



# SUBJECTIVE PATTERN OF HEALTH STUDY AS A FACTOR OF MENTAL HEALTH PREVENTION IN CHILDREN

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## Introduction

The health preservation and the designation of its importance are essential components of the global society health, and require the interest of medical psychologists and psychiatrists. Subjective pattern of health can be considered as the holistic system that acquires completeness together with a reflective sense of health in the development process of a child. This system consists of sensory, emotional, cognitive and behavioral components that is similar to the structure of subjective disease pattern. Forming together, these patterns indicate the value of each child's own health, knowledge about health and disease, health-saving behavior.

Published data on children's health show that there are no absolutely healthy children in the last decade. On average, every child in Russia has at least two diseases a year. The vast majority of children, starting from preschool age, suffer from movement deficiency and reduced immunity. Despite the fact that the problem of subjective pattern of health formation is now less researched, we know that this pattern gives us information about the possibilities of prevention and correction of maladaptive behavior. At school age, the fear of losing health for the child is not yet actualized, and here it is important to acquire the necessary knowledge, skills and habits to maintain and strengthen health, which becomes the most important preventive task of health.

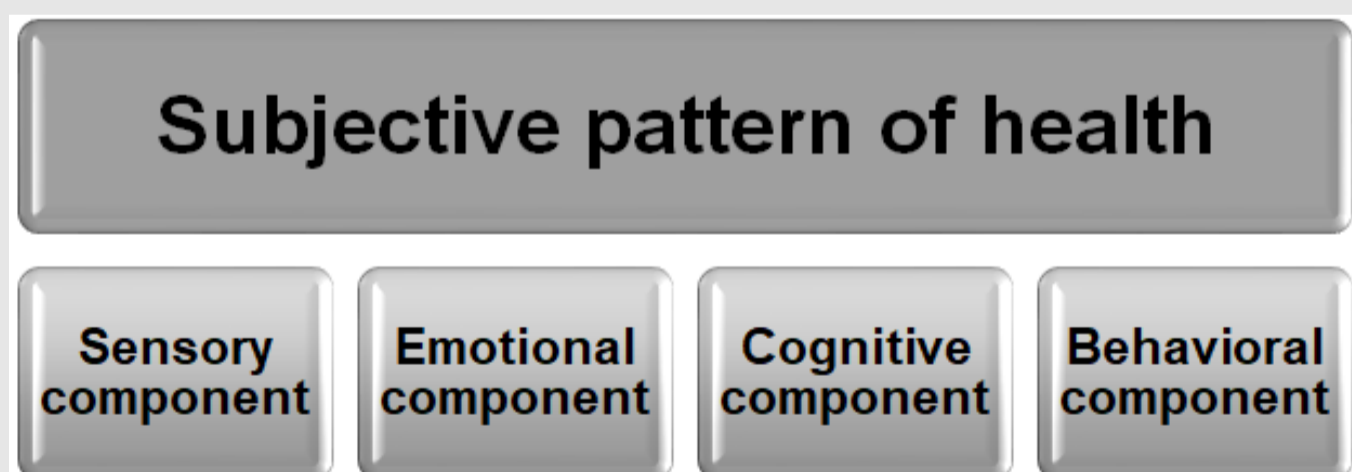


Figure 1. The structure of subjective pattern of health

## Research objective

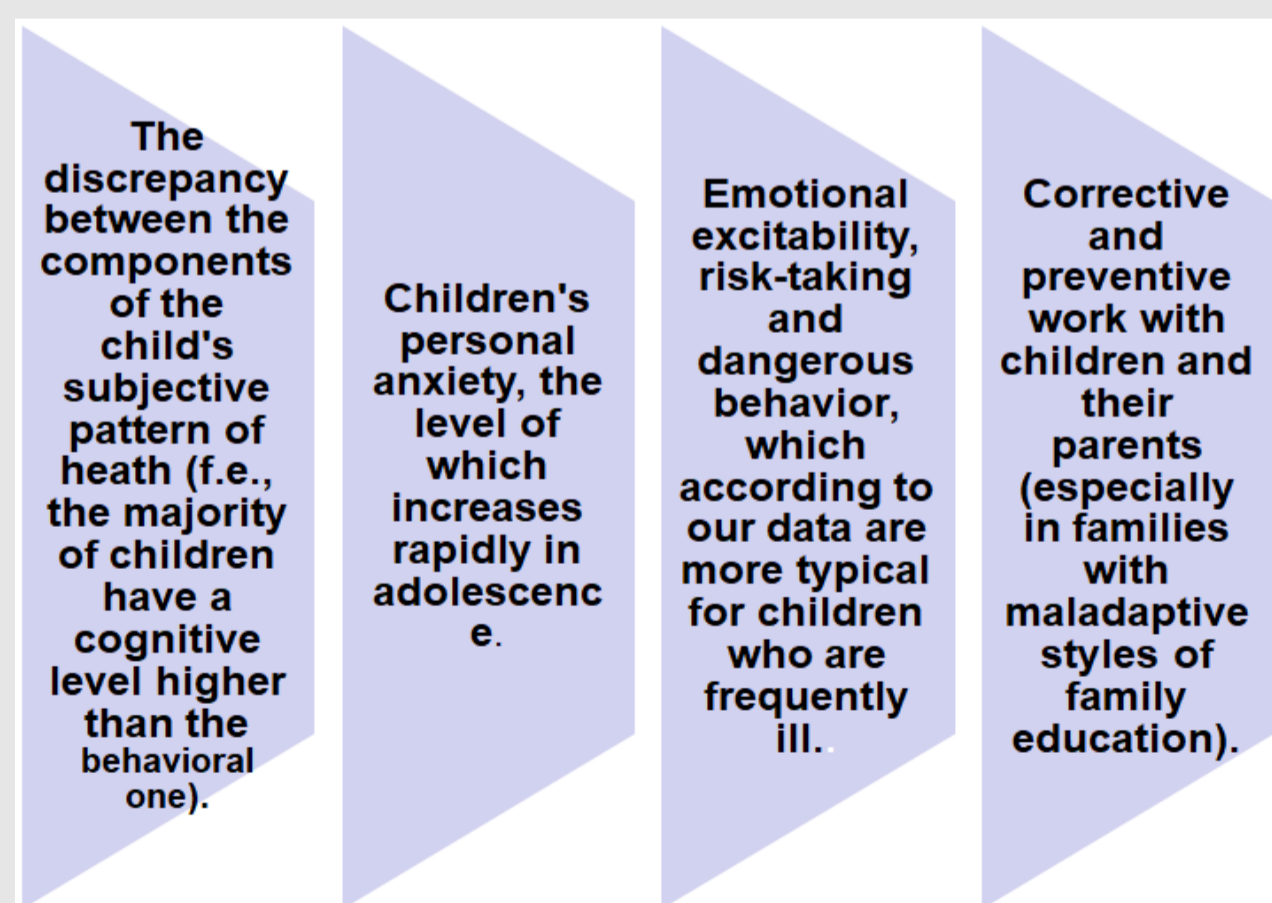
To identify the main targets of corrective and preventive work of specialists, which will improve the prevention of mental disorders in childhood.

## Results

In a study of 193 children of primary and senior school age, we found that older children significantly reduced the value of health, as well as indicators of anxiety about their own health. At the same time, frequently ill children have a higher level of personal anxiety, in contrast to their rarely ill peers. Anxiety is associated with their personal characteristics, relationships with peers, academic success, etc., however, to a lesser extent affects health issues.

Also, in families with hypoprotection, frequently and rarely ill children pay insufficient attention to their own health, which undoubtedly affects their level of health and health-saving behavior. These examples allow us to talk about a high risk of developing personal disorders, addictions, adaptation disorders and anxiety disorders in these children.

**Based on the psychological research of children, we can identify the main targets of corrective and preventive work of specialists, which will improve the prevention of mental disorders in childhood:**



## Conclusion

Formation of an adequate subjective pattern of health through competent impact on its components leads to psychological well-being of children and reduces the risk of adaptation disorders, personality disorders and addictions.