

PSYCHOLOGICAL CONCEPT OF HEALTH AND "NORM"

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Annotation

In this article we talked about psychological health, mental health, the concepts of “harmony”, “norm”, common sense and morality, adaptability to social life, personal optimism, emotional, interpersonal relationships.

Keywords: covert management technology, information flow, victim of manipulation, family and society, market relations, general cultural value, monocultural.

Introduction

The difference between psychological health and physical health is that mental health is mainly related to individual mental processes and mechanisms, while psychological health refers to the individual as a whole and allows us to distinguish the psychological side of the mental health problem as opposed to medical. As we all know, World Mental Health Day has been celebrated every year since 1992 on October 10. The term “psychological health” was introduced into the scientific dictionary by Dubrovina, who believes that psychological health is a necessary condition for the full functioning and development of a person throughout his life [2, p. 27]. The book "Mental Health of Children and Adolescents" describes the specifics of psychological health as follows: "If, in our view, the term" mental health "refers primarily to individual mental processes and mechanisms, then the term" mental health "refers to the individual [1, 36- b]. The results of Juett's study of the psychological characteristics of people who successfully lived to the age of 80-90 showed that they are all characterized by the following qualities: optimism, emotional calm, ability to rejoice, self-sufficiency and ability to adapt to difficult living conditions. If we create a generalized psychological portrait of a psychologically healthy person, we can see a person who is spontaneous, creative, cheerful, open, able to inspire himself and the person around him not only with intelligence, but also with emotions, intuition. He fully understands himself and at the same time recognizes the dignity and uniqueness of the people around him. He is constantly evolving and contributing to the development of other people as well. Such a person has always claimed to be responsible for his own life and learns a lesson from the inconveniences of life. His life is full of meaning. This person lives in harmony with himself and the world around him. Thus, we can say that the word “harmony” is a key word to describe psychological health. It is a harmony between different aspects:

emotional and intellectual, physical and mental. The criterion for determining the mental and psychological health of any person is the concept of "norm", but it is mainly associated with the socio-cultural characteristics of a particular society, customs and its foundations, the characteristics of professional activity, as well as situations in which a person often manifests himself. determined. For example; a highly trained military fighter is an almost ideal fighter on the battlefield at any time, in a trance state, but in other cases it is difficult to call his behavior normal. Anxiety and indifference pathology can manifest itself in one's profession, but outside of work it can at least seem strange and incomprehensible to others. This is more commonly called deformation in psychology.

The principle includes: 1. Aql-idrok. Good mental ability, effective thinking, the desire to find the most optimal way based on factual evidence. Knowing your own strengths, achieving the goal in a planned, step-by-step manner, without excessive difficulty. Improving skills, the presence of imagination. 2. Moral image: sensitive person, activity, spiritual maturity. Fairness, objectivity, relying on one's own decision. Don't take it as a law, even if the opinion of those around you is important. Strong will, but not stubbornness. Ability to admit mistakes. 3. Be able to adapt to social life and easily communicate with people of all ages and social backgrounds. A sense of responsibility and positive attitude towards any person, regardless of their social status in life, is the norm of social distance. Spontaneity of emotional-behavioral reactions. 4. Personal optimism, politeness, independent character. Realism, not fear of danger. 5. Sensitivity: overconfidence and skepticism. Freshness of feeling. 6. Interpersonal relationships: respect for the partner, taking into account his wishes and opinions. In conclusion, we can say that the concept of "norm" is characterized by a balance between reality and adaptation to it, the ability to express themselves in harmony and self-improvement, a sense of responsibility, activity and sufficient mental capacity. The norm is the ability to accept life's challenges with an open face and overcome it. Mental health declines more often after the age of 75 to 80 (not all), in some cases even earlier, with the onset of illness or age. Mental health is a dynamic, not a static concept. Numerous studies show that mental health modalities have reduced the number of patients admitted to general medical facilities [3, p. 193].

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