

HEALTH IS THE ONLY WEALTH

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Abstract: The health of a person depends on him in many ways. For this, he should lead his life rationally, follow the requirements of a healthy lifestyle and lifestyle to prevent any disease." (From the speech of the President of the Republic of Uzbekistan I. Karimov on December 7, 2004)

Key words: ambition, aggressiveness, competence, excitability, muscle tension, fast activity type, high risk of cardiovascular diseases

Introduction: Health (health) is a state in which any living organism itself and all its organs can fully perform their tasks: the absence of defects, diseases (a detailed definition of the concept of health is given below). Health sciences include dietetics, pharmacology, biology, epidemiology, psychology (health psychology, developmental psychology, experimental and clinical psychology, social (social) psychology), psychiatry, pediatrics, medical sociology and medical anthropology, psychohygiene, defectology, and others.

The main part: Concept of health, text Protection of human health (health care) is one of the tasks of the state. The World Health Organization (WHO) deals with human health on a global scale.

World Health Day is celebrated every year on April 7, World Mental Health Day - October 10.

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ABOUT THE CONCEPT AND DEFINITION OF HEALTH

According to WHO regulations, "health is not only the absence of disease and infirmity, but also a state of complete physical, mental and social well-being." However, this definition cannot be used to assess health at the population and individual level. According to the WHO, in medical and sanitary statistics, the concept of health means the absence of diseases and disorders in a person, and at the population level - the process of decreasing the rate of death, morbidity and disability. P. I. Kalyu in his work entitled "The main features of the concept of health and some issues of health care restructuring: detailed information" reviewed 79 definitions of health compiled by different scientific standards in different countries of the world, at different times. Definitions include: Health is the normal functioning of the organism at all levels, the normal course of biological processes that allow personal survival and reproduction. Dynamic balance of the organism and its functions with the environment. The ability to participate in social activities and public works, to fully perform basic social functions. Absence of diseases, illnesses and changes.

The ability of our body to adapt to constantly changing environmental conditions. According to Kalyu, all possible descriptions of health can be equated to the following concepts: Medical model — for definitions containing medical signs and characteristics; health as a disease and the absence of its symptoms. The biomedical model is the absence of organic disorders and subjective feelings of ill health. The biosocial (biosocial) model is a combination of medical and social characteristics, in which social characteristics are prioritized. Value-social model - human health is considered as a value; The WHO definition corresponds to this model.

LEVELS OF HEALTH IN MEDICO-SOCIAL RESEARCH

Individual health is the health of an individual person. Group health is the health of social and ethnic groups. Regional (regional) health is the health of the population of administrative regions. Public health is the health of the population, the health of the population as a whole; It is defined as "the science or art of preventing diseases, prolonging life, and improving health through organizational efforts. Public health prevention methods include the introduction of educational programs, policy, service development, and scientific research. The concept of vaccination is related to the concept of public health. The enormous positive impact of public health programs is widely recognized. In part as a result of 20th century public health policies, infant and child mortality rates have declined and life expectancy has steadily increased for many people around the world. For example, the average life expectancy of Americans has increased by 30 years since 1900, and by six years worldwide.

DETERMINING THE LEVEL OF HEALTH, ITS INDICATORS

Human health is a qualitative indicator, which includes quantitative parameters: anthropometric (height, weight, chest size, geometric shape of organs and tissues); physical (heart rate, arterial blood pressure, body temperature);

biochemical (amount of chemical elements, erythrocytes, leukocytes, hormones, etc. in the body); consists of biological (composition of intestinal flora, presence of viral and infectious diseases) and other biomarkers. There is a concept of "norm" for the state of the human organism, which takes into account that the parameter values fall within the range determined by medical science and practice. Deviation of the value from the given range can be a sign and evidence of deterioration of health. Externally, the loss of health is expressed in measurable disturbances in the structural structures and functions of the body, in changes in its flexibility. From the point of view of WHO, people's health is a social quality, and in this regard, the following indicators are recommended for assessing population health: Gross domestic product spending on health care; Availability of primary medical care;

The level of immunization of the population;

Level of examination of pregnant women by qualified personnel;

Nutritional status of children;

Child mortality rate;

Average life expectancy;

Hygienic literacy of the population.

NORMS OF CERTAIN BIOLOGICAL INDICATORS FOR AVERAGE ADULTS

Arterial blood pressure is not higher than 140/90 mm. Body temperature — from 35.5 to 37.4 °C. From the point of view of health, two levels of arterial blood pressure can be determined:

Optimal: SAB not less than 120, DAB not less than 80 mm sim.ust.

Normal: SAB 120-129, DAB 84 mm wire.

SAB - systolic arterial pressure. DAB — diastolic arterial pressure.

PUBLIC HEALTH CRITERIA

Medical-demographic - birth rate, death rate, natural population growth, infant mortality rate, number of premature babies, life expectancy. Illness - general, infectious, with temporary incapacity for work, according to medical examinations, the main non-epidemic diseases, hospitalized. Indicators of disability. Indicators of physical development. All criteria should be evaluated dynamically. An important criteria for assessing the health of the population is the health indicator (index), that is, the percentage of people who are not sick at the time of examination (for example, during the year).

HEALTH FACTORS

In health psychology, three factors affecting health are distinguished: independent, transmission and motivators. Independent: the correlation (correlation) with health and disease is the strongest: Factors that predispose to health or disease: Behavior pattern; Behavioral factors of type A (ambition, aggressiveness, competence, excitability, muscle tension, fast activity, high risk of cardiovascular diseases) and B (opposite qualities). Auxiliary dispositions (eg, optimism and pessimism). Emotional patterns (eg, alexithymia). Cognitive factors are concepts about health and illness, norms, values, personal assessment of health, etc. Social environment factors - social support, family, professional environment. Demographic factors - gender factor, individual coping strategies, ethnic groups, social classes.

Contributing factors:

Ability to manage different levels of problems. Substance abuse and abuse (alcohol, nicotine, eating disorders). Types of health-promoting behavior (choosing the environment, physical activity). Compliance with the rules of a healthy lifestyle.

Motivators: Stressors.

The presence of the disease (the process of adaptation to acute episodes of the disease). Physical health factors:

Level of physical development;

Level of physical fitness;

Level of functional training for stress;

The degree of mobilization (mobilization) of adaptive reserves and readiness for such mobilization, which ensures adaptation to various factors of the habitat. The World Health Organization recommends using gender (hereditary) criteria rather than biological criteria when studying differences in the health of men and women, because it is they that best explain existing differences. In the process of socialization, men are encouraged to abandon self-protective behavior, to perform dangerous and risky behavior aimed at obtaining a large income; and for women, maintaining their health as future mothers. But when the emphasis is placed on the appearance of health, instead of healthy functioning, characteristic female disorders may occur, typically gastrointestinal disorders. The difference in life expectancy between men and women depends on where they live. is liquid; In Europe it is if different enough, it is almost non-existent in a number of countries in Asia and Africa, and this is primarily due to female deaths due to genital mutilation, pregnancy complications, childbirth and poorly performed abortions. have been shown to provide women with incomplete information about their disease. Health factors include income and social status, social networks of support, education and literacy, employment/working conditions, social environment, physical environment, personal health care experiences and skills, healthy child development, level of development of biology and genetics, medical services and culture are relevant.

MENTAL HEALTH Mental (psychic) health is a person's ability to overcome complex life conditions, while maintaining the optimal emotional background and behavioral adequacy.

The concept of mental health, *euthumia* ("good state of mind") was described by Democritus, and the image of a person who has achieved inner harmony related to the life and death of Socrates is recorded in Plato's dialogues. In various studies, the source of mental suffering is often called culture (in the works of Sigmund Freud, Alfred Adler, Karen Horney, Erich Fromm). Viktor Frankl calls the existence of a value system in a person an important factor of mental health. In relation to the gender approach to health care, several models of mental health have been developed: Normative, using a double standard of mental health (for men and women). An androcentric, male standard of mental health is accepted. Androgynous includes a uniform mental health standard and equal treatment of clients regardless of gender. Non-normative (according to Sandra Behm's model) is based on qualities that are not associated with exclusively male or female characteristics.

OCCUPATIONAL HEALTH

"Occupational (professional) health" as a topic of scientific research first appeared in psychological scientific literature in the mid-80s of the XX century. It was used for the first time in 1986 by George Everly in a publication on integration problems in the implementation of organizational work in such fields as occupational hygiene and occupational psychology. As noted by R. A. Berezovskaya, this researcher focused on the important role of psychologists in the development and implementation of health support and development programs in workplaces. Later, in 1990, University of Hawaii researchers Raymond, Wood, and Patrick (J. Ramond, D. Wood, W. Patrick) stated in their article that one of the tasks of psychology is to create healthy professional environments and healthy workplaces. formed the opinion that it is necessary. In Russian research, this topic was presented for the first time in 1991 in the section "Psychology of Health" of the collective monograph "Psychological support of professional activity". The authors, scientists of the Faculty of Psychology of St. Petersburg University, focus in the book on the psychological aspects of creating a healthy lifestyle, psychohygiene of professional activity, ensuring the psychological safety of professional work, professional longevity, and the organization of a psychological relief office in production. focused, but did not provide a definition of the concept of occupational health. According to the definition given by V. A. Ponomaryenko, doctor of medical sciences, military doctor in 1992, occupational health is the ability to maintain compensatory and protective mechanisms that ensure work ability in all conditions of professional activity. The concept of occupational health is defined in the same way in the work "Health of a healthy person" (1996), only with the addition of the need to ensure professional reliability. Later, V. A.

Ponomarenko and A. N. Razumov proposed to look at occupational health in the form of a system, the main structural components of the system are functional status, mental and physical quality, the ability of workers to cope with professional work and the clinical, mental and physical statuses that create the basis for the reliability of their work. According to the mentioned researchers, the central place in the structure of occupational health is occupied by professional-important qualities, which determine the genotypic status of a person, his functional reserves, and later (directly and indirectly) - the functional state of a person. Later, a new branch of psychology is developing - occupational health in health psychology (now for any profession) "in order to evaluate the ability of a person's organism to perform a certain professional activity with a certain efficiency and duration during a certain period, as well as to withstand unfavorable factors accompanying this activity began to be defined as an integral characteristic of the physical and mental indicators of the functional state of the organism. As a criterion of occupational health, the working ability of a person, which is defined as "the maximum possible efficiency of the expert's activity based on the consideration of the functional state of his body and physiological value", serves. In the modern concept, occupational health is seen as a certain level of specialist characteristics that meet the requirements of professional activity and ensure its high efficiency. Maintaining a person's professional health and ensuring efficiency at the same time is related to a person's psychological professional adaptation (flexibility). Disruption of adaptation (symptoms of disadaptation) is on the one hand negative psychological value of health, wealth and well-being is often known long before it is expected. We do not perform good deeds and perfect our prayers for the sake of our health. When wealth comes, instead of thanking it, we ride the horse of arrogance and conceit. As the Prophet (peace be upon him) said: "There are two great blessings for which many people are deceived and fall down." They are: health and free time. In many hadiths, it is emphasized that every person should grieve over his body parts. After all, it is the duty of every person to keep the body healthy and prevent it from being damaged. Nowadays, no matter how much medicine is increased, the quality of medicine, the level of doctors, the medical technology is improved, if the person himself does not care about his global achievement, he will not achieve the expected result. A priceless wealth for a person is health. Its preservation is entrusted to each of us. For this reason, taking care of one's health is counted among the deeds. Our wise people did not say for nothing that "Health is the only wealth". A person with a mind will have to take care of his life. No matter how much people care about regular exercise and good health, no matter how much dedication they show this year, there is absolutely no way to be healthy at all times. A person cannot consider himself to be "healthy" in all respects, he could not simply say "I have no disease". It can be seen that although the reason for its origin is many, its origin goes back to only one essence. Allah

Almighty tests His servants from time to time, and some for life, with various diseases, disabilities, or with time. Ainiksa Ozi bestows pain and sickness, pain and sickness on his beloved servants. The Messenger of Allah (peace be upon him) said: "Whoever Allah wills good for, He gives him trouble." In another narration: "Whatever illness, suffering, anxiety, sorrow and pain afflicts a believer, even if a thorn enters him, surely Allah will forgive his sins because of it (narrations of Imam Bukhari and Imam Muslim). It is clear that the beams of these narrations are beneficial to us, not absolute harm. Because in the event of illness, a Muslim remembers that he is a helpless slave and needs God's grace at every moment. He is patient. may achieve many good things. Then the person suffering from the disease will not be offended, but will see it as a test and a blessing from God.

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