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MANIFESTATION OF ATTITUDE TO ONE'S OWN HEALTH DURING ADOLESCENCE

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Annotation

The article aims to reveal the psychological mechanisms by which adolescence manifests an attitude towards one's own health. Initially, theoretical approaches, views of a number of scientists and researchers have been analyzed in relation to the attitude towards their own health in adolescence. Also, the degree of attitude towards one's own health in adolescence has been studied from an empirical point of view.

Keywords: adolescent personality, Health, attitude to one's own health, emotional, cognitive, motivational - behavioral, valuable-meaningful, self-awareness, self-education, life purpose.

ПРОЯВЛЕНИЕ ОТНОШЕНИЯ К СОБСТВЕННОМУ ЗДОРОВЬЮ В ПОДРОСТКОВОМ ВОЗРАСТЕ

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Аннотация

Цель статьи - выявить психологические механизмы, с помощью которых в подростковом возрасте проявляется отношение к собственному здоровью. Первоначально были проанализированы теоретические подходы, взгляды ряда ученых и исследователей на отношение к собственному здоровью в подростковом возрасте. Кроме того, с эмпирической точки зрения была изучена степень отношения к собственному здоровью в подростковом возрасте.

Ключевые слова: личность подростка, здоровье, отношение к собственному здоровью, эмоциональное, когнитивное, мотивационно-поведенческое, ценностно-смысловое, самосознание, самообразование, жизненная цель.



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Adolescents need to be aware of health as a value and worry as a need. Then there will be more motivation and conscious behavior towards this value. Psychologists determine the age at which motives and values are formed - this is exactly what corresponds to the school period. Ya.Z. According to neverovich, different categories of objects correspond to different levels of values, creating an inappropriate attitude in the adolescent's mind.

The object of the valued attitude of a teenager can be Ideas, People, actions, objects. Consequently, health can also be the object of forming a valuable attitude. Any person needs to work effectively and purposefully on himself in order to be healthy, but this is possible only when he considers health to be the highest human value and has the necessary knowledge to carry out such work. Therefore, it is necessary to form in adolescents motivation for Health, a desire to independently maintain and strengthen their own health. After all, as you know, they only take care of what they value, and most importantly, appreciate what they create with their own labor.

The concept of " attitude to health " is an assessment of a person's knowledge of his own health, its meaning, as well as his actions aimed at changing the state of Health. G.S.Nikiforov defines the following levels of mental health: biological, social and psychological. The first of them is associated with the innate properties of the body, the work of internal organs, the dynamic or deviation performance of its main functions, reactions to the processes taking place in the surrounding world. The second level touches on the degree of intervention of the individual in social life, his ability to interact with others in the process of activity and find an approach to them. The third level clearly shows the state of the inner world of a person, namely: self-esteem, self-confidence, acceptance or non-acceptance of oneself and one's own characteristics, attitude to the world, society, what is happening, covers ideas about life and the Universe [3].

If a person's mental and psychological health does not cause anxiety, then his mental state is good, he does not have any deviant psychological characteristics, phenomena, painful ideas, he is able to adequately assess what is happening in reality and control his behavior.

Social health directly depends on the individual's ability to adapt to environmental conditions, the quality and characteristics that allow it. Striving for self-education also affects self-development, the ability to use self-education, the implementation of life goals, overcoming problems with social relationships, and they can be



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associated with physical anomalies. Socially healthy, having set himself the goal of self-awareness, resisting stress, without harming loved ones and other people around him, can calmly and appropriately overcome life's problems and difficulties. This level is inextricably linked with spirituality, the desire to understand the meaning of life, to answer eternal questions; - Where to find moral guidelines and values.

Several indicators are used in the study of these criteria, the main of which is the actions of a person in the social environment and the compatibility and adaptation of them. Adequacy is considered to be the ability to react normally to the influence of the world.

Flexibility is considered to be the effectiveness of activity and development in New conditions dictated by the environment and society. The main criteria for social health are determined: the level of adaptation in society, the level of activity in it and the effectiveness of the use of various social roles.

Assessment of fitness involves the determination of various biological defects, diseases, resistance to the influence of negative factors, the ability to work under severe conditions (including when the environment changes). An attitude to health is a system of individually selected relationships between a person and the environment that contribute to the health of people or, conversely, pose a threat, as well as a certain assessment of his mental and physical condition by a person.

Communication includes three main components: emotional, cognitive, motivational - behavioral. Currently, the attitude to health is seen as an important factor in the quality of Life [1]. Our study of our attitude to health is based on the positions of the theory of personal relationships (V.M. Bekhterev, A. F.Lazursky, M.Ya.Basov, B.F. Lomov, V.N.Myasishchev). The psychological relations of an individual in a developed form represent "an integrated system of individual, selected, conscious connections of an individual with the help of an objective class of reality."

The problem of an emotional-valued attitude to oneself and to one's health is important for modern psychology (A.V.Wise, Yu.E.Aleshina, K.Rogers, G.K.Zaitsev, Yu.M.Orlov, V.Satyr, M.A.Khazanova, V.V.Stolin, L.G.Tatarnikova et al. In connection with the problem of the genesis of the emotional and value-based attitude of an individual towards himself, questions about the conditionality of this phenomenon by various factors are studied. The features of the dynamics of the process of forming an emotional-valued attitude of an individual towards himself



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include a variety of levels of awareness, stability and stability, the intensity of experiences, stimulating-successful strength and the duration of the value process (R.S.Pantileev, K.Rogers, I.I.Chesnokova) [2].

Complex correction and development of various aspects of the psyche (V.M.Astapov, Yu.L.Hanin, E.M.Alexandrovskaya, A.I.Zakharov, M.I.Chistyakova, L.F.Chuprov et al.), addressing adolescent self-determination tasks (N.R.Bityanova, G.Abramova), A.G.Leaders, K.Fopel, B.M.Masterov, V.E.Chudnovsky, R.Smid, G.A.Sukerman et al.), the nature and moral environment of adult-child relationships at home and school (J.Bayart, N.I.Gutkina, A.I.Zakharov, V.E.Kagan, F.Dolto, V.G.Semenov, L.M.Friedman et al.) determine the mental health and development of a teenager and influence the formation of a subjective attitude to health.

It has been concluded that adolescent health response is a complex social phenomenon and requires further research to identify and clarify factors that contribute to adolescents ' positive response to their own health.

Indicators of the attitude of adolescents to their health are health assessment (self-esteem), medical awareness (knowledge in the field of Health), a system of health-related values, activities of its maintenance (including physical activity).

Traditionally, we can distinguish between two main types of adolescent responsibility for their own health and two types of Health Behavior. The first is aimed, first of all, at their actions, that is, at the implementation of targeted measures to maintain and strengthen physical condition. It distinguishes adolescents who have a high assessment of their health.

According to him, he was one of the first to take part in the fighting.A.Berezovskaya tomonskaya ishlab chikylgan ” Salomatlikka bulgan munosabat " in the Empirical tube method analyzes the quantity and quality of data, and the table is at the top of the list.

Table 1. Levels of manifestation of attitudes towards one's own health during adolescence

No	Health response components	7th grade	9th grade
1	Cognitive	23,3%	28,7%
2	Emotional	27,8%	21,8%
3	Behavior	23%	30,1%
4	Value-motivation	25,9%	19,4%



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According to the results of the cited table, the cognitive component of the attitude towards one's own health in the group of adolescents is 23.3% and 28.7%. According to him, a teenager testifies to the fact that a conscious acceptance of the attitude towards his own health is formed in his personality. Also, the cognitive level of a teenager in relation to his own health is determined by the level of awareness or competence of a person in the field of health, knowledge of the main risk factors and antiriscus, the content of understanding the role of Health in active and long life.

The emotional component of a teenage individual's own health attitude in turn reflects the optimal level of anxiety towards health, the ability to enjoy and be satisfied with the state of Health. According to him, in the group of testers, the emotional component of the attitude to their health is 27.8% and 21.8%. From the results it can be seen that adolescence is a sign that there are strong cases of anxiety about one's own health.

The results of the study show that the behavioral component of the attitude towards one's own health in a teenage individual is 23% and 30.1%, respectively. According to him, the level of behavior begins with the compliance of a person with his actions and the requirements of his healthy lifestyle. It is worth noting that the teenager pays attention to preserving his health in his daily activities. At the same time, the attitude towards one's own health in the personality of a teenager is a sign that it has developed depending on age.

It is known that the valuable-motivational component is determined by the high importance of Health in the hierarchy of individual values (especially terminal), the degree of formation of the motivation for maintaining and strengthening health. This shows that they realize that health is a value. In this context it was found from empirical data that the value –motivational component of the attitude towards one's own health in adolescence was 25.9% and 19.4%, respectively. It is worth noting that the development of an attitude towards one's own health in the person of a teenager is shown as a social value. This can be explained by the development of a relationship in which they gradually have health.

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