

THE UPBRINGING OF THE FAMILY IS A GUARANTEE OF MENTAL HEALTH

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ABSTRACT

The article highlights the family as the main factor in maintaining the mental health of a person, provides an analysis of the personal and spiritual aspects of interpersonal relationships in the family, the roles, tasks of the parents, as well as views of Western and Eastern scientists on mental health.

KEYWORDS: *Family, Upbringing, Attitude, Mental Health, Health, Child, Care, Humanity.*

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