
Modern Valeological Doctrines and their Socio-Anthropological Essence

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Article information:

Manuscript received: 21 Jul 2025; **Accepted:** 22 Aug 2025; **Published:** 23 Sep 2025

Abstract: This article explores the fact that fostering a healthy lifestyle and raising a healthy generation has become one of the pressing global issues today. Valeology, as a science aimed at preserving and strengthening human health, relies on theoretical and practical achievements in medicine, natural sciences, sociology, pedagogy, physical education, and sports. The paper reveals the essence of valeology as a scientific field and highlights its socio-anthropological significance.

Keys words: lifestyle, valeology, medicine, natural science, sociology, Socrates, Plato, globalization, international terrorism, religious extremism and fundamentalism, society, historical-cultural, human (person), group, society

Introduction

Promoting a healthy lifestyle and raising a healthy generation has become one of the most urgent global issues. For this reason, it attracts the attention of prestigious international organizations (UN, UNESCO, WHO) and various branches of science. The emergence of valeology as an independent scientific discipline and its introduction into the educational systems of certain countries confirms this fact. The term "vale" originates from Latin and means greeting or wishing good health.

According to I.I. Brekhman, valeology is a science devoted to preserving and strengthening human health, relying on the theoretical and practical results of medicine, natural sciences, sociology, pedagogy, physical culture, and sports. The scholar defines valeology as a branch of science that theoretically studies personal and public health and a healthy lifestyle. While drawing upon the conclusions and recommendations of health-related disciplines, it also possesses its own theoretical methodology.

The growing attention to the formation of a healthy lifestyle and to the challenges of raising a healthy generation has led to clarifying the theoretical methodology and research methods of valeology. Y.L. Markhotsky's textbook, for example, outlined these scientific-theoretical issues, and today valeology has found its place in the system of humanitarian sciences as an integrated field of knowledge.

Directions of Valeological Studies

Today, valeological doctrines are studied in the following areas:

- General valeology
- Sociological valeology
- Pedagogical and psychological valeology

- Medical valeology
- Practical valeology

General valeology investigates the theoretical and philosophical issues of a healthy lifestyle. It studies human health in the context of macrocosm and microcosm, life goals, and social relations. These philosophical inquiries rely heavily on historical and philosophical heritage and fundamental reflections of thinkers on human health.

For example, Socrates, even approaching the age of 60, was known for running barefoot alongside young soldiers and practicing cold-water bathing; Plato engaged in stone lifting and gymnastics; Diogenes preferred sleeping outdoors; Seneca strengthened his body through special mental exercises; Yusuf Hamadani and Bahauddin Naqshband regularly engaged in physical labor. These examples remain inspirational for modern valeological doctrines.

General valeology is inclined toward philosophical reasoning. The human organism is seen as a holistic system, where negative changes represent disruptions of unity, often linked to age-related psychophysiological or psychosomatic transformations. Just as social organisms fail when one institution does not function properly, so does the body lose balance when one organ or function is impaired. The holistic functioning of the organism guarantees proper development.

Philosopher A. Bekchan, building upon the harmony of macrocosm and microcosm, advanced the idea of supplementing theories of accumulation, genetics, involution, and ontogenesis with a genophenotypic model. He argued that such an approach enables studying changes in the organism, including disease and loss of health, as natural results of fluctuation processes rather than random events.

Thus, changes in human health belong inherently to the philosophy of human existence: micro-level transformations naturally lead to macro-level outcomes and vice versa.

Valeology in the Uzbek Context

General valeological doctrines sometimes do not explicitly identify themselves under the term “valeology,” but their conclusions bear valeological features and significance.

Uzbek researchers also highlight aspects of valeology. They argue that in the conditions of globalization, factors such as international terrorism, religious extremism, fundamentalism, regional conflicts, illegal drug and arms trade, transnational organized crime, and human trafficking negatively impact sustainable development. To counter these threats, it is essential to raise a generation resistant to ideological pressures and strengthen the principles of social environment.

In addition, scholars point out the legal, ecological, social, philosophical, ethical, pedagogical, and psychological dimensions of valeology. These aspects were earlier emphasized by I.I. Brekhman and Y.L. Markhotsky. It is noteworthy that in Uzbek-language scholarship, valeology is now being discussed and approached from philosophical perspectives for the first time.

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