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ANALYSIS OF THE CURRENT LEVEL OF BURYATS' HEALTH CULTURE IN A CULTURAL CONTEXT

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Summary

This article presents the results of a study on how the formation of the traditional health culture is deeply rooted at the present stage. Unsustainable development of modern Russia and its regions, insufficient legal resources, information and financial support for the conservation of human health and society, public health, or protracted reforms contributed to a significant deterioration in the population's health. The solution to these problems requires a change in state policies in the health field. As a situation, we consider it to be fundamental to identify the level of Buryatia Buryats health culture, and ways to improve it. Thus, in the traditional culture regarding the Buryat unity of body, mind and soul to this day is an axiom. However, by analyzing how the culture of health is deeply rooted at the present stage, we cannot ignore the fact that there are contradictions. Only a comprehensive examination of the problem will help develop the right policies for the conservation and development of a health culture in the Republic of Buryatia.

To begin the analysis of the sociological survey performed in this study, it is necessary to examine contemporary culture trends and their influence on the modern generation. According to the results obtained, great changes are taking place in society's development.

Firstly, the information field is getting denser. This previously unseen informational increase via different forms (books, magazines, newspapers, electronic devices, mass media) is taking place and affects people. This process needs new educational technologies, uses and familiarization.

Secondly, the borders between different scientific branches are changing. They are becoming more transparent. The process of scientific, social and cultural integration is amplifying. This trend leads to interconnection and pervasion of social sciences into each other.

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Thirdly, a new socio-cultural stratification on humankind is appearing, i.e. former estate, classic and political division influence is decreasing, whereas national, ethnical, sub-cultural, religious and corporative influence is increasing. This tendency stimulates the formation of new sources of social tension and risk zones, the so-called "hot points" [1 s.68].

Next, the culture is taking a new role in national security support. It encourages forming principles of mutual understanding and solidarity, agreement and tolerance, preventing aggression and violence. Every ethnic group is looking for its national identity, image and its place in the global society [2 s.187].

Lastly, the cultural approach is changing in the sense of social and personal identity. Cultural achievements and records, which are the symbols of attachment to historical traditions, are developing human self-conscience.

It is stimulating to learn of different cultural languages, their sensitive and valuable meaning. The elements of an intercultural society are a tool for communion of cultures, and achievement of cultural competency, as a factor for showing intellectual and emotional development of a person, define the strategy for the development of younger generations.

All of the factors mentioned above, define health culture as a one of the most important factors in developing a healthy lifestyle. The realities that were examined provided the basic elements for this research. As a result, it was possible to develop recommendations for health culture formation.

To study the health problems and healthy lifestyle of the Buryatish people it is necessary to take into consideration the population density. Thus, according on the statistical analysis, out of 21 regions of Republic of Buryatia the most densely populated is the Zakamenskiy region with 18,960 Buryats. The other regions examined based on density were: Ivolginskiy – 17,525, Selenginskiy – 14,444, Tunkinskiy – 14,318, and Djidinskiy – 13,093 [3 s.37]. These regions have the highest ratio of Buryatish people in the population. Therefore, it can be said that health culture traditions were

well preserved from the Russian people's influence. This fact gave the possibility for an objective sociological analysis for this survey.

According to the statistical data, during the last 20 years birth rate decreased, mortality and sickness rates increased in all of the regions mentioned above. For example, in the Zakamenskiy region the percentage of people with chronic diseases was 19.4 % (1990), and in 2010 it increased to 61.3 %.

A similar situation can be observed in the other examined regions: Ivolginskiy – from 18.6 % (1990) to 59.1 % (2010), Selenginskiy – from 17.5 % (1990) to 57.4 % (2010). In the Tunkinskiy region the situation is better and can be related to the fact that the region is considered to be a republican health resort. However, the trend is the same: from 9.4 % in 1990 to 21.3 % in 2010.

The Djidinskiy region can be considered as a reflection not only of the Republic of Buryatia, but also for Russia as a whole. According to the statistical data, 13.2 % of the population had chronic diseases in 1990, and in 2010 – 41.7 %. This data shows a decrease in the population's health overall, an increase in chronic disease rate, and a decrease in healthy lifestyle and health culture.

Therefore, to achieve the goal, the survey was performed in 5 regions of Buryatia where the majority of the population is Buryatish. In each region 200 people were surveyed (a total of 1000). All of the respondents were Buryats, 54 % - female and 46 % - male. 10 % were between the ages 25-35, 20 % - 35-55 and 70 % were between 55-75 years old.

Table 1 shows that 30 % are university graduates, 60 % - high-school graduates and 10 % have secondary school education [4 s.232].

70 % of the respondents stated that health is a material value since the body is the subjected to diseases. 20 % stated that health is a cultural value since a healthy lifestyle leads to better health. 10 % stated that health is a social value since personal health is paramount for any society. Also, some respondents answered that present social level of life couldn't support a stable health level,

and create a health culture with a healthy lifestyle [5 s.302].

According to the data collected, which is reported in table 2, the majority of respondents answered (60-65 %) that the healthy/ill people ratio is 40/60, which reflects the average general health situation in modern society [6 s.87].

50 % of respondents answered that the health level depends on physiological characteristics, 50 % state that the health level depends on social conditions, quality of life and another socially important factors affecting the population's health.

The majority of respondents are sure that the formation of Buryats' health culture is dependent on the use of Tibetan medicine. It is known that Tibetan medicine is the science, art and philosophy that provide a general approach to the health. This is a science because its principles are listed in a systematic and logical structure based on the understanding of the body and its relationship to the environment. It is an art because it uses diagnostic methods proven over centu-

ries. It is a philosophy of human and environmental unity and co-interaction. It uses unique temple techniques of Tibetan medicine to change human perception and to provide physical recovery, fate, harmonization and karma. Each method used is effective and can help almost every sick person [7 s.68].

The sociological analysis of the current health level of Buryats the was performed in 5 regions of the Republic of Buryatia, allowed to formulate general recommendations to improve the health culture of Buryats, by implementing traditional cultural-health methods:

- Providing information to all categories of people about health and a healthy lifestyle, also positive and negative factors affecting health.
- Providing "education" to people regarding a healthy lifestyle based on traditional cultural-health systems.
- Providing recovery plans including the support of initiatives related to formation of a healthy lifestyle culture, based on customs and traditions.

This sociological research proves the as-

Age	25-35 y. o.	35-55 y.o.	55-75 y.o.
	10 %	20 %	70 %
Education	University	High-school	Secondary school
	30 %	60 %	10 %

Table 1: Educational Level

#	Region	10/90	20/80	30/70	40/60	50/50
1	Zakamenskiy	10	15	10	60	5
2	Ivolginskiy	10	15	10	65	
3	Selenginskiy	10	10	10	70	
4	Tunkinskiy	10	20	10	60	
5	Djidinskiy	10	10	15	65	

Table 2: Percentage of Ill/Healthy Ratio

sumption that in the traditional Buryatish culture regarding the unity of the body, the spirit and soul is still the axiom; that's why a human being is examined as an organic part of a society, nature and the universe. A similar approach is applied in the theory and the practice of recovery, which is the traditional health culture itself. Recovery is accomplished by establishing harmony between a human and society in the physical, psychological and spiritual components, which can be the basis of health culture and medical practice in the modern conditions [8 s.132].

In addition to this, the revival and sharing of Buryatish cultural and educational traditions, based on patriotic fundamentals and historical and cultural knowledge, brings a healing effect to the people and the society.

Hence, this analysis could prove that the Buryats' culture-based traditions were looked at through a prism, in either spirit-symbolic or culture-psychological context.

The results of this research also proved that the Buryats' physical culture traditions are connected to harmony of the body, the spirit and the soul; they interact with a person, the society and nature. This approach could be the basis of physical education in Buryatia, and it could decrease the effect of negative behaviors in modern sports [9 s.69].

Buryatish cultural and daily traditions, including rites, rituals and ceremonies, were closely connected to health and social security. They have a very strong meaning in the cultural aspect of human and social recovery, so they could and have to be used today based on the modern realities. In addition to this, the use of Tibetan medicine, which provides a holistic approach to health, based on the principles listed previously, gives the basis to create new laws for improving health culture [10 s.142].

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