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MAIN ASPECTS OF STUDENT'S MENTAL HEALTH

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The topicality. The problem of management of student's mental health is important and special issue. Particularly, it deals with social and psychological student's adaptation to higher school, necessity for personal self-reflection and self-determination to professional environment and others. Emotional conditions and their outcomes present serious threat to mental health. Along with these facts, psychological health is an important and necessary factor, which forms and provides student's progress and conflict-free communication during educational process.

The aim. Mental health is one of professional self-determination and self-reflection, effective professional specialist's activity. It contains person's well-being, provides the development of personality and achievement of professional skills. "Health psychics" is characterized by positive condition. It is the reliable and effective indicator, both healthy psychics and its disturbance. So, negative emotional condition indicates the disturbance of mental health and health in general [1, 5].

Main components of mental health are:

1. Personal component, which includes adequate perception of social reality, concentration, optimism, balance, sense of responsibility, self-confidence, adequate self-concept, energy, activity, purposefulness, ability to interact with people, adaptation to physical and social environment and more.

2. Emotional component includes emotional stability, ability to suppress negative emotions, low level of anxiety, and the presence of psychological self-regulation.

3. Intellectual component contains normal mental development, critical thinking, high mental working capacity [2,3].

The main signs of mental health of students are the following: activity, vivacity, observancy, adaptation to different situations which are present during educational process, low anxiety, emotional stability, ability to perceive and analyze the information. Such negative factors as absence of interest of subject, overload of information, inability to control self-regulation, fatigue, hypodynamics, poor nutrition, harmful habits affect the mental health [3].

So, the main task of higher school is to develop and maintain successful conditions for students. Higher school should be not only place for education, but also a place which gives an opportunity to form and develop skills for successful young people [4]. Main components, which provide healthy young people are the following: positive attitude to all members of educational process, trust, and protection from violence, effective interaction between students and instructors, which provides comfortable conditions of education and reduces the number of stress situations.

So, such educational space gives an opportunity to protect all members and provide them mental and physical health.

Conclusions. It reduces the number of stress situations, provides prevention of overload and student's fatigue, that assists in maintenance and strengthening their health. So, healthy young person is healthy nation.

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