

# Addressing the social determinants of global mental health in the era of the Sustainable Development Goals

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**Abstract.** Everything in our world is marked by constant upheavals, challenges and upheavals. Since the ongoing Covid-19 pandemic, human development in most countries has disrupted human development and continues to pose unpredictable threats as new virus strains emerge. So, military conflicts in Ukraine and other regions have caused substantial human suffering against the backdrop of changing global politics and uncoordinated international relations. It is also important to note that the escalating impact of climate change, with record-breaking temperatures and firestorm events in our planetary systems, underscores the fragility of our planetary systems. Acute crises, in the form of urgent problems are transforming into long-term uncertainties that characterize our more unstable way of life. The concept of uncertainty is not a new one for humanity, as we have experienced past epidemics, wars and natural disasters. In spite of the fact that some nations have teetered on the edge of disaster, others have demonstrated resilience and adaptability in response to this unprecedented reality. At the moment, the key to addressing this challenge lies in accelerating human development. Unlocking an impressive potential for creativity and cooperation that is present in ourselves can be unlocked by exploring the innate potential for creativity and cooperation that resides within us.

## 1 Introduction

The concept of time perspective, which encompasses an individual's relationship with the past, present, and future, is integral to understanding psychological health [1]. Time perspective represents the holistic view of an individual's psychological past and psychological future, which are experienced simultaneously and influence their behavior. Mastery of time by an individual requires them to regulate, plan, and utilize time effectively.

The analysis demonstrates a profound connection between psychological factors of health and one's time perspective [2]. The framework presented by L. M. Wekker categorizes mental processes into two groups: cognitive processes that provide information

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about the world, and those related to psychological time, such as memory and thinking. The latter group organizes the information within the framework of psychological past, present, and future, shaping one's time perspective, and ultimately influencing psychological health. These mental processes encompass the individual's entire life scenario, making them crucial to understanding psychological health.

Individual personality plays a central role in coordinating various mental processes across different levels of the psyche [3]. While physical, biological, and mental processes have their inherent time frames, the personality serves as the epicenter of one's past, present, and future. The generalization property of health attitudes, being a fundamental parameter that transcends all mental processes, necessitates an examination of the relationship between indicators of psychological health and time perspective.

The interplay of the past, present, and future in an individual's time perspective and life scenario underscores the importance of memory traces and past experiences that shape one's present. The future is contingent upon the present, which is influenced by the past. Consequently, the past creates the context in which the future connects the values of both the past and the present.

Therefore, understanding the connection between psychological health and time perspective is crucial since time perspective and the experiences of the past, present, and future together play a significant role in an individual's psychological well-being.

A new development of insecurity is not a recent one, but it has been grown over the past century. It has been growing since before Covid-19 and the subsequent sharp decline in global human development after the pandemic and the consequences of this was an unprecedented event. Before the pandemic, more than six out of seven people worldwide were insecure. Even before the pandemic, more than six out of seven people reported feeling insecure.

The longer term trends are occurring in the context of global progress, even considering the impact of Covid-19 and traditional well-being measures, such as Human Development Report. In this year's Report, a paradox of progress coexisting with a loss of security is the core of its work. This paradox of progress combined with a loss in security forms the core of this year's.

Another irony of the Anthropocene era is that despite having more influence over our future, we do not necessarily have more control [4]. Forces such as the climate situation and important technology developments, many of which we ourselves have unleashed in our own way, have expanded the spectrum of potentially non-unknown outcomes that can occur under any circumstance. They find it difficult to navigate the path from one point to other, both in their personal lives and within society as a whole. The dynamics of the complexity are exacerbated by continuing issues like inequality, polarization, and demagoguery, that prevent our possibility to collectively define point B and set a course towards it. Health inequities are prevalent and persistent throughout the European Region.

## **2 Research Methodology**

The analysis delves into gender differences in the self-assessment of psychological health, attitudes toward risk, and resilience. The research involved a sample of 90 individuals aged between 30 and 40 years.

1. Self-assessment of Psychological Health [5]: The results show that, in general, both men and women displayed indicators of psychological health within normal limits. However, men exhibited slightly higher indicators of well-being, activity, and mood compared to women. When reflecting on their childhood, a majority of men (55%) considered themselves absolutely healthy, while only 10% described their childhood as unhealthy. In contrast, among women, fewer (42%) believed they were healthy children,

and 26% considered themselves sickly during childhood. Assessing their recent health status, 90% of men reported that their physical condition had remained stable in the past few years, with only 5% perceiving deterioration and 5% improvement [6]. Conversely, women displayed a more pessimistic view of their health, with 57% noting that their health had been generally stable. When comparing their health to peers of the same age, 40% of men and 25% of women believed their health was better than that of their peers.

2. Risk Propensity and Resilience: The study found that men (62%) were more prone to taking risks compared to women (38%). In terms of resilience, men had a higher overall indicator (95.4) than women (74.5), indicating that men in the sample displayed greater confidence and ability to manage stress, maintain mental balance, and cope with stressors effectively.

3. Time Perspective: The research employed F. Zimbardo's Zimbardo Time Perspective Inventory (ZTPI) to measure individuals' time perspective. This perspective is considered a fundamental dimension in the structure of psychological time, encompassing cognitive, emotional, and social components. Time perspective formation is influenced by various factors, including cultural values, education, family models, socioeconomic status, life events, and personal achievements [7]. It comprises five main dimensions:

Positive Past: This dimension reflects a sentimental, warm, and positive attitude toward one's past, characterized by the positive reconstruction of past events.

Negative Past: A negative past orientation is often linked to real traumatic experiences or a negative reinterpretation of past events, leading to feelings of pain and regret.

Hedonistic Present: This orientation is focused on seeking pleasure and enjoyment in the present, with less concern for future consequences.

Fatalistic Present: This perspective entails feelings of helplessness and hopelessness, with individuals believing that their future is predetermined, leading to resignation.

Future Orientation [8]: This dimension is characterized by a desire for future goals and rewards, involving planning and forward-looking behavior.

The research aims to examine the relationship between these time perspective dimensions and psychological health indicators, taking into consideration gender differences. This analysis provides valuable insights into how individuals' perceptions of their psychological health, risk attitudes, and resilience may relate to their perspectives on time and may offer a deeper understanding of gender-specific variations in these associations.

### **3 Results and Discussions**

The COVID-19 pandemic has posed a significant challenge to people worldwide, and its consequences are still under active scientific investigation. The effects of isolating individuals from active communication, socialization, and other aspects of full development are expected to have a profound impact on younger generations. These consequences may manifest as a range of issues related to deviation, resocialization, social disadaptation, and educational culture, among other critical areas of human development.

The pandemic period has been marked by tremendous uncertainty, as individuals around the world faced an unknown and unpredictable future [9]. Lack of reliable information about the disease, its treatment and prevention, casualties, and healthcare options, combined with the deluge of information from media and social networks, added to the anxiety, confusion, and depression felt by many. The impact of quarantine has been long-lasting, with some healthcare workers still experiencing post-traumatic stress symptoms three years later.

Isolation during such a crisis can have a significant impact on mental health and may lead to post-traumatic stress disorder [10]. Studies have shown that separated children, in

particular, experience a higher incidence of PTSD compared to non-separated children. The emotional aspects of decision-making and emotional intelligence have also come into focus, as the ability to understand, control, and manage emotions plays a crucial role in coping with stress.

Additionally, during the pandemic, there has been an increase in divorce rates, which highlights the importance of assessing emotional intelligence, specifically expressive control and the ability to analyze other people's behavior and emotions. People's behavior and decision-making are influenced by their belief in the effectiveness of their actions, motivation, and sympathy, especially in ambiguous situations.

The psychological effects of the pandemic, including fear, apathy, stress, irritability, insomnia, and more, can be reversed during and after quarantine with appropriate support and interventions. Prevention is crucial for psychological health, especially for our children's well-being. High-quality psychological support services and the involvement of professional psychologists and educational psychologists are essential. Educational institutions should establish safe zones for student success, involving parents, teachers, and students in the educational process.

Preventive measures for psychological health in education include systematic and coordinated efforts by psychologists, educational psychologists, and educational stakeholders. These efforts aim to create supportive environments that prevent psychological overload and crisis situations. Psychological prevention involves early identification of personal characteristics that may lead to deviant behavior, attitudes, and activities. Psychologists should consider age-related and social crises that individuals involved in the educational process may experience and assess conditions that affect life quality, including environmental comfort and activity conditions [11].

In conclusion, the role of psychologists in designing and optimizing the environment is essential in maintaining the psychological health of the school community, particularly during challenging times like a pandemic.

## 4 Conclusions

It is important to recognize that the most effective measures for achieving health equity throughout society are the promotion and reinforcement of social solidarity and mutual responsibility. You can see it in the form of an equitable distribution and a fairly equated distribution of social protection, which may require improvements in many countries. On the basis of this, it is vital to optimize current social security measures and gradually increased population size with conditions that allow full participating into life as well as the protection of good health. To achieve this, it is important to optimize existing social security measures and gradually increase the proportion of people living under conditions that allow full participation in society and the maintenance of good health.

The development of social cohesion and community resilience at the local level is critical. Prioritizing the development of social cohesion and community resilience at the local level is crucial. In this case, it is necessary to develop community structure that consists of public institutions, civil society and other partners. This will require a comprehensive approach involving the construction of community structures comprising public entities, civil service, and other partners, alongside those experiencing injustice and social exclusion. In the process, empowerment plays a central role in this approach, it is essential to create effective mechanisms that allow individuals facing injustice to participate meaningfully in decisions affecting life and health.

As to make significant improvements in health and its social determinants, it is imperative that the service delivery system be reorientated into an approach that is completely whole-of-government or whole-of-society. In addition to political commitment

from the highest echelons of government, the actions of the health system and its impact on other sectors, together with unwavering political commitment from the highest level of government, are critical for enhancing public health and social equity. As this demands, it is important to have greater consistency across all levels of government (international, national and regional), all sectors (policy, investment in service delivery), as well as the community's interests (community, private sector) and other participants (community, private sector, and voluntary organizations). According to the primary goal, it is necessary to ensure universal access to health services, and expanding its progressively to cover all countries in the region.

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