

THE CONCEPT OF HEALTH AMONG THE POPULATION OF THE REPUBLIC OF SAKHA (YAKUTIA)

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Purpose of the study: to clarify the content of the concept of "socio-psychological health" and create a model of monitoring socio-psychological health. To achieve this goal, an analysis was made of the current state of research into the problem of socio-psychological health and the study of the everyday views of the population of the Republic of Sakha on it (2016).

The sample consisted of 278 people (61 men, 217 women). Methods: document analysis, focus group, in-depth interview, content analysis, correlation analysis. In total, 25 focus groups were conducted, 35 in-depth interviews.

On the basis of a theoretical analysis of the concepts, a psychological definition of socio-psychological health was given. It is understood as a complex concept, based on the subjective assessment of a person of various aspects of their well-being, as well as including a number of psychological characteristics of life activity.

The main parameters of socio-psychological health are:

1. Respondents' assessment of their economic well-being.
2. Respondents estimate the socio-cultural situation in the region.
3. Evaluation by respondents of the nature of their social communications and interaction.
4. Assessment of indicators of psychological health and well-being.
5. Evaluation by respondents of their physical health.

Mental health, according to research participants, is an integral part of general physical health. The main characteristics of mental health are adequacy.

A psychologically healthy person is a healthy

person, accepting himself with all his features; able to solve his problems on his own; able to regulate his state of the

Table 1. Differences in the description of different types of health between students and other age and social groups

Group	Middle age without children or adult children	Parents with children of school and pre-school age	Elderly (retired)	Experts (specialists of helping professions)
High school students	The z-score is 2.80746. The p-value is < 0.00496. The result is significant at p < .05.	The z-score is 6.56647. The p-value is < .00001. The result is significant at p < .01.	The z-score is 7.50724. The p-value is < .00001. The result is significant at p < .01.	The z-score is 5.8989. The p-value is < .00001. The result is significant at p < .05.

in stressful situations; having some hobby, caring about his physical health and psychological well-being.

Social health is the social activity of the population and, above all, employment of the able-bodied population, the presence of social ties, involvement in various social institutions and the degree of its participation in society, including participation in traditional joint activities. .

Socio-psychological health is a stable functioning of a person's personality, a positive image of "self", a need for self-development, understanding and self-acceptance, as well as the formation of productive forms and ways of human interaction with the external environment/

The largest differences were found between students and other groups (Table 1).

In describing mental health, the causes of its violation and the ways to maintain it, no age, sex or social differences were identified.

The more "sociality" in the level of health, the more we leave the organism, the greater the differences in the description of the causes affecting one or another type of psychological /social health.

The ambiguous role of new technical means of communication on public health has been recorded. Among the causes of violations of social and psychological health, high school students and some specialists allocate gadgets and the Internet. At the same time, there are references to electronic communication among students as a way of overcoming loneliness in remote districts

Differences in the understanding of socio-psychological health among young people and older groups were identified (Table 2)

Young people point out that socio-psychological health depends on the person himself, and self-development is the best way to maintain it.

Middle-aged people and the elderly emphasize the negative impact of socio-cultural changes and economic factors on socio-psychological health; note, on the one

hand, the importance of preserving and maintaining ethnic traditions, traditional activities (hunting, folk crafts, collective fishing "munha"), and on the other - the need for economic and legal education of the population, improving financial literacy, without which it is difficult to realize your personal potential in changing conditions.

Table 2. Differences in understanding the socio-psychological health of different age and social groups

Group	Middle age without children or adult children	Parents with children of school and pre-school age	Elderly (retired)	Experts (specialists of helping professions)
High school students	No differences	The z-score is 2.35943. The p-value is .01828. The result is significant at p < .05.	The z-score is 2.0352. The p-value is .04136. The result is significant at p < .05.	No differences

Respondents thus emphasize, on the one hand, the importance of personal activity for maintaining social and psychological health, on the other hand, the need for self-realization, flexibility and the ability to creatively combine ethnic values with the demands of the modern world.