

Psi-Programmes of the Human Psyche: Key Aspects

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This study introduces and conceptually substantiates the psi-programme as a dynamic informational-energetic structure that explains how stimuli are transformed into controllable mental processes. The methodology combined theoretical modelling based on fundamental psychological works with a secondary analysis of contemporary statistical reports on the state of mental health in the United States, Germany and Ukraine. The main result was the definition of a psi-programme as a dynamic informational-energetic structure that operates through four successive stages: the catalysis of a fixed set, the search for a strategy, the formation of an algorithm, and implementation. Comparative analysis revealed unique national patterns of dominant psi-programmes. In the United States, where 23.4% of adults have a diagnosed mental disorder, programmes of personal success and social anxiety were identified. In Germany, where only 25% of the population is in a state of psychological flourishing, programmes of stability and perfectionism are characteristic. In Ukraine, where 83% of the population experiences a high level of stress due to the war and overall satisfaction with psychological well-being has fallen to 36%, programmes of collective resilience and individual trauma were identified. Three levels for the practical modification of maladaptive psi-programmes were also defined: individual (psychotherapy), educational-media (high-quality content), and socio-institutional (supportive policies). The conclusions indicate that the psi-programme model is a valid tool for analysing mental activity. It was established that the sociocultural context is a key factor in the formation of dominant mental patterns that determine the psychological state of both the individual and society. The practical significance lies in the possibility of developing comprehensive, multi-level strategies for correcting maladaptive programmes and strengthening mental health.

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North American Journal of Psychology, 2026, Vol. 28, No. 4, 2061-2078
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