

ANALYSIS OF RESEARCH IN MEDICINE ON THE INFLUENCE OF MENTAL HEALTH ON PHYSICAL WELL-BEING IN PROFESSIONAL ACTIVITY AND HUMAN LONGEVITY

АНАЛІЗ ДОСЛІДЖЕНЬ В ГАЛУЗІ МЕДИЦИНИ, ЩО СТОСУЄТЬСЯ ВПЛИВУ МЕНТАЛЬНОГО НА ФІЗИЧНЕ У ПРОФЕСІЙНІЙ ДІЯЛЬНОСТІ ТА ДОВГОЛІТТЯ ЛЮДИНИ

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Анотація. Розглянуто питання, щодо аналізу досліджень в галузі медицини в яких досліджуються вплив ментального на фізичне у професійній діяльності та довголіття людини. Показано, що роль ментального стану у формуванні фізичного благополуччя та довголіття людини є надзвичайно актуальним.

Ключові слова: медицина, ментальне, фізичне, професійна діяльність, довголіття людини.

Abstract. The issue of analyzing research in the field of medicine, which investigates the influence of the mental on the physical in professional activity and human longevity, is considered. It is shown that the role of the mental state in the formation of physical well-being and human longevity is extremely relevant.

Keywords: medicine, mental, physical, professional activity, human longevity.

Introduction. In modern society, where the intensity of professional activity and stress levels are constantly increasing, the problem of the relationship between mental and physical health acquires particular importance. Research over the past decades demonstrates the close integration of psycho-emotional and somatic processes, as well as their influence on the quality and duration of life [1]. Accordingly, the analysis of the role of mental state in shaping physical well-being and human longevity is highly relevant.

Main part. Numerous medical and psychological studies confirm that chronic stress, depression, and occupational burnout significantly increase the risk of cardiovascular diseases, metabolic disorders, and weakened immune function [2; 3]. Conversely, positive emotional states, resilience, and the development of psychological self-regulation skills act as protective factors that enhance work performance and contribute to the prevention of premature aging [4].

In professional activity, special attention is paid to the phenomenon of emotional burnout, which, according to clinical and psychological studies, directly correlates with increased morbidity, cognitive decline, and a higher risk of disability [5]. At the same time, longevity studies highlight that a harmonious psycho-emotional state, social support, and mindful engagement in one's professional activity serve as important protective factors [6].

Medical publications also emphasize the importance of an integrated approach: only the combination of physical activity, balanced nutrition, quality sleep, and psychological well-being can ensure long-term health preservation [7]. In recent years, biological mechanisms underlying this relationship have also been studied, particularly the role of stress hormones, neurotransmitters, and telomeres as markers of aging [8].

Conclusions. The analysis of contemporary research shows that mental health directly affects the physical condition and longevity of a person. Maintaining psycho-emotional stability, preventing professional burnout, and developing psychological flexibility are key conditions not only for effective professional performance but also for extending active life. Therefore, health care strategies should incorporate a comprehensive approach that integrates medical, psychological, and social aspects.

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