

## THEORETICAL STUDY OF MENTAL HEALTH PROBLEMS IN PRESCHOOL CHILDREN

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### Annotation

The article describes the psychological health of the children of the preschool educational organization and their problems.

**Keywords:** article, child mental health, program, problem, essence, psychological characteristic, concept.

### INTRODUCTION

The encyclopedic dictionary of medical terms does not have the term "mental health", but the term "health" does. It is worth noting that this term means not only the absence of disease and physical defects, but also a state of complete mental, physical and social well-being. The term "mental health" is widely used in specialized medical literature and medical practice. At the same time, the state of mental health is explained by the conditions of psychosocial development of children. We see that the unity of medicine and psychology mentioned above already includes sociology - its science and practice. A brief dictionary of sociology gives a detailed definition of the term "public health", that is: 1) a condition opposite to a disease, the completeness of a person's vital manifestations; 2) not only the absence of disease and physical defects, but also a state of complete physical, spiritual and social well-being; 3) the natural state of the organism, its balance with the environment and the absence of any disease state; 4) the condition of the optimal life of the subject (individual and social community), the existence of necessary conditions and conditions for comprehensive and long-term activity in the fields of social practice; 5) quantitative and qualitative characteristics of human life and the state of the social community. Many authors do not share the concepts of psychological and mental health of a person and use them as synonyms. However, in some studies, psychological health of a person, unlike mental health, is related to personal characteristics and combines all aspects of a person's inner world and ways of its external manifestation into a whole, i.e. . the term "mental health" is a narrowing of the term "mental health" and is interpreted as an important component of a person's social well-being on the one hand, and his vitality on the other. In the future, we will use the terms "mental health" and "psychological health" as synonyms. The health of a person is characterized by vitality, a sense of life, comprehensive and long-term social activity, the completeness of manifestation of the harmony of personal development. The average individual norms of people, especially children, depend to a large extent on the social essence of a person. By mobilizing experience and scientific achievements, man can ensure

the optimal implementation of genetic information. There are many transitions between health and disease. Diagnosing early shifts before the development of a clear pathological process is possible only with proper guidance on normal health indicators. We must not forget that mental health is important and sometimes decisive for a person as the basis of his social activity and physical life. Modern science, based on the works of famous Soviet scientists I. M. Sechenov, I. P. Pavlov, A. A. Ukhtomsky, V. M. Bekhterev and their students, confirms the unity of somatic and mental unity in a person. Physical health and mental health are inseparable and interrelated. This is expressed in the proverb "Healthy mind in a healthy body". At the same time, a healthy mind usually means a person's ability to perform full-fledged activities. But while accurately reflecting the unity of body and soul, the proverb does not so clearly emphasize the health of the body. There are many examples of how a healthy mind, a strong spirit subjugates a weak body and ensures its health. Born as a sickly child, the great Russian general A. Suvorov developed extraordinary physical endurance as a result of conscious hardening of his body and strict discipline, which made him endure the hardships of military service and set an example for soldiers. allowed. This allowed Bernard Shaw to say: "A healthy body is the product of a healthy mind." All these factors force us to carefully consider the role of the psyche in ensuring human health and functioning. The association of somatic diseases with nervous diseases has been observed by clinicians for a long time. Neurologist M. I. Astvatsurov noted that people prone to fear, internal tension, often have heart diseases, those prone to anger - liver diseases, people with a low mood, apathy - stomach and intestinal diseases. Factors influencing the psychological state of preschool and preschool children. In the psychological literature, the factors affecting the child's psychological health have been separately identified and analyzed in depth. Most of these factors are socio-psychological, socio-cultural and socio-economic in nature. The socio-cultural nature of the factors that have a negative impact on psychological health is related to the acceleration of the pace of modern life, lack of time, insufficient conditions for emotional stress relief and rest. The consequence of this is the excessive work load of parents, their neuroticism, the emergence of many personal problems, the ways of solving personal internal conflicts, and insufficient awareness of the possibilities of psychological and psychotherapeutic help. Such personal imbalance of parents is reflected in the development of children and has a negative effect on their psyche. The emotional environment in the family and the psychological state of its members are also influenced by socio-economic factors, including A.I. Zakharov highlights issues such as unsatisfactory living conditions, parents' employment, mother's early departure for work, and placement of the child in a kindergarten. Placing children in pre-school institutions at an early age (under 3 years old) or engaging a nanny to raise them is a strong psychotraumatic event, because such children are not yet ready to be separated from their mothers. In the conditions of normal emotional communication between the child and his mother, by the age of three, the sense of "I" appears in children, i.e. the perception of oneself as a separate person, the feeling of dependence on parents gradually decreases. In small children, frequent and long separation from the mother increases the need for contact, which can lead to the appearance

of neurotic reactions. On average, it is only at the age of three that a child develops a desire to "separate" from his mother and become more independent. In addition, at this age there is already a strong need to communicate with peers, in joint games with other children. Therefore, a three-year-old child can be placed in a kindergarten without endangering his mental health. Experts say that the child's subjective condition is directly related to his environment. Experts of the World Health Organization (WHO) based on the analysis of studies conducted in different countries of the world, according to their conclusions, mental illnesses are more common in children who live in unbalanced relationships with adults. The same studies have shown that the majority of childhood mental health disorders have two characteristics: firstly, they represent only quantitative deviations from the normal process of mental development, and secondly, many of their manifestations can be seen as reactions to traumatic situations. Socio-psychological factors affecting children's psychological health include, first of all, the imbalance of family relationships and the imbalance of family upbringing or disorders in the field of child-parent relations. The problem of marriage and child-parent relations is given a lot of attention in domestic and foreign literature. The causes and nature of conflicts within the family are highlighted, ways of their correction are considered. Let's try to look at unbalanced family relations from the child's point of view, from the point of view of the impact of such relations on the psychological health of preschool children.

Once again, we emphasize that even age is characterized by close emotional attachment of the child to his parents, not in the form of dependence on them, but in the form of the need for love, respect and recognition. At this age, the child still cannot act well in subtle aspects of interpersonal communication, cannot understand the reasons for conflicts between parents, does not have tools to express his feelings and experiences. Therefore, firstly, often a quarrel between parents is perceived by the child as an alarming event, a dangerous situation, and secondly, it is bad, does not live up to the parents' expectations and does not deserve their love.

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