

Health Psychology

РЕПОЗИТОРИЙ БГПУ

What is health?

"Health is not the absence of a disease as such or of physical disabilities, but a state of complete physical, mental and social well-being.«

Health psychology is one of the youngest areas of psychologists, which studies the psychological causes of health, about the methods and means of its preservation.

She studies the practice of maintaining health throughout life — from birth to death. In addition, health psychology studies a healthy personality, health standards, and illness in an individual and social context.

Ideas and background psychology of health: The beginning of the psychology of health as a theoretical discipline is taken from the program report of Academician Vladimir Mikhailovich Bekhterev (1957-1927).

A person, according to Bekhterev, is a person with his own individual mental structure in the unity of mental and spiritual qualities, active attitude to the external conditions surrounding him, capable of controlling his own behavior and his own activities.



Among the main theoretical problems of health psychology of interest to researchers are the following:

- Assessing the role of behavior in the cause of disease development
Предотвращение нездорового поведения
- The study of the relationship between psychology and physiology (for example, the feeling of pain may increase due to anxiety and weaken under the influence of excitement or other factors).
- Assessment of the role of psychology in the experience of the disease, the study of the role of psychology in the treatment of the disease.
- The study of the motives of human behavior, orienting him to the maintenance of healthy behavior and the formation of appropriate patterns

What tasks are solved?

- One of the main questions of applied psychology of health is how to motivate people to preserve and strengthen their own health? Even for those who declare health as a value, the answer to the question of how to make yourself be healthy, looks very blurry.
- Another important research problem in the psychology of health is the question of the ways and possibilities of interaction between the individual and the disease (coping, pain management).



The third important problem for the psychology of health is the problem of self-regulation. Even if a person has intentions to make their behavior more health-oriented, it often remains unfulfilled. Modern studies show that the cause of many diseases are smoking, eating behavior, drinking alcohol, etc. People, even realizing the danger and harm of their usual and often pleasant behaviors, do not find enough strength and skills to change it.

One of the most important topics of applied psychology of health is the search for motivation to lead a healthy lifestyle. This topic is particularly relevant due to the fact that more and more people suffer from alcohol and drug addiction, as well as overweight.

For a relatively short period, the psychology of health was formed as a separate scientific field. In the United States, more than 5,000 mental health programs have been developed and implemented. In Russia, the topic of mental health is one of the priorities.

**Thanks for
attention**

