

The Main Psychological and Pedagogical Aspects of Optimizing the Internal Picture of Students' Health

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Abstract

The main purpose of the study is to analyze the main psychological and pedagogical aspects of optimizing the internal picture of students' health. The relevance of the study is added by the fact that the optimization of the internal picture of a student's health is a system of ideas that have developed by the subject about the essence of health in general, as well as about the possibilities, boundaries and necessary conditions of one's own health, and empirically identifies several types of internal picture. health in adolescence. The research methodology implies the use of modern theoretical methods of analysis. Based on the results of the study, the main psychological and pedagogical aspects of optimizing the internal picture of students' health were characterized.

Keywords:

Future Specialists, Health, Education, Students.

The internal picture of health is a combination, a combination of elements of health and related content-psychological, subjective-value methods of existence. The internal picture of health is a set of intellectual descriptions (representations) of a person's health, a complex of emotional experiences and sensations, as well as his behavioral reactions. In this definition, one can see all the components of the three-component structure of personality: cognitive, emotional and behavioral, that is, one can see an element of integrity in the perception of oneself. The main purpose of the study is to analyze the main psychological and pedagogical aspects of optimizing the internal picture of students' health.

1. Introduction

In recent years, the issue of health and the factors of its preservation and improvement has increasingly attracted the attention of not only medical and social specialists, but also representatives of psychological science. To the most significant psychological factors of health, modern scientists refer to the internal picture of health. At the same time, there are few studies aimed at studying the internal picture of students' health, despite the fact that the internal picture of health can be considered not only as a health factor, but also as a resource for effective training in higher education institutions and the formation of a future specialist.

2. Methodology

The article is based on theoretical provisions on aspects of optimizing the internal picture of students' health. To solve the tasks set, the following methods of scientific research on optimizing the internal picture of students' health were used: methods of analysis, synthesis and formalization; system-structural analysis; abstract-logical method - for the implementation of theoretical generalizations and formulation of conclusions of the study of optimizing the internal picture of students' health.

3. Research Results and Discussions

An analysis of the problem of the internal picture of health demonstrates its obvious relevance, but at the same time reveals insufficient development in modern psychological science. Carefully considering the nature and structure of the internal picture of health, psychology pays much less attention to the analysis of factors influencing the internal picture of health, determining one or another of its directions, determining its effectiveness. These aspects, if they were touched upon in the works of psychologists, were often speculative, without reliable support from the results of empirical research [1-4].

The scientific approach in a serious scientific psychological research necessarily involves the identification and thorough analysis of the causes and conditions of the studied objects, phenomena, processes, their functioning and development. Therefore, for scientific knowledge, the concept of determination is of key importance. This fully applies to social psychology [5-8].

Like any psychological phenomenon, the internal picture of health is characterized by a complex and branched structure. Let us briefly characterize its main structural components (Table 1).

Table 1 The main structural components

Components	Characterize
The psychophysical component, by which we mean the well-being of a person and his sensations of his body	It is the well-being of the individual that largely determines the content and direction of personal ideas about one's health, and, therefore, determines the emotional attitude towards oneself and one's body. In turn, it affects the evaluative and behavioral aspects of the internal picture of health

Cognitive component, i.e. a set of knowledge and ideas of a person about his body and his health, about the norms and standards of human health accepted in society, his ideals that the individual shares	This component is complex and controversial, because it includes not only rational and scientifically based opinions and ideas about health, but also ordinary subjective judgments
The emotional-evaluative component	Representing the emotionally colored attitude of the individual to his body and state of health
The axiological component	The totality of the basic value orientations of the individual in relation to their own health, which set the criteria for activity and general orientations of the individual
The dispositional component	Containing a variety of behavioral stereotypes and attitudes that mediate and form the internal readiness of the individual for certain actions to achieve goals related to protecting one's health

The development of the problem of socio-psychological determinants of the internal picture of health requires, first of all, clarification of the content of the basic concept of "social psychological determinants". In modern scientific discourse, they are understood as a variety of social conditions, causes and factors on which the formation, development and behavior of an individual depends. At the same time, we emphasize that the concept of "socio-psychological determinants" means not only the causes, the impact of which leads to certain consequences. It also implies a variety of incentives that form a certain type of personality behavior, often with their combined interaction. We note in particular that socio-psychological determinants imply some probabilistic variability in the behavior of an individual, which significantly complicates their scientific analysis, but at the same time makes it fascinating. Among the many diverse socio-psychological determinants, in our opinion, it is

necessary to highlight the factors of public and individual opinion about health, which significantly affect the content and direction of the internal picture of the health of the individual. In social psychology, public opinion is traditionally understood as a collective value judgment of a particular group about socially significant problems, in which its attitude to events and facts is quite clearly manifested. In other words, public opinion is a variety of judgments, ideas,

assessments on a particular issue, common in social communities. As a rule, all opinions are based on emotionally colored ideas [10-15].

The main negative factors influencing the system of optimizing the internal picture of students' health are shown in Fig.1.

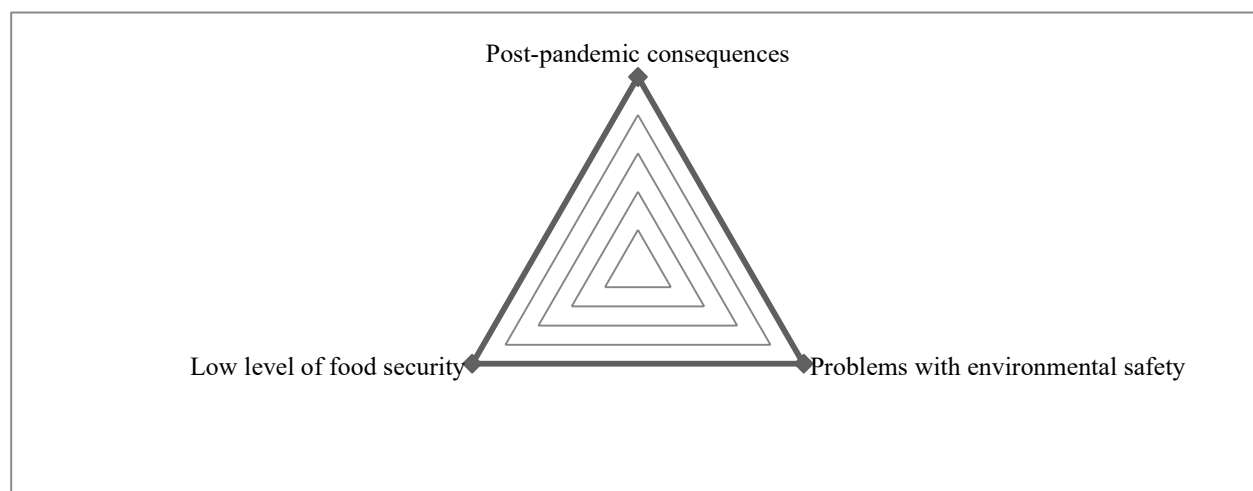


Fig.1. The main negative factors influencing the system of optimizing the internal picture of students' health

One of the urgent problems of modern psychological science is the problem of a person's psychological health, the prerequisites for the conditions for its harmonization. This is largely due to the fact that the life of a modern person is characterized by increased stress, as a result of its ever-increasing pace, an increase in the flow of information, insufficient stability of socio-economic conditions, and the tension of the political situation in the world.

A promising aspect of the analysis of psychological factors of health savings in student age is the study of the characteristics of attitudes towards the health of students of different generations. Each generation grows up in its own unique socio-economic conditions, which, of course, cannot but leave an imprint on the nature of its development, the emerging value orientations, the level of activity and attitude to life. So, modern young people were born in the era of the dawn of digital technologies, and in terms of their perception of reality, their way of thinking, they differ in many ways from their

predecessors. At the same time, the current generation of students is largely a product of the influence of the previous generation and, in turn, will play an important role in shaping the next generation. As our earlier study showed, there is a certain dynamics in the self-awareness of young people.

The history of mankind is inextricably linked with the emergence, spread and disappearance of diseases. Almost every person has personal experience of the disease and its treatment, owns his own methods of diagnosing his condition, appealing to a wide variety of knowledge, ideas about health and disease. People have always sought to understand the disease, to establish the causes and find ways to protect against it, to be healthy. At all times, health has occupied one of the highest positions in the hierarchy of human values, although not always very good health and a long life were the only guidelines in life, exceptional regulators of behavior. Nevertheless, as society developed, awareness of the value of health only increased. The wide prevalence of the health problem in public

discourse over time has changed its original biomedical meaning, transforming it into a social category.

The ongoing research convincingly shows that the subject area of health psychology is wider than just the performance of actions directly related to human health and improvement. It is quite obvious that it includes the analysis of social relations, behavioral strategies, the study of attitudes, beliefs, values, social representations that guide, guide and justify certain actions associated with health (as well as with illness). This is one of the central arguments in favor of the need for a theory that would allow one to analyze health and disease through the prism of the individual-society relationship.

4. Conclusions

To summarize, it should be taken into account that modern science indicates that all the necessary knowledge, skills and abilities that are important for healthy behavior need to be taught to a person. The system of higher professional education has great potential in this regard. In addition, we believe that a person's behavioral strategies in relation to their health are largely determined by their internal picture of health. In particular, the formation of healthy behavior is facilitated by a positive internal picture of the health of the individual. In our opinion, a positive internal picture of health is a personal dynamic semantic system, which is part of the self-consciousness of the individual, including a system of knowledge about health as a human value, about the factors that contribute to and hinder its preservation and strengthening; an adequate idea of your health, your capabilities and individual characteristics based on self-knowledge and introspection (cognitive component); optimistic valeological attitudes (emotional-evaluative component); life strategies related to one's own health (behavioral component) - this is a commitment to a healthy lifestyle, taking measures to preserve and improve health, one's physical and personal self-improvement. Student age is sensitive in terms of the formation of a positive internal picture of health. The main feature of personal development at student age is value self-determination. The hierarchy of values is being revised and specified. Health as a universal human value occupies a certain place among other

values. It is important to note that in this period it becomes possible to consciously choose health as a value, to form a careful attitude towards it. In general, student age in its psychological content has characteristics that contribute to the formation of a positive internal picture of health - self-determination, the presence of conscious behavioral motives, a high level of self-awareness, the need for self-knowledge, the formation of an individual lifestyle.

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