

# SOCIAL HEALTH AND HEALTHY LIFESTYLE

Khakimova Khonbuvi

Samarkand State Medical University

Turaev Sherali

Samarkand State Medical University

## Abstract

This article deals with the problem of individual and public health. The subjective and objective significance of such a social phenomenon as a healthy lifestyle is exposed in it. The problem of individual and public health is considered in the aspect of social responsibility. We define the concept of social responsibility as a category of social philosophy.

**Keywords:** Individual health, public health, healthy lifestyle, social responsibility.

## Introduction

The problem of human health today is one of the most complex and urgent. Complex changes in the spiritual, economic, socio-political, cultural and environmental spheres of human life have a negative impact on people's health, the consequence of which is the process of reducing the birth rate against the background of an increase in mortality, characteristic of modern Uzbekistan. The problem of human health has long gone beyond the boundaries of medical and practical orientation and cannot be considered without connection with negative trends in social development. The scale of the problem has reached a level where it is necessary to philosophically comprehend the issues of human health, to consider this problem in the context of political, economic, socio-cultural and other factors. The strengthening of socio-philosophical interest in health is explained by the fact that the current crisis of individual and population health is undoubtedly connected with crisis phenomena of an ecological, cultural, spiritual and moral nature. The problem of human health in the modern world is characterized by the fact that in the structure of morbidity and mortality, pathology due to an unhealthy lifestyle prevails. This is due, first of all, to the fact that, in the conditions of increasing complexity of social life, changes in its rhythm, and the increasing pace of civilizational changes, a person becomes deadadapted, which has a negative impact on the state of individual and public health. In this context, issues related to the elimination of negative trends in modern society, the formation of value orientations and life styles focused on a healthy lifestyle are of particular social importance. To understand such a phenomenon as a healthy lifestyle, it is necessary to consider the lifestyle itself as a social phenomenon. Much attention is paid to the way of life as a social phenomenon in the Russian literature of the 1970s and 1980s, which is associated with an increased interest in the socialist way of life. Lifestyle is a philosophical sociological category that encompasses a set of typical types (methods) of life activity of an individual, a social group, including a class and a nation, society as a whole, which is taken in unity with the conditions of life that determine it. If we consider the structure of lifestyle, we can identify its objective and subjective sides. The objective side of the lifestyle is a combination of various factors: socio-political, environmental, economic, cultural, which form a certain environment for the realization



of an individual's life activity. At the same time, subjective and personal motivations play an important role in the implementation of the lifestyle. The subjective side of the lifestyle is a set of individual preferences in the choice of certain forms of behavior. Objective factors of lifestyle are inextricably linked with subjective ones: goals of communication, motives for activity, value orientations. Under the same social, natural, and cultural conditions, individuals and entire social groups can lead different ways of life, and people create and create this or that way of life in accordance with their needs, interests, and impressions. Based on the above, it is logical to say that a healthy lifestyle is a lifestyle aimed at maintaining and strengthening health. At the same time, from the point of view of the structure of the lifestyle, the subjective side of a healthy lifestyle is a set of forms of behavior of an individual, the value orientation of which is the maintenance and strengthening of health. And the objective side of a healthy lifestyle is understood as the environment of an individual's life, which is a set of socio-cultural, political, economic, environmental factors, considered from the point of view of implementing the concept of health in this environment. Consequently, for an individual to implement a healthy lifestyle, the presence of a favorable objective environment is a necessary condition. If we consider the structure of the objective side of the individual's way of life, it becomes obvious that in all its spheres the transforming element is society. Society forms and transforms the political, socio-cultural, economic, and ecological environment. The objective environment that forms the way of life is society as a whole, in all its material and spiritual manifestations. Society is the central category of social philosophy. It can be defined as the life activity of a person in general, a person stands behind the actions of society and all its components. Society is a set of people in all forms of their interaction. Thus, if we return to the structure of the way of life, we can determine that a person is the active transforming unit that forms the objective side of the way of life. A person, determining this or that form of his behavior, determining his life style, realizing his way of life, is not limited to relations of dependence on certain conditions of the objective environment and the freedom to form the subjective side of the way of life. The lifestyle of a particular person, the forms of his behavior, can become an impulse for the formation of a certain type of lifestyle or a form of behavior of another person. This is due to the fact that human life activity is accompanied by constant interaction with other members of society. The result of this interaction is a system of interpersonal relations, the structure of a person's likes and dislikes. In this context, the issue of social responsibility of a person in the formation of public health is of particular importance. Social responsibility is a multifaceted phenomenon that cannot be shifted to the individual level of responsibility. The social responsibility of political, socio-cultural, and educational institutions in the aspect of individual and public health does not lose its significance. The implementation of the principle of social responsibility by various social institutions contributes, firstly, to the formation of a favorable objective environment for the way of life, and secondly, increases the level of social responsibility of a person. The correlation between the vectors of individual responsibility and the responsibility of social institutions inevitably raises the question of who is the main driving force in the tandem of society and the individual. This question is very multifaceted, and in different historical and socio-cultural conditions, different accents are placed in the answer to this question. Nevertheless, in the context of the relationship between the social responsibility of the individual and social institutions in the aspect of individual and public health, it is necessary to emphasize the special importance and decisive role of the individual. The category of health presupposes a certain characteristic of the psychophysiological state, which does not have a social nature.



However, the way of life and certain forms of people's behavior are partly socially determined, conditioned by the objective environment. But, if we talk about the real force that can influence the conceptual foundations of individual and public health, then this is the direct life of a person. If we consider social responsibility at the individual level as a category of social philosophy, we can come to the conclusion that social responsibility is a certain form of interaction between an individual and society. This form of interaction has a number of characteristic features. First, the concept of responsibility inevitably raises the eternal philosophical question of the relationship between freedom and necessity in human life. On the one hand, the existence of relations of responsibility dictates the restriction of freedom, regulating certain forms of human behavior. On the other hand, the concept of "social responsibility" is relevant when there is freedom of choice, when a person is faced with the presence of alternative forms of his behavior and is aware of the consequences of choosing certain forms. Secondly, social responsibility, as a form of interaction between the individual and society, reflects a certain attitude of the individual to society. Such an attitude is expressed in the choice of certain forms of behavior of an individual. Consequently, there is a certain dependence between the degree of social orientation of behavior that an individual realizes in his life activity and the subjective assessment of society by an individual. This attitude is formed from various factors, which can be divided into objective and subjective. The first includes the characteristics of society from the point of view of historical, political, cultural, economic factors: historically formed social norms, foundations, cultural traditions, the mode of production characteristic of a given society, a specifically formed system of political institutions, and others, that is, an objective assessment of society. The latter include a number of factors that characterize an individual: the degree of his socialization, the personal qualities of the individual, the form and nature of relationships with other members of society, the form of his labor activity, the political self-identification of the individual, his moral qualities and ethical principles, and value orientations. Thirdly, social responsibility assumes the presence of certain requirements from society and the assessment of the individual's behavior on the basis of the requirements. That is, an individual may not be aware of the positive or negative consequences of his behavior for society. **Conclusion:** Social responsibility as a social phenomenon can be realized when the requirements of society are formulated that take into account its interests. At the same time, the assessment of his behavior by society acts as a motivating factor for an individual. Consideration of the problem of individual and public health in the aspect of social responsibility allows us to analyze this problem through the prism of the relationship between the individual and society, which allows us to formulate the problem area in a new way and, as a result, set a new vector for solving this problem. The provisions of the article show that the social responsibility of a person is indeed an important factor influencing individual and public health. The concept of "social responsibility" of a person in the aspect of individual and public health is extensive, and the problem identified in the article requires further study.

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