

MENTAL HEALTH AND A HEALTHY LIFESTYLE

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The World Health Organization defines mental health as follows: Mental health is a state of well-being in which the individual realizes his or her own potential, can cope with the stresses of life, can work productively, and is able to make a contribution to society. The meaning of the concept of "mental health" is not limited to medical and psychological criteria, but also fully reflects the social and group norms that regulate the spiritual life of the individual.

According to the UK Surgeon Journal (1999), mental health is the successful performance of mental functions that lead to productive activity, relationships with others and the ability to adapt to changes and overcome adverse situations¹. Problems related to a person's mental health include constant stress, loneliness or feeling alone, experiencing depressive states due to various interpersonal relationships, high levels of anxiety and a hectic lifestyle, problems in intergroup relationships, the untimely death of a loved one, the presence of suicidal thoughts in the subconscious, persistent persistent sadness, drug and psychotropic substance use, attention deficit hyperactivity disorder (ADHD) - a mental behavioral disorder that begins in childhood, characterized by symptoms such as difficulty concentrating, hyperactivity and poorly controlled impulsivity (ADHD), varying degrees of self-harm, varying degrees of can be caused by mental illness or other mental disorders. General practitioners, psychiatrists, psychologists, social workers, nurses, or family doctors help manage mental illness through treatments such as therapy, counseling, or medication. The World Health Organization (WHO), the largest organization in the world, is an international medical organization and a specialized agency of the United Nations (UN), which was established in February 1945 at a major UN conference.

After 26 UN member states ratified the organization's charter at the International Health Conference held in New York in 1946, the World Health Organization was established on April 7, 1948, and began its activities from that date. The concept of mental health can be modified as follows:

- a disturbance of balance as a result of various life influences;
- is an integral part of a person's health;

- a person's mental health is directly related to socio-economic, biological and environmental factors.

The main criteria (signs, characteristics) of mental health were introduced on the basis of the concept of "positive mental health" proposed by world psychologists in the 1960s and introduced into science. This concept is based on the analysis of the healthy functioning of a person as a positive process that has an independent value, is meaningfully described by the concepts of self-awareness and self-realization of a person in various life situations, which was edited in the works of world psychologists in various directions (K. Goldstein, A. Maslow, Sh. Buhler), full-fledged human activity (K. Rogers), authenticity (J. Buzhenthal), and the pursuit of meaning (V. Frankl).

Sigmund Freud (born Sigismund Schlomo Freud (1856.6.05-1939.23.09), Austrian neurologist and psychologist, is considered the founder of the direction of psychoanalysis. Sigmund Freud put forward the idea that sexual needs lie at the heart of human nature. The scientist is the founder of the direction of Freudianism. In 1902, he became a professor at the University of Vienna, and in 1938 he continued his work in England. Sigmund Freud's initial research was devoted to the physiology and anatomy of the human brain. In the 80s of the 19th century, he paid special attention to the problem of neuroses, and from the mid-90s, to the method of treating neuroses based on psychoanalysis. Sigmund Freud improved his theory of psychosexual development of the individual, considering the influence of various life circumstances on a healthy lifestyle and a person's mental health, the experiences that occurred in childhood. He emphasized the importance of events in the development of the individual. He contributed to the improvement of the field of psychology and made a significant contribution to the introduction of the rules of psychoanalysis into various areas of human culture - mythology, folklore, artistic creation, religion, etc. Some of Sigmund Freud's thoughts and ideas are denied by supporters of the neo-Freudian movement. Sigmund Freud defines a person's mental health as "the ability to love and work."

The energy model of the psyche, created by Sigmund Freud, specifically recognizes that the healthy development of a person's mental health is based on sublimation, that is, the effective redistribution of libido energy to constructive life goals (creativity and closeness to other people). Ibn Sina emphasizes that in his time, each moment is a unique individual client. One of the main criteria for a person's health is the level of cholesterol in the blood. The indicators of the human body's blood sugar level, blood pressure, body fat content, and blood glycerin content are internal natural standards that indicate a person's health. It is when these indicators are within the norm that a person's health is in the norm. The fact

that a person's health depends not only on the internal environment of the body, but also on the environment, various ecological factors, and socio-psychological influences did not go unnoticed by Ibn Sina. We know that a person's healthy lifestyle The influence of the environment, especially the plant world, on the provision of health is considered great. In his time, the Greek physician Hippocrates described the effect of about 200 plants on human health, while the scientist Ibn Sina perfectly describes the main functions of about 900 plants in ensuring human health. A healthy lifestyle and mental health are the key to preserving and strengthening a person's mental and physical health, as well as living a long and peaceful life. In society, each person must first of all think about their own health. Only by living a calm and prosperous life, starting from everyday life, will many serious diseases be prevented. Based on the results of research by world scientists, it should be emphasized that in order to ensure mental health and a healthy lifestyle throughout their lives, a person must follow the following recommendations:

- proper nutrition, it is necessary for a person to choose and consume daily food based on the physiological and biological requirements of the body.

- a person is constantly in motion, as a result of which he is more engaged in physical exercises, sports, and body-strengthening procedures in his daily life, physiological and biological processes in the body are activated. As a result, positive changes are observed in his psyche.

- The importance of a daily routine and proper organization of work in ensuring a person's mental health is of great importance. The level of activity in a person's body increases during the day and decreases at night. Therefore, it is necessary to plan the working day and rest time correctly.

- Focus on ensuring peace of mind and body. The functioning of the body and internal organs of a person is directly related to the nervous system. Their normal activity determines mental states and personality traits. A person's ability to constantly think positively and stay away from negative thoughts without stress plays a key role in maintaining and strengthening his health.

- A person's inability to control his will and resorting to harmful habits such as alcoholism, smoking, and drug addiction has a serious negative impact on his mental and physical health, as a result of which he becomes a weak person who does not think about his health and future.

- It is necessary for a person to constantly observe cleanliness and hygiene, and to have a positive attitude towards the environment, because in the course of his daily life, individuals have a certain impact on the environment.

A healthy lifestyle and mental health are constantly being analyzed in studies by scientists from around the world, one of which was the 2017 study that analyzed the importance of proper nutrition in maintaining a healthy lifestyle. The results of the studies showed that unhealthy eating habits are a common risk factor for reducing life expectancy. 2 In addition, the following is a study by American scientists on the importance of sleep in maintaining a healthy lifestyle and mental health. In a study published in the United States, scientists described a wide range of problems caused by lack of sleep. These are emotional disorders and memory problems, obesity, mental illnesses. Follow the correct regimen: sleep at least seven hours a day, in silence and in the dark.

The great physician Abu Ali Ibn Sina gives the following recommendations for ensuring a healthy lifestyle and mental health of a person.

1. A person's diet should be moderate.
2. The correct selection of consumed products.
3. Maintaining the correct structure of the human body.
4. Constantly cleansing the body of waste products.
5. Sufficient and good quality of the air that a person breathes.
6. It is necessary for a person to be able to choose clothes according to the season for his body.
7. Constantly managing physical and mental activities.

One of the main means of ensuring a person's mental health is constant physical education. As a result of physical education, health is strengthened. In turn, physical education gives positive results if it is carried out at the level of a person's age, gender, strength, capabilities and health. Nutrition plays a special role in ensuring a person's mental health. People who regularly consume alcohol are prone to constant stress, liver disease, nervous breakdowns, and can even lead to death.

Overeating has a negative impact on a person's health. Also, the importance of the sun and water for health is extremely great. "Ibn Sino" emphasizes that "one of the most important factors for health is air"⁴. It is necessary to teach children to live a healthy lifestyle in society, starting from the family. The family environment has a positive or negative effect on the child's way of thinking. Studies have proven that there are differences in the healthy lifestyle of children from different families (complete, incomplete, peaceful, restless, intelligent, ordinary). Doctor of Psychological Sciences, Professor V.M. Karimova expresses the following thoughts on ensuring the mental health of a person: "Only a healthy person can work in a cheerful spirit and effectively. Only a healthy person approaches work creatively, is cheerful and sincere in a circle of people. He/She accepts instructions given on the

job with great care and can handle criticism with composure. A person with a fresh and intelligent spirit, when necessary, uses his/her internal spiritual resources in any situation, especially in extreme situations, and lives a happy life⁵. Thus, a person's mental health is directly related to the environment, social institutions, and the individual characteristics of a person. In the Republic of Uzbekistan, special attention is paid to strengthening the health of the population, in particular, the Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev "On measures for the widespread introduction of a healthy lifestyle and further development of mass sports" was adopted on October 31, 2020. The decree specifically emphasizes the importance of regular physical education and mass sports in the country, as well as regular mass sports among the population, adherence to the principles of proper nutrition, in short, the role of a healthy lifestyle in our daily lives, and its implementation is being ensured on a regular basis.

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