



PSYCHOLOGICAL FOUNDATIONS OF SCIENTIFIC THEORETICAL VIEWS ON CHILDREN'S MENTAL HEALTH AND ITS IMPORTANT CRITERIA

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Abstract: in the article, the child's development, his psyche and personality traits are largely determined by the relationship that develops throughout life in the developing person and his closest adult environment. Everything that happens in the communication between preschool children and adults affects attitudes towards health at the beginning of school life. A child's attitude to health should be a topic of pedagogical communication from childhood. Health care is a necessary condition for the successful functioning of human life. The opinions of scientists regarding mental health are indicated, which indicates that the issue of health care has been considered at all levels of human existence (biological, mental, social).

Key words: mental, health, protection, suffering, neurosis, help, organization, psychiatry, medicine, republic, system, determination, activity, improvement.

Over the past period, certain works have been carried out at all levels of the health care system to improve the national service for the protection of mental health of the population, to identify, treat and rehabilitate people suffering from mental disorders. In accordance with the decision of the President of the Republic of Uzbekistan dated March 16, 2018 "On measures to radically improve the system of psychiatric care" No. programs for equipping (additional equipment), as well as construction and reconstruction of buildings of republican psychiatric institutions. In particular, admission quotas for master's degrees were increased on the basis of state grants in the field of "psychiatry", fundamental, practical and innovative scientific research activities were activated in psychiatry departments of higher medical educational institutions. For the first time, the list of services provided by private medical organizations for the diagnosis and treatment of mental illnesses was approved.

A child's development, his psyche and personality traits are determined to a large extent by the relationships that develop throughout life with the developing person and his closest adult environment. Everything that happens in the communication between preschool children and adults affects attitudes towards health at the beginning of school life. A child's attitude to health should be a topic of pedagogical communication from childhood. Health care is a necessary condition for the successful functioning of human life. Since the issue of health care at all levels of human existence (biological, mental, social) is considered, it is the subject of studies of various scientific disciplines: anatomy, medicine, psychology, sociology, philosophy. Within the framework of psychology, health care is studied at the individual level - mental health, "which has a general meaning for the person" is "closely connected with the higher manifestations of the human spirit" - interpreted according to the thoughts of I. Dubrovina.

Among the specific characteristics and criteria of mental health, its harmony, balance, level of integration, self-development, and spirituality are of particular importance. These characteristics describe a healthy person as part of a psychological approach. The psychological component of health includes health care as a personal psychological phenomenon and is implemented through a personal value system, including moral and religious systems. Psychological health refers to the achievement of a person's spiritual goals, their realization, the implementation of self-management and compliance with the requirements of the socio-cultural and natural environment. A psychologically healthy person is a person who is able to resolve

interpersonal conflicts. Psychological health is an important component of human health and a developmental process aimed at achieving human essence and self-sufficiency.

The phrase "psychological health" was first coined by I.V. Dubrovina, who took into account aspects of mental health that belong to the whole person and are closely related to the highest manifestations of the human spirit [10, p.4]. Psychological health is a necessary condition for the functioning and development of a person in the course of his life, a dynamic set of mental characteristics of a person, which ensures harmony between the needs of the individual and society, which is the orientation of a person to fulfill his life tasks. are necessary conditions for Disruption of psychological health does not allow a person to fully develop his personal development, it can have a negative impact on their destiny and life path. The main task of psychological rehabilitation is to maintain an active dynamic balance of the body and the environment in all situations, but especially in difficult conditions that require the mobilization of personal resources.

Psychological health is described by various characteristics: leading values, personality traits, level of anxiety, adaptive success, self-awareness, etc. This leads to inconsistencies in psychological health indicators. The task of determining a unified system of psychological health indicators is related to the conduct of psychological health activities at different age stages (childhood, youth, adulthood), and the purpose of the research depends on the indicators specific to the selected period. . This leads to an increase in the number of possible indicators of mental health.

B.S. Bratus suggests considering psychological health as a three-step learning process. The highest level of mental illness is personal-semantic (determined by the quality of a person's semantic relations). The next level is the level of personal psychological health (its assessment depends on a person's ability to create enough methods to realize semantic aspirations). The third level is the level of psychophysical health (determined by the abilities of internal neurophysical organization of internal mental factors). Several authors who study psychological health during child ontogeny include A.V. Shuvalov, V. Pakhalyan, I. V. Dubrovina pay attention to the following indicators of psychological health: anxiety, the nature of communication with peers, aggression, motivation and self-esteem. Psychological health means the existence of a mobile balance between a person and the environment, a child adaptation to society can be distinguished as the main criterion. Based on this position, the child's psychological health has several levels:

1. Creative level: such children easily and fairly stably adapt to any environment, have the necessary reserves to overcome stressful situations and are characterized by an active attitude to reality.
2. The level of adaptability: children are mostly adapted to society, but they have some elements of the manifestation of uncertainty, which is mainly expressed in the increase of restlessness.
3. Assimilation-adjustment level: this level includes children who do not have appropriate interactions with others or who show dependence on external factors.

Separating these levels of psychological health allows us to differentiate psychological work with children and use different working methods. It is enough to deal with the educational activities of children of the first group, children of the third group need serious corrective work. Psychological aspects of health are emotional, intellectual and mental well-being. Let's look at these aspects. It is manifested in the development of thinking, thinking, calmness, speech processes. The child's preschool age is characterized by the transition to visual-visual-descriptive thinking. This way of thinking helps to acquire new types of activity - game, constructive, graphic. The development of thinking is inextricably linked with the development of speech. At preschool age, speech begins to perform the function of planning and regulation. The child enriches his vocabulary, forms the grammatical and lexical structure of speech. A child is not only able to comment on a specific event, but also to express a momentary desire, and also thinks about nature, himself, his actions, his place in the world. Emotionally, the happy emotional state of the child is reflected. It is known that preschool children have a strong emotional relationship with their mother and adults. He hears human speech for the first time from them and through them with the

development of children, covers the complex system of human relationships. Emotional deprivation causes the child to be disturbed, causes psychiatric diseases. Children deprived of the opportunity to have a full emotional relationship with their mother often lag behind their peers in physical, intellectual and emotional development. Such children begin to speak late, walk, their play activities are characterized by poor events and monotony, manipulation of subjects is often observed. Children are passive, not interested, they do not have the skills to communicate with other children and adults. Thus, the child's emotional connection with adults is fundamental and the key to mental development and psychological health.

Criteria for mental health:

- the mental development of the child, its mental impact,
- adequate social activities
- the ability to understand oneself and others,
- fuller implementation of development potential in various activities,
- the ability to make a choice and take responsibility for it

Modern society lives in situations that contribute to the development of harmony and balance, the stability of personal development of a person. Natural disasters, drastic changes in social norms, political instability, urbanization, separation from nature with eternal norms really create the most important concept of "mental health" at the current stage of human development.

The term "psychological health" is relatively new and is associated with the development of human psychology and its success in understanding the secrets of the human soul.

V.V. Dubrovina defines "mental health" as the normal functioning of individual mental processes and mechanisms, and the term "mental health" refers to all humanity, the manifestation of the human spirit, and allows to separate the psychological aspect from the medical, social and philosophical aspects. Understanding psychological health within the framework of the harmony approach (O.V. Khukhlaeva, G. Nikiforov) is widespread. In this approach, a healthy person adapts successfully and has harmonious relationships with others. O.V. Khukhlaeva, considering psychological health as the existence of a dynamic balance between a person and the environment is a criterion of harmony between a child and society [4, p.43]

A. Maslow's psychological health defines a person as harmonious with himself, healthy focus on human values, having characteristics such as acceptance of others without noticing internal conflicts, without attacking, self-autonomy, describes as a person with such characteristics as sensitivity, beautiful and terrible, sense of humor, almatism and creativity. He paid special attention to the quality of a person "to have everything." A. Maslow's position is very close to me, because I believe that not being afraid of unknown incompetence can open new horizons for a person, acquire new knowledge and skills, expand his horizons and enrich his inner world, which usually leads to inner harmony and a happy life. , this is one of the indicators of a psychologically healthy person. It is psychological health that makes a self-sufficient person, and self-sufficiency makes a person psychologically healthy. The most sensitive period in a person's life is preschool education. This age is characterized by high self-esteem and positive feelings about themselves and other people. But the psychological health of a child and an adult are different, adult health includes a consciously developed need for spiritual development. This need of the child has preconditions, its tasks. Therefore, it is very important to form and develop the above-mentioned qualities in a child, which creates a reliable basis for his mental health. It is also important to protect the child from negative influences on the formation of these qualities. Providing a child with a happy childhood - we offer him a happy life. For full development, a small child needs love and care from adults, starting with the family and ending with the preschool.

In the 70s of the last century, several professors at Harvard University conducted a unique experiment, and an arbitrarily organized group of students was invited to participate in the experiment. The health of each participant was checked and the data was recorded in the archive. Then each young man was invited to an informal interview. Did the teacher then understand how he judged the attitude of his parents and liked them? At the same time, the scientists were not

interested in the objective picture, they were only interested in the personal feeling of the participants, personal satisfaction or dissatisfaction with the love of the parents. The answers of the participants were also recorded in the archive, which was carried out in the first stage of the experiment. The second stage was held after 35 years. Professor Harry Schwartz of the University of Arizona (USA) and his colleagues conducted similar studies to determine the current status of subjects who were the subject of prophecies of parental love when they were in college. 35 years ago, only 25% of those who rated parenting and parenting highly were in a difficult situation. These are amazing facts, but if you look at it, it's not surprising. Psychological health is one of the general components of human health.

There is no clear definition of psychological health, but the criteria are the full development of intelligent individuals (NI Gutkina, I.V. Dubrovina) and the predominance of positive emotions over negative effects (M. Yu. Storozheva). according to the child's mental health, emotions. An important feature is the level of positive self-awareness. Attracting the attention of parents and quality work of preschool educational institutions is the best way to create favorable conditions, the lack of first or second places can have a negative effect.

An interesting anthropological approach to solving children's mental health problems. Psychological health is an integral part of human vitality and humanity, which in turn gives the child the human essence, subjectivity, the ability to transform their lives into the subject of Practical Transformation, and mental disorders in children are considered an anthropogenic syndrome - it is an internal or the retardation or disturbance of inner development is expressed in the peace, innocence, or humiliation of the individual, subjective reality, in a continuous separation from the human community. 5, c 91-105]

The problem of maintaining the health of the young generation is one of the central issues in modern education and is considered within the framework of health care pedagogy. The modern education system makes high demands on the level of development of children. He must be physically and spiritually mature, have a sufficiently large number of ideas about the surrounding reality and be oriented to it, communicate and build a process of communication with peers and adults, manage his own behavior, must move in changing conditions.

In humanitarian psychology, in particular, in the works of A. Maslow, mental health is considered to be, on the one hand, an awareness of what is inherent in nature and, on the other hand, a striving for humane values. Based on the analysis of psychological and pedagogical literature, we determined the criteria of children's mental health related to:

- Immobility of mental processes
- Arbitrary impulsivity of the motor and cognitive sphere
- Productivity mental consumption
- Criticism and criticality of behavior
- Resistance to information (mental adaptive capacity)
- Hemispheric transfer and hemispheric noise.

The outcome of children's mental health is a healthy mind.

We evaluate mental health indicators by diagnosing psychiatric diagnostics, individual-typological characteristics (Teping-test O. Chernikova, "Correction tests" of the Toulouse-Pieron test).

Assessment of psychological health indicators is carried out using diagnostic methods, methods of monitoring children on various types of activities, project drawing methods ("I am in kindergarten", "Family picture" by A. Homentauskas, Luscher test (TEC), observation map The "secret" of Scott, T.A Repin and others.

There are so many thoughtful and interesting perspectives on psychological health that allow us to choose what works best for each individual. But the most important thing is to find a way to develop general and psychological health. It is individual for each person due to his innate characteristics and personal orientation. I am sure that the love of parents for your child, the care and education of the adults who met during the child's life, the education and interest of teachers will help to develop the child's personality and strengthen their mental health in the best way.

Children's mental health requires constant analysis and, if necessary, adaptation of the environment, which has its own characteristics, for each individual child of preschool age and entering a certain period of development. The problem of protecting the health of people, especially children, and fighting diseases is of global importance in our time, and it requires the efforts of all mankind to solve it. It is important to understand how to deal with the causes that cause diseases in solving the problem of maintaining people's health. Experts of the World Health Organization (WHO) studied health in many countries of the world and came to a conclusion about the special role of mental health in the health of the child. It has been proven that mental health disorders are related to both somatic diseases or physical health defects, and various negative factors and stresses that affect the psyche and are caused by social conditions. The main condition for a child's normal psychosocial development is a calm and friendly environment created by the constant presence of parents who pay attention to the child's emotional needs, talk and play with him, maintain discipline, and perform the necessary actions. control and provide the family with the necessary material means. The concept of "mental health of a preschool child". In the psychological literature, the concept of mental health began to enter relatively recently. Mental health is a state of mental well-being that ensures the absence of painful mental manifestations and adequate regulation of behavior and activity in relation to the surrounding reality.

The encyclopedic dictionary of medical terms does not have the term "mental health", but the term "health" does. It is worth noting that this term means not only the absence of disease and physical defects, but also a state of complete mental, physical and social well-being. The term "mental health" is widely used in specialized medical literature and medical practice. At the same time, the state of mental health is explained by the conditions of psychosocial development of children. We see that the unity of medicine and psychology mentioned above already includes sociology - its science and practice. A brief dictionary of sociology gives a detailed definition of the term "public health", that is: 1) a condition opposite to a disease, the completeness of a person's vital manifestations; 2) not only the absence of disease and physical defects, but also a state of complete physical, spiritual and social well-being; 3) the natural state of the organism, its balance with the environment and the absence of any disease state; 4) the condition of the optimal life of the subject (individual and social community), the existence of necessary conditions and conditions for comprehensive and long-term activity in the fields of social practice; 5) quantitative and qualitative characteristics of human life and the state of the social community. Many authors do not share the concepts of psychological and mental health of a person and use them as synonyms. However, in some studies, psychological health of a person, unlike mental health, is related to personal characteristics and combines all aspects of a person's inner world and ways of its external manifestation into a whole, i.e. . the term "mental health" is a narrowing of the term "mental health" and is interpreted as an important component of a person's social well-being on the one hand, and his vitality on the other.

In the future, we will use the terms "mental health" and "psychological health" as synonyms. The health of a person is characterized by vitality, a sense of life, comprehensive and long-term social activity, the completeness of manifestation of the harmony of personal development. The average individual norms of people, especially children, depend to a large extent on the social essence of a person. By mobilizing experience and scientific achievements, man can ensure the optimal implementation of genetic information. There are many transitions between health and disease. Diagnosing early shifts before the development of a clear pathological process is possible only with proper guidance on normal health indicators. We must not forget that mental health is important and sometimes decisive for a person as the basis of his social activity and physical life.

Modern science, based on the works of famous Soviet scientists I. M. Sechenov, I. P. Pavlov, A. A. Ukhtomsky, V. M. Bekhterev and their students, confirms the unity of somatic and mental unity in a person. Physical health and mental health are inseparable and interrelated. This is expressed in the proverb "Healthy mind in a healthy body". At the same time, a healthy mind usually means a person's ability to perform full-fledged activities. But while accurately reflecting

the unity of body and soul, the proverb does not so clearly emphasize the health of the body. There are many examples of how a healthy mind, a strong spirit subjugates a weak body and ensures its health. Born a sickly child, the great Russian general A. Suvorov developed extraordinary physical endurance as a result of conscious hardening of his body and strict discipline, which enabled him to endure the hardships of military service and become an example to soldiers. This allowed Bernard Shaw to say: "A healthy body is the product of a healthy mind." All these factors force us to carefully consider the role of the psyche in ensuring human health and functioning. The association of somatic diseases with nervous diseases has been observed by clinicians for a long time. Neurologist M. I. Astvatsurov noted that people who are prone to fear, internal tension, often have heart diseases, those who are prone to anger - liver diseases, people with low mood, apathy - stomach and intestinal diseases. Factors influencing the psychological state of preschool and preschool children. In the psychological literature, the factors affecting the child's psychological health are separated and analyzed in depth. Most of these factors are socio-psychological, socio-cultural and socio-economic in nature. The socio-cultural nature of the factors that have a negative impact on psychological health is related to the acceleration of the pace of modern life, lack of time, insufficient conditions for emotional stress relief and rest. The consequence of this is the excessive work load of parents, their neuroticism, the emergence of many personal problems, the ways of solving personal internal conflicts, and insufficient awareness of the possibilities of psychological and psychotherapeutic help. Such personal imbalance of parents is reflected in the development of children and has a negative effect on their psyche. The emotional environment in the family and the psychological state of its members are also influenced by socio-economic factors, including A.I. Zakharov highlights issues such as unsatisfactory living conditions, parents' employment, mother's early departure for work, and placement of the child in a kindergarten. Placing children in pre-school institutions at an early age (under 3 years old) or engaging a nanny to raise them is a strong psychotraumatic event, because such children are not yet ready to be separated from their mothers. In the conditions of normal emotional communication between the child and his mother, by the age of three, the sense of "I" appears in children, i.e. the perception of oneself as a separate person, the feeling of dependence on parents gradually decreases. In small children, the need for connection with frequent and long separation from the mother increases, which can lead to the appearance of neurotic reactions. On average, it is only at the age of three that a child develops a desire to "separate" from his mother and become more independent. In addition, at this age there is already a strong need to communicate with peers, in joint games with other children. Therefore, a three-year-old child can be placed in a kindergarten without endangering his mental health. Experts agree that the subjective state of the child is directly related to the environment (V. I. Garbuzov, V. A. Guryeva, A. I. Zakharov, A. S. Spivakovskaya, etc.). Experts of the World Health Organization (WHO) based on the analysis of studies conducted in different countries of the world, according to their conclusions, mental illnesses are more common in children who live in unbalanced relationships with adults. The same studies have shown that the majority of childhood mental health disorders have two characteristics: firstly, they represent only quantitative deviations from the normal process of mental development, and secondly, many of their manifestations can be seen as reactions to traumatic situations. . Socio-psychological factors affecting children's psychological health include, first of all, the imbalance of family relationships and the imbalance of family upbringing or disorders in the field of child-parent relations. The problem of marriage and child-parent relations is given a lot of attention in domestic and foreign literature. The causes and nature of conflicts within the family are highlighted, ways of their correction are considered. Let's try to look at unbalanced family relations from the child's point of view, from the point of view of the impact of such relations on the psychological health of preschool children. Once again, we emphasize that even age is characterized by close emotional attachment of the child to his parents, not in the form of dependence on them, but in the form of the need for love, respect and recognition. At this age, the child still cannot act well in subtle aspects of interpersonal communication, cannot understand the reasons for conflicts between parents, does not have tools to express his feelings and experiences. Therefore, firstly, often a

quarrel between parents is perceived by the child as an alarming event, a dangerous situation, and secondly, it is bad, does not live up to the parents' expectations and does not deserve their love. Thus, frequent conflicts between parents, loud quarrels cause constant anxiety, a sense of self-doubt, emotional stress in preschool children and can be the source of their psychological health. Most psychologists believe that a child's psychological health or poor health is closely related to the parenting style and the nature of the relationship between parents and children. So, for example, A. Bagaduin identifies democratic, controlled and mixed parenting styles. The democratic style is characterized by a high level of perception of the child, well-developed verbal communication with children, belief in the independence of the child, readiness to help him if necessary. As a result of such upbringing, children are distinguished by the ability to communicate with peers, activity, aggression, the desire to control other children (and it is impossible to control them themselves), and good physical development. With the style of parental control, parents assume the function of controlling children's behavior: they limit their activities, but explain the nature of the prohibitions. In this case, children are distinguished by such characteristics as obedience, indecisiveness, aggressiveness. Children with a mixed parenting style are often obedient, emotionally sensitive, non-aggressive, curious, and have a weak imagination. Precisely because preschool children are exposed to various psychological diseases, the problem of psychoprophylaxis of the psychological state of healthy preschool children is very relevant. Undoubtedly, the best prevention tool is a good relationship between parents and children, the ability of parents to understand their child's inner world, his problems and experiences, to put himself in their place. Peculiarities of the child's behavior in the state of psychological stress. The role of the educator in the prevention of behavioral deviations. As one of the main medical and social problems of children's health and upbringing, the problem of "Healthy child" is especially widespread now. The term child mental health is ambiguous, it connects two disciplines and two areas of practice - medical and psychological. In recent decades, at the intersection of medicine and psychology, a special field of psychosomatic medicine has emerged, based on the understanding that any somatic disorder is somehow related to changes in the child's mental state. In some cases, mental states become the main cause of the disease, in others, they become the impetus that causes the disease, sometimes mental characteristics affect the course of the disease, and sometimes physical diseases cause mental experiences and psychological discomfort. Circumstances may be different, it is important for us that the interaction of "soul" and body is unconditionally recognized. In a number of psychological works, mental health is related to the experience of psychological comfort and psychological discomfort. Psychological discomfort occurs as a result of the frustration of the child's needs and leads to deprivation. The frustration of one or more needs is the basis of childhood neurosis, which manifests itself in the form of various diseases of psychosomatic origin (bronchial asthma, vomiting, headaches, etc.). The main pathogenic significance of developmental and character disorders is insufficient satisfaction of affective needs, that is, emotional, affective deprivation. Despite the use of the term "mental health" in all the above works, in essence, they are mainly about mental health disorders: about the causes of health disorders, the manifestation of disease symptoms, unfavorable conditions for mental health, etc. This fact was noted by experts of the World Health Organization in 1979. They developed a very important recommendation for the psychological education service: from the study of factors that increase the child's vulnerability to mental disorders to the study of factors that protect him from stress, from the study of harmful effects, from the study of failed interventions, from the study of negative effects 'going to learn the secrets. prevention of mental illness. Recognizing that the primary condition for a child's normal psychosocial health (in addition to a healthy nervous system) is a calm, supportive environment created by the constant presence of parents or substitutes who are attentive to the child's emotional needs. will be done. , talk and play with him, maintain discipline, monitor and provide the family with the necessary material means. At the same time, it was emphasized that the child should be given more autonomy and independence, give him the opportunity to communicate with other people and adults outside the home, and provide appropriate conditions for life. "Many children do not have these conditions,"

the report said. Experts of the World Health Organization, based on the analysis of the results of many studies conducted in different countries, convincingly proved that children who grew up in family discord have more mental disorders. The same studies have shown that childhood mental health disorders have two characteristics: first, they represent only quantitative deviations from the normal process of mental development; secondly, many manifestations can be seen as manifestations of specific situations. For example, children often have severe difficulties in one situation but successfully cope with other situations (they may have behavior problems in kindergarten but behave normally at home, or vice versa). Many children can develop emotional or behavioral disorders under the influence of certain situations at the same time. For example, there may be unreasonable fears, sleep disorders, and eating problems. In some children, they appear frequently, stubbornly, and lead to social maladjustment. Such conditions can be described as mental disorders. Research conducted by representatives of the World Health Organization around the world on the problem of raising children by parents with abnormal behavior has shown that mental disorders are more common among the children of criminals and persons suffering from mental illnesses. Hereditary factors may play a role in this, experts say, but it is clear that the main cause of crimes is related to unfavorable family environment and bad attitude of parents towards children. Another conclusion of WHO experts is interesting: an increase in the level of well-being does not necessarily help children's psychosocial development. Special efforts should be made so that socio-economic achievements contribute to the improvement of psychosocial development and do not cause new problems. Children's mental health issues are addressed in a number of medical studies. It has been shown that childhood is characterized by increased sensitivity to environmental influences, against the background of which a number of additional factors make some children particularly susceptible to neuropsychiatric diseases. It has been determined that the basis of the pathogenesis of neurosis in children is the deformation of the relationship system of a developing person. This leads to his neurotic development, which is understood by V. N. Myasishchev as a violation of particularly important personal relationships that form an integral system within the concept of neuroses. Emotional-behavioral disorders in children are manifested in the form of fear of a change in the familiar environment, a change in the regime, and the expansion of the social circle. Deviant (deviant) behavior is the performance of behavior contrary to the norms of social behavior in a particular community. Communication problems are one of the most common types of emotional disorders. Three interrelated aspects can be distinguished in communication: communicative, interactive and perceptive. The communicative side consists of information exchange. The interactive side consists of organizing interaction between communicating persons, that is, exchanging not only knowledge, ideas, but also actions. The perceptual side of communication means the process of mutual perception by communication partners and establishment of mutual understanding on this basis. In ontogenesis, communication is the main, dominant form of the child's relationship with the environment. This form, first of all, implies understanding by another subject (first of all, the mother), which is later replaced by a form that implies mutual understanding, that is, the child expresses not only his wishes, but also his wishes. takes into account other people on whom self-realization depends. The driving force of child development is the conflict between the two attitudes of the child to the world - the form of communication that he can, wants or should implement and the communication that he has or needs. conflict between ective form of activity. One of the emotional disorders in children is prosocial behavior (from the Latin prefix pro, which means to act in the interests of someone and social society) - the child's behavior aimed at the benefit of social groups. Antisocial behavior is the opposite of antisocial behavior. The analysis of recent years of scientific data and the experience of practical psychologists in educational institutions shows that the main factor in the prevention of various mental disorders in child development is comprehensive mental development of children at each stage of ontogenesis. Realizing potential opportunities for children's development depends on creating conditions that match the sensitivities of the age. A child's mental development is of great importance for his mental health, because at each age of a child's life there are certain needs for activity, communication, knowledge, play, etc. Satisfying

these needs, because they inhibit the child's progressive interaction with the surrounding people, culture, natural world, and this creates a state of deprivation. The conditions for the healthy development of children are the integrated medical, psychological and pedagogical system included in the social and cultural context of the period. The main characteristic of such a system is the concept of the social state of development. It is based on the child's experience of his environment and of himself in that environment. If these experiences are positive, the environment has a developmental influence and the child's mental health can be realized in it. Thus, the basis of the mental health of a preschool child is the complete mental health of the child at all stages of ontogenesis. It is the development of higher mental functions that ensures mental health. When age-related and individual abilities are not realized in time, when conditions are not created for the formation of age-related psychological neoplasms and excellent individual characteristics in everyone, mental health disorders and, accordingly, the need for corrective work arise. children at one or another stage of ontogenesis. An integral part of general health is mental health, which is more affected by external factors. Preschool childhood is not the first stage of "real" life, but the foundation of life, so it is very important to prevent health problems, especially mental problems, at this stage of a child's life. In order for health to always be "normal", it is necessary to identify the factors that disrupt it. Observations of pediatricians, hygienists, and teachers have shown that students in the same age group of kindergarten have significant individual differences: what is easy for one child is beyond the power of another. Often, these differences are due to different levels of physiological maturity of the body or its individual organs and systems, which determines the child's real, so-called biological age, which does not always correspond to a calendar or passport. This creates difficulties in normalizing the size of various loads, implementing various forms of pedagogical work, and conducting health and fitness activities in kindergarten. Due to differences in biological age, one group may include not only preschool children with a delay in the age-related development of certain systems, but also children whose development is ahead of age indicators. Group work should be structured so as not to overload children with delays, developmental delays, but also not to hinder the development of children who are at a rapid pace. Developmental delay in a child is usually associated with frequent diseases at an early age. In addition, intrauterine developmental disorders, birth trauma can be the cause. Delay in development also occurs as a result of lack of proper hygienic care, lack of sufficient educational work, etc. can be determined using indicators describing resistance to impact and fatigue resistance. The level of neuropsychic development of preschool children is determined by how the child completes the kindergarten program, learns the material in the classroom, how his speech, range of motion, independence, cultural and hygiene skills are developed, and his relationships with others. According to the results of the medical examination, significant individual differences were found between children of the same age in indicators describing the functional state of the cardiovascular and respiratory systems. Psychological health is a condition that characterizes the process and result of the normal development of subjective reality within the framework of individual life; maximum psychological health is the unity of a person's vitality and humanity. "Psychological health" characterizes the person as a whole, is directly related to the manifestation of the human spirit, and allows highlighting the actual psychological aspect of the mental health problem. The child's psychological health includes various parts of life: the state of the child's mental development, his spiritual comfort; adequate social behavior; the ability to understand oneself and others; • more complete implementation of development potential in various types of activities; • the ability to make choices and take responsibility for them. 2. The problem of psychological health of children of preschool and primary school age occupies a central place in the development of the scientific foundations of practical child psychology. Of course, such a reality as psychological health requires comprehensive consideration and deep study not only at the theoretical level, but also at the level of organizing practical psychological work with children at all stages of their ontogenetic development. 3. The basis of human psychological health is the normal development of subjective reality during ontogenesis. 4. Children's psychological health has a clearly expressed intersubjective nature. 5. The educational environment is of decisive

importance in the state and dynamics of the child's psychological health. 6. Education that provides a healthy childhood ecology, considers self-development, becoming a subject of one's life as a norm, and ensures the formation of an individual's moral position is the optimal way to care for children. (natural) and is the most common form. psychological health of children. 7. Professional care of adults and a specially organized health environment develop natural capabilities and preserve the health of preschool children and students of primary school age. To date, there are many approaches to determining the main criteria of mental health. Thus, G.S. Nikiforov and R.A. Berezovsky prefers mental balance as the most important among the well-known criteria of this type of health, with the help of which the nature of the activity of the mental sphere of a person can be assessed from different aspects (cognitive, emotional, volitional) and organically connected with it - the organization of the psyche harmony and its adaptive abilities. O.N.Kuznetsov and V.I.Lebedev important criteria of mental health include the ability to adequately perceive the environment and consciously perform actions, purposefulness, work ability, activity and usefulness of family life. The problem of mental health and its criteria have been discussed by researchers from far away countries. Erich Fromm describes mental health as the ability to love and create, freedom from kinship to family and earth, and self-awareness based on the experience of "I" as the subject and executor of one's abilities. As you can see, opinions on the criteria for mental health vary. Among them there are repeaters (the fact that they are not random can be considered of special importance), but it is also clear that they are widespread. And it is no coincidence that recently there have been more and more doubts about the possibility of adequately describing this term and at the same time using individual criteria of mental health. attempts to grade it are activated (however, different bases are used to determine the grades). Thus, S. B. Semichev describes 5 levels, levels of the state of mental health. 1. Ideal health or standard - not found in real life - is a hypothetical state of mind, all its components correspond to certain theoretical standards, harmoniously combined, complete psycho-social adjustment in real natural and social reality and creates conditions for mental comfort. and corresponds to zero probability of mental illness or mental instability. 2. Average health is an indicator that is a product of the average psychological characteristics of a specially selected and studied (gender, age, social status, place of residence, etc.) population. Like every statistical indicator, it is a probability, which allows for some variation and deviation from ideal health. Thus, this indicator implies a certain risk of mental disorder, and in exceptional cases, borderline deviations in this condition may correspond to borderline variants of some diseases. 3. Constitutional health - connection of certain, specific mental state of healthy people with one or another body-organism constitution. This is consistent with the idea that such combinations create a predisposition to certain diseases. 4. Accentuation is a variant of mental health characterized by its own violence, acuteness, disproportion of some character traits to the whole person and leads to a certain disharmony. Emphasis, without preventing the adaptation of the individual to the social environment, narrows the limits of this adaptation to a greater or lesser extent, thereby predetermining the individual's situational vulnerability, increasing the risk of mental disorders, usually psychogenic. 5. Predisease - the appearance of the first, various, episodic, syndromic incomplete symptoms of mental pathology, which is the cause and condition of frequent social adaptation disorders. It is not yet a disease, but it is no longer health, although a person has every opportunity to get out of the state before this disease. Mental health of preschool children One of the most interesting and remarkable periods in a child's development is preschool childhood (approximately 3 to 6 years old), during which the child's personality, self-awareness and worldview are really formed. These processes are primarily related to general mental development, the formation of a new system of mental functions, where the child's thinking and memory begin to take an important place. Now he can act and act not only from the point of view of specific momentary stimuli, but also establish connections between general concepts and ideas that are not accepted in his direct experience. Thus, the child's thinking departs from a purely visual basis, that is, it moves from visual-active to visual-figurative. Such development of memory and thinking of a preschool child allows to move to new types of activity - game, visual, constructive. According to D. B. Elkonin, he "has the ability to move not from

situation to thought, but from idea to its implementation, from thought to situation" (1989, p. 150). The development of speech is inextricably linked with the development of thought processes. At the preschool age, speech begins to perform the task of planning and organizing the child's activities, the vocabulary and grammatical structure of speech become richer and richer. Now the child is able not only to interpret a certain event and express a momentary desire, but also to think and reason about nature, other people, himself and his place in the world. Thus, the emergence of a preschool child's worldview and self-awareness is inextricably linked with the development of memory, thinking and speech. Here is a far from complete list of changes and neoplasms that occur in preschool age. This description will be less complete if we ignore the role that adults play in the overall development of the child. It is difficult to overestimate the importance of communication with adults and, most importantly, with adults for the mental development and mental health of a child. In the early stages of life, the child meets close adults (mother, father, grandmother, etc.) and through them and through them he gets to know the world around him, hears human speech for the first time, begins to master the objects and tools of his activity, and in the future understands the complex system of human relations. There are many examples in history that in the first years of life, children were deprived of the opportunity to communicate with adults for some reason, and then they could not learn to think, "speak like a person", and could not adapt to social life. environment. An equally vivid example is the phenomenon of "hospitalization", in which the child's interaction with adults is limited to formal child care and excludes the possibility of full emotional contact between the child and the adult (this young child is placed in an orphanage). It has been proven that such children lag behind their peers in many ways in their physical, intellectual and emotional development: they begin to sit, walk, talk later, their play is poor and monotonous and often limited to simple object manipulation. Such children, as a rule, are passive, not interested, do not have the ability to communicate with other people. Of course, the described examples are extreme, atypical cases, but they are a vivid expression of the fact that the child's communication with adults is the main determining factor of children's mental development and mental health. In normal everyday life, the child is surrounded by the attention and care of the closest adults, and there should be no reason to worry. However, even among children brought up in families, mental illnesses, including neuroses, are very high, and their occurrence is not related to genetic, but social factors, that is, the causes of the disease are in the field of human relations. In addition, according to V.A. Kollegova (1971), A.I. Zakharov (1988) and other researchers, the largest number of neuroses is observed in preschool and primary school age. Therefore, from the first years of a child's life, parents should consider the possibility of deviations in the neuropsychic development of children and know the reasons for such deviations. In the psychological literature, the factors affecting the child's mental health and, in particular, the occurrence of neurotic reactions have been sufficiently thoroughly analyzed. Most of these factors are socio-psychological, socio-cultural and socio-economic in nature (A.I. Zakharov, 1993). The socio-cultural nature of the factors that have a negative impact on mental health is related to the acceleration of the pace of modern life, lack of time, insufficient conditions for emotional stress relief and relaxation. The consequence of this is the excessive work load of parents, their neuroticism, the emergence of many personal problems, the ways of solving personal internal conflicts, and insufficient awareness of the possibilities of psychological and psychotherapeutic help. Such personal imbalance of parents is reflected in the development of children and has a negative effect on their psyche. The emotional environment in the family and the mental state of its members are also affected by socio-economic factors, among which A.I. Zakharov singles out such factors as unsatisfactory living conditions, employment of parents, early departure of the mother to work and employment of the child shows. A child in kindergarten. Placing children in preschool at an early age (up to 3 years) or engaging a nanny to raise them is a strong psychotraumatic event, because such children are not yet ready to be separated from their mothers: two years. - an older child has a strong sense of unity with his mother, society, and her (he considers himself to be united only with his mother - "WE" category). In the conditions of normal emotional communication between the child and his mother, by the age of 3, children develop the sense of "I", that is, the perception

of oneself as a separate person, the feeling of dependence on parents gradually decreases. With frequent and long separation from the mother (placed in a kindergarten or sanatorium), the need for attachment increases, which leads to the appearance of neurotic reactions in young children. On average, it is only at the age of 3 that a child begins to "separate" from his mother and become more independent. In addition, at this age there is already a strong need to communicate with peers, in joint games with other children. Therefore, a 3-year-old child can be placed in a kindergarten without endangering his mental health. Socio-psychological factors affecting children's mental health include, first of all, imbalance in family relationships and imbalance in family upbringing or disorders in the field of parent-child relationships. The problem of marriage and child-parent relations is given a lot of attention in domestic and foreign literature.

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