

## THE HARMONY OF SOCIAL RELATIONS AND PSYCHOLOGICAL HEALTH

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### Annotation:

In the article, I. Brehmen's thoughts and opinions on the harmony of social relations and psychological health, health psychology in the 21st century, in ensuring the stability of personal health, social psychological factors, the person himself, the self that surrounds him similar people, paying more attention to the interaction between them. For example, one of these social psychological factors is the family and its environment, the rules of interaction and related skills of the members of the family, in our conditions, apart from the family, our close relatives, neighbors It is explained in detail that it played a big role in our relations with

**Keywords:** social relations, psychological health, person, field, research, health, interpersonal relations, harmony, quality, physical.

### Introduction

According to the results of research conducted in the field of psychology, we can see that the psychological health of individuals is closely related to social relations, that is, interpersonal relations. I. I. Brekhman emphasizes that health is not the absence of diseases, but physical, social and psychological harmony of a person, friendly relations with other people, nature and oneself. According to him, "human health is the ability to maintain the age-appropriate stability of the three sources of sensory, verbal and structural information in the face of sudden changes in quantitative and qualitative indicators." Understanding health as a state of equilibrium, the balance between human adaptability (health potential) and constantly changing environmental conditions was developed by academician V.P. Petlenko (1997) suggested.<sup>1</sup>

In understanding the relationship between I. I. Dubrovina's "mental health" and "mental health" phenomena, I. I. Khukhlaeva thus includes the second phenomenon in the first, that is, the psychological-pedagogical and social-psychological state. health aspects - in its medical and psychological "frame". In our opinion, such a review is not legitimate. Considering the central concept (high - creative, medium - flexible, low - harmful or assimilation-adaptive) of mental health, which is characterized by "adaptation" (according to Khukhlaeva) in the definition, it is the very first, traditional approach - does not go beyond biomedicine. Also, an early psychological approach to the study of human adaptation is

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<sup>1</sup> www. Ziyonet. Uz

important. In recent years, interactions between social psychologists and health care providers and medical workers have been developing. A branch known as "health psychology" has emerged, which has experienced various hardships from the beginning, alone and studying the mental states, expectations, and attitudes of anxious people. For example, according to the research of scientists, a person who is experiencing a state of depression and tension will have negative thoughts about himself. Compared to normal people, they evaluate themselves poorly, remember only the bad ones even among past events and events, and look at the future with distrust. This type of thinking is often called depressive thinking<sup>2</sup>. Similar situations are typical for lonely people and those who are under stress due to various situations. In this regard, psychology recommends them to undergo training to intervene in the social environment, change the system of expectations and improve their attitude towards themselves. When we talk about health, we are used to imagine it first of all in relation to the condition of the human body when it is not sick, as well as certain pains and pains that are observed when diseases occur. This term is explained primarily in connection with the activities of health workers. But since the body, mind, and perception are directly related to the human being, psychology, which is a science that studies the laws and secrets of the human psyche, is related to it. In psychology, there is a branch of health psychology, which looks at health primarily as a reflection of the human mind and thinking. Therefore, our health, which is necessary for each of us like water and air, is the subject of research not only of medical science, but also of psychology.<sup>3</sup>

So, what does psychology focus on when it studies health from the point of view of human behavior, behavior and various psychological states? What aspects of our psyche that seem to be a mystery to each of us are related to our feeling of health, well-being and vitality? What opportunities do we have in our hands to protect our wealth - our health - by managing it? Health psychology teaches each of us ways to manage our own mental state, keep it moderate by keeping up with the changes taking place in our consciousness, and adapt to changing conditions, prevention and hygiene in this regard. It is more and more boldly entering our life as a learning science and a useful practice. He prefers a philosophical approach in explaining the total mysteries related to our health, because in our understanding, this is a way of a neutral approach to nature, society, and the changes taking place in our psyche. It should be noted that by the 21st century, health psychology focuses on social psychological factors in ensuring the stability of a person's health, the person himself, the people who are similar to him, and the interaction between them. is drawing more attention. For example, one of these social psychological factors is the family and its environment, the rules of interaction and related skills of the members of the family. Since our relations with the Russian Federation also played a big role in this, the influence of this factor should not be forgotten for a moment. So, when we say social-psychological criteria of health, first of all, we mean ourselves, ourselves, others, our relatives, people who are

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<sup>2</sup> Karimova V. Psixologiya darslik Toshkent 2014 91-bet.

<sup>3</sup> Karimova V. Psixologiya darslik Toshkent 2014 54-bet.

important to us, our friends, our colleagues, our partners in work and study. , it refers to the positive and sometimes negative effects it can have on our health.<sup>4</sup> When we talk about the mental and psychological factors of health, first of all it is meant the characteristics of the human personality and its characteristics as a whole unit. Any achievements or solutions to problems that will be achieved in this place, first of all, will allow to find an answer to the question of what a "healthy person" is. As the well-known Russian psychiatrist S.S. Korsakov wrote, the more all the properties and characteristics related to a healthy person are interrelated, interdependent, balanced and resistant to the factors that threaten him from the external environment, the stronger he is. and will be healthy. It is somewhat difficult to move from purely psychological factors to social factors, to sharply separate them from each other, to set some boundaries between them. Because the psychological characteristics of a person are very dependent on the system of social relations that surrounds him. At this stage, a person is perceived as a product of social relations, a social being. Therefore, at this stage, the criterion of a person's health is the social environment that surrounds him. As we mentioned above, the social factors affecting the health of a person can be included first of all in the family, a healthy environment in it, family members understanding each other, supporting each other in every work, parents - Warmth, sincerity in children's relationships, besides, established rules of dealings with friends and close relatives, communication at work, during rest, a person's connection to one or another social organization - party, religious organization, associations, etc. are meant. It should be said that some social factors have a positive effect on the health of a person, while others - on the contrary, can have a negative effect. Only people who feel healthy from a social and psychological point of view are active members of society, and their daily work and chores can be effective. Therefore, defects in upbringing and the effects of an unfavorable social environment cause a person to show wrong behavior patterns in society, even to commit criminal acts, wrong, inappropriate, senseless actions. can lead to an increase. When a person's attitude towards people, work or the team is disturbed, people begin to notice his wrong and inappropriate actions as a person, "is he strange?", "is he acting inappropriately?" such questions may appear. That is, the existence of a person's constant, stable activity, active life position, together with increasing his confidence in life, increases his resistance to various influences, sets good, promising goals, plans, goals and on the way to achieve them. ensures that it is stable, which ultimately ensures that his health is strong and resistant to various influences. Therefore, positive and friendly relations with the environment and people can strengthen the immunity of a person in terms of health. That's why ensuring the social stage of human mental health requires timely abandonment of heresies and traditions that have a negative effect on the psyche of the society, people themselves, preservation of the good ones, elimination of intolerance in the education and training processes. requires constant improvement of professional skills, proper nutrition, and organization of reasonable rest.

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<sup>4</sup> V.Karimova Psixologiya o'quv qo'llanma Toshkent 158-bet

The issue of criteria for assessing healthy lifestyle and how much it has become a part of a person's daily life is a matter of practical importance. Because an athlete may run every day, regularly perform one or another type of physical exercise, and because of this, he has achieved certain achievements in the direction he has chosen, but nevertheless, some athletes are constantly in the hospital for one or another chronic disease. can also be listed. Or there is no reason to call those who cannot make daily exercise a habit unhealthy. Therefore, it is appropriate to think about the basis and criteria of health assessment. The social health of a person is explained through the following descriptions: correct, objective perception of events in social existence; the presence of interest in the events of the external environment, quick adaptation to the natural environment and the environment of people - initiative, enthusiasm for socially useful work, consumer culture, altruism, empathy, a sense of responsibility towards others, open volunteering, behavior and a sense of democracy in thought. So, such a person is not apathetic, indifferent, he is not characterized by negative qualities such as laziness, selfishness, ignorance, militancy, he is under the influence of the society that surrounds him. It is possible to understand the essence of psychological factors that ensure human health and depend on the influence of society by describing the manifestations of mental illness. For example, if a person is in the grip of harmful habits, does not feel responsible for his actions, does not believe in himself, is emotionally poor, passive, then he can be called mentally unhealthy. Indifference, indifference to many things, nervousness about a few things, such as toxicity, indolence, suspicion of everything, lead people to bad luck and depression, and they complain that their health is deteriorating day by day. The way of thinking of such people is also disturbed, sometimes they say unnecessary things, or they say something wrong, they become capricious. Due to such negative changes in a mentally unhealthy person, his general interest in the environment fades away, he becomes abusive in his relationships with his loved ones, and his life position seems to be disappearing more and more. Sometimes this situation can be connected with an overly demanding view of oneself or a general weakening of the will. Such deviations in the mood cause negative deviations in behavior, as a result of which a person goes into conflict with those around him - relatives, friends, colleagues, fellow students or classmates, ignores the sorrows of others, and sometimes himself. Dominance over others, careerism, arrogance, and material wealth can be expressed.<sup>5</sup> The moral purity and health of a person ensures that he can easily get out of various situations in life and get spiritual nourishment for himself by conscientiously fulfilling any responsibility assigned to him. But because life and its contradictions exist, we cannot always be the same, and the difference between a morally healthy person and others is that he does not deviate from his moral norms, does not get distracted by various strange thoughts, he does not give in to harmful ideas and calls, he does not get involved in different currents, he is faithful to his beliefs. The idea that it is possible to maintain and manage physical health through mental health is not new, he was a psychologist and psychiatrist at the beginning of the 20th century attracted the attention

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<sup>5</sup>Karimova V. Psixologiya darslik Toshkent 2014 78-bet

of experts. Scientists have noted that a healthy person, unlike a patient, can control his total mental processes, states and abilities. In this regard, the views of the Russian scientist S.S. Korsakov deserve attention. Within the framework of the idea of the integrity of the person, he emphasizes that, in his opinion, disorders directly related to the personality and the integrity of the person are observed in mental patients. In such patients, there are not only disturbances in consciousness, but first of all, his attitude to life values and moral norms changes, his way of thinking differs from that of a healthy person. That is, spiritual and mental health is primarily related to the system of human interaction with the external environment. In this, a person's perception of his position and life activity are of great importance.

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