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THE IMPORTANCE OF PSYCHOLOGICAL KNOWLEDGE IN THE HEALTH OF THE CHILD'S SPIRITUAL WORLD

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Relevance

The Interdependence of Social Psychogenetics and Psychosomatics Because existence is like infinity, and the more you realize it, the more it drags you into its abyss and plunges you into the abyss. ” But the modern world denies this. Being is human. No matter how simple this little definition is, these two phrases can help you understand everything. The concepts of Psychology, Psychosomatics, and Psychogenetics provide insight into the above considerations. These areas of psychology help to understand the mental world of the individual, Psychosomatics and psychogenetics study the problematic processes that occur in the human psyche through the blocks of the mind and subconscious.

The purpose of the study; to shed light on the importance of psychological knowledge in the health of the human psyche.

Materials and Methods

Through psychogenetics, we can study our ancestors and understand some of the events in our way of life. If the child's ancestors were great merchants or seamstresses, then the relevant codes are stored in his DNA, and they can bring great luck to the child, just a little effort may be enough. The reason is that genes study the DNA of the psychogenite spirit and its origins. 99% of our DNA is the same. But the 1% we notice is significant. It is this difference that allows us to learn so much. In general, psychogenetics can be called the mother of psychology. So what his father is, of course, is psychosomatic. Psychosomatics is a science at the crossroads of medicine and psychology. With the help of psychosomatics you can learn the following. Cancer. Do you know how it can come about?! Cancer cells are present in each of us. We develop them ourselves. It stays inside a person for a long time and literally starts to eat him. It is a great mystery or sorrow that eats away at you. It is caused by the persistence of hatred. So what is the cure? Just by programming the mind properly. "I will forgive the past and say goodbye to it." "I am just happy to be here. I love me". helps to inculcate in the mind a set of positive thoughts such as.

It is by absorbing these words into the subconscious that cancer can be cured. Or another example. Diabetes mellitus. Its probable causes. "What doesn't happen can be caused by longing, a strong need for control, deep sorrow, and the absence of anything pleasant." A new way to treat it. Feelings like "This moment is full of joy for me, I will enjoy this day" can be treated by programming the subconscious. It can all depend on whether we are born, whether we leave the world, whether we live, whether we are today or tomorrow, whether we are sick or healthy.

Conclusion and discussion; Psychology in general, Psychogenetics, Psychosomatics, helps to understand the new era and adapt to it. A person who enters into a relationship and actively participates in social development is called a person. A person who is born as an individual then becomes a person. In the concept of the individual, a person's lineage is embodied. This individual's healthy lifestyle is closely linked to his or her life principles and thoughts.

The World Health Organization's charter defines health as "... a state of complete physical, mental, and social well-being, not just the absence of disease or physical disability."

In this context, it is important to highlight three components of health:

Physical health. It's sports, healthy eating and a healthy environment.

Psychological health is a condition that describes the process and outcome of the normal development of a subjective reality within an individual's life.

Psychological health is a necessary condition for a person to work and develop in the process of life; is a dynamic set of mental characteristics of an individual that ensures harmony between the needs of the individual and society, a necessary condition for the individual to be focused on the fulfillment of his vital task. On the one hand, it is a condition of adequate fulfillment of a person's age, social and cultural roles (child or adult, teacher or manager, Russian or Australian, etc.), on the other hand, it is an opportunity for a person to develop continuously throughout his life.

Psychological health criteria:

- The state of mental development of the child, his spiritual well-being;
- Adequate social behavior;
- Ability to understand oneself and others;
- Fuller realization of development potential in various activities;
- Ability to make choices and take responsibility for them

Modern society is increasingly educated, technically literate, and intellectually advanced. And as the reverse, two-sided side of this process, society is becoming increasingly psychologically unhealthy.

Modern society lives in situations that do not contribute to the development of harmony and balance, the stability of human personal development. Natural disasters, abrupt changes in social norms, political instability, urbanization, separation from nature with its eternal norms of harmony really make the concept of "mental health" most relevant at the current stage of human development.

Corollary: The more important a person is, the more important he or she is. Personal growth, self-improvement, and mobility make her more perfect and healthier. As a mediator in transmitting ancestral information to future generations, it is responsible for conveying positive, healthy personal information, in which case psychological knowledge is important as it makes a significant contribution to human development.

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