

MEDICAL PSYCHOLOGY, PRINCIPLES OF ITS EMERGENCE**Khafizova Zimfira Bariyevna**

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Abstract: In delving into the realm of medical psychology, it is imperative to comprehend the fundamental principles that underpin its emergence. This intricate field intertwines the realms of medicine and psychology, aiming to explore the intricate connections between physical health and mental well-being.

Keywords: Medicine, caring patients, revolution, development fields, history, current state.

Introduction: Humanity is born to experience various diseases. They used different methods to get rid of these diseases. Basically, various herbs and plants with medicinal properties were used for treatment. We all know about the medical treatments of our great healers, but we don't know when psychic treatments came into use. However, many of our well-known and famous healers have used psychic methods to treat their patients.

Doctors say that first of all, the body itself and it should fight against any disease, and our task is to help it. At first, we received sources with a rich content about medicine. But research over the years shows that there are several sources and healers' manuals that provide information about psychic influence and related experiences.

If we look at the literature of the ancient times, we can see that the sciences of medicine, philosophy and psychology are closely connected. Almost all philosophers who lived before Christ wrote down their ideas about medicine and psychology, because they connected the source of spiritual forces with the human brain.

It is worth mentioning that during our work we have heard the terms clinical psychology and medical psychology many times. The differences between these terms are still debated. In most countries, the concept of "Clinical psychology" is widespread. However, it should be emphasized that regardless of what this science is called, there is no doubt that it arose on the basis of the sciences of medicine and psychology.

Clinical psychology should be viewed more as a science that studies problems related to the clinic, diagnosis, and treatment methods of psychogenic (psychosomatic) diseases. It lives up to its name. Clinical psychology cannot be studied separately from clinical sciences (therapy, surgery, gynecology, etc.).

General medical psychology studies the following problems:

- interaction between medical personnel (doctor, nurse) and patients;
- stages of psychological formation of a person (psychology of childhood, adolescence, adulthood and old age);
- temperament, character and personality problems.
- principles of deontology and ethics;
- problems of psych hygiene and psych prophylaxis;

- principles of psychodiagnostics (psychometrics) and psychotherapy (psych correction);
- problems of medical and psychological expertise.

Private medical psychology (clinical psychology) studies the following problems:

- etiology, clinic, diagnosis and treatment methods of psychosomatic disorders;
- changes observed in the psyche of patients in various diseases (therapeutic, surgical, gynecological, etc.);
- psychology of people born with various defects;

Based on my views on medical psychology and the knowledge I have learned, I can say that in recent years, in the treatment of all somatic diseases (except pathologies) in people, first of all, a spiritual approach and, if necessary, then a medical approach, or both of them are combined and prevention is carried out.

This is due to the fact that with the development of time, the state of mental stress in the society is developing to the maximum. Due to the fact that we misjudge and approach everyday problems, and the development of technology limits human activity and movement, one of the most effective ways to remove negativity from the body through activity, unfortunately, the state of elimination causes an increase in mental stress. is happening After all, the body is obligatory for the command of the soul.

But it cannot be said that medicine has achieved all its goals. There are still cases of people not living long, dying prematurely due to serious diseases and their bad consequences, and premature aging.

It is known that a person's health largely depends on him, because the disease is often caused by a person's wrong way of life, inability to protect his health, factors such as unknowingly indulging in factors harmful to health, non-observance of personal hygiene rules, and improper nutrition are the causes.

The state of medicine and the level of development, content and methods are determined primarily by the social system and material conditions. Medical sciences are closely connected with natural sciences such as general biology, genetics, anatomy, physiology, as well as physics and chemistry.

Medicine has followed a very complicated path in its centuries-old history. This is mainly based on a lot of knowledge and experience related to the detection, prevention, treatment of the disease, the study of its causes and development mechanisms, as well as the development and improvement of activities aimed at maintaining and strengthening the health of each individual or the entire community.

Tracing Back the Roots:

The inception of medical psychology can be traced back to the late 19th century, a time when the significance of mental health in physical well-being started to gain recognition. Pioneers in this field, such as William James and Boris Sidis, laid the groundwork for what would eventually evolve into the modern-day discipline of medical psychology.

The Blend of Medicine and Psychology:

At its core, medical psychology bridges the gap between traditional medical practices and psychological interventions. It emphasizes the interplay between biological, psychological, and social factors in determining an individual's overall health and well-being.

The Holistic Approach:

One of the key principles of medical psychology is its holistic approach to healthcare. Rather than viewing physical and mental health as separate entities, this discipline recognizes the intricate web of connections between the mind and body, highlighting the importance of addressing both aspects in tandem.

The Evolving Landscape:

As our understanding of the human mind-body connection continues to deepen, the field of medical psychology is constantly evolving. Research in areas such as psychosomatic medicine and health psychology is shedding new light on how our mental processes can influence our physical health.

Conclusion:In conclusion, the emergence of medical psychology represents a paradigm shift in how we perceive and approach healthcare. By acknowledging the profound impact of psychological factors on our overall well-being, this field paves the way for a more integrated and comprehensive approach to health and healing.

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