

**PSYCHOSOMATIC DISORDERS OF THE ENDOCRINE SYSTEM
IN CHILDREN OF THE MOUNTAINOUS AREAS**

Although the mountainous areas of most countries are recreational, specific psychophysiological conditions and ailments occur in people residing in these areas. The reason is a unique combination of climatic and social conditions, which strains adaptation mechanisms, causes impaired functioning of organs and systems. Therefore, the study of the health problems of children in mountainous terrain is important, both in general and in practical terms. Diseases of the endocrine system, which are closely connected with the nervous system and provide neurohumoral regulation of all vital functions and support of homeostasis of the body have a particular interest for examination.

Psychosomatic disorders are disorders in which psychological mechanisms and behavioral responses play a leading role. They highlight the presence of deep psycho-emotional problems of the individual that affect the physiological functions. Most explanations for this phenomenon are provided in the writings of psychoanalysts (Z. Freud, A. Adler, A. Freud, M. Klein, J. Bowlby and others). Psychodynamic interpretation involves the mechanism of displacement from the mind of unacceptable thoughts and conversions, whereby the subconscious "breaks out" in a transformed form - by means of disorders of functions and changes in the structure of the organs of the body. Therefore, painful manifestations are symbolic responses to an unacceptable life situation. Important aspect of the problem is the choice of an organ that reflects internal conflict.

Based on the recognition of the important role of the psychological factor in the occurrence of many physical ailments, we aim to identify the peculiarities of endocrine disorders in children living in mountainous terrain and to analyze their connection with cultural and living conditions.

In recent decades, the incidence of endocrine diseases among children has increased significantly. Dysfunction of the glands of the internal secretion, eating disorders and metabolism occupy leading places in the origin of childhood disability.

In addition, there is a clear upward trend in age with the number of endocrine disorders having a psychosomatic nature. The reasons for this are, first of all, the increasing aggressiveness of the environment and stressful loads.

Imitation plays an important role in the formation of emotions. The child subtly perceives the emotions of others, quickly begins to copy the reactions of adults (especially mothers) and older children. In addition, in the postnatal development period, there is a biologically appropriate one-time learning ability with the formation of a particularly strong bond (imprinting), which provides a stable relationship of children with their parents and environmental factors. Therefore, even relatively mild stress effects during this period affect the formation of behavior. Different variants of realization of emotional stress are possible - either development of stability or somatovegetative disorders or neuroses.

Among the main interpretations accumulated in the scientific literature on the psychosomatics of children we single out the following factors:

- lack of protection in early childhood, breach of security through separation from parents or unhealthy family relationships;
- internal conflict, the contradiction of the conscious and the unconscious;
- physiological and psychological overload, stress accumulation, which leads to depletion of protective adaptation reserves of the body;
- academic overload;
- characteristic personality pattern, typical psychological and behavioral problems that affect the onset, course and treatment of the disease;
- reaction to frustration, adverse psychogenic influences, processing of interpersonal conflicts in which the individual does not see the way out of the situation, "flight into illness" as a wrong way out of social problems;
- constitutional properties of neuropsychiatric activity and CNS disorders (weak type of response, emotional instability, vulnerability);
- negative emotions and depressive states that affect the immune system, hormonal state and peripheral physiological activation;
- excessive focus on physical well-being; the patient's over-belief in the correctness of his own internal picture of the disease;

- the effect of suggesting another person (verbal references from parents) or self-suggesting, "organic language" when the disease is a physical embodiment of the phrase (for example, "my heart hurts for him", etc.).
- symptomatology has a certain hidden purpose, benefit, unconscious desirability of the disease (for example, the attack relieves significant problems, attracts the attention and concern of loved ones);
- self-punishment (for example, a child commits an act that is inadmissible from the point of view of their caregivers. Then the child has a sense of guilt and guilt seeks punishment, in particular - in the form of injuries and somatic disorders);
- background of unfavorable family and other social factors affecting the acquired tendencies, behavioral habits: wrong day regime, wrong educational practices, lack of a unified approach to the child, poor conditions for the development of independent activity, etc .;
- painful, traumatic experience of the past, with the mental and physical condition of the person during the action of traumatic events.

These factors are involved in the formation of disorders through various mechanisms: they make the child vulnerable to stress; complicate psychological and biological protection; fix physiological reactions. In this case, each age period in the life of the child has specific features, the consequences of which can become a background for the development of psychosomatic disorders.

The environment has a powerful formative influence on the child's personality formation, worldview and understanding of world. Peculiarities of life, "struggle for survival" form specific stereotypes of behavior and characteristic features. Marked psychological aspects of development under the influence of mountain environment are: spatial mobility; peculiarities of games and recreation; preservation of local culture; intergenerational information traditions and typical habits; children staying outside children's groups, among adults, etc. Conditions of life, which force to rely on themselves, form hardened people. However, the negative psychological traits of the highlanders were noted: intolerance to another thought, anger; malice; unreasonable persistence; envy; abrupt change in mental states; wary-suspicious attitude to strangers and others.

It is clear that people born and permanently residing in mountainous areas have developed inherited mechanisms for adapting to harsh conditions. But in conditions of physical or mental overload, against the backdrop of immunity, there is a breakdown of compensatory reactions, which causes maladaptation and disease. To the known and described above psychosomatic mechanisms can be added other specific mechanisms for the rural highlands:

- limited social contacts, the power of community opinion, the authority of the elders may be the cause of excessive suggestion in children, passive protective reactions; inability to respond flexibly, adapt to change and deal with problematic situations of interpersonal character;

- lack of attention and parenting due to constant employment;

- low level of general and social competence due to deterioration of educational opportunities, lack of cultural centers;

- active participation of children in the life support and family activities; development of early independence in solving life problems;

- loss of leading values and meaning of life, uncertain life prospects;

- understanding of own dependence on natural forces, seasonal rhythms.

The above-described environmental features obviously provide a special picture of the health of the population.

The conducted analysis showed that the psychological health of the inhabitants of the mountainous terrain, their spiritual strength is a prerequisite for life support in difficult climatic and social conditions. Disease is caused by a set of physiological and mental influences that complement each other. The condition of the human body is the embodied history of its family, the emotions it has experienced, psychological traumas, life experience, views formed against the background of certain natural and social factors. Psychogenic disorders of children are also characteristic because of their age characteristics: imperfect central nervous regulation of autonomic functions, the predominance of emotional ways of responding. Therefore, the search for effective treatments lies in changing the body's destructive ways of emotional response and behavior. A person who is in a harmonious relationship with own environment can withstand considerable stress while avoiding illness.

