

CRITERIA FOR PSYCHOLOGICAL HEALTH OF THE PERSON

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Annotatsion

Our mental and physical health, interpersonal relationships depend on how we manage ourselves in these processes. In social relations, a person experiences various situations. It is extremely important that a person can control his activity in these processes. The article describes the need for a person to be able to psychologically protect himself in various processes in interpersonal relations and how to behave in these situations.

Key words.

Personality, health, attitude, individual, depression, stress, anxiety, situation, treatment, observation.

Наше психическое и физическое здоровье, межличностные отношения зависят от того, как мы управляем собой в этих процессах. В социальных отношениях человек переживает различные ситуации. Чрезвычайно важно, чтобы человек мог контролировать свою активность в этих процессах. В статье описывается необходимость умения человека психологически защитить себя в различных процессах межличностных отношений и способы поведения в этих ситуациях.

Ключевые слова. Личность, здоровье, отношение, индивидуум, депрессия, стресс, тревога, ситуация, лечение, наблюдение.

In the era of globalization, when talking about the psychological health of a person, its structure and norms of violation, it is necessary to have information about psychohygiene – the field of hygiene that develops and implements measures aimed at the maintenance and strengthening of mental health and its tasks. When some authors defined psychohygiene, they considered it not a hygiene field, but a field of psychiatry. Scientists N.D. Lakosin and G.K. Ushakov (1976) distinguished psychohygiene as an independent branch of medical sciences. According to scientist V.P. Petlenko and others (1997), psychohygiene is not only related to psychiatry, but is a complex science related to medical psychology, medical sociology, valeology. The subject's mental health problems in various life situations are the psychological health of the individual, which is slightly different from the intellect. A person comes into the world as an individual and from this period, his life is under the influence of certain social groups. Different social behavior by different people in different conditions causes mental discomfort. In such conditions, it is considered necessary for a person to pay serious attention to

his health depending on the situation. A person may be completely sufficient, but he will be sad, depressed, restless and experience a number of negative experiences. At the same time, a cheerful spirit, a wonderful mentality, and positive thoughts can be a constant companion.

A person's mental health is not only psychological, but also characterized by personal health, accurate assessment of the situation, correct actions, listening to oneself and others, being in a good mood, and positively solving life's problems.

Let's talk about the concept of "psychological health". This concept refers to the state of mental comfort in life and society in our daily life. People of different ages experience problems caused by psychological crisis in different life situations. In some people, these conditions cause poor physical health. According to scientists, it has been determined that 50% of diseases have a psychological basis, psychosomatics. Therefore, the question of what makes it possible to maintain the psychological health of people, especially students, pupils, parents and students, is extremely relevant today.

According to psychologists, the health of a person is his physical, mental and social well-being. Today, it is necessary to pay more attention to the psychological health and mental state of the person. The subject faces various difficulties in interpersonal relations in different conditions. How healthy the child is psychologically during the ontogeny depends on the healthy formation of the adult personality. During our observations, we witnessed that many parents and pedagogues of general education institutions are completely unaware of the psychological condition of the students. One of our main tasks today is to provide practical help to people who may have physical and mental problems in various circumstances and to provide psychological help to people who have not only psychological, but also physical problems, because positive thinking also improves the psychological well-being of a person.

According to Dubrovina, the basis of psychological health is complete mental development at all stages of ontogenesis. Psychological health is a lifelong education, it is natural for a person to constantly learn through the interaction of external and internal factors during his life, not only external factors can be refracted through internal factors, but also internal factors can change external effects¹.

A person's ability to manage himself in various life conditions, that is self-awareness, is of particular importance. One of the most important conditions for self-awareness is finding the right opinion about oneself. The fact that a person has reached the highest levels of self-awareness is the possession of high qualities of mental health. Physical and mental health of the subject is connected with his needs and is a holistic approach to health. Full information about the situations that occur in a person in different life conditions and his protection mechanisms is covered. Conflict situations in a person lead to the structure of the psyche, negative emotional states and situations (affect, beautification and despair) observed in

situations. Repression-denial of the existence of a cause for concern: that is open rejection of unfavorable information, cases of disagreement.

- Reaction: Conflict situations when they are against each other.
- Projection is the increasing search for external reasons for the situation in transferring one's own emotional experiences to external objects.
- Identification - impersonating the owner of the information, rejecting the values and uncritically absorbing them.
- Regression - psychological protection by restoring good and favorable events in memory and returning them in behavior.
- Isolation - avoiding oneself from the members of the society, trying not to inform others about the "very secret" changes in oneself, reducing the speed of the individual's activities in such cases.
- Rationalization is the emergence of protective instincts through thinking and reasoning.

In psychology, health is first of all a reflection of the human mind and thinking. Health, which is necessary for a person, the subject of research not only of medical science, but also of psychology. It was considered important to manage one's own mental state, to be able to manage the changes occurring in our mind by progressing in time, to adapt to different life situations. A person is always engaged in some kind of useful activity in society. Their relations are reflected in their production activities and relations between different social groups.

The ancient philosopher Democritus wrote to Hippocrates: "People pray to God for health, but they do not know that they themselves have the means to do it." It is necessary to feel the consistency of mental manifestations, that is, not only the body should be beautiful and healthy, but first of all, to harmonize the soul, it is necessary to feel their optimality. For the first time, V.M. Bekhterev spoke about the psychology of health. It is a struggle for healthy development.

One of the most important tasks is to manage oneself in different life situations, first of all, to educate a healthy soul. At the beginning of the new century, the problem of psychological health of the individual came to the fore. The conditions for the formation of health psychology began to be created in the 20s of the last century in Russia, the USA, and Western European countries to improve human mental health. Academician V. M. Bekhterev gave a speech at the second congress of Russian psychiatrists in Kiev in September 1905 and emphasized the role of mental health in human health and personal health.

Health psychology is a science of psychological causes, a set of methods and means of health care and strengthening. The goal of health psychology is to maintain, strengthen, and develop a person's mental health.

Goals of health psychology:

1. Level of psychological culture (psychological knowledge and activity).
2. Increasing the level of communication culture.
3. Self-awareness, creative and spiritual potential.

There are two main concepts in health psychology. Mental and emotional health. Mental health is an integral part of the medical approach in psychology. A healthy and well-rounded person is psychologically distinguished mainly by two features.

1. The main forms of manifestation of vital activity
2. Effective adaptation (Social psychological, Intropsychic)

Criteria for mental and psychological health.

Psychological health criteria (according to A. Ellis)

1. Personal interests. A healthy person puts his own interests above the interests of others.

2. Public interest. If a person does immoral work, he does not protect the interests of others.

A person's psychological health describes his personality. It is especially important to take care of the health of young people who are growing up and reaching adulthood. The following opinions of scientist I.K. Khairiev are extremely important. is the management of visible forces.

If you consciously own these forces in yourself, they will certainly help you to achieve your great goals. it is the result of being mothers and faithful spouses. In fact, we humans do not understand ourselves, we do not even try to understand ourselves. Maintaining the physical and psychological health of people of different ages, especially children and adolescents, should become one of the main tasks of parents and educational institutions.

When talking about the psychological health of a person, there is one aspect that we need to pay special attention to, which is the fact that most parents are responsible for the education of young people, especially the adolescent period. They do not recognize the young people who are working as individuals. As a result of this, mutual conflicts arise. In such a situation, parents, teachers, pedagogues, specialists working in the educational system must pay special attention to the formation of the personality.

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