

THE DEVELOPMENT OF MENTAL SELF-AWARENESS OF THE INDIVIDUAL AND THE ELIMINATION OF HEALTH PROBLEMS

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Abstract:

The problem of psychological self-regulation has always been considered relevant. Psychological (mental) self-regulation is self-regulation using mental and modeling means of reflecting truth and discontent. There is also the concept of mental self-regulation, the concept of linking the real state of a person with self-regulation. In the process of self-regulation, a person can get three effects: calming (elimination of emotional tension), restorative (outflow of fatigue) and activating effect. At the same time, the main purpose of mental self-regulation is the implementation and management of current activities.

Keywords: self-regulation, emotional balance, activating effect, partial consciousness, behavior, living organisms, activity.

РАЗВИТИЕ ПСИХИЧЕСКОГО САМОСОЗНАНИЯ ЛИЧНОСТИ И УСТРАНЕНИЯ ПРОБЛЕМ СО ЗДОРОВЬЕМ

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Аннотация

Проблема психологического саморегулирования во все времена считалась актуальной. Психологическое (умственное) саморегулирование - это саморегулирование с использованием умственных и моделирующих средств отражения правды и недовольства. Существует также понятие умственного саморегулирования, понятие связывания реального состояния личности с саморегулированием. В процессе саморегулирования человек может получить три эффекта: успокаивающий (устранение эмоциональной напряженности), восстановительный (отток усталости) и активирующий эффект. Вместе с тем основной целью умственного саморегулирования является осуществление и управление действующей деятельностью.

Ключевые слова: саморегулирование, эмоциональное равновесие, активирующий эффект, частичное сознание, поведение, живые организмы, активность.

The problem of psychological self-regulation has always been considered relevant. Psychological (mental) self-regulation - self-regulation using mental and modeling means of reflecting the truth and dissatisfaction with oneself. There is also the concept of mental self-regulation, the concept of linking the real state of the individual with self-regulation

In the process of self-regulation, a person can receive three effects: calming (elimination of



emotional tension), restorative (elimination of fatigue) and activating taysir. At the same time, the main goal of mental self-regulation is the implementation and management of current activities. Self-regulation is the coordination of one's personal world and goals, that is, it is a biological system that is precise, constantly physiological factors. Self-regulation, control factors do not externally affect the controlled system. Self-regulation is an attempt to change desire in the direction that the person wants. Therefore, the beginning of self-government from childhood gives a good effect.

Self-government is distinguished by its multi-stage structure.

Depending on the level of awareness, there are 3 levels:

1. forced, unconscious;
2. conscious;
3. partly consciously.

In the development of self-regulation skills, sleep, food, wildlife and the beauty of the environment, warm showers, massage, dancing, outdoor games, which are natural methods of self-control, are of great importance. Natural methods of self-regulation are the simplest and most accessible regulation. In addition, a funny, positive attitude, fresh air play an important role in normalizing the body. Sleep not only relieves fatigue, but also helps reduce the negative impact of external influences on the human body. This is one of the effective ways to get out of stressful situations.

The above methods are excellent means of restoring the necessary supply of spiritual and physical strength.

The best way to achieve timely and complete restoration of dormant forces. Sleep experiences high levels of individual activity, but on a constant basis the influence of stressful situations has a bad effect on the quality of sleep, which leads to mental stress.

Controlling one's behavior is at the mental level, and for analyzing and solving complex situations, psychogenic factors that demonstrate the influence of creative forces are of great importance.

Obtaining a place in society, an appropriate social status, often manifests itself as a dominant need. Showing yourself as an individual means constantly developing your talents, abilities, and working on yourself

When exposed to the human body, facial expression changes, breathing becomes difficult and complexion changes. A simple but effective way to protect the body from negative influences is the ability to control facial muscles. To learn to manage your feelings, you need to control the condition of your facial muscles. Control carried out with the appearance of certain sensations will be effective. Another way to stabilize emotional states is to study direct breathing. The main task of breathing exercises is conscious control of the depth, frequency and rhythm of breathing. Such exercises will help restore emotional stability.

Emotional self-government is divided into several stages: unconscious, conscious, semantic; in this process certain psychological defense mechanisms are involved. These mechanisms are a feature of human stability, manifested in the elimination of negative emotions. A conscious level of self-defense is manifested in individual mental characteristics through efforts of will. These mechanisms are actually symptomatic in nature, so voluntary actions are carried out consciously and gradually turn into automatic reflection. Thus, the goal will be achieved by understanding and



revising individual values, discovering and revising new meanings in life. The highest level of semantic reflection reflects the relationship between the content of life and needs.

In modern education and the educational process, teaching an individual to self-regulate is one of the most difficult tasks. Self-regulatory management carried out in the course of a person's activities. This is an individual model of important situations. This model presents a set of internal and external motives that it considers important for successful work. In order for a person to achieve his goal, the system of personal parameters is a functional feature of mental regulation, that is, it strives to form parameters of results that correspond to an individual understanding of the goal.

Today, the concept of self-regulation is widely used in the field of psychological practice and science. We believe that in the future this topic should be widely studied by our young scientists.

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