

Health as a Basic Socio-psychological Conceptual Category

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Abstract

The paper conducts an analytical review of the history of understanding the phenomenon of health, reveals all the diversity in approaches and judgments about this conceptual category. It is emphasized that the interpretation of the concept of health is important not only the medical and scientific aspect, but also has a key socio-psychological significance for the development of modern society and the formation of a person's personality. On the example of coronavirus infection, the article provides a justification for the relevance of the semantic content of this conceptual category now. The scientific novelty of this work lies in the analytical studies of the concept of health as a basic socio-psychological conceptual category and the development on this basis of new theoretical approaches and corresponding definitions of the concept of health and its main derivatives. The proposed interpretations, according to the author, have a more pronounced social and psychological determinant for the formation in modern society of a new worldview regarding the concept of health and its derivatives. Because of new conceptual priorities, as shown in the work, it is possible to significantly strengthen the health of the population, increase the individual, herd level of immunity, and improve, ultimately, the quality of the very realization of a person in all spheres of his life.

Keywords: psychology; social psychology; practical psychology; health; mental health; physical health; reproductive health; sexual health; terms and concepts

Introduction

Throughout the foreseeable future, one of the most significant indicators of the quality of human life is, of course, such a common and widely discussed concept as health. This term, as a conceptual category, acquires particular relevance in our time, when the modern world, unfortunately, is becoming increasingly unfriendly, aggressive, and the events in it sometimes acquire a threatening character. Humanity is witnessing the emergence and increase of universal problems, the negative consequences of which are inevitably associated with the deterioration of human health on a global scale [27, 51]. And this is due not only to man-made effects on nature and deterioration. of the eco-

logical situation on our planet. Today, the problems of health and, consequently, the survival of mankind, as such, can no longer be considered separately from the state of the human psyche and those negative trends and various deformations of social consciousness that take place in the modern world [6, 7].

Military-political conflicts, terrorism, various wars local and regional nature, pandemics, drug trafficking, gender confrontations, sexual transformations and many other unfavorable social phenomena inevitably lead to a variety of, including criminal actions against human life and health [20, 31]. Hence it becomes clear the growing concern that has been increasingly observed in the world community in recent years and those numerous cognitive efforts of scientists and specialists, as well as state and political figures in search of a real way out of the current crisis situations [3, 50, 54]. Underestimation of the current situation and the destructive trends associated with it, downplaying their importance, insufficient public awareness of the existing problems and their consequences can put humanity, without exaggeration, on the verge between life and death.

And in full, of course, this applies to human health, its current state, the study of it as a value, interpretation as a social and scientific concept, and ultimately, the attitude of the person himself and society as a whole to him. And these relations, as a certain state of the psyche, manifest themselves constantly, since in real life almost any product of human activity in one way or another affects the state of health of a certain social or professional group of people, as well as an individual [21, 37, 52]. At the same time, there is no doubt that without health, as the basis of life itself, all other interests, values and significance of mankind practically lose all common sense [33, 45].

And it is no coincidence that the comprehension of health as a very important basic concept for the development of society and the formation of a person's personality is widely represented in various sources of information and is considered in detail in social, psychological, medical-biological and even philosophical developments [2, 29, 40, 46].

The importance of this conceptual category can not be overestimated and it is due, first of all, to the global social and, of course, individual need and desire of all, without exception, to have good health and healthy offspring [11]. In addition, the interpretation of this concept is undoubtedly a key scientific aspect, since depending on what meaning is attached to the term health, its further study, priorities and directions of research, development of indicators, assessment of the state, study of factors and patterns of manifestation, etc. depend.

Therefore, it is extremely important for the entire world community to determine the cognitive unambiguity of the semantic content of the interpretation of health, as a fundamental socio-psychological conceptual category. After all, it is on what we, society as a whole, and a particular person in particular, will understand under the term health, will ultimately depend on the formation of the formation of attitude to it in everyday life. And in the future, this attitude, already as a complex of social worldview beliefs, will be reflected in legislative documents, and they, in turn, will have a direct impact on the formation of the state of health of the population, which, unfortunately, is becoming more and more problematic all over the world [28, 30, 34]. And the cause of all these problems, of course, negative phenomena and unfavorable trends are found precisely in our worldview and those legislative acts that accompany it today.

Thus, in order to change the situation for the better in this area, it is necessary, first of all, to form in the public consciousness a fundamentally new value of the concept of health, as a fundamental socio-psychological conceptual category. To this end, we have analysed in the sources of information available to us the existing scientific, social and legal interpretations of this conceptual category and in our developments have proposed new theoretical approaches and corresponding definitions of the concept of health and its derivatives.

Basic Material

In the scientific and popular science literature, as well as on Internet sites, there is a lot of information regarding the semantic load of the term health. Currently, there are more than 300 definitions of this concept [40]. There is no need, of course, to analyze in detail the entire array of these statements, especially since very often they are almost identical or quite close in their semantic meaning. We will give some of the most typical examples and combine a number of other interpretations that reflect, to one degree or another, in

our opinion, the diversity of the current definitions of this term.

Health, as a concept, was interpreted by many, including the most prominent thinkers, scientists and specialists of almost all historical eras and periods. "Valetudo bonum optimum," the ancients said. Health is the highest good. The ancient Greek philosopher Socrates argued that "Health is not everything, but everything without health is nothing". Pythagoras, philosopher, mathematician and physician, defined health as harmony, balance, and disease as their violation. Hippocrates, the ancient Greek healer, as well as the philosopher and physician, understood health as a kind of equilibrium relationship between all the organs of the body [23].

In the future, health, as a conceptual category, was also in the focus of attention of many prominent scientists and specialists in this field, as evidenced by the work of a number of authors [4, 10, 12, 14]. Here are some, in our opinion, key examples of these scientific developments, which are currently very authoritative and quite relevant.

Thus, the famous academician N.M. Amosov defined health as the absence of diseases and injuries, harmonious physical and mental development, normal formation of organs and systems, as well as high efficiency, resistance to adverse effects and sufficient ability to adapt to various loads and environmental conditions [2]. Russian scientist in the field of medicine and sociology, academician V.P. Kaznacheev considered health as a dynamic state, the process of preservation and development of its biological, physiological and mental functions, optimal ability to work and social activity with maximum life expectancy. Physiologist, academician Arshavsky I.A. with the concept of health associated such a state of the human body when the functions of all its organs and systems are balanced with the external environment and there are no painful changes [23, 24].

Russian psychologist and specialist in the field of practical psychology of human professional activity, academician G.S. Nikiforov in his works interprets health as a certain ability of the body to adapt to the constantly changing conditions of existence in the environment, as well as the ability to maintain the constancy of the internal environment of the body, ensuring normal and versatile life activity, preservation of the living principle in the body [22]. A similar definition is given by the doctor, Professor V.I. Dubrovsky, who in his works emphasizes that health is a state of the body in which a person is biologically complete, able-bodied, the functions of all its components and systems are balanced, there are no painful manifestations [19]. The founder of valeology, Professor Brekhman I.I. in his work indicates that human health is his ability to maintain age-appropriate stability in conditions of sharp changes quantitative and qualitative parameters of the flow of sensory, verbal and structural information [9]. Many other scientific developments and judgments are consonant with this approach, in which the authors highlight a certain level of adaptation of the body to environmental conditions, physical and psycho-emotional stress as the main sign of health [1].

In the philosophical literature, in turn, there are also quite a few different definitions of the concept of health, both similar in essence and distinctive in their philosophical content. Thus, the authoritative English philosopher and sociologist G. Spencer considered health as the result of an established equilibrium of internal relations with external factors [42]. The famous German philosopher G. Hegel in his writings wrote that "Health is the proportionality between the self of the organism and its initial being, that is, a state when all organs are fluid in the universal: it consists in a uniform ratio of the organic to the theoretical, when there is nothing inorganic for the organism that it cannot overcome" [43]. A prominent specialist in philosophical and methodological problems of medicine, Doctor of Philosophy Petlenko V.P. points out that health is a state of balance between the adaptive capabilities of the body and constantly changing environmental conditions [33].

However, most often in sources of information of philosophical content, health is considered exclusively as a kind of vital value that occupies the upper step on the hierarchical ladder of human values in the system of such categories of human existence as interests and ideals, harmony and beauty, the meaning and happiness of life, creativity, love, freedom, etc. [43, 46]. Thus, the French humanist philosopher and writer M. Montaigne in his works emphasizes, that health is a jewel and moreover the only one for which it is really worth not only not to spare time, effort, labor and all sorts of benefits, but also to sacrifice a part of life itself for its sake, since life without it becomes unbearable and humiliating. Without health, not only material goods fade and die, but also wisdom, knowledge, joy, goodness, etc. It is this approach to health, as one of the highest values, that we see in many philosophical works [36, 44].

In medical practice, it is customary to associate health with established normal figures of various indicators of the functioning of organs, systems and tissues, as well as the body as a whole. Usually, the diagnosis of “healthy” is made if, after the results of the study, no deviations from the norm accepted in medicine are found by all available methods. It should be noted here that the physiological norm for many body functions is largely determined by the individual characteristics of a person: constitution, age, sex, physical fitness, etc. Therefore, certain functional indicators can be pathological for some, and for others - corresponding to the physiological norm [5, 26]. At the same time, some authors emphasize that normal indicators and even well-being are only the quality of health, and there is also a quantity.

It is measured by “reserve capacities”, i.e. limit values of the normal functioning of organs and systems of the body under appropriate physical and / or mental stress, as well as with significant changes in the parameters of the external environment [23, 35].

Thus, noting all the diversity in the approaches and interpretations of the term health, it is safe to say that at present in the available literature sources and on numerous Internet resources there is no single approach to the interpretation of health as a conceptual category, especially in its socio-psychological meaning.

Further, it is certainly important for us to familiarize ourselves with the interpretation of the concept of health in the definition of the World Health Organization (WHO), as well as in the current legislative documents of Russia and Ukraine.

First, let's look at the definition that the WHO proposes. We find the following interpretation: “Health is a state of complete physical, mental and social well-being, and not only the absence of diseases and physical defects” [32].

This definition is given in the Preamble to the Constitution of the World Health Organization, adopted by the International Health Conference, New York, June 19-22, 1946, signed on July 22, 1946 by representatives of 61 countries and entered into force on April 7, 1948.

The Law of Ukraine “Fundamentals of Legislation of Ukraine on Health Care”, Article 3, completely duplicates the above interpretation of this concept of the World Health Organization.

The Law “On the Basics of Protecting the Health of Citizens in the Russian Federation”, Article 2, paragraph 1 states: “Health is a state of physical, mental and social well-being of a person in which there are no diseases, as well as disorders of the functions of organs and body systems”.

Having analyzed the above-mentioned and very similar in content definitions of the concept of health, with all our deep respect for them, we can draw only one conclusion arising from their semantic load:

In these countries, and in general on planet Earth, since the WHO definition refers to the entire human civilization, all people are practically sick. Only such a conclusion can be made on the basis of the legally approved current definitions of the concept of health. Agree that in real life it is unlikely that anyone will be able to find a person in a state of physical, mental (mental, as defined by WHO) and social well-being, not to mention the fact that these documents do not say what meaning the term “well-being” carries, especially complete, as indicated in the WHO interpretation.

It is also not entirely clear what is meant by the absence of the disease, as well as disorders of the functions of organs and body systems in the definition of the concept of health in Russian legislation. Is it the absence of a specific medical diagnosis for one reason or another or in general the presence of some not up to research, including modern diagnostic methods?

And in our opinion, it is not socially acceptable to consider a person sick, which follows from the WHO definition, if he has a physical defect. Of course, as a rule, a physical defect is, first of all, some limitations of possibilities in physical realization, but even then not always, but only in a certain individual sense of this realization for a particular person, but no more than that. To consider a person sick if he has a physical defect, in our opinion, a priori is an erroneous belief. For example, everyone knows well. that the left foot of the world-famous football player M. Garrincha was six inches shorter than the right [15]. So that now he was a sick person all his life as a

result of this physical defect? Of course not! Any physical defect, as a physical given of a particular person, cannot be cured, it can only be overcome by expanding to some extent the realization of their physical capabilities, which is what a couple of Olympians do all over the world. And they, of course, are healthy people, which, in our opinion, should be unequivocally confirmed and logically follow from the very essence of the interpreters of the conceptual category of health.

Thus, the misconception of health is ultimately not realized, but inevitably gives rise to a society of sick people. In other words, the definition of the concept of health through some desired well-being, which does not exist and a priori cannot exist, as an unambiguous concept in reality, immediately forms in the human psyche a belief, again not consciously, that society consists of unhealthy, that is, "sick people. diseases: if health is well-being, and it is not, then it is a disease, and since it is a disease, then a diagnosis will eventually appear. It is this erroneous worldview that is formed involuntarily under the influence of the definitions of the concept of health indicated by you. At the same time, these definitions have legislative force and, therefore, are the most significant, we emphasize this, and accordingly, they have a dominant influence on the state of the human psyche, which ultimately leads to a constant increase in the incidence itself, as a quantitative and qualitative variety of already medical diagnoses among all segments of the population.

Today, of course, the spread of coronavirus infection is of particular concern and increased attention of all mankind.

And here it is very important, in our opinion, for the whole society as a whole and each person individually to comprehend in a new way the events taking place and realize that the emergence, even if it is artificial, and the spread

Around the world, Covid-19 is nothing more than indisputable proof of the misconception and erroneous attitude of mankind to its health and, in particular, to immunity. In other words, this epidemic, pandemic or even syndemia, as practice shows, cannot be finally defeated by any legislative acts, as well as social and medical measures. It is possible only to slow down its spread a little, and then with the help of timely and thoughtful anti-epidemiological measures.

This is explained by the fact that the main cause of this pandemic (this term is most often found in the media) is not at all in the mutation of the coronavirus, these processes have always been and will be, as with other viruses, for example, the influenza virus. The cause of these mass diseases is quite different, namely, in a significant, sometimes even catastrophic decrease in the level of functional capabilities of the immune system of an increasing number of people in modern, and first of all, in the so-called civilized society. It can even be said with a certain degree of irony that there is no pandemic of infectious coronavirus disease, there is a pandemic or even a syndemia of a massive significant deterioration in the state of immunity in modern Person. If this immunity is improved, its functionality is increased, then these infectious and similar diseases will become few in number and, as a rule, do not pose any danger to health, but will only contribute to the fitness and strengthening of the human immune system.

To put it bluntly, today medicine and society as a whole is not arbitrary and unknowingly, having abandoned with the help of potent drugs for colds or with the help of vaccination, having eliminated in many cases, for example, from the incidence of influenza, as a natural means of training natural immunity, she did not consciously open the door to the emergence of another infectious onset, with which immunity is not familiar, but intended for the same purpose, that is, training and stimulating the same, but already weakened immunity. As a result, we see a huge increase in the number of cases, a significant increase in various complications and, unfortunately, an increase in the number of deaths. And if society in its overwhelming majority continues to rely on medications and vaccination, and not on the natural immunity of the body, then the next, even more dangerous infection will inevitably come into our lives, due to the fact that the immune system will become even more vulnerable, and so it will be until human civilization changes its worldview and practical attitude to its health in general and immunity. in particular.

Hence, the cause of the increased risk of Covid-19 disease and its rapid spread lies not in the virulence of the virus itself, but in the weakness of the body's immune response, that is, in the current significant, in many cases, loss of the ability of human immunity to resist environmental factors, in this case microbiological, viral. And this happens due to the unconscious substitution by a person of his own immune reaction of the body to a pathogenic agent with various medications, which, under the influence of appropriate advertising, are purchased in pharmacies at the first signs of acute respiratory infections, flu and other colds, the natural purpose of

which is precisely in training the human immune system, otherwise it will atrophy, as it happens in many cases, including AIDS, that is, the syndrome of acquired immune deficiency. And the cause of this immune deficiency is not in the material world, where medicine is constantly looking for a certain factor (agent, virus), which is allegedly the root cause of the loss of immunity, sometimes finds a certain damaging principle, begins to fight it, but alas, as a rule, unsuccessfully. Why? Yes, because the main reason for the weakness of immunity and, ultimately, its complete absence in reality is completely different and it is, of course, in the human psyche. After all, it is there that a person cognitively, but without taking into account the consequences, and therefore unconsciously makes his choice in favor of using a medication in the fight against antigens of colds instead of a full-fledged immune reaction of his own body.

In other words, if a person gives up his natural immunity, even without realizing it, immunity from it will necessarily go away, because this is the choice in relation to his immunity made by the person himself. And this choice of a person sooner or later will be fully embodied in reality. Even if today some damaging factor contributing to the weakening or even complete destruction of immunity has already been found and in the future, in our opinion, will also be found by scientists and specialists in this field of medicine, we, with all due respect for their work, want to emphasize that this factor is not the root cause of the weakening or even loss of immunity, it is secondary and appears only for one purpose, in order to carry out, albeit unconsciously, but the choice of a person: the rejection of his own immunity.

Covid-19 just came to modern society to teach a lesson and draw the attention of mankind to the erroneous idea of health as a conceptual category, as a result of which, as a rule, the wrong attitude of a modern person to his health in general and to his immunity, in particular, is formed.

And no vaccines can fundamentally change this situation. Of course, we are not against vaccination, including, alas, forced vaccination, but only as an exclusively exorcist and temporary measure, and then, with only one goal - to stop the outbreak, that is, the simultaneous mass morbidity among the population. At the same time, it is necessary to realize that the vaccinated person, reducing to some extent his own risk in relation to at the same time, it can remain a carrier and in some cases be an even greater source of the spread of viral infection than an unvaccinated person, including the same Covid-19. Let us also emphasize here the obvious fact that to vaccinate a person whose immunity is already coping with a pathogenic onset, for example, with the influenza virus or with the same coronavirus, means unequivocally harming his immune system with unpredictable consequences that can manifest themselves over time, as a kind of weakness of immunity, perhaps to other bacteria, viruses or other damaging factors. Therefore, in the future, it is necessary in such cases, at first it is possible selectively by regions or certain social groups, but it is imperative to return to exclusively voluntary vaccination, including against Covid-19.

Only the person himself can and should ultimately determine whether he needs vaccination in each specific situation or not, taking into account, of course, the state of his own health and the recommendations of the doctor. And here it is important, first of all, when deciding on vaccination, to correctly assess the functionality of natural immunity, which today, so far, in an average person in most cases can be quite easily and without any the consequences of coping with this pathogenic onset, as is clearly evidenced by the current, including official statistics [25].

Thus, in the current situation, modern society and its relevant institutions should immediately develop and be guided by a fundamentally new worldview regarding health as a basic socio-psychological conceptual category. The meaning of this worldview is that all existing colds caused by bacteria and / or viruses that are widespread in nature are just given to us by Nature in order to train our immunity, maintain its functional state, that is, to enable the body itself to cope with the pathogenic onset, and not to quickly "recover" in a day or two, eliminating colds with the help of well-advertised medicines, thus refusing, of course, from the adequate functioning and training of one's own immunity.

No one, of course, is against medicines, but they should be used exclusively for vital indications and under medical supervision. We need to remember that the human body is the best pharmacy created by Nature itself, and all that we need, including in the current situation, is to learn how to contribute to the fact that it, this natural pharmacy, first of all, functions in our body. Otherwise, medicines, including vaccines, will become more and more necessary in the life of a modern person, and his, in this case, his own immunity will

become weaker and weaker for a simple reason: everything that is not trained, respectively, is not loaded, for example, the muscular system, will inevitably lose its functional ability over time, up to complete atrophy.

It's no coincidence that with Covid-19, we see the failure of immunity.

In relation to the upper respiratory tract and lungs (pneumonia), because it is here that this very immunity is most often ignored to one degree or another by a modern person, that is, it is replaced by drugs or becomes generally not in demand as a result of vaccination. As a result, the body's immune reaction in this place weakens, or even completely disappears, which means that over time, when inhaling any even insignificant amount of pathogenic onset, a person will inevitably get sick even from the most common and widespread bacteria and / or viruses with all the ensuing consequences, including life-threatening ones.

We emphasize the obvious fact that today, with any vaccination, the pathogenic onset enters the body in an unnatural form and not in a natural way, which inevitably affects the response of the human immune system. A full-fledged immune response is possible only to a natural pathogen. Vaccination has only an effect, including, of course, a positive one, on human immunity, but this effect, like the immune response itself, has not yet been sufficiently studied, especially taking into account the possible long-term consequences, for example, such as autoimmune diseases, which for some reason are becoming more and more every year and the causes of which are not yet known to science by medicine [53].

That is why, in order to eliminate at least to some extent these shortcomings of injection vaccination, many specialized medical institutions are currently seeking to develop nasal forms of vaccination against coronavirus. And today, the Ministry of Health of Russia has already registered such the world's first nasal vaccine against Covid-19, this is the nasal form of Sputnik V, developed at the Gamaleya Center.

The nasopharynx is the "entrance gate" through which viruses and/or bacteria enter the human body. According to many scientists and specialists, inhalation of powder or aerosols of a particular vaccine will contribute to the appearance of the necessary local immunity and thereby not allow the infection to pass further into the body and, at the same time, which is very important, a nasally vaccinated person will not be a carrier of the pathogen, since local immunity as a result of the "training" effect on him of a non-virulent pathogenic agent can be quite strong, to cope with a specific causative agent of infection, which means that a person in this case will not be a carrier of this very infection.

All these components of the immune system are absent when vaccinated through a syringe, and, consequently, a person vaccinated by injection, without getting sick himself or more in a mild form, can often be a rather dangerous source of the spread of the pathogenic onset. Thus, the current Covid-19 vaccination certificate is just a document that indicates that a person has influenced, hopefully only positively, their own immunity. However, in no way does this document claim guaranteed safety for other people from contracting the coronavirus through this vaccinated person, because he can be a carrier of this infection. In other words, injection vaccination is just an attempt by a person to improve the functional state of his own immunity to a particular pathogen.

And if during vaccination associated with especially dangerous infections (diphtheria, tetanus, etc.), such an injection approach is certainly justified and the expediency of such vaccination is confirmed, including by nature itself, since a person, as a rule, forms a strong lifelong immunity, then in the case of widespread bacteria and viruses that have become dangerously pathogenic to health and even human life itself as a result of the weakness of his immunity, such a positive effect, alas, is absent, that is, no stable or even more or less prolonged immunity after vaccination is observed either with the flu or with the same Covid-19.

Hence, according to some doctors and specialists, a person needs to be vaccinated every year, or even once every six months. Such an approach, in our opinion, contains more commercial interest than real concern about human health. After all, nature itself points us to the fact that bacteria and viruses that are widespread in the external environment should not develop strong immunity at all, since they are designed to have a completely different effect on the human body, namely, to maintain immunity in a certain functional state, acting as a kind of constant load that contributes to the training of the immune system to the pathogenic principle.

For all viruses, especially those that constantly mutate in nature, it is not possible to develop vaccines. The same coronavirus today already knows seven main strains: alpha, beta, gamma, delta, etc. And at the same time, new varieties of it periodically appear: omicron, delta-omicron, deltacron, strain XE. Where is the guarantee that the effectiveness of vaccines already developed against coronavirus infection will be the same for all its strains, including those that are not yet known, reappearing? It is possible that in this case the effectiveness of vaccination may be very insignificant or absent altogether. At the same time, it should also be noted that in the world today there are more and more new challenges in relation to health and, in particular, immunity, and they are most likely associated with the state of the immune system of modern man. For example, more recently in 15 European countries have been identified. cases of hepatitis of unknown origin.

Alas, in the world today there is a rather dangerous, in our opinion, situation: if medical specialists and society as a whole continue to mistakenly treat their health and, first of all, as a basic conceptual category, that is, in other words, if they do not learn the current lesson and do not change their worldview in this area, then inevitably another kind of strain of coronavirus or some other virus will appear in nature, for example, orthomyxovirus, adenovirus or rhinovirus, the consequences of the spread of which will be even more detrimental to of human civilization, not because their virulence has grown, but because human immunity with the current attitude towards him will become even weaker.

After all, almost all diseases are given to mankind, as a rule, not in order to treat them, although this, of course, should be done, but still their main purpose is overwhelmingly, according to clinical psychology and the same Vedic medicine, first of all, to help a person realize the fallacy of certain of his beliefs and develop new more advanced worldview approaches for his further development [13]. And first of all, in our opinion, this concerns the interpretation of the concept of health and the practical attitude to it in modern human civilization.

At the same time, of course, we emphasize this once again, we do not oppose the use of medicines in all their clinical diversity, but we unequivocally assert that they should be used exclusively for vital reasons, and not replace certain functions, including immune, of the human body. After all, the best pharmacy, we emphasize and this again, is precisely the body itself and Nature itself this organism is designed to resist environmental factors and produce all the necessary substances for this and, moreover, in the most optimal and effective doses. It is only necessary to learn both doctors and each person individually in the conditions of advertising and pharmacy abundance not to interfere with the natural qualities of the human body to maintain at the proper level all the necessary functional states of its organs, tissues and systems. And to follow this approach, even in the most difficult life circumstances, it will become much easier, in our opinion, if the concept of health in society and for each person individually will have its own specific semantic interpretation in accordance with its true natural purpose, which will predetermine, ultimately, the correct choice of actions in relation to health as a particular person, and the human community as a whole.

Further, it should be noted that derivatives of the general conceptual category of health can be other narrower concepts that are its most important components and integral components. Thus, the system of attitudes, values and motives of human behavior is very often considered by the authors as a concept of social (moral, spiritual, etc.) health of a person or the population as a whole [14, 16]. Health can be classified by sex (male, female), depending on age (children, adolescents, youth, pensioners, etc.), professional and any other affiliation (miners, athletes, doctors, family, certain communities, clubs, etc.), as well as certain functions and systems of the human body. Within the framework of this work, of course, there is no need to give the entire list of classifications and terms existing in this regard, reflecting certain aspects of the health of certain strata and strata of society or the body of a particular person.

The most significant of them, in our opinion, are such concepts as Mental Health, Physical Health, Reproductive Health.

And Sexual Health. These conceptual categories, in a variety of interpretations, are quite often found in the relevant literary sources, as well as on Internet sites. Let us briefly consider the semantic content of these terms and, first of all, in the legal field of the current legislation.

The results of our analytical review of information sources show that at present there is no definition of these conceptual categories in The legislative acts of Russia, and in Ukraine only the term “reproductive health” (the law of Ukraine “On the implementation of reproductive rights and assisted human reproduction”) is legally approved, but and in this case, the article of the law completely duplicates the definition of this term, which was previously present in the WHO materials. However, today, perhaps due to the process of updating the site, the interpretation of the concepts of Reproductive and Sexual Health is absent on the resource. Previously, the definition of these conceptual categories on the WHO website was as follows:

Reproductive health is a state of complete physical, mental and social well-being, not simply the absence of disease in all areas relating to the reproductive system, its functions and processes (WHO).

Sexual health is a state of physical, mental and social well-being associated with sexuality (WHO).

Further, as our analysis showed, the interpretation of the concept of Physical Health in legislative acts, including WHO documents, is currently not found anywhere, but on Internet sites and in the literature this term is present quite often and in a variety of interpretations. The most generalized version of the semantic content of this conceptual category is given, in our opinion, in the work of Professor Davidenko D.N., where it is said that “physical health is the current state of the constituent structural elements of the whole organism (cells, tissues, organs and organ systems of the human body), the nature of their interaction with each other and mutual assistance” [17]. In other sources, this concept is also usually understood as a certain level of development or functional state of the organs and systems of the body, which is measured by the degree of physical fitness, physical fitness of a person, his fitness, physical activity, physical well-being, etc.

Of particular relevance at the present time, due to a whole complex of existing socio-political and psychological reasons, the interpretation of the concept of Mental Health has acquired. On the WHO website, this conceptual category is defined as follows:

Mental health is a state of well-being in which a person realizes his abilities, can withstand the usual stresses of life, work productively and contribute to his community [38].

In other materials, especially on the Internet, you can find the most diverse interpretation of this term [35, 39, 41]. At the same time, a number of authors generally propose in their works to divide in meaning and separately interpret the term Mental Health, as a more medical concept associated with mental processes, and the term Psychological Health, as a more psychological concept associated with the qualities of a person as a person. Thus, according to I.V. Dubrovina, psychological health is the psychological aspects of mental health, that is, a set of personal characteristics that are prerequisites for stress resistance, social adaptation, successful self-realization [18].

Of course, all the existing and above approaches to the interpretation of the concept of health and its derivatives, which are its most important components and integral components on the grounds of belonging to a particular social group, by gender, age, profession, various functions and systems of the body, etc., clearly represent a certain scientific interest. At the same time, their practical impact on the formation of psychological values in society and priorities that contribute to the preservation and strengthening of human health do not, in our opinion, have due social significance. And this is explained by the fact that in all the variety of existing and considered above definitions of these conceptual categories, in their semantic interpretation, they, as a rule, contain a certain list of certainly important and necessary qualities and properties for the human body and psyche, but do not at all contain a psychologically motivated meaning of the practical attitude to these qualities and even more so the ways to achieve them.

And first of all, this applies to definitions that are approved by law and, therefore, have the greatest psychological impact on the formation of priority ideological beliefs socially. As we can see, in their content, all of them almost similarly reflect the definition of the concept of health, which gives WHO and they are based, again, on a certain notion of “well-being”, which, in our opinion, it does not have a specific meaning, which inevitably forms erroneous ideas about these conceptual categories and, ultimately, leads to a whole complex of increasing adverse consequences that, unfortunately, modern society faces in relation to its health [7, 28].

Thus, today it is extremely important to develop fundamentally new ideological approaches for the interpretation of the concept of health, as a basic socio-psychological conceptual category, as well as derivatives of health, as its integral socially significant conceptual components.

Conclusion

Based on an analytical review of the literature and Resources of the Internet, as well as the above analysis of the current social and medical situation in this area, we propose to interpret the concept of health as follows:

Health is the ability to resist environmental factors in order to develop a person as a person.

Personality, as a socially significant conceptual category, is considered in detail by us in previous works [47, 48]. Here we will only emphasize that the Personality is a person as a carrier of creative consciousness. The solution to any problem is always associated with conscious choice, that is, creativity in the broadest sense of the word. Making this choice in his life, in one or another of its areas, a person becomes a Person. In other words, it acquires a social, psychological and pedagogical category of personality, as a scientific concept. When choosing his worldview beliefs regarding the interpretation of health and practical attitude to it, a person also acts as a person, that is, precisely as a carrier of creative consciousness. Consequently, making this or that choice, in this case, in relation to his health throughout his life, a person develops as a person, and health itself at the same time acts as one of the main factors in the personal growth of a particular person and, ultimately, the whole society as a whole.

The external environment, in our opinion, should be understood as the whole complex of natural factors, including artificial origin (physical, chemical, microbiological), as well as the whole set of social factors in all their diversity (political, social, industrial, gender, etc.).

And finally, the most important thing that I want to emphasize in the context of the definition we propose is the presence in it of an important psychological determinant for a person, which interprets the conceptual category of health unambiguously in meaning, that is, as the ability of a person to resist environmental factors. It is this Ability, already as a certain result of a person's choice of priority beliefs and their practical implementation in relation to his health and fully characterizes the specified conceptual category. And since this is an ability, then every person needs to develop, strengthen, train, etc., in other words, mentally and practically competently treat it, take care of this ability, otherwise it will be lost to one degree or another, which we observe, unfortunately, in modern human civilization [17, 34].

Consequently, in violation of the ability to resist environmental factors, various symptoms of a disorder of the functions of organs and body systems occur, which in the future, in the absence of adequate actions, can lead to the disease itself, as a nosological form of medical diagnosis. At the same time, it is important to realize that the disorders themselves and even the disease itself do not always indicate a deterioration in health, as an ability to resist environmental factors. The determining factor here, as a rule, is the intensity, as well as the duration of the adverse effect. Therefore, in many cases, given the above, symptomatic disorders, like the disease itself, can only indicate a necessary, that is, an adequate reaction of the body to a damaging factor of the external environment and display the natural state of the same immune system to a viral or bacterial attack. And the microbiological agent itself, as in this example, which caused the painful condition, acts only as nature the prescribed load necessary to maintain the fitness of the human immune system.

Here it should also be emphasized that in our interpretation, health, as a conceptual category reflecting the ability to resist environmental factors, does not disappear anywhere with any degree of decrease in this ability and the presence in a person of one or another disease, even if incurable according to current ideas. In other words, the disease is also about the ultimate state of health. Even in the presence of a disease in a person, health, as this conceptual category is always present, it's just that his ability to resist environmental factors in one way or another and for one reason or another is lost, so the disease arises, as a kind of natural objective signal that encourages a person to develop new cognitive qualities. developing on their basis a new worldview and a corresponding practical attitude to the state of their health and, if necessary, to life as a whole.

The advantages of such a conceptual interpretation of health, in our opinion, are obvious. First, since health is an ability, the human psyche, with all the variety of individual characteristics, as a rule, will automatically tune in to maintain this ability, since everyone knows that any ability necessarily deteriorates or even loses completely if it is not trained. Secondly, with this approach, which is very important, there is always a psychological justification for a positive perception of the current situation, because any lost ability of a person, in the vast majority of cases, can be restored and even improved with a timely and correct attitude of a person to it, in this case to his health, as to a certain ability created by nature to resist environmental factors. Of course, sometimes it is not at all easy to return this ability, that is, lost health, but it is important to choose this path and make efforts to find your own, sometimes strictly individual approaches to its recovery, even in the presence of the most severe (incurable) diseases, examples of healing and in these cases quite a lot [8]. And third, there is no need for a social and medical interpretation of the so-called quality of health. After all, any quality, that is, the well-being of a person or his certain state of well-being, a priori does not have and cannot have its own specific definition and depends not only on the psychophysiological state of the organism as a biological object, but also on the presence in human life of many other priority material and spiritual (psychological) factors.

Thus, all medical instrumental and laboratory indicators reflect only physiological and / or biochemical criteria that characterize the state of the human body at the time of their study, which is undoubtedly important for the diagnosis and choice of treatment tactics. However, to use these indicators to characterize health as the ability to resist environmental factors seems to us, in view of all of the above, an inappropriate and even erroneous approach. And hence, accordingly, the attitude to them, that is, to these medical indicators, should not be as indicators of health, but as some specific information, of course, important and necessary for the organization and conduct of adequate treatment, as well as the whole complex of therapeutic and preventive measures.

Consequently, health, as the ability to resist environmental factors, is always a quantitative conceptual category, in other words, a certain psychophysiological and biochemical reserve of capabilities that a person needs to develop and train throughout life. It is this approach to the concept of health, in our opinion, that over time will be able to ensure the formation of the necessary social, medical and research priorities, which ultimately will contribute to strengthening human health in general and his immunity, in particular.

The remaining conceptual categories mentioned above, derived from the concept of health, should also have, in our opinion, their own socially significant definitions, which would form in modern society the corresponding worldview beliefs aimed at preserving and strengthening health and its integral components.

Based on theoretical studies and an analytical review of the information sources available to us, we offer the following interpretations of these concepts:

Mental health is the ability to resist the factors of the social environment in order to develop a person as a person.

Derived from this concept are such frequent categories as social, psychological, spiritual and moral health. Of course, other options are also possible, reflecting certain aspects of the worldview priorities of the human psyche.

Physical health is the ability to resist environmental factors in order to develop a person as a person.

It should be noted here that in real conditions, natural and social factors, as a rule, are closely interrelated and present almost simultaneously, and therefore in most such cases we can only talk about some predominant, that is, the leading influence on a person of some social or natural factors in his particular life situation. But the difference still exists, and it is fundamental, since in the first case, when we talk about mental health, a person is affected mainly by social factors and this is a load primarily on his psyche, and in the second case, when we talk about physical health, natural factors (physical, chemical, microbiological) have an effect, and this is already a load on the protective mechanisms of the human body and, in particular, on its immunity.

Reproductive health is the psychophysiological ability to reproduce healthy offspring in order to develop a person as a person by sex.

Sexual health is the psychophysiological ability to sexual realization, with the aim of developing a person as a person on a sexual basis.

In this definition, the concept of “sexuality”, in turn, requires further analytical research and the development of a specific terminological identification for this conceptual category, corresponding to both the very nature of sexual gender relations and contributing to the development of a person as a person by sex. This, in our opinion, relevant topic for today will be devoted to our work “Interpretation of sexuality as a fundamental socio-psychological conceptual category”.

In conclusion, we would like to emphasize that our definitions in no way deny the diversity of existing interpretations of these conceptual categories, which, of course, can be interesting and useful to many scientists and specialists in various fields of science and practice. At the same time, the definitions proposed by us have, in our opinion, a more pronounced psychological and social determinant for the formation in modern society of a new worldview regarding the concept of health and its derivatives, which will allow, as a result, to significantly strengthen the health of the population, increase the individual and herd level of immunity and improve, ultimately, the quality of the implementation itself. In all spheres of his life.

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