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CHILDREN'S MENTAL HEALTH IN DIFFICULT LIFE CIRCUMSTANCES

Raising a child can be challenging. Even under the best circumstances, their behaviors and emotions can change frequently and rapidly. All children are sad, anxious, irritable, or aggressive at times, or they occasionally find it challenging to sit still, pay attention, or interact with others. In most cases, these are just typical developmental phases. However, such behaviors may indicate a more serious problem in some children.

Mental disorders can begin in childhood. Examples include anxiety disorders, attention-deficit/hyperactivity disorder, autism spectrum disorder, depression and other mood disorders, eating disorders, and post-traumatic stress disorder.

Without treatment, these mental health conditions can prevent children from reaching their full potential. Many adults who seek mental health treatment reflect on the impact of mental disorders on their childhood and wish they had received help sooner.

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

«Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day» [1].

Many children occasionally experience fears and worries or display disruptive behaviors. If symptoms are serious and persistent and interfere with school, home, or play activities, the child may be diagnosed with a mental disorder.

Health at the psychological level is related to the personal context within which a person lives and functions as a mental whole. Mental health is increasing as it serves as a description of the level of emotional, mental well-being or selected mental illnesses.

It is necessary to understand what traits make a healthy personality, how it is formed and, most importantly, what complex vital properties it has on the formation, development and children's life. Such traits are: to be capable to experience and express emotions, to be confident in own abilities, to be emotionally stable and fairly resilient to stress, to be straightforward, warm, friendly and genuine.

Children's mental health is the basis, the initial stage, which in the future depends on the formation of a comprehensively developed personality, which is ready to overcome problems, take an active part in the life of the country, and be a successful, strong individual. Mental health and psychological well-being are components of a child's life, which are necessary to ensure the formation of his/her worldview, the disclosure of personal potential, and which allow him/her to become a socially active citizen.

Traditionally, everything starts with the family. From it, the child receives the first knowledge about the world – the rules of behavior that regulate social relations, the basics of communication, worldview and its beliefs, a model of behavior, that is, the creation of a foundation from which the child will be pushed in the future.

At this stage, if either due to the absence of parents or unwillingness to take care and provide what is necessary, the child, feeling emptiness inside, will look for it elsewhere. This results in problems of self-rejection, one's place in life, juvenile delinquency and many other things.

The main problem of children in families is the inability of parents to effectively and fully fulfill their responsibilities. The most painful thing is that they do not just want, but need, they need love, respect and friendly support from the family. But, unfortunately, this is exactly what is left out of parents' attention in most cases. Not to mention cases of not just lack of competence on the part of parents, but domestic violence, which is still a huge problem all over the world. In most cases, such children have antisocial behavior, they have problems with peers and adults, run away from home,

lead a dubious lifestyle, often get sick and miss classes without valid reasons.

How many traumatized, malformed personalities are now looking for love, care and attention in bad companies? And how many try to numb the pain from the experience with narcotic substances?

Talking about the problem of violence in the family, it is necessary to mention the violence from peers. A child traumatized by beatings, who imitates the authoritarian nature of his parents, brings it to school, where he/she tries to draw attention to himself/herself by bullying peers or teachers, mocking animals, that is, looking for the weaker one.

A person who was bullied during his/her formative years has in most cases low self-esteem, it is difficult for him/her to realize himself/herself in life, make new acquaintances, it is not comfortable to be in companies, he/she cannot communicate normally with the environment, and especially with strangers.

Unfortunately, children's mental health depends not on the set of genes and chromosomes, but on the environment, norms imposed by the society. Every day, an unformed personality faces a number of problems that have a huge impact: problems of self-realization, lack of acceptance, violence at school and in the family, dysfunction in the family, which can eventually lead to self-destruction. In this case stress is described as an important signal that something has gone wrong with integrity, a signal that can be used as a fruitful starting point for personal as well as organisational development» [2].

The personality is healthy in the case when all the essential features that make up the personality are harmoniously combined, which makes it stable, balanced and able to resist any influences aimed at disrupting its integrity. Violation of well-being in mental health can occur under the following conditions: dominance of certain and inherently negative character traits, defects in the moral sphere, wrong choice of value orientations, etc.

References

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