

Additional Learning is as a Factor of Mental Health

Isakova Muazzam To'liqinovna

Abstract--- *In this article we have made an effort to analyze how education is important for individual's mental health. We would like to have an insight into Fergana Region's knowledge of people toward mental health. According to our questionnaire there are 15 factors that play an essential role in the state of people's mental health. As a result of our survey, 27.8 percent respondents have selected the additional learning (learning of cooking, knitting, curing, making up and so on that help to facilitate daily duties) among 15 factors.*

Keywords--- *Education, Additional Learning, Factors, Well-being, Mental Health, Psychological Well-being.*

I. INTRODUCTION

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is essential at every stage of life, from childhood and adolescence through life-span. Mental health may encompass an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience. It encompasses all activities of human-being. There are some factors that help to reach human well-being, inner peace, inner balance, harmony with social, emotional, psychological state in the life. We ask ourselves what is the basis of man's well-being, more specifically, what are the traits of mental health. When individuals can be at peace with themselves, they achieve the condition that they accept the way they are, manage their personal lives and fulfill their responsibilities in social life. What can be the main factor to lead us toward balanced life with emotional, psychological and the social well-being. In order to know this we gathered some factors in our questioner. The education was seen as a main source to live with mental health.

According to World Health Organization, one in four people suffers from a mental disorder and mental health is defined as "a state of well-being in which the individual uses his abilities, faces normal stress factors, works productively and successfully and is capable of making a contribution to his society"[1]. As a preventive method is educating of people about anything which forces to look around the world from other way or from many sides. The educated individual has knowledge, theoretical experience how to survive even the worst situation, how to deal with daily unimportant conflicts and stresses. They have abilities by learning or educating that give more chances to assess what is value or unvalued when it comes to decision-making in the accepting of life challenges. If people have strong knowledge about life or anything else they would find a solution to any problems.

Interpersonal relationships are one of the processes that determine a person's mental health. In covering this article we will think about the factors that affect a person's mental health. In covering the article, we first considered the concept of human maturity and it is a basic condition for the effective social and economic development of the human person which no one can interfere with. Human health this is, first of all, longevity means the preservation and development of his high-performance and social activity, mental and physiological qualities throughout life.

Isakova Muazzam To'liqinovna, Ph.D, Department of Psychology, Fergana State University, Uzbekistan.

II. RESEARCH

Participants

As an object of the experiment, we asked them to identify fifteen factors that affect the mental health in families in some areas of Fergana region and to determine the degree of impact these factors on a person's mental health. The experiment was attended by 432 respondents of different social status, age, gender, regional lives.

Material

We prepared a questionnaire in consultation with our team of psychology department. The general questionnaire included employment, personal financial status, health, leisure time, family friends, home schooling, culture recreation, economics, public administration, religion and religious beliefs, personal freedom (rights), neighborhood, interpersonal relationships, daily life (living conditions), factors such as proper nutrition were selected as factors affecting the individual's psychological health. (Table 1).

Table 1: General Questionnaire

Dear respondents! In this following questionnaire 15 factor are given that influence on human mental health. Read carefully each factor and assess them according to their importance and level in your life. You are asked to fill in gaps at the end of the list. Thank you.
 Comment: 3-main factor; 2-auxiliary factor ; 1- insignificant factor

<i>T/P</i>	<i>Factors</i>	<i>Personal factor</i>	<i>Assessing</i>		
			<i>3</i>	<i>2</i>	<i>1</i>
1	<i>Involvement</i>				
2	<i>Personal financial condition</i>				
3	<i>Health</i>				
4	<i>Free time</i>				
5	<i>Family friendship</i>				
6	<i>Additional learning</i>				
7	<i>Cultural life</i>				
8	<i>Economics</i>				
9	<i>Authority</i>				
10	<i>Religion and faith</i>				
11	<i>Personal rights</i>				
12	<i>Neighborhood</i>				
13	<i>Intrapersonal relationship</i>				
14	<i>Daily life</i>				
15	<i>Healthy diet</i>				

Social Condition

Name _____
 Age _____
 Sex _____
 Job _____
 Single or married _____
 Length of marriage _____

Number of children_____

Residence region:_____

Rural/urban_____

Procedure

Prior to the study, respondents were informed about the health of individual, the factors that affect him, the factors that lead to mental disorders. They were asked to determine the extent to which 15 factors (primary, secondary, minor) influence on a person's mental health and well-being. Our team gave them full information about health, mental health, well-being and on the factors we have.

III. RESULT

Below is the general result.

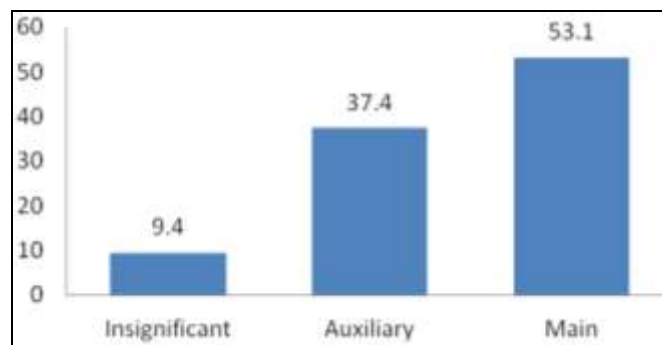


Figure 1: Additional Learning

In this diagram presents the views of respondents on home-based education, respondents reported that 53 percent voted in favor of education in a family setting on the impact on the individuals' mental health. Additional learning provides specific recommendations for improving family upbringing as a form of social practice. Respondents cited educational opportunities as a key factor for mental health by 27.8 percent. They associated it with opportunities to study and acquire professional skills.

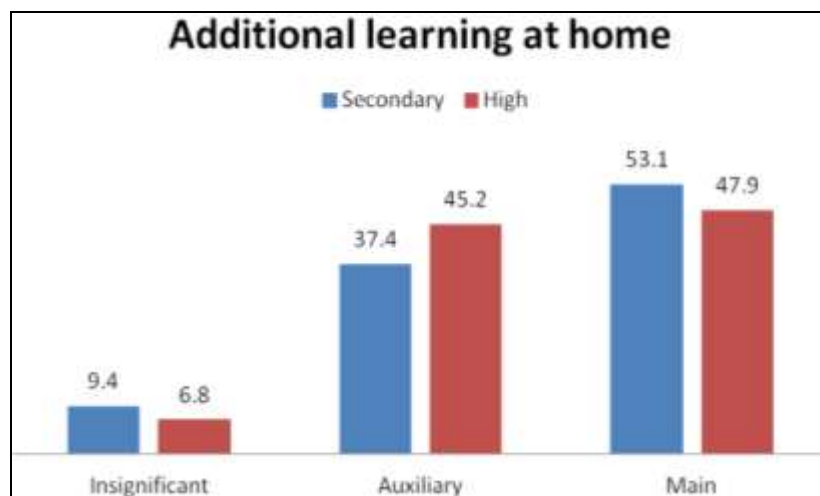


Figure 2: According to Gender

Correlation of home learning factor with cultural life factor $r=0.1433$; $p<0.01$, with public administration $r=0.1168$; $p<0.05$. When we analyzed the results of this factor on the level of knowledge of the respondents it looked like that.

In terms of education level of respondents additional learning was main factor for reaching mental health among secondary specialized educated people (Table 2)

Table 2: Education

	Number			%		
	1	2	3	Insignificant	Auxiliary	Main
Female	22	91	120	9,4	39,1	51,5
Male	15	82	102	7,5	41,2	51,3
				Insignificant	Auxiliary	Main
Secondary specialized	27	107	152	9.4	37.4	53.1
Higher educated	10	66	70	6.8	45.2	47.9

Additional learning can influence on people cultural life. Table 2 shows that for both gender additional learning can help to establish cultural life. For secondary specialized educated people additional learning was chosen as a main factor.

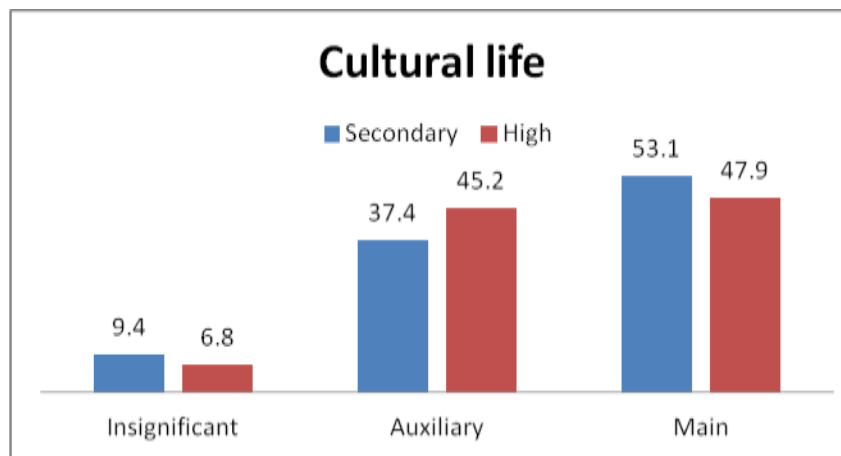


Figure 3: Cultural Life

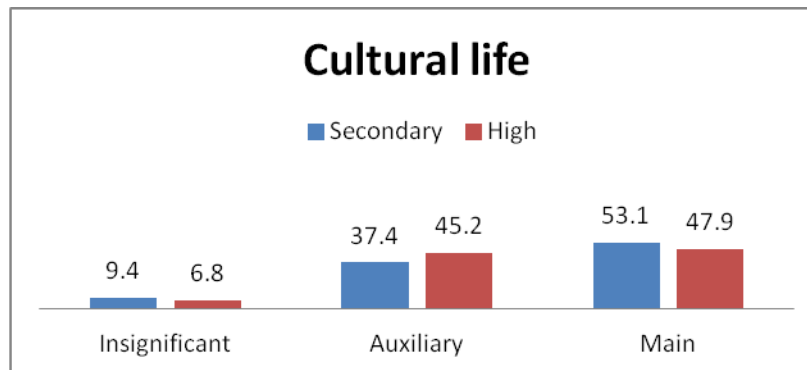


Figure 4: Cultural Life

Additional learning was counted as a main factor by male respondents in cultural life (29.1 percent) and table shows that additional learning was more preferred by 29.7 among secondary specialized educated people.

Table 3: Education

	Number			%			
	1	2	3	Insignificant	Auxiliary	Main	4
Female	41	130	62	17.6	55.8	26.6	
Male	42	99	58	21.1	49.7	29.1	
				Insignificant	Auxiliary	Main	
Secondary specialized	54	147	85	18.9	51.4	29.7	
Higher educated	29	82	35	19.9	56.2	24.0	

IV. DISCUSSION

This article discusses the impact of home schooling on a person's health, the following results were obtained on the factor of education in a family setting. Everyone's health is inextricably linked to the health of other people. Health is not only the absence of disease and physical defects, but also the full physical, mental and social development. The mental health is an ideal concept based on the creative principles of freedom, spirituality, individuality and social.

How a person approaches his health depends directly on his level of literacy. Man always needs to know, to get new information. By improving and expanding knowledge and ensuring regular continuity of education, a person will have a better approach to their health, take preventive measures in a timely manner, leading a healthy lifestyle, being able to diagnose the disorders in time, provide first aid, receiving a quality medical care and psychological solution.

V. CONCLUSION

The education is not only concerned with the formal acquisition of knowledge, but also with the general desire to mentally explore the new world, engaging in general education such as learning to drive a car, ensuring personal level development through cultural activities or additional courses. Lack of knowledge occurs in people who do not understand or do not understand the best opportunities. Those with perfect knowledge, deep knowledge are considered to be more independent, they are more self-confident, better abilities to take care of themselves and achieve well-being, better job opportunities and better pay, they were taught to be more satisfied with what they had and to value their social status more. "If you have a higher education, you will more chances in the community" it is said that. 27.8 percent of respondents said that "Independent work and study allows you to get the most necessary knowledge", "it is never too late to learn, you do not choose a special place to learn and most importantly, if you are interested".

The level of knowledge of the individual improves the social conditions that contribute to the investment of society in education, in general, the mental health of the individual and the well-being.

REFERENCES

- [1] Andreeva T.V. Family Psychology: A Study Guide. St. Petersburg: Speech, 2004. P 244.
- [2] Antonov A.I., Medkov V.M. Sociology of the family. M.: INFRA-M., 2010. P 636.

- [3] Astakhova Yu.G., Agasaryan M.V. Sociology of the family: a training manual. Lipetsk: *Publishing House of LSTU*, 2012. P 64.
- [4] Belous OV Family as a factor in the formation of a psychologically healthy child // *Family and personality: problems of interaction*. 2014. No1. PP 22-28.
- [5] Bodalev A.A., Stolin V.V., Sokolova E.T. Family in psychological counseling: experience and problems of psychological counseling / ed. A.A. Bodaleva, V.V. Stolin. M. : Pedagogy, 1989. P 208.
- [6] The Great Soviet Encyclopedia / Glav. red. A.M. Prokhorov. M. : *Publishing house "Soviet Encyclopedia"*, 1976. T. 23. P 1899.
- [7] Zhigalin S.S. The influence of parental positions on the educational potential of a family of adolescents // *Socio-psychological aspects of personality formation: materials of an inter-regional scientific and practical conference. Shadrinsk*, 2004. PP 164-171.
- [8] Levin B.M., Petrovich M.V. The economic function of the family. M.: Finance and Statistics, 2002. P 198.
- [9] K. Gabriela and M. Gavrilă-Ardelean. Education for mental health// *Journal Plus Education*, ISSN:1842-077X (online)26-1151 Vol XIV (2016), No.1. PP 48-58.