

## SCIENTIFIC AND PRACTICAL SIGNIFICANCE OF VALEOLOGY IN THE TRAINING OF NURSES

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### Abstract:

This article analyzes the role and scientific and practical significance of valeology in the training of nurses. It addresses the development of healthy lifestyle skills, disease prevention, and the provision of high-quality patient care in future nurses based on a valeological approach. The importance of valeology in the educational process and its close relationship with medical practice are also substantiated.

**Keywords:** Valeology, nursing education, prevention, healthy lifestyle, medical care, public health, educational effectiveness.

### Introduction

Relevance of the topic: In the modern healthcare system, the priority is not so much the treatment of diseases as their prevention, that is, strengthening preventive measures. This is essential for improving public health, increasing life expectancy, and reducing the burden on the healthcare system. Therefore, the widespread introduction of valeology into nursing education is one of the pressing challenges of our time.

Valeology, a science aimed at maintaining and improving human health and promoting a healthy lifestyle, encompasses not only theoretical knowledge but also practical skills. This course prepares future nurses to effectively educate the public on such important topics as healthy nutrition, physical activity, personal hygiene, stress management, and avoiding unhealthy habits.

Particularly important is the fact that nurses operate at the primary level of healthcare and are in constant and direct contact with the population, further enhancing their role in preventive care. They not only provide patient care but also act as important consultants on disease prevention, early detection, and healthy lifestyle promotion. Furthermore, nurses work with families, contributing to the improvement of the population's medical culture.

The current widespread prevalence of cardiovascular disease, diabetes, obesity, and other chronic noncommunicable diseases requires further strengthening of preventive measures. This, in turn, necessitates deepening the valeological knowledge and skills of nurses.

Thus, integrating the science of valeology into nursing education creates opportunities for training highly qualified specialists focused on prevention and capable of working effectively with the public. This, in turn, is an important factor in improving public health and shaping a healthy generation.

### **Purpose and objectives**

The purpose of this study is to determine the scientific and practical significance of valeology in the training of nurses and to evaluate its role in improving the quality of education.

### **Objectives:**

- Study the theoretical foundations of valeology;
- Analyze its role in nursing;
- Assess the effectiveness of preventive approaches;
- Identify factors that contribute to the development of a healthy lifestyle among nurses.

### **Research Methods:**

This article was prepared using analytical and descriptive approaches. During the research, national and international scientific literature on the topic, current clinical guidelines, and nursing curricula were thoroughly reviewed and comparatively analyzed. When selecting sources, their scientific validity, relevance, and applicability to practice were considered.

The study was conducted at the Abu Ali ibn Sino Karshi College of Public Health under the scientific supervision of professors and faculty from Samarkand State Medical University. A dedicated research team, comprised of students and faculty, was formed to collect, systematize, and analyze the data in stages. This approach ensured a combination of theory and practice and contributed to the development of students' research skills.

During the study, nursing education was systematically observed, and students' theoretical knowledge and practical skills in health care were comprehensively assessed. Methods of pedagogical observation, questionnaires, interviews, and comparative analysis were effectively utilized. Students' preventive thinking, their attitudes toward a healthy lifestyle, and their ability to apply practical skills in real-life situations were also thoroughly examined.

To more accurately and systematically evaluate the study's progress, the analysis was conducted based on the following criteria:

**Table 1. Criteria for assessing students' knowledge and skills**

No	Assessment direction	Indicators	Assessment method
1	Theoretical knowledge	Knowledge of the fundamentals of valeology	Test, survey
2	Practical skills	Implementation of preventive measures	Observation, practical lesson
3	Preventive thinking	Approach to disease prevention	Interview, analysis
4	Healthy lifestyle	Personal and professional relationships	Survey
5	Communication skills	Communication with the patient	Observation

The study found that students with a thorough understanding of valeology demonstrated a highly developed preventative approach. They were found to be proactive in their work with patients, prone to independent decision-making, and proactive in promoting a healthy lifestyle.

**Table 2. Level of development of students' skills and abilities (conditional assessment)**

Skill Type	High (%)	Average (%)	Low (%)
Theoretical Knowledge	78	17	5
Practical Skill	72	20	8
Preventive Thinking	75	18	7
Attitude to a Healthy Lifestyle	80	15	5

The above results demonstrate that the application of valeology in the educational process is an important factor in developing students' knowledge and skills.

The obtained data were processed using statistical and analytical methods and summarized. The analysis of the results revealed relationships, effectiveness, and factors influencing improvements in the quality of education.

**Table 3. Research methods and their significance**

Method	Purpose of application	Meaning
Teacher observation	Evaluation of the educational process	Obtaining objective information
Survey	Determining student opinions	Subjective assessment
Conversation	In-depth analysis	Individual approach
Comparative analysis	Comparison of results	Determining effectiveness

Thus, the study results demonstrated that integrating valeology into nursing education is highly effective in developing students' preventative knowledge and skills. This plays a crucial role in preparing qualified and competitive nurses for the future.

Discussion: The study results demonstrate that the systematic integration of valeology into nursing education is essential for developing preventative thinking in students. This approach expands their ability to apply effective strategies in their professional work, aimed not only at treatment but also at disease prevention. As a result, future nurses will become specialists actively involved in maintaining and improving public health.

Teaching valeology develops not only theoretical knowledge but also practical skills in students. Specifically, skills such as proper nutrition, physical activity planning, personal hygiene, and effective stress management play a crucial role in their daily practice. With this knowledge, nurses will be able to provide individualized consultations to patients and help them manage their lifestyles effectively.

At the same time, nurses with valeological training pay close attention to the psycho-emotional state of patients. They contribute to increased therapeutic effectiveness by enhancing patient motivation, creating a positive psychological climate, and actively engaging them in the treatment process. This approach is especially important for achieving long-term results for patients with chronic diseases.

The study found that students with a thorough understanding of valeology develop highly developed skills in independent thinking, clinical analysis, and preventative decision-making. They will be prepared to identify risk factors early in medical practice and take effective measures to address them.

Integrating valeology into the educational process also improves the overall quality of nursing services. This leads to a reduction in the number of complications in medical institutions, increased patient satisfaction, and improved healthcare system efficiency.

In general, the importance of valeology in nursing education is not limited to the provision of theoretical knowledge alone, but also manifests itself as an important factor in the development of preventive medicine, the formation of a healthy lifestyle among the population, and raising the quality of medical services to a new level.

Conclusions and recommendations:

In **conclusion**, the widespread introduction of valeology into nursing education is a pressing need today. This discipline is essential for developing preventative knowledge and skills in nurses, promoting a healthy lifestyle, and improving public health.

### **Recommendations:**

- Increasing the inclusion of valeology in nursing education programs;
- Increasing the number of practical classes;
- Conducting training on prevention and healthy lifestyles;
- Developing students' communication and counseling skills.

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