

APPROACHES TO STUDYING THE PSYCHOLOGICAL HEALTH OF FUTURE ENGINEERS

Haidarov Shakhriev Shukhrat ugli

Lecturer of the Department of Pedagogy of the Bukhara State Pedagogical Institute.

Annotation: *In modern psychological research, a systematic approach is often used, but some use intersystem, synergetic and other approaches. From the standpoint of a systematic approach, B.G. Ananyev justified the consideration of personality as an integral, multilevel system. Studying mental health, it should be considered not as an indicator or result of the functioning of individual parts of the psyche or any personality structures, but as an integral phenomenon that characterizes the systemic property of personality.*

Key words: *psychological health, mental state, biological individual, society, personality traits.*

ТЕМА: ПОДХОДЫ К ИССЛЕДОВАНИЮ ПСИХОЛОГИЧЕСКОГО ЗДОРОВЬЯ БУДУЩИХ ИНЖЕНЕРОВ

Haidarov Shakhriev Shukhrat ugli

Researcher at Bukhara State University

Аннотация В современных психологических исследованиях достаточно часто используется системный подход, однако в некоторых применяется межсистемный, синергетический и другие подходы. С позиций системного подхода, Б.Г. Ананьевым было обосновано рассмотрение личности как целостной, многоуровневой системы. Изучая психическое здоровье, следует рассматривать его не как показатель или результат функционирования отдельных частей психики или каких-либо структур личности, а как целостный феномен, характеризующий системное свойство личности.

Ключевые слова: *психологическое здоровье, психические состояние, биологический индивид, социум, свойства личности.*

Within the framework of a systematic approach, it is necessary to determine the categories of the phenomenon being studied. In other words, it is important to answer the question, what is psychological health? Is it a

process, property or state? As is known, the relationship between these categories is dialectical. At the same time, according to A.O. Prokhorov, "current mental states play the role of a connecting link between mental processes and personality traits." In the work of N.D. Levitov states that "mental processes under certain conditions can be defined as states, while at the same time, frequently recurring states significantly influence the formation and development of the corresponding personality properties." Therefore, the basis for dividing mental phenomena into processes, states and personality properties is mainly the duration and intensity of their action. In this regard, E.F. Rybalko suggests "solving the problem of assigning health to one category or another from the perspective of a chronological approach.

So, with short-term action, i.e. Within the microchronological approach, health can be defined as a state or a process. Within the framework of the macrochronological approach, it can act as a process or property." Mental states during a specific period of time are characterized by the manifestation of such functional parameters that are characteristic of simultaneously occurring mental processes, updated depending on the properties of the individual [1; p. 34.]. Since health is formed in the process of human development as an individual, personality and subject of activity, it can be studied, on the one hand, as a rapidly current state of a person, and on the other hand, as a long process, as its relatively constant, although dynamic, property. However, researchers studying psychological health and especially practical psychologists, diagnosing it for the purpose of correction, most often do this within a short period of time, so "condition" should be considered a more acceptable, as well as historically established category.

Mental states are also divided into three substructures: "The first is hierarchical, it is formed from four main levels of organization of a mental state: physiological, psychophysiological, psychological and socio-psychological. The second substructure is called coordination, since it reveals the presence of a subjective or objective side in each of the states. [3;p 75] Another one - the third substructure - forms three groups of characteristics: general, special and individual, which are in relation to inclusion." Researchers of psychological health, within the framework of a systems approach, identify its categories or what it represents: a property, state or process. If we consider psychological health to be a state, then in this case it is a system with relatively static parameters. At the same time, according to V.A. Hansen , a mental state is characterized by a set of

parameter values of simultaneously occurring processes, and the state itself is a background in relation to them. When considering psychological health as a personality property, it is necessary to take into account the stability of the manifestations of the subject's psyche and their manifestations in the structure of the personality. However, it is worth noting that due to the influence of stressful or traumatic environmental factors, health (psychological) can be lost or, conversely, formed, and therefore it cannot be unambiguously attributed to mental properties.

Therefore, when considering psychological health over a certain period of time with the reflection of objects and phenomena characteristic of this period, we must treat it as a state. At the same time, the totality of personality properties and qualities, on the one hand, and the individual's implementation of mental processes determines actual mental states that are characteristic only of him. Therefore, dialectical relationships exist and manifest themselves between states and processes, as well as between states and personality traits. Or, in other words, mental processes under certain conditions should be defined as states, although frequently repeated states determine the development and formation of personality properties. 53 When defending the position of a systems approach in the process of studying human health, it would be methodologically correct to take into account the differentiation and identification of its various levels. Most often, its three levels are described: physical, mental (spiritual) and social. The idea of human physical (bodily) health has a long history and was formed within the framework of biomedical research. In recent decades, the emphasis has been on physiological work in which its condition is associated with the organizational features and mechanisms of functioning of the human body systems. It should be noted that in the scientific literature there are dozens of definitions regarding physical health. A number of researchers agree that a physically healthy person is characterized by adequate adaptation capabilities to environmental conditions, optimal functioning of his organs and systems, and the ability to achieve a high level of physical and mental performance. As for the social level of health, scientists' ideas about its origins and essence are also less uncertain compared to the interpretation of the content of mental and psychological health. [2;p.88.] The most difficult situation concerns the search for a certain degree of agreement among researchers regarding what level of human health is being studied: mental or psychological.

Having methodologically comprehended the components (categories, characteristics, criteria, indicators) and approaches to the study of the

psychological health of the individual, it would be a mistake to differentiate these factors and forget about integration. After all, a comprehensively holistic meaning is the ideal to which science strives. As for psychology, the idea of a “whole” person was most successfully formed in anthropological psychology. To a large extent, this became possible due to the use of an integrated approach to the study of man. As noted by N.A. Loginova: “An integrated approach to a person, laid down by V.M. Bekhterev and developed by B.G. Ananyev, is truly humanistic, since it is initially anthropological and affirms the priorities of human development.” It is the integration of facts obtained not only in psychology, but also in related disciplines, as well as by scientists using different approaches, that will allow us to form the most complete understanding of the development, formation and mechanisms of its influence on the fundamental aspects of human life. The behavior of the system is determined by the structure and is characterized by the concept of function. The structure of a system must be understood not only as the composition of its components, but also its location in space, and the orderliness of the connections between them. And the behavior of a system means an ordered sequence of changes in its processes or states over time. The three-stage approach to the study of human health can also be explained by the fact that we rely on the triad accepted in psychology: organism - individual - personality. And also, as suggested by I.A. Dzhidaryan , and we study human health in a three-level dimension: the first level is somatic (organism), the second is mental (individual) and the third is psychological (personality). At the same time, for a holistic understanding of the features of the organization of health, the legitimacy of identifying these three main components, their relative autonomy and at the same time interaction, in our opinion, it is necessary to offer a meaningful description of each of these levels. Guided by the ideas of B.S. Bratusya , we assumed that each of the levels of health should have its own criteria and a structural and functional organization characteristic of it. 55 So, let's start from the lowest, first level of health - from the somatic. Its relationship with the two higher levels, related directly to the psyche, is of fundamental importance, since the problem of the relationship between the biological and social in humans has long been discussed. This means that the formation and development of the first level is associated with its biomorphofunctional characteristics, while the two higher ones work depending on the sociocultural and psychophysiological conditions of the individual's formation, the level of development of society (the second level) and the individual (the third level), although they are interconnected

with first. Without in any way detracting from the importance of the second and third levels of health, it is still logical to consider the role of the somatic level as the material basis in which the basic laws of life are manifested and at the same time are a condition for the creation and development of the psyche. B.S. Bratus titled the corresponding subsection in the book "On the role of the biological in the formation of personality."

Before attempting to analyze the influence of the biological in the development and formation of personality, it is necessary to clarify the definition of the object of health psychology. The fact is that, for example, V.M. Snetkov believes: "Since every person is born a biological individual, and becomes a person under the condition of living in society, it is logical to define a person as an individual as the object of health psychology." And further he says that "Personality is the result of the adaptation of a biological individual to society, which already presupposes that he has a certain health" [ibid.]. This means that immediately after birth the individual has only somatic health, since social influence in its entirety did not affect him. And even the mental level is only rudimentary, not to mention the presence of a psychological (spiritual and moral) level. In other words, this should be understood as follows: firstly, in the three-level structure of the human health system 56 the first - somatic - level (as a determinant of heredity) appears really first and only then in a certain time, space and under specific social conditions (and psychogenetic origins) , its next two levels develop. Secondly, the first level should be considered basic, since without it the others would not have appeared either, and throughout life, the state of primarily physical health also depends on it. Thirdly, if we recognize that after birth a normally developed child has a certain state of somatic health, then when talking about the mental and psychological layers of health, we need to understand that they exist as independent, separate entities, but at the same time are interdependent and interconnected with their primary basis: with their carrier, with the human body, as a metasystem in its existence.

To prove the role of the biological in the formation of personality, it is necessary to accept several axioms:

1. A complexly organized human psyche can develop and function only in a specific person with a morphofunctional organization unique to him, and under conditions compatible with his normal life activity.

2. Normal development of the psyche is ensured by a state of unstable equilibrium. Its essence is the possibility of fluctuations in the parameters of the internal environment of the human body within certain limits compatible with life.

3. The biological, determined by the laws characteristic of living systems, acts as a fundamental condition for the emergence and development of the mental; the external environment with its conditions for him is society, a social construct that has a certain level of sociocultural canons, principles, and laws. Now we can begin to explain the stated question about the role of the biological in the formation of personality. First of all, we must agree that painful changes in the biological are perceived by us through sensations of pain, fatigue, ailments, etc., while a state of complete health is not registered by the nervous system and sensory organs, except as a feeling of well-being. This may mean that optimal conditions have been created for the development and functioning of the psyche. In the course of analyzing the scientific literature, two approaches can be distinguished in the ideas of scientists about the factors that influence the psychological health of an individual. Within the first approach, there are individual components (for example, personality traits); within the second approach, individual qualities and/or states of personality are combined into systems and are called integral personality characteristics. Most often, authors identify integral personal characteristics that are related to mental health, namely: adequate perception of reality, oneself and others, well-being, harmony, socio-psychological adaptation, psychological and emotional stability, balance, coherence and psychosocial needs. Some scientists call integral characteristics of personality - integrity, integration, proportionality, reliability, self-control and self-regulation. However, how does all of the above relate to the psychological health of the individual? The answer to this question is described in detail in our publication. Without resorting to an analysis of individual (small) components, it can be noted that combined factors are most often interpreted as systems that can significantly influence the structure of personality and change the state of both mental and psychological health. For example, such a factor as "adequate perception of the surrounding world." It is worth noting that the level of health will be higher for a subject who has a perceiving personality image that is closer to the real one. For athletes, the correspondence of the perceived image with reality is also an important aspect, because perception in sports is formed in accordance with the specifics of a particular type of activity. [4;p.42.] Well-being is also considered a joint or integral factor, considering it significant in maintaining a healthy psyche of the individual. According to E.B. Vesny and O.S. Shiryayeva, in extreme conditions of life, well-being deteriorates, which is very often observed among athletes. Harmony is also referred to as the combined components

of personality. From a philosophical point of view, this category can be represented as the ordering of the elements of the system. In our view, this factor should be taken into account in the projection on the psychological health of the individual. In addition to the mentioned combined factors, V.L. Marishchuk , V.E. Milman , E. Fromm, R. Hankey and others highlight socio-psychological adaptation, balance, psychological stability, emotional stability and reliability. According to Nichols A.R. An important component of personality at work is self-regulation.

Returning to the name of the actual psychological level of health under discussion, it should be emphasized that the organization and functions of semantic formations exist in the personal space of a person, which is why, at the analyzed level of health, personality is not a way of implementing a position, but "the very position of a person in this complex world, which is given system of general semantic formations." In a more general way, it must be said that the psychological level, developing last, but acting dominant (in relation to previous levels of health) represents a process of individualization. And this means that, in comparison with the mental level, the psychological level ensures the process of individualization, i.e. We are talking about the uniqueness of a given individual, the uniqueness of the Self. Consequently, consideration of the psychological level must be carried out, taking into account not only external reality (the requirements of society), but also internal, subjective, determined by the presence of the inner world. Thus, when assessing the psychological health of an individual, we must take into account its relationship with the inner world, compliance with one's Self and with the obligatory projection on the intensity and specificity of various activities carried out by the individual.

СПИСОК ЛИТЕРАТУРЫ:

- 1.Фрейд А. Психология "Я" и защитные механизмы / А.Фрейд; Пер. с англ. М.Р. Гинзбурга. – М.: Педагогика, 1993. – 144 с.
2. Гринь Е. И. Личностные ресурсы преодоления психического выгорания у спортсменов: автореф. дис. ... канд. психол. наук. Краснодар, 2009. 24 с.
3. Карпов В. Е. Совершенствование средств саморегуляции психического состояния хоккеистов высшей квалификации в игровой деятельности: автореф. дис. ... канд. пед. наук. Челябинск, 2002. 21 с.
- 4.Sobirov A. Психическое здоровье //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2022. – Т. 9. – №. 9.