

HEALTH IS A FACTOR PROVIDING THE HARMONIC PSYCHOLOGICAL DEVELOPMENT OF THIS PERSON

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ANNOTATION

The article examines topical problems of modern psychological science, in particular, one of the essential concepts "psychological health" directly related to the problem of ensuring the psychological health of a person. A scientific assessment of modern approaches to this problem is given, the main criteria for ensuring human psychological health are highlighted. Health is the first and most important need of a person, which determines his ability to work and ensure the harmonious development of the individual. This is the most important condition for knowing the world around, self-affirmation and achieving human happiness.

Keywords: psychological health, ability, problem, value, point of view, criterion, sociology, spirituality, psychology, lifestyle, psyche, soil, philosopher, doctor, prevention.

INTRODUCTION

"A healthy person is the greatest work of nature." This wisdom encourages people to think, to look at their past, to observe in the judge what they have done. Since man is also one of the "works" of nature, his health is directly related to nature. To do this, it is necessary to formulate in each person the concept that "nature is our space."

"There are a lot of great powers in the world, but in nature there is a greater power than man," Socrates said.

Leaving our native land clean and without confiscation to the future generation is both an obligation and a debt for every citizen. In the priority direction of the strategy of Action for the further development of Uzbekistan, the issue of social protection of its population and improvement of the health care system, implementation of targeted programs for the restoration of affordable housing, development of the sphere of education and science, improvement of the state policy on youth is reflected and the implementation of structural reforms

Health is the first and most important need of a person, which determines his ability to work and ensures the harmonious development of the individual. This is the most important condition for knowing the surrounding world, for self-affirmation and for achieving human happiness. Active longevity is an important term. At all times, for all the peoples of the world, physical and mental health was associated with the constant values of Man and society. Even in ancient times, doctors and philosophers understood him as the main condition for the free functioning of Man, His perfection. Serious health problems require changes in the usual way of life, superiority in the practice of relations with the outside world, loss of professional competence and, in general, forced correction of future plans. The health problem is a complex issue. The efforts of many scientific disciplines are aimed at studying it. One of the leading

among them rightfully belongs to the psychology of health care. Health psychology is a promising direction of knowledge that requires special training for psychologists.

The main groups of psychological factors associated with health include: independent (predisposing, cognitive, social factors, demographic variables) infectious (health-enhancing behavior) and motivators (disease-causing). Health definitions are described as a state of complete physical, mental, sexual and social well-being. For a long time it has been identified with health in general and mental health in general - if there are no objections in the work of the body, complaints and pains, strange behavior, if the disease is not noted, then we can talk about the health of our body and soul. In addition, the attention of medical practitioners and researchers is more focused on different manifestations of the disease than on the manifestation of Health. The new concept of health care, which uses undeniable positions, emphasizes the availability of resources in pathology and personality, was adopted by the World Health Organization (WHO) in 1946 year. Since then, Health is defined in a positive sense not only as the absence of diseases and physical defects, but also as a state of complete physical, mental and social well-being.

The generally accepted definition of Health Psychology has not yet appeared. Here are some ideas on this issue. It was created in 1978 year. J. of the Department of Health Psychology of the American Psychological Association Directed by Mattarazzo. He explains the essence of Health Psychology as follows. Health psychology is a set of specific educational, scientific and professional losses of psychology as a scientific sociopath for the promotion of health, prevention and treatment of diseases, identification of etiological and diagnostic correlators of health, detection of disorders associated with dysfunction, as well as analysis and improvement. The problem of mental health has attracted and attracted the attention of many researchers in various fields of Science and practice: doctors, psychologists, teachers, philosophers, sociologists, etc., there are many approaches to understanding and solving this problem. The term "mental health" is said to be related to a variety of negative factors and stresses associated with both bodily disorders or physical developmental defects, both those affecting the psyche and those associated with social conditions, included in the World Health Organization (WHO) expert's report on mental health and the psychological and social development of children (1979). First of all, it combines these two disciplines and two directions of practice - medical and psychological ties. In recent decades, two industries have emerged in the medical and psychological quarter. The first is Psychosomatic Medicine, which is based on the understanding that any somatic disorder is always associated with a change in mood. In some cases, mental disorders become the main cause of the disease, in other cases, they are the motivation that leads to the disorder of the psyche, sometimes the mental characteristics affect the development of the disease, and sometimes the physical disorders bring about mental experiences and psychological discomfort. Circumstances can be different, but the interaction of the "soul" and the body is recognized without words. Another direction is health psychology, which also recognizes the psychosomatic nature of illness and health. The concept of psychological health began to penetrate the psychological literature relatively recently. Almost in all psychological dictionaries, there is no term "mental health". In many children, at certain times, under the influence of certain situations, disturbances in the emotional sphere or behavior may occur. For example, there may be unreasonable fears, a violation of sleep, a

violation of nutrition, etc., usually these violations are temporary. In some children, they manifest themselves partially, and persistently and lead to social disorder. Such cases can be described as mental disorders. In several psychological studies, mental health is associated with the experience.

"Most of us often listen not to ourselves, but our father, our mother, the state structure, high officials, authorities, Customs, and so on." And the second component of mental health is the pursuit of humanistic values. Believed that a self-conscious person has such qualities as acceptance of others, autonomy, self-emergence, sensitivity to beauty, a sense of humor, altruism, a desire to improve humanity, and a tendency to creativity. The psychological aspect of mental health simply implies attention to the inner world of the child: his belief in himself, his abilities, his understanding of his abilities and interests, or insecurity; his attitude to people, the surrounding world, social events that are taking place, such attitude to life, etc.

Mental health is a state of mental well-being, a full-fledged psychological activity of a person, expressed by a cheerful mood, well-being and his activity. The basis of mental health is a full-fledged mental development at all stages of ontogenesis, the development of a high level of mental functions. Violations in the development of the intellectual abilities of a person interfere with the satisfaction of his need for knowledge, activity, communication, because the surrounding world, culture, nature of people and this state of deprivation will come to naught. Psychological health is characterized by a high level of personal health, understanding of oneself and others, the presence of ideas about the purpose and meaning of life, the ability to manage oneself (personal self-control), the ability to be in the right relationship with other people and himself, awareness of responsibility for one's own destiny and development. Psychological health is associated with the fact that a person finds a worthy place in a world that he knows and experiences from his point of view. It is determined by the values, meanings of life, with which relations harmonize, but not static: new problems are of interest, new experiences, their solution - the accumulation of new experiences and the further development of the individual, which leads to a deeper understanding of the meaning of life. The characteristics and conditions of psychological health are deeply examined in 27 works by the authors of various congresses within the framework of humanistic psychology. Let's define some features of the portrait of a psychologically healthy person. The point of view of representatives of humanistic psychology. A healthy person is aimed at harmonizing the relationship with his inner essence and sees it as the defining print of life (A. Maslau.K. Rodgers), he is distinguished by his devotion to some business, his favorite work and at the same time, creative perception of reality, a tendency to creative sympathize with everything (A. Maslau, E. Fromm), he seeks to establish a constructive, genuine relationship with others (K. Racers, E. Shastrom). Who specialists analyzed the results of numerous studies conducted in different countries, found that mental health disorders are more frequent in children who suffer from inadequate communication and their hostile attitude, as well as in children who grew up in conditions of family disagreement. The same study found that childhood mental health problems have two important characteristics:

- First, they represent only quantitative deviations from the normal process of mental development;

-The second is faced with problems in the features of coping with social relationships with adults.

The central problem of Health Psychology is health, strengthening and developing on the basis of its psychological component, when self-improvement in the unity of its mental, social and physical components becomes a real condition for the full disclosure of human potential, its self-realization. In health care, self-development, self-improvement, self-awareness and self-knowledge are considered as the main issue. Apparently, the main goal of Health Psychology is to improve a person in every possible way. The relevance of the problems of Health Psychology is determined by the development of the human psyche on its nervous system, general growth. The influx of information, the acceleration of the rhythm of life, the negative dynamics of individual relations (isolation, decline in the level of social support, national, property, religious disagreement)-all this as one of the factors of the development of various diseases, the formation of emotional stress. Life in conditions of uncertainty determines a mental and psychosomatic pathology. Protecting one's own health is everyone's direct duty, after all, often it happens that unhealthy lifestyle, bad habits, physical inactivity, excess weight until the age of 20-30 years, improper nutrition will bring itself to a destructive state, and only after that will remember medicine.

Health is the first and most important need of a person, which determines his ability to work and ensures the harmonious development of the individual. This is the most important condition for knowing the surrounding world, for self-defense and for achieving human happiness. Health is not only a state of physical, mental and social well-being, but also the absence of diseases and physical influences. So physical health is the natural state of a person due to the normal functioning of all its organs and systems; it depends on the motor system, proper nutrition, the optimal combination of oral and physical work.

Mental health is a state of well-being in which a person can realize his or her potential, overcome stress in life, work effectively and efficiently and contribute to the life of his or her community, as defined by the World Health Organization. This definition implies one important idea, if the physical state of Health is the health of material things, then mental health is the normal functioning of mental processes in a person, in fact. Thus, mental health is an indispensable characteristic of the full value of an individual's psychological activity. In modern science, the definition of mental health is closely related to the general concept of an individual and the implications of his development.

Psychology and medicine have different approaches to mental health and consider both normal and abnormal aspects. The model of traditional medicine considers mental health as a measure of the probability of developing a disease in psychoanalysis there is no such idea in the concept of Health; that is, each person acts as a carrier of a potential disease, the Balanced mode of operation of psychological defenses for his or her actual illness is hindered, and compensation in individual psychodynamics is characterized by a reduction in his or her social activities and through the understanding of equilibrium to determine the norm or health. It approaches the environment with the use of such criteria as adaptation to humanity, stability, success, productivity.

Modern theoretical, experimental and practical approaches in personality psychology and psychotherapy characterize mental health as a measure of the maturity, safety and activity of an individual's self-control abilities, the ability of a person to overcome.

For a more complete understanding of mental health, psychoanalysis founder Z. Let's briefly consider the study of Freud's psyche. Thus, during his research, Freud determined that the psyche was initially regressive. Regression is one of the most commonly used concepts in psychoanalysis, and its meaning is ambiguous. This is, first of all, the transition from the "secondary", conscious forms of mental activity to the primary, unconscious, instinctive form. Secondly, from complex - simplified, to return to child-thinking methods or obsolete, past stages of development. Thirdly, this is a vivid, interested desire to express the expressed content of the psyche, and not hidden, with the help of words, images, gestures. Freud defined such characteristics of the activity of the psyche: resistance, repression, transfer, etc. Mental health profiling programs have three main goals:

- 1) Prevention of mental disorders;
- 2) To soften their weight or reduce their duration;
- 3) To reduce their impact on working capacity.

Due to the fact that organic diseases are caused by a disease or injury, the direction of profilactic programs here is very clear. For example, it is known that encephalitis harms the central nervous system, scarlet fever in a pregnant woman has the same effect on the fetus. Measures to prevent this type of malfunctions are vaccination and ensure adequate nutrition for mothers and newborns.

Programs mental health professionals also deal with problems such as alcoholism, unfortunate events in production, and Prevention of lead poisoning. The causes of psychoogen or inorganic diseases are not so obvious. As a rule, they are the result of the interaction of constitutional and family influences, as well as environmental influences. Currently, the role of genetic factors is intensively studied, and with the help of genetic counseling it is possible to reduce the prevalence of certain types of disorders. However, they all agree that a child born with a healthy mind and physical heritage and brought up by mentally healthy parents has the best opportunity to grow up spiritually healthy. To be more precise, it is necessary to love a child, to perceive and respect him as an independent person, to take care of him and feed him, emotional and intellektual stimulation and protection. Trauma from severe stress associated with physical and emotional poverty, excessive hard parent or hard family life slows the child's mental maturity. It is important for the balance between what is allowed and what is controlled to develop, as well as for forms of community support such as good schools, opportunities to play and adequate housing. Taking into account the appropriate home and social conditions, the child reaches perfection with self-confidence and the ability to cope with difficulties in life. The school administration has been working out profiling programs to help parents and children of various social and religious groups in solving family problems. These programs primarily involve lectures and group discussions aimed at a better understanding of developmental psychology i.e. the hammer of educational character.

Mental health programs are especially useful for parents of children with certain emotional disorders, with physical defects or in unusual life situations. Studies have shown that low rates of schoolchildren among the children of poor or ethnic minority families may be associated with

inadequate nutrition and poor health, as they are emotionally and intellectually unstable with poor environment, financial situation, poor living conditions, racial prejudice and problems in family life lead to difficulties in educating the child, the Prevention of which is the task of internal politics The difficulty of the subject under discussion is that the term "health" in the mentality of the population is clearly related to medicine, its violation is associated with the mandatory treatment of the doctor, the Psychic, the seer and other traditional and alternative medicine. With mental health, it is usually addressed to specialists in psychiatry and psychotherapy. Unfortunately, so far, not all residents of our country (and many specialists in the field of human studies) have paid proper attention to the fact that socialization of personality does not adequately assess other forms of personality disorder - self-esteem, the emergence of levels of aspiration, the study of low self-esteem. Some people experience difficulties in various types of communication, others - the development of self-knowledge and self-development, in others-the development of destructive features of the personality (aggression, envy, etc.) and forms of behavior (suicide, asocial, various psychological dependencies) predominate. There are a lot of such examples. But all this is inherent not in the patient, but in an ordinary person, and this is not a psychiatrist, but a professional psychologist who can help a person in overcoming the difficulties that arise.

Modern psychology has a whole arsenal of techniques and technologies for psychological counseling, psychological therapy, psychological correction, and psychological diagnostics. It is precisely this circle of questions that, as we firmly believe in it, concerns psychology, and not medicine, it can be defined as psychological health, and not mental (medical approach). This formula of the problem is very important because it does not mean that the "patient" (refers to the search for a disease that needs to be treated with different drugs), but rather means a completely different approach to helping the "client" (those who need help to formulate motivation). the problem is that it helps to find the most ways, which correspond to the effective self-development of the individual, etc.). This approach leads to different criteria for psychological health. From these positions, it creates an opportunity for personal choice and autonomous development. Its implications include self-knowledge, ability to make future-oriented decisions, willingness to change and highlight alternatives, trends, the study and effective use of their resources, responsibility for the accepted choice, etc.

Even though mental health disorders have been studied very well so far, there is no clear belief that they can be found in the phenomena of an internal or external nature that produces them. Therefore, the reasons for the occurrence, i.e. the etiology of each disorder are presented only approximately. Today it is customary to mark the processes, events, and episodes that affect the changes in the human psyche and talk about its health and factors. The effects of factors can be different, positive and negative, the causes of which are understood as phenomena that lead to the disease. It is considered in the biological, psychological, and social categories that reflect the diversity of factors affecting mental health. The unity and interdependence of man with the environment help to understand the mountain of the solution to this situation.

Because biological, personal, and social factors play different roles in mental health problems and are not limited to pathogen effects, we can distinguish between several types:

- Favorable conditions for the development of pathology;
- Causes of mental disorders;

- Factors that support mental health.

In the first case, the conditions include a predisposing one, which increases a person's vulnerability to the development of the disease.

In the second case, we are talking about provoking factors, in which the emergence and dynamics of the disease are associated with events in a person's life.

In the third case, the supporting factors play the role of a specific stress buffer, which contributes to individual and social functioning

Sources that help with health, as well as overcome or weaken difficulties, include a healthy lifestyle.

A healthy lifestyle is one of the most important Biosocial categories in which a person embodies ideas about a certain type (type) of life. It includes the peculiarities of a person's everyday life, his labor activity, his daily life, the forms of his leisure use, the satisfaction of material and spiritual needs, participation in social life, norms and rules of conduct. In turn, the main factors that determine the lifestyle of a person include the following.

- The level of the general culture of a person and his education;
- Material living conditions;
- Gender, age and constitutional features of the individual;
- Health status;
- The nature of the ecological habitat;
- Features of labor activity (profession);
- Characteristics of family relations and family education;
- Human habits;
- Ability to meet biological and social needs.

Lifestyle is a feature of the behavior of a person's life, that is, a certain standard (socio-psychological category) by which human psychology and psychophysiology are adapted.

The basis of a healthy lifestyle is the choice of lifestyle the person's lifestyle should correspond to his constitution. The human constitution is a product of the genetic potential of an organism.

The Constitution is always individual: the more people there are, the more lifestyle there is.

The basic principles of a healthy lifestyle include;

- social: lifestyle should be aesthetic, moral and willful;
- biological: lifestyle should be age-related, energetic, robust and rhythmic.

Lead a healthy lifestyle should include the following;

- Striving for physical perfection;
- Achieve spiritual, mental harmony in life;
- Ensure good nutrition
- The exclusion of self-destructive behavior from life (tobacco smoking, alcoholism, drug addiction, physical inactivity, etc.);
- compliance with the rules of personal hygiene; hardening of the body and its cleaning and so on. As a system, the way of life consists of three main interrelated and variable elements, Three Cultures:

1. Eating culture;
2. Culture of movement;
3. Culture of feelings.

Nutrition is one of the important factors, the effectiveness of which depends on the health and performance of the body, because it performs energy, plastic, bioregulatory and endurance functions. It provides for the construction and continuous renewal of cells, tissues and organs, as well as the creation of biologically active substances - regulators and catalysts of biochemical processes, from which substances and hormones are formed, and also increases the body's resistance to various infections due to normal physical and mental development, the formation of the immune system. The main nutrients necessary for the vital activity of the body are proteins, fats, carbohydrates, minerals, vitamins and water. The lack or lack of any of them leads to dysfunction of the body.

Proteins serve as a material for the formation of most hormones, which are part of the structure of cells, tissues and organs, ferments and compounds that provide the body's immunity to infections.

Nutrition of a person should meet certain hygiene requirements, be optimal in terms of quantity (corresponding to energy consumption), balanced and varied. Personal hygiene is important in maintaining health. Failure to comply with the elements of personal hygiene by a person can affect the health of other people - family members, neighbors, the community in which it is located. Such a person can come up with a wide spread of infectious diseases, for example, influenza, catarrh of the upper respiratory tract, dysentery, tuberculosis, etc. One of the requirements for personal hygiene is skin care. Microorganisms (bacteria and fungi) settle on Dirty Skin in large quantities, which leads to the appearance and development of pustular and fungal diseases. As a result of clogging of the excretory channels of the sweat and sebaceous glands, their normal activity is disrupted, skin breathing decreases. Especially under the nails accumulate a lot of bacteria (about 95% of their total amount is on the skin of the hands). Therefore, it is very important to properly care for nails and thoroughly wash the subungual areas with soap and a brush. Hair care is carried out by washing them with warm soft water and a minimum of alkaline soap. The rules of personal hygiene for oral care include rinsing after each meal, as well as special dental care. Personal hygiene also includes issues of sexual Hygiene, Home Hygiene. -it is necessary to maintain cleanliness in the house, to keep clothes, bed linen, shoes and bedding tidy, to create normal conditions for sleep and rest.

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