

ЁШЛАР ПСИХИК САЛОМАТЛИГИНИНГ АЙРИМ МАСАЛАЛАРИ

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Аннотация. Мақолада шахслараро муносабатлар конфликтлар натижасида келиб чиқувчи психик муаммолар ва уларнинг ёшлар психик саломатлигига салбий таъсири масалаларининг айрим жиҳатлари хусусида сўз юритилган. Шунингдек, мақолада олимларнинг мавзуга оид илмий тадқиқот ишлари таҳлил қилинган.

Калит сўзлар: ёшлар, психик саломатлик, муносабатлар, коммуникация.

SOME ISSUES IN THE MENTAL HEALTH OF YOUTH

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Abstract. The article discusses some aspects of interpersonal relationships, mental problems resulting from conflicts, and their negative impact on the mental health of young people. The article also analyzes the research work of scientists on the topic.

Keywords: youth, mental health, relationships, communication.

НЕКОТОРЫЕ ВОПРОСЫ ПСИХИЧЕСКОГО ЗДОРОВЬЯ МОЛОДЕЖИ

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Аннотация. В статье рассматриваются некоторые аспекты межличностных отношений, психические проблемы, возникающие в результате конфликтов, и их негативное влияние на психическое здоровье молодежи. Также в статье анализируются исследовательские работы ученых по теме.

Ключевые слова: молодежь, психическое здоровье, отношения, общение.

Introduction. The problem of the pandemic facing the population of the planet today proves that health, human life values and the development of society are inextricable chains, and the problem that arises at any link in this chain will inevitably change the entire system of social life. The problem of the pandemic, which managed to show the danger to the whole world, showed everyone the medical culture, mental stability, the perception of a healthy life, the level of cooperation and solidarity in social relations. Today, experts from all over the world emphasize that not to succumb to mental confusion, depression, lack of desire to live, to start restoring health with a calm soul, not to lose healthy values, can become the basis for overcoming any illness. This requires enriching the knowledge of health education with new approaches and perspectives.

Health is one of the most important components of human development and is a prerequisite for effective social and economic development of the individual. Human health means, first of all, longevity - the preservation and development of its high performance and social activity, mental and physiological qualities throughout life.



The health of each person is inextricably linked with the health of other people. Health is not only the absence of disease and physical defects, but also the full physical, mental and social development.

Individual human health is a harmonious unit of metabolic processes in the body, creating conditions for the optimal functioning of all systems and subsystems in the body.

Health is the process of maintaining and improving the biological, physiological, psychological functions of a person, his ability to work and social activity during the maximum duration of active life.

The concept of mental health is one of the most discussed issues in psychology, psychotherapy and psychiatry. The concept of «mental health» has been studied by many philosophers since ancient times: Alcmaeon, Cicero, Epicurus, the founders of various schools of psychology.

Z. Freud, A. Adler, K.G. Jung, F. Perls, A. Maslow, V. Frankl, and later P. B. Gannushkin, A. E. Lichko, T. F. Akbasheva, V. I. Belov, B.S. Bratus. However, despite the many theoretical and practical developments in the healthcare system, the study of this problem remains uncertain today. The versatility of this phenomenon and the variety of approaches to its development still do not allow us to give its full description, sufficiently and accurately identify its components, develop convenient and reliable criteria for assessing the level of mental health. The meaning of the concept of «mental health» largely depends on the historical period, the socio-economic structure of society, the national and social origin of the individual, moral and other factors. In any social practice that is directly or indirectly related to human health, a specialist inevitably faces fundamental questions: what is health and what is the general definition of a disease? Today we will find a definitive and thematic answer to this question. The concept of «health» is characterized by complexity, uncertainty and diversity. Its use in our daily life, despite its simplicity, reflects the main aspects of the biological, social, intellectual and spiritual existence of man.

Materials and methods. The article uses such research methods as observation, methods of psychological research, interviews, work with documents, analysis of scientific literature, questioning, interviews.

Analysis and Discussion. It is known that the problem of youth health is one of the priorities for a number of reasons. Because young people make up the bulk of the labor force in the national economy. Ensuring the health of this age group, which needs an established system of prevention, is quite difficult. 11.1% of the population of Uzbekistan, or every third citizen of the country, are boys and girls aged 14 to 30 years.

Life expectancy in our country is 7 years less than in developed countries, and this difference is growing from year to year. Infant mortality is on the rise, and the health of swimmers and students is one of the biggest concerns. Therefore, disease prevention is becoming an urgent problem among young people. The observations of gerontologists led to the following conclusions: the increase in life expectancy has practically ceased; Mortality among women aged 30-45 is growing; The number of diseases among men aged 35-45 is increasing; schoolchildren-swimmers have symptoms of atherosclerosis and hypertension; the number of patients in hospitals and clinics is growing; increased consumption of alcohol and tobacco.

According to the First Deputy Minister of Health of the Republic of Uzbekistan B. Yusupaliyev and according to experts, 70-80% of first-graders have health problems. These deficiencies become chronic by adolescence. For example, neurological disorders observed in 15-20% of first graders increase to 54-80% in grades 8-10; orthopedic pathologies increase from 10-15% to 50-88%. Only 8.5% of Tashkent swimmers aged 15-17 are healthy, while the remaining 91.5% have symptoms of various diseases. When examining the health of students studying

in various universities, it was found that 40% of them suffer from various chronic diseases (mental illnesses and neuroses, diseases of the respiratory system, cardiovascular system and digestive organs). Unfortunately, many students suffer from neurological disorders. It was found that 45% of young people expelled due to illness suffered from mental and psychological illnesses. The students showed an increase in various diseases with a decrease in physical activity. The state of health of students graduating from higher educational institutions is not at the desired level.

It is important to note that health affects the natural basis of human factors. After all, good health improves the quality of the workforce. A healthy person has the opportunity to perform harder work and bring material benefits to a person with poor health in the same conditions. Given the above, the task of identifying the role of psychological knowledge in strengthening human health and further developing the principles of its functioning shows the relevance of this research topic.

Among the disciplines of psychology, the scientific and practical direction aimed at studying the socio-cultural and socio-psychological problems of health protection and health care is called health psychology. If we turn to the history of the formation of the science of psychology, we can see that the psyche and personality as autonomous integral systems have become the subject of scientific research, mainly due to their supernatural appearance.

Psychotherapists, seeking to uncover the underlying causes of mental illness in order to alleviate human suffering, have put forward a number of theories designed to scientifically interpret a variety of mental phenomena. This served as the basis for the creation of the teachings of Z. Freud, A. Adler, S. G. Jung in the context of everyday psychotherapeutic work. In other words, psychopathology was the starting point for major psychological theories of personality. Thus, in the twentieth century, diseases, pathologies and suffering are constantly in the center of attention of well-known researchers of the human psyche. As a result, a large amount of information has been collected to date, and the phenomenon of mental health, covering both mental anomalies and the “psychopathology of everyday life”, has not been studied enough. Special efforts to fill the «gap» and rethink the theory of personality on the basis of the latest ideas about mental health have been and are being undertaken today by a number of researchers as B.S.Bratus, V.Ya.Dorfman, E.R.Kaliteevskaya, Yu. M. Orlov, D.A.Leontiev and others. The works of these researchers study the synthesis of natural-science and humanistic approaches to the problem of mental health, the value-semantic directions of life, the spiritual and moral dimensions of a person, the determinants of his well-being.

Appeal to the concept of «mental health» is important and relevant, since it is a central concept in the practice of modern specialists, primarily psychologists and psychiatrists. There are secular, medical (clinical), psychological, sociological and physiological approaches to the definition of mental health. These three approaches play an important role in defining the concept of «mental health».

The concept of «mental health», acting as a secular concept, enters the everyday consciousness of the individual, is experienced by the individual as compliance or non-compliance with the norm and is absorbed into the individual’s worldview, thereby determining his philosophy of life.

The idea of the norm of mental health as an individual phenomenon is formed through the social environment that takes place in the life of the individual. The specific content of the concept of community norm is determined for each member of this society through a system of prescriptions, attitudes and tactics, determines his attitude to health. The carriers of mental health can be a family, a group, science, etc. The concept of «mental health», acting as a norm, acts as a standard at the subjective level, that is, an ideal function of state policy, in the form of a person’s



adaptation to something in the system of social relations, i.e. among other people.

Conclusion. This understanding of mental health makes it necessary to study the psychological aspects of mental health as an important part of this complex structured education. An analysis of modern psychological literature shows the characteristic features of understanding health - the need to pay attention to integrity, social and cultural aspects. It involves studying the scientific essence of health and its complex, multifactorial nature. At the same time, health is considered as a complex multidimensional phenomenon with a heterogeneous structure, combining qualitatively different components and reflecting the key aspects of human existence. The heterogeneity of this complexity and composition, and even the specificity of health, is emphasized in the wording proposed by the experts of the World Health Organization: "Health is a state of complete physical, mental and social well-being, and not the absence of disease or vice." This is an independent and multifaceted phenomenon that requires a deep, objective study. Social or spiritual health has become the subject of interdisciplinary research.

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