



## ***Seven Root Causes and Four Cornerstones for Preventing Psychological Distress, Psychological Disorder, and Negatively Deviant Behavior, 7x4-Field***

**Juhani Heiska**

Licentiate in Psychology, South Savo Science Society, Finland

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### ***Abstract***

*The objective of the study is to narrow the gap between theory and practice in mental health work - both in terms of its implementation and development.*

*By analyzing over one thousand scientific studies on reasons of mental malaise, mental disorder and negative deviant behaviour, by studying and monitoring practical mental health work and by the use of factor analyses, there was formed a 7x4-field.*

*The first group of categories in the 7x4-field consists of the following factors: 1. Types of lonelinesses, 2. Negative and positive models, 3. Stresses and challenges, 4. Punishments / disappointments, 5. Losses and coping with them, 6. Avoidances and effective adaptation methods, 7. changes in life situations.*

*The second group of categories consists of the following cornerstones which are oriented towards the aforementioned factors: (A) human relations, (B) bodily functions / physical activity and exercise, (C) rational actions and behaviour, (D) irrational actions and behaviour, philosophical activities (e.g., religion, ideologies, and art).*

*By cross tabulating the aforementioned categories, there are formed 28 cells which can also be used as separate groups. The categories are further divided into over 250 smaller subclasses, which include over a thousand scientific studies. The 28 cells form also units which function individually, for example, losses in human relations.*

*As an outcome, the developed 7x4-field is suited for many kinds of preventive and anticipating mental health work, as well as in the studying of the reasons of mental malaise, mental disorder and negative deviant behaviour. In addition, it can be used in teacher education and schools. The 7x4-field can also be described as a tool for the identification of reasons and causes of behaviour.*

*It is to be noted that that many famous s composers, painter artists, and even poets, have probably subconsciously described the cells of the 7x4-field. Examples of this are given in the study.*

**\*Corresponding author:** Juhani Heiska, Licentiate in Psychology, South Savo Science Society, Finland.

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## Introduction

The narrowing of the gap between theory and practice is an important aim in hoitamiset ennaltaehkäisyt training, and education. This is almost the self-evident fact. In this paper we concentrate on the gap, which we come across, when we try to anticipate and prevent mental malaise, mental disorder and deviant behavior. To shorten the path from the fields of scientific theories to the fields of practice we need a new tool. Its name here is 7x4-field.

## What is 7x4-Field

It contains the following matrix :

**Table 1:** Cornerstones of Mental Health

Effectors:	A Human Relations	B Bodily functions	C Rational Functions	D View of Life
1) Lonelinesses				
2) Models				
3) Stresses				
4) Punishments				
5) Losses				
6) Avoidances				
7) Changes				

The first group of classes contains the following contributors: (1) Lonelinesses, there are many kinds of lonelinesses, (2) Negative and positive models, (3) Stresses and challenges, (4) Punishments / disappointments and successes, (5) Losses and coping with them, (6) Avoidance options, emotional distancing and effective adaptation methods, (7) Experiencing changes without immediate discomfort.

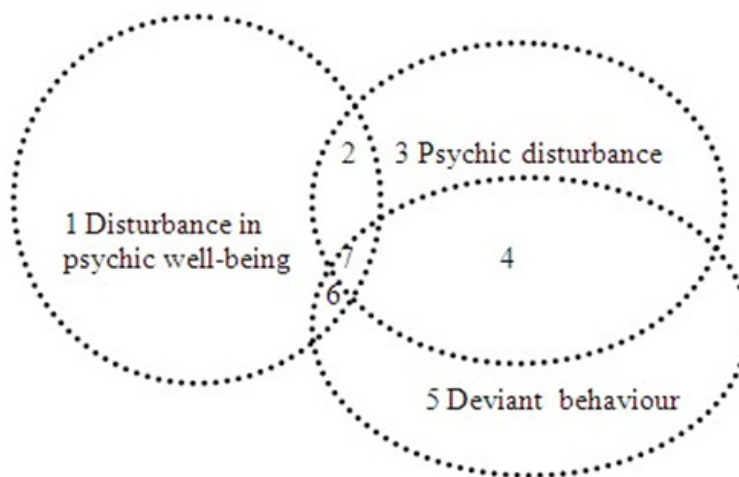
The second classification of categories takes shape in four cornerstones, towards which the before mentioned contributors are directed: (1) Human relations, (2) Bodily functions / physical activity and exercise, (3) Rational actions and behavior (4) Irrational and view of life actions, e.g., ideologies or beliefs. The above classes can be cross-tabulated into 28 cells, which can be treated as different groups. The categories can be divided into smaller subclasses, totaling more than 250, into which thousands of results from scientific studies can be placed. It is remarkable, that these 28 cells also form individually functioning spheres, such as losses in human relations.

These studies were selected, data were extracted and the factor analysis was conducted as follows: When the helper needs answers from scientific studies to the question of why such and such a disorder occurs, he is faced with a huge file of research results. Each helper then develops his own framework or structure of those causes, for example even a two-class framework of environmental causes and hereditary causes. When the question is then faced with which framework is the most functional or usable, he comes to the treatment of the 7x4 field, where factor analysis was used in the initial stages.

Using many studies on causes, a set of questions was created, each question addressing a discernible cause. Such an interview study was then conducted on representative samples from a certain habitat with a lot of disturbance and a habitat with a little disturbance. It was then discovered that the causes that appeared in the scientific studies appeared statistically significantly more often in highly disturbed areas than in slightly disturbed areas. Then a factor analysis was done on those interview questions and a 7x4 field was arrived at.

7x4 field (1).

The suggested field fits to many kinds of preventing and anticipatory mental health work, to teacher education, to schools, and to studying psychic problems, psychic disturbance and negative deviant behavior too. These three areas are described in more detail following:



#### The overlapping of three central concepts

So the 7x4-field is also a tool, with which you can identify the reasons of behavior and its development.

#### 7x4-Fields Focusing

You can make it more exact for example in the following way: One remarkable observation is that many artists, composers and poets have probably unconsciously represented the cells of 7x4-field.. For example, the Finnish J. Sibelius repeated the exclamation “the music is made of sorrow” so often that it was included in his obituary. The famous Lebanese poet K. Gibran wrote a long poem “seven times have I despised my soul”. In it, he spoke about the main points like in this article. The respected Finnish poet R. Ahti has also written about them. A good example is also the production of the Finnish painter Albert Edelfelt and Swedish painter Carl Larsson.

#### Negative and Positive Lonelinesses

Situations primarily involving subjectively experienced isolation, alienation, anomy, separation angst etc. attachment relationship damage and other such things,

#### Loneliness in Human Relations

Interpersonal loneliness: in social development, friendships, camaraderie, acquaintances, in comparisons of oneself to others, attachment relationship damage and other such things,

- Spouse or life partner being or not being a part of one's circumstances.
- Widowhood, where the experience of loss is not most crucial.
- Absence or presence of a loved person,
- Number of roommates, e.g. single living.
- Presence or absence of child within adult living circumstances
- Loneliness relating to neighborhood, e.g. indifference of surroundings, homesickness etc.
- Number of friends, mates and acquaintances.
- Positive tokens of distinction coming from outside of home, e.g. letters of thanks, marks of honour, awards etc.
- Loneliness because of deformity or dissimilarity in one's look.
- Available channels of information regarding prospects of treatment in the social milieu of the person seeking therapy.



Aino from Kalevala (the Finnish national epos). Her suicidal loneliness is reflected in the remote woman figures as well.



Here is positive solitude, where the mother is alone with her child.

At this point, I hope, you will got an idea that the disposition of reasons is disposition of both positive and negative contributors.

### Loneliness in Mobility / Physical Exercise

Loneliness which is part of motor coordination development and maintenance of body fitness or relaxation, distances to cultural activities etc.

- Distances appropriate from the point of view of mobility to banks, post office, bureaus, libraries etc.
- Suitable distances to locations of hobbies.
- Suitable distances to friends, mates or acquaintances.
- Opportunities to participate in physical exercise.
- Opportunities to participate in neighborly help activities.
- Caring for animals or plants as a hobby depending on feasibility and distances.
- Motor patterns of mother child relations e.g. motor melody.
- Keeping oneself clean, Sauna-bath etc. from the point of view of being alone.
- Loneliness relating to coping with physical sickness or injury.
- Physical distances relating to availability of therapy.



Here is a man going on dangerous and lonely rowing trip, in which the bodily condition is important.



Here is a description of an individual motor melody



### Loneliness in Rational Functioning

Loneliness experienced in cognitive development, in actions primarily pertaining to daily livelihood, social coping, reflections, planning, studying etc.

- Work involving isolation from other people.
- Work involving making of solitary decisions.
- Work involving separation from near ones.
- Isolation because of paucity of work.
- Professional loneliness, unfamiliar language etc.
- One-sidedness of games and plays.
- Situations associated with looking after common affairs.
- Loneliness pertaining to getting support for upbringing.
- Discriminating or uniting features of quality of housing.
- Practical support or lack of such support given by environment for the therapy.



The children of an orphanage are working on a handicraft project.



A scientific researcher experiencing positive loneliness

### Loneliness in Functioning Pertaining to Outlook in Life

Loneliness experienced in emotional, ethical and aesthetic development, in actions relating to religion, art, values, ideologies etc.; cosmic, mystical, irrational etc. loneliness.

- Being solitary due to one's ideology, ideals, beliefs or philosophy of life.
- The experience of completeness, so called flow-experience, asubjectivity or such.
- Phenomena of envy.
- Problems of human rights in view of loneliness.
- Being subjected to compulsory treatment.
- Masturbation.
- Estrangement, anomy (as a sociological concept), lack of norms, etc.
- Phenomena relating to lack of confidence.
- Experiencing's of false unity.
- Questions of appreciation relating to phenomena of mental disturbances, for example despair or hope.



A lonely verger in his own surroundings and in lonely contemplation.



In the midst of nature, a person can experience positive loneliness.

### Negative and Positive Models

Situations primarily encompassing opportunity to learn from models.

### Human Relationship Models

Models fashioned by the society, acquaintances, mates, friends, relatives and near ones.

- Models provided by severe or frightening diseases.
- Models provided by diverse paroxysms.
- Models provided by incessant pain or anguish.
- Models involving failure of control or trying to maintain it.
- Models formed by peer rejection.
- Models deriving from self destructive behaviour.
- Bribery, corruption etc. from the point of view of model learning.
- So called unwritten laws of human behaviour, e.g. models of efficiency standards
- Models relating to sexual behaviour.
- Perceptibility of disturbed behaviour or its common occurrence or consistency in the surroundings of the person seeking help.



The men in a high position show a bad model in a loss of inner control.



A well-known model showman washing the feet of her disciples

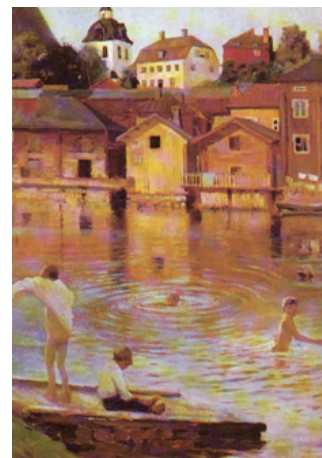
## Models / Physical Exercise & Bodily Functions

Models involving motor development, maintenance of body fitness, relaxation etc.

- Models derived from physical exercise minded environment.
- Models given by morning routines.
- Eating habits from the point of view of models.
- Vitamins in nutrition.
- The cleaning of body and the hygiene in view of models.
- Models given by surrounding people about how to handle bodily functions.
- Prevailing views about connection between physical exercise, psychic wellbeing and mental health.
- Models received about relaxation: relaxation exercises, worrying about getting sleep, making love, crying, laughing and shedding tears and other such things.
- Cultural models of physical exercise and health, e.g. gymnastic exercises during intervals and loitering in the streets.
- The congenital models in bodily functions, epigenetics and other such.



A soldier shows a gloomy model in destroying bodily functions.



Positive physical activity model for children

## Models of Rational Functioning:

In work, in organizations, reasoning, studying, enlightenments etc.

- Models from the media.
- Mental health models through work.
- Behaviour models derived from quality of work, e.g. model for forever busy style or “customer is always right” approach and patterns and models in everyday love.
- Models from reasoning and studying, e.g. fast and slow thinking.
- Behaviour belonging to identity.
- Phenomena pertaining to willpower.
- The dominant diagnostic.
- The organizing models in healthcare and treatment of diseases.
- The so called arational viewpoint, in which you cannot understand everything and end up proceeding via paradox.
- Culture bound presumption and information about mind becoming disturbed or aberrant.



Mikael Agricola here creates a model for the Finnish language and at the same time shows how troublesome it is.



Boys following a positive role model

### Models Pertaining to View of Life

Models derived from religion, ideologies, vicinity of nature or arts.

- Cultural religious customs.
- The so called customs of country, common prejudices, confirmation bias, etc.
- Customs at home regarding common hobbies.
- Models on how to relate to values and questions of faith.
- The beliefs pertaining to different cares.
- Models derived from moral duplicity.
- Models for dealing with feelings of guilt.
- Behaviour pertaining to favorite places.
- Models derived from maintenance of honor and reputation.
- The utilization of intuition: superintuition, instinct intuition and expert intuition.



A representation of the view of life in the bare model of the Finnish archipelago



Here is a slightly happier Swedish model.

### Actual Stress Situations and Challenges

Situations primarily involving all the following facts:

- Something unpleasant has happened.
- Unpleasantness is known to continue, unless certain action is taken.
- Certain action mentioned above poses some difficulties.



### Stress in Human Relations:

In social interaction, family situations, emotional communications, etc. in which loneliness or questions of values are not the crucial unpleasant factors.

- Stress of getting the message through, generally speaking.
- Stress of expressing emotions.
- Stress of numbers of people.
- Controversies about sharing responsibility.
- Stress of having to select company, alienating a child during a divorce process, etc.
- Being under pressure, contentious circumstances, mode of bonding or mystification, tearing open so-called scarred wounds, submission to suggestion, etc.
- Double bonding expression, circumventive talk, responding tangentially etc.
- Generation gap conflicts.
- Disturbance in the homeostasis of the family, familial distortions, confusions in the roles within the family, chaotic family situation, a loved one being in prison or a nursing home, etc.
- Interpersonal stress during pregnancy and childbirth.



Stress in human relations: How should one come to terms with the letter of the law?



Children experience interesting excitement, or positive stress, here.

### Stress of Mobility / Physical Exercise / Bodily Functions:

In motor coordination, keep fit exercises, relaxation exercises etc.

- Restrictors in chances of exercise possibilities and movement in the immediate circle.
- Plight of finding an untroubled place for walks.
- Stress relating to movement in the house.
- Vacation stress, problems about scheduling of leisure, other such and even passionate love.
- Hazardous exercise.
- Hereditary stress.
- Encumbering factors of blood consistency, burdens of disease epidemics and other such state of health,
- Organic malfunctions in motor coordination.
- Conflicting attitudes relating to organic stress.
- Stress of brain dominance, brain tumors etc.



Here we confront a remarkable piece of bodily stress, a disease.



Here the physical stress is already on the winning side.

### Stress of Rational Functioning

Functioning primarily involving cognitive development, daily livelihood, housing, reflections, studying etc. from the point of view of stress.

- Stress caused by suitability of working hours.
- Stress about cessation of work.
- Stress of rationalization and organization, unsuitable activity level, overload of information, multilingual growth environment etc.
- Stress relating to labor union action.
- Difficulty in acquiring a home or threat of losing it.
- Environmental stress such as noise, odor, and excessive cold or heat.
- The burdensome structural features of the apartment and living environment.
- Economic predicaments.
- Stress of getting involved in lawsuits.
- Contending interpretations regarding nature of self observed symptoms, e.g. whether the pain is physical or psychic.



The working stress of fishermen in the archipelago can be seen especially in the expressions of the people.



The main interesting challenge in this is the suction of work.

### Stress of Functioning Pertaining to View of Life

Problematics from the point of view of religion, arts, emotional aspects of security, values, ideologies etc.

- Stress of keeping a secret.
- The hierarchy of values and valuation problems of activities, for example, the conflict between work and family and enrichment, equality problems and the passivating effects of increasing services.
- The problems of self-esteem.
- Situations of helplessness in helping.
- Stress of getting into different risk groups.
- Disputes between different world views and religious movements.
- Competition around standards of living.
- Poor prognoses that seem to fulfil themselves, perpetual degradation of those who have met with setbacks, the batting of beaten etc.
- The paucity of empowering images.
- Environmental failing in tolerance towards visible and identifiable disturbed behaviour.



The stress caused by considerations of view of life may lead to studying piles of books.



This is where an empowering image emerges, i.e. something opposite to stress.

### Punishments, Disappointments and Successes:

Occasions when certain behaviour has caused something unpleasant or pleasant to the experiencer.

#### Punishment experiences in human relations:

In friendships, comradeships, family situations, social development etc.

- Violence begets violence phenomena or some other such.
- Reproaches of neighbors or other near surroundings.
- Being a target of gossip mongering.
- Punishments via unnoticeability.
- The scapegoat phenomena, fundamental attribution error, etc.
- Being target of intimidation.
- Birth of an unwanted child in view of human relations.
- Experiencing societal punishment for sexual behaviour.
- Experiencing societal punishment for dressing, hair care plus other such.
- Experiencing environmental punishments for availing of mental health therapy.





The prodigal son returning home and experiencing a punishing atmosphere.



Even children know how to punish, and it can make adults smile too.

### **Punishment / Disappointment Experiencing in Physical Exercise / Bodily Functions:**

In body fitness, relaxation or actions relating to muscle development.

- Physical punishments.
- Experiences of physical violence.
- The effects of capital punishment and other harsh punishments.
- Occasions when one is physically sensitized to experience punishment.
- Failures in breast-feeding.
- Failures of keep fit programs.
- Experiences of failure in exercise, physical fitness, and other such activities come through the equipment.
- Experiencing's of failure in competitive situations in physical exercise contests.
- The harassment of pedestrians, intimidation with violence etc.
- The frustrations in waiting lists for care.



An extreme bodily experience of disappointment a clergyman falling as a victim of execution (one famous story from history of Finland).



Threatening bodily harm is a milder form of punishment.



## Experiencing Punishments / Disappointments in Rational Functioning

Primarily involving daily living, housing, reflections etc.

- Persons who cause experiencing's of punishment at the place of work.
- Admonishments about quality of work, judgments etc.
- Reprimands and failures encountered in upbringing.
- Rebukes and disappointments encountered in daily work, in the search for truth, etc.
- Unsuccessful plans, petitions, proposals etc.
- Excessive or exorbitant punishments.
- The effects of collective penalties.
- Ignoring's or forcing into solitude etc. as a method of punishment.
- The difficulty to focus into the penalties.
- Experiencing's of punishment after exposure to disturbances is revealed.



Soldiers begin large-scale punitive operations.



House arrest can be a form of educational punishment.

## Punishment / Disappointment Experiencing in Functioning Pertaining to Outlook on Life:

In religion, dealing with values and ideologies, in ethical development etc.

- Gloomy and depressing news from the world.
- Remaining in obligation, reactance phenomena etc.
- Occasions of unforgiveness.
- Experiencing's of punishment due to being branded heretic, belonging to minority etc
- Experiencing's of shame after emotional outbursts, e.g. feeling of shame after having bared one's deepest emotions.
- Agony of conscience as a punitive factor.
- Vicious circle of embitterment.
- Consequences of poor sense of humor.
- Poorly appreciated spirit of enterprise.
- Demeaning behaviour of those who encounter deviation and states of disturbance.



Here there is an irrational trial to punish. A desecration of the corpse (here too is a famous story in Finland).



There is such an irrational perspective on punishment that there can be humor in it.

## Losses and Coping with them

Occasions Involving Losses Momentous to the Experiencer.

### Losses in Human Relationships:

In social development, in chances to function with other people, self-expression etc.

- Loss or a serious illness of a near one.
- Parentification phenomenon in children.
- Loss of human relationship aspect in organic disease.
- Surgical operation, miscarriage, abortion, unsuccessful cure etc. from the point of view of human relationship.
- Losses relating to sexuality without loss in bodily functions.
- Losses relating to communication possibilities without losses of functions in sense organs.
- Losses relating to appreciation, honor etc.
- Being betrayed or cheated.
- Personally experiencing problem of childlessness.
- Being a parent of child, whom is taken into custody.



The loss of one's own child is the very severe loss.



The use of mourning veils can also be used to embellish clothing in terms of human relationships.

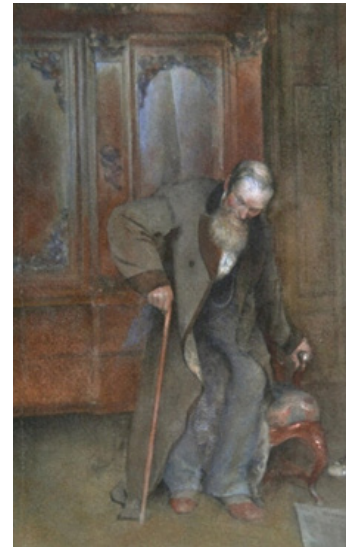
### Losses / Physical Exercise and Bodily Functions:

Losses related to ability to move about on your own, keep fit exercises, motor coordination, relaxation exercises etc.

- Unavoidable curtailing of time allotted for taking care of body fitness.
- Organic obstacles for mobility.
- Mandatory reduction in exercise through pet or plant care.
- Mobility reductions due to age.
- Lessening of home facilities for fitness care or reduction of possibilities for outdoor exercise.
- Losses in sensory functions.
- Losses related to teeth.
- Circumcisions, losses focused to sex organs etc.
- Blood pressure medications and sexuality.
- Connections of inflammations to psychic disturbance.



In war the bodily losses result in great numbers of the wounded and the dead.



A walking stick can be a significant help in dealing with the losses of aging.

### Losses / Rational Functioning:

Losses relating primarily to daily living, housing, reflections etc.

1. Outdated training.
2. States following fines, losing one's driving license etc.
3. Loss of job or long time objective.
4. Loss of home.
5. Accidents, natural catastrophes etc.
6. Rational side of losses involving organic diseases.
7. Organizing crisis help.
8. Increase of income disparity.
9. The problematic of wasted time.
10. Reduction in income, status inconsistency etc.



From generation to generation people suffer as their homes are destroyed.



It is usually easier to recover from purely material losses.

### Losses / Functioning Pertaining to Outlook on Life:

Action primarily concerning religion, faith, arts, emotional aspects of security, vicinity of nature, values, ideologies etc.

- Sentiments of loss concerning politicization.
- Losses due to secularization of religion or faith.
- Decline in the dignity of labor.
- Losses concerning diminishing respect for elders, ex-servicemen plus other such.



- Decreasing appreciation of families with children.
- Losses concerning nearness of nature.
- Losses of pet animals from emotional point of view.
- Losses felt because of deteriorating quality in the use of language.
- Losses of identity.
- The phenomenon of statistic numbing when facing people having experienced losses.



The irrational loss confronts people: The war is lost and the pain of the Finnish people is great.



Some irrational loss is being addressed in this skull image, even though it's not sad.

### **Avoidance or Escape Possibilities, Emotional Distancing and Adaptation Methods:**

Opportunities to avoid anxiety in a way that, in the long run, increases anxiety, for example, concealment, aggression, escape into substances, and other harmful defensiveness or coping that includes the possibility of relapse.

### **Avoidance Possibilities in Human Relations:**

In social development, friendships, comradeships, acquaintances, in comparisons of one self to others, self-expression etc.

- Possibilities to avoid being center of attention.
- Getting the worst disservice e.g. in the form of drinking pals.
- Possibilities to frighten those nearby.
- Possibilities to pretend indifference, e.g. toughening the so called personality armour, bystander effect.
- Phenomenon of cohabitation, frequent divorcing etc.
- Established practice of avoidance games in the family, e.g. mode of banishment.
- Phenomena of lying, talking behind your back, hypermentalization, etc.
- Avoidance opportunities related to drinking situations.
- The handlings of restraining orders.
- Extent of disorder caused by symptoms pointing to disturbance in the social field of the experienter.



Social games and plots are excellently shown in the painting, if you examine it closely.



Hide-and-seek games themselves can even develop creativity.



### Avoidance Possibilities in Physical Exercise:

In the use of physical energy, keep fit exercises etc.

- Avoidance possibilities afforded by disparity in family members' mobility's and bodily variations.
- Possibilities of misuse of bodily power.
- Temptations not to use muscular power.
- Temptations for overeating or avoiding eating.
- Temptations for speeding in traffic.
- Muscular exertions required by pet animals, gardening etc. from the point of view of avoidance.
- Possibilities to avoid situations of dining, gut microbiome maintenance and its timing.
- Inclination to have surgery and the unconscious inclination to self-mutilation.
- Connections between the distortions in advertising and body images.
- Avoidance of using safety equipment's.



Children's loud antics test and avoid boundaries



The advertisement aims to diminish the adversary attitudes towards women cyclists. You hoped to decrease the possibilities of avoidances in nineteenth century.

### Avoidance Possibilities in Rational Functioning:

In work, planning, traffic etc.

- Possibilities of avoiding work without unpleasant consequences, procrastination etc.
- Possibility of escape into work reactions.
- Possibilities of misuse of power, discrimination, consistency effect etc.
- The influence of composition in the inhabited area.
- Chemical or instrumental relief of anxiety from an avoidance perspective.
- Avoidance of traffic, for example low risk of drunken driving getting detected.
- Possibilities of circumventing limitations, covering up own mistakes from others etc.
- Possibilities for avoidance reactions relating to malpractices, side effects in connection with treatments, etc.
- The problem of information overloading plus removing attention in media communication.
- The phenomenon of good enemy in mental health work.



Overworking a horse is an ancient way to avoid or escape responsibilities.



Playing with a work group also includes many positive avoidance opportunities.

### **Avoidance Possibilities Relating to Outlook on Life:**

Functioning from the point of view of avoidance primarily relating to religion, values, ideologies, arts, emotional development etc.

- Narcotic effect of television watching.
- Narcotic effect of using computers.
- Avoidance in pondering about basic questions of life, pondering about feeling of disgust or such.
- Avoiding questions of responsibility.
- Possibilities of avoiding dealing with questions of values, remembrances and emotions connected with grief work.
- Tattoo as a way of adaptation.
- Followings of so called coming out of closet in homosexuality, transsexuality, pedophilia etc.
- Possibilities to distort in make-up or such.
- Effects of nudism culture.
- Possibilities of indulging in excessive daydreaming, artistry, autism etc.



The treatment of the feeling of disgust in Finnish history



Daydreaming itself also has a positive effect on psychological well-being.

### Experience Change without Immediate Discomfort:

Changes in circumstances which do not involve losses or failures, but nevertheless are for the experiencer new and momentous.

### Changes in Human Relations:

In friendships, comradeships, acquaintances, neighbors, ownerships.

- Change of one's circle of friends.
- Getting married, getting engaged or such.
- Changes in possibilities of sexual behaviour (not involving losses or disappointments).
- Change in the size of the family.
- Variations in human relationship games.
- Change of habitation from the point of view of human relations.
- Change of type of dwelling in regard to mode of ownership etc.
- Change of close neighbors.
- Birth order of the siblings.
- Scientific communities' approvals that telepathy is true.



The child is born. This is a change in human relationships, which influences in many ways.



The wedding dress itself signifies a significant life change.

### Changes / Physical exercise & Bodily Functions

Changes experienced in motor coordination development, muscle development, stay fit exercises, relaxation etc.

- Changed mode of using muscles in daily life, adapting to a mouth of light etc.
- Beginning of physiotherapy, pedicure and such.
- Changes in going to work, using own car etc.
- Changes in distances to places of service, closure of shops.
- Changes in meal times and leisure hours.
- Changes in ways to utilize leisure with reference to movement.
- Chrono biological phenomena of the body, development of body image.
- Problematics in length growth.
- Specific periods of sensitivity of bodily functions.
- Alterations to body through surgical operations.





The development of movement is important to observe.



The development of a girl's body image is important to her.

### Changes / Rational Functioning

Changes without clear negativity primarily involving work, livelihood, reflections, planning, information processing, studying etc.

- Changes of profession.
- Changes of employment.
- New fields of work, new tools or working methods.
- Change in one's financial circumstances (not for the worse).
- Conclusion of an important assignment.
- Momentous positive change in circumstances, e.g. promotion.
- Substantial transfer of property (without failure).
- Processes in which changes in daily sources of information, information interpretations, etc. are assimilated into an individual's previous experiences, i.e. apperception
- Structural change of dwelling.
- Change of information technology which is in use.



The daughter of the house is about to begin a professional career dealing with pain.





The dedication of university (the first university in Finland's history) marks remarkable rational change.

### Changes in Functioning Pertaining to View of Life:

Primarily in religion, arts, values, ideologies etc.

- Changes in ethical values.
- Changes in experience of orgasm.
- Changes in sexual norms.
- Changes in customs and habits.
- Changes in fashion.
- New ideologies appearing in the field of life, effects of future on the present situation or something else like that.
- Changes in traditions.
- Effects in changes in publicity images as in reality television programs.
- Effects of changes in lifestyle, e.g. future shock.
- Experiencing strong and new art experiences.



The afterlife future shock is described here.



Here there is a description of remarkable change in functioning pertaining to the view of life.

These pictures tell expressly about the phenomenon, which join to living life and are essential points in disturbing processes and in those processes, which products a hoped life. So you can outline the matters of causality to twenty eight main categories, principal factor, essential point or to other like that, which you then in practical works handle.

These pictures show that the 7x4-field is not a still picture. The processes under consideration can move from one square to the next. The following is also important in these boxes: Causes can be sufficient (one incorrect bit can be a sufficient cause for a computer program error), necessary (a flammable substance in conjunction with a rise in temperature is a necessary cause for a fire), and sufficient plus necessary (lightning is a sufficient and necessary cause for a fire).

This becomes clearer, when we examine how the 7x4-field was developed. In this work you analysed more than 1000 research papers, which discuss the causes of psychic ill fare, psychic disturbance and negative deviant behaviour, and you also participated in practical mental health work [2]. In addition you used many interviews, which you analysed by factor analyses. Figures seven and four is also relate to the following: Already in the 1950s, when the concept of a work memory was not used, Georg Miller discovered that the human ability to handle many things at the same time, is somehow limited to the number seven[3]. Somebody might randomly or with extreme exertion handle over seven tasks at the same time, but to exceed seven is difficult. In addition in ancient Greece the entire culture was based on the four cornerstones, namely, (1) Theatre, (2) Stadion, (3) Gymnasion and (4) Temple. So proves P. Amadry in his book [4]. At present, many other things in science are divided into seven or four. Even in mathematics 7x4 or 28 is the so-called perfect number, to which then is joined a lot of everything important.

### Solutions and Conclusions

When we then examine the practical problems of mental malaise, deviant behavior and psychic disturbance, we experience diversity and difficulty of seeing the big picture.

The first example concerns school bullying, in which really the big picture is needed. A few years ago at least in Finland, the bullies at school were the teachers themselves. Thus in the psychotherapies of the big age groups this problem is often present today and any other criteria to that thesis can be found. Now then, the respect for the teacher is diminished to a minimum and even the parents often bully the teachers even so, that they protect the tormentor with the principle” you know that our child can never alone behave so badly”. In addition it is quite a strongly asserted that a lot of happens outside of school time, and there are even rules to protect the school bullyer.

The above summary suggests that the adding of punishment experiences, or the fourth class in effectors and the tightening of borders, or the sixth class of effectors, might be the recommendable functions or courses of action. However, for example, preventing a student from attending class may function as reinforcement for the bully. And in handling of teaching/educating, the bullying is only a one problem among many others. Thus unfortunate competition among the function models arises, when you try to solve the problem, and often you cannot influence the real problem or the school bully.

“The weaks collapse in life, but the brave Jonny bloke, he just keeps rolling along”. And the scorch in traffic is splendid. A regrettable fact is that this kind psychopathic model or attitude of life works quite long, and the bullies may carry long. It is up to the teachers or professional educators to prove the destructiveness and weakness of that kind of life model. So in the 7x4-field is the view of life/models that presents a challenge to teacher education and to the functioning of schools alike.

The second example relates a problem which has risen in Finnish schools, namely eating disturbances, for example anorexia nervosa . When you analyze scientific results so the results in preventing work settles in 7x4-field to following cells (Table 2):

**Table 2** Cornerstones of Mental Health

Effectors:	A Human Relations	B Bodily functions	C Rational Functions	D View of Life
1) Lonelinesses				
2) Models	×	×	×	×
3) Stresses				×
4) Punishments	×			×
5) Losses				×
6) Avoidances	×	×		
7) Changes	×	×		×

So here those asterisks (13 items) shows the cell which you should focus on in order to attack a complicated phenomenon such as anorexia nervosa. It does not pay to explain it in more detail because it needs an own new article but it is an example of another problem that you can sort out with the help of the 7x4-field.

The third example tells about the fact that already nowadays in many scientific articles you use the 7x4-analysis — consciously or unconsciously. For example in Journal of Modern Education Review you scrutinizes underperforming students and in conclusions of reasons there is following [5-10]:

- Lack of interest and negligence by the teachers (lonelinesses).
- Students coming from rural school environment in urban school (models).
- Low performance is a cause as well as a consequence of less rigorous curricula (stresses).
- Lack of effort on the part of low performing students results in vicious circle – failure –feeding failure (punishments).
- Low performance is not necessarily the outcome of lack of student's ability (losses).
- There exists a strong link between parents' emphasis on education and student achievement (avoidances).
- Low performing students learn more when they are placed in more rigorous, heterogeneously grouped courses (changes).

## References

**It was not worth including the over thousands of source studies on which this article is based in this list.**

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