

## Characteristics of Adolescents' Attitude Towards Their Health

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### Abstract

The article focuses on the study of factors affecting the formation of attitudes towards health in adolescence. In particular, the content of the attitude to health, the essence of theories and approaches in this regard were analyzed. Also, the components of the attitude to health in adolescence are shown.

**Keywords:** adolescence, health psychology, health attitudes, relationships, interaction, objective, subjective, consciousness, awareness, value, interaction, biological, social, psychological.

### Introduction

At present, many teenagers have a wrong or incomplete idea about the concept of human health and its content, factors that determine health, as well as the components of a healthy lifestyle. In order to raise a healthy generation, it is necessary to convey the content of this value to the adolescent, to form a positive attitude towards health. In the study of the relationship between the health of adolescents, some scientists call the most relevant direction of the study of health psychology related to the characteristics of this period as an important period in the formation of personality [1].

Due to the complexity and versatility of this phenomenon, the concept of "relationship" has several definitions in science. The most common definition is philosophical, in which relations are described as a necessary moment of interconnection of all phenomena due to the material unity of the world.

The characteristics of a certain process or thing are manifested in the interaction. Relationships are as objective as things themselves. A person who enters such objective (objective) relationships reflects them in his mind in the form of subjective (psychological) relationships. It shows the subjective position of a person in his objective relations, how he psychologically responds to things, people, and events around him.

Many works of philosophers, psychologists, teachers are devoted to the study of the nature and characteristics of relationships, their place in the personality structure, formation and manifestation (L.I. Bojovich, A.A. Bodalev, V.K. Pavlovskaya, A.M. Vasilevsky, L.V. . Sukhomlinsky, V.A. Yadov and others).

Attitude is, first of all, an assessment of personal meaning, which includes an objective image or event for the subject (N.I. Sardjveladze, K.A. Abulkhanova-Slavskaya, K.K. Platonov, A.N. Leontev, A.E. Sherozi and others).

The subject of interaction is not the objects themselves or their images, but the personal meanings of events or objects. For the psychological description of the attitude to health, the



system of relationship parameters (measurements) including intensity and consciousness (B.F. Lomov, V.N. Myasishchev, S.D. Deryabo) was used.

We believe that the intensity of the relationship is a description of its structural dynamic aspect. Four components of intensity were distinguished: cognitive, perceptual-affective, behavioral and practical (S.D. Deryabo, V.A. Yasvin).

Consciousness is the level of formation of a person's position as a social subject. Consciousness is determined by the active conscious social choice of the individual's behavior and implies the integration of this relationship with all others. The parameters of consciousness and awareness do not repeat each other, but cover many different aspects in a subjective sense. One of them is along the "unconsciousness" axis, and the second axis is the peculiarity of the "unconsciousness" relationship. Awareness of a relationship does not imply its consciousness, although consciousness implies some degree of awareness. In the course of its development, unconscious attitude can have the same quality as consciousness (V.N. Myasishchev) [5]. In order to create a health-friendly learning environment in education, work must be consistent and systematic.

The work on promoting a healthy lifestyle among teenagers will be effective in cooperation with the team of pedagogues, parents, professional and public organizations, and schoolchildren themselves. It is necessary to form a valuable attitude to health, and this is a priority task of the state policy in the field of education and training. It is necessary to create a hierarchy of values in a teenager, but, unfortunately, for most children, health is not a value. Therefore, there is no sufficient motivation to form and maintain a healthy lifestyle. Teenagers do not consider their health as a personal, social value.

It will be an effective process of health education from the comprehensive purposeful use of psychological-pedagogical technologies, methods, forms, as well as from the position of the teenager himself, from actively showing the desire to be healthy and from the position of his deposit, from creating an environment of mutual cooperation between students and parents, as well as together with teachers. Adolescents should see health as a value and worry about it as a need. Then there will be more motivation and conscious behavior towards that value.

Psychologists determine the age at which motives and values are formed - this corresponds to the school period. Y.Z. Neverovica says that different categories of objects correspond to different levels of values and create wrong attitudes in the adolescent's mind.

The object of a teenager's valuable attitude can be ideas, people, actions, objects. Therefore, health can also be an object of value formation. Any person should work on himself effectively and purposefully in order to be healthy, but this is possible only when he accepts health as the highest human value, when he has the necessary knowledge to do such work. Therefore, it is necessary to form the motivation for health in adolescents, the desire to maintain and strengthen their health. After all, you know that they are careful only with what they value, and above all, they value what they have created with their own labor.

The concept of "attitude to health" is a person's assessment of his own health, based on his knowledge, importance, and 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 related to the innate characteristics of the body, the work of internal organs, the dynamic or deviant performance of their main functions, reactions to the processes taking place in the surrounding world.

The second level shows the level of involvement of a person in social life, his ability to interact with others in the course of his activity, to approach them.

The third level clearly indicates the state of a person's inner world, namely: self-esteem, belief in one's own strength, acceptance or rejection of oneself and one's own characteristics, attitude to the world, society, events, ideas about life, etc. [6].

If a person's mental and psychological health does not cause concern, then his mental state is safe, there are no deviant psychological characteristics, phenomena, painful ideas. He can adequately evaluate the happening reality and regulate his behavior. Social health directly depends on the ability of a person to adapt to environmental conditions, the qualities and characteristics that allow this to be done. The pursuit of self-discipline also affects self-development, the ability to use self-discipline, the realization of life goals, the resolution of problems related to social relations, and they can be related to physical deviations.

Socially healthy, self-fulfilling, resistant to stress, able to calmly and adequately overcome life's problems and difficulties without harming loved ones and other people around. This level is inextricably linked with spirituality, the desire to understand the meaning of life, answers to eternal questions - where to find moral guidelines and values. In the study of these criteria, several indicators are used, the main of which is the appropriateness and adaptation of human behavior and actions in the social environment.

Adequacy is the ability to respond normally to the influence of the world. Adaptability is the ability to function and develop in new conditions set by the environment and society. The main criteria of social health are distinguished: the level of adaptation in society, the level of activity in it, and the effectiveness of the use of various social roles. Assessment of physical condition is taken to determine various biological defects, diseases, resistance to the effects of negative factors, ability to work in difficult conditions (including when the environment changes).

Attitude to health is a system of individually chosen relationships of a person with the environment, which helps or, on the contrary, threatens the health of people, as well as gives a certain assessment by the person to his mental and physical condition.

Attitude includes three main components: emotional, cognitive, motivational - behavioral.

Our study of the attitude to health is based on the positions of the theory of personal relations (V.M. Bekhterev, A.F. Lazursky, M.Ya. Basov, B.F. Lomov, V.N. Myasishchev).

In its developed form, the psychological relations of a person represent "an integral system of individual, selective, conscious relations of a person with the help of a class of objective reality" [2].

The problem of emotional and valuable attitude to oneself and health is important for modern psychology (A.V. Mudrik, Yu.E. Alyoshina, K. Rodgers, G.K. Zaitsev, Yu.M. Orlov, V. Satir, M.A. Khazanova, V.V. Stolin, L.G. Tatarnikova, and others).

In connection with the problem of the genesis of an individual's emotional-valuable relationship to himself, the issues of conditionality of this phenomenon with various factors are being studied.



The specific characteristics of the dynamics of the process of forming an emotional-valuable attitude of a person to himself include different levels of awareness, stagnation and stability, intensity of experience, motivational force and duration of the valuable process (R.S. Pantileev, K. Rogers, I.I. Chesnokova) [4 ].

Comprehensive correction and development of various aspects of the psyche (V.M. Astapov, Yu.L. Khanin, E.M. Aleksandrovskaya, A.I. Zakharov, M.I. Chistyakova, L.F. Chuprov, etc.), adolescent self solving assignment tasks (N.R. Bityanova, G. Abramova), A.G. Liderlar, K. Fopel, B.M. Masterov, V. E. Chudnovsky, R. Smid, G. A. Zukerman, etc.) , the nature and moral environment of relations between adults and children at home and at school (K. Buettner, R. and J. Bayart, N.I. Gutkina, A.I. Zakharov, V.E. Kagan, F. Dolto, V.G .Semenov, L.M. Friedman, etc.) determines the mental health and development of a teenager and affects the formation of a subjective attitude to health.

We conclude that adolescent health attitudes are a complex social phenomenon that lacks knowledge and that further research is needed to identify and shed light on the factors that contribute to positive attitudes toward health in adolescents.

Indicators of the attitude of adolescents to health are health assessment (self-assessment), medical awareness (knowledge in the field of health), appreciation of the attitude to health, activities for its maintenance (including physical activity).

Two main types of responsibility of adolescents for their own health and two types of behavior in the field of health can be conditionally distinguished. The first one is focused on one's own actions, that is, on the implementation of purposeful activities aimed at maintaining and strengthening physical condition. This distinguishes teenagers who value their health.

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