

PSYCHOLOGICAL INTERPRETATION OF TEACHER'S SOCIAL HEALTH CHARACTERISTICS

Abayev Abduvohid Abdulxamidovich
Teacher of Andijan State University
akbarovakbar865@gmail.com

ABSTRACT

In this article, the psychological interpretation of the characteristics of social health of a person, the concept of health, signs of social health, issues of social health are covered.

Keywords: Personal health, health, social health, teacher's social health, signs of social health

INTRODUCTION

In the modern conditions of modernization of society, the demands for full social activity, optimal performance and professional longevity of citizens are increasing.

This, in turn, emphasizes the need to improve work on social-psychological support of personal health and makes the scientific development of the problem of human social health a priority. Health is a state in which the human body and all its organs are fully capable of performing their functions, and the absence of disease. This concept covers three structural features of health: physical, mental and social.

Social health is determined on the basis of moral principles that form the basis of human social life, that is, it is the life activity of a person in a certain society. These qualities, first of all, mean that a person's attitude to work actively opposes behaviors and habits that are contrary to morality and lifestyle.

According to the regulations of the World Health Organization, "health is not only the absence of disease and physical defects, but also a state of complete physical, mental and social well-being.

Social health is the state of the body that determines a person's ability to communicate with society. Human health is a qualitative indicator, which includes quantitative parameters: anthropometric (height, weight, chest size, geometric shape of organs and tissues); physical (heart rate, arterial blood pressure, body temperature); biochemical (amount of chemical elements, erythrocytes, leukocytes, hormones, etc. in the body); consists of biological (intestinal flora composition, presence of viral and infectious diseases) and others.

What is public health and how to promote it?

You can feel true happiness only when you are healthy. Health, in turn, implies not only physical and emotional well-being, but also the ability to build relationships, and also occupies an important place in society.

Common health symptoms include:

- ability to balance social and personal time;
- communicating with others in society;
- maintaining strong relationships with family and friends;
- quick adaptation to different social situations;
- the ability to maintain oneself regardless of the situation;

- treating other people with respect;
- clear formation of personal boundaries;
- enjoy life.

A person's social health is formed throughout life and is influenced by many factors, both physiological, psychological and social.

Despite significant progress in the development of the problem of human social health, many aspects of it require further study. Modern ideas about the nature and methods of ensuring health, depending on the social level, have not yet found their solution and cannot be considered satisfactory in general

(V.A. Ananyev, 1998; G.S. Nikiforov, 2002; etc.).

It is possible to talk about the contradiction between the practical requirement to improve work on the social-psychological provision of human social health and the insufficient scientific basis of criteria for the development of individual social health.

Due to the versatility of scientific consideration of the concept of "social health", researchers distinguish philosophical, sociological, pedagogical, psychological and other aspects. In this regard, it is not without reason that representatives of various scientific specialties turn to the study of the phenomenon of social health.

The peculiarity of the sociological understanding of social health is, firstly, considering this phenomenon in the "individual-society" system, and secondly, it is a "complex social phenomenon that occurs during the interaction of individual health society" with the individual and the social environment, and this reflects the level of interaction"

A normal type of relationship between a person and the environment can be considered as a relationship that is able to meet its needs without destroying or fundamentally deforming the society, while adapting to the structures of society. Inclusion in the environment should be subordinated to the task of real self-realization of a person. Excessive immersion in one of the environments makes a person one-sided, his field of self-awareness narrows. An alternative to full inclusion, which leads to depersonalization, can be partial inclusion, which provides more opportunities for deep self-awareness. Dominance of the environment over man is equally bad for social health as is the dominance of man over the environment. Therefore, it is important and necessary to achieve their harmony.

Many researchers agree that social health is manifested, first of all, in the behavior of people, in their social activity, in their active attitude to the world, in ensuring mutual adaptation and development of the individual and society. It is the behavior that is the first indicator of a person's social health norm or anomaly. The main mechanisms of social health formation of a person are the processes of social adaptation, socialization, culture and social education.

The effectiveness of the inclusion of a person in the social environment determines the level of his social health [71, B.310]. A person's social health is the result of the combined effect of many conditions: professional, educational, inclusion in the family environment, material support, physical health, etc.

T.B. Sokolova understands the term "social health" as a person's level of comfort in the environment, including emotional -emotional sphere and spiritual and moral health. He believes that social health can be viewed and studied from the perspective of society (the level

of participation of an individual in social relations) and the individual (satisfaction with these relations).

This point of view allows us to distinguish two criteria of social health: objective - the characteristics of a person's participation in social contacts and relationships, and subjective - self-evaluation of these contacts and relationships. Such criteria have a high level of generality, which causes difficulties in their practical use.

A sociological approach to the problem of human social health is presented in the work of L. V. Kolpina. In accordance with the classification of the levels of social reality accepted in sociology, he speaks about the possibility of micro, meso and macrosocial analysis of the social health of the individual. At the 1st micro level of social reality, social status is determined by the position of a person in interpersonal relations (status within a group), at the meso level - in microgroups (professional and social status), at the macro level.

Social health is achieved as a result of the interaction of subjective and objective factors. The subjective factor of social health is determined by the readiness of a person to influence the social situation and life in general, to actively determine his place and purpose in it by renewing his potential and realizing the resources provided by society.

The specificity of the analysis of social health in psychological concepts is mainly related to a person's ability to carry out interpersonal interaction, his social adaptation and social self-awareness. Social adaptation, self-realization of the individual, social and creative activity, and activity determined by the idea of the individual's own mission are independent structural elements (components) of social health.

The social form of the existence and development of a healthy person is social interaction. People with any mental or personality developmental disorder are at risk of developing anomie in the social aspect of their health. It is the behavior that is the first indicator of a person's social health norm or anomaly. The level of freedom of behavior largely depends on the level of awareness of the existing social conditions of a person, his ability to choose and determine the line of behavior that is in line with personal and public interests.

The social component of human health is also studied within the framework of the new scientific direction "Health Psychology". G.S. Nikiforov emphasizes the main focus of social health - the full performance of social functions. Social health itself is defined as "the quantity and quality of an individual's interpersonal relationships, the level of his participation in community life."

Social health is manifested in the following characteristics: adequate perception of social reality; interest in the surrounding world; adaptation to the physical and social environment (equilibrium); pay attention to socially useful work; consumer culture; altruism; sympathy; accountability to others; dedication; democracy in behavior. All these characteristics reflect the specific characteristics of social health.

The current task of social health problems is not only to reveal its substantive identity, but also to assess its status, which is implemented in one way or another in different criterion approaches. G.S. According to Nikiforova: "Determining the content and revealing the content of the criteria of mental and social health is one of the main issues."

"A teacher - says Al Farabi - must have intelligence, a beautiful speech, and be able to fully and clearly express the thoughts he wants to convey to the students." He continued his opinion:

"The task of a teacher and leader is similar to the task of a wise head of state, so the teacher should remember everything he heard and saw, have intelligence, beautiful speech, he should know how to fully and clearly express his thoughts to the teachers. At the same time, he should value his dignity and be fair. Only then will he have a high level of humanity and reach the peak of happiness."

A modern teacher performs a number of tasks. The teacher is the organizer of the learning process in the classroom. The teacher is one of the sources of knowledge for the students during the lessons, in extra lessons and also in extracurricular situations. Many teachers perform the role of class leader and are considered to be the organizers of the educational process.

The demands placed on the teacher by the society, various social expectations, the individuality of the pedagogue, and his subjective readiness to respond to such demands indicate the readiness of a particular teacher for pedagogical activity.

Independent knowledge acquisition and professional development of the teacher is one of the necessary conditions for increasing the effectiveness of pedagogical activities. Eastern thinkers very convincingly said that a teacher can be a teacher only if he studies, and if he stops studying, then teaching will die. All teachers should know this fact, regardless of their age, pedagogical skills, and how they teach.

Communication is an important condition of human life and activity. It is through communication that people have the opportunity to master their nature and work together to satisfy their individual needs. In the process of communication, certain images and models of human behavior are formed, and later they enter into a person. A person's thinking, the ability to analyze and evaluate the world and his image is formed in the process of communication. E. Melibruda, a Polish psychologist who made a comprehensive assessment of this problem, says: "Communication is as important as air for us in interpersonal relations." Communication is the interaction of subjects through the sign system.

Human society cannot exist without communication. It is subjective relations that form a community of individuals working together. In order to create a plan of cooperation and to implement it, it is necessary to have mutual relations between individuals. Collaborative activities are organized and implemented through communication. At the same time, during the activity, new relations and connections are formed between people.

So, communication and activity are closely related. Communication can only be done between people. The importance of communication in human life is immeasurable. A human child becomes a person in the process of communicating and interacting with others. Through mutual subjective relations, a person acquires social experience and culture.

The teacher should be a social psychologist and should be able to establish mutual relations between students and know how to use social-psychological mechanisms in the children's group. The demands placed on the teacher by the society, various social expectations, the individuality of the pedagogue, and his subjective readiness to respond to such demands indicate the readiness of a particular teacher for pedagogical activity.

A teacher cannot be a social psychologist. That is why it is necessary to be able to establish mutual relations between students, to know how to use socio-psychological mechanisms in a group of children.

REFERENCES

1. Karimova V.M. Social psychology. Textbook. Tashkent 2007
2. Anisimov A.I. Psikhologicheskaya otsenka sotsialnogo zdorovya uchiteley / A.I: Anisimov // Vestnik psichoterapii. - 2010.
3. Baykova L.A. Sotsialnoe zdorove lichnosti 2004.
4. Vasileva O.S. Psychology zdorovya cheloveka: etalony, predstavleniya, ustanovki: Ucheb, posobie dlya stud. higher ucheb, zavedeniy / O.S. Vasileva, F.R. Filatov. - M.: ITs Academy, 2001.
5. Gurvich I.N. Social psychology of health / I.N. Gurvich; [Ros. academician, scientist, In-t sociologist and dr.]. - SPb.: C.-Peterb. un-t, 1999.