
HEALTHY LIFESTYLE AND THIS PSYCHOLOGICAL AND PSYCHOLOGICAL HEALTH

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Annotation

This article analyzes the problem of human health, the impact of various factors on it, its objective and subjective causes, the psychological balance of a healthy lifestyle and the difference between mental and psychological health, the main goal of psychological health.

Keywords: human health, social and economic, environmental, genetic, medical factors, mental and psychological health, psychologically healthy person, concept of psychological health.

Introduction

The problem of human health remains one of the most pressing and global issues today. It should be noted that the problem of the dignity of human health is not only a topical problem of our time, but also one of the eternal problems of society. At its center is the search for ways of harmony of mind and body, all of which require a theoretical and methodological understanding of the subject of health. It is also assessed by a person's health, the full physical health of the body, social well-being, as well as the availability of full manifestations of life. At the same time, health is assessed not only in the absence of disease or physical disability, but also in the presence of complete physical, moral and social well-being. Different health indicators affect the state of human health. First of all, in order to maintain good physical condition and be emotionally and mentally alert, you need to pay attention to the course of your life in the natural and social environment. In addition, various factors can affect human health. These are: genetics; dori; ecology: climate, flora, landscape; lifestyle; physical; biological; factors such as chemicals. These factors, in turn, are divided into the following types:

- ☐ Social and economic;
- ☐ Ecological;
- ☐ Hereditary - diseases of the structure of the human body, the presence of anomalies, hereditary;
- ☐ Medical - population care, frequency and quality of examinations, disease prevention.

They have a direct impact on human well-being. Age indicators, climatic conditions of the place of residence, individual indicators should be taken into account. Data from the World Health Organization show that at least 50% of human health depends on lifestyle, of which 20% is hereditary, 20% is due to environmental influences, and

health-related factors are 10%. The indicator of the impact of lifestyle on human health is the leading one, which is 50%.

A civilized person must also have a culture of health, because a conscious attitude to their physical and mental health is a sign that they are responsible for the well-being of their loved ones, their children, the future of the country.

Health is the result of well-coordinated work of all systems of the body and the individual. Therefore, the basic principles of a healthy lifestyle should become part of everyone's worldview. After all, non-smoking, non-alcoholic life, adequate physical activity, physiological needs, moderate nutrition are not only a subjective desire of a person, but also a pressing problem of today's society.

A healthy lifestyle is the implementation of a set of actions in all basic forms of human life: work, social, family and domestic, recreation. Today we have a lot and a lot of information about the necessity and undeniable benefits of a healthy lifestyle status. Not all of our contemporaries tend to live by his principles. The following are ways to deprive yourself of such pleasant moments: eating at night, fatty and difficult to digest; sleep deprivation, spending time in front of a TV or gadget that is on all day; we have every reason to take advantage of every opportunity to walk less, relax with alcohol or cigarettes, "relax" the nervous system with sharp coffee, creamy cake or chocolate, or drink a variety of powerful energy drinks. Many people consider this to be a simple daily pleasure, especially for young people, based on the principle "after all, we live once". But even among supporters of a healthy lifestyle, it is difficult to find those who can fully follow all the basic principles and rules every day. It is not always possible to adhere to the concept, because there are a number of objective and subjective reasons for this:

- A fast-paced modern life,
- The use of various technological inventions and techniques that significantly increase the comfort of life and life in general;
- Compliance with certain requirements adopted in the workplace. These requirements are a violation of lifestyle, nutrition in offices, working in a life-threatening production environment, the reasons for frequent and long business trips.
- Negative factors of a subjective nature - this is the desire to be on time everywhere and everywhere, to bother himself with as many different, sometimes completely unnecessary things as possible. Intense rhythm at work, reading, attending various courses and trainings, eating canned or fast food, treatment with fast-acting drugs.

A healthy lifestyle also means psychological balance. Many people today just don't have the time to stop and focus on their health.

At the same time, we need to understand that mental and psychological health have different meanings. There is a difference between mental and psychological health, which can be said to be the most generalized set of mental relationships about a person's mental health, allowing them to adequately respond and adapt to environmental conditions. These are the relevance of subjective ideas to objective reality, adequate self-perception, the ability to think critically, and so on.

Because today there is a problem in defining the concept of psychological health. The reason for this is that the evidence ranges from the necessity and effectiveness of the use of this concept to the complete denial of its legitimacy. The main contentious issue is the separation of psychological health from mental health, the separation of components, criteria, features, object and subject of research, the analysis of the functional aspect in the context of personality and its development in ontogenesis.

The term psychological health first appears in the works of IV Dubrovina (1987). Trying to understand the essence of psychological service, the author emphasized the need to distinguish a new term based on the person, which is closely related to the highest manifestations of the human spirit [6, 52]. This is due to the limitations of the term psychological health, which focuses on the study of individual mental processes and mechanisms. The main goal of psychological health is to find one's place in a world that the individual knows, experiences, and harmonizes relationships at every age. According to the author, the field of psychological health is not only external but also internal guidelines based on behavior, freedom of thought and initiative, passion for a particular field of activity, activism and independence, risk-taking, self-confidence and respect for others, goal achievement, strong emotions and affects areas such as experiential ability, responsibility, and personality formation [6, 58].

The most complete and structured humanistic concept of health care is A. Maslow's concept of a "mentally healthy person". In A. Maslow's works, mainly two components of psychological health are described, which are the pursuit of self-awareness (self-awareness) and human values. According to the author, a necessary condition for self-awareness is that a person has a correct idea of himself, and a self-fulfilling person has the ability to accept other people, autonomy, self-esteem, striving for beauty, humor, altruism, humanism and creativity. the propensity is inherent in emotion. People who have reached the peak of self-awareness can be considered as living standards of psychological health. Also, according to A. Maslow, one of the conditions for the formation of a psychologically healthy person is the pursuit of human values, which are formed through self-expression [5, 30]. OV Khukhlaeva (2001) describes psychological health as a necessary condition for the full functioning and development of a person in the process of life. This is, on the one hand, a condition for a person to adequately fulfill his age, social and cultural roles, and on the other hand, it gives a person the opportunity for continuous development throughout his life. Psychological health is a lifelong learning, even if it is created in the prenatal period [7]. The definition emphasized by the author has a broad meaning and affects the entire ontogeny of man.

However, much attention was paid to the analysis of VA Ananiev's concept of psychological health. (2006). According to the author, some researchers consider psychological health as a process in which the reflexive, emotional, intellectual, communicative, behavioral aspects of human life are balanced (N.G.Garanyan, A.B.Kholmogorova), while others see it as a balance between different aspects of human life. Individuality (R.Assagioli), between the needs of the individual and society

(S.Freyberg), supported by constant efforts, to the functions of psychological health, ie to maintain a balance between the individual and the environment, to adequately regulate human behavior and activities, the ability to withstand adverse health effects, life challenges. (A.V.Petrovskiy, M.G.Yaroshevskiy, P.Baker) [2, 39]. The diversity of interpretations suggests that psychological health affects different areas of a person's personal development. Thus, the needs between the individual and society may include the communicative, economic, social, every day, professional, or spiritual spheres. The various aspects of the individual also represent many concepts, from the development of higher mental processes to the socialization of the individual. NG Garanyan, AB Kholmogorova identified defining directions.

Thus, it is necessary to clarify the definition of mental and psychological health terms. Some authors have noted similarities in mental and psychological health characteristics.

It should be noted that mental and psychological health should be viewed not only as a problem of psychology or biomedicine, but also as an ideological problem. It follows that health should become one of the most important worldviews and values of man. This makes it possible to emphasize the importance of being a subject of one's own health in the modern world.

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