

## **Characteristics of the Manifestation of Psychological Health in Adolescence**

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**Abstract.** *The article covers the issues of psychological characteristics of the manifestation of psychological health in adolescence. Initially, opinions were put forward regarding the main features of the development of psychological health in adolescence. At the same time, from an empirical point of view, aspects of the interrelationship of individual methods of psychological health in adolescence were analyzed.*

**Key words:** adolescent personality, health, psychological health, individual style of psychological health, individual-personal characteristics, socialization, psychological well-being.

### **Introduction**

Adolescence is a sensitive period of formation and strengthening of the psychological health of a growing person. The presence of a number of specific factors that negatively affect the physical, mental, and psychological well-being of a child in the educational and social environment largely determines the relevance of research in the field of psychological health problems. Problems in intra-family relationships, increased educational burden, constant expectation of knowledge level verification and official assessment, difficulties in adapting to social groups, difficulties in interaction with peers can lead to a state of persistent anxiety and stressful tension. The negative impact of these factors can negatively affect the child's psychological health and significantly reduce it.

Indeed, according to O.V. Kukhlaeva, if negative factors have an intensive impact during early adolescence, the child usually clearly feels incomplete [10]. In this case, it can be an active outcome, in which the child tries to compensate for this feeling through various aggressive manifestations. In this case, aggression can be directed at both peers and parents and teachers. As a rule, aggressive behavior manifests itself in the form of provocations and the use of inappropriate language. At the same time, the adolescent deliberately tries to belittle another person, and the reprimands and negative attitudes of others encourage the child to such actions. At the same time, it is compensatory aggression that is often the main cause of asocial behavior in adolescents. If we consider the passive variant, then here the feeling of one's own imperfection can take the form of fear of being grown up, making responsible decisions, avoiding situations, infantilism, and the formation of social maturity.

According to V.S.Torokhtiy, all the diversity of negative factors capable of significantly influencing psychological health can be divided into objective environmental factors and subjective factors. They, in turn, are determined by the individual-typological characteristics of the individual [10]. Environmental factors include internal family problems, negative characteristics of educational institutions, complexity of professional activity, and the socio-economic and cultural situation in the country. Subjective factors are related to individual-personal characteristics. In our opinion, environmental factors, taking into account the active socialization characteristic of this age, are the most important for the psychological health of adolescents, therefore, in this study, these factors are considered first.

Thus, the main psychotraumatic factors for adolescent children may be:

- the absence of an objective opportunity to meet the expectations of parents;
- hyperresponsibility, including for others;

- social exclusion (in the family or peer group);
- excessive training load;
- negative perception by adults (parents, teachers);
- change of residence, joining a new community;
- physical danger to life and health;
- diseases that can lead to negative consequences.

Sh.Suldo draws attention to the following fact:... "reflecting on the criteria of psychological well-being of adolescents, it can be noted that adolescents' tendency to associate positive self-esteem and self-achievement with a subjective sense of high level of life satisfaction can be considered the most reliable basis for studying the psychological well-being of this age group" [6, 4, 5].

According to E.Schuyffer,... "highly developed ability to set goals, ability for independent moral behavior, determining the direction of one's development, ability to be satisfied with the results of one's activities, readiness to resist stress factors, anxiety, and life difficulties can also largely determine the level of psychological well-being" [1, 2, 7].

Reflecting on the criteria of psychological well-being of adolescents, it can be noted that the most reliable basis for studying the psychological well-being of this age group can be considered the tendency of adolescents to associate a positive assessment of themselves and their achievements with a subjective feeling of a high level of life satisfaction [9]. In addition, a highly developed ability to set goals, independent moral behavior, the ability to determine the direction of one's own development, the ability to be satisfied with the results of one's activities, readiness to cope with stress factors, anxiety, and life difficulties can also largely determine the level of psychological well-being [3].

It is known that the problem of psychological health in adolescence is of great importance due to its relevance. In turn, it shows the importance of caring for one's health in the personality of an adolescent, accepting it as the highest value, and forming a positive attitude towards health. Therefore, it is important to study the factors influencing the manifestation of psychological health in adolescence.

Within the framework of our research work, the methodology of V.P. Voytenko "Assessment of the state of one's own health," the methodology of A.V. Kozlov "Individual model of psychological health" were used, and the obtained results were analyzed quantitatively and qualitatively. The results of the quantitative analysis are reflected in the table below.

**Table 1**  
**Interrelation between individual psychological health styles of 7th graders**

Individual methods of psychological well-being	Strategic	Social	I vector	Creative	Spiritual	Intellectual	Family	Humanistic
Strategic	1,0,16	0,04	0,09	0,13	0,004	0,-0,06	-0,04	0,-0,04
Social	0,16	1,42**	0,26**	0,34**	0,08	0,0,24**	0,0,04	0,0,04
I vector	0,04	0,42**	1,52**	0,35**	0,11	0,0,03	0,0,0,04	0,0,0,04
Creative	0,09	0,26**	0,52**	1,39**	0,15	0,0,0,06	0,0,0,16	0,0,0,16
Spiritual	0,13	0,34**	0,35**	0,39**	1,46**	0,0,25**	0,0,0,20*	0,0,0,20*
Intellectual	0,04	0,08	0,11	0,15	0,46**	1,0,0,31**	0,0,0,15	0,0,0,15
Family	-0,06	0,24**	0,03	0,06	0,25**	0,31**	1,0,0,35**	0,0,0,35**

Humanistic	0,04	0,04	0,04	-	0,16	0,20*	0,15	0,35**	1
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According to the results of Table 1, it was established that the social self has a high degree of significance with the vector ( $r=0.42$ ;  $p<0.01$ ), with the creative self ( $r=0.26$ ;  $p<0.01$ ), with the spiritual self ( $r=0.34$ ;  $p<0.01$ ), with the family self ( $r=0.24$ ;  $p<0.01$ ). In particular, it was observed that it is an independent phenomenon, not interconnected with social, intellectual, strategic, and humanistic. According to him, the social model indicates that those with priorities have a strong desire to preserve their identity, contrary to what society expects. At the same time, in order for an adolescent to maintain their health, they, in turn, must be spiritually mature and psychologically healthy in family relationships.

It was established that the "I" vector has a highly significant correlation with social ( $r=0.42$ ;  $p<0.01$ ), creative ( $r=0.52$ ;  $p<0.01$ ), and spiritual ( $r=0.35$ ;  $p<0.01$ ). At the same time, it was noted that the "I" vector is an independent component, not interconnected with the intellectual, strategic, family, and humanistic. According to the research results, it was noted that the predominance of the "I" vector in the adolescent group has a significant correlation with physical health and the expression of self-care.

It was established that creativity has a high degree of significance with the social ( $r=0.26$ ;  $p<0.01$ ), with the I vector ( $r=0.52$ ;  $p<0.01$ ), with the spiritual ( $r=0.39$ ;  $p<0.01$ ). Especially, it turned out that creativity is an independent phenomenon without interconnection with intellectual, strategic, family, humanistic, etc. Especially in the group of adolescents with strong creativity, self-expression is characterized by an increase in the skills of effective use of one's capabilities.

It was established that there is a significant correlation with spiritual intellectual ( $r=0.34$ ;  $p<0.01$ ), social ( $r=0.35$ ;  $p<0.01$ ), I vector ( $r=0.39$ ;  $p<0.01$ ), creative ( $r=0.46$ ;  $p<0.01$ ), family ( $r=0.25$ ;  $p<0.01$ ), high level, humanistic ( $r=0.20$ ;  $p<0.05$ ). In particular, it turned out that it is an independent component without interconnection with the spiritual strategy.

It was established that there is a high degree of correlation between intellectual and spiritual ( $r=0.46$ ;  $p<0.01$ ) and family ( $r=0.31$ ;  $p<0.01$ ). At the same time, it was observed that the intellectual is an independent phenomenon without interconnection with strategic, social, vector, creative, and humanistic self.

It was noted that there is a high degree of significant correlation with family social ( $r=0.24$ ;  $p<0.01$ ), spiritual ( $r=0.25$ ;  $p<0.01$ ), intellectual ( $r=0.31$ ;  $p<0.01$ ), and humanistic ( $r=0.35$ ;  $p<0.01$ ). Especially, it turned out that the family strategic, I vector, is an independent component without interaction with the creative.

It was established that the humanistic family ( $r=0.35$ ;  $p<0.01$ ) has a significant correlation with the spiritual ( $r=0.20$ ;  $p<0.05$ ). At the same time, it was observed that there is no mutually significant connection with strategic, social, I-vector, creative, intellectual, etc.

According to the research results, it was established that there is a differentiated relationship between individual methods of psychological well-being. At the same time, it turned out that from individual methods of psychological health, strategic is an independent component, not interconnected with other components.

Based on the studied theoretical sources and the results of the conducted research, the following conclusions can be formulated:

- it is noted that the harmonious development of emotional, behavioral, cognitive, and motivational components, which determine the psychological health of the individual, is the main priority factor;

- it was determined that the desire to know oneself, the value of "I," the mastery of reflection, self-development, self-expression, the realization of personal potential, creativity, considering another person valuable to oneself, effective adaptation are important as the main signs of a person's psychological health;

- in adolescence, it was observed that the combination of such vectors as strategic, social, I vector, creative, spiritual, intellectual, and family is a mechanism characterizing psychological health.

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