

Original Article

The History of Ancient Greece and the Emergence of Medical Techniques in Greece

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Abstract:

Ancient Greek civilization is one of the most important milestones in human history, laying the primary foundations for the development of Western science, philosophy, art, politics, and culture. This article aims to comprehensively examine the historical journey of Ancient Greece from the early Minoan and Mycenaean civilizations, through the development of the polis in the Archaic period, to the peak of its intellectual glory in the Classical period. The method used in writing this article is a literature study with a historical-descriptive approach, through the analysis of historical sources, scientific works, and relevant academic literature. The results of the study indicate that Ancient Greek civilization developed gradually through the interaction of geographical conditions, socio-political dynamics, and the development of rational thought that replaced mythological explanations. The legacy of Ancient Greece is visible not only in the form of physical remains such as buildings and works of art, but also in abstract concepts such as democracy, philosophy, and science, which remain influential to this day. This article concludes that Ancient Greece provided an important foundation for the formation of modern civilization, particularly in the context of rational thought and human values.

Keywords: Ancient Greece, Minoans, Mycenae, Polis, Philosophy, Western Civilization.

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Introduction

Ancient Greek history holds a crucial position in the study of world history because this civilization served as one of the main foundations for the formation of Western civilization. Various aspects of modern life, such as democratic governance, rational philosophical thought, the development of science, and achievements in art and literature, are deeply rooted in the historical experiences of the Ancient Greeks. Therefore, understanding Ancient Greek history means not only studying a nation's

past but also tracing the origins of ideas and values that still influence human life today. Geographically, Ancient Greece was located in Southern Europe, consisting of a mainland, peninsulas, and thousands of islands scattered across the Aegean and Ionian Seas. Its mountainous terrain and limited agricultural land prevented Greek society from relying entirely on agriculture. Instead, they were encouraged to develop navigational skills, trade, and cross-regional interaction. This strategic geographic location made Greece a meeting point for various cultures from Asia, Africa, and Europe, enriching the social and intellectual dynamics of its people.

Ancient Greek civilization did not emerge suddenly, but rather through a long and gradual historical process. The early stages were marked by the development of the Minoan civilization on the island of Crete and the Mycenaean civilization on mainland Greece. These two civilizations provided a crucial foundation for the formation of subsequent Greek social structures, systems of government, and cultural traditions. Despite experiencing decline and a period of darkness, Greek society was able to recover by establishing city-states, or polis, which later became the main characteristic of Ancient Greek civilization.

The emergence of the polis marked a major shift in the political and social life of the Greek people. The polis was not only the center of government but also a space for the growth of citizen participation, law, education, and culture. From this emerged various systems of government, including democracy in Athens and the militaristic system in Sparta. This development culminated in the Archaic and Classical periods, when the Greeks excelled not only in politics but also in art, literature, philosophy, and science.

Against this background, this introductory section aims to provide an initial overview of the historical significance of Ancient Greece as a great civilization. Understanding the emergence, development, and legacy of Ancient Greece is expected to provide a strong foundation for further examining the dynamics of this civilization and its relevance to the development of the modern world.

Research Method

This research uses a qualitative approach with library research, as the object of study is the events and developments in Ancient Greek history, sourced from written data. The qualitative approach was chosen to enable researchers to understand and interpret the dynamics of Ancient Greek history, thought, and culture in depth and comprehensively, without focusing on quantitative measurements.

The data sources in this study consist of primary and secondary sources. Primary sources include classical works and their translations directly related to Ancient Greek civilization, such as the epics of Homer, the writings of Greek philosophers, and

historical records from classical historians. Meanwhile, secondary sources include history textbooks, scientific journal articles, and academic publications discussing the history, politics, society, and culture of Ancient Greece. The use of secondary sources aims to enrich perspectives and obtain academic interpretations relevant to contemporary historical studies.

Data collection techniques were carried out through systematic literature searches and reviews. Each source used was carefully read, then key points were noted related to the beginnings of Ancient Greek civilization, the development of the Minoan and Mycenaean civilizations, the emergence of the polis, and the Greek intellectual heritage during the Archaic and Classical periods. The collected data was then classified by theme and historical period to facilitate the analysis process.

Data analysis was conducted using a historical-descriptive approach and interpretive analysis. The historical approach was used to trace the events and development of Ancient Greek civilization chronologically, while the descriptive approach aimed to describe historical facts in a coherent and systematic manner. Interpretive analysis was used to understand the meaning and impact of various events and Ancient Greek thought on the subsequent development of civilization.

To ensure data validity, this study employed source triangulation techniques by comparing information from various sources. This method ensured that the data used was not merely a single or subjective source but underwent a cross-verification process. Through this research method, it is hoped that the results obtained will provide an accurate, in-depth, and scientifically accountable picture of Ancient Greek history.

Research Findings and Discussion

1. Geographical Conditions and Their Influence on the Early Development of Ancient Greek Civilization

The study shows that the geographical conditions of Ancient Greece played a crucial role in shaping the character of its civilization. Greece's territory, dominated by mountains, a long coastline, and the presence of numerous islands in the Aegean and Ionian Seas, limited agricultural land. This situation encouraged Greek society not to rely entirely on the agricultural sector but instead to develop shipping, maritime trade, and interregional relations. The sea became the primary means of mobility and cultural interaction. The Greeks viewed the sea as a link between regions, not a divider. Through sea routes, they interacted with other civilizations such as Egypt, Phoenicia, and Mesopotamia. These interactions enriched Ancient Greek knowledge, technology, and culture, while accelerating the development of their civilization.

2. Minoan Civilization as the Early Foundation of Ancient Greece

The study shows that the Minoan Civilization on the island of Crete was an early civilization that significantly influenced the formation of Ancient Greece. The Minoans developed as an advanced maritime civilization with a centralized government system, a trade-based economy, and a relatively peaceful cultural life. The existence of large palaces such as Knossos indicates a high level of social and administrative organization. In art and culture, the Minoans display strong characteristics, such as frescoes depicting nature and everyday life, as well as high-quality metalwork and pottery. Minoan beliefs, which emphasized the worship of a fertility goddess, also reflected a harmonious relationship between humans and nature. However, the collapse of this civilization around the 15th century BC demonstrated that its reliance on trade and internal stability was highly vulnerable to external disruptions and natural disasters.

3. Mycenaean Civilization and the Militaristic Tradition of Mainland Greece

The Mycenaean civilization emerged as a continuation and development of the Minoan civilization, but with distinct characteristics. Studies show that Mycenae developed as a more militaristic and hierarchical society. Mycenaean cities were protected by massive stone fortresses, demonstrating the importance of defense and military strength in social and political life. The Mycenaean system of government was a monarchy, with the king as the center of power. The existence of Linear B writing testifies to the existence of an organized administrative and bureaucratic system. Furthermore, the Mycenaean religion, which worshipped gods such as Zeus and Poseidon, became the forerunner of Classical Greek religion. The collapse of Mycenae around 1200 BC plunged Greece into a period of decline known as the Dark Ages, but also paved the way for the emergence of a new social order.

4. The Emergence of the Polis in the Archaic Period

Research shows that the rise of Greece after the Dark Ages was marked by the emergence of the polis as a distinctive form of political and social organization. The polis served not only as the center of government but also as a space for the formation of citizen identity. Each polis had its own legal system, traditions, and governmental structure, while maintaining a shared Greek culture. Athens and Sparta are the most prominent examples of the development of polis with contrasting systems. Athens progressed toward democracy through political reforms that expanded citizen participation, while Sparta emphasized a militaristic oligarchy with strict discipline. These differences demonstrate that Ancient Greece was not a homogeneous civilization, but rather comprised a variety of social and political models that evolved according to the local conditions of each polis.

5. Greek Colonization and the Spread of Culture

During the Archaic period, the Greeks undertook large-scale colonization of the Mediterranean and Black Sea regions. Studies show that this colonization was not only aimed at finding new lands but also at expanding trade networks and cultural influence. Greek colonies became centers for the spread of Greek language, art, government systems, and values to various regions. The colonization process strengthened Greece's identity as a cultural entity, despite its political fragmentation into numerous polises. Furthermore, colonization enriched Greek civilization through cultural exchange with local communities, which in turn spurred innovation in various fields.

6. The Classical Period as the Peak of Ancient Greek Civilization

Research shows that the Classical Period was the peak of Ancient Greek development, particularly in the intellectual, artistic, and scientific fields. During this period, the Greeks began to rely on reason and rationality to understand the world, replacing traditional mythological explanations. This gave rise to philosophy as a systematic pursuit of truth. Figures such as Socrates, Plato, and Aristotle played central roles in shaping the tradition of rational thought. Their thought not only influenced Greek society but also laid the foundation for the development of Western science and philosophy. Furthermore, art and architecture reached a level of aesthetic perfection, with an emphasis on proportion, balance, and ideal beauty.

7. The Legacy of Ancient Greece to World Civilization

The discussion of the research findings shows that the legacy of Ancient Greece is vast and long-lasting. The concepts of democracy, philosophy, logic, ethics, and a scientific approach to nature are major Greek contributions to the modern world. Furthermore, Greek literature, architecture, and scientific thought continue to be studied and referenced to this day. Thus, Ancient Greece is not only important as an object of historical study but also as a source of values and ideas that shape how modern humans understand the world. This legacy makes Ancient Greece one of the most influential civilizations in human history.

Conclusion

Based on the research results and discussion outlined above, it can be concluded that Ancient Greek civilization was one of the great civilizations that had a profound influence on the development of world history. This civilization did not emerge suddenly, but rather through a long process that began with the Minoan civilization on the island of Crete and the Mycenaean civilization on mainland Greece. These two early civilizations provided important foundations in the social, political, economic, and cultural fields, which then developed further in subsequent periods.

Greece's mountainous geography, surrounded by sea, encouraged its people to

develop maritime capabilities, trade, and interregional interaction. These geographical factors played a significant role in shaping the character of Greek society, which was open, dynamic, and adaptive to external influences. After experiencing decline during the Dark Ages, Greece was able to recover through the establishment of the polis, a distinctive form of political and social organization.

The Archaic and Classical periods were crucial phases in Ancient Greek history because they were during this time that various systems of government developed, including democracy in Athens and the militaristic system in Sparta. Furthermore, the Classical period saw extraordinary advances in philosophy, art, and science. The Greeks began to understand the world through a rational and systematic approach, giving rise to profound ideas that remain primary references in the Western intellectual tradition.

Overall, the history of Ancient Greece demonstrates that this civilization left behind not only physical remains such as buildings and works of art, but also a universal intellectual legacy. The concepts of democracy, philosophy, ethics, and science that developed in Ancient Greece became an important foundation for the formation of modern civilization and continue to influence human life to this day.

Recommendations

Based on these conclusions, it is recommended that the study of Ancient Greek history continue to develop through more in-depth research and diverse approaches. Future research could examine Ancient Greek history with an interdisciplinary approach, such as combining the perspectives of history, archeology, philosophy, and the social sciences, to achieve a more complete and comprehensive understanding.

Furthermore, studies are needed that focus more on the social life of Ancient Greek society, including the roles of women, slaves, and non-citizen groups, which often receive less attention in historical writing. This way, the picture of Ancient Greek civilization will not only focus on prominent figures and political elites but also reflect the life of society as a whole.

Finally, it is hoped that the results of the study of Ancient Greek history can be utilized in education as a relevant learning resource to instill the values of critical, rational, and democratic thinking. By understanding Ancient Greek history, the current generation can learn valuable lessons about the importance of knowledge, dialogue, and active participation in social and national life.

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