



Problems of Improving Medical Culture and Improving the Socio-Ecological Situation in Uzbekistan

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Abstract: This article is devoted to improving the medical culture in Uzbek families, improving the socio-ecological situation and its problems, including improving the health care system, identifying the factors that influence the emergence of an unhealthy ecological environment and the health and standard of living of the population, as well as the formation of a new look at the formation a healthy lifestyle, identification of social factors in the prevention of negative situations, as well as the study of the social situation arising from its consequences, analysis of the results of practical activities and the development of proposals on topical issues, for example, changing attitudes towards the environment. The main goal is to study the factors of creating environmental actions in Uzbekistan for the protection of maternal and child health, to identify their specific aspects.

Keywords: Uzbek families, medical culture, environmental situation, healthy lifestyle, unhealthy environmental environment, motherhood and childhood, family problems, dysfunctional family, social factors, environmental movement, environmental protection.

1. Relevance:

In today's modern stage of social, economic, political, cultural development in the world and in the context of the aggravation of global environmental problems, it is important to change the attitude of the society to the environment, to apply the mechanism of forming the ecological worldview in humanity to all spheres. Therefore, in the next 5 years, 32 million hectares of forest area decreased as a result of the human factor [1.388]. In the Stockholm and Rio de Janeiro declarations on environmental protection and the resolution of the UN General Assembly on the "World Map of Nature", the Climate Action Tracker organization, the countries of the G20 and KS26 groups are concerned with high levels of climate warming, reducing emissions in industrialized areas, and ensuring environmental security. is considered an important task. Elucidating the relationship between nature and society on the basis of historical evidence is of particular importance in finding a positive solution to the nature of environmental problems in our time. In fact, environmental problems are one of the issues that are waiting for their solution in the countries of the world, and the world community, many scientific centers are dealing with the issue of the negative impact of science and technology on the environment, and the prevention of the destruction of the ecological system. In particular, the Soviet regime's extensive expansion of the chemical industry in the Central Asian countries, the strengthening of the cotton monopoly, the indiscriminate use of water, and the example of the Aral Sea, which caused socio-ecological disasters, are still relevant. In this regard, environmental protection centers of many countries have comprehensively analyzed the fact that excessive use of natural resources in production has caused environmental pollution and socio-ecological problems. In particular, the main attention was paid to issues such as the environmental

problems related to the destruction of the Aral Sea, its impact on drinking water, soil and atmosphere, the chemicalization of agriculture and the negative impact of soil quality on the health of the population. Like many countries in the world, environmental problems are becoming a serious concern in Uzbekistan. Soil erosion in most regions, fertile lands shrinking, desertification, lack of water, drought, and provision of drinking water to the population are becoming a serious problem.

Many measures have been taken to protect the environment and prevent environmental tragedies in the modernizing Uzbekistan. Because in Uzbekistan, attention is being paid to the problem of environmental safety and environmental protection, improvement of medical culture and improvement of socio-ecological situation at the level of state policy. In particular, the government of Uzbekistan protected the health of the Central Asian countries in 1993 in Kyzylorda, in January 1994 in Nukus, in March 1994 in Tashkhovuz, in March 1997 in Almaty, in April 2010, in September 2013 in Bishkek, in October 2014, in June 2015. , signed cooperation agreements on strengthening children's health, ensuring environmental safety, solving social and economic problems, and preventing the destruction of ecosystems. Therefore, in modern Uzbekistan, the introduction of modern technologies that are environmentally friendly, save energy and water, and ensure food safety, as well as a number of tasks aimed at preventing desertification, climate change, and freshwater depletion, are supported by the international community. In his speech at the 75th session of the UN Assembly in 2020, the President of the Republic of Uzbekistan touched on global climate change, saying, "Unfortunately, such changes pose a great threat to the development of Central Asia"[2].

Decree of the President of the Republic of Uzbekistan dated October 3, 2018 on "Additional measures to improve the state management system in the field of ecology and environmental protection" No. Resolutions of the Cabinet of Ministers of the Republic of Uzbekistan No. PQ-4077 "on measures to accelerate the re-equipment process" and No. PQ-4477 "On approval of the strategy of the transition to a "green" economy of the Republic of Uzbekistan in the period 2019-2030" dated October 4, 2019 As a result of the implementation of the tasks defined in the Law No. 95 on the "Approval of the General Technical Regulation on Environmental Safety" of February 18, 2020 and other regulatory legal documents, and as a result of large-scale medical reforms, the average life expectancy of the population has increased. Maternal and child mortality decreased by three times. Measures were taken to strengthen the primary link of medicine, especially in villages and neighborhoods, to raise the quality of medical services to a new level. In particular, instead of the staff unit of the general practitioner at the primary level, "medical brigades" consisting of a family doctor and 5 secondary medical workers as his assistants were established. However, despite the achievements made in the system and the efforts made by the medical staff, there are still problems of improving the ecological situation, which harms the population's health and gene pool. In order to bring up a healthy generation, first of all, "Increasing the medical culture of the population, widely promoting the principles of a healthy lifestyle among people is an urgent task not only in the field of medicine, but also in front of our entire society"[3.30].

Paying serious attention to the legal aspect of this problem, which is deepening today, in particular, in order to expand the access to better quality and qualified medical services to the population in the health system, it is necessary to define the guaranteed volume of free medical care, which is the most important document, from a scientific point of view. it is necessary to give With these goals in mind, conducting research on a large scale today remains an urgent issue.

2. Methods and level of study:

In the scientific article on this topic, methods such as systematization of information, complex generalization of problems, analysis and periodization, principles of historicity, impartiality, as well as comparative and complex analysis, periodization, etc. are widely used.

By the new era, as a result of changes in the world community, in the process of changing the social worldview, the human factor gained priority, and the issue of increasing medical culture and improving the socio-ecological situation in Uzbekistan, which is constantly being updated, has fundamentally changed. The international documents adopted by the UN defined the tasks of

protecting human health, improving the socio-ecological situation, increasing the medical literacy of the population, and protecting health, and this caused the need to conduct special research in order to develop modern mechanisms of social protection.

In particular, President Sh. Mirziyoyev, in his speech at the 31st anniversary of Uzbekistan's independence, stated that "we will expand access to better quality and qualified medical services in the health care system" [4], as well as in his Address to the Parliament of the Oliy Majlis and the Uzbek people, in 2023, an additional 140 family doctor's points and polyclinics, compact medical centers will be established in 520 remote and remote neighborhoods. ... a major three-year program for the protection of maternal and child health will be implemented. All maternity complexes will be fully renovated and equipped, the number of beds will be increased by 35% [5], and the important task is to implement a new approach to the solution of the problem through extensive practical work in medical centers, scientific conclusions based on roundtable discussions and social questionnaires. A lot of research is being conducted by scientists, non-governmental non-profit organizations, and mass media in directions that focus on the perspectives of social policy.

In this regard, the following scientific results were achieved in studies devoted to the improvement of medical culture and the improvement of the socio-ecological situation in Uzbekistan, as well as to the study of its history: the negative impact of the environmental situation in Uzbekistan on the health of women and children, pollution of water, soil and atmosphere from waste from industrial enterprises, Samarkand of Uzbekistan during the years of Soviet rule, In Tashkent, Fergana and Navoi regions, the impact of industrial wastes on the environment and public health, chemicals used in agriculture to increase productivity, and their harmful effects have been studied by various research centers. Also, the influence of industrial enterprises on the atmosphere, in particular, environmental problems in the regions of the Fergana Valley, damage to water bodies; occurrence of shortage of fresh water, increase of various diseases among the population; Issues such as factors that threaten the health of the population and their elimination, the negative impact of the changes in the climate of the Aral Sea on the health of the population of the Republic of Karakalpakstan and the Khorezm region are being studied as scientific research works in the centers. In the years of independence, socio-economic problems in Uzbekistan began to be objectively and critically evaluated. In this regard, historical scientists have conducted many works[6,300], scientific research works[7,142].

As a result of the implementation of the industrialization policy in Uzbekistan in the recent past, works were created that reflected the emergence of environmental stress, soil, water and air pollution, the deterioration of public health, and the increase in child mortality. For example, as a result of paying special attention to cotton growing in Uzbekistan, issues such as the construction of industrial enterprises producing chemical fertilizers, defoliants and other chemical products, their close proximity to each other, inappropriate constructions in densely populated areas have been revealed. However, in these works, research work was not carried out as a separate object on the situation of the environmental situation in Uzbekistan at a level that leads to serious consequences, the improvement of the socio-ecological situation and the improvement of the medical culture of the population.

The information presented above confirms that there is a need to research this topic.

3. Research results:

The problems of increasing medical culture and improving the socio-ecological situation in Uzbekistan, studying the factors of the emergence of ecological actions in the field of maternal and child health, environmental protection and revealing their specific aspects, conducting surveys and developing measures based on analytical results, raising girls in families changing the outlook of mothers on the issue of hygienic education is of great importance in the solution of the problems envisaged.

The lack of technical supply control specialists in the industrial enterprises of the republic, the obsolescence of the sources of waste treatment in the enterprises, the wasteful use of natural resources, increase the environmental risk, change the regional climate, reduce the possibilities of

farming, the death of livestock, the destruction of flora and fauna, and many of their species are "Red". which caused it to be included in the book.

In the cities of Samarkand, Surkhandarya, Tashkent, Bukhara, and Navoi, the effluents in the water bodies are covered with dirty curtains, in cities such as Angren, Almalyk, and Navoi, the uncontrolled and faulty operation of industrial enterprises causes the chemical dust in the atmosphere to exceed 10 times the prescribed amount, in the Khorezm region of the Republic of Karakalpakstan, natural It shows that the ecological situation in the republic is getting worse as a result of the violation of the environmental balance due to the improper use of resources and the aggravation of the Arol disaster, the industrial waste has changed the composition of the soil, caused a decrease in productivity, and increased soil erosion.

In the early years of independence, the lower Amu Darya area lacked river water to irrigate agricultural crops as a result of the shallowing of the river, and at a time when cases of failure of irrigation networks increased, 40-50% of the water received for Community Farms was added to the lands to the internally useless groundwater caused the rise of groundwater. This negatively affected the process of cultivation of agricultural crops, the disease of members of nutrition in the population of the region, the accumulation of stones and salt in some members, bone-muscle, urological diseases and various environmental factors caused diseases and increased mortality rates gave impetus to the development of projects with foreign partners such as Germany, Kuwait, UNESCO, the World Bank,

The population of the Republic of Karakalpakstan and Khorezm region suffered a severe environmental disaster as a result of a global problem in the lower Amu Darya region in terms of origin and complications. Shortage of water resources, including drinking water and a decrease in its quality, depletion of lands, a sharp decrease in biodiversity, atmospheric pollution-these are the negative consequences that have arisen as a result of the destruction of the Aral Sea.

The lack of control in industrial enterprises in the last years of the Soviet period in the Republic leads to an aggravation of sanitary and hygienic condition, a sharp increase in the stomach, acute intestines, lungs, allergic diseases and calcium deficiency among the population, including the aggravation of infectious diseases such as typhus, bryush, disabled birth of children in Surkhandarya region, lung in Angren, there were protests that caused a sharp increase in gastrointestinal diseases, as well as demanded by the population in terms of stopping the activities of industrial enterprises or major repairs.

The negative situation in this regard was especially noticeable in oil and gas industrial enterprises. It is also known that the lack of sanitary requirements led to the cessation of social activity of workers, an increase in diseases such as nail spills, palate erosion, the appearance of curtains in the lungs, as a result of which drinking alcohol for self-protection among workers, a decrease in the quality of manufactured products.

The government of independent Uzbekistan, together with the solution of political, social, economic, spiritual problems, carried out a number of positive works on the problem of the island. In this work, the leadership of Uzbekistan first raised the issue of uniting the power of the countries of Central Asia. In October 1991, the heads of the committee of water resources of the Central Asian states met in Tashkent to discuss the use of Water Resources and its preservation. As a result of the efforts of expert scientists, on February 18, 1992, in Almaty, the ministers of water resources of five states met and formed a council. In August of the same year, the city of Nukus hosted an international scientific conference on the issues of the Aral.

Due to the tragedy of the Aral, the issue of social protection of the population of the lower Amu Darya region, which remained in a whirlpool of severe socio-environmental problems, has become one of the tasks at the level of Public Policy. On September 2, 1992, a resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 405 "on measures to eliminate the consequences of natural disasters in Karakalpakstan and solve socio-environmental problems" was adopted [8.3]. In the following years, too, many activities related to this issue were carried out. In August 1992, Nukus hosted the scientific conference "problems of the island and the Aral Sea", and in autumn

1992, an international symposium on the problems of the island and the Aral Sea was held in Tokyo, the capital of Japan. More than 130 scientists and specialists from different countries took part in them and put problematic issues in the middle[9.162].

As a result of the impact on the health of the population of the ever-expanding ecological recession in the Aral Sea region, various diseases were observed, including anemia common among women, the appearance of cancer patients(cancer), stomach and 12-finger intestinal ulcers. In 1992, the results of the health check of residents of Bogot and Gurlan district showed a relative increase in diseases of the blood system organs and blood disorders among the population, anemia among women was found in 93 people out of every thousand in Bogot district and 75 in Gurlan district. In the province, however, there were 121 people for every 1,000[10,100].

On the basis of the "state program for the reform of the health system" in the Republic of Uzbekistan, the process of reforms in the health care system of the Khorezm region was also deepened. As a result of the transition from extensive development to intensive development, unproductive working hospitals ' places were reduced, bringing the area per seat to the level of sanitary norm requirements[11].

The complication of the environmental situation in the Khorezm region had a bad effect on the health of the population. The change in the environment under the influence of industrial production in large cities with large industrial enterprises in the region, the situation has taken a somewhat serious turn. The fact that atmospheric air is contaminated with dust and fine fibers in an area of 400-500.1000 m around cotton mills also affected the health of the population,the natural ecological environment[12.95].

In 1994-1996, within the framework of the Aral Sea Basin Program, The Project "Aral Sea – Uzbekistan: clean water, sanitation and health" was implemented, totaling 117 million tons.Work was carried out in the amount of US dollars. Of this amount, 75 million. the dollar was raised by the World Bank, about 20 million dollars. dollars Kuwait Arab Economic Development Fund, 9.4 million dollars. the dollar is the Creditancalt fur wiederaudu Bank (Germany) and is 12.75 million. the dollar was allocated by the Government of Uzbekistan. Within the framework of the project, such works as the construction of water pipelines in Karakalpakstan and the economic development of villages in Khorezm region were implemented[13.24].

Although in the early years of independence there was a focus on the protection of Public Health, the low standard of living in connection with the environmentally unhealthy environment, poor drinking water quality, did not give a chance to drastically reduce population diseases. Given the environmental conditions in the region and the unsatisfactory condition of providing the population with clean drinking water, the level of supply of clean drinking water decreased from year to year, although the construction of water networks was much more accelerated. This figure was 75.8 percent in 1995 and 86.7 percent in 2000[14.14].

In 1999, not a single qualified doctor would work in some rural medical outpatient clinics in Urgench, Yangibazar, Koshkupir districts of the region. The provision of medical institutions with the necessary medicines was also in poor condition. The fact that 35% of the population, including 40% of the rural population, did not provide clean drinking water, was a sign that the work carried out in this area was unsatisfactory[15.11].

One of the most important directions of the process of Health and protection of the environment of the Aral Sea region is the principle of protection against global climate change, in this regard, a special UNESCO project was worked on by local and foreign specialists-scientists in the Khorezm region. Since 2001, at Urgench State University, in cooperation with the University of Bonn in Germany, research has been carried out on the international scientific project "economic and environmental restructuring of the use of land and water resources in the Khorezm region". This project was devoted to the problems of demographic processes, preventing environmental situation and environmental pollution in the region, improving the health and economic situation of the population.

On the basis of the resolution of the Cabinet of Ministers of the Republic of Uzbekistan "on measures to increase the medical culture in the family, strengthen the health of women, the birth of a healthy generation and the implementation of priority areas of its upbringing" dated July 5, 2002 and the resolution of the governor of the region dated July 22, 2002 In 2003, the region had 36 hospitals for 6,715 seats, 199 polyclinics, a hospital organized in 38 houses, 105 rural doctor's offices, 41 rural doctor's outpatient clinics, 105 paramedic obstetric points, 192 pharmacies, 13 sanitary epidemiological institutions providing medical services to the population[16.10].

Further improving the health of the population, further improving the quality of medical services and providing financial resources for the modernization of medical institutions became one of the main tasks of the implementation of the local budget for 2013. Health care costs from the local budget in this year 167,1 billion soums funded. Within the framework of these funds, 2.3 billion soums were allocated to provide patients with the necessary medicines[17.19].

In accordance with the decision adopted on October 31, 2016 "on measures to further improve the supply of medicines and medical products to the population", the cost of these products has become much cheaper. The joint measures of the government of the Republic with the international community to restore the ecological balance in the territory are noteworthy, the attention of the world community to eliminate the environmental problem around the island has increased, and for the implementation of the adopted projects and programs, only over the next 10 years, more than \$ 1 billion has been allocated in Uzbekistan, including about 265 million dollars was allocated from the account of the capital budget, technical assistance and grants[18.30].

In 2019, of the 121 existing health problems identified in the province, 69 or 57 percent were solved. During the studies, 35 of the 48 citizens who applied for medication provided the necessary medicines on a free prescription, 2 citizen disability carts, 4 citizen crutches, 6 citizens provided warrants for free treatment in regional and Republican-level medical centers[19.5].

The collection entitled " analysis and planning of research and innovation in the Republic of Uzbekistan " presents scientific analyzes on the use of clean drinking water remains the biggest problem for Uzbekistan, 51.2% of the population uses safe managed water and improving drinking water supply and living conditions of the island region. As a result of efforts to improve the living conditions of the population of the Khorezm region, from 2021, 7 types of vitamins were distributed free of charge to children and pregnant women, drugs for parasitic diseases for children. In this, in 2021-11 million.man, in 2022-17 million.the population will be covered"[20.211]. In 2021, "medical brigades" were created in the region, consisting of 2 thousand 555 middle medical workers, 5 "family doctor" points were launched. On the basis of the Khorezm branch of the Republican cardiology center, the Aral Sea scientific and practical Center for cardiology and cardiosurgery was established.

As the unsatisfactory state of drinking water networks in the Republic and other environmental factors, diseases and increased mortality rates,bad consequences for the health of the population, International Environmental Cooperation has become one of the main areas of the Republic's foreign policy.

4. Conclusions:

In conclusion, in the work on socio-environmental, health improvement of the situation and its problems, including the improvement of the health care system, first of all, it is required to attract more foreign investments to industrial enterprises, regularly conduct the environmental education system in all areas, take measures to prevent natural disasters in those areas that are recognized as environmentally hazardous, assess natural Analysis of the results of his practical activities in the field of increasing medical culture in families, improving the socio-environmental situation and its problems, including improving the health system, identifying factors affecting the occurrence of an unhealthy environmental environment and the health and standard of living of the population, as well as the formation of a new worldview on the formation of a, important tasks are to prepare proposals for improving regulatory legal acts on topical issues such as changing the attitude to the environment and to complete the work on the implementation of the tasks set for the development of a project on

the concept of strengthening the reproductive health of the population in the Republic of Uzbekistan in 2021-2025. All this plays an important role in the Prevention of negative phenomena that can occur in the life of society today.

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