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 Research Article

THE MAIN PECULIARITIES OF THE CREATION OF A SYSTEM OF PSYCHOLOGICAL TECHNOLOGIES FOR THE PRIMARY PREVENTION OF PSYCHOSOMATIC DISEASES OF STUDENT AND YOUNG PUPIL'S

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ABSTRACT

The article analyzes the process and relevance of studying the psychological problems of individuals and social groups, including psychosomatic problems of students and students. Moreover, the analysis of the research of scientists who conducted research within the framework of this problem makes it possible to establish a number of psychological problems inherent in certain social groups. The article also identifies the relationship between these problems and the occurrence and incidence of psychosomatic disorders among members of the social group. The result, on the other hand, allows us to conclude that in order to prevent psychosomatic diseases, it is necessary to solve these psychological problems. In addition, these psychological problems studied and solved by existing technologies of existing approaches in medical psychology.

KEYWORDS

Psychosomatic disorders, psychological problems, experiences, deviant behavior, prevention, learning environment, social environment, student personality.

INTRODUCTION



Combining psychological technologies into a single system aimed at the Prevention of psychosomatic diseases in a particular social group, where psychological problems arise, located in a social environment with unfavorable factors, makes the primary prevention of psychosomatic diseases more effective. In order to solve this problem that scientists from the Uzbekistan State University of world languages, in collaboration with psychologist-scientists from the Belarusian State University, are conducting scientific and practical research on the fundamental project “creating a system of psychological technologies for the primary prevention of psychosomatic diseases of student and student youth”.

The relevance of research work within the framework of the topic explained by the following circumstances:

- ✓ between 30% and 70% of those seeking medical care in clinics are primarily people in need of psychological care (V.D.Topolyansky, M.V.Strukovskaya, 1986)

- ✓ the number of children with psychosomatic diseases, according to various authors, ranges from 16 to 68% of the total number of sick children (Yu. F. Andropov, Yu. S. Shevchenko, 2002)

- ✓ in the origin of psychosomatic diseases, the psychological factor of the OECD is of leading

importance (V.D.Topolyansky, M.V.Strukovskaya, 1986; Yu. F. Andropov, Yu. S. Shevchenko, 2002)

- ✓ despite numerous studies in this sphere, the number of psychosomatic diseases is not decreasing, since a well-thought-out system for the Prevention of these diseases has not been developed and no practical measures have been taken.

The purpose of the study is carried out is to develop the theoretical foundations of the primary prevention of psychosomatic diseases of students and students and to put into practice the system of psychological technologies. To achieve the purpose of the study, the following tasks carried out:

- ✓ determination of risk factors of psychosomatic diseases based on theoretical analysis;

- ✓ conducting a psychodiagnostic study to determine risk factors for psychosomatic diseases, analyzing the results obtained, identifying risk factors and risk groups;

- ✓ based on the analysis of the results of theoretical studies, the development of a theoretical model of the primary prevention of psychosomatic diseases of students and students;

- ✓ theoretical justification of the effectiveness of the introduction of the system.

The issue of creating a system of primary prevention of psychosomatic diseases of students of scientific novelty and great practical importance is extremely relevant.

National and overseas achievements in this area and the novelty of the idea includes two aspects:

The first one is not working with one client, but with a social group that has become a psychotherapeutic group, since the members of this group have similar psychological characteristics; second one, a systematic approach to the primary prevention of psychosomatic diseases using psychological technologies has not developed yet.

The structure of research involves a theoretical analysis of the problem, research on the identification of psychological problems and experiences of the social group, the conditions of the social environment, and identification of the main elements of the system based on theoretical and empirical research, their unification.

The scientific significance of research is that the emergence and Prevention of psychosomatic diseases is one of the most difficult problems of modern medical psychology. In 1818, Gaynroth introduced the term "Psychosomatics" (S.A. Kulakov, according to 2003) began to study this problem. The study of the factors of the emergence of psychosomatic diseases, the development of technologies for their treatment, rehabilitation, prevention were carried out and are being carried out in different countries, which led to the emergence of many theories explaining their origin (S. Freudian conversion theory), F.

Alexander's model of autonomic neurosis, the concept of desomatization – M. Schur, A. Mitscherlich theory, etc. Psychologist scientists in Uzbekistan A. Rasulov, Dj. Pulatov is conducting research in this direction. This problem is also being studied in the post-Soviet territory-in Russia (in St. Petersburg-D.N.Isaev, A.I.Zakharov and others; in Moscow-V.Ya.Gindikina et al.G. Koroleva's research, 2007), BelMAPoda (N.A. Papiya's research, 2001; BDU (V.A. Syatkovsky, L.A. Azarova, 1999 et al study).

The theories of the origin of psychosomatic diseases combined into separate directions, but the leading factor in this – psychological. The presence of many theories and the determination of the leading factor in the emergence of psychosomatic diseases allowed:

- ✓ Firstly, to raise the issue of their primary prophylaxis by psychological methods;
- ✓ Secondly, the active involvement of psychologists in this activity;
- ✓ Thirdly, many theories indicate the need to create a system of primary prevention of psychosomatic diseases using psychological technologies.

The most traumatic effect of factors that cause psychosomatic diseases in the child. The child's quality of life deteriorates, the conditions for its development deteriorate, and the limit of self-awareness opportunities decreases. On top of the psychological problem underlying psychosomatic illness, this disease aggravates the child's

condition, which, in turn, can negatively affect his environment.

Among the psychological factors of the emergence of psychosomatic diseases in children are:

- ✓ the awkward social environment (D.N. Isaev, 2004, A.I. Zakharov, 2004, A.M. Kulikov, 2001), including unfavorable family factors (D.N. Isaev, 2004, 2005; A.I. Zakharov, 2004); unfavorable factors of school education (A.M. Kulikov, 2001 and others); different types of aggression towards the child (I.A. Furmanov, 2007, Zinovieva, N.F. Mikhailova, 2003);

- ✓ unresolved psychological problems (L.A. Parchment, 1997, E.A. Sokolova, 2007, 2012);

- ✓ psychotraumatic experiments [Yalom, 2010, V. Frankl, 2001].

In numerous publications devoted to psychological correction and psychotherapy in various fields of medical psychology:

- ✓ Cognitive (A. Research by Beck and others);

- ✓ Existential (I. Yalom, W. Frank, R. Studies of Laing and others);

- ✓ Psychoanalysis (studies within classical psychoanalysis and neofreudianism);

- ✓ behavior and others the essence and technology of psychological work in these areas is revealed in order to reduce the impact of psychotraumatic factors on the child;

- ✓ So, this related to the Prevention of psychosomatic diseases, but although one direction does not always exclude another, they are did not take into account in the system.

In the medical literature, the Prevention of psychosomatic diseases considered based on the use of Mental Hygiene, the use of drugs and Psychotherapy from the point of view of Medicine (N.P. Zakharov, 2002).

In the course of the work, the developments developed by the psychologist I.A. Furmanov make it possible to determine the appearance of psychosomatic symptoms in victims of aggression as a result of the influence of aggression. They can appear in school, family and elsewhere, regardless of the environment in which the aggressive effect occurs. I.A. Furmanov's research in this direction made it possible to identify the problems of deviant behavior of adolescents.

E. A. Sokolova's studied the psychological problems of persons and social groups, including the psychological problems of university students. Therefore, research makes it possible to identify a number of psychological problems inherent in certain social groups. The author identified a link between these problems and the occurrence and incidence of psychosomatic

disorders among members of the social group. This allows us to conclude that it is necessary to solve the psychological problems that are the Prevention of psychosomatic diseases. In addition, these psychological problems make it possible to use the existing technologies of existing approaches in medical psychology. E.A. Sokolova's research you can see a number of mechanisms for the transition from a state of Health to a state in which there is a psychosomatic disease, as well as the development of theoretical models of such a transition make it possible to determine the technologies of psychological intervention and their sequence. E.A.Sokolova's research on psychological security at school allowed us to systematize a number of problems in unfavorable school conditions and develop recommendations for eliminating negative consequences.

L.I. Selivanova made it possible to identify the factors that influence self-awareness on self-awareness problems. Research S.N. Jherebtsov is devoted to the problems of personal experience, reveals the role of experiencing life events (primarily crisis phenomena) in the development of the individual, their role in self-realization, in the development of the psychological culture of the individual, and this process is of direct importance for strengthening the state of Health. The psychosomatic symptom is an ineffective drawing of experience, an unsuccessful attempt to resolve discord, adapt. The author's research determines the direction of the formation of an experimental culture, which is one of the

directions of primary prevention of psychosomatic diseases.

CONCLUSION

The problem of creating conceptual foundations for the primary prevention of psychosomatic diseases using psychological technologies remains relevant. If the concept is successful and its effectiveness is justified, this will open the way for its implementation, and this will help reduce the level of psychosomatic diseases. Combining these, areas of research within the framework of a single project, as well as theoretical analysis of literature and the results of empirical research solve the problem set out in the project.

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