**The Substantiation of Scientific Research theme**

**of the Department of differential and special psychology**

**in 2016 - 2020 years**

**“THE PSYCHOLOGY OF HUMAN ORTHOBIOSIS”**

*The orthobiosis theory preaches value*

*of normal life and recommends anything that might*

*lead to it… For the full development… the further research*

*activities are needed, that must be given the widest space…*

I.I. Mechnikov

**The relevance of the theme.**

Ukraine is going through the most difficult period of its independence time today. In the last two years unforeseen and unexpected aggression against our country by Russian Federation, the occupation of the part of the territory, a military conflict and hostilities became part of the daily life of our citizens. In addition, Ukraine is at the stage of active reforming of the socio-economic relations, that requires citizens to keep up with these changes, to contribute the transformation processes, adapt to them.

       Any conflict, especially the military one, influences the position of community relations. Thus, the complicated socio-political events, that are taking place in Ukraine, affecting the vital activity of a large number of the population. In particular this applies to those who can be classified as a vulnerable group, concretely people who need special attention from the experts, especially those people who personally experienced the effects of the conflict: the participants of ATO, internally displaced people, families that suffered loss as a result of military aggression and of ATO.

     According to different sources, now about 50 thousand Ukrainian military people take part in the armed conflict in Eastern Ukraine, including most of those who return home with disabilities, not only physically but also psychologically. The international experience and the results of several studies suggest that almost 98% of military men “may wish a highly qualified psychological assistance”. Psychologists point out that rehabilitation is important not only for the soldiers but for the whole society.

     It is well-known that during the sharpening of socio-political situation and a conflict at the macro level of society, the conflicts and violence become more frequently at the micro level – family, community and society, interpersonal relations. The international organization data, in particular the International Medical Corps, show that in quiet times on the average 2-3% of the population of various countries require psychological assistance. In the event of a disaster this percentage rises to 4-5%. Mental disorders before the disaster could be observed in 10% of the population, after it in 20%.

       Modern challenges resulting from war, only reinforce the trend of recent decades. Thus, the process of human development in terms of permanent social transformations in Ukraine, unfortunately occurred mainly in negative than positive scenario. And this negative scenario is concerned, both to the biological and socio-psychological aspects of human life. And this particular show not high position of our country in various global rankings. According to the latest WHO data the life expectancy in Ukraine (2013) is only 71 years (for men – 66 years for women – 76). According to this index, our country ranks 111 place in the world, sharing it with such countries as Armenia, Trinidad and Tobago, Egypt, Indonesia, Morocco, Bangladesh, Tonga. In another criterion – Human Development Index (HDI) – complex index for comparison of poverty, literacy, education, life expectancy and other indicators of the country – in 2012 Ukraine occupied the 78th place. And in terms of life satisfaction, which is based on data from various surveys and indices on the level of happiness of citizens, Ukraine was among five the unhappiest countries and took the 174th place.

       The reason for these negative phenomena is that social transformation in the early stages has a strong destructive function in relation to the previous sociality and blurred the contours of the future. In personality dimension, it is found in significantly increasing emotional strain on a person. Life in terms of military conflict and information war is oversaturated with stress factors. Furthermore, the psychogenic effect of hostilities may be delayed in time and occur after the disappearance of immediate life danger. Difficult life situations the personality confronted, increasingly unable to solve in a short time and as usual, that means they acquire the character of a crisis.

       Thus, the problem of the harmonious development of personality and its rehabilitation to living conditions, rehabilitation and habilitation after negative life events are very important for Ukrainian society. It is required a fundamental review of existing approaches to systemic understanding of the mental health, as well as to some of its fundamental aspects, and applied for their implementation. And we consider it is appropriate to rely on the scientific legacy of famous scientist, whose name is called our Odessa National University – Nobel Prize Laureate I.I. Mechnikov.

I.I. Mechnikov is one of those brilliant scientists and naturalist who created his original philosophy of the human phenomenon. The philosophical ideas he presented in his famous works of the last years of his life: "Studies of Human Nature" (1903) and "Etudes of optimism" (1907). The author proposes the idea of human renovation as harmonious integrity, and in fact gives rise to ideas of a systemic approach to the rehabilitation of the individual.

       Within the philosophical anthropology Mechnikov analyzed two interrelated themes: the disharmony of human nature and the orthobiosis – a complete life cycle. Regarding human disharmony the scientist believed that a man is not perfect, and only with his hands, he can improve himself. Mechnikov opposed the doctrine of orthobiosis (full lifecycle, whose goal is to find the means to correction and elimination of disharmony that can be considered the birth of ideas about rehabilitation and habilitation measures) to the identified disharmony. Mechnikov expressed suggestions how to harmonize relations between human and society (which essentially acts as rehabilitation); because of their extreme imperfection they need to be recycled, which, ultimately, should also be reflected in the human nature. Human will find ways to improve their own nature in accordance with the objective of complex features. The nature itself, which is quite diverse in origin, contains such items which one should use to make it more harmonious.

       A component of orthobiosis is the continuation of human life. According to the scientist, it is too short and does not allow a person to entirely reveal his full potential. But the ultimate goal is not only a long life – you need to ensure that life was not burdened by troubles – and this one I.I. Mechnikov called a major problem of orthobiosis. That scientist says about human well-being. Accordingly, the most vulnerable part of life is an old age. It is important that it would not be pathological but physiological, normal activity.

      Orthobiosis was detected by the scientist as a way to overcome disharmony of human existence: the physiological and psychological, and social. "Orthobiosis - Mechnikov wrote - requires industrious, healthy and moderate life, far from every luxury and excess. It is necessary therefore to change existing habits and eliminate the extremes of wealth and poverty from which there is so much suffering now."

       Therefore, the relevance of studies of human psychology of orthobiosis both theoretical and applied aspect is obvious, because the psychological problems of modern human is inherently require the reflection in the orthobiosis paradigm.

       Thus, considering the psychological health in the orthobiosis paradigm, we can hypothesize that at this concept it acts as a characteristic of integrity and harmony of the personality. That is to say the orthobiosis view of the psychological health focuses on the development of informational, energetic and emotional potential of human.

       The actual problem is the lack of modern psychological science theories about the factors and mechanisms for the rehabilitation of the individual in relation to the harmonization of individual strategies. It is necessary to define the relationship of orthobiosis and rehabilitation. Because these concepts are studied separately and to date, there is no theory that links these concepts.

       All this allows to speak about the need for some basic assumptions when considering the human orthobiosis:

- Recognition of integral orthobiosis simultaneously as physiological, psychological and social phenomenon;

- Acceptance of the outgoing disharmony  of the personality and the orthobiosis consideration as a strategy to cope with this disharmony;

- Conceptualization of the psychological health in the orthobiosis paradigm as the characteristics of integrity and harmony of the individual;

- The adoption of multidimensionality, multiformat, multivectorness of the human orthobiosis.

**The purpose of the study based on the position of system analysis is to develop a basic concepts of psychology of  the human orthobiosis  to offer theoretical and methodological approaches to the study of personality in the orthobiosis paradigm, including mental health and rehabilitation.**

**The objectives of the study**:

1. To consider orthobiosis as systemic phenomenon
2. To prove methodological and methodical bases of research of the orthobiosis and tendency of its disclosure at the individual, personal, intersubjective and macrosocial levels
3. To determine the semantic field of the category "orthobiosis" , to trace  the identity and the difference of certain components and characteristics of such categories as "disharmony", "well-being", "psychological health", "coping" in the psychological researches
4. To investigate the physiological and psychosocial tendencies of the implementation of orthobiosis at various stages of a personality life span
5. To develop the orthobiosis mental health theory and empirically validate it
6. To identify gender and socio-demographic features of the implementation of orthobiosis way of life
7. To analyze at the orthobiosis paradigm the features of professional self and professional human strain
8. To create a methodological mechanism for the study of personality in the orthobiosis paradigm
9. To develop psychoprophylactic and training programs to develop the orthobiosis lifestyle
10. To develop the rehabilitation programs and centers aimed at restoring the functional state of the organism, normalization of emotional, moral, ethical and motivational areas, achieving the optimal level of personality adaptation and professionally important qualities of victims.

**Keywords**: personality, orthobiosis, coping, system modeling, socialization, transformational society, potential, anomie, development, dialectic of progress and regress, well-being, creativity, old age, gerontology, life cycles, psychology of time, proactivity, tendency of the disclosure of personality, macrosocial processes, unconscious, delinquency, resources of a personality, self-efficacy, authenticity, positive psychology, positive personality traits, gratitude, psychosomatics, perfectionism, rehabilitation, habilitation, readaptation.