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Mental health and current social conditions: How modern society looks after own mental health (on the example of transitional society)

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Introduction: Modern humanity is suffering from numerous problems that violate world stability, and hinder sustainable development of countries, causing an increase in tension in the system of social interaction. The problem of Mental Health Care in the contemporary world becomes global in a large scale. Each country in the world faces significant hindrances in both socio-psychological and economic aspects of the Mental Health Care system. No country has completely solved this problem yet.

At the same time the WHO notes that in the future, given aging population and worsening social problems, the number of people with mental and behavioural disorders will increase considerably (WHO, 2018). That's why the Mental Health Care issue appears to be an important factor of social development, productive work and social stability in any country all over the world (Flaherty, 2018).

Methodology: The study was designed using the following aspects: (a) the young generation of transitional countries was chosen as the population source for the study in order to more effectively predict future tendencies of the development of both civil society and the mental health of the population in these countries (as they relate to the development of global society); (b) Ukraine was chosen as the base transitional country for study since Ukrainian society is currently facing severe social challenges in civil society development (socio-economic crisis, social transformations, social consequences of military conflict, increase in migratory activity, etc.).

The psycho-diagnostic markers were defined using data from the Mental Health Foundation (www.mentalhealth.org.uk) (Mental Health Foundation, 2017). The questionnaire was structured in such a way as to represent different aspects of caring for one's own mental health (interpersonal communication; physical activity; eating and drinking; listening to one's own body; social representation; mental and physical relaxation; self-perception; interpersonal relationships). For the appropriate questions respondents were asked to identify the average time spent on the specific activity (in minutes per week) and to divide their answers between 2 aspects of these activities (whether enjoyable or mechanical/routine).

1. The culture of interpersonal communication (talking about own feelings (reflection of life events; solving of life challenges; functional abilities; aims and priorities; social relationships etc))
2. The culture of physical activity
3. The culture of eating and drinking
4. The culture of listening to own body
5. The culture of social representation (Ask for help; Do something you're good at etc)
6. The culture of mental and physical relaxing
7. The culture of self perception
8. The culture of interpersonal relationships (care for others; spirituality etc)

As participants of this research students from different regions of Ukraine were involved (583 persons)

Results: 78% of the individuals under study weren't able to verbalize and concretize their own understanding of definition "Mental Health" and only 6% of the individuals under study have defined MH as "emotional health", "social wellbeing", "social, personal and psychic harmony".

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The average time that modern Ukrainians spend for talking about own feelings is 172 minutes per week. However, 77% of the individuals under study are disappointed with emotional feedback of their partners in interpersonal communication.

Only 8% and 5% of general time for doing walking and household chores are enjoyable for persons under study. But 88, 90, 75, and 93% of general time for doing morning exercises, fitness, jogging, competitive activities are enjoyable for persons under study.

68% of individuals haven't got any special system of their exercises, fitness or jogging

The eating as an enjoyable activity takes only 34% of general time. 83% of individuals haven't got any special system of eating (content of meal, times per day. They often combine eating and other activities).

In average, relaxing takes only 159 minutes per week. At the same time, 93% of individuals haven't got any regular system of relaxing activities (Yoga, stretching exercises, Meditation, Breathing exercises).

According to the received results, 87% of individuals aren't satisfied with the feedback for their taking care activities.

Practical/Social value: The results of this investigation assist to identify avenues to reduce the impact of social frustraters, improve the mental health of citizens of transitional countries, and establish the social stability of their interaction.

Biography

Viktor Vus, PhD in Psychology, Associate Professor, Editor-in-chief of the journal "Mental Health: global challenges" (Italy), Coordinator of the International Platform "Mental Health: global challenges of XXI century", R&D Laboratory for Community Health (LPNU, Ukraine), NDSAN Network (sector of partnership building) (Italy). He has 18+ years' experience of conducting psychological trainings (in the area of psychosomatic, mental health); rehabilitation programs; psychological rehabilitation and support of combatants and ex-combatants. He organizes International Events & Activities on Mental Health Care; helps develop, guides, evaluates & teach mental health practices; works with governmental agencies, NGOs & educational institutions; implements mental health and psychosocial support activities within the triangle of Government, Business, Civil sector; researches in the field of Mental Health Care Systems developing. He is the author of educational course "The organization of Mental Health Care in transitional countries". Areas of specialization/interest: personality socialization in the context of globalization; mental health.

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