

## AN EMPIRICAL STUDY OF THE RELATIONSHIP OF INDIVIDUAL WITH DYNAMIC CHARACTERISTICS AS A VALUE TO HEALTH

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### ABSTRACT

The article identifies the individual's attitude to health as a value with individual dynamic characteristics, specificities in the psychomotor, intellectual and communicative field from the age of 20 to 60 and above. Also, based on the results of the scientific research conducted by the author, conclusions on the problem are given.

**Keywords:** Health, individual dynamic property, value, psychomotor sphere, intellectual sphere, communicative sphere, cognitive, emotional, behavioral, motivational-valued.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Today, the issue of the physical, medical, social and psychological significance of the attitude to health is considered one of the problems in the focus of the researchers. In our study, too, the issue of coverage of this problem from a psychological point of view was put.

With the aim of empirical study of the problem of individual dynamic characteristics of a person's attitude to health in the search for this direction, R. A. Berezovskaya's questionnaire "attitude to health" and V.M.Rusalov's questionnaire on the official-dynamic characteristics of individuality" was used. Also, the statistical reliability level of the results obtained was confirmed Byudent's t-inevitability criterion, the correlationadorlik levels of the relevant indicators were studied by Pearson's correlation formula.

In this questionnaire, the attitude of respondents to health was assessed through four psychological component: cognitive, emotional, behavioral and motivational-valued. The results obtained on the evaluation scale of the questionnaire were evaluated on several fronts. In the first case, the attitude of the respondents to health was achieved according to their age stages of study.

(Table 1)  
Individuals react as a value to health with individual dynamic characteristics (those under 20 years of age)

Fields	Sliding blocks	Attitude to health			
		Cognitive	Emotional	Coquettish	Motivation-valued
Psychomotor field	Bravery (MER)	0,401	-0,209	0,167	0,007
	Plasticity (MP)	-0,366	-0,406	-0,149	-0,047
	Speed (MT)	0,091	0,196	0,458	0,095
	Emotionallik (ME)	0,331	0,129	0,402	0,112
Intellect plot	Bravery (MER)	0,385	-0,251	0,152	0,154
	Plasticity (MP)	-0,035	0,520*	0,292	0,367
	Speed (MT)	-0,498	-0,182	-0,334	0,082
	Emotionallik (ME)	-0,031	-0,084	0,246	-0,158
Communicative sphere	Bravery (MER)	0,307	0,165	0,545*	0,012
	Plasticity (MP)	0,204	0,211	0,415	-0,092
	Speed (MT)	-0,197	0,021	0,013	-0,336
	Emotionallik (ME)	-0,463	-0,305	-0,189	-0,435

The correlation between individual-dynamic characteristics of respondents under the age of 20 years and their relationship to health was determined with respect to correlation coefficients of two significance. The growth of plasticity in the intellectual sphere of the individual-dynamic property of these young people is highly supple, the ability of one form of thinking to go from one form of thinking to another, the creative solution of a problem that tends to engage in various mental activities on account of the optimal level of anxiety in relation to health, the development of ergonomics in their communicative sphere serves to ensure the degree of compliance of the actions and actions of a person with the requirements of a healthy lifestyle ( $r=0,548$ ;  $r \leq 0,05$ ).

While studying the originality of queue respondents, there was an opportunity to provide new information.

**(Table 2): Individuals react as a value to health with individual dynamic characteristics (those under the age of 21-30)**

Fields	Sliding blocks	Attitude to health			
		Cognitive	Emotional	Coquettish	Motivation-valued
Psychomotor field	Bravery (MER)	-0,088	-0,150	-0,102	-0,053
	Plasticity (MP)	-0,032	-0,009	0,000	0,062
	Speed (MT)	0,002	-0,048	-0,014	-0,059
	Emotionallik (ME)	-0,044	-0,002	-0,035	-0,008
Intellect plot	Bravery (MER)	0,036	-0,034	0,047	-0,002
	Plasticity (MP)	0,021	0,031	0,088	-0,034
	Speed (MT)	-0,013	-0,154	0,011	-0,098
	Emotionallik (ME)	0,062	0,083	0,038	0,163
Communicative sphere	Bravery (MER)	0,005	0,063	-0,045	0,083
	Plasticity (MP)	0,080	-0,031	-0,101	-0,062
	Speed (MT)	-0,085	-0,125	-0,008	-0,013
	Emotionallik (ME)	<b>-0,198*</b>	0,076	0,015	-0,145

The only case in 21-30-year-olds, that is, the painful perception of failures in communication in the emotional scale of the communicative sphere, constant anxiety during social relations, impulsive in communication situations, as a result of lack of self-confidence, the awareness of a person's level of consciousness or qualification in the field of Health, the main risk factors and resistance to

In the 31-40-year-old respondents, however, among the characteristics of individuality with regard to health, the following indicators were identified.

**(Table 3): Individuals react as a value to health with individual dynamic characteristics (those under the age of 31-40)**

Fields	Sliding blocks	Attitude to health			
		Cognitive	Emotional	Coquettish	Motivation-valued
Psychomotor field	Bravery (MER)	-0,003	-0,099	0,253	-0,073
	Plasticity (MP)	-0,379	-0,342	-0,338	-0,149
	Speed (MT)	0,127	-0,042	-0,048	0,020
	Emotionallik (ME)	<b>-0,396*</b>	<b>-0,438*</b>	0,084	-0,129
Intellect plot	Bravery (MER)	-0,196	-0,150	-0,086	-0,253
	Plasticity (MP)	0,004	-0,125	0,119	-0,173
	Speed (MT)	-0,022	-0,136	0,130	-0,034
	Emotionallik (ME)	0,018	-0,064	0,089	0,078
Communicative sphere	Bravery (MER)	-0,013	-0,031	-0,100	-0,016
	Plasticity (MP)	-0,020	-0,190	0,114	<b>-0,482*</b>
	Speed (MT)	0,156	0,043	0,292	0,007
	Emotionallik (ME)	0,001	-0,062	0,351	-0,035

Three correlation coefficients among individual-dynamic characteristics with regard to health were determined in this category of respondents. Coefficients of this significance have a negative character. High emotional responses of the respondents to the planned and between the results of the work in the scale of emotionality, the level of awareness or qualification of a person in the field of health care as a result of constant dissatisfaction with the results of physical labor, knowledge of the main risk factors and risk, inability to understand the role of Health in ( $r=-0,396$ ;  $p\leq 0,05$ ) and the increase in anxiety about health, causes the inability to enjoy the state of Health ( $r=-0,438$ ;  $r\leq 0,05$ ).

Low level of willingness of respondents to enter into a new social relationship according to the scale of plasticity in the communicative sphere, calm thinking of their actions in social relations, uniformity of attitude styles, limitations of the set of communicative programs are observed to slow down the level of formation of motivation for maintaining and strengthening health ( $r=-0,482$ ;  $r\leq 0,05$ ).

And in respondents aged 41-50 years, the relationship to health can be analyzed in the following direction (Table 4). At this age, the following reasoning was determined between the individual dynamic characteristics and the relationship to health.

**(Table 4): Individuals react as a value to health with individual dynamic characteristics (those under the age of 41-50)**

Fields	Sliding blocks	Attitude to health			
		Cognitive	Emotional	Coquettish	Motivation-valued
Psychomotor field	Bravery (MER)	0,032	0,072	-0,276	-0,184
	Plasticity (MP)	0,050	-0,018	0,085	0,014
	Speed (MT)	-0,115	-0,383*	0,100	-0,086
	Emotionallik (ME)	0,046	-0,196	-0,009	-0,212
Intellect plot	Bravery (MER)	0,087	-0,236	0,049	-0,061
	Plasticity (MP)	-0,088	-0,366	-0,036	-0,282
	Speed (MT)	-0,101	-0,265	0,038	-0,391*
	Emotionallik (ME)	0,160	0,203	0,104	-0,122
Communicative sphere	Bravery (MER)	0,001	-0,232	0,034	-0,080
	Plasticity (MP)	-0,087	-0,290	0,046	-0,194
	Speed (MT)	0,016	-0,188	0,111	-0,084
	Emotionallik (ME)	-0,088	0,145	0,125	-0,085

The speed of intelligent processes of speed in the psychomotor sphere of respondents is characteristic due to the slowness of performing operations associated with low activity, their attitude to health is neglected and non-compliance with health ( $r=-0,383$ ;  $r\leq 0,05$ ).

Low speed of mental processes in the field of intelligence and slowness in the performance of operations associated with mental activity remain an obstacle to the formation of a health-valued relationship ( $r=-0,391$ ;  $r\leq 0,05$ ).

The following correlation was determined in the relationship between the individual-dynamic characteristics of 51-60-year-old respondents to health.

**(Table 5): Individuals react as a value to health with individual dynamic characteristics (those under the age of 51-60 years)**

Fields	Sliding blocks	Attitude to health			
		Cognitive	Emotional	Coquettish	Мотивацион-кадрягли
Psychomotor field	Bravery (MER)	0,062	0,164	0,242	0,116
	Plasticity (MP)	-0,219	-0,297	-0,400	-0,262
	Speed (MT)	0,318	0,433	0,279	0,182
	Emotionallik (ME)	0,449	0,075	0,166	-0,128
Intellect plot	Bravery (MER)	-0,146	-0,428	0,343	-0,086
	Plasticity (MP)	0,184	0,072	0,157	-0,087
	Speed (MT)	0,509*	0,456*	-0,073	0,031
	Emotionallik (ME)	0,191	-0,418	-0,174	0,053
Communicative sphere	Bravery (MER)	0,505*	0,448	0,108	0,132
	Plasticity (MP)	0,292	-0,060	0,158	-0,248
	Speed (MT)	-0,455	-0,096	-0,043	0,175
	Emotionallik (ME)	0,497*	0,286	0,223	0,735**

On account of the increase in the speed of individual-dynamic characteristics in the attitude of respondents to health in the field of intelligence, on account of the high speed of performing mental operations in the field of visual activity, the acquisition of the most necessary information on health and the maintenance of skills that serve to ensure health ( $r=0,509$ ;

The growth of the communicative sphere in the attainment of health by respondents is a priority - the need for communication is high, the circle of acquaintances is wide, easy to enter into a relationship, the desire to use the necessary factors for the good and positive provision of health due to its predisposition to leadership ( $r=0,505$ ;  $r \leq 0,05$ ).

Also, on account of the perfection of emotionality in the communicative sphere of the respondents, the formation of the necessary knowledge and skills to ensure health in themselves ( $r=0,497$ ;  $r \leq 0,05$ ) and their perception of health as a value ( $r=0,505$ ;  $r \leq 0,05$ ).

In place of the conclusion, it can be said that the attitude to health as a value with individual dynamic characteristics of the individual would have an unusual appearance in each age period. The growth of plasticity in the intellectual sphere of the individual-dynamic property of 20-year-olds is highly supply, the ability of one form of thinking to go from one form of thinking to another, the creative solution of a problem that tends to engage in various mental activities leads to an optimal level of anxiety in relation to health, an increase in Experience constant anxiety during social relationships in 21-30 year olds, active and longevity in 31-40 young respondents.

In the psychomotor field of 41-50-year-old respondents, the attitude of respondents to health is characteristic of neglect and lack of rest from health ( $r=-0,3833$ ;  $r \leq 0,05$ ).

It was found that the speed of mental processes in the field of intelligence is low, and the slowness in the execution of operations associated with mental activity is an obstacle to the formation of a health-valued relationship ( $r=-0,391$ ;  $r \leq 0,05$ ).

On account of the high speed of performing mental operations inusual activity in respondents aged 51-60 and above, the most necessary information on health should be taken into account and the increase in skills that serve to ensure health ( $r=0,509$ ;  $r \leq 0,05$ ) and care about health should be evaluated ( $r=0,456$ ;  $r \leq 0,05$ ). Also, the formation of the necessary knowledge and skills to ensure health in the account of the perfection of emotionality in the communicative sphere of the respondents ( $r=0,497$ ;  $r \leq 0,05$ ), as well as the value of Health.

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