

SOME SCIENTIFIC REFLECTIONS ON MEDICAL PEDAGOGY AND ITS
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Abstract: This article discusses the significance of the potential of medical pedagogy in enhancing the medical competence of the cadets and listeners of the Ministry of Internal Affairs.

Keywords: Medicine, Pedagogy, Medical Pedagogy, Education, Upbringing, Health, Healthy Lifestyle, Quality of Life, Psychological Stress.

Introduction: The need for health is one of the most important aspects of every person's life at any given time. The President of Uzbekistan, Shavkat Mirziyoyev, addressed the people, saying: "There is a truth that must always be remembered: only a healthy and prosperous nation is capable of great achievements. Therefore, the health level of the population is one of the key indicators that determines the potential of our country, the quality of life, and the future fate of generations, ensuring our national security" [1].

As is known, in the five priority areas for the development of the Republic of Uzbekistan during the years 2017-2021, the Action Strategy outlined tasks such as "Improving the convenience and quality of medical and social-medical services to the population, shaping a healthy lifestyle among the population, and strengthening the material and technical base of healthcare institutions, with a focus on further reforming the healthcare sector, especially its primary level, and the emergency medical assistance system" [2].

For this reason, the first reforms in the history of New Uzbekistan, initiated by the President, were aimed at improving the well-being of citizens. health and safety. "Our people, first and foremost, pray for peace and tranquility from the Creator. After that, they wish for their well-being and security," said the The President stated: "If I have a home, shelter, and live healthily with my family, this is my greatest wish." In order to make the hopes and desires of our people a reality, we are focusing on two main areas: reforming the internal affairs and healthcare systems" [3].

Over the past 8 years, the importance of establishing a healthy lifestyle has been emphasized, and it has been recognized that shaping medical culture and literacy in society plays a crucial role. If every individual is aware of how to preserve their health and is equipped with medical knowledge, this helps in establishing a healthy lifestyle, which is being integrated into society.

Creating quality and professional healthcare for all is an important direction in the development strategies of New Uzbekistan. These include: the Action Strategy for 2017-2021 (February 7, 2017, PF-4947), the Development Strategy for 2022-2026 (January 28, 2022, PF-60), and the "Uzbekistan – 2030" Strategy (September 11, 2023, PF-158).

The way a person spends their work and leisure time, their economic and spiritual desires, is what constitutes a lifestyle. A healthy lifestyle is essential for the development of society. A healthy lifestyle increases work efficiency and leads to quality economic growth.

The concept of "lifestyle" in relation to health can be defined as the system of work, household, and leisure activities that are related to an individual's health. Many scholars believe that this concept should also be filled with the factors of ideological aspiration and moral health.

The concept of "healthy lifestyle" is narrower compared to the general concept of lifestyle. A "healthy lifestyle" refers to activities aimed at preserving, improving, and strengthening people's health. There are two main methods for achieving this: inseparable part, they have long paid serious

attention to this issue. Our ancestors' contributions to the Eastern civilization have always been closely connected with the preservation and promotion of health, longevity, and well-being. These timeless values and principles are deeply rooted in our culture and history, and today they serve as an important guide for us in the formation of a healthy and prosperous society.

The importance of ensuring the health and safety of citizens has therefore become one of the fundamental tasks for the development of the nation. Efforts in reducing risk factors and creating favorable conditions for maintaining and strengthening individual health play a crucial role in shaping a healthier future for all. This holistic approach, based on both practical actions and moral teachings from our ancestors, aims at addressing the challenges and achieving the prosperity of the country.

In this context, President Shavkat Mirziyoyev's vision in his work "Modern Times and New Uzbekistan" emphasizes that only a healthy nation, both physically and spiritually, is capable of achieving great things. The vision of Uzbekistan is not just about economic growth but about nurturing a healthy, educated, and well-rounded society that can contribute to the well-being of the individual and the collective future of the country.

The key objective remains the preservation and improvement of health, a value passed down through generations, which continues to guide national policy and individual lives in Uzbekistan today. "the uninterruptedly developing and unparalleled medical thinking and heritage continues to serve humanity's advancement today" [1].

"Analysis " Looking at the history of our medical pedagogy, we can witness that its roots go extremely deep. Specifically, many scholars acknowledge that the origins of medical science in our country can be traced back to the ancient teachings of Zoroastrianism, and even further back, to pre-Zoroastrian periods. In particular, the collection of Zoroastrian teachings, which was regarded as a foundation for their philosophy, is often considered as one of the earliest known sources that contributed to the development of medical knowledge.

The main foundations of the laws are embodied in the "Avesta," a book from which the part that has reached us contains fascinating medical information that closely aligns with contemporary views in modern medicine and science, particularly regarding human anatomy and physiology. According to official publications, it can be stated that "the medicine of the Avesta" developed concurrently and in mutual influence with the renowned philosophers and medical geniuses of ancient Greece, such as Alcmeon and Hippocrates, whose medical thought had a significant impact on the field.earlier civilizations, is considered one of the cornerstones of medical literature. Ibn Sina's "The Canon of Medicine is a comprehensive work that not only compiled and systematized medical knowledge" from Greek, Roman, Indian, and Persian traditions but also introduced original concepts and treatments that helped shape the future of medicine.

The hadith of Imam Bukhari that mentions "Two blessings that many people are deceived by are health and free time" emphasizes the importance of health as a precious gift that should be preserved and valued. It reflects a holistic view of health where physical well-being is intricately linked to mental and spiritual health. This concept aligns with modern interdisciplinary research that combines medicine, psychology, and ethics, reflecting the wisdom of earlier scholars like Imam Bukhari.

Furthermore, Imam Bukhari's compilation serves as a bridge between the ancient and modern worlds, highlighting the importance of preventive care and balanced living. His work continues to be relevant today, especially in a time when the focus is shifting toward a more holistic approach to healthcare that integrates physical, mental, and social aspects of well-being. The foundational ideas found in such texts remain pivotal for contemporary medical, psychological, and ethical studies. various cultures over centuries, continues to be a cornerstone of medical education and practice worldwide.

In addition to his achievements in medicine, Avicenna, as he is known in the West, was revered as a philosopher, and his philosophical legacy is as important as his contributions to medicine. The title *Shaykh al-Ra'is* ("The Chief of the Physicians") primarily refers to his status as a great philosopher, signifying his influence in the realm of thought and intellect, in addition to his groundbreaking medical work.

In "Al-Jami' as-Sahih", the collection of the most reliable Hadiths compiled by Imam Bukhari, there is a deep emphasis on moral and ethical teachings, which are integral to the well-being of individuals and society. The qualities highlighted in this work—purity of character, kindness, generosity, respect for parents, care for children, compassion for the poor, and love for the homeland—are crucial components of a virtuous life, both in the medical field and in broader human interactions.

These timeless teachings are interwoven with the philosophy of health and medicine, as they emphasize the holistic approach to human well-being, which includes both physical and moral health. The tradition of combining medical knowledge with ethical values has remained a central theme in Islamic medicine and continues to be relevant today in shaping the future of healthcare and medical pedagogy. His contributions advanced medicine by several centuries and, in some areas, even brought it closer to modern medical practices. During his time, the teachings of ancient scholars such as Hippocrates, Galen, Dioscorides, and others were dominant in the medical field. Avicenna, too, relied on the theoretical views and practical guidelines of these great figures in his medical work. However, he developed and enriched their knowledge by incorporating insights from Indian, Chinese, Central Asian, and Eastern scholars, as well as his own experiences and discoveries.

Avicenna's genius as a physician lay in his ability to synthesize and build upon the medical knowledge of different cultures and time periods. His work reflected a comprehensive approach to health and medicine, integrating various medical traditions and making significant advancements in diagnosis, treatment, and understanding of human physiology. His contributions were not limited to theoretical concepts but also extended to practical methodologies that helped shape the future of medicine, laying the groundwork for medical practices that were only fully realized in later centuries.

As a result, Ibn Sina's legacy as a physician is considered foundational, not only in the context of medieval Islamic medicine but also in the broader history of world medicine. His pioneering ideas in various areas of medicine, such as pharmacology, surgery, and the study of diseases, continue to be celebrated today. One of the main factors of gaining fame is his perfect knowledge of medical theory, especially anatomy—the structure of the human body.

In treating illnesses, Ibn Sina emphasized the great importance of personal hygiene, sleep, and physical exercise.

Even after ten centuries, the work "The Canon of Medicine" by Abu Ali Ibn Sina, with its unique value and scientific significance, has left an immortal legacy.

Ibn Sina, with his rich and diverse scientific heritage, greatly influenced the development of both Eastern and Western cultures in later periods.

In Farabi's teachings, the "virtues of the ruler of the virtuous city" play an important role. Below is one of the twelve virtues of the ruler of the "Virtuous City" as stated by Farabi:

The person who rules such a city (apart from Allah) should not submit to anyone. The first ruler of the virtuous city must be a wise person who naturally possesses twelve virtues. This quote highlights the inseparable relationship between education and upbringing, emphasizing that one cannot exist without the other. Knowledge, in this context, serves a dual purpose: not only providing intellectual development but also contributing to moral and ethical growth. This approach is especially critical in the field of medical pedagogy, where understanding human behavior, stress management, and cultivating emotional intelligence are just as important as acquiring technical knowledge.

The study of the legacy of great thinkers such as Abu Rayhan Biruni, Ibn Sina, Al-Farabi, Alisher Navoi, and others is essential to understanding the historical roots of stress management and emotional resilience. Their works reveal the importance of moral qualities such as empathy, communication skills, and the ability to handle the emotional complexities of others. These qualities are indispensable for anyone, especially professionals in high-pressure fields such as law enforcement and healthcare.

The teachings of these thinkers offer a profound foundation for current and future medical and educational practices. Incorporating such principles into the training of internal affairs personnel, such as cadets and listeners, will help them develop the mental resilience and coping mechanisms necessary to thrive in stressful environments. By blending traditional wisdom with modern scientific approaches to stress and well-being, we can build a more holistic and effective system of education and professional development.”[9]The philosopher and educator L.N. Tolstoy also wrote: “Education is not the subject of pedagogy, but rather one of the events that pedagogy cannot ignore. In the broadest sense, education is the sum of all influences that develop a person, give him or her a broader worldview, and provide new knowledge” [10].

This statement underscores the importance of a comprehensive approach to education, which goes beyond simply imparting knowledge. It emphasizes the idea that education shapes individuals by broadening their perspectives, enriching their understanding, and fostering personal growth. This idea is particularly relevant in the context of modern medical education, where the integration of innovations and digital technologies plays a vital role in the formation of contemporary medical pedagogy.

As a result, the curricula, programs, instructional materials, and theoretical courses in law enforcement educational institutions enhance the medical culture of cadets and trainees. These elements not only provide essential medical knowledge but also instill values and practices that contribute to their overall professional development. By incorporating modern methodologies and technologies, we ensure that law enforcement personnel are equipped not only with technical skills but also with the emotional intelligence and ethical foundation needed to navigate the challenges they face in their work. Medical pedagogy ensures the health of individuals, thereby extending their lifespan. Medical pedagogy is a pedagogical component of medical education, which studies the objective processes of education and training related to medical practice.

Another important aspect that requires attention in the activities of law enforcement agencies is the ethical content of using physical force, special means, and firearms. Violence can only be applied in cases foreseen by law. Violence may be used to suppress further evil, and the concept of evil is defined in this context. According to the law, violence may be applied when other methods of combating evil are ineffective; in cases where violence is used legally, law enforcement officers are obliged to minimize the damage caused, provide first aid, and take immediate measures to assist.

In the Law of the Republic of Uzbekistan "On Education," definitions are provided for education and training. These definitions are useful for clarifying the content and essence of "Medical Pedagogy." These are: [11].Education is a systematic process aimed at the comprehensive development of the younger generation based on clear objectives and social-historical experience. It focuses on shaping their consciousness, moral and ethical values, and worldview.

Teaching, on the other hand, is a structured process that provides learners with deep theoretical knowledge, skills, and practical competencies. It is also geared towards developing their general education and professional knowledge, as well as their abilities.

In our view, the inclusion of "Medical Pedagogy" as a subject in the educational institutions of the Ministry of Internal Affairs plays a crucial role in developing the necessary professional competencies in personnel. This discipline aids in shaping medical culture and improving the overall qualifications of law enforcement personnel.

To establish and strengthen the so-called "New Uzbekistan," it is essential for every individual, especially civil servants, to possess inner strength and resilience, which connect to an infinite source of internal power. This power resides in every human spirit, and it is fundamental to the development of each person's destiny.

In educational institutions, it becomes clear that this inner strength is hidden within every individual. There are as many destinies as there are people, and each person has their own unique spiritual world. Thus, educating patriots who are dedicated to their country and bringing out their hidden potential is a sacred task.

In the process of nurturing an independent person, it is necessary to guide them in discovering their own morality. In doing so, we must ensure that our cadets and trainees are able to overcome selfish tendencies, false desires, and illusions, and open their hearts to the infinite source of strength. Relying on the legacy of our ancestors is vital in helping them accomplish this journey.

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