

**THE MAIN SOCIO-PSYCHOLOGICAL PROBLEMS OF MODERN  
SOCIETY: ANALYSIS, SOLUTIONS****Abdullayeva N.  
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*The article examines the role of personality in the formation of a culture of health and ensuring mental well-being, the importance of knowing the structure of personal interactions in society. Correlation of individual-typological personality characteristics, spheres of personality structure and somatic aspects of life activity can be predictors of burnout syndrome, predisposing risk factors of the disease in modern society.*

***Key Words:*** *psychosomatic pathology, personality typology, professional burnout.*

Changes in structure society associated with crisis took place in all spheres of life affected human relations in society, caused the destruction and deformation of the established and generally accepted foundations of socio-psychological protection of the population. Human life began to be stressful factors, ideals and life orientations, values . With onset made disasters and natural disasters, there was an uncertainty about the prospects for further development of the individual, which became even more acute.

Many groups people not ready to accept changes taking society and are not able to adapt to new living conditions, to physical, psychological and economic relations. Many people are unable to solve their problems due interpersonal or personal problems.

when they have a group conflict, they make huge effort, which without help of psychologists will not lead to the desired results.

A society with signs of social contradictions began to have a negative impact on the mental health of its members, self-realization of the individual contributes to the creation of conditions that contradict the aggressive social environment, are subject to psychological influence at all levels of

communication, which has a pronounced destructive effect on the individual as an integral individual and leads to an increase in functional loads. Drug addiction, AIDS, homicides, mental illnesses are growing, and the number of crimes against people is growing.

The interdependence of all processes, the psychological saturation of interpersonal contacts, acute and emotional stress, the emotionality of subjective professions require a large contribution of special personal qualities in the professional activity of a specialist. Recently, there is a problem of professional combustion, which has received different names and interpretations.

The concept of "burnout" includes such concepts as "emotional burnout", "environmental burnout", "mental burnout", "professional burnout" and other similar concepts. Typical signs of burnout are unpleasant symptoms with negative emotions, fatigue, decreased performance, depression, quarrels, bad humor, suicidal thoughts, etc.

Emotional stress is a well-formed stereotype of emotional, often professional behavior. On the one hand, "burning" allows a person to dose and economically use energy resources. On the other hand, it has dysfunctional consequences, negatively affects the performance of professional activities, and sometimes even affects the quality of life.

threatens national security. Mental stress leads to excessive values of emotional stress, occupational disorders and personality deformities, and psychosomatic pathology.

Not reacts equally to in society, but statistics show that pain symptoms are growing. In recent years, the attendance of psychologists has increased by 20%, and the attendance of psychiatrists - by 10%.

The concept "diseases civilization" includes four categories diseases of modern man:

- diseases pollution (ecology);

- \*diseases of exhaustion-the results of physical and neuropsychic fatigue of a person;
- \*diseases of consumption-violation of the regime and structure of nutrition, bad habits, drug abuse;
- \*diseases reverse adaptation, violation biological and social rhythms of life [9].

As you know, every person strives for well-being, for a good and beautiful life. It's only natural. With an increase in the surplus of society, with a greater accumulation of material goods, it can be expected that the level of personal happiness members society will much higher. The question arises as to why, in the presence of obvious material prerequisites, sometimes an abundance of goods and services, mental suffering persists with a tendency to increase, but the feeling of personal happiness does not grow.

Satisfaction of needs becomes the goal of life, becomes a form, a way of life, which can change a person's value orientations, social activities, life goals. The consumer becomes a guarantor needs, slave desires and pleasures, often desire to satisfy desires by raising prices is formed by extreme egocentrism of the individual, which comes into conflict with society [18].

There are various ways to solve complex social problems of reality. People with freedom of choice are given many opportunities to organize their lives. Each individual member of society can ignore the need to comply with social and family rules.

However, these freedoms require a high level of transparency in all areas. Freedom is granted to all: both those who use it, and those who are limited to a certain circle of communication.

In real life, there is a process of destroying these ideas. This leads to the fact that not everyone can make the freedom granted to them meaningful. Conditions

that destabilize society have emerged: decline in morals, personality crisis with overestimation of life values. This leads to an increase in inequality and particular vulnerability of certain groups of the population who find themselves in difficult life situations, who have lost their jobs, housing, etc.

In these circumstances, there is an increasing need for an interpretation of the concept of mental health in psychology. For this purpose, it is necessary to identify individual typological personal characteristics that may be risk factors for the disease in various socio-cultural conditions of modern society. It is necessary to determine whether personal qualities are an indicator of burnout syndrome in cross-cultural comparison, what is the relationship between personal structure and health [24].

The study of personal characteristics of modern society is part of the solution of socially significant problems. The correlation between the spheres of personal structure and somatic aspects of life is important when studying the propensity to adapt to changes in the state of health. Type It influences emotional tension, which is an indicator of psychosomatic pathology, and helps determine the optimal parameters when choosing the life path of people who find themselves in a difficult life situation.

Typological features of personality, personal profile become the key to social psychology, which considers practical activity through the prism of personality specificity due to internal psychophysiological features.

In cross-cultural comparison, it is necessary to ensure the proportionality of reflection of the parameters of the personality structure at the level of functional tolerance to the traumatic impact of the social environment in accordance with a single general psychological law, according to which external causes have an indirect effect on behavior and the psyche-through the prism of the internal conditions of the subject of

Research in this area allows us to answer many questions of personal development inherent different societies, identify structural - level approaches that allow us to avoid the negative impact of mental influences on the body to some extent, and determine joint ways to solve them.

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