

PSYCHOLOGICAL HEALTH AS A FACTOR OF HARMONIOUS PERSONALITY GROWTH

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One of the essential indicators of human mental health is the ability to perform basic social functions fully, to participate in social activities and to work socially useful. It is known that in order to successfully perform one's functions, a person must be not only psychologically healthy, but also harmoniously developed. The quality of this process is directly related to self-development, self-improvement and adaptation to a changing environment.

Analysis of different approaches to the problem of mental health allows us to identify two positions – medical and psychological. Due to the tight connection between «normalcy-pathology», medical examines not so much «health» as «disease». And psychological, where health is determined from the point of view of the formation of positive personal forces. In order to distinguish between psychiatric (medical) and psychological approaches, various concepts have been introduced in the practice of household research: «mental health» (O.I. Donilenko, L. Pozhezha), «personal health» (V.D. Pyvovarov), «psychological health» (I.V. Dubrovina, V.V. Kolpachnikov), «moral health» (N.N. Trushina), «spiritual health» (Y.A. Korelyak).

The term «psychological health» emphasizes the indivisibility of physical and mental in a person, the necessity of both for full functioning [3, p. 54].

Psychological health is a term necessary for a person's full functioning and development throughout his or her lifetime. Thus, on the one hand, it is a condition for a person to adequately fulfill his age, social and cultural roles (child or adult, teacher or manager), on the other hand, it provides a person with the opportunity for continuous development throughout his life.

A psychologically healthy person is, first of all, a spontaneous and creative, chirpy and cheerful person, who is open and knows himself and the world around him not only with his mind, but also with his feelings and intuition [2, p. 78]. A person fully accepts himself or herself and at the same time acknowledges the value and uniqueness of those around him or her. Such

a person places responsibility for his life primarily on himself and learns from unfavorable situations.

The life of such a human being is full of meaning, despite the fact that he does not always formulate it for himself. An individual is constantly changing and, of course, contributing to the growth of others. The life path of such a personality may not be entirely easy, at times it may be quite difficult, but the human adapts perfectly to quickly changing living conditions. And what is important is for a man to be able to be in a situation of uncertainty, confident in what will happen to him tomorrow. Thus, it may be said that a mentally healthy person is a well-developed personality [1, p. 16].

The formation of an adult in harmony is linked to the formation of a hierarchical structure of reasons and values. One of these is the domination of the upper levels on the lower levels. The level of patterns and values is determined by the extent of their commonalities. One should begin with personal motives (the lowest) through the interests of close persons, the team, society, to universal social purposes. The presence of such hierarchies within an individual does not interfere with his harmony. Because complexity, multiple interests, polydirectionality in the presence of a dominant ensure a variety of connections to the world, overall stability.

The harmony of personality depends upon the extent to which the domination of the higher level is in accord with the lower level. For example, how are the conscious and unconscious levels interrelated, direct and intentional, natural and spiritual.

Furthermore, one of the positions that fills the concept of psychological health is its relation to spirituality. I.V. Dubrovina argues that psychological health should be seen as a wealth of personal development. That is to say, to include in psychological health a spiritual principle, an orientation to the full values: Truth, Beauty, Goodness. Thus, if someone has no ethical system, it is impossible to talk about their psychological health [4, p. 55].

Therefore, in order to maintain psychological health, it is necessary to aspire to the harmonization of the personality, self-development and self-improvement. In addition, a person must develop resistance to changes in the environment that may violate internal equilibrium, thereby causing the destruction of internal harmony.

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DOI <https://doi.org/10.36059/978-966-397-266-4/86>

ПСИХОЛОГІЧНА ГОТОВНІСТЬ ПЕДАГОГІЧНИХ ПРАЦІВНИКІВ ДО РОБОТИ З ДІТЬМИ З ОСОБЛИВИМИ ОСВІТНИМИ ПОТРЕБАМИ

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Одним з найважливіших завдань Нової української школи є забезпечення права дітей з обмеженими можливостями здоров'я на здобуття загальної освіти нарівні з усіма. Вирішенням цього завдання покликана займатися інклюзивна освіта. Інклюзивна освіта – це така організація процесу навчання, при якій всі діти, незалежно від їх фізичних, психічних, інтелектуальних, етнічних та інших особливостей, можуть отримувати однакову освіту.

Вчителі є ключовою ланкою у навчально-виховному процесі і саме вони мають бути підготовленими до реалізації завдань інклюзивної освіти. Від педагога, його особистісної позиції, мотивації залежить адекватна організація навчально-виховного процесу, «безпечне» входження учнів з особливими освітніми потребами (ООП) в середовище загальноосвітньої школи, попередження дезадаптації таких учнів [3].