

Creativity as the Major Prerequisite of Human Health and Well-Being

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Abstract

The purpose of the article is to analyze creativity as a cornerstone of human health and well-being. Since health and creativity can be understood as the main factors of human well-being and two fundamental aspects of human existence, they can and must be interconnected in the scientific and cognitive plane. The actuality of the article stems from the statement that human health is the most complex issue for cognition revealing its interdisciplinary character, since only in the sphere of various sciences a holistic understanding of this phenomenon can be achieved. The interdisciplinary study in addition to the theoretical analysis of the problem field of creativity studies, the concept of functional asymmetry of the hemispheres of human brain, the theory of stress, the information theory of emotions, the theory of cognitive dissonance, the data of the Institute of Kinesiology, the paradoxical oriental logic of four alternatives uses. It is shown that creative people can maintain a psychophysiological emotional-cognitive state of uncertainty for a long time, possessing the property of reflection, using several opposing ideas, concepts, representations, psychophysiological states at the same time, which allows creative people to perceive and explore such logical-informational, cause-and-effect relationships and connections that are often inaccessible to those people who strive to achieve situational clarity and logical unambiguity. Under such conditions, creativity enables a person to overcome negative psychological states through the ability to integrate opposites, which allows to form the holistic structures that reveal the synergistic effect of the systemic properties of the. And this reduces the entropy of living systems, increasing the vitality of a person, strengthening his/her immunity, generating a state of health as the major factor of well-being.

Keywords: Creativity, Diplasty, Human Health, Well-Being, Human Emotions, Absurd, Human Brain, Illness