

## CRITERIA FOR MENTAL HEALTH IN CHILDREN AND ITS MAINTENANCE

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### Annotation:

The article describes the criteria for ensuring children's health, the opinions of scientists, and the carried out program works.

**Keywords:** child, health, education, activity, necessity, stage, education, level, teacher, goal.

### INTRODUCTION

Currently, during the revision and reform of the modern Russian education system, special attention is paid to the problem of the child's development. This interest is not accidental, because intensive moral development takes place in preschool age, the foundations of physical, mental and social health are laid. The future of the child, his mental and physical well-being depends on the conditions of preschool childhood. It is also "aimed at solving the following tasks: to protect and strengthen the physical and mental health of children, including their emotional well-being..." It is also stated in the Federal State Educational Standard for Education. The following foreign and domestic teachers and psychologists dealt with the problem of studying the mental health of preschool children: V. G. Alyamovskaya, G. Ammon, E. Bern, I. V. Dubrovina, A. I. Zakharov, Ya. L. Kolominsky, Z. P. Krasnoshlyk, M. I. Lisina, G. S. Nikiforov, S. B. Semychev, E. A. Kharitonova, etc. Currently, there is no single definition of "mental health" in science. It is vague and seems to connect two sciences and two fields of knowledge - psychology and medicine. For example, the famous psychiatrist G. Ammon wrote: "Mental health should be understood not only as static well-being, but as a dynamically developing phenomenon. To be mentally healthy means to be able to develop" . Mental health, as described by O. V. Khukhlaeva, is an integral element of health in general, "the dynamic balance of the person with the environment and social includes a set of mental characteristics that ensure the ability to perform functions" . Definitions of the criterion of mental health in science, determining the nature and indicators of the healthy psyche of an older preschool child There is a wide difference between. Thus, for example, V. G. Alyamovskaya in her works names the following symptoms of mental health disorders: "unreasonable anger; hostility; increased anxiety; decreased cognitive activity; passivity, loss of self-confidence, loss of one's abilities". Thus,

based on a theoretical analysis of scientific literature, we identified the following criteria for the mental health of older preschool children : cognitive activity; level of manifestation of aggressive behavior; presence or absence of anxiety; self-esteem of a preschool child. The criterion of "cognitive activity" is multi-component and depends on its structure special attention should be paid to the fact that it is more complicated. A necessary condition for maintaining and strengthening the psychological health of children is the psychological culture of teachers of preschool educational institutions - both at the stage of preparing students for future professional activities, and at the stage of post-university education and self-education. is to achieve. In order to increase the level of professional psychological culture of teachers, a special course program "Child's psychological health and its strengthening in preschool educational institutions" was developed and implemented at the MOIRO base for teachers of preschool educational institutions. The novelty of the program consists in determining the priority of preventive work, ensuring the safety of psychological health in the field of education, considering the involvement of teachers in professional psychological culture as a necessary condition for maintaining and strengthening the psychological health of children. The special course consists of the following main sections: "Psychological health: essence, structure, levels", "Psychological health factors in preschool children and its risks", "Main methods and means of maintaining and strengthening psychological health of children. preschool educational institution" , "Interaction of preschool educational institutions with students' families in the interests of children's psychological health.

During the students' work on the special course, the following tasks were carried out: improving the skills of teachers in the field of psychological health of the child and its formation; to help students value this type of health and increase their awareness of participation in it. Also, in the methodical association of deputy heads in the Frunzensky district of Minsk, a system of working with deputy heads was introduced in the form of a seminar with training elements "Psychological health of subjects of pedagogical interaction". As a result of the seminars, the following tasks were carried out: to improve the psychological culture of the deputy heads of the main activities, to develop and introduce a work system for determining the level of psychological health of children and teachers, to strengthen it, as well as to study and optimization of interpersonal relationships in the preschool group as the most important condition for psychological health. The concept of "psychological health" is actively used in modern psychology, but today there is no unified position on defining the essence of this concept. An experimental study established a close relationship between interpersonal relationships with peers and psychological health of children. Preschool children with a high sociometric status and a high level of satisfaction with interpersonal relationships with peers, accepted by most peers in joint activities, rated as friendly by them, mainly correspond to a high level of emotional well-being, lack of concentration. The majority of children with low sociometric status, who are not accepted by their peers in joint activities and who have a low level of satisfaction with relationships that are not friendly to them, are characterized by a lack of emotional well-being, security, etc. Interpersonal

relationships with peers and emotional well-being were more closely related in kindergarten groups than in children's home groups, which is explained by higher emotional saturation compared to preschool children's relationships in kindergarten, and tension in the children's home. The results of experiential learning formed the basis of the system of working with pedagogues of preschool educational institutions, which was developed and implemented. In order to improve the qualifications of teachers in the field of children's psychological health, a special course program "Child's psychological health and strengthening it in a preschool educational institution" was developed and is being implemented on the basis of MOIRO. The novelty of the program is to determine the priority of preventive work, to ensure the safety of psychological health in the field of education, to consider the involvement of participants in pedagogical interaction with psychological culture as necessary conditions for maintaining and strengthening the psychological health of children. The results of the experimental research became the basis for the development and implementation of a system of working with deputy leaders on the main activities aimed at increasing the powers of teachers in the field of psychological health and its formation, increasing the level of psychological culture of children.

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