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РАЗВИТИЕ ПРЕДСТАВЛЕНИЙ О ПРЕДМЕТЕ ПСИХОЛОГИИ ЗДОРОВЬЯ

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Аннотация. В статье представлен анализ представлений о предмете психологии здоровья. Описана динамика концептуальных репрезентаций предмета психологии здоровья от комплекса норм психического функционирования до психологической системы здоровьесбережения личности. Развитие психологии здоровья связано с процессами специфической категоризации, интеграции, дифференциации и системной интеграции предмета исследования. В контексте изучения динамики предмета исследования проведен анализ понятий «норма функционирования», «здоровая личность», «здоровьесберегающее поведение и здоровый образ жизни», «система здоровьесбережения личности». В статье подробно описываются модели здоровой личности в ведущих психологических школах. Дан критический анализ концепта «здоровая личность» и показана его ограниченность для решения проблем современной психологии здоровья. Сформулировано современное представление о предмете психологических исследований здоровья, позволяющее учесть векторы развития дисциплины. Предмет психологии здоровья определен как индивидуальная система управления личностью своими жизненными ресурсами в целях освоения суверенного жизненного пространства в континууме жизненного пути. Данный дискурс задает новое качество психологи-

ческих исследований здоровья от общих методологических принципов до конкретной тематики.

Ключевые слова: психология здоровья, системный подход, здоровая личность, здоровьесберегающее поведение, психологическая система здоровьесбережения личности.

DEVELOPMENT OF SUBMISSIONS ABOUT THE SUBJECT OF HEALTH PSYCHOLOGY

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Abstract. The article presents an analysis of ideas about the subject of health psychology. The dynamics of conceptual representations of the subject of the psychology of health from the set of norms of mental functioning to the psychological system of personal health protection is described. The development of health psychology is associated with the processes of specific categorization, integration, differentiation and system integration of the subject of research. In the context of the study of the dynamics of the subject of the study, the notions “norm of functioning”, “healthy personality”, “health-saving behavior and healthy lifestyle”, “personality health system” analyzed. The article describes in detail the models of a healthy personality in leading psychological schools. A critical analysis of the concept of “healthy personality” is given and its limitations for solving the problems of modern health psychology are shown. The modern concept of the subject of psychological studies of health is formulated, allowing into account the vectors of development of the discipline. The subject of health psychology is defined as an individual personality management system for its vital resources in order to master the sovereign living space in the continuum of life. This discourse sets a

new quality of psychological studies of health from general methodological principles to specific topics.

Key words: health psychology, systemic approach, healthy personality, health-saving behavior, psychological system of personal health.

In recent decades, the psychology of health has been actively developing as a science about the psychological causes of health, methods and means of its preservation, strengthening, and development. In many respects, progress in the development of health psychology is associated with an increase in the criticality of the scientific community in relation to the main biological approaches to health. Such approaches are recognized, at a minimum, inflexible, flat and mechanistic, with a clear "tilting" of research activity towards the discovery of only genetic or neurophysiological factors.

In modern health psychology, new works are emerging, aimed at developing new conceptual categories that characterize the psychological health system: sanogenic thinking, psychological health, basic vitality of the individual, life support system, healthy personality [1, 2, 3, 4, 5, 6, 7, 8, 9]. The conceptual representation of the subject of psychological studies of health is of particular importance in connection with the demands of practice, since it is health that is the final point of successful psychotherapy and counseling [8, 10]. O.V. Khukhlaeva identifies one of the main tasks of psychological counseling – to determine the level of psychological health and development potential of the client and to consider the specifics of psychological assistance, based on this level [10]. At present, it is already obvious that the psychological health system is not reduced to the elimination of dysfunctional symptoms. There is a certain substantive “additive” that makes the subject of the psychology of health qualitatively filled.

A classic approach for a long time was considered, in which the psychological health system is ensured by the normal functioning of mental processes. This approach is close to medical. It is a psychological representation of the normative – functional model of health. The study of the psychological health system with such an approach

boils down to a complex of psychodiagnostic examinations of various levels of mental functioning. Such a complex can be aimed at identifying the level of norms for the functioning of consciousness, mental activity, and social behavior. The subject of health psychology does not have its original content, but is regarded as a special case of psychometric measurements.

From the middle of the twentieth century, a new approach to the subject of health psychology – the study of a healthy personality – is gaining popularity. The introduction of this principle marked a new stage in the study of the psychological health system. It is within this approach that the psychology of health has grown as an independent discipline. A. Maslow, who used to be called the founder of health psychology by many people, proposed the principle of studying a healthy personality in order to understand the true capabilities of a person. Personality – the central concept of almost all psychological research, reflecting a stable system of behavior and the complex bio-social nature of man. Personality in the psychology of health acts as a system integrator of psychological activity of a person. According to E. Korzhova: “The personality model is the link between the knowledge of the personality (gnosiology) and its real being” [7, p. 146].

In different psychological schools, approaches to conceptualization and the content of the concept of a healthy personality differed significantly. Within the psychoanalytic approach, there is no holistic view of a healthy personality. A person is perceived as a carrier of a certain “pathos”, the transition of which to the “nosos” is hampered by a balanced mode of functioning of the mechanisms of psychological protection and compensation in individual dynamics [11]. The goal of psychoanalysis is to “release” the psycho-traumatic material that has been repressed into unconscious material so that it can be operated on consciously. When freed from prohibitions, a person establishes a new level of satisfaction of needs in all areas of life activity, but, therefore, he faces new stimuli provoking a conflict between “I want” and “I must.” Therefore, a person all the time needs psychoanalytic correction, which contributes to the temporary “removal” of

the conflict and the psychological growth of the individual. In the works of Z. Freud, a healthy personality is a person with an effective dynamic interaction between the structures of the psyche within the framework of his topological notions, capable of loving and working. The key to the development of personality according to Jung and, consequently, to his health, is the development of the “self” – the integrity and individual identity of the person, uniting the various structures into a single whole. Integrity, according to A. Adler, is the unity of the individual style, social interest, orientation of behavior towards the target. The psychological system of health in this tradition is the system of intrapsychic regulation of the structures of self. The criterion of the effectiveness of such a system is the integral integrity of the personality, providing an effective solution to the basic intrapersonal conflict and harmonizing the social relations of the individual [12].

Behavioral psychology is characterized by the reduction of the personality to its social functioning and the determination of the psychological health system through the concept of equilibrium with the environment, using external criteria: stability of behavior, social success, productivity, comfortability. Psychological health system - a system that provides the vital productivity of the individual. “In behavioral analysis, a person is considered as an organism ..., which possesses an acquired set of behavioral reactions ... [He] is not a generating factor, it is a locus, a point in which a variety of genetic conditions and environmental circumstances are combined in a joint action” [13, p.167- 168]. The effectiveness of the psychological health system is determined by “external criteria”: the degree of social adaptation, the individual's ability to function in his basic social roles. Considering that in the theory of behaviorism there are practically no ideas about the internal structure of the personality, the psychological criteria of health proper in the behavioral model are functional. This is not the “self” and “harmony” of personal structures, but the level of development of mental functions that provide a stable “stimulus-response” relationship. This approach to the psychological system of health presupposes the relativity of health (there is no individual who could maintain health in any

social roles and situations); health operability (health may suggest the presence of pathological symptoms if it does not cause social maladjustment), social and cultural health conditionality. An important criterion of health in the behavioral direction is the learning ability of the individual.

A well-known common problem with these approaches is that they ignore the personal activity of the individual in achieving health. As in psychoanalysis, an individual constantly needs a psychoanalyst to maintain the integral integrity of the self, and in behaviorism he needs a behavioral therapist who formulates individual goals and develops programs to achieve them through the acquisition of a certain social experience.

A fundamentally new psychological approach to a healthy personality is contained in humanistic psychology. The focus is on the analysis of healthy functioning as a positive process with independent value. Psychological health system is considered as a system of self-realization of personality. It is expressed in personal virtues, collectively called personal maturity. New “positive” concepts of mental health predispose tendencies to development, growth, self-realization, human self-realization, a conscious ability to control one’s actions and actions, to be responsible in front of oneself and others, past and future generations, to have a developed system of values, the ability to adequately perceive itself and others. The absence of these qualities is evidence of the pathology of the individual. “The further the personality is from the Self, the less healthy it is” [7, p.153]. A healthy personality is self-sufficient. She herself determines the direction and content of development. This is a person, according to the apt expression of E. Korzhova – “cultivated” and “nurtured” my Self, that is, cultivating egocentrism [7].

In general, humanistic psychology for the first time actualized the problem of a healthy personality, but was unable to operationalize it. The personality structure is too large and multifaceted for psychological health research. The psychological health system “dissolves” in the general problems of the development and functioning of the personality. You can say a person – not only a psychological system of health preservation,

but an effective psychological system of health preservation is always an attribute of a person.

The subject of personality psychology needed differentiation and refinement. Health psychology is “pro personality”, but what exactly? The solution to the problem was the analysis of the situational conditionality of human behavior, which grew out of behavioral psychology. The situational context of preserving an individual's optimal level of health has been studied in socio-psychological works on healthy lifestyles and healthy behaviors. Health in this approach is perceived not as a given, an identity of personal characteristics, but as a result of a person's specific activity in assessing, maintaining and strengthening one's health. The first step in the study of this problem in the seventies of the last century was the creation of a model of the concept of health. Becker and Meiman proposed a model of health-saving behavior as a decision-making strategy implemented within the framework of the cognitive approach methodology. The Shiran and Abraham' health model describes the subject's behavior as a result of the addition of individual health-related cognitions of the subject: perceived risk, perceptions of the seriousness of the problem, possible benefits, and obstacles to adopting this pattern of behavior. Another popular model of protection motivation (Protection motivation theory) based on the principle of self-efficacy of Rogers - human confidence in his ability to implement the necessary behavior. This model complements the concept of health and sets a new criterion for assessing individual cognitions: the personal cost of abandoning non-adaptive behavior. Modern socio-psychological ideas about how a person adopts a health-saving strategy of behavior describes a model of planned behavior based on the socio-psychological theory of attitudes of M. Fishbayn and A. Ayzen. The key to this process are such factors as the assessment of expectations, the validity of the action, the norms that guide the subject, the control of perceived behavior [cit. 14]. Such cognitive models of health – models of “one-step” decision-making – have proven themselves well in analyzing simple forms of social behavior: giving up the bad habit, applying the principles of healthy eating, etc. Deferred studies show low “survival” of such decisions

in the long term. Thus, models of health concepts can be effectively used in analyzing the tactics of overcoming a particular difficult life situation, but are not optimal in analyzing the general style of health-saving behavior of an individual.

Recently, in the course of psychological studies of health, people increasingly pay attention to the systemic and subject-activity characteristics of lifestyle and health-preservation processes. The basis of modern research in the field of health psychology is the idea of the need to move from an externally eventful to an active-activity interpretation of a person's life path. In the context of this approach, health is considered as the result of the resource management activities of their lives. Human health is not uniquely defined neither social nor biological development situation. Social and biological "circumstances" only determine the degree of complexity of the tasks to be solved by a person. J. Ogden defines health as the management of the life of an interactive person who interacts with the external environment and with himself [15]. L. Kjell and D. Ziegler noted a sharp increase in interest in the study of age-related changes caused by the aging process. The authors describe the characteristics of the psychological health system in middle and old age as global issues of modern psychology [12].

Within the framework of such a conceptualization of the subject of research, the psychology of health should solve the tasks of not only preventing the disease (psychoprophylaxis and psycho-hygiene), but also developing the possibilities of strengthening and developing its resources that allow maintaining an optimal level of health.

In modern psychology of health, interest is growing in the study of the integral vital resources of the individual: sanogenic reflexivity [16], hardiness [17], subjective vitality [18], mindfulness [19], vital metacompetence [20]. The subject of research are systemic psychological neoplasms that ensure the health of the individual. The relevance of such research emphasizes A.L. Katkov. In his fundamental article "The quality of mental health (the system characteristics of the phenomenon according to the results of a comprehensive study)", the author points out that the lack of systemic research and organized data in this area reduces the potential of the possibilities available here [21].

In our opinion, at the present stage of development, it is appropriate to define the subject of research of health psychologists as an individual system of psychological resources of a person, aimed at harmonious interaction with the environment through self-healing and self-development. The system-forming factor of such a system is the meaning of life, the systemic result is the quality of life [22, 23].

Summarizing the review of ideas about the subject of health psychology, the following can be noted.

1. Health psychology is currently at the stage of its formation, which is reflected in the dynamics of ideas about the subject of research: from the norm of mental functioning to the psychological system of health protection of the individual.

2. The development of health psychology is associated with the processes of specific categorization, integration, differentiation and system integration of the subject of the research.

3. Summarizing the available data, the modern subject of psychological studies of health can be considered an individual personality management system with its vital resources in order to master the sovereign living space in the continuum of life.

4. This discourse sets a new quality of psychological health research from general methodological principles to specific topics.

There is no conflict of interest.

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