

Anna Yuriivna Hilman

*The teacher at the Psychology and Pedagogy Department
at the National University of Ostroh Academy*

Ostroh

Maria Anatoliivna Shugai

*PhD in Psychology, Associate Professor,
National University of Ostroh Academy,*

Ostroh

SANOHENIC OR PATHOGENIC THINKING: THEORY AND IMPORTANT AREAS OF PSYCHOLOGICAL PRACTICE

The development of students' personality is inextricably linked with the formation of thinking. The quality of life, relationships with the surrounding, the ways of response to the circumstances of everyday life, etc. are determined by the type of students' thinking. The way young people think does not impact only their activities and behaviour, but it also influences the attitude to events and results in their state of mind, attitude.

The paper presents the method of Yu.M. Orlov that allows to move in professional development and to enjoy learning, to create one's own, unique way of life that allows to maintain health. That method is the process of acquiring the sanohenic thinking in students, aimed at achieving high results in studying. The system of sanohenic thinking teaches students to make the unconscious conscious as a result of the ability to control the mental operations that give rise to unwanted emotions. Sanohenic thinking is defined as thinking that is aimed at introspection (interspection) and control of one's emotions and desires that means transferring them from the negative state to a neutral or positive. It expands the diversity of thought and moves frees view, offering new programmes that reduce excessive display of emotions.

The author notes that the study of sanohenic thinking, in particular the development of sanohenic reflection that is often followed by one's experiencing negative emotions, is possible when the unconstructive behavior awareness programmes are applied and their correction is possible. With a high degree of introspection and self-control and with a good level of development of psychological

self sanohenic thinking undeniable positive effect on psychological and mental health of the individual student can be reached.

The article analyzes the achievements of foreign and Ukrainian scholars in the study of the concept «sanohenic thinking». A comparative analysis of the categories «sanohenic and pathogenic and thinking», which outlines the features of their manifestation, has been conducted. The feasibility of the sanohenic thinking study in the context of individual's mental health preservation is determined. The peculiarities of psychological assistance to the people experiencing difficult life circumstances are highlighted. The relevance of the support and sanohenic thinking development for the individuals who are experiencing crises and traumatic events are justified.

Keywords: *sanohenic thinking, pathogenic thinking, psychology of health crises, traumatic events, psychosocial rehabilitation.*