



## ESSENTIAL VIEW OF THE PSYCHOLOGICAL HEALTH OF FUTURE ENGINEERS

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**Annotation:** Investigating the psychological health of the individual, it is important to determine the relationship between the concepts of "personality" and "psychological health". In general, we can say that they relate as a whole and a part. At the same time, psychological health can also be considered a relatively independent, therefore complexly organized system. In addition, a significant part of personal structures (qualities, formations, properties) can (combining on a functional basis) determine the quality of psychological health, affecting the level of its manifestation. This expresses the specificity of the relationship between a "personality" having a higher level of organization and "psychological health" as a subsystem having a lower level of organization, but in its functional manifestations, including a number of personal structures.

**Key words:** psychological health, psychological phenomenon, "primary phenomenon", subject-object orientations.

## СУЩНОСТНОЕ ПРЕДСТАВЛЕНИЕ О ПСИХОЛОГИЧЕСКОМ ЗДОРОВЬЕ ЛИЧНОСТИ БУДУЩИХ ИНЖИНЕРОВ

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**Аннотация:** Исследуя психологическое здоровье личности, важно определить соотношения между понятиями «личность» и «психологическое здоровье». В общем виде можно сказать, что они соотносятся как целое и часть. Вместе с тем психологическое здоровье можно считать и относительно самостоятельной, причём сложноорганизованной системой. Кроме того, существенная часть личностных структур (качеств, образований, свойств) могут (объединяясь по функциональному признаку) обуславливать качество психологического здоровья, влияя на уровень его проявления. В этом выражается специфика соотношений между «личностью», имеющей более высокий уровень организации, и «психологическим здоровьем» как подсистемы, обладающей более низким уровнем организации, но в своих функциональных проявлениях, включающее ряд личностных структур.

**Ключевые слова:** психологическое здоровье, психологический феномен, «первичный феномен», субъект-объектные ориентации.

The essential characteristic of personality is its multidimensionality. This phenomenon cannot be reduced to any one or more criteria. Even the term "personality"



itself, its semantics and etymology has diverse interpretations [1, p. 32]. Each concept of personality reveals its essence from the standpoint of scientists' own views or their adherence to a particular scientific school. So, according to G. Allport, personality is the free realization of one's potentials; according to K.G. Jung is the self (Ego) of a person, for A. Maslow it is creative self-realization, for K. Rogers it is the desire to strengthen self-confidence and the possibility of achieving the ideal Self, for B.G. Ananyev - a systemic quality of a person, according to A.N. Leontiev - the social basis of man, in I.M. Kondakov - a stable system of worldviews; A.V. Petrovsky - a systemic quality of an individual, determined by inclusion in social connections, in E.Yu. Korzhova is a central psychological phenomenon that integrates and regulates the entire psychological organization of a person. The last definition, in our opinion, is most relevant to the subject of our research, primarily because personality includes (integrates) psychological health as a component and, in synergistic interaction with it, regulates a number of vital functions for a person. For example, the most important function of personality is direction, with the help of which the meaning for it of what is happening in the internal and external world is determined. The focus on preserving psychological health is the dominance of a motivational attitude, a system of motives - ideals, aspirations, interests - through which needs are manifested (for example, in motor activity and self-control of one's condition). In this regard, the processes of self-control and self-regulation, which play a key role in any activity, act as personality traits. According to D.A. Leontiev, meaning is the integrative basis of personality [1; p. 55] and at the same time, the semantic sphere, being the highest level of the psyche, is considered by V. Frankl as the main engine of behavior and personality development. Search for the realization of the meaning of one's activity (for example, engineering), awareness of it as a value and value orientations B.G. Ananyev are considered as basic "primary" personality properties. Value orientations and values denoted by B.G. Ananyev as "primary" basal personality traits are a reflection of social relations, named by A.A. Grachev as life orientations. Personality is an instrument for the relationship between a person's internal and external world. Personality determines the most important life orientations of life. E.Yu. Korzhova refers to them as subject-object orientations in life situations. At the same time, the latter act as a manifestation of subjectivity. Consequently, the meaning of the concept of "subject of life activity" can be considered as close to the category "personality". At the same time, the author emphasizes that they are not identical, because a person should be represented as a subject of life who makes a moral choice. When arguing the term "subject-object orientations" E.Yu. Korzhova summarizes several positions of personality and indicates the direction of manifestation of subjectivity.

Thus, subject-object orientations in personality psychology are the most important problem, because at the personal level, they are transformed into the life position of the individual. Based on this, E.Yu. Korzhova offers the following definition of personality: "... is a person who, in the process of life, consciously realizes his intrapsychic organization in the external world on the basis of a certain life position" [2, p. 20]. With all the diversity of approaches and concepts to understanding the phenomenon of "personality", modern researchers include the following as the main personal formations (the basis of the



structural organization of personality): 1) the level of nuclear mechanisms (forming the psychological “skeleton”, frame); 2) the semantic level (determines the content, i.e. the relationship of the individual with the world, this is the “inner world of a person”; 3) the expressive-instrumental level - these are the structures on which typical ways of interacting with the world depend. A.G. Asmolov offers two plans for the structural organization of personality: the “plan of content”, which includes semantic formations (motives, orientation, life goals) and the “plan of expression”, which includes: abilities and character traits that determine the manifestation of personality in activity . E.Yu. Korzhova identifies the main primary and secondary personal formations. The first group includes subjectivity, a life position that includes responsibility, creativity, moral choice, attitude and action. Primary personal formations serve as the basis for the formation of secondary ones, which include orientation and spirituality. Recognizing “personality as a central psychological phenomenon,” it should be emphasized that the main, basic function and its significant role in human life is the formation of connections between the internal and external in a person. The personality continuously ensures the preservation and correction of violations of these connections, distinguishing itself from the surrounding reality and, determining the internal organization of the subjective, regulates interaction with the outside world. The fairway for the universality of a person, his social essence in a really existing phenomenon - personality - is the manifestation of his psychobiological position in society through a complex system of searching for balance, the violation of which leads to deterioration of health, which in turn negatively affects the structure of the personality. Consequently, personality and psychological health are not only inextricably linked, but also coupled in existential manifestation. Ideas about human existence laid the foundation for an entire branch of science - human science . In order to feel and understand the depth and scope of the concepts of “personality” and “psychological health”, it is necessary to methodologically correctly build their relationship in human life (as their only carrier). By understanding the concept of “personality” in psychology, the metaphor “humanity in man” is highlighted. Following W. James, who proposed a psychological theory of personality and the concept of “spiritual personality,” I.A. Ilyin notes that from the point of view of psychology, answering the question of what is “human in a person” is very difficult, because personality is a predominantly spiritual category, and without taking this into account, the concept of personality is difficult to define. Thus, personality is an extremely important, special quality of a person, ensuring the conscious achievement of goals and the satisfaction of socialized needs, immanently carried out according to the principle of the categorical imperative, which is based on a spiritual and moral principle. This means that a logically sound methodological technique would be to identify the individual as a multicomponent integral system. The next methodological step should be to highlight the perspective of studying the subject within the framework of the object of study and a specific scientific approach. The optimal approaches in psychological research are most often recognized as systemic and synergetic. We propose to study the psychological health of the individual taking into account the significant achievements of V.A. Ananyeva, G.S. Nikiforova et al. in health psychology. So, back at the beginning of the twentieth century V.M. Bekhterev



pointed out the importance of determining psychological positions in the problem of human health. In this regard, scientists were proposed the concept of a healthy personality. Ideas about a healthy personality are proposed in the works of N.E. Vodopyanova, Z.F. Dudchenko, G.S. Nikiforova, S.M. Shingaeva . A holistic description of a healthy personality is also given in the study by E.Yu. Korzhova , where the main one is the spiritual and moral core. A O.S. Vasiliev and F.R. Filatov considers personality as a system that includes seven levels: “bodily sensations and reactions, images and ideas, self-awareness and reflection, interpersonal relationships and social roles, sociocultural determination, existential experiences, self-actualization.” Using an integrative approach to personality, they believe that “health characterizes personality in all its manifestations; this phenomenon reflects the essence and purpose of the basic biological, sociocultural and intrapsychic processes that integrate the personality” [3, p. 68]. Reflecting on building a model of a healthy personality, these authors propose “the basic principles of its construction: holisticity ; taking into account the initial polyvariance of interpretations; structure and dynamism as complementary aspects of the problem” [ibid.]. Moreover, the fundamental characteristics of a healthy personality, which form an essential unity, “are structural consistency and coordination of dynamic components: the coordinated course of processes of self-regulation, social adaptation and self-realization.” Of course, agreeing with the listed positions and thinking about personality, health and its “foundation,” we tend to share the opinions of such scientists as B.S. Bratus , E.K. Veselova, V.Kh. Manerov, E.Yu. Korzhova, A.V. Shuvalov, who see in this multidimensional construct primarily a spiritual and moral principle. Recently, the concept of a healthy personality has been widely covered from a psychological perspective. In the work of L.G. Tatarnikova traces the health-creating role of the individual, N.F. Golovanova – her educational role in the problem of “ health conservation ”, in V.M. Snetkova – the importance of personality in the psychology of human health. The concept of “healthy personality” is analyzed in detail in the work of S.M. Shingaev , where we are talking about its integral integrity of biogenic, sociogenic and psychogenic foundations. The latter includes a block of mental phenomena, which includes orientation, temperament, character, abilities, and experience. The analysis of this concept as close to the problem we are studying contains a significant part of the work of this scientist, devoted to the psychology of the winner and his health [ibid.]. However, the most closely related to the subject of our research is the idea of a healthy personality, the role of its spiritual and moral maturity not only in maintaining a state of health, but also in “understanding the personality as the pinnacle of a person,” and therefore its maximum value, described by E.Yu. Korzhova . The author subjects the views of scientists on the influence of personal maturity on the direction of activity, actions, motivation and the search for the meaning of life to a large-scale analysis. Agreeing with the opinion of B.S. Speaking about the levels of mental health, she believes that “the personal level (in terms of the quality of semantic relationships) indicates the acquisition of a generic human essence.” Also methodologically correct should be considered the use of the “general” (as a philosophical category) through the “special”, which manifests itself in a specific part built into it, designated “psychological health”. It was decided to realize the essential content of



the subject of research, its basic characteristics in our own research through the analysis of ideas about the personality of the future engineer . If we consider that one of the main functions of the individual is distinguishing oneself from the surrounding world and regulating the interaction between the internal and external world, then for the future engineer they are truly significant. After all, the essence of engineering activity is industry, which means a burning desire to be the first, to distinguish yourself from others, to prove your superiority. It turns out that the competitive nature of industry is the reason that determines the desire for primacy, the isolation of one's own I (or We for a work team). Integration of the inner world and adequate relationships with the external environment is a function of the personality of any person, but for a future engineer it is determined by the characteristics of the type of activity, gender, age, as well as psychophysiological capabilities and abilities in the implementation of specific sports tasks. Moreover, if by the external environment we understand the influence and action on the future engineer of society, and by the internal world - his psyche, then, in the words of the philosopher V.E. Kemerovo , the process of personal existence proceeds as a constant removal of the opposition between external and internal in self-realization. Consequently, the totality and aggravation of contradictions between society and the personality of the future engineer is the main source of its changes, the features of which (depth, scale, etc.) depend on his psyche, the specifics of industrial activity and its intensity. The implementation of these variables in the life manifestations of a particular future engineer acts as a factor in the formation of the structure of his personality and the state of both "general" health and psychological health as well. There is data in the literature about the characteristics of the personality structure of future engineers . The motivational- need sphere (motives, goals, intentions, plans, attitudes, beliefs, claims, evaluative orientations, needs) ensures the organization of the personality orientation of the future engineer and success in industrial activity, and the satisfaction of needs influences the motivation to carry out a specific type of it. The individual psychological sphere (emotional stability, desire for leadership, determination, self-control, etc.) is characterized by the presence of a number of personality traits of the future engineer, which contribute to achieving success in industry. The emotional-volitional sphere (emotions, feelings, will) contributes to the manifestation of activity and experience states that ensure the realization of courage, perseverance, self-control, determination, initiative, mobilization, especially in extreme conditions of activity, which manifests itself with different levels of severity depending on the type of activity.

To summarize, we can say that the operational and technical sphere (knowledge, abilities, skills, experience of behavior at events and the ability to effectively demonstrate them in situations of lack or excess of information, uncertainty and chaos, as well as during changed weather conditions) affect psychological health. Proposed by G.D. Babushkin, the personality structure of the future engineer and its components, of course, can be adjusted and changed depending on a large number of factors influencing his personality throughout his entire life. The personality structure of a future engineer depends on the specifics of the type of activity, age, gender, psychophysiological organization of his individuality, which means the speed of manifestation and the degree of expression of the above and other



psychobiological variables (such as the type of nervous system, character, temperament) should be attributed to the factors determining its organization. Improving the qualifications of future engineers, increasing the level of their skill and experience is reflected in the structure of their personality. This process is accompanied by an expansion of the functional plasticity of its components, an increase in their compensatory capabilities while simultaneously intensifying destructive and dysfunctional processes, the formation of pre-morbid conditions and the development of psychosomatic diseases.

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