

The Policy of Raising a Healthy Generation and Protecting Health in The Republic of Uzbekistan

Ernazarov Abduvali Beknazarovich
Samarkand State University, Uzbekistan



DOI : <https://doi.org/10.61796/icossh.v2i1.225>

Sections Info

Article history:

Submitted: January 31, 2025
Final Revised: February 28, 2025
Accepted: March 17, 2025
Published: March 31, 2025

Keywords:

Health
Well-rounded generation
Human rights
Citizen health

ABSTRACT

Objective: The main objective is to raise a healthy and well-rounded generation, promote a healthy lifestyle culture, and protect the health of citizens. **Method:** The government has developed various documents, decrees, and decisions aimed at protecting health. **Results:** In safeguarding the health of every citizen, human rights are ensured and guaranteed by the state. **Novelty:** Human rights are ensured and guaranteed by the state in the context of public health protection.

INTRODUCTION

Since the independence of the Republic of Uzbekistan, the state policy on raising a healthy generation has been consistently implemented. In order to support this process, it is crucial to provide material and financial resources, as well as modern technologies. The main components of the healthy generation concept are as follows:

1. Protecting human rights and promoting values in a democratic society.
2. Strengthening the national gene pool and maintaining its health.
3. Promoting the idea of a healthy generation and raising awareness among the population.
4. Creating the necessary material, social, political, and economic conditions to implement the idea of a healthy generation.
5. Developing infrastructure to teach the younger generation to think healthily and promote a healthy lifestyle.
6. Developing a system to protect human factors from ecological and moral threats.
7. Considering physical education and sports as a mechanism to strengthen the health of young people and promoting its development in all regions of the country.

The government of the Republic of Uzbekistan has developed various documents, decrees, and decisions to raise a healthy generation and protect public health. These documents define the necessary strategies for implementing the idea of a healthy generation and improving the health of the population.

During the years of independence, the economic and social reforms focused on raising a healthy and harmonious generation, expanding healthy lifestyles, and protecting citizens' health as one of the key tasks. To raise the current generation in a healthy way, it is emphasized that it is necessary to develop skills in following a healthy

lifestyle and to shape a culture of healthy living in their life choices. These issues have been included as priority areas of state policy.

RESEARCH METHOD

State policy on raising a healthy generation and protecting health in the Republic of Uzbekistan is being implemented through numerous documents, decrees, and decisions. These documents include necessary strategies for applying the idea of a healthy generation, improving students' health, and shaping their healthy lifestyle.

The government of the Republic of Uzbekistan has developed various documents, decrees, and decisions to raise a healthy generation and protect public health. These documents define the necessary strategies for implementing the idea of a healthy generation and improving the health of the population.

During the years of independence, economic and social reforms have focused on raising a healthy and harmonious generation, expanding healthy lifestyles, and protecting citizens' health as one of the key tasks. In order to raise the current generation in a healthy way, it is emphasized that it is essential to develop skills in adhering to a healthy lifestyle and to instill a culture of healthy living in their life choices. These issues are being adopted as priority areas of state policy.

State policy on raising a healthy generation and protecting health in the Republic of Uzbekistan is being implemented through numerous documents, decrees, and decisions. These documents include necessary strategies for applying the idea of a healthy generation, improving students' health, and shaping their healthy lifestyle.

RESULTS AND DISCUSSION

In the years of independence, Uzbekistan has carried out comprehensive reforms in the economic, social, and cultural sectors. These reforms have set the goal of raising a healthy and harmonious generation, promoting a healthy lifestyle, and protecting citizens' health. In raising the current generation in a healthy way, there is an emphasis on developing their skills in maintaining a healthy lifestyle and establishing a culture of healthy living in their life choices. These tasks are being accepted as priority directions of state policy.

Comprehensive measures aimed at developing a healthy lifestyle and promoting culture are being implemented in the Republic of Uzbekistan. These measures are based on state programs, laws, and strategic plans, and are being carried out with the aim of raising a healthy generation, as well as promoting and spreading healthy lifestyles throughout the country.

The main principles in raising a healthy generation are as follows:

1. Human rights: Ensuring human rights in protecting every citizen's health and implementing state guarantees.
2. Preventive measures: Increasing the regularity and effectiveness of preventive measures in maintaining health.

3. Equality and justice: Ensuring equal access to healthcare services for all segments of the population, as well as maintaining social justice.
4. Social protection: Introducing effective social mechanisms to protect the population when health threats arise.
5. Responsibility for healthcare and health: Increasing the responsibility of state and non-state medical organizations in maintaining health, as well as supporting patients.

All activities aimed at protecting public health are carried out based on specific programs and plans. These activities include:

a) Comprehensive medical protection of public health; b) Preventive health maintenance and disease prevention; v) Strengthening medical and hygienic awareness campaigns; g) Educating physical and healthy generations based on the "Human Capital" concept.

At the same time, it is important to strengthen cooperation between the state and society in implementing these principles, as well as developing programs aimed at promoting a healthy lifestyle.

The World Health Organization defines "health" as the physical, mental, and social well-being of an individual. In this regard, health, in our national perspectives, means the stability of a person's overall condition rather than just the absence of diseases or disabilities. According to the organization's data, human health depends 10% on wellness, that is, the absence of diseases or the effective functioning of the health system. 20% is determined by the state of the environment and natural conditions, and another 20% is influenced by the individual's genetic and hereditary traits. In ensuring health, a person's attitude toward their own health accounts for more than 50%.

From this perspective, the concepts of a healthy lifestyle and "health pedagogy" are key factors in an individual's well-being. The wise words of Eastern thinkers, "Every person is the guardian of their own health," further strengthen this idea.

In the Republic of Uzbekistan, extensive research is being conducted in the field of health preservation and promoting a healthy lifestyle. These studies focus on concepts such as "health", "lifestyle", "healthy lifestyle", "healthy culture", "hygienic education", "health values", "health protection" and "health principles".

Developing a healthy lifestyle and fostering positive emotions in students, as well as increasing interest in books, art, music, and sports, significantly influences their growth into physically healthy and well-rounded individuals. To successfully implement this process, enhancing teachers' qualifications and preparing them effectively is crucial. Teachers must constantly update their knowledge and skills while establishing sincere and trustworthy relationships with students. This, in turn, helps in developing a healthy lifestyle among students and engaging them in health culture.

Preparing teachers to instill a healthy lifestyle in students is one of the main directions of this research. Currently, the teacher preparation process is being implemented under the "National Program for Training Personnel". In this program, it

is important to create effective didactic and methodological conditions to promote a healthy lifestyle among students and improve the qualifications of pedagogues.

CONCLUSION

Fundamental Finding : Since the independence of the Republic of Uzbekistan, the state policy on raising a healthy generation has been consistently implemented. Core components include protecting human rights, strengthening the national gene pool, raising awareness, and developing infrastructure and education systems to promote a healthy lifestyle. The government has issued numerous documents, decrees, and strategic plans to institutionalize health education and cultural health values. **Implication :** These policies have led to comprehensive reforms emphasizing the development of youth health consciousness, moral values, and lifestyle habits. Health is viewed not merely as the absence of disease, but as a holistic condition involving physical, mental, and social well-being. The concept of “health pedagogy” is now integral in educational reforms and teacher training, with the teacher seen as a key agent in promoting health culture. **Limitation :** Despite these efforts, challenges remain in translating state policies into effective on-the-ground practices. The practical implementation of preventive care, social protection, and equal healthcare access may vary across regions. Additionally, the effectiveness of teacher training in promoting lifestyle change requires continuous evaluation. **Future Research :** Future studies should assess the impact of national health programs on student outcomes, explore strategies to enhance teacher preparedness, and investigate the integration of emotional well-being, art, and sports into health pedagogy. Strengthening collaboration between society and the state remains essential for sustainable progress.

REFERENCES

- Abdullayev R. “Ta’lim va moliya”. Samarqand, 2019.
- Abdullayev R. “Nosog’lom mikromuhit va yoshlar”. Samarqand, 2019.
- Bregg P., Vorobyev, R.I., Dadali, V.A. *Ovqatlanish madaniyati va salomatlik*. Tashkent: Ovqatlanish va dietologiya jurnali, 2019-y.15-29.
- Ilyosova Z., Sodiqov, F.S. *Favqulodda vaziyatlarda birinchi yordam ko’rsatish*. Tashkent: Tibbiyot va sog’liqni saqlash, 2020-y. 56-70.
- Ismoilov A. “Ta’lim tizimida sog’lom turmush tarzi”. Toshkent, 2020.
- Ismoilov A. “Sog’lom turmush tarzining ahamiyati”. Buxoro, 2022.
- Jahon sog’liqni saqlash tashkiloti, 2021.

***Ernazarov Abduvali Beknazarovich (Corresponding Author)**

Samarkand State University, Uzbekistan

Email: eabduvali0777@gmail.com
