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**TÍTULO:** Determinantes socio-psicológicos internos de la salud del hombre moderno.

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**RESUMEN:** El objetivo del artículo es revelar los factores socio-psicológicos internos antes inexplorados que determinan la salud humana como uno de los valores más importantes que definen el bienestar humano y la satisfacción con la vida en general. Se aplicó una encuesta a 1092 personas, y con la ayuda del método de comparación y agrupación, fue posible establecer la dependencia de la salud humana de los factores sociales y psicológicos internos, incluida la comprensión del significado de la vida y el sentimiento de envidia. Los encuestados con una comprensión positiva del significado de la vida están satisfechos con su salud en todos los grupos de edad. Se muestra que el sentimiento de envidia y la salud humana están conectados, y un sentimiento persistente de envidia causa varias enfermedades.

**PALABRAS CLAVES:** salud humana, determinantes de la salud, factores socio-psicológicos internos, comprensión del significado de la vida, sentimiento de envidia.

**TITLE:** Internal socio-psychological determinants of health of the modern man.

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**ABSTRACT:** The aim of the article is to reveal previously unexplored internal socio-psychological factors that determine human health as one of the most important values that define human well-being and satisfaction with life in general. A survey was applied to 1092 people, and with the help of the comparison and grouping method, it was possible to establish the dependence of human health on internal social and psychological factors, including the understanding of the meaning of life and the feeling of envy. Respondents with a positive understanding of the meaning of life are satisfied with their health in all age groups. It shows that the feeling of envy and human health are connected, and a persistent feeling of envy causes several diseases.

**KEY WORDS:** human health, health determinants, internal socio-psychological factors, understanding the meaning of life, the feeling of envy.

## **INTRODUCTION.**

The feeling of satisfaction with life has always been related to the state of a person's health. As noted by the famous German philosopher of the 19th century Arthur Schopenhauer: "...health is truly the main condition of human happiness"; "Health outweighs all other benefits of life in such a way, that a truly healthy beggar is happier than a sick king" (Schopenhauer, 2007). It is difficult to argue with these wise statements. In fact, health, among other life values, occupies the most important place.

At the present stage of our society development, human health, as stated in the World Health Organization (WHO) constitution, means "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"; the search for new factors, affecting human health, is still active since this knowledge can ensure the preservation and strengthening of this value of life. Certain components of health aspects have been studied and defined, for example, mental health is determined by the system of thinking, cognition of the environment and the knowledge how to adjust to it, attitude to the reality, including the attitudes to a specific individual, things, areas of knowledge, certain principles. The core components of mental health also are the ability to live in harmony with oneself, relatives, friends and the society, predict and model events, elaborate the program of some actions (Shchedrina, 1989).

Psychological health of a person is determined by spontaneity, creativity, cheerfulness, liveliness, openness, the ability to learn about oneself and the world around mentally and emotionally, through intuition, self-acceptance, recognizing the value and uniqueness of people around, readiness to take responsibility for one's own life and learn from unfavorable situations, having the sense of purpose (Shchedrina, 1989).

Physical health of a person is conditioned by the ability of the body to perform programs (models) of actions, as well as potential opportunities in cases of emergencies. Good physical health ensures high motor activity, rational nutrition, hardening, cleansing of the body, the optimal combination of mental and physical labor, the ability to relax, as well as abstaining from alcohol, tobacco and drugs.

The provision of human health in general is carried out through leading a healthy lifestyle, which means an individual system of human behavior that provides a person with physical, spiritual and social well-being in a real environment (natural, technogenic and social) and a person's active longevity (Yakhnin, 2002; Steier, 1991).

Environmental external factors (ecology, living conditions, etc.), internal (sex, age, individual characteristics), as well as external socio-psychological (social conditions, emotional atmosphere of the environment, etc.) factors have been studied to some extent from the point of view how they affect human health, but little attention was paid to the study of internal socio-psychological factors, which is the cause of our study.

To prove the correlation between internal socio-psychological factors as understanding the meaning of life and expressing feeling of envy and human health, a sample of respondents was studied; the sample consisted of different age groups: young people aged 18-25 (mainly students of various KBR universities - 717 people), men and women aged 26-40 years (134 people), people aged 40-55 years (154 people) and respondents aged 56 and over, the residents of the Kabardino-Balkaria Republic of Russia (87 people). In total, 1092 people took part in the study.

The sample was stipulated by the fact that recently the North Caucasus region has been attracting more and more attention because of various aspects of life and human activity. The mentality of the Caucasus in general, and the North Caucasus, in particular, with its huge potential of moral values of ethnic cultures, correlates to the value orientations of the Russian civilization, and is able to enter

a cultural dialogue between traditional cultures of the Caucasus and the classical culture of Russia (Chernous, 1999). A well-known scientist Yu.A. Zhdanov noted: “There is no other region on the planet where hundreds of peoples would live long and together ... This amazing multicolor is a precious treasure of the mankind, like a mountain meadow with hundreds of diverse and unique colors” (Zhdanov, 2000).

Specificity of the cultural landscape of the Caucasus lies in the fact that it simulates the diversity of cultures of the whole world in a miniature, therefore, such a research group can serve for a certain level of representation of the majority of cultures of the world community.

## **DEVELOPMENT.**

### **Methods.**

The study was based much on a fundamentally new concept, which was sufficiently substantiated at the 12th Summit of Psychologists in St. Petersburg (2018) by the professor, Doctor of Psychological Sciences, candidate of Medical Sciences, Rector of the Eastern European Institute of Psychoanalysis M.M. Reshetnikov and previously approved, supported and extended by Western scientists. The concept is based on the idea of the immateriality of the psyche. M.M. Reshetnikov agrees with one of the pioneers of tranquilizers, Henri Laborit, who said after 30 years of clinical use: “... Yes, we invented nothing but a chemical straitjacket”<sup>1</sup>.

Our view, based on great experience of professional and scientific activity in the field of psychology, confirms this idea of the immateriality of the human psyche.

Apart from the abovementioned idea, the survey among respondents was conducted in a free form, there were confidential conversations, tests and questionnaires aimed at revealing the indicators of interest to us; then there were used methods of comparing and grouping.

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<sup>1</sup> Laborit H. *Neurophysiologie: Aspects métaboliques et pharmacologiques* - Paris, 1969.

The largest part (717 people) of the general sample was made up of a group of young people (18-25 years old), basically from the students of various universities in Kabardino-Balkaria, who were asked to answer the question: "Have you ever considered the meaning of your life? If so, please describe it". The first part of the question was aimed at revealing the fact whether young people are willing to understand the meaning of life. Answers to the second part of the question give grounds for judging the informality of the answer and the corresponding understanding of the meaning of life, which will help to identify specific factors that influence the formation of the meaning of life of an individual. We assumed that the reduction of understanding of the meaning of life to some concrete goals and values will help determine the main factors that influence the formation, development and improvement of awareness of the meaning of life among young people, while revealing the level of their consciousness.

### **Results and discussion.**

It should be noted that among the respondents there was no single person who refused to meet the research conditions, which means that young people, without exception, thought about such a basic problem of human existence. Moreover, they needed to express themselves at least in such a form as to describe understanding of the meaning of their life; the data from all 717 subjects were obtained. The material obtained from the descriptions of respondents' understanding of meanings of lives was subjected to a comprehensive analysis.

Describing the meaning of their lives, the youth showed a general optimistic orientation, unlike other older age groups, although they also focused on the negative characteristics of the current society, which affected the formation of the content of understanding the meaning of life. The analysis of all descriptions of life showed that every participant in the survey has a desire to understand the meaning of life. Formation and development of it took place under the influence of

various factors, including parents, family, friends, social reality, the desire to comprehend the ultimate truth and sense of purpose in this world, etc.

The respondents described a program for their future life, where once could see its main goal, its values, which can be named meaning-determining ones. It should be noted that the understanding of the meaning of life among young people has an individual, specific character. However, in spite of the individuality and uniqueness of their understanding of the meaning of life, one can find a common basis for the significant majority that consists in the need for cognition, comprehension of the truth, awareness of the laws of the universe, the principles of love and happiness, striving for creativity, self-improvement, professional and career formation, service to the Ultimate Purpose, getting pleasures, possessing material values, etc.

To sum up, it can be said that the participants (18 to 25 years old) have a certain understanding of the meaning of life, which is basically based on:

“Understanding the meaning of life in various forms of the truth attainment”, which 254 (35.4%) of people adhere to (“The meaning of my life is the cognition. Cognition of the mundane, cognition of the spiritual, cognition of the ordinary, cognition of the deep); in general, that is, the Cognition of the Truth as the ultimate knowledge. “...Cognition leads to knowledge, knowledge leads to power, Power gives freedom” (female, 21 years old, higher education); “To experience the world as long as it is possible” (19 years old, a university student); “To find the Ultimate Truth while experiencing the world” (male, 20 years old, a university student), etc;

“Striving for professional development and improvement” is the meaningful factor for 167 (23.3%) people (I want be a high-class professional and improve the lives of others through my highly skilled work; I would like to devote my life to medicine). This desire is not just to be a doctor, but to find new medicine for various diseases, develop new methods of surgery and post-operative care for patients, and I want to do all this using a computer or other technologies and I see the meaning

of my life in this (female, 18 years old), I understand well that now it is necessary to master the profession profoundly and comprehensively, know foreign languages, master new computer and other technologies (male, 20 years old). For me, the meaning of life is the fact that my profession, my knowledge, and skills play an important role for others so that I go through life leaving a good, useful, necessary, important trace (male, 25 years old)", etc.

The next group of respondents is centered around understanding the meaning of life as love, a happy family life and children. This group consisted of 63 respondents (8.7%). (To experience such love, which will be the core of life is an understanding of the meaning of life for me. In particular, the love of parents and sister, respect for them. If I lose some of them, I will immediately feel pain and I know that the meaning of life will be lost for me forever (female, 19 years old), Love and understanding are true values for me. As long as I am able to love and respect mother, children, and even a dog, I will not lose the meaning in life (female, 21 years old); I think if we all love close people, there will be no evil. I think that love, to a greater extent, is capable of saving the world more than beauty. Beauty can be cold and unnecessary. Love, whatever it is, love for relatives, for the child, mother or father and God, calms us, gives us confidence and support in difficult moments of life (male, 22 years)), etc.

Getting pleasure from life became the main thing for understanding the meaning of life among 54 subjects, and this is 7.5% of the whole sample (I think that it is necessary to live in order to enjoy every minute, every second of your life (male, 23 years old), When doing good, enjoy it. To get the maximum pleasure (male, 24 years old)), etc.

The service to religion as the main meaning-building factor is noted by 51 (7.1%) respondents. (I see the meaning of my life as a true Muslim in growing spiritually and living so that in eternity I deserve the right to be close to Allah (male, 18 years old); Between the meaning of life in my understanding and the meaning of life from the point of view of Islam, we can put the sign of

equality (male, 22 year old); Like for the most Christians, the meaning of life for me is to serve God (female, 25 years old)), and etc.

To have a material success, have time to accumulate a lot of material values. The number of respondents who see the meaning of their lives in fulfilling this desire was 34 (4.8%) (The meaning of life is to have a large amount of money and live satisfying all your needs and desires (female, 24 years old), The main goal of my life is to get a lot of different brands of cars (male, 19 years old); to have many different outfits and jewelry is the most important thing for any girl, and for me in particular (female, 18 years old)), etc.

There are some respondents, namely 73 (10.2%) people, who think that it is difficult to understand the meaning of life.

20 (2.8%) people from our sample do not understand the people's desire to understand the meaning of life (There is no point in life. The mankind tries to answer this question only in order to justify its existence on this Earth, but there is no such (male, 18 years old), etc., and 3 (0.42%) respondents would not mind putting an end to their life on this Earth.

Summarizing the data obtained by the group (18-25 years old), one can say that nowadays young people strive to understand the meaning of life and improve themselves so as to approach the truth as much as possible. They want to comprehend the ultimate truth in the conditions of their professional formation, development and perfection, as well as all-round intellectual development, although there are some cases (20 people) where young people do not see any definite meaning of life.

The sample of the participants of the age interval between 26-40 years comprised 134 people.

The participants were asked to single out one of the most significant life goals, values, in their opinion, the meaning-making one. There was also an attitude toward creativity and freedom of

choice since the preliminary list of some goals and values may impose some ideas on the participants.

The processing of the obtained data made it possible to identify a number of factors which influenced the understanding of the meaning of life among the respondents aged 26-40. The following factors were among them: tender loving childcare, child upbringing and development, seeing a child as a part and continuation of oneself; self-fulfillment through creativity; getting pleasures from life; professional and personal self-improvement (intellectual, mental development, success in business and material well-being); struggle for the goal; striving for physical and spiritual beauty, harmony, knowledge of the truth; service to the religion and so on.

For the majority of the respondents, 42 (31.3%) people, understanding of the main meaning of life is confined to all kinds of investments in the development and improvement of their own children. 18 respondents, 13.5% of the total sample, chose professional and personal self-improvement (intellectual development, success in business and material well-being). This factor always has a crucial meaning for the individual at every stage of development of any society, but for the considered age period, when the acquired knowledge should find its application area, the condition of success rate is desirable, if not necessary, especially in present-day Russia. This fact can be elevated to a meaningful rank.

Such values as striving for physical and spiritual beauty, harmony, knowledge of the truth (16 respondents (11.9%)) go after professional and personal self-improvement (according to the respondents' answers). Approximately the same number of respondents preferred such components of the meaning of life, as getting various pleasures from life; struggle for the goal; service to the religion. Six respondents (4.5%) do not have a positive understanding of the meaning of life.

Summing up, one can say that the age interval (26-40 years) is characterized by the fact that meaning-of-life-forming factors are reduced to those that make up a kind of model consisting of caring and focusing on children, their upbringing, and seeing children as the continuation and reflection of a parent's life. The respondents strive for self-fulfillment through creativity; getting various pleasures from life; professional and personal self-improvement (intellectual and mental development, success in business and material well-being); they value the struggle for the goal, but there are also a few people who do not have a positive understanding of the meaning of life.

Awareness of the meaning of life for the age group between 41-55 years was studied on a sample of 154 people.

The group aged 41-55 years old was suggested to single out one of the most significant life goals, values, which, in their opinion, are meaningful. The results of the data obtained indicate that a large majority of the respondents are aware of the meaning of their lives. The main sense-forming components in this sample are such values and goals, as career and personal growth of children; good health and prosperous life; continuous self-improvement, in order to attain the truth; sense of purpose to be useful for relatives, the society; the desire to do good; strive to contribute to the overall development of the mankind; live to earn good afterlife; different factors (i.e., there is no understanding of the meaning of life, or there is the desire to end life on the Earth, etc.).

In general, the distribution of the respondents according to the identified priorities, which influence the formation of the meaning of life in individual development, looks like this: 49 (31.8%) respondents preferred the career and personal growth of their children. Good health and a prosperous life are meaning-determining for 34 (22.1%) people. Continuous self-improvement, for the purpose of knowing the ultimate truth, is important for 25 (16.2%) of the respondents. 18 (11.6%) people find it meaningful to be useful for the society. 9 (5.8%) of respondents believe that

they are to do good to the environment; their strive to leave a trace in the mankind is the main meaning of life. 19 respondents (12.3%) do not see any meaning of life at all.

Thus, the age group from 41 to 55 years, like the other groups, showed a positive understanding of the meaning of life, but the number of those who noted its absence increased.

The group of representatives of the older generation consisted of 87 respondents of pre-retirement and mainly retirement age. The respondents of this age range are mainly represented by school teachers of different academic disciplines, as well as the retired ones from different professional areas.

In this age group, interview methods were used to determine the desire to understand the meaning of life by respondents. During the conversation, the questions from the questionnaire of Chudnovsky V.E. were mainly used and updated. After the analysis of the respondents' judgments about the meaning of life, as well as their answers to specific questions, the entire group of the older age range was to be divided into two subgroups.

The first subgroup includes 52 respondents. This subgroup is characterized by a decreasing, fading meaning of life, which is reduced to surviving, preserving one's family and health. The respondents however realize the fact that the meaning of life is fading, they can analyze the reasons, but cannot find a real way out of it.

These are characteristic statements of this group: I used to live, now I exist, I was redundant at work. I'm experiencing some feeling of despair, apathy. Even at home, I do not want to do anything (female, 56 years old, incomplete vocational education); I cannot afford any spiritual food - I do not live, but I exist (male, 67 years old, higher education); By the end of my life I discovered that I was worshiping the wrong gods, reading the wrong books, choosing the wrong profession, shall I continue to strive to understand the meaning of life? (male, 70 years old, higher education); It was not easy for us, but we lived with enthusiasm, with faith in a better future, now we are destroyed

(male, 61 years old, vocational education). The main reason for the extinction of the meaning of life is that the respondents see a change in the socioeconomic conditions in the country and, in rare cases, associate it with age.

The second subgroup consisted of 35 subjects. This subgroup, on the contrary, is characterized by the expansion of the meaning of life, its enrichment with new “small” meanings, taking the meaning of life up to new higher priorities. In the hierarchical structure of the meanings of life of these people, the following main meanings of life are distinguished.

Serving a higher idea. Respondents comment differently on its content: to do good for free (58 years, higher education), protection of the ideals of socialism, communism (62 years old, higher education); to achieve social justice, to live honestly and fairly, without the rich and the poor (male, 67 years old, vocational education); to fight for the restoration of the Soviet power, so that natural resources (gas, oil, etc.), plants, factories, health resorts, etc. belonged to the people, and not to those who became billionaires at the expense of a simple, honest worker (female, 69 years old, higher education); to make it possible that everyone can exercise their basic right - the right to a decent life (male, 62 years old, higher education); to do everything possible for children and grandchildren to continue their work, increasing the well-being of the Motherland and ensuring its development and flourishing (68 years old, higher education), etc.

The older age group (from 56 and older) is characterized by a loss, the extinction of the meaning of life among the significant majority of people (52 respondents, 59.7%), although for 35 respondents' new meanings of life are discovered, they believe that the expansion, deepening of life meanings helps to overcome declining years, bad health, ailments, and it prolongs life. *I always want to be active* is a typical statement of these respondents. Thus, there are grounds for ascertaining the efficacy of high life meanings in the respondents of this subgroup: the main meanings are not only preserved, but also embodied in the life and activity of a person.

It is also important to note the difference in the quantitative ratio between subgroups, as well as in their qualitative ones. The presence of qualitative differences was manifested among the respondents regardless of the location of the survey. To level this factor, we chose a variety of places: talked to people who came to the social welfare department, we visited mass events, specialized gatherings, in addition we talked to people just strolling in the squares, parks and other green areas of Nalchik. Nevertheless, the majority of our respondents were still teachers who either work in the schools of the republic, or are already retired (pensioners).

Polarization of respondents in terms of life meaning is confirmed by additional data obtained as a result of the analysis of the refusals of 22 people, which did not want to participate in the experiment. Typical reasons for the refusal of 9 people were: there is nothing to eat, there is nothing to buy, there is no the meaning of life, why and what to say, there is no point in living any longer: what meaning can poor people have, Is it worth talking about it, the whole meaning has disappeared, we do not know how to survive, we live from pension to pension, that's the whole point. It should also be noted that the answers showed a trustful, even sympathetic attitude towards the researcher who, according to the respondents' opinion, explores what has already gone (the meaning of life) in modern conditions

Summarizing the abovementioned, one can state that today young people (18-25 years old) have a wide variety of opinions and approaches of understanding the meaning of life, while there are young people (in this 17 people (2.4%) who do not quite clearly define or see their meaning in life.

The age group between 26-40 years old wants to be physically and spiritually beautiful, in harmony with their body and mind. They have a strong desire to know the truth; service to religion, etc., but among them there are 4.5% of respondents who believe that there is no meaning of life.

The specificity of the age group between 41-55 years old is manifested in the respondents' interest in career and personal growth of their own children, etc. However, among them, 19 (12.3%) do not have a positive understanding of the meaning of their life.

The older age group (from 56 and older) is characterized by the loss, fading of the meaning of life for a significant majority of the respondents (52 people (59.7%)), while 35 respondents discover new meanings of life, they believe that the expansion, deepening of high life values helps to overcome senility, bad health, ailments, and it prolongs life.

The data obtained from the negative understanding of the meaning of life are listed in Table 1.

Table 1. Indicators of negative understanding of the meaning of life for all age groups in %

**Table 1**

Age intervals	18-25 years old	26-40 years old	41-55 years old	56 years old and more
Indicators	2,8	4,5	12,3	38,2

The given table contradicts to the common opinion that the younger a person is, the greater his negativity is concerning the meaning of life. The data obtained as a result of a specific empirical study show that the fading of a positive understanding of the meaning of life, is proportional to the age, that is, the older a person is, the more negativity he has in his understanding the meaning of life. The next stage of the study will be to explain why the meaning of life fades. The current work was done to identify the connection between understanding the meaning of life and human health.

In order to reveal the correlation between understanding the meaning of life and health, a group of 20 people was singled out in the group of 18-25 years old who noted the meaninglessness of their lives, as well as a weak vision of possible life prospects. This group answered the question: "Are you satisfied with your state of health?" (on a *scale satisfied – dissatisfied*). It turned out that all 19 respondents (95%) are not satisfied with the state of their health.

In the group selected from the respondents, who noted the most definite, multicomponent vision of the meaning of their lives, with a total of 74 people, the satisfaction with health constitutes 97.3%. In a group of young people, there is a direct dependence of a positive understanding of the meaning of life and satisfaction with the state of health, as well as a negative understanding of the meaning of life with health dissatisfaction.

Before answering the question: How do health and the meaning of life correlate in the age interval (Markov, 2001; Chudnovsky, 1999), it should be noted that 6 people (4.5%) noted the meaninglessness of life in this age range, and therefore the survey was conducted in a group of 6 people who did not find the positive meaning of life. All 6 respondents, that is 100%, answered negatively concerning their satisfaction with their state of health.

Another group in this age range is distinguished from 47 respondents, whose meaning of life is expressed clearly and positively. All 44 (93.6%) of the respondents were satisfied with their health.

In this age group, the state of health of respondents and the meaning of life are related in such a way that those who do not have a definite, positive purpose in life are not satisfied with their health. Respondents with the definite meaning of life are also satisfied with their health. It should be noted that the first and second components can be swapped.

To identify the relations between the state of health of respondents and the presence or absence of a positively directed meaning of life, two subgroups were singled out in one age group. The first subgroup consists of respondents with poorly defined sense of purpose and lack of meaning of life (12 people). The second consists of the respondents with clear ideas about the meaning of their lives (54 people)

In the first subgroup, when answering the question: “Are you satisfied with your state of health?” (on a scale *satisfied – dissatisfied*) no respondent gave a positive answer. In the second subgroup, 92.5% of the respondents noted that they were satisfied with their state of health.

Based on the results of a survey conducted in the age group (41-55 years), one can conclude that the state of human health depends on the presence or absence of a positive definite meaning of life and vice versa.

There is a certain connection between the meaning of life and the state of health in the older age group; the group of representatives of the older generation of 87 subjects of pre-retirement age and, basically, of retirement age, was immediately divided into two subgroups. The first subgroup included 52 people, characterized by the fading meaning of life, which was confined to survival, preservation of family and health. The respondents are aware of the fact their meaning of life is fading, the causes are analyzed, but no real ways of getting out of the situation are found. It is also worth noting that among the respondents of the first subgroup, there are more people with higher education, who find their lives meaningless. This fact can be explained by the fact that respondents with higher education, having a greater expectation to the positive implementation of the meaning of life, are to a greater extent not satisfied with the realities that are taking place in today's Russia. It seemed to them that higher education must necessarily be accompanied with a maximum of opportunities for self-fulfillment, but, not seeing even the elementary conditions for this, they have some uncertainty, a kind of pessimism, leading to the view that the sense of something special in this life is missing.

The second subgroup is characterized by expansion, enrichment with new "small" meanings and raising the meaning of life to new heights.

It should be noted that all 52 respondents of the first subgroup, responding to a question about their own health status, noted their dissatisfaction with it. Only 4 people from the second subgroup declared that they are dissatisfied with their state of health

On the basis of the data obtained, we can say that among the older generation, as well as in other age groups, the presence of a positive sense of life is directly related to satisfaction with the state of their health and vice versa.

The direct link between the presence of a positive meaning of life and satisfaction with the state of health characterizes all age groups studied. The data obtained in the study can be summarized as follows: the certainty of the positive meaning of a person's life causes him to be satisfied with his state of health, and uncertainty and misunderstanding cause dissatisfaction with the state of health, and vice versa.

Among the respondents formed on the basis of age, each age group was diagnosed with the presence of a feeling of envy, it was determined to what extent the feeling of envy is present among the participants, and then these indicators were compared with their defined health status.

Alignment of the respondents' semantic field was carried out by a priori definition of the concept of envy from the point of view of modern psychology. Envy is a manifestation of the motivation of an individual to achieve something, and someone's real or imaginary advantages in acquiring social goods, wealth, success, status, personal qualities are perceived as a threat to the "I" of the envier and are accompanied by affective experiences and actions.

In the given definition of the concept of envy, it is clear that symptoms of this feeling provoke bad mental health. The first step is social comparison, then - the perception of another's superiority, the experience of disappointment, grief, and even humiliation on this matter. This feeling burns from within, making one feel like a failure, experiencing an acute shortage of what the other has, and suffer from it; the result is a disease of a different nature. The latter statement also corresponds to the data of the Japanese National Radiological Institute (NIRS), which published studies on envy, showing that the brain phenomena accompanying this feeling are contiguous with those accompanying pain sensations (Johnson, 2017).

Speaking about external factors contributing to envy, it should be noted, first of all, the proximity in the status position of the envier to the one who is envied. The envier, as a rule, compares his position and his achievements, dignity with the status of those who are close to him on the social ladder. Proximity creates better conditions for comparison, makes the life of another person more visible. The smaller the distance between the envier and the object of envy, the stronger the jealousy grows, and, consequently, the more reason for its health influence.

The presence of grudge and envy indicates the inability of the envier to reach the level the other person is on, this is the manifestation of the envier's powerlessness. Another "cause of destructive envy" is the "causal fallacy", that is, the perception of another person in the superior position as the cause of the envier's own failures and humiliated position; these feelings can give grounds for the development of somatic and mental illnesses.

Data obtained from the survey and their subsequent processing showed that in all age groups, there is a direct correlation between the state of health and the level of the person's manifestation of a feeling of persistent envy.

The results of the research work show that it is difficult to find a person (no matter what cultural, ethnic, gender and other formal and real properties and qualities) who has never experienced or shown envy at least once in lifetime. One should also pay attention to the fact that when asserting the negative effect of envy on human health, our study means precisely the persistent character of this feeling.

The volume of the article does not allow to present the whole set of reasons which have been found out during long time of research. We believe that the data obtained from personal introspection and observation can give any person the same results. To identify and subsequently eliminate the feeling of envy, one can offer many different types of activities, including a special system of training

sessions; thus, envy and human health are interrelated and a persistent feeling of envy causes a person diseases of both mental and physical nature.

It should also be noted that envy can be constructive, pushing people to act creatively, one can learn to use it for the good, using envy, as a magical push to new achievements. Envy is constructive when one wants to achieve more for the benefit of everyone, but this concerns the area of regulating the feeling of envy (Mokaeva, 2012).

## **CONCLUSIONS.**

In the Russian science, such physiologists and psychologists as G.L. Apanasenko, I.I. Brekhman, L.Ya. Ivashchenko, S.M. Pavlenko, S.F. Oleinik, N.M. Amosov, A.A. Bogomolets, and the others dealt with the issue of physical development. Wellness theories of G.P. Malakhov, I.P. Neumyvakin, P. Bregg, G. Shelton, K.P. Buteyko, etc. are also known. However, in spite of the great scientific experience and increased attention to this problem, there is still a contradiction between the acute need for using preventive measures for higher psychophysiological health of a person and the absence of a scientific justification for the formation of relations to health through knowledge of all its possible determinants. It is the approach to assessing one's own health from the standpoint of socio-psychological determination which allows us to fulfill the potential capabilities of the individual in modern realities of life.

Health is determined not only by the satisfaction of a person in professional, personal, social and other spheres, but by life in general, and therefore the more detailed the knowledge of the factors of its determination is, the more opportunities there are for both self-correction and corrective-regulatory work for specialists.

The study presented in this article, allows us to say that among many factors that determine health of the modern man such internal social and psychological components as understanding of the meaning of life and feeling of envy can be crucial.

Although the manifestation of the indices of sense determination for each age group are specific, nevertheless, there is a clear correlation between the absence or weak representation of the meaning of life and dissatisfaction with the state of health among respondents (more than 90% of the participants).

People who are not satisfied with their health do not have a definite positive meaning of life. Respondents with the same positive meaning of life are also satisfied with their health. It should be noted that the first and second components can be swapped.

The presence of a persistent feeling of envy and the absence of a positive meaning of life has a negative influence on the state of human health, whereas the lack of envy and a positive understanding of the meaning of life determine a satisfactory, good state of a person's health.

The study pays attention to many other correlations and relations between various indicators of understanding the meaning of life and degrees of satisfaction with the state of health in all age groups, therefore there will be further a more detailed research for more possible connections and relations involved in the deterministic process.

The results of this particular empirical study allow us to say that the state of a person's health should be improved, strengthened, regulated, to a large extent, not medically, but with the help of innovative mental and psychological technologies. In our opinion, no additional financial and material costs are required to master and properly introduce such technologies. It is sufficient to create and develop them within a person himself and by himself and their efficiency will be noticed immediately, multiplying happiness of people in the modern world.

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