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**ПСИХИЧЕСКИЕ РАССТРОЙСТВА И ИХ ПРИНЯТИЕ В ОБЩЕСТВЕ**  
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**MENTAL DISORDERS AND THEIR ACCEPTANCE IN THE SOCIETY**  
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**Резюме.** В статье описывается неразрывная взаимосвязь всех систем органов между собой и безоговорочное подчинение нервной системе. Психическое расстройство возникает при значительном нарушении когнитивной функции, эмоциональной регуляции или поведения человека. В современной медицине существует множество способов диагностики расстройств нервной системы и методов внедрения новых приемов поведения молодежи по отношению к «отличным» от нас людям.

**Ключевые слова:** современное общество, толерантное отношение, психические расстройства, психическое здоровье, состояние окружающей среды.

**Resume.** The given article describes mental health as the inextricable relationship of all organs to each other and the nervous system unconditional subordination. Mental disorder occurs with the significant impairment of cognitive function, emotional regulation or human behavior. In modern medicine, there are many ways to diagnose the nervous system disorders and methods for introducing new methods of young people behavior in relation to the people "different" from us.

**Keywords:** modern society, tolerant attitude, mental disorders, mental health, environment conditions.

**Relevance.** The consecration of such topic as mental disorders is necessary for modern society to foster tolerance, the ability to correctly understand the situation without harming people "different" from us.

**Aim:** to form and convey the need for the tolerant attitude towards people “different” from us; to derive basic tips for competent communication with them.

**Objectives:**

1. To convey to society a new, previously non-existent behavior model in which people with mental disabilities are not outcasts and do not need to assess their mental health;
2. To develop and implement new methods of young people’s behavior in relation to the people "different" from us.

**Materials and methods.** The positive qualities training was conducted taking into account the age, photo and video materials available for the age group under discussion.

**Results and their discussion.** The result is considered achieved if all age groups have listened to and assimilated the material presented on this topic, as well as systematized knowledge. People with "differences" in the nervous system are not the subject of discussion.

In the modern world, the medicine development is gaining momentum and this fact makes it possible to detect even more diseases not only in adults, but also in unborn children.

Mental health is due to the inextricable interconnection of all organ systems with each other and unconditional subordination to the nervous system. This can explain the psyche influence on the human body, and the organ systems state directly depends on the psyche.

The antonym of mental health is mental disorder. In the modern society, a person adapted to the environment conditions and able to solve life problems as they arrive, is evaluated as mentally healthy. If a person does not cope with everyday tasks in various activity fields and does not have the desire to do anything and achieve goals, we can talk about mental health disorders.

The deviations concepts and norms are largely determined by the society historical and cultural characteristics. They vary depending on the nationality. In this case, the patient-doctor actions assessment is evaluated from the society development concepts standpoint and science in this historical period.

Mental disorder occurs when there is the cognitive function significant violation, emotional regulation or human behavior. Often mental disorders are accompanied by mood disorders, mental retardation, behavior and personality disorders in adulthood, apathy, anxiety, hallucinations, sleep and will disorders. The diagnosis complexity is manifested in the fact that these symptoms can often occur in other diseases as additional, that does not arouse suspicion among the doctors and patients themselves.

The mental illness exact causes are not fully known, but experts distinguish them as the biological, social and psychological factors combination. Risk factors for these diseases development include genetic inheritance, dependence on the psychoactive substances, inadequate treatment, unfavorable life situations, migration. These can be any events causing strong emotional shocks in a person.

Nevertheless, in the modern medicine there are many ways to diagnose them: clinical-anamnestic (based on the patient's life history and illness study), clinical-psychopathological (the patient's mental status study) and experimental-psychological (the use of psychodiagnostic methods-tests and survey methods).

According to the 2019 data, every eighth person on the planet suffered from mental disorder, and in 2020, because of the pandemic, the number increased by 28%. The prevention methods, rejection of bad habits, overwork and stress influenced on the mental disorders recurrence. According to the statistics walking in the fresh air, sports, having hobbies and communicating with pleasant people usually help patients maintain their mental health.

Unfortunately, the society formed the situation special picture in different centuries: in the Middle Ages in Europe, the presence of mental disorders was associated with God and determined by the church position: deviations from habitual behavior were equated with human possession by demons. According to the people's opinion, the God punished sinners. Already closer to the 19th and 20th centuries, when people managed to collect the information sufficient amount on the diseases etiology, qualitative metamorphoses in medicine began: the outpatient care provision, the seminars on active therapy opening, district dispensaries and the psychiatrists' training.

In the early stages of the central nervous system any nervous disorder, the restoring health chances are higher. Each violation treatment requires individual and attentive

approach. The therapy is selected by the doctor, but it should be understood that not all violations are reversible, so most of the treatment will be supportive.

One of the important issues at the moment remains the mental illness acceptance in our society.

For the most patients, it is difficult to seek qualified medical care at the detecting stage. The reason may be the doctors' biomedical ethics basic principles violation: "do no harm and do good."

In the modern society, there is a tendency in which the society is negatively opposed to mentally ill people. The doctors working with these patients have dismissive attitude towards patients because of the communication different model. The patients often can be infantile, vulnerable and closed, and the doctors are trying to help these people.

In medicine, it is advisable to provide assistance to mentally ill patients if the treatment brings more benefit than harm.

From the peculiarities of the neuropsychiatric doctors' interaction with patients, it is possible to distinguish the predicting difficulty in the patient's behavior on various irritating factors. Also, a number of patients are unable to protect their interests, and they may be subjected to various manipulations even by legal representatives.

According to the survey results, 64% of respondents have never met people with mental disorders, 39% have had communication experience with them. 37% are also interested in meeting these people because of their interest in the situation with patients and sympathy, and 63% do not consider mental abnormalities to be something unusual.

Based on these data, it is possible to deduce an ideal model of interaction between people with mental disabilities and those who do not have them.

In our society, such expressions as sick/ healthy, normal / abnormal, mentally retarded, etc. are often heard. Modern society should develop the inclusion culture, develop the mature and competent terminology.

One of the important aspects in this case is the ability to correctly express your thoughts and choose the right words depending on the situation. Words used at the right moment help to express the respect for the interlocutor and establish contact with him.

The doctors' main task is not only to cure the patient and reduce the disease consequences, but also to teach him/her to build relationships with the society, to regain self-confidence and the ability to self-sufficiency. For this purpose, in hospitals, in addition to medical treatment, there is the psychologists' help, numerous trainings and art therapy. After the complex treatment, positive changes are noticed not only by the doctors, but also by the patients themselves.

In our country, this problem is being raised at the state level, as evidenced by the World Mental Health Day introduction, which, held since 1992 on October 10th. This event is designed to preserve and strengthen mental health, prevent population suicidal activity and develop the new methods of the mental and behavioral disorders diagnosis and treatment.

### **Conclusions:**

1. The describing necessity of the society behavior correct manner in relation to

“different” people has been established.

2. We have managed to find out what qualities and actions society needs when meeting such people.

3. This research is considered effective if the need to be tolerant is realized correctly and simple requirements are met in communicating with "different" people.

### **Literature**

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