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# **Emotional health as an indicator of youthful well-being**

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## **Abstract**

Health is a dynamic concept and is viewed through the prism of human activity. It should be borne in mind that many people are more susceptible to negative environmental influences, which can lead to stress and ill health. In contrast to biological and lifestyle factors, psychosocial factors influence health and behavior through social and cultural aspects. The indicator of age specifics of the subjective state of health is considered as a balance of positive and negative assessments of the state of health of people of different ages, and may depend on the subjective assessment of their mood and well-being.

**Keywords:** Emotional health, Subjective health assessment, Youthful age, State of well-being, Adaptation.

## Salud emocional como indicador de bienestar joven

### Resumen

La salud es un concepto dinámico y se ve a través del prisma de la actividad humana. Debe tenerse en cuenta que muchas personas son más susceptibles a las influencias ambientales negativas, que pueden provocar estrés y problemas de salud. A diferencia de los factores biológicos y de estilo de vida, los factores psicosociales influyen en la salud y el comportamiento a través de los aspectos sociales y culturales. El indicador de las características específicas de la edad del estado de salud subjetivo se considera un equilibrio de evaluaciones positivas y negativas del estado de salud de personas de diferentes edades, y puede depender de la evaluación subjetiva de su estado de ánimo y bienestar.

**Palabras clave:** Salud emocional, Evaluación subjetiva de la salud, Edad juvenil, Estado de bienestar, Adaptación.

### 1. INTRODUCTION

Personal health research has become one of the priority areas in recent decades. The phenomenon of health is a multidisciplinary concept and is considered in such sciences as value ology, philosophy, psychology, pedagogy. Each sphere has its own parameters, factors and methods of research on health indicators. Health is a complex multidimensional phenomenon that includes aspects of human being, such as intellectual, moral and spiritual, physical and reproductive potential.

The World Health Organization, while studying the inherent determinants of health, defined health as "a state of complete physical,

mental and social well-being, not only the absence of any disease or defect". (<https://www.who.int/ru>. Access date – 31.10.2019).

The definition was given by WHO in 1948 and is still valid today. Health, being a synthesis of the characteristics of all these areas, is quite difficult to clearly define the normative parameters of a healthy personality. A.G. Shedrina considers:

Health as a holistic multidimensional dynamic state (including its positive and negative indicators), which develops under the conditions of a specific social and environmental environment and allows a person to carry out its biological and social functions (SHCHEDRINA A.G. (2003).

Research in the field of health psychology is based on an interdisciplinary approach and provides a comprehensive view of how people can live healthier lives. Research on human health involves the identification of certain health-providing factors for the design and implementation of health promotion and development measures.

## **2. METHODOLOGY**

The health psychology was formed in the 50s of the XX century as an independent direction. The need for this direction appeared in connection with the development of views on the relationship between psyche and body. The harmony of psyche and soma as the basis of health came from the depths of history. Harmonious combination

between the psyche and the physical well-being is the key to a healthy personality. The body's adaptive capacity and internal resources contribute to the maintenance of a person's efficiency and wellbeing.

Peculiarities of psychologically healthy personality can be considered in different approaches. A. Maslow determines that self-actualization can only be achieved by a mentally healthy person. A.F. Lazursky points out that a healthy person is able to control his behavior in social relations. Health, from the point of view of O.S. Vasilieva, F.R. Filatov, is characterized as the integration of biological, psychological and social properties of a person (VASILIEVA O.S., FILATOV F.R. (2001).

At the same time, a person's positive subjective assessment of his or her physical and mental state of health does not always correspond to the absence of any disease. Negative consequences of interaction with the environment can lead to somatopsychological diseases. Serious organic disorders can lead to changes in personal and social behavior of a person, disorders in cognitive processes (weakening of memory, distraction of attention and thinking, etc.). This is not a complete list of negative consequences that are reflected in human health.

Health is one of the indicators of the success of a person's functioning in society. In its development, the individual actively transforms the links with the surrounding reality. This phenomenon is called the process of adaptation. The relationship between adaptation

and individual health is one of the most pressing problems of psychological research. The term "adaptation" is considered as the ability to adapt to environmental conditions and to harmonize relations between the body and the environment.

Restructuring the relationship between the individual and the environment, the realization of vital goals contributes to the development of mental adaptation of the person. At the same time, an important condition is the preservation of physical and psychological health of the individual. According to A.G. Maklakov, mental adaptation can be considered as a system of self-regulation, which is able to adjust the conditions of the external environment (MAKLAKOV A.G. (2001). The ability to resist environmental influences is one of the characteristics of a person's level of adaptability.

Adaptability describes a condition of the person at the concrete moment of interaction with environment, a psychological condition of the person at this moment will be considered in a context of subjective and objective characteristics. Self-relation, self-consciousness of a person is shown in subjective characteristics, while objective ones determine features of activity and behavior of a person, analysis of his appearance, etc. (KULIKOV L.V. (2001).

A study of the level of adaptability of the individual, indicating the current state of the individual, is possible through a description of the concept of psychological health. Psychological health is described

as one of the conditions for the successful development of an individual in the process of its formation. The process of formation of psychological health should be aimed at the development of successful adaptability in society and self-realization of the individual. The formation of a personality in the process of its development forms a certain system of values and self - concepts.

Good health is an opportunity for people to develop the potential in a dynamic society. Wellbeing is affected by a range of physical, medical, mental and other factors that affect different age stages of a person's life. A person's distribution of basic resources and understanding of the mechanisms of self-determination in society is an indicator of the dynamic state of physical, mental and social well-being.

### **3. RESULTS AND DISCUSSION**

Health is an integrated concept that includes the study and problems of emotional well-being. Studying the problems of emotional life of a modern person requires a new scientific approach. Difficulties in the emotional sphere can be touched upon in considering the concept of "emotional well-being", which is broader than the category of "emotional health". In defining health, the World Health Organization defines the concept of well-being rather than simply the absence of disease. This health-disease dichotomy helps to

address a person's problems in the system (SARY-GUZEL V.R. (2002).

Emotions control the main aspects of life and influence significant human events. Theoretical research shows that emotions are fundamental components of life and play a key role in motivated behavior at every age stage. Emerging evidence in the study of well-being allows us to say that a person's involvement in an activity can have a lasting positive effect on psychological well-being. As a consequence, positive emotional experiences can contribute to psychological and emotional well-being (R. PILKAUSKAITE - VALICKIENE, I. GABRIALAVICIUTE. (2015).

The problem of emotional and psychological well-being determines the basic approach to understanding them: psychological well-being and adequate functioning of a person in a changing environment can be achieved through understanding the inner essence and authenticity. The state of well-being has an objective and subjective context. An important component of subjective well-being is the absence of distress, depression and anxiety. Thus, subjective well-being is often associated with concepts such as "emotional health", "mental well-being", "life satisfaction" and "subjective assessment of quality of life". The difference between a positive and negative assessment of events can determine the specifics of a person's life position.

Health assessment includes an objective assessment of a person's condition based on official data and subjective assessment of the individual state of health of each individual. The indicator of the peculiarities of the subjective state of health is considered as a balance of positive and negative assessments of the state of well-being of people of different ages, and may depend on the subjective assessment of their mood and well-being.

The emotional sphere of a person is one of the key areas of assessment of well-being. With age, not only the purpose of activity can change, but also the emotional attitude to the situations that require attention of the individual on any events. The ability to adequately perceive the environment and consciously do things is one of the criteria for a person's mental health. And psychology, most often, operates with subjective indicators of health, which are based on the measurement of the emotional background, attitudes to themselves and others. It follows that a person's health is directly related to the state of subjective well-being.

Many researchers, such as K. Izard, P. Eckmann, R. Plutchik, in their research consider emotions as an adaptation semantic system that helps to analyze the subjective experience of emotions. The subjective nature of emotions is "the set of internal experiences and feelings that makes up a subjective picture of a certain emotion" (KRAVCHENKO Y.E. (2012). Emotional states can be experienced both consciously (experienced directly by a person in consciousness) and unconsciously

(presented in the form of bodily changes and can be measured by special equipment).

Thus, emotional well-being can be considered as an integral characteristic of emotional sphere assessment. Psychognosis of the emotional sphere is an important parameter in the assessment of an individual's interaction with society: the assessment of the emotional state (the level of activity, neurotization, alexithymia, subjective feeling of loneliness and anxiety) can be considered as a holistic assessment of the emotional sphere, along with subjective indicators of physical health.

In health psychology research, emotional well-being is used as a synonym for emotional health, which has recently begun to be studied. Scientists view emotional problems as causes of personality disorders, psychosomatic illnesses, and depressive disorders, which are the "displacement of negative feelings" from a person's mind. Therefore, there is a need to study the theoretical foundations of a healthy lifestyle in order to maintain one's emotional health.

The term "emotional health" was first used by L.V. Tarabakina and is defined by her as an integral part of a person's psychological health; it determines a holistic emotional attitude towards oneself and the world, the ability to transform negative emotions into positive ones (TARABAKINA L.V. (2000). Emotional health predetermines the attitude to other people and to oneself, the assessment of one's own actions and actions, affects the functions of organs and tissues of the

body, and, consequently, affects our health, which indicates the relationship between the environment, the regulation of emotions and the state of health.

Emotional health, a concept synonymous with well-being, is vital for integrity, balance and satisfaction with life. Good emotional health promotes mental health and protects against mental illness. Summarizing the results of the literature review on emotional health research, we conclude that the current definitions of emotional health do not reflect the full scope of this concept. We propose a definition that takes into account some of the psychological components of emotional health.

Emotional health is a state of psychological functioning that leads to positive changes and personal growth, self-confidence and allows a person to meet the requirements of society. Emotional health and emotional well-being include the definition and creation of one's own decent life, a concept that comes to us mainly from the field of positive psychology. An important step in maintaining emotional health is to identify one's own emotions and understand their value. All emotions have meaning and value simply because they are the basis for a positive attitude towards the world around them. Emotional regulation allows individuals to develop emotional intelligence, the ability to identify emotions and use them constructively. Achieving emotional health and well-being is an active process that involves not only identifying emotions, but also shaping how people think about them and how they are affected.

Foreign authors (MAVOA. S, LUCASSEN. M, DENNY. S, UTTER. J, CLARK.T, SMITH.M. (2019) and (FRANCIS NORWOODA. M, LAKHANIA. A, MAUJEANCDE. A, DOWNESE. M, FULLAGARFI. S, MCINTYREAB .M, BYRNEG. J, STEWARTH. A, L.BARBERJ. B, KENDALLA. E. (2019). Considering the psychological problems of disorders in the cognitive, behavioral and social spheres, come to the conclusion that there is a correlation between diseases and stress emotional disorders, depending on biological (genetic and constitutional) and psychosocial factors. The emotional health of young people is increasingly attracting the attention of scientists, as it is associated with many critical findings in other areas of life. The literature on psychiatry and psychology documents that negative emotions, such as anxiety, depression, or distress, are associated with adverse health outcomes, poor performance, and behavioral problems, including substance use and risky sexual behavior (WANG. D, DEJONG HAGEDORN. A, K. MCLAUGHLIN. D, AND C. BRAY. B. (2018).

Traditional psychopathology research often considers positive emotional well-being (such as happiness, joy, and optimism) and negative emotions (such as anger, frustration, and anxiety) as opposing poles of a single emotional continuum, either directly or indirectly. The absence of negative emotions implies emotional well-being. However, there is growing evidence that emotional well-being does not mean that there is no illness, depression, distress or anxiety. Instead, emotional health should be seen as a multifaceted construct with different dimensions, including the balance of positive and

negative affect, tension and energy excitement. In order to obtain a comprehensive picture of young people's emotional health, both positive and negative dimensions of emotion must be considered.

For this age stage of the difficulty of growing up, inadequate self-esteem is a major factor in the emotional tension of youth. Increased neuroticism at this age is manifested in vivid emotional reactions, such as impulsiveness of resentment, jealousy, etc. High rates of anxiety in communication can lead to difficulties in communicating with "significant others". Mudrik L.V. notes anxiety as "an individual psychological feature, which is in the increased propensity to experience anxiety in a variety of life situations, including those social characteristics that do not suggest it" (MUDRIK L.V. (1996). Anxiety often arises and subsequently becomes a sustainable education that is difficult to cope with. Anxiety can produce positive and negative individual traits, such as aggression, dependence, hatred and other personality traits (AMBALOVA S.A. (2017).

#### **4. CONCLUSION**

Youthful age is a period of formation of new emotions in relationships with others. The appearance of arbitrary self-regulation of emotional manifestations helps young people in a new situation of development to approach the issue of professional self-determination. Young people in the process of choosing a profession and place of

study can be characterized by a high level of self-esteem and building goals in life. In mastering a new social role, they form the image of "I am a student", which actualizes certain personal qualities of a person, which can, under certain conditions, change their attitude to themselves in general.

The presence of high emotional and mental stress associated with the new type of activity - university studies - can lead to deterioration in the subjective assessment of emotional health among this age group. The complexities of the learning process can cause low subjective perception of the state of the emotional sphere, which further affects the self-esteem of general health. There is a relationship between health and learning: the healthier the student, the more productive the learning process is (S.V. MIKHAILOVA, E.NORKINA, Y.TREMASKINA, and D.BORZENKO. (2014). consequently, the prevalence of mental or emotional health status of young people will remain stable at the population level, while changes occur at the individual level. Subjective assessment of emotional health is important for determining the quality of a person's life, some conditions are undesirable (pain, physical limitations and depression), while others are positive (physical mobility, cultural, intellectual and emotional development).

The risk of dis adaptation can increase with increased workloads during the learning period, so it is important to diagnose and correct for adaptation disorders at an early stage of adaptation. This will help prevent various psychosomatic and neuro-psychiatric

diseases. Preventive activities in universities aimed at maintaining and strengthening general and emotional health should be carried out with the help of medical specialists and psychologists. Monitoring of arising problems will allow being more attentive to "small" signs of infringement of a condition of health of the student.

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