



PERSONALITY SOCIALIZATION AS A FACTOR IN THE PREVENTION OF PSYCHOSOMATIC ILLNESSES IN HUMANS

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Abstract

Relevance. The relevance of the topic lies in the necessity of implementing a comprehensive approach in healthcare and a scientific analysis of the impact of various factors on the overall health status of an individual. The level of education, access to medical services, economic status, and living conditions are closely intertwined with a person's emotional resilience and the quality of their social connections, as well as their stress experience characteristics, which collectively influence physiological processes in the body, the immune system, and overall resistance to diseases. In this regard, the development of effective preventive and therapeutic strategies should be based on a multidisciplinary approach that considers various interrelated components, utilizing both traditional medical methods and innovative technologies, including psychological support and assistance as well as social programs. This will enable the creation of a more effective healthcare system focused on long-term positive outcomes and improvement of patients' quality of life.

Methodology. The aim of the work is to investigate, through theoretical analysis and generalization of scientific data, the significance of personality socialization practices in the prevention of psychosomatic illnesses. According to the author, for prevention and effective treatment, it is necessary to consider the influence of the specifics of a person's socialization process on their mental and physical health. The concept of "agency in structure" as a methodological basis of the study can combine sociological and medical perspectives on health in the understanding of how an individual, being in certain social conditions, can actively influence their health and well-being.

Results. As predictors of health, the article analyzes the connection between physical symptoms and interpersonal relationships, examines the impact of specific socialization practices on emotional resilience, professional fulfillment, and life satisfaction. Emphasis is placed on the promising nature of research into the effectiveness of digital technologies in supporting socialization and emotional well-being, as well as the importance of developing new models of therapeutic socialization that take into account modern socio-cultural changes.

Keywords: socialization, comprehensive healthcare approach, mental health factors, psychosomatic disorders, quality of life.

Relevance

Socialization is a dynamic process which, contrary to widespread criticism about its conditional limitations, continues to open new perspectives for the formation of the human



personality and its productive behavior. Socialization represents a complex mechanism of continuous influence of the social environment on the individual, which constantly evolves alongside changes in society (Darmon, M., 2023). Socialization processes create a context that significantly affects the formation and development of the social-emotional characteristics of personality through the interaction of cultural beliefs, values, and social practices. Such a multifaceted mechanism of cultural transmission not only determines ways of emotional responding and behavioral patterns but also influences cognitive schemas for interpreting social reality, the formation of identity, attitudes toward one's health, and potential illnesses.

The relevance of the chosen topic lies in the necessity of developing a comprehensive approach to human healthcare and a scientific analysis of the impact of various factors on the overall health status of an individual. The level of education, access to medical services, economic status, and living conditions are closely intertwined with a person's emotional resilience and quality of social connections, as well as their specific ways of experiencing stress, which collectively affect physiological processes in the body, the immune system, and overall resistance to diseases. In this regard, the development of effective preventive and therapeutic strategies should be based on a multidisciplinary approach that takes into account various interrelated components, using both traditional medical methods and innovative technologies, including socialization practices, psychological support and assistance, and diverse social programs. This will enable the creation of a more effective healthcare system focused on long-term positive outcomes and improvement of patients' quality of life, whose socialization continues throughout their entire life.

Theoretical Background

In the process of social interaction, cultural norms and values act as filters through which a person perceives, interprets, and responds to the surrounding world, leading to the formation of specific personal competencies and models of interpersonal interaction. This process is characterized by constant dynamics and adaptability, in which cultural influences continuously interact with the individual characteristics of a person, shaping their own ways of adapting to society and personal development. It is important to note that the cultural context not only determines the external manifestations of socio-emotional characteristics but also influences their internal meaning and interpretation, forming a complex system of interrelations between individual experience and collective cultural patterns, which ultimately defines a unique "cultural code" of the personality and its modes of interaction with the social environment (Chen, X., 2023).

The author leans toward the view that the concept of "agency within structure," which underpins modern socialization theory, can serve as a multifactorial framework for understanding the connection between social structure and human health throughout life. The theory of socialization holds significant potential to become a theoretical foundation that unites social science insights and provides a comprehensive framework for studying

the dynamics of the interrelationship between social conditions and individual health over a lifetime (Richter, M., & Hurrelmann, K., 2016; Liu, Z., 2012).

Since socialization shapes behavioral and personal characteristics of the human individual, it acquires particular importance in therapy and social rehabilitation of people with mental disorders. In this context, it can be beneficial in therapy and promote social reintegration. For individuals with mental disorders, quality social interaction becomes not only an element of daily life but part of the healing process and psychological rehabilitation. A coordinated process of social adaptation helps overcome social isolation, which often accompanies mental illnesses, and fosters the development of new adaptive mechanisms for coping with the illness. Group therapeutic sessions, participation in social projects, and mutual aid programs create a safe space for practicing social skills and emotional self-regulation. Gradual reintegration into the professional environment through specialized employment programs and workplace support enables the restoration of social roles and improvement of the patient's self-esteem.

Modern approaches to socialization of individuals with mental disorders also include the use of digital technologies and online support communities, making the social adaptation process more accessible and flexible. Thus, integrative socialization processes not only reduce symptoms of the disorder but also significantly improve quality of life, contribute to the formation of a new positive identity, and restore social connections (Flood-Grady, E., & Koenig Kellas, J., 2019).

Research on the impact of parental emotional socialization practices on the mental health of young adults has revealed significant cultural differences. Supportive practices showed particular effectiveness in Latino families, whereas unsupported practices had a greater negative impact in European American and African American families. These results emphasize the importance of considering cultural context when developing mental health support programs (Lugo-Candelas, C. I., 2016).

Psychosomatic medicine emphasizes the need for a holistic approach to treatment, taking into account not only physical symptoms but also the emotional state of the patient and the quality of their social relationships (Uchino, B. N., & Eisenberger, N. I., 2019). It has been proven that the quality of social bonds and accompanying emotional experiences can significantly affect the functioning of various bodily systems. Positive emotions arising from healthy social relationships stimulate the production of happiness hormones, strengthen the immune system, and reduce the risk of cardiovascular diseases. Conversely, prolonged emotional stress in troubled relationships can lead to various psychosomatic disorders, including sleep disturbances, chronic pain, and autoimmune diseases. Strengthening social health is a key preventive factor for stable psychological well-being. Studies show that natural, spontaneous encounters are more effective for maintaining social bonds than specially organized events. Despite the fast pace of modern life, it is important to find opportunities to maintain live interpersonal contacts (Bulut, S., 2019).

Research by A. Özden revealed a significant connection between difficulties in emotional regulation and the propensity to develop psychosomatic symptoms. Specifically, it was found that the inability to effectively cope with anxiety and sadness, closely related



to alexithymia, is a predictor of the frequency of psychosomatic disorders. Additionally, important factors influencing the frequency of psychosomatic manifestations in the sample were parental health problems and the medical history of the participants (Özden, A., 2015).

Zepf (Zepf, S., 2014) proposes a conceptual model of psychosomatic symptom formation based on the ideas of conversion. This model views somatic symptoms through the lens of fundamental psychoanalytic principles and scientifically substantiated medical knowledge, allowing a better understanding of the mechanisms of psychosomatic disorder formation.

A notable feature of our time is cyber-socialization; however, socialization through social networks can have an ambiguous impact on people's psychological state. On one hand, active communication and interaction on social media can contribute to the development of social skills, strengthening of friendships, and increased self-esteem. On the other hand, excessive immersion in virtual communication may cause negative consequences such as deterioration of family relationships, feelings of isolation, and depressive symptoms. Passive consumption of social media content without real-life interaction can also adversely affect psychological well-being. Therefore, it is important to maintain a balance and use these platforms in a healthy and constructive way to maximize positive outcomes and minimize negative effects (Zhang, X., 2023).

Other studies demonstrate the significant predictive role of both a person's emotional state and the quality of their interpersonal relationships in the context of developing various illnesses and the risk of premature death. The emotional sphere of the personality and the nature of social bonds act as powerful indicators of potential health threats and protective factors against them (Smith, T. W., & Weihs, K., 2019).

Meanwhile, research by Naseem, M. A. et al. on the relationship between personality traits, work socialization, and job satisfaction among bank branch managers showed that socialization acts as a key mediator between personality traits and professional satisfaction. Extraversion, conscientiousness, and neuroticism were found to be significant predictors of occupational cohesion in these employees (Naseem, M. A. et al., 2016).

According to Min, J. A., Lee, C. U., and Lee, C., improving mental health requires a comprehensive approach that includes three interrelated but independent directions: education, prevention, and treatment of mental disorders. While society generally recognizes the importance of strengthening mental health and well-being, psychiatrists often focus more on providing direct medical care rather than on preventive measures and psychoeducational programs. For truly effective population-level improvements in mental health, equal attention must be given to all three components — education, prevention, and treatment. Undoubtedly, only a comprehensive approach that accounts for these interdependent aspects can ensure sustainable positive changes in people's mental health (Min, J. A., Lee, C. U., & Lee, C., 2013).

Stress research by Blatnik, P., and Tušak, M. has shown that stress disorder prevention includes methods aimed at reducing stress levels and increasing resistance to its negative effects. These techniques include somatic practices (muscle relaxation, hypnosis, autogenic training) as well as cognitive approaches based on changing the perception and interpretation of stressors. The authors emphasize that creating favorable socialization conditions in childhood, strengthening parent-child relationships, and developing effective problem-solving strategies can be key to enhancing resilience and preventing psychosomatic disorders in a person's future (Sobhani, S. et al., 2024).

According to Bransfield, R. C., and Friedman, K. J., the modern medical community faces a critical problem of oversimplifying the diagnostic process, where complex-to-explain physical symptoms are automatically attributed to psychiatry, creating a vicious cycle of ineffective diagnosis and treatment. Accurate disease identification requires a comprehensive approach where the physician's clinical reasoning, thorough medical history taking, and holistic patient examination take precedence over isolated laboratory tests or diagnostic tools. Excessive use of vague and scientifically unsubstantiated terms such as "psychogenic states" or "somatoform disorders," along with outdated diagnostic terminology, leads to systemic errors in determining the true nature of diseases and inadequate patient care. The future of effective diagnosis lies in deeper integration of psychiatric and somatic medicine, abandoning obsolete diagnostic models, and developing a more nuanced understanding of the interplay between mental and physical health (Bransfield, R. C., & Friedman, K. J., 2019).

The aim of the article is to present a theoretical rationale and determine the impact of personality socialization as a factor in preventing psychosomatic disorders through meta-analysis and systematic review of related scientific studies, with the goal of developing effective preventive measures.

Methodology

The article employs a comprehensive methodology of theoretical analysis. Initially, a thorough review of scientific sources was conducted by examining contemporary studies and publications to substantiate theoretical positions with empirical data. Subsequently, a conceptual analysis was performed to elucidate the core concepts and theories, including the notion of "agency within structure" and socialization theory. Structural-functional analysis enabled the identification of interrelations between various components of the socialization process and their functional significance for the dynamics of an individual's mental health.

To explore the origins of socialization and its impact on mental health, systemic and comparative analyses were applied, allowing for the comparison of different approaches to understanding socialization processes across diverse cultural contexts and their influence on psychosomatic disorders.

Through interdisciplinary analysis, knowledge from psychology, sociology, and medicine was integrated to develop a holistic understanding of the relationship between social conditions and individual health.



Results

Based on the analysis of materials from representative scientific studies, we present conceptual generalizations alongside a set of tables and graphical materials illustrating the author's perspective. First, we will discuss in more detail the biopsychosocial model of factors influencing human mental health (Source: Mehta, M., Kapoor, S., 2018). This model encompasses three types of factors: biological, social, and psychological (see Fig. 1).

Biological factors (physical health and genetic predisposition) play an important role; however, their influence is difficult to control through socialization. In contrast, social aspects—including family circumstances, school environment, and peer communication—are crucial in the process of personality formation. In this context, socialization can serve as a preventive method against psychosomatic illnesses by strengthening stress resilience and fostering healthy relationships. Self-esteem, coping skills, and social abilities can be enhanced through socialization, thereby exerting a positive effect on mental health. Thus, the interaction of social, biological, and psychological factors determines how socialization can contribute to the prevention of psychosomatic disorders and improvement of overall mental well-being.

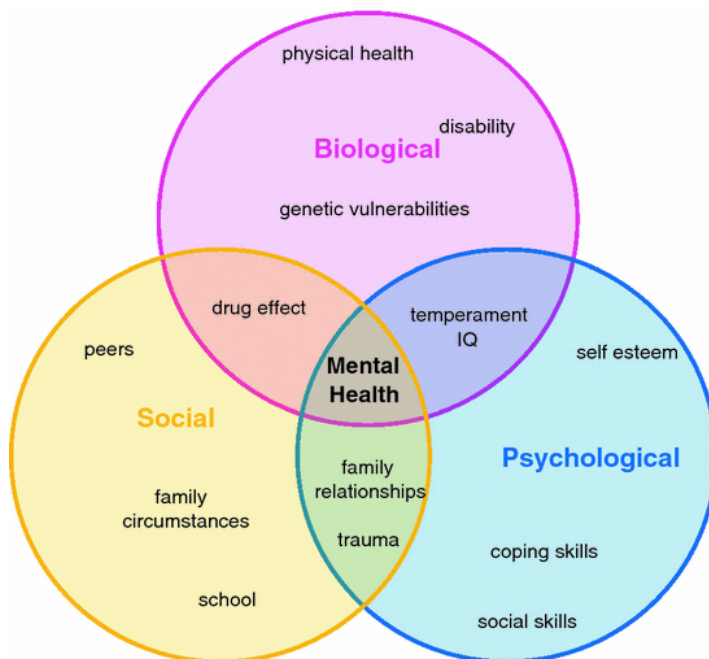


Fig. 1. Biopsychosocial Model of Factors Affecting Mental Health
(Source: Mehta, M., Kapoor, S., 2018)

Figure 1 illustrates a comprehensive model highlighting factors affecting mental health, divided into biological, social, and psychological aspects.

The conducted theoretical analysis revealed that participation in social groups, family relationships, and involvement in community events contribute to stress reduction, improved immune response, and stabilization of blood pressure and heart rate. Communication in online environments can both increase anxiety levels and affect sleep quality. Professional communication and participation in therapeutic groups stimulate cognitive activity and normalize neurotransmitter processes, promoting emotional stability. Key resilience factors such as emotional support, role clarity, and professional guidance help individuals reduce the negative effects of stress and enhance personality resilience against psychosomatic disorders.

The summarized data from representative studies, systematized in Table 1, demonstrate that various forms of social interaction have specific effects on an individual’s psychophysiological state and characteristics of psychological resilience. Notably, participation in social...

Table 1. Impact of Different Forms of Social Interaction on Psychophysiological State and Key Resilience Factors

Form of Social Interaction	Impact on Psychophysiological State	Key Resilience Factors
Participation in Social Groups	<ul style="list-style-type: none"> – Reduced cortisol levels – Improved immune response – Stabilized blood pressure 	<ul style="list-style-type: none"> – Sense of belonging – Social support – Regular interaction
Communication in Online Environment	<ul style="list-style-type: none"> – Mixed effect on anxiety level – Variability of sleep quality – Emotional instability 	<ul style="list-style-type: none"> –Quality of online connections –Online/offline communication balance
Family Relationships	<ul style="list-style-type: none"> – Stabilization of heart rate – Reduced stress level – Improved digestion 	<ul style="list-style-type: none"> – Emotional support – Stability of relationships – Quality of communication
Professional Communication	<ul style="list-style-type: none"> – Increased cognitive activity – Regulation of circadian rhythm – Stress response regulation 	<ul style="list-style-type: none"> –Professional self-realization – Role clarity – Healthy work environmen
Participation in Public Events	<ul style="list-style-type: none"> - Increased endorphin levels – Improved coordination – Reduced muscle tension 	<ul style="list-style-type: none"> - Voluntary participation – Regular activity – Positive feedback
Therapeutic Groups	<ul style="list-style-type: none"> –Normalization of neurotransmitters –Stabilization of autonomic functions – Improved sleep 	<ul style="list-style-type: none"> – Professional guidance – Structured sessions – Group dynamics

Note: Table created by the author based on findings from Frisch et al. (2015), Bernstein et al. (2018), Viznyuk et al. (2021), Vickram & Richard (2023), and Xu et al. (2024).



Participation in social groups leads to a reduction in cortisol levels, improved immune response, and stabilization of blood pressure. It also provides a sense of belonging, social support, and stability in interactions with others. For example, attending a therapeutic group contributes to neurotransmitter normalization, regulation of autonomic functions, and improved sleep quality. It also enhances an individual's perceived quality of life through professional support, structured sessions, and productive group dynamics.

Healthy family relationships promote heart rate stabilization, stress reduction, and improved digestion. They also provide a sense of emotional support, relational security, and quality communication.

The theoretical analysis also revealed that combining different methods significantly enhances overall effectiveness, especially when applied over an extended period, which yields the highest level of impact (see Table 2).

Table 2. Effectiveness of Various Socialization Methods and Their Impact on Psychosomatic Health

Method of socialization	Key components	Effectiveness indicators	Duration of impact	Level of effectiveness
Group psychotherapy	— Interpersonal interaction — Emotional support — Experience sharing — Development of empathy	— Reduction of anxiety — Improved sleep — Decrease in somatic complaints — Increased stress resilience	Long-term	High
Socio-psychological training	— Development of communication skills — Conflict management — Emotional regulation — Teamwork	— Improved social skills — Reduced social anxiety — Increased self-esteem — Leadership development	Medium-term	Average
Mentoring programs	— Individual guidance — Professional growth — Experience sharing	— Professional adaptation — Reduced occupational stress — Career advancement	Long-term	High
Volunteering	— Social activity — Helping others — Team interaction — Personal development	— Increased self-worth — Expanded social connections — Reduced depressive states — Improved physical condition	Medium-term	Average

Interest-based club activities	<ul style="list-style-type: none"> - Shared interests — Regular meetings — Creative self-realization — Knowledge exchange 	<ul style="list-style-type: none"> —Development of hobbies —Formation of friendships — Decreased loneliness — Increased life activity 	Long-term	Moderate
Family therapy	<ul style="list-style-type: none"> — Improved communication — Conflict resolution — Emotional support - Strengthened bonds 	<ul style="list-style-type: none"> — Harmonized relationships — Reduced family-related anxiety —Improved psychosomatic health —Increased life satisfaction 	Long-ter	High

Note: The table was created by the author based on the findings of studies by Frisch et al. (2015), Bernstein et al. (2018), Viznyuk et al. (2021), Vickram & Richard (2023), and Xu et al. (2024).

An individual approach also plays an important role in achieving better outcomes. Depending on the duration of the intervention, methods are classified as long-term (more than one year), medium-term (from six months to one year), and short-term (up to six months). The level of effectiveness may range from moderate to very high, depending on the conditions and individual characteristics of implementation. For example, group psychotherapy, socio-psychological training, and mentoring programs have proven effective in reducing anxiety, increasing stress resilience, and supporting professional adaptation. These methods provide long-lasting positive effects on emotional and psychological well-being, especially when conducted regularly. Volunteer activities and interest-based clubs contribute to expanding social connections and increasing life engagement, although their impact is somewhat shorter and less intensive. Family therapy demonstrates a high level of effectiveness due to improved communication and reduced family-related anxiety, which positively affects the participants’ psychosomatic condition.

Discussion

The results of the conducted analysis demonstrate the impact of various forms of socialization on an individual’s psychosomatic health. This aligns with contemporary scientific approaches to understanding the interplay between social factors and human physical well-being. Social interaction within groups and family environments shows the most positive influence on physiological indicators, including reductions in cortisol levels and improvements in immune response. In contrast, online communication yields mixed outcomes, underscoring the importance of a balanced approach to digital communication tools.

A significant finding is the identification of key resilience factors—namely, emotional support and communication quality—which serve as mediators between socialization and psychosomatic health. The analysis of the effectiveness of different socialization methods



revealed that long-term interactional formats, such as group psychotherapy, mentorship programs, and family therapy, demonstrate the highest impact on psychosomatic health when applied systematically.

Importantly, the obtained results confirm the validity of the biopsychosocial model of mental health determinants, emphasizing the inseparable connection between biological, social, and psychological components of health. This has crucial implications for the development of comprehensive programs for the prevention and treatment of psychosomatic disorders.

It was also found that socialization methods involving emotional support and interpersonal interaction show the highest level of effectiveness in preventing psychosomatic illnesses. Moreover, it is essential to consider that combining various socialization strategies and applying an individualized approach to their implementation can significantly enhance the overall effectiveness of preventive interventions, as evidenced by the variability of influence different forms of social interaction exert on an individual's psychophysiological state.

Conclusion

Based on the conducted study, which synthesizes and generalizes the results of a number of contemporary scientific works, a relationship has been established between the processes of socialization and the psychosomatic health of the individual. Direct social interaction, especially in the context of group and family communication, demonstrates the most positive impact on physiological indicators of the body, including a reduction in cortisol levels and improvement of immune response.

At the same time, the effectiveness of socialization significantly depends on the presence of emotional support and the quality of communication, which is confirmed by the validity of the biopsychosocial model of factors influencing mental health. This justifies the necessity of implementing comprehensive social adaptation programs that combine various forms of social interaction, take into account individual personality traits, and provide professional support, particularly in the context of prevention and treatment of psychosomatic disorders.

This is of great importance for the development of theory and practice in the fields of health psychology, social psychology, and psychosomatic medicine.

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PERSONALITY SOCIALIZATION AS A FACTOR IN THE PREVENTION OF PSYCHOSOMATIC DISORDERS

Abstract

Relevance. The relevance of this topic lies in the need to implement a comprehensive approach in the field of healthcare and scientific analysis of the influence of various factors on the overall state of human health. The level of education, access to medical services, economic status, and living conditions are closely intertwined with a person's emotional resilience and the quality of their social connections, as well as their individual experience of stress. These elements collectively impact physiological processes in the body, the immune system, and overall resistance to disease. In this context, the development of effective preventive and treatment strategies should be based on a multidisciplinary approach that takes into account various interrelated components, utilizing both traditional medical methods and innovative technologies, including psychological support and assistance, as well as social programs. This would enable the creation of a more effective healthcare system aimed at long-term positive outcomes and improved quality of life for patients.

Methodology. The aim of this work is to investigate, through theoretical analysis and generalization of scientific data, the role of personality socialization practices in preventing psychosomatic illnesses. According to the author, effective prevention and treatment require consideration of the influence of a person's socialization process on their mental and physical health. The concept of "agency within structure" serves as the methodological basis of the study, offering a framework that integrates sociological and medical perspectives on health. It explores how an individual, within specific social conditions, can actively influence their own health and well-being.

Results. As predictors of health, the article analyzes the connection between physical symptoms and interpersonal relationships. It examines the influence of specific socialization practices on emotional resilience, professional fulfillment, and life satisfaction. The article emphasizes the promising potential of researching the effectiveness of digital technologies in supporting socialization and emotional well-being, as well as the importance of developing new models of therapeutic socialization that account for current socio-cultural changes.

Keywords: socialization, comprehensive healthcare approach, mental health factors, psychosomatic disorders, quality of life.

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