

PSYCHOLOGICAL ASPECTS OF THE STUDENT'S ATTITUDE TO HIS HEALTH

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ABSTRACT

The article covers the psychological aspects of the student's attitude to his health. In this, mental health analyzed the main components of the attitude towards health (cognitive, behavioral and emotional). Also, the levels of relationships of students as values for health have been identified and analyzed.

KEYWORDS: *Student, Health, Mental Health, Attitude To Health, Student's Attitude To Health As A Value.*

INTRODUCTION

Cognitive, behavioral and emotional components of an individual's attitude to health G.S.Nikiforov believes that health or vice versa can be considered in the form of personal quality, consisting in a tendency to circumstances. In many, when it comes to being attentive to health, serious contradictions are hidden. Even without reference to scientific evidence, the value of Health is high enough in our minds. However, in relation to health (healthy lifestyle), the severity of the Affective, Behavioral component is absolutely incompatible with the volume of knowledge about health or the strength of emotional reactions to its weakening. Most people's activities aimed at maintaining and strengthening health do not correspond to the intensity of the emotional response. This is typical not only for healthy people, but also for those who have already suffered serious illnesses [6; 240-284 bb].

Especially for a large part of the population of the former socialist countries, the sense of responsibility for health is very low. Despite the fact that the state system and many social institutions in these countries have undergone significant changes, the social and individual consciousness of the majority is practically not similar to the consciousness of the population of states in which a market economy is formed. The usual way of life has come to take care of the house, pets, and cars. People are used to regularly going to the bathroom, taking a shower, washing in the morning, brushing their teeth, but they are not used to worrying about their soul (soul). In many of us, the habit of taking care of our soul (soul) is now taking shape.

For example, the state of Mental Hygiene in the current society is characterized by a well-thought-out and scientifically substantiated strategy of Public Policy and public influence aimed

at this important component of the consciousness of society. When hygienic, including psycho-hygienic, rules are not popular enough; a big role in many is played by the lack of emotional involvement in the entire factor associated with the word "hygiene".

The power of the media, advertising opportunities should be seriously used in the formation of a healthy lifestyle.

Mental health, harmony with the inner and outer world are rarely imposed on a person by nature, otherwise it requires striving and decent work. This cannot be achieved without an active positive attitude to personal life. The lack of motivation for self – knowledge, self-control and personal development provides the basis for a predisposition to alexithymia-psychosomatic diseases.

Let's consider the main components of the attitude to health (cognitive, behavioral and emotional).

The cognitive component of the attitude to health is influenced by many factors of a social and psychological nature, the perception and understanding of a person's condition as healthy or painful. Among the most important factors is the psychological competence of the individual. This is due to the peculiarities of the psychological culture of the society and ethnic group to which individ belongs. Forms and methods of strengthening health, being the main Life Value – mental health occupies an important place in psychological culture. Socio-cultural factors affect the determination of the type of inconsistency and the assessment of its depth. Different psychological and psychiatric symptoms have different degrees of approval from society. These factors can influence the diagnosis process.

The attitude towards mental disorders is associated with the traditions of Psychiatry, the influence of all other humanities on psychiatry. For example, in Chinese psychiatry until recently, interpretations were common that mental illness was of an organic or physiological nature. This is due to the influence of traditional perceptions of the psycho physiological nature of a person on the basis of the interaction of energy flows in the body. The state of energy flows and the features of their interaction with the energy of the outside world determine mental health or diseases. At the same time, the socio-psychological causes of diseases such as depression have not been adequately assessed. Relatively non-profound mental disorders (neuroses, situational and acute reactive states) are also culturally necessary. For example, as a result of studies conducted among residents of five Asian countries (Indonesia, China, Thailand, Taiwan, Japan), serious differences have been identified between a number of symptoms (anxiety, nervousness, depression, fear, headache, chest pain, etc.) for the same mental disorders [4; 186-b].

Health values, in L.S. Dragunskaya's words, there may be "certain" values, but they do not need to be recognized or accepted and assimilated. That is, a person can be indifferent to them, because they are far from his main problems [7; 138-b].

Since health is one of the fundamental values of life, understanding and grieving this value has to do with understanding and feeling the meaning of life. Perception or feeling (one does not exclude the other) may prevail in the acceptance of the meaning of life by a person, which depends on the characteristics of the individual and the actual (actual) life situation of a particular person. Emphasis on perception or feeling should not be considered from the point of view of more or less preference, it is very important that when choosing according to the content,

a person has the guiding power of his person, so that the meaning of his life is clear enough and he is sure that it will not be lost. The ability to feel happiness, life satisfaction, personal and family well-being, completeness of Health and its maintenance, interpersonal relationships, climate in micro and macro societies, etc., will depend in many ways.

In the process of A.P.Osipov's research, on the basis of an analysis of certain values, if they are satisfied, a person is determined to feel the fullness of life, self-realization and personal realism, values that allow him to successfully (or unsuccessfully) realize it. The study showed that the following concepts (values) are most important for understanding the meaning of life: soul, Kindness, children, family, love, health, conscience, communication, friendship.

In each of the three main areas of a person's life, there are concepts that are largely related to the rest of the concepts. Among those related to the sphere of material existence, the concept of "housing", in the spiritual sphere-"conversation" and "soul", in the spiritual sphere – the concepts of "beauty" and "faith" occupy a central place. It has been established that the concept of Health is firmly associated with such concepts as housing, wealth, money, food, position. This group of concepts received the conditional name "values \ u200b \ u200b of material existence".

The results of the study of understanding the meaning of Life, conducted among a relatively small selection of middle-aged people, showed that the following four groups of values have the greatest value for a person: "values of spiritual life", "values of material life", "values of spiritual life", "values of personal realism".

Health is among the basic concepts (values) that explain the meaning of life. In terms of understanding the meaning of life, health is closely related to the values of material existence.

We will consider health in the structure of value orientations.

Each person determines the meaning of life, his purpose in life in his own way. The meaning of life is related to its goals and the basic life values accepted by the individual [5; 21-23 bb].

I.Dubrovina believes that psychological health includes:

- Mental health as a result of complete mental development and development as a person;
- Characteristics of mental and personal development of a growing personality and awareness of these characteristics;
- Conscious attitude to mental and personal characteristics and qualities;
- Humanistic orientation of the personality Worldview [3].

Thus, we can conclude that the internal picture of Health is not a statistical fixed state, but a dynamic model of an individual in self – awareness, reflecting his communication with the "I" and his own body, as well as a set of knowledge, ideas and descriptions of human health, a set of emotional sorrows, emotions and behavioral reactions associated with these sets. The explanation of the causes and features of the appearance of mental disorders is influenced by national, religious traditions and views, mythology, folklore and widespread epic works. In this ethnic group there are ethnic psychoses based on the mechanism of self-identification (absorption) associated with the existing myth.

Methodology

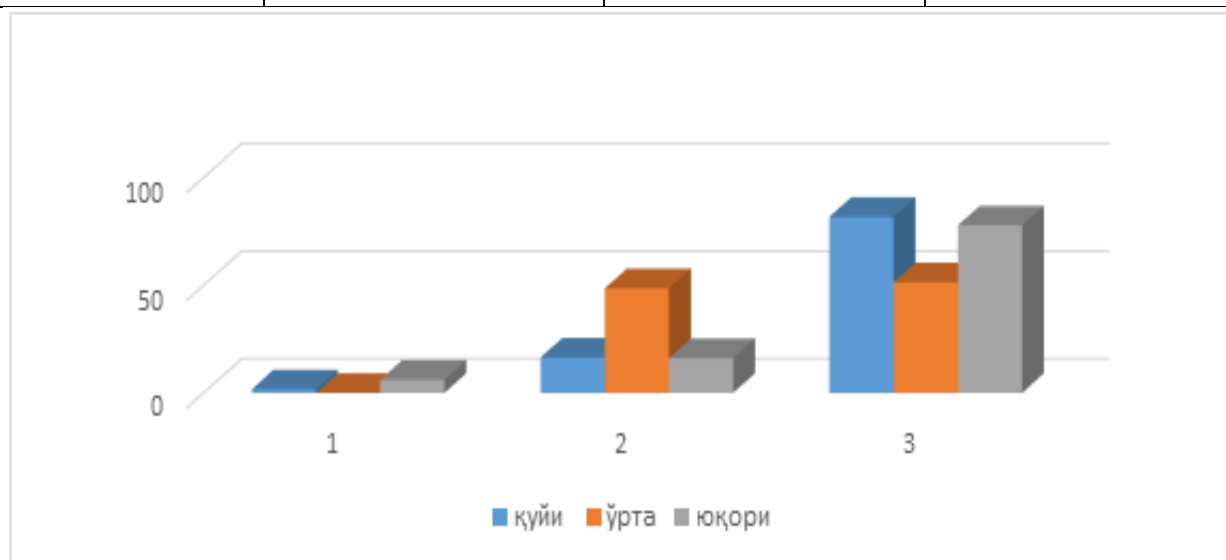
At the initial stage of the study, it was achieved to determine the features of the formation of the value logical consciousness of students. To do this, we used the methodology of Deryabo and Yasvins "index of attitude to health" in order to study the attitude of students to health. Four according to the characteristics of this methodology – the assessment of health as a value, its combination as a lifestyle, the standard of Health, consists of such scales as its participation in promotion. The first scale of methodology is intended to assess to what extent they recognize health as a value.

Research Results

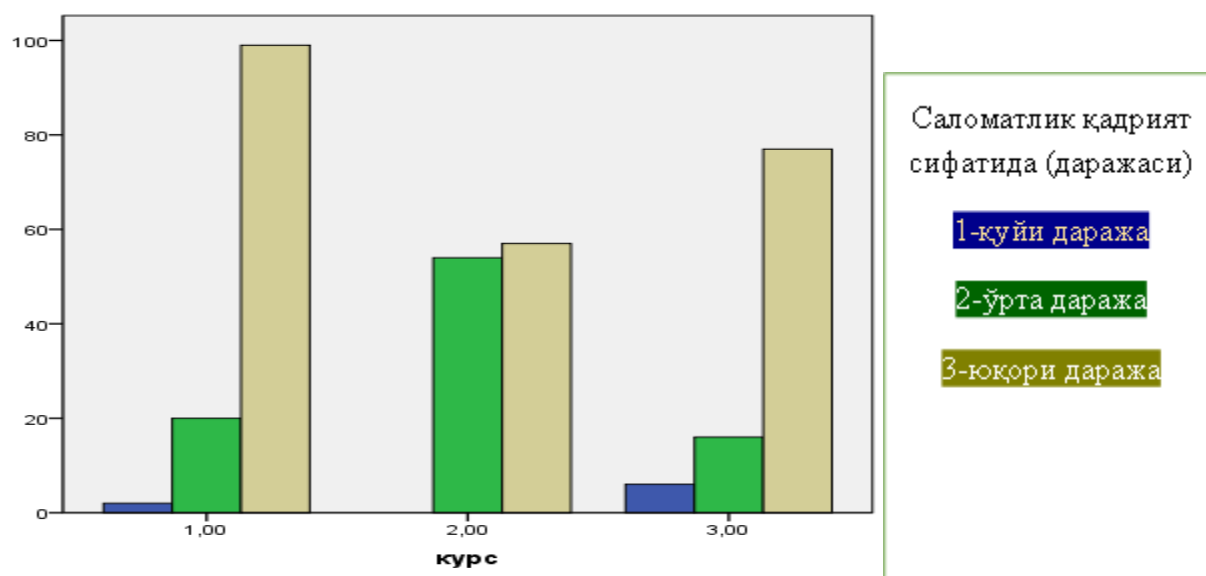
According to the nature of the methodology, it was found that the assessment of health as a value in the section of courses on health is present in most students when cross tabulation (diagram of the intersection of variables) is carried out in all courses to look at health as a value:

TABLE 1 CROSS TABULATION OF HEALTH AS A VALUE IN THE SECTION OF COURSES (N=380)

| Courses | Health as a value (level) | | |
|---------|---------------------------|----------|--------|
| | 1-lower | 2-middle | 3-high |
| 1-курс | 1.7% | 16.5% | 81.8% |
| 2-курс | 0% | 48,6% | 51.4% |
| 3-курс | 6,1% | 16,2% | 77,8% |



Picture 1 Index of the relationship of students to health cross-section assessment of health as a value in the section of courses cross-section



Picture 2 The level of relationship of students as a value to health

According to the percentage expression of students' attitudes towards health as a value according to the educational stage, those with lower grades (1st course – 1.7 percent, 6.1 percent in the 3rd course), intermediate level (16.5 percent 1st courses, 48.6 percent 2nd courses, 16.2 percent 3rd courses); those who reacted as higher (81.8% percent 1st courses, 51.4 percent 2nd courses, 77.8 percent 3rd courses) were observed. Since the educational stage or age indicator does not play a determining role in the formation of an attitude to health as a value, relying on empirical indicators. Here it would seem that an individual should have his own understanding in the environment related to his health, the manifestation of behavior, his control and regulation. For this reason, treating health as a value does not necessarily require an expressive experience. If implicate had been formed, human beings would have accepted without hesitation the so-called "smoking is a harm to health." In turn, it is not for nothing that the unanimous end of expressive observations in students gives an impetus to the formation of an attitude towards health as a value in them. Even in daily observations, it is not for nothing that people of different ages for health are engaged in wellness and exercise. In sync with the analytical materials, we carry out a review of the indicators obtained from the surface of the next three scales of the methodology. For this, an attempt was made to rely on differences in reliability between empirical indicators.

CONCLUSIONS

1. It was confirmed that the study, research of the attitude of people to their health is one of the most important tasks facing today's science.
2. Despite the existence of various concepts, theories, directions, views, approaches, various fronts and aspects on the problem of developing the student's attitude to vale logical consciousness, psychologist scientists were able to develop correct, appropriate (rational, optimal) guidance and effective methods for determining the levels of vale logical consciousness of students of all ages.

3. In this chapter of the study, theoretical studies of the problem of Health in foreign psychology were analyzed research work of foreign and Uzbek scientists. In the process of professional formation of students, the features of the development of vale logical consciousness, their capabilities and their psychological mechanisms were scientifically comprehensively revealed.

4. Research, Scientific in-depth analysis of the development of valeological consciousness in students is a requirement of today. The importance of in-depth study and analysis of dynamic characteristics of the components of the development of valeological consciousness in the upbringing of the perfect generation, increasing its health and professional formation has been shown.

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