



**EKATERINA USENKOVA**

## **Preservation of Mental Health of Children and Teenagers**

PhD., Vladimir State University Alexander G. and Nicholas G. Stoletovs, Russia

### **Abstract**

In this article the author analyzes the importance of mental health for juvenile offenders and offers concrete ways to strengthen it.

**Keywords:** health, mental health, motivation, personality, prevention

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Health is the most important vital category characterizing the physical, mental and social welfare of human being. In the context of the study, analyzed the mental health of the individual as a state of wellbeing in which the individual realizes their abilities, and can also confront the problems of life and stress without damage to his psyche. Children and adolescents under conditions of micro social conflict in school and at home are at risk of the disruption of the processes of higher nervous activity(GNI) and getting in a cohort of mentally vulnerable strata of the population. According of author's opinion, the task of parents and teachers – to take care of the emotional, physical, mental and social well-being of the child. This can be done only through the knowledge of personality of a growing human being, knowing its abilities and making a man what a man can be.

It seems that in this area of research a great assistance can be provided by the works of Maslow, in particular, his individual motivation theory. The author shares the scientist's postulate that the motives are at the person as a whole and not in any particular part. On the basis of it parents and teachers should pay attention to satisfaction of needs role in a child's character formation. In the work of the scientist it is proved that healthy human beings have an ability to love and be loved, mutual caring and responsibility, inner harmony and homeostasis, vitality. In the event of the child's mental disharmony there comes a chaos and confusion of hierarchy of motives and needs. The child may withdraw into himself and long-term depression quite often leads to suicide. Schematic representation of mental health by Maslow consists the idea that a healthy human is a happy person, living in harmony with itself, with no sense of internal discord.

Extremely important statements of the scientist is the approaching to the classification of the needs: physiological, safety needs, needs of love, self-esteem and self-respect needs, self-actualization and self-transcendence needs. The author is convinced that a person perishes not only because of non-realization of the *deficiency* or basic needs, but because of the absence of secondary or higher level needs too. Studying is the main work of the child. It is a sort of occupation that brings produce of endorphins, and therefore a lot of positive emotions to a child. It is an important mean of maintaining physical and mental health.

Inexorable statistics of the WHO says that more than 1% of the population suffers of schizophrenia and 33% of the debut time of the disease falls on adolescence. Let us ask ourselves: why GNI collision processes in this age happen?

As we know, puberty is a crisis age characterized by reorganization of the endocrine glands and the typical metamorphosis determined by change of teenager's sex hormones level. The social status of a teenager is also undergoes changes. A teenager has great requirements because of studying in high school or comprehension of profession. The behavior of adolescents is changing, conflicts with parents and teachers appear, some reactions of protest against a custody of parents arises, attempts of assert themselves in life are made. Teenagers become extremely intolerant of comments and advice. In consequence, there may neurotic and psychopathic reactions, as well as endogenous diseases scop up in this period.

According to the point of author's view preventive work should begin in the prenatal period, from visiting the pregnant women at home and explaining them not only the tactics of behavior during the birth but also further support child to protect his mental health. A child devoid of emotional warmth and affection is vulnerable very much. Especially it concerns alienation by the closest person – its mother. The programmes that oriented at promoting of children mental health in schools play an important role. They include prevention of neurosis, frustration, educational and social neglect. Everyone has individuality, and the task of parents and teachers to make children's lives happy. All the education universities must be clear that we are responsible for those who were taught and educated. This means that any man, regardless of the characteristics of appearance, abilities, opportunities need to find his social niche in our complex world and to realize as a person. In addition, we would like to draw the attention of parents and all social structures, working with minors on the formation and development of social immunity and social stamina. This means that a child must enter the life, being ready to overcome those difficult situations that may arise, saying "no" to all the destructive agencies that try to engage it in various forms of deviant and delinquent behavior. Moral and social stability is the key of not only successful socialization, but also of the priorities of prevention of mental disharmony and pathology.

## **Literature**

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