

Sanohenic thinking in the structure of artistic activity

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The article defines the concept of sanohenic thinking and provides the analysis of foreign and domestic scholars' achievements devoted to the problem of «sanohenic thinking». The urgency of studying the problem of sanohenic thinking and its place in art is emphasized.

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The style of thinking when we perceive, appreciate and experience different situations and life events may help or hinder the achievement of success, influence state of health and formation of human relations. Sanohenic thinking is the so-called healing thinking that allows one to get rid of the negative effects of emotional stress. Sanohenic thinking promotes recovery of mind, relieves inner tension, eliminating image or guilt complexes and so on.

The problem of sanohenic thinking was greatly explored by Y. Orlov. He assumed that any emotion that occurs in humans is coupled with his thinking and specific mental operations. Thus, arbitrary regulation of emotions and changes in human condition are associated with the formation of specific mental schemes to prevent the occurrence of negative emotions. Pathogenic thinking is opposite to sanohenic. It is typical of a society and is often reduced to automatism or stereotyped.

Arts considered primarily in terms of personal fulfillment creator. When designing its paradigm of the world as well as creating the product of art, sanohenic thinking plays a vital role. Any type of creativity is a mix of theoretical and practical activities that lead to the creation of new objective results. Here, two aspects of creativity are to be distinguished. The first is oriented on a person, while the second is fixed on the process. The first aspect includes knowledge, skills, imagination, ability, motivation, intuition, etc, while the second contains inspiration, insight (illumination), thinking. Sanohenic thinking directly affects the final result of the product of creativity, such as art.

Artistic creativity and sculpture give a person the opportunity to switch the imagination and to create the images that are partly separated from the emotions, observe and perceive them in a balanced state of inner peace. This fact is important because this experience enables the disappearance of worry on the ground of emotion separation, and helps to orient on the sanohenic thinking, which is based on the conscious control of mental states.

Artistic creation (sculpture) allows gradual, smooth mastery of sanohenic thinking. As a result, sanohenic thinking gives an opportunity to expand one's horizons and enriches their internal culture.