

Characteristics of the strategy of development and formation of personal health

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Recently, a new sanological direction in the field of health, where health is considered as not a disease, a fundamental difference from the one accepted in medicine, is discussed in the world and Ukrainian scientific literature. Sanology today is practically formed as a new scientific field with its own language, object, subject and research methods. The purpose of this scientific report was to define the concepts associated with a constructive view of the basic statuses and components of health. Human health is the health of a harmoniously developed individual. Human body (physical component), his mind and ability to think (intellectual component), moral and ethical attitudes (moral component), ability to control emotions (emotional or mental component), ability to adapt to living and working conditions (social component). On the platform of the existing concept of health, which is based on the components of the health of a fully developed personality - physical, mental, social, we have developed a structure of components of each of them and the "zone" of sanology and medicine.

Thus, the "zone" of sanology is the range of optimal functioning of the indicators (norms), and the task of sanology is to maintain health within this range. "Zone" of medicine - a range of values beyond the range of the average norm (optimal functioning of the indicator), and the task of medicine is to return or bring as close as possible, violated by the disease values in the range of norms. A fundamentally important point is that we consider changes in the indicator from the optimum (middle of the normal range) to the upper and lower limits of the normal functioning.

Thus, the strategy developed and proposed by us for the development and formation of personal health is a hierarchically branched areas of sanology and medicine, including at least five levels: indicators of parts that form a component, status components, health status - physical, mental, social, and human health, which integrates the state of all mentioned levels.