

PSYCHOLOGICAL HEALTH OF SCHOOLCHILDREN

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Abstract:

This article talks about the impact of psychological health on the education of schoolchildren.

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In the modern educational system, more and more attention is paid to the physical and intellectual development of schoolchildren. However, few people think about the psychological well-being of students and its impact on the education of schoolchildren. It plays a particularly important role in the lives of students, as it directly affects their learning and academic success. In this article, we will consider the impact of psychological health on the learning ability of schoolchildren and its importance for a successful educational process. Its risks and prevention to improve psychological health.

Psychological health is a state of mental well-being in which a person is able to function effectively in society, adapt to changes, cope with everyday stressful situations, and contribute to the life of society. It includes aspects such as emotional well-being, the ability to manage your emotions, self-confidence, the ability to communicate and solve problems. The study of the psychological well-being of children and adolescents began relatively recently. Bronfenbrenner tried to explain the internal characteristics of the interaction between psychological well-being and education. In his research, he expressed the following thoughts. If the school process is associated with positive emotions of the student, then in this case the educational institution to which the student goes becomes a positive social institution and contributes to the successful learning of the student.

If a student has problems at school, then he also has problems with psychological health, this can significantly affect his academic performance, motivation and attitude to study.

The first thing a student may encounter in an educational organization is stress. Students often experience stress due to the educational press, social interactions, and high expectations from parents and teachers. It can lead to psychological problems such as anxiety, depression and low self-esteem, which can negatively affect learning. A stressful state can distract students from their studies, reduce their ability to concentrate and memory. Therefore, it is important to create a favorable psychological environment for schoolchildren, where they can feel protected and used.

The second thing a student may encounter is self-esteem and self-confidence. It affects the perception of stressful situations. In the case of high self-esteem, a person does not assess life situations as emotionally difficult or stressful, shows greater energy, and resolves difficult situations more successfully. self-confidence. Students with high self-esteem believe in their abilities and cope with educational tasks more easily. They are more motivated and actively participate in the learning process. Students with low self-esteem, on the contrary, may experience feelings of insecurity and fear of failure, which negatively affects their learning. It is important to know how to create conditions in which the student can develop his self-esteem and self-confidence. One option is to apply positive feedback, encouragement and support from teachers and parents.

The third factor that WHO experts have identified as affecting the psychological health of students is the environment. The environment is the main place of social interactions for students, and it can have both positive and negative effects on their psychological state. Students who feel supported by their classmates and teachers feel happier and more confident in themselves. They adapt more easily to the school environment and have more opportunities for social development. However, students who are faced with negative actions from peers and pressure from parents often experience psychological discomfort, which can lead to learning problems. Therefore, it is important to create a supportive and inclusive school environment where all students feel safe and accepted.

The fourth factor is the physical health of the students. By physical health, WHO understands complete physical well-being, not just the absence of disease or physical defects. Physical health and mental well-being are interrelated and mutually dependent. Physical problems, such as a sedentary lifestyle or poor nutrition, can have a negative impact on the psychological state of schoolchildren and their learning. Therefore, it is necessary to provide students with conditions for an active lifestyle and a healthy diet in order to improve their psychological and general well-being.

To ensure the psychological well-being of schoolchildren, it is necessary to create a supportive environment at school. Here are some practical recommendations that will help teachers and parents:

1. Develop social and emotional learning skills: The inclusion of training programs based on the development of social interaction skills, emotional intelligence and strategies for managing emotions, promotes emotional well-being and improves learning.
2. Offer psychological support: Having a school psychologist or counselor is important to provide individual assistance to students experiencing psychological problems. Consultations can help students to improve their emotional state and return to learning.
3. Creating a safe environment: Schools must provide a safe environment for all students. To ensure successful learning, it is necessary to combat bullying, bullying and discrimination, as well as to maintain diversity and mutual understanding.
4. Develop partnerships with family and community: it is important to include parents and family in the educational process in order to maintain the psychological health of schoolchildren. Collaboration with local organizations and specialists can also be useful to provide additional support.

Psychological health plays an important role in the learning and success of schoolchildren. Despite the fact that public attention is usually focused on physical and intellectual development, psychological well-being is an integral part of an optimal educational process. Constant efforts to create and support psychological conditions conducive to the development of schoolchildren are the key to the integral success and well-being of society as a whole.

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