



## Philosophical And Methodological Foundations Of Rural Health

**Yusupov Murodali Sunnatovich**

Doctor of Philosophy (PhD) in Philosophical Sciences

Samarkand Institute of Economics and Service

Associate Professor of the Department of Social Sciences

E-mail: [murodaliyusupov63@gmail.com](mailto:murodaliyusupov63@gmail.com)

<https://scholar.google.com/citations?hl=ru&user=rrfv1e0AAAAJ>

**Abstract.** The health of the rural population should be viewed not only as a medical or ecological issue, but also as a complex phenomenon requiring a philosophical and methodological approach. Human health is formed as a result of the dialectical relationship between one's biological nature, social lifestyle, and ecological environment. From this perspective, the following methodological foundations play a crucial role in analyzing the health of the rural population.

The article examines the factors that have a constructive impact on the health of the rural population, analyzing the issues of the intrinsic dialectics between humans and nature, society and the individual, and biological and social phenomena.

**Keywords.** human, rural, rural health, ecological environment, ecological problem, atmosphere, oxygen, social lifestyle.

### Introduction

Today, there are between 10,500 and 11,000 rural settlements in Uzbekistan, where the majority of the population consists of farmers and their family members. Thus, the main driving force behind agriculture in rural areas is the peasantry. Regarding this, the President of the Republic of Uzbekistan Sh.M. Mirziyoyev stated: "When we think of a farmer, we envision boundless fields, orchards and gardens, the various delicacies on our table, celebrations, joyful days, and our entire way of life. In this sense, it is no exaggeration to say that the farmer is a strong pillar of life, a solid foundation of existence" [1;42]. This implies the need to systematically improve the living standards of the rural population and restore their health through proper rest and recreation. As the first President of the Republic of Uzbekistan I.A. Karimov said: "The village is an important source of our national wealth. In today's economy and social life, and consequently in politics, the rural sector is a crucial branch that determines the prosperous life of our people, and the development and growth rates of our republic" [2;114].

Therefore, paying attention to raising the medical literacy of the rural population remains of particular importance. This is considered one of the most effective ways to organize healthcare services at modern standards for people living in villages, who are engaged in developing the agricultural sector and sustaining themselves through continuous work in this field.

### Analysis and results



# The Peerian Journal

Open Access | Peer Reviewed

Volume 41, April, 2025

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

ISSN (E): 2788-0303

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

Air is an objective natural entity that sustains the life of organisms. So, what is meant by air? This question is answered in the "Explanatory Dictionary of the Uzbek Language": "havo [Arabic - atmosphere, air; climate; wind; weather] 1) a mixture of gases, consisting mainly of nitrogen and oxygen, necessary for the life of humans, animals, and plants, forming the Earth's atmosphere; 2) open space covering the earth's surface; 3) sky, blue; 4) the state of the atmosphere" [3;469].

Summarizing these words, from a philosophical perspective, the concept of "air" can be interpreted in a narrow everyday sense, that is, in the process of human breathing, and in a broad scientific sense, as a mixture of gases necessary for the survival of all living micro and macro organisms. Thus, air is a natural environment composed of a system of elements that ensure the uniform progression of biophysiological processes occurring in all living organisms. It mainly consists of a 98-99% mixture of nitrogen and oxygen gases, and the ratio between them depends on the moisture content resulting from water evaporation. Since humans live on planet Earth, the widespread presence of oxygen in the air environment, which is the main element of Earth's atmosphere, is crucial.

While Earth's atmospheric air contains oxygen, carbon dioxide, nitrogen, argon, and other inert gases and mixtures, it does not include carbohydrates, carbonic acid, hydrogen sulfide, sulfide gas, phenol, chlorine, or fluorine compounds.

Oxygen constitutes 20.94% (by volume) of Earth's atmospheric air, making it the most important component [4]. It is the most crucial element of the air environment, entering the human body through the respiratory tract and directly participating in oxidation processes. It enters the bloodstream through the lungs and binds to red blood cells. These cells transport oxygen to tissues and cells during blood circulation. Thus, through oxygen, very complex biochemical processes occur in living organisms. The processing, oxidation, and energy release from food substances in human organs cannot occur without oxygen. Oxygen maintains a constant body temperature in living organisms and warm-blooded animals.

It should be noted that if the oxygen supply to the human body is disrupted, serious changes can occur in the functioning of the respiratory, central nervous, cardiovascular, and other systems. Thus, from a philosophical perspective, the concept of oxygen can be defined as follows.

If we analyze the influence of oxygen on the preservation of human health and the formation and development of medical culture from the perspective of synergetic methodology, the following becomes evident.

1. The formation and development of medical culture among the rural population in terms of maintaining a healthy lifestyle and health is a complex process that, on one hand, has a closed nature, and on the other hand, an open nature, serving as the main factor in improving and ensuring the survival of human organisms. For example, the presence and widespread distribution of oxygen in the Earth's atmosphere is an open system, while the process of oxygen respiration by each living micro and macro organism is a closed system according to its levels. Consequently, oxygen takes its place in the process of ensuring life in the human body as a linear, nonlinear, balanced, and unbalanced self-organizing system, which is necessary for all living organisms widely distributed in the air of the Earth's atmosphere as an open system, while its consumers constitute closed subsystems.

This is supported by the Uzbek naturalist philosopher Omanulla Fayzullaev's statement that "synergetics considers everything as a system. Systems are divided into two categories: one - closed system, the other - open system. Inanimate systems in the universe are considered closed, while



# The Peerian Journal

Open Access | Peer Reviewed

Volume 41, April, 2025

Website: [www.peerianjournal.com](http://www.peerianjournal.com)

ISSN (E): 2788-0303

Email: [editor@peerianjournal.com](mailto:editor@peerianjournal.com)

living systems are considered open"[5;92], and G. Nicolas and I. Prigogine's assertion that "open systems undoubtedly include biological and social systems. This means that it would be incorrect to consider them solely within the framework of a mechanical model"[6;1676-167].

If we consider the formation and development of the medical culture of the rural population as a dynamic process within the framework of synergistically open and closed systems, laws of linear and nonlinear movement, stability and instability, and evolutionary and coevolutionary causes of processes occurring in nature, we see that the movement of oxygen, widespread in the Earth's atmosphere, has a positive or negative impact on human health due to stability and instability, evolutionary and coevolutionary factors. For example, the steady state of temperature, humidity, atmospheric pressure, and solar radiation in the Earth's atmosphere positively affects the condition of living organisms, including the human body, while frequent changes in weather and climate lead to oxygen depletion below normal levels and negatively affect the human body. This indicates, on the one hand, the evolutionary change in the medical culture of the rural population; on the other hand, the coevolutionary development of factors that positively and negatively affect the medical culture of the rural population.

2. The influence of oxygen in the Earth's atmosphere on the medical culture of the rural population manifests itself in such forms as fluctuation, bifurcation, involuntary transition to a new state, nonlinearity, and self-organization.

As a result of the self-organization of oxygen, which influences the development of the medical culture of the rural population, it moves away from the fluctuation state and transitions to the bifurcation point. For example, oxygen deficiency in the human body (if the oxygen level drops to 11-17%) leads to the occurrence of asthma, respiratory diseases, lung, heart, and blood vessel disorders, a sharp decrease in work capacity, and their irreversible transition to incurable (chronic) diseases. Conversely, prolonged inhalation of pure oxygen (more than 40-60%) can pose a risk to the human body. For instance, continuous breathing of 90% oxygen for three days and nights can lead to tachycardia, vomiting, pneumonia, and convulsions.

## Conclusion/Recommendations

In conclusion, considering that the rural population lives directly in the bosom of "primary nature," the necessity to form and develop a medical culture for preserving the health of rural people through oxygen is determined by the following:

firstly, preserving, maintaining, and expanding plants that are sources of oxygen, particularly gardens, wheat fields, forests, medicinal plants, and similar vegetation, which serve as means of providing the human body with pure oxygen;

secondly, conducting scientific and practical research on all random non-linear changes in the amount and volume of oxygen in the natural world, independent of human factors, according to the principles of synergetic methodology;

thirdly, organizing efforts to ensure the purity of oxygen in the Earth's atmosphere, primarily based on the idea that "health is the source of life, the foundation of society, and the prospect of the future," recognizing the paramount importance of oxygen in preserving the health of all living organisms, including humans;

fourthly, considering oxygen as an important objective factor in maintaining human health, the only way to preserve its purity and cleanliness is determined by forming and developing the medical



culture of the rural population across all types and forms, based on the principles of coevolution of synergetics and the evolution of dialectics.

### Reference

1. Mirziyoyev Sh.M. Rizq-ro'zimiz bunyodkori bo'lgan qishloq xo'jaligi xodimlari mehnatini ulug'lash, soha rivojini yangi bosqichga ko'tarish – asosiy vazifamizdir// Xalqimizning roziligi bizning faoliyatimizga berilgan eng oliy bahodir. – Toshkent: “O'zbekiston” NMIU, 2018. – B.42.
2. Karimov I.A. O'zbekiston – kelajagi buyuk davlat// Uning o'zi. O'zbekiston: milliy istiqloq, iqtisod, siyosat, mafkura. T.1. – T.: O'zbekiston, 1996. – B.114.
3. Николас Г., Пригожин И. Самоорганизация в неравновесных системах. – М: Мир. 1979, – С. 156-157.
4. Юсупов М. Тупроқ таркибида кечаётган синергетик жараёнларнинг қишлоқ аҳолисининг тиббий маданиятининг шаклланиши ва ривожланишига фаол таъсир этиш қонуни //Общество и инновации. – 2021. – Т. 2. – №. 1/S. – С. 188-193.
5. ЮСУПОВ М. ҚИШЛОҚ АҲОЛИСИНING ТИББИЙ МАДАНИЯТИНИ ШАКЛЛАНТИРИШ ВА ЮКСАЛТИРИШ: ИННОВАЦИОН ЁНДОШУВ //UNIVERSITETI XABARLARI, 2022,[1/9] ISSN 2181-7324.
6. Усанов Р. Т., Хаккулов Н. К. ИЗ ИСТОРИИ ИЗУЧЕНИЯ ПРОБЛЕМЫ «НЕНАСИЛИЕ» //Экономика и социум. – 2024. – №. 6-2 (121). – С. 1406-1413.
7. MADATOVICH R. S. Aesthetic Features of the Formation of a Healthy Environment in the Upbringing of Children in the Family //JournalNX. – 2020. – Т. 6. – №. 04. – С. 88-90.
8. Ruzimurodov S. M. Ethnomadanian, Ethnoesthetic Aspects Of The Formation Of A Healthy Lifestyle In Society //The American Journal of Social Science and Education Innovations. – 2021. – Т. 3. – №. 05. – С. 188-194.
9. Yusupov M. S. ФИЛОСОФСКИЙ АНАЛИЗ, ОПРЕДЕЛЕНИЯ И КЛАССИФИКАЦИЯ ПОНЯТИЯ “ЗДОРОВЬЕ” //Theoretical & Applied Science. – 2020. – №. 10. – С. 180-184.
10. Юсупов М. Закон активного влияния синергетических процессов в почве на формирование и развитие лечебной культуры сельского населения //Общество и инновации. – 2021. – Т. 2. – №. 1/S. – С. 188-193.
11. Alikulov X., Naqqulov N. Q. Духовная зрелость и философское мышление зависимость развития //Theoretical & Applied Science. – 2020. – №. 4. – С. 164-167.