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PHENOMENON OF QUALITY OF HUMAN MENTAL HEALTH

Abstract. In the given article the issue of human mental health is observed. Methods of determining the qualitative characteristics of personal and social mental health are described. In particular, attention is paid to the psychological qualities of mental health and resistance to environmental influences. Psychological qualities, a high-level development of which ensures an adequate level of mental health quality and resistance to influences of the environment. A level of mental health this considered as a consequence of a complex of individual, social and structural sources of stress and vulnerability factors. The most important characteristics of the subject area of a mental health quality category are considered, differentiated by the main matrix levels – installation, identification, structural and substantive, technological, instrumental methodological and systemic. The meta-model of social psychotherapy is given. Mental health is measured by a state of mental well-being, a person's full-fledged psychological activity, expressed in mood, well-being and human activity. Strengthening mental health includes a person's emotional and physical aspects, full-fledged development at all stages of his life cycle, a high-level development of higher mental functions (perception, memory, thinking, imagination, etc.)

Keywords: mental health, psychosomatics, level of mental health, mental health well-being, psychotherapy.

Introduction. Mental health is described as the most vital issue of the present time. On the one hand, it is considered as an important component of the quality of life, on the other hand, mental health is the criteria for the man's development level. Hence, mental health is mediated by psychosomatic ties and psychophysiological mechanisms, lifestyle at the same time factors for somatic health.

Appealing to the topic of systematic research and adequate identification of mental health quality is concerned with many circumstances, several of which are given in the field of clinical psychology, psychiatry, psychotherapy and counselling psychology.

So, mental health is considered a condition of mental well-being that gives people a chance to overcome the stressful cases in their life, fulfill their potential, study and job with success and contribute to society. The quality phenomenon of personal and social mental health is connected closely with the possibility of effective self-

organizing and human development in the social environment. Here, in this case, it seems to be a field of psychological interest no longer, but large-scale research activities with very important civilizational and social consequences.

Research conditions and methods. Mental health is considered a condition of mental well-being, a man's fully-fledged activity, which is reflected in his good spirit, well-being and activity. The main base of mental health is fully fledged mental development of the higher functions (they are: acquiring, memory, believing, imagining, etc.)

Any disorders in the development of human mental health with satisfaction of their needs for cognition, activity and communication, because they inhibit human interrelation with the peoples' surrounding world, their culture, and nature and this provokes a deprivation case.

The mental health psychological property is described by a high level of individual health, understanding oneself and others, having any

ideas according to the purpose and life meaning, the ability to manage oneself (i.e. individual self-regulation), the ability to treat the people and oneself in a right way, awareness of responsibility for sub's destiny and one's development. This is because a man finds a worthy thing which satisfies his role in the world that he knows and experiences from his point of view. It is defined in life meaning and values, the attitude towards which is harmonious, but not static: new issues, interests, their solution is the fulfilling of a new experience and further individual development which is brought to a deeper understanding of life meaning [1].

Here are given peculiar features of a mentally healthy man's psychological portrait from a humanistic psychology representative's point of view:

A healthy man is focused on harmonious attitudes with his inner meaning, believing it as a defining life principle (A.Maslov, K.Rogers);

- he is identified by his devotion to a certain situation, his favourite job, as well as a creative acquiring the reality, a tendency to come to everything creativity (A.Maslou, E.Fromm);

- he attempts to create constructive, sincere relations with other people (K.Rogers, E.Shostorm).

The external vector that activates the search for human resources in the field of developing the issue of mental health quality is connected with the fact that modern times, especially, the last decades of the historical period, are characterized by an unprecedented growth intention on the main epochal challenge, i.e. social, biological, ideological and evolutionary.

Now challenges are connected with the need of adequate replies to the exorbitant increase of environmental aggressiveness, i.e. informational social, economic, environmental, which in particular, is expressed in the unprecedented scale of spreading the adaptation of disorders, destructive social epidemics of chemical, psychological dependence, ethno-religious extremism, "man-made" ethnic hatred and others.

Usually biological challenges are formulated in the trend of progressive deterioration of the

genetic quality of each following generation in the meaning of context of the actual abolition of such a regulator of population health as natural choice. A gender identity of people nowadays is in the process of destroying. The differences in gender are becoming increasingly blurred. A birth of individual person is holding in different ways which includes the artificial conception and use of surrogate motherhood, while the deforming effect of this way of reproduction on the psyche of the future generation is becoming more and more obvious. Increasingly the main patients in the field of assisting and developing technologies are children and teenagers with complex comorbid pathology, which shows the systemic deficits in both the biological and mental components of health, especially in the field of qualitative peculiarities of mental health.

The ideological challenges of the period were reflected by the dominance of the ideology of technical prosthetics of increasingly lost components of health, a pure medium-term prospect of complete "robotization" of the human biological base and a hope of reaching practical immortality, without any trying to critically comprehend the civilization consequences of such technological "breakthroughs". The era evolution challenges primarily consist of the tendencies of progressive "squeezing" in a period of the passage of the very stages and phases of the adaptive cycle by the subject, the insistent requirements for increasing the creative "exit" of this very cycle.

Research results. So, the determination of the concept and the essential identification of the phenomenon of individual and social mental health and its qualitative features in the state of a pure shortage of systematic study in this sphere meets definite difficulties. Many scholars emphasized the need and meaningfulness of a positive (and not only as the disease absence) determination of the concept of "mental health" [2]

A well-known American psychiatrist and a father of present psychiatry in the USA K.Meninger (1946) identifies mental well-being in the following way: satisfying, happy feeling, balanced character, intelligent state and

“exemplary” behavior [3].

In T.Parson’s (1967) opinion, mental health can be identified as the person’s condition of optimal fulfilment in the way of effective performance of the role and tasks according to the social status [4].

Other scholars such as B.D.Petrakov and L.B.Petrakova (1988) distinguished the complexity and multidimensional nature of the identification of mental health which is based on the analysis of many types of research, and concluded that mental health is a dynamic process of mental activity, which is identified by the determinism of a psychological phenomenon, a harmonious attitude between the forming the circumstances of reality and the person’s attitude to life, the adequacy of reactions to the surroundings social, biological mental and physical state, due to the human’s ability to self-control behaviour, plan and fulfil his life way in a micro- and macro social environment. However, almost all identifications described above, contain biological (the fact of an individual’s adequate interrelation between the main agents of the macro- and micro-social environment) features, as well as a performance indication of the need for different levels of the phenomenon under the study [5]. Hence, arguments which are based on the scientific point of view in favour of the differentiated method to the definitions described above, as a rule, are not given, and the interdependence or, conversely, the vital differences between the biological and social-psychological features of the phenomenon of mental health are discussed hypothetically in the first place.

Thus, recently, it has been considered that a growing number of researchers paid great attention to the complex, nonlinear connections of a person’s psychological and biological peculiarities, going away from the traditional emphasis only on the external vector of influence of the system of factors: environment-mediated biological and psychological peculiarities – a subject with its adaptive state. In particular, it is stated that the stage when “the dominant philosophy of the psyche was suspicious in its

relation to the subjective experience” passed and that the new epistemological meta position of the researchers of the human psyche is being formed in the mood of a post-non-classical scientific approach and updated ideas about evolutionary processes, taking into consideration the significance of epigenetic factors (A.L.Mishara, M.A.Shwartz, 1999: S.Reid, 1999: M.Brune, J.Belsky, H.Fabrega, and others., 2012). The possibility of modifying gene expression by learning (i.e. unintended way), which, actually, provides for the phenomenon of cultural evolution on the one hand, and sometimes there are dramatic changes in the process of ontogenesis of a special subject on the other hand.

According to the researchers, S.B.Seichev studied and formulated the following mental health groups and worked out an appropriate questionnaire that gives a chance to determine the devotedness of an object to the groups, such as:

- 1 Without deviating from the norm;
- 2-the norm of typology;
- 3-potentially-grown risk;
- 4-mental maladjustment is without any pathologies;
- 5-pre-painful mental disorders;
- 6-probably a painful state;
- 7-disease that is verified[6].

According to V.P.Vakhov’s studies (1997), the adaptation level (mental rest condition; increased risk zone; mental maladjustment condition – a level of pre-psychotic state; mental adaptation level condition 1-3; mental maladjustment zone 4-5), as well as with the mental health level (mental health level zone, i.e. adaptation zone; mental illness level is the maladjustment zone). The opportunity of attributing the subject to these different levels is also formed with the help of the appropriate tools. Ways of investigating life quality by now quite numerous even in such a comparatively small sector as evaluating the people’s life quality with mental and behavioural disorders that are usually constructed from several blocks, which include the client’s self-perception, their acquiring the system of goals and expectations.

The life quality subjective indicators include

the clients' self-acquiring, their acquiring the state and position in their life, and influences by the system of purposes and expectations (A.A.Koblova, I.L.Kromm, I.Y.Novikova, 2013).

In the region of the post-Soviet space, research on life quality in the field of mental health mainly used both standard questionnaires recommended by WHO (IQQLA SF-36 Russia Standard Version 1.0) and modified versions, as well as the original methodological developments (A.A.Churkin, N.K.Demcheva, 2004). Researches on identifying the life quality are conducted in children with deviations in mental and speech development (E.A.Bocharova, P.I.Sidorov, A.G.Solovyov, L.V.Postnikova, 2003; B.D.Tsyganov, N.A.Tumanov, 2004). Life indicators qualities are studied in groups of adolescents with mental disorders and stressful factors (T.N.Dmitrieva and others, 1999; O.S.Rabotkin, S.Yu.Palatov, L.E.Malysheva, 2004). There is a large number of studies that assess the clients' life quality with endogenous psychoses (V.U.Pashkovsry, V.A.Deichert, 2000), in particular with schizophrenia (A.B.Shmukler, L.V.Losev, 1999). The clients' life quality with epilepsy in the process of medical and social rehabilitation was researched (A.B.Shmuckler, L.V.Losev, 1999). The client's life quality with epilepsy in the medical and rehabilitation process was investigated by S.A.Gromov, V.A.Mikhailov and others (2000). The majority of works are devoted to the research of peoples' life quality indicators with depression disorders (V.A.Pavlov, H.N.Nosachev, 2004). Recently the life quality is being studied in patients who are highly dependent on surfactants (A.G.Solovyov, P.I.Sidorov, L.I.Kirpich, 2000; I.I.Nikiforov, 2005), as well as in people with psychosomatic disorders (V.Yu.Gancho, Yu.P.Uspensky and others, 2002).

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Recently, life quality indicators have been

researched not only in people with mental and behavioural disorders but also in their relatives and comrades who bear the burden of mental disease along with the staff of specialized medical organizations (T.A.Solokhina, A.S.Shevchenko and others, 1999).

The main difficulties in using specified tools to investigate the life quality with mental and behavioral disorders are connected with the following steps:

- 1-“subjective” and “objective” assessments of quality;
- 2-taking into consideration three components – well-being/satisfying; functional condition; factors accordingly to the context;
- 3-assessment in a complex of the status and needs of people with mental and behavioral disorders;
- 4-consisting in the psychopathology in various scales of life quality;
- 5-the interrelations of time parameters of the connected studies (H.Katshing, 1997)[8]

Discussion of scientific results. One can note that at least some methods of evaluating the quality among other discussed methods of accessing the life quality, parameters which can be fully attributed to the fundamental peculiarities of the quality of mental health are given quite widely. The life activity of the tested people are taken into account: So, for example, in the following method “Ways of qualitative evaluating the mentally ill people's life” (G.V.Burkovski, 2015) the following components of life activity of the tested people are taken into consideration: self-service, self-proctoring, self-comprehension, self-help, self-regulation, self-correction, meaningfulness, self-realization, self-determination, self-affirmation, self-sufficiency, self-preservation, self-development[9]. Any of these components are accompanied by a short comment (explication) with a “decoding” of the term for the [people being tested. All components which are mentioned above in our opinion can be given as important determining aspects of more general and fundamental features of a mental health quality, i.e. the ability of the subject to effectively self-organizing (in the methodology

under consideration, this assessed parameter is among all the above-listed properties) – which is accordingly, can be ranked and quantified sufficiently exact.

Hence, in the very last example, the fact can be traced that in general (i.e. methodologically), the problem of correlated indicative indicators of the life quality of mental health – due to the weak development of the latter – remains unresolved.

Especially, it is important to be able to observe the state of the psyche. Then, it is necessary to control the condition of one's psyche of loved ones, especially children. One of the mental components is a tension condition – the effect of the psyche to fulfil a particular type of activity.

Conclusion. Various people have various tension levels when fulfilling the very same activity, this is especially noticeable in children. For example, the academic process can cause one child to have a very high stress, when the other makes almost no effort. According to this, one child needs a recovery period, while the other does not. It is an indisputable fact, that mental health is considered a personal phenomenon. A

very meaningful problem for identifying mental health is to determine its criteria. By and large, one specialist cannot identify the condition of mental health, this demands a group of experts in the fields of psychiatry, neurology, psychology and other correlated medical fields.

Mental health promotion and prevention measures are based on determining the personal, social and structural determinants of mental health and taking interventions to influence reducing the risks, increase mental resilience and create a mental health-friendly environment. Interventions can be targeted at individuals, specific populations, or entire populations. The restructuring of the determinants of mental health requires measures that go beyond the psychology and healing sectors, so mental health promotion and prevention programs should cover the sectors of education, labor, justice, transport, environment, housing and social security.

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АДАМНЫҢ ПСИХИКАЛЫҚ ДЕНСАУЛЫҒЫ САПАСЫНЫҢ ФЕНОМЕНІ

Аңдатпа. Мақалада адамның психикалық денсаулығы туралы мәселе қарастырылады. Жеке және әлеуметтік психикалық денсаулықтың сапалық сипаттамаларын анықтау әдістемесі сипатталған. Атап айтқанда, психикалық денсаулықтың психикалық қасиеттеріне және қоршаған ортаның әсеріне төзімділікке назар аударылды. Психикалық қасиеттер жан-жақты қарастырылады, олардың жоғары даму деңгейі психикалық денсаулық сапасының барабар деңгейін және қоршаған орта әсеріне төзімділікті қамтамасыз етеді. Психикалық денсаулық деңгейі жеке, әлеуметтік және құрылымдық стресс көздері мен осалдық факторларының кешенінің әсері мен өзара әрекеттесуінің салдары болып табылады. Негізгі матрицалық деңгейлер бойынша сараланатын психикалық денсаулық сапасы санатының пәндік саласының маңызды сипаттамалары қарастырылады - орнату, сәйкестендіру, құрылымдық-мазмұндық, технологиялық, әдістемелік құрал, жүйелік. Психикалық денсаулық психикалық әл-ауқаттың жай-күйімен, адамның көңіл-күйінде, әл-ауқатында және іс-әрекетінде көрінетін адамның толыққанды психологиялық қызметімен өлшенеді. Психикалық денсаулықты нығайту адамның эмоционалды және физикалық аспектілерін қамту, оның өмірлік циклінің барлық кезеңдерінде толыққанды даму, жоғары психикалық функциялардың дамуының жоғары деңгейі (қабылдау, есте сақтау, ойлау, қиял және т.б.).

Тірек сөздер: психикалық денсаулық, психосоматика, психикалық денсаулық деңгейі, психикалық әл-ауқат, психотерапия.

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ФЕНОМЕН КАЧЕСТВА ПСИХИЧЕСКОГО ЗДОРОВЬЯ ЧЕЛОВЕКА

Аннотация. В статье рассматривается вопрос о психическом здоровье человека. Описаны методики области определения качественных характеристик личностного и социального психического здоровья. В частности, обращено внимание на психологические качества психического здоровья и устойчивости к влиянию среды. Комплексно рассмотрены психологические качества, высокий уровень развития которых обеспечивает адекватный уровень качества психического здоровья и устойчивость к воздействиям окружающей среды. Уровень психического здоровья является следствием влияния и взаимодействия комплекса индивидуальных, социальных и структурных источников стресса и факторов уязвимости. Рассматриваются важнейшие характеристики предметной области категории качества психического здоровья, дифференцируемые по основным матричным уровням - установочный, идентификационный, структурно-содержательный, технологический, инструментально-методический, системный. Психическое здоровье измеряется состоянием психического благополучия, полноценной психологической деятельности человека, проявляющимся в настроении, самочувствии, деятельности человека. Укрепление психического здоровья включает в себя эмоциональные и физические аспекты человека, полноценное развитие на всех этапах его жизненного цикла, высокий уровень развития высших психических функций (восприятие, память, мышление, воображение и др.).

Ключевые слова: психическое здоровье, психосоматика, уровень психического здоровья, психическое благополучие.

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