activity.

"Primary nature" is an objective reality that forms and develops independently of humans and their consciousness, in accordance with its own laws and regularities. For example, air, soil, water, micro and macro organisms, plants, animals, mountains, hills, seas and oceans, and others are included in this category.

As can be seen, "primary nature" is simultaneously the environment surrounding humans. This environment is the part of existing reality that people can directly perceive in a tangible form. Such a part of the natural social environment is an objective factor in maintaining human health and a healthy lifestyle, directly developing and shaping their medical culture. For example, a person cannot live without oxygen, and even if oxygen is present, if its quantitative and qualitative indicators are not within the norm, it naturally affects the health of any individual. Thus, "primary nature" is the living environment of humans, in which human organs (heart, lungs, kidneys, nerve fibers, circulatory system, etc.) exist, are subjected to various influences, and in turn influence it. From this perspective, the development of a person's medical culture in the field of health preservation occurs under the influence of these environmental factors.

In general, environmental factors are conditions that affect human organisms, encompassing all inanimate and living things. Among them, three main groups stand out: factors of inanimate nature; factors of living nature; and factors related to human activity.

¹Каримов И.А. Ватанимизнинг босқичма-босқич ва барқарор ривожланишини таъминлаш – бизнинг олий мақсадимиз // *Унинг ўзи*. Ватанимизнинг босқичма-босқич ва барқарор ривожланишини таъминлаш – бизнинг олий мақсадимиз. Т.17. -Т.: Ўзбекистон, 2009. -Б.61,62,65.

² Б.Шермухамедова Н. Фалсафа:ўқув-услубий мажмуа. – Тошкент: «NOSHIR»,2012 – Б. 286.

Factors of inanimate nature include temperature, light, humidity, salt and gas composition, wind or currents, terrain, and others. Some of these, for example, light and temperature, determine the distribution of most plants and animals on Earth. Others, such as soil, terrain, moisture, and precipitation, often contribute to the emergence of plant communities and, along with them, animals.

Factors of living nature encompass all types of living beings that interact with one another. Various connections and relationships have developed between different organisms, including those between plants and animals. The primary ones are nutritional relationships. Green plants produce organic substances from inorganic materials in the presence of light. Herbivorous animals (including many insects, birds, rodents, ungulates, and others) feed on the organic matter of plants.

All living and non-living natural factors that are part of the "primary nature" system manifest themselves in a distinctive way in rural areas. A village is the place of residence, dwelling, and territory of people who are primarily engaged in agriculture, animal husbandry, and crafts in close proximity to nature. The rural population is the collective of people living in this territory, regardless of their age, nationality, gender, or occupation.

Conclusion/Recommendations

In conclusion, the mechanisms for enhancing the medical culture of the rural population, as well as harmonizing natural factors and resources, are gaining scientific significance. In this context, finding constructive solutions to practical efforts aimed at improving the medical culture and living standards of the rural population is more important than ever.

1. Today, the issue of developing and shaping the medical culture of the rural population primarily depends on the levels of social progress that have emerged throughout human history. Efforts have always been directed at organizing the preservation of human health in accordance with national and universal principles.
2. Compared to urban dwellers, the rural population lives directly in the embrace of nature. As a result, their medical awareness, thinking, and culture are more rooted in values inherited from their ancestors, and they differ in their greater reliance on traditional medicine.
3. The formation of the medical culture of the rural population is directly linked to the synergistic processes occurring in nature. Unexpected natural phenomena - such as unseasonable heat or cold, snow or rain, floods, and various disasters - cause changes in soil, water, and air composition, which in turn positively or negatively impact their way of life. Consequently, this leads to the formation and development of a new medical culture.
4. The rural population is primarily engaged in the production of agricultural products. In this context, the formation and development of the medical culture of the rural population is influenced by several factors: firstly, the on-site processing of grown products; secondly, the rapid harvesting and storage of crops; and thirdly, factors involved in the process of food consumption. As a result, the medical culture manifests itself as a product of the influence of these factors.

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