

## MAIN FACTORS OF MENTAL HEALTH OF HIGH SCHOOL STUDENTS

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**Abstract.** *This article is written about mental health and its importance in the lives of high school students, its main factors, the scientific views of psychological scientists and the opinions of world health experts on the topic of mental health are analyzed.*

Mental health is a state of psychological and social well-being, in which a person realizes his capabilities, effectively resists life's difficulties and stresses, carries out effective, conscious activities and contributes to the development of society. First of all, this is due to the stable and adequate functioning of the psyche, as well as the main cognitive processes: perception, memory, attention, thinking.

The concept of psychological health began to enter the psychological literature relatively recently. Almost all psychological dictionaries do not have the term "mental health". Many high school students may experience emotional or behavioral disturbances at certain times, under the influence of certain situations.

The psychological aspect of mental health simply means paying attention to the inner world of a high school student: his confidence or lack of confidence in himself, his abilities, understanding of his abilities and interests; this is his attitude to people, the surrounding world, social events, and life.

Mental health is a state of mental well-being, full-fledged psychological activity of the student expressed by cheerful mood, well-being and his activity. The basis of mental health is full mental development at all stages of ontogenesis, high level development of higher mental functions. For example, a high school student may have unreasonable fears, sleep disorders, eating disorders, etc., usually these disorders are temporary. In some children, they manifest themselves partially, persistently and lead to social disorder. Such conditions can be described as mental illnesses. A number of psychological studies have linked mental health to experience.



Currently, the role of genetic factors is intensively studied, and with the help of genetic counseling, it is possible to reduce the prevalence of certain types of disorders. But they all agree that a child born with a healthy mental and physical heritage and raised by mentally healthy parents has the best chance of growing up spiritually healthy. More precisely, it is necessary to love the child, to accept and respect him as an independent person, to care for and feed him, to stimulate and protect him emotionally and intellectually. Trauma from severe stress related to physical and emotional poverty, overly strict parents or strict family life slows down the child's mental development. The balance between what is allowed and what is controlled is important for development, as well as for forms of community support such as good schools, play opportunities and adequate housing. Given the right home and social environment, a child will mature with self-confidence and the ability to overcome life's challenges.

School administration, health, various social and religious groups are developing prevention programs to help parents and children solve family problems. These programs are primarily educational in nature, i.e. they include lectures and group discussions aimed at a better understanding of developmental psychology. Mental health programs are especially helpful for parents of children with obvious emotional disorders, physical disabilities, or unusual life situations.

Research has shown that poor school performance among children from poor or ethnic minority families can be linked to inadequate nutrition and poor health, an emotionally and intellectually impoverished environment. financial situation, poor living conditions, racial prejudice and problems in family life lead to difficulties in raising a child, their prevention is the task of internal policy that requires the integration of economic, social, medical and educational activities. The difficulty of the topic under discussion is that the term "health" in the mentality of the population is associated with specific medicine, and its violation is associated with the compulsory treatment of doctors, psychics, visionaries and other traditional and alternative medicine.

Despite the fact that mental health disorders are very well studied to date, there is no certainty that it is possible to find internal or external natural events that cause them. Therefore, the causes of occurrence, that is, the etiology of each disorder, are presented only approximately.

Mental health is the characteristics of the daily life of a high school student, his work, daily life, ways of using his free time, satisfying his material and spiritual needs, participation in social life, norms and rules of behavior.



includes. In turn, the main factors that determine the student's lifestyle include:

- the level of general culture of the student and his education;
- material living conditions;
- gender, age and constitutional characteristics of the person;
- health status;
- the nature of ecological habitat;
- labor activity (occupation) characteristics;
- characteristics of family relations and family education;
- human habits;
- the ability to meet biological and social needs.

Lifestyle is a behavioral feature of the life of a high school student, that is, a certain standard (social-psychological category) to which the student's psychology and psychophysiology are adjusted. Choosing a lifestyle is the basis of a healthy lifestyle. His lifestyle should suit his constitution.

In conclusion, it can be said that today it is common to define the processes, events and episodes that affect the mental health of high school students and to talk about its health and factors. The effects of factors can be various, positive and negative, and the causes are understood as events that lead to the disease. It is considered in biological, psychological and social categories that reflect the diversity of factors influencing mental health. The unity and interdependence of students with the environment, that is, the social factor, helps to correctly understand the solution to this situation.

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