

THE IMPACT OF SELF-AWARENESS ON THE MEDICAL HEALTH OF YOUNG PEOPLE

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Abstract: The present article investigates the impact of self-awareness on the medical health of young people. In contemporary psychology and medicine, self-awareness has emerged as a critical personal factor influencing health outcomes, preventive behaviors, mental well-being, and lifestyle choices among adolescents and young adults. Drawing on theoretical foundations from Uzbek, CIS, and international research conducted between 2010 and 2025, this article synthesizes empirical findings and conceptual models that explain the pathways linking self-awareness to physical and psychological health. Considering self-awareness as a multidimensional construct, including emotional, cognitive, and behavioral components, the article reviews research evidence on how higher self-awareness predicts better self-care, healthier habits, lower risk behaviors, enhanced stress management, and higher compliance with medical recommendations. Methodologically, this theoretical study employs a systematic literature analysis of key scientific contributions in psychology, medicine, and health sciences. Results demonstrate that self-aware young people maintain healthier lifestyles, show resilience to stress, and exhibit lower incidence of maladaptive behaviors. Analysis indicates that self-awareness functions as a protective factor against risky behaviors, and the discussion addresses implications for clinical practice, preventive health interventions, and educational programming. The article concludes with recommendations for integrated health promotion policies that foster self-awareness among youth.

Keywords: self-awareness, medical health, young people, adolescent psychology, health behavior, preventive health, CIS psychology, health outcomes

YOSHLARNING TIBBIY SALOMATLIGIGA O‘ZINI O‘ZI ANGLASHNING TA’SIRI

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Annotatsiya: Mazkur maqolada o‘zini o‘zi anglashning yoshlarning tibbiy salomatligiga ta’siri tahlil qilinadi. Zamonaviy psixologiya va tibbiyotda o‘zini o‘zi anglash o‘smirlar hamda yoshlar orasida salomatlik natijalari, profilaktik xulq-atvor, ruhiy farovonlik va turmush tarzini tanlashga ta’sir etuvchi muhim shaxsiy omil sifatida qaralmoqda. 2010–2025-yillarda O‘zbekiston, MDH va xalqaro miqyosda olib borilgan tadqiqotlarning nazariy asoslariga tayangan holda, maqolada o‘zini o‘zi anglash bilan jismoniy va psixologik salomatlik o‘rtasidagi bog‘liqlikni tushuntiruvchi empirik natijalar hamda konseptual yondashuvlar umumlashtiriladi. O‘zini o‘zi anglash hissiy, kognitiv va xulqiy tarkibiy qismlardan iborat ko‘p o‘lehovli konstrukt sifatida ko‘rib chiqilib, uning o‘z-o‘zini parvarish qilish, sog‘lom odatlar, xavfli xatti-harakatlarning kamayishi, stressni boshqarish va tibbiy tavsiyalarga rioya etish bilan bog‘liqligi yoritiladi. Metodologik jihatdan ushbu nazariy tadqiqot psixologiya, tibbiyot va sog‘liqni saqlash fanlariga oid ilmiy manbalarni tizimli tahlil qilishga asoslanadi. Natijalar shuni ko‘rsatadiki, o‘zini o‘zi anglaydigan yoshlar sog‘lom turmush tarzini olib boradi, stressga nisbatan bardoshli bo‘ladi

va nomoslashgan xatti-harakatlar kamroq kuzatiladi. Tahlil o'zini o'zi anglash xavfli xatti-harakatlarga qarshi himoya omili ekanini ko'rsatadi, muhokamada esa klinik amaliyot, profilaktik sog'lomlashtirish choralari va ta'lim dasturlari uchun amaliy xulosalar beriladi. Maqola yoshlar orasida o'zini o'zi anglashni rivojlantirishga qaratilgan integratsiyalashgan salomatlikni targ'ib qilish siyosati bo'yicha tavsiyalar bilan yakunlanadi.

Kalit so'zlar: o'zini o'zi anglash, tibbiy salomatlik, yoshlar, o'smirlar psixologiyasi, salomatlik xulq-atvori, profilaktik salomatlik, MDH psixologiyasi, salomatlik natijalari

ВЛИЯНИЕ САМООСОЗНАНИЯ НА МЕДИЦИНСКОЕ ЗДОРОВЬЕ МОЛОДЁЖИ Shoraximova Arofat Tuxtamuratovna

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Аннотация: В статье анализируется влияние самосознания на медицинское здоровье молодёжи. В современной психологии и медицине самосознание рассматривается как важный личностный фактор, влияющий на показатели здоровья, профилактическое поведение, психическое благополучие и выбор образа жизни у подростков и молодых людей. Опираясь на теоретические основы исследований, проведённых в Узбекистане, странах СНГ и на международном уровне в 2010–2025 годах, статья обобщает эмпирические результаты и концептуальные подходы, объясняющие связь самосознания с физическим и психологическим здоровьем. Рассматривая самосознание как многомерный конструкт, включающий эмоциональные, когнитивные и поведенческие компоненты, автор анализирует научные данные о том, как более высокий уровень самосознания связан с лучшим самоуходом, более здоровыми привычками, снижением рискованного поведения, эффективным управлением стрессом и более высоким соблюдением медицинских рекомендаций. С методологической точки зрения данное теоретическое исследование основано на систематическом анализе научных источников по психологии, медицине и наукам о здоровье. Результаты показывают, что молодые люди с развитым самосознанием ведут более здоровый образ жизни, отличаются устойчивостью к стрессу и реже демонстрируют дезадаптивное поведение. Анализ свидетельствует о том, что самосознание выступает защитным фактором от рискованных форм поведения, а в обсуждении раскрываются выводы для клинической практики, профилактических оздоровительных мероприятий и образовательных программ. Статья завершается рекомендациями по интегрированной политике укрепления здоровья, направленной на развитие самосознания у молодёжи.

Ключевые слова: самосознание, медицинское здоровье, молодёжь, психология подростков, поведение в сфере здоровья, профилактика здоровья, психология СНГ, показатели здоровья

INTRODUCTION

The health of young people is a multidimensional phenomenon that includes physical, psychological, and social components of well-being. In recent decades, researchers across disciplines have become increasingly interested in identifying psychosocial determinants of health among adolescents and emerging adults. One such determinant is self-awareness—the ability to observe and reflect on one's internal states, behaviors, motivations, and physical conditions. Self-

awareness, as a psychological construct, has been linked to emotional regulation, decision-making, adaptive coping, and proactive health behaviors. The topic gains importance because adolescence and early adulthood are critical developmental periods when health habits are formed, risk behaviors become salient, and identity processes are actively unfolding.

Medical health issues in young people encompass a wide range of concerns, including but not limited to obesity, substance use, sexually transmitted infections, reproductive health, anxiety and depression, sleep disturbances, and nutritional deficiencies. A growing body of research suggests that self-awareness plays a significant role in how young people understand and respond to their health challenges. For instance, adolescents with higher self-awareness are more likely to recognize symptoms early, seek support, and adhere to health recommendations.

The purpose of this article is to examine the impact of self-awareness on medical health outcomes among young people. The article addresses how self-awareness influences health perceptions, lifestyle behaviors, stress management, and engagement with health services. It synthesizes theoretical perspectives and empirical findings from Uzbek and CIS scholars alongside international literature to provide a comprehensive understanding of this association in the context of current scientific developments (2010–2025).

MATERIALS AND METHODS

This theoretical study adopts a systematic literature analysis approach. Sources were collected from scientific databases, national educational platforms, and CIS academic repositories.

The inclusion criteria were:

Empirical or theoretical studies addressing self-awareness in youth and its relation to medical or health outcomes;

Works by Uzbek, CIS, and foreign scientists in psychology, medicine, health sciences, and related fields;

Research published in peer-reviewed journals, books, and scientific monographs.

After screening, a total of 85 sources were selected for detailed analysis. Each source was coded for key constructs, sample characteristics, measures of self-awareness, health outcomes, and reported associations. The analysis framework drew from biopsychosocial models of health, self-regulation theory, and identity development frameworks to organize findings.

The synthesis also considered cultural and contextual factors relevant to young people in Uzbekistan and the broader CIS region, recognizing that sociocultural norms influence the meaning and development of self-awareness and health behavior.

RESULTS

Results from the literature review reveal several key findings:

1. **Positive Correlation Between Self-Awareness and Healthy Behavior:** Numerous studies indicate that young people with higher levels of self-awareness engage more consistently in healthy behaviors such as balanced nutrition, regular physical activity, routine medical check-ups, and adequate sleep. Self-aware adolescents reported better monitoring of bodily signals, awareness of dietary impacts, and conscious planning of health goals.

2. **Stress Management and Emotional Regulation:** Self-awareness was strongly linked to emotional regulation strategies that reduce stress and anxiety, mitigating risks for stress-related health problems. For instance, Russian studies show that adolescents with developed self-reflection skills report lower somatic complaints and fewer symptoms of psychosomatic distress.

3. **Risk Behavior Reduction:** A consistent finding across Uzbek and CIS research is that higher self-awareness predicts lower engagement in risk behaviors such as smoking, alcohol use,

unprotected sex, and reckless driving. Young people who reflect on consequences and understand personal vulnerabilities are more likely to avoid risky practices.

4. Medical Compliance and Self-Care: The literature reveals that self-aware individuals are more likely to comply with medical advice, adhere to treatment plans, and actively participate in preventive health care. For example, studies from Uzbekistan found that health education programs that enhance self-awareness improved young people's compliance with vaccination and screening recommendations.

5. Psychological Well-Being and Perceived Health: Self-awareness was positively correlated with psychological well-being, which, in turn, influenced self-perceptions of physical health. Young people who understood their emotional states and motivations were better able to pursue health-enhancing behaviors and maintain resilience when facing health challenges.

6. Cultural Moderation Effects: Research in CIS contexts highlighted that cultural norms around self-expression, community orientation, and health beliefs moderate the relationship between self-awareness and health outcomes. In collectivist environments, self-awareness may manifest differently, but still exerts a measurable impact on health practices.

DISCUSSION

The analysis of the findings suggests that self-awareness functions as a central psychological construct influencing medical health in young people through multiple pathways.

1. Cognitive Pathways. Self-awareness enhances health literacy—young people with higher self-awareness tend to seek health information, understand health risks, and apply knowledge to their behaviors. Their ability to reflect on personal experiences allows them to discern between myths and evidence-based health guidelines, leading to better medical decisions.

2. Emotional and Affective Regulation. The ability to observe and label internal states leads to better emotional regulation. Adolescents who are self-aware can identify stress triggers, emotional exhaustion, and anxiety, which are known risk factors for conditions like hypertension, insomnia, and digestive disorders. Research shows that such emotional regulation reduces somatic complaints and enhances immune function.

3. Behavioral Self-Regulation. Self-aware young people can set realistic goals, monitor progress, and adjust behavior when necessary. This aligns with self-regulation theory, which posits that self-awareness is foundational to goal attainment. Health behaviors such as exercise, dietary restraint, and avoidance of harmful substances require ongoing self-monitoring and adjustment.

4. Social and Cultural Context. Some studies in the CIS highlight that cultural narratives about health, body image, and self can influence self-awareness development. For example, in some Uzbek cultural contexts, community and family values shape how young people internalize health norms, which impacts the expression of self-awareness and subsequent behaviors.

5. Integration With Medical Systems. Young people who are self-aware are more proactive in interacting with medical professionals. They ask questions, seek clarifications, and follow treatment instructions. This active engagement is a form of patient empowerment, shown to improve health outcomes in chronic conditions and preventive health.

The findings of this study underscore the importance of self-awareness as a psychosocial determinant of medical health in young people. While traditional biomedical approaches often focus on genetics, pathogens, and physiological processes, the integration of psychological constructs like self-awareness offers a more holistic understanding of health.

This integration is particularly relevant in preventive medicine, where behavior change is often more critical than pharmacological intervention. For instance, obesity prevention requires

long-term lifestyle modifications that are more sustainable when rooted in self-awareness and intrinsic motivation.

Furthermore, mental health outcomes, such as anxiety and depression, which are highly prevalent among young people globally, show strong links to self-awareness deficits. Therapeutic approaches such as mindfulness-based interventions, cognitive-behavioral therapies, and introspective practices explicitly target self-awareness to foster emotional regulation and resilience.

In clinical settings, enhancing self-awareness may contribute to better patient outcomes. Medical practitioners can incorporate reflective exercises, motivational interviewing, and narrative medicine techniques to support young patients in understanding their health behaviors, improving adherence to treatment, and engaging actively in care decisions.

CONCLUSION

Educational and public health programs that cultivate self-awareness early in life can have long-term benefits. School curricula that include emotional intelligence training, reflective journaling, and health self-monitoring can empower students to take responsibility for their health. At the policy level, integrating psychological competencies into national health strategies can support youth health promotion.

Limitations and Future Directions. While the findings point to clear associations between self-awareness and health, limitations include variability in how self-awareness is measured and a lack of longitudinal studies that establish causality. Future research should incorporate experimental designs and objective health indicators to validate the observed relationships.

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