

# **MODERN SCIENTIFIC TRENDS AND YOUTH DEVELOPMENT**

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# **PSYCHOHYGIENIC DIAGNOSTICS AND CONCEPT OF QUALITY OF LIFE AS PROSPECTIVE DIRECTIONS FOR THE ASSESSMENT OF THE STATE OF HEALTH OF CHILDREN, ADOLESCENTS AND YOUNG PEOPLE**

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In recent years, new promising technologies have rapidly entered the theory and practice of preventive medicine for the implementation of a comprehensive assessment of the health of children, adolescents and young people, which consist in the implementation of psychohygienic diagnostics of the leading correlates of mental and somatic health and the determination of the quality of life [3, 4]. Psychohygienic diagnostics is a branch of preventive medicine that studies an individual individual in integral unity with the indicators of the morphofunctional state of organism, and entire collectives that are included in the system of relationships with the environment in order to determine the features of the transition of adaptive and compensatory reactions to the stage of latent, pre-pathological conditions in order to develop adequate and effective measures of psychohygienic correction and prevention to preserve and strengthen individual and population health [1, 2, 6, 7, 8]. Instead, the quality of life is an integral characteristic of the physical, psychological, emotional and social functioning of the human organism, which reproduces its subjective perception of its own somatic and mental state in direct connection with the actual state of health [5].

In the course of the conducted research, the scientific basis for the use of psychohygienic diagnostic tools for the comprehensive assessment of the health status of children, adolescents and young people was developed, and the main directions of the application of the concept of quality of life in the practice of modern preventive medicine were determined.

Adequate use of psychohygienic diagnostic tools for objective assessment of the state of health of children, adolescents and youth should include: the introduction of a comprehensive approach that allows you to imagine a complete picture of the individual coloring of personal manifestations of any person based on the collection of data according to the LQT complex: L-data – data obtained by studying any mental manifestations in the real life of a person, Q-data – data obtained using personal questionnaires and other self-assessment methods, T-data – data obtained using objective tests techniques in conditions that are strictly controlled, ensuring the systematic character of the application of diagnostic measures, which makes it possible to select and implement a highly specialized, however, multifaceted battery of tests, which are aimed at an in-depth study at the time of the study of different levels of personality development and its overall development; the reliability of the diagnostic

techniques used and the content of the methods used, etc. This approach has extremely high diagnostic and prognostic value, is completely individualized in content and complex in nature.

In the course of research on the quality of life of students, it was established that among the indicators that have the most significant connection with the leading characteristics of psychophysiological and mental adaptation, it is necessary to include the indicators on the General Health (GH) scales, which reflect the features of the quality of life on the basis of determination of the general state of health, Physical Functioning (PF), which reflects the peculiarities of the physical functioning of the organism, Role-Physical (RP), which reflects the peculiarities of the influence of the physical condition on the peculiarities of role functioning, Social Functioning (SF), which reflects the peculiarities of social functioning, as well as Bodily Pain (BP), which reflects the characteristics of the intensity of pain sensations.

The obtained results testify to the completely adequate character of the use of the established features of the relationship of quality of life indicators with the leading characteristics of psychophysiological and mental adaptation of organism for planning and implementing a complex of measures for psychohygienic correction of its functional state and personality characteristics, which ensures both an increase in the adaptive resources of the organism and the preservation health and increasing the quality of human life from the newborn period to old age.

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