

## Analysis Of The Concept Of "Norm"

**Natalia Nikolaevna Shelshakova**

Candidate Of Psychological Sciences, Petrozavodsk State University, Petrozavodsk, Russia

---

**Resume:** The article analyzes the characteristics of the concepts "norm" and "pathology" in relation to psychophysiological development. The features of identifying diagnostic criteria are described. The conditions for using the average statistical norm have been determined. Comparison of individual and individual norms is given. The criteria for mental health are indicated, these indicators are analyzed.

**Key words:** norm, developmental pathology, average statistical indicator, criteria, trust, disease

---

At the present stage of the development of society, in accordance with the changes in various spheres of life, the most urgent issues are related to the need to understand the difficulties of forecasting the future. The future is often seen as something ephemeral, difficult to realize, especially for young people. An adult often imagines the future as clear, with a definite plan and in the conditions of a known immediate environment.

It should be borne in mind that from the point of view of representing the future as a visible segment with a beginning from the past, several circumstances must be taken into account when planning:

1. establishing contacts only with people to whom there is trust (not prone to aggression, rumors, forced contacts are minimized). At the same time, it is necessary to understand who corresponds to the concept of "trust": "a man of his word" warning about the impossibility of keeping his word, "a man of silence" who does not spread rumors and does not believe rumors until he checks the facts with the one about whom they are spreading, " a person who feels " - do not harm your neighbor with your emotions.

2. the concept of "relatives" corresponds to the above indicators, therefore, "relatives by consanguinity" are also analyzed on the basis of the above data. This takes into account the age and individual characteristics of people.

3. past actions, which are perceived as mistakes, are analyzed and evaluated from the point of view of "I am from the past" and "I am the present". Comparative analysis in favor of positive emotions

from the "I-present" leads to the fact that the past is assessed only from the point of view of the transitional stage from the already unnecessary past to the present healthy.

Diagnosis of mental illness is impossible without a methodological definition of the concepts, which will be discussed below. In the usual way of diagnosing psychophysiological diseases, there are several concepts, but we consider "norm" and "pathology". From the point of view of some scientists, the concepts of "normal" and "abnormal" come from the entire perspective of the mental world, in which subjective and objective moments are inseparably merged [3].

In clinical psychology, it distinguishes a statistical norm, i.e. the arithmetic mean of any data (most people are not afraid of open spaces, so the absence of this fear is the norm). Initially, at the creation of the world, scientists were guided by the concept "everything that exists is normal, that is, if I exist, I am a manifestation of the norm, since comparison was impossible due to the presence on earth of only two people, Adam and Eve, different only by gender. This means that the development of life and the universe was outside the comparative aspect, only proceeding from the individual, psychophysiological characteristics of a man and a woman. The man, as a representative of the strong world, was engaged in land management, the woman took care of the daily, protected the fire. As soon as conflicts arose over the contribution to the development of their focus, people noticed that diseases appeared, and their number decreased. Tribes of different peoples from the beginning of the creation of the world were isolated only because the proclaimed norms could change, so the psychophysiological characteristics of people were different and the possibilities, respectively, were individual. Accordingly, these norms remained individual according to which there was a division of tribes that did not want to be at enmity with each other.

The comparative approach, more and more often led to negative consequences: either disease or separation of tribes from each other. A tribe that lived closely together, as a single whole only in the case of perceiving itself as a single social (struggle for survival, food, cohesion) and treating a friend to a friend as to yourself ("love your neighbor as yourself"), another as mine the norm, as similar to me (kind, caring), but not me (until envy appears, that is, a loved one wants to be like you, and to have what you have), I am like the norm of another (I am like a mirror of another, that is, silence and acceptance of all living things in a person (his actions, thoughts as a manifestation of a living person in the force of circumstances), but in the absence of envy, when the impossibility to become different, which leads to the desire to change the other, because he himself cannot become similar. here a person is guided by "Do not build yourself an idol" and "Know yourself in vain: in every action and inaction, on weekdays and tomorrow, and as soon as you do not feel the holy spirit in yourself, give up these thoughts and actions, and this will be the the manifestation of God in man, the manifestation of the will of the Almighty, while the will of the Almighty is your will of the mind over the base needs, the victory of the head over the bottom. " In this case, under the norm in relation to a person, it is necessary to be

guided by the understanding of etymology, the word "relate to ... ..", which means the ratio of a person's qualities with their attitude towards them, and not with a moral postulate.

That is, in the ordinary sense, we postulate ourselves as the norm, namely our way of life, our attitude to certain things. And, oddly enough, only the disease is perceived from the point of view of the postulate, medical criteria as the edge of deviation from the general norm, and the emergence of a new norm or rule. The council searched for the cause of the new norm. Isolation appeared in the tribe, someone who needed help was found, the weak was restored, and the disease disappeared.

Likewise, clinical psychology also denotes an ideal norm (as the best option for behavior, mental functioning), a social norm (as a pattern of behavior prescribed by society), an individual norm (the best way of functioning for an individual in terms of his characteristics), a biological norm.

The ideal and the individual norm should be perceived as identical concepts, since for the psychological health of a person, the best behavior is the best way of functioning for a person in the given circumstances. The concept of "social norm" is rather vague, since there is no social norm; any group of people who fall under any criterion they choose can be called a society.

A social norm is characterized by moral norms and rules, therefore examples of a socio-psychological standard in the form of educational programs are inappropriate, since when assessing a person's upbringing from the point of view of modernity, it should be noted that the predominant role of the formation of morality as a criterion of social standard for all means, forms and methods of further upbringing and education should be noted person. Based on this, the specificity of educational programs will change due to the diversity of the individuality of each person.

For example, knowledge in the field of general psychology is not accurate enough to differentiate a child with a norm of development and developmental retardation according to these criteria of norms. A child with a high level of long-term memory can be vindictive, touchy, and a child with a low level of this indicator may be non-offensive, easy to make contact, and quickly forgive insults. Accordingly, it is not the school curriculum that should be the standard, but the person is the measure of all things (Protagoras).

Often, we hear in relation to painful conditions leading to dysfunction of the body and denoting a deviation from the norm about the state of pathology. In recent years, the term "pathology" has only been used to denote deviations from the biological norm, in other cases, the term "disorder" has been used. In general, based on the above, it is necessary to move away from the concept of "norm" and focus on the concept of "individuality".

According to N.L. Belopolskaya, the concept of "mental norm" seems to be a rather rough division of mental norm and pathology according to some single criterion. Application of a combined criterion to distinguish between the state of mental health of a person:

- according to population consistency (the adequacy of actions in comparison with the average statistical indicators), this criterion can be used in stressful situations when quick decisions are required;

- on self-assessment (criticality), this criterion is required only for assessing one's own learning activity. In practice, in independent life, when comparing the goal and the result, the emphasis is on designating the result as the past goal. The result is identical or better than the goal in the past. Correction of the result for the sample is necessary if a collegial decision is made to change the functions of the original goal.

- by the quality of activity (productivity), this criterion allows you to assess the result of health manifestation, therefore, prevention is necessary.

In addition to the above criteria, attention should be paid to:

- the development of sensitivity to people carrying negative information (to reduce such contacts to a minimum);

- assume the variability of the future and the possibility of changing plans, warning partners or suddenly;

- cooperation is the basis of a happy future, competition is the result of a sad past; mutual understanding is the basis for planning the future.

All of the above criteria make it possible to diagnose a wider range of mental health disorders of a person throughout his life path in comparison with a single criterion.

Despite all the theoretical and practical difficulties that researchers face in the process of determining the essence of mental pathology, nevertheless, a pattern stands out that can be called the first scientific criterion of mental pathology. In the presence of pathology in the patient's psyche, the internal pathological laws themselves begin to dominate, overshadowing the normal function of regulating all body functions and weakening the protective mechanisms of the psyche, which leads to a decrease in stress resistance.

Thus, health in general and mental health in particular is a dynamic combination of various indicators, while illness, on the contrary, can be defined as a narrowing, disappearance or violation of health criteria, that is, as a special case of health. In clinical psychology, the process of comprehending the category of mental norm continues, the criteria underlying it are clarified and supplemented, and theoretical and practical research is carried out.

## **Bibliography**

1. Ivanova N. N. Integration of children with disabilities into society: content, forms, methods: method. river. Tambov: Tambov State University named after G. R. Derzhavin. Tambov, 2018. 51 p.
2. Isaev D. N. Mental retardation in children and adolescents. St. Petersburg: Rech, 2017. 389 p.
3. International Classification of Diseases of the 10th revision (ICD-10) [Electronic resource] // Access mode: URL: <https://mkb-10.com/> (date of reference: 24.07.2021).

4. Nosachev G. N., Baranov V. S. Semiotics of mental diseases (general psychopathology) Textbook. Samara: Etching, 2017. 380 p.
5. Shipitsyna L. M. "Uneducated" child in the family and society. Socialization of children with intellectual disabilities. St. Petersburg: Speech, 2019. 477 p.
6. Gromova E. I. "The Other" and the conceptualization of mental illness // Bulletin of the Moscow University. Series 7. Philosophy. 2019. No. 6. - p. 3344.
7. Drozd A. L. The problem of illness and adaptive capabilities of a person in the mirror of philosophical reflection / / Manuscript. 2017. No. 12 – - p. 63-67.
8. Zhilin V. I. Psychology of perception and epistemology // Izvestia of the Saratov University. A new series. Philosophy series. Psychology. Pedagogy. 2020. No. 41. - p. 18-23.
9. Mustafazade D. T. Philosophy and medicine: dialectics of their interrelation / / Bulletin of medical internetconferences. 2019. No. 11. - pp. 11-23.
10. Pogorelov V. V. Correlation of natural science and humanitarian approaches in modern research of human health and society problems // Eurasian Union of Scientists. 2019. No. 56 – - p. 14.
11. Frere B. Positivism. Chapter in The Blackwell Encyclopedia of Sociology 2020. – P. 4469. DOI: 10.1002/9781405165518.wbeosp061.pub2
12. Levine D. Auguste Comte and Positivism: The Essential Writings. Contemporary Sociology. 2019. Vol.47(6). – P. 677678. DOI: 10.1177/0094306118805421cISBN: 00943061
13. Normandin S. Claude Bernard and An Introduction to the Study of Experimental Medicine: «Physical Vitalism,» Dialectic, and Epistemology. Journal of the History of Medicine and Allied Sciences. 2017. Vol. 62(4). – P. 495528.
14. O'Donohue W. Epistemology and Logical Positivism. Chapter in the book Clinical Psychology and the Philosophy of Science. 2nd edition. 2019. P.2342.
15. Park Y.S., Konge L., Artino L.R. The Positivism Paradigm of Research. Academic Medicine. 2020. Vol. 95(5):1. – P. 1726. DOI: 10.1097/ ACM.0000000000003093ISBN: 10402446
16. Pickering M. Auguste Comte and Positivism. In book: The Cambridge History of French Thought. 2019. – P. 342352. DOI: 10.1017/9781316681572.040ISBN: 9781107163676
17. Swiatczak B., Tauber A.I. Philosophy of Immunology. Chapter in Stanford Encyclopedia of Philosophy. 2020. – P. 1544. DOI: 10.1093/oso/9780190098353.003.0001ISBN: 9780190098353