

PSYCHOLOGICAL DISEASES AND METHODS OF THEIR PREVENTION**Nasriddinova Shaxnoza Musurmon kizi**

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Abstract: This article analyzes the psychological disorders that are widespread in modern society, their causes, main symptoms and impact on human life. At the same time, it highlights ways to prevent psychological problems, maintain and strengthen mental health. The article examines the characteristics of mental disorders using the examples of depression, anxiety, bipolar disorder, schizophrenia. Based on the opinions of experts, scientific sources and statistical data, it is argued that early detection and effective prevention of these disorders is an important factor for the well-being of every person. This study serves to raise awareness of mental health and may be useful for the general public.

Keywords: Psychological disorders, mental health, depression, anxiety (anxiety disorder), bipolar disorder, schizophrenia, stress, psychoprophylaxis, psychological support, mental health, preventive measures, psychotherapy, social support.

Introduction:

In the current era of globalization, rapid information exchange and social changes, the number of factors affecting the human psyche and inner world is increasing exponentially. In the 21st century, along with various physical diseases, humanity is increasingly facing the problem of mental, that is, psychological disorders. Factors such as technological progress, the hustle and bustle of city life, increased competition, stress, anxiety, worry, loneliness, lack of communication directly affect the human psyche and create the basis for the emergence of various psychological diseases. Psychological diseases are becoming an urgent problem not only for representatives of the medical or psychiatric field, but also for the entire society. According to the World Health Organization (WHO), every fourth person experiences a problem related to mental or emotional state at least once in their life. In particular, depression, anxiety syndrome, post-traumatic stress disorder (PTSD), bipolar disorder, personality disorder, obsessive-compulsive syndrome and many other mental conditions are now widespread. This issue is also becoming relevant in Uzbekistan. In recent years, factors such as socio-economic changes, migration processes, pressure on the education system, family problems, unemployment, and anxiety about the future among young people are causing changes in psychological conditions. Therefore, developing a system for preventing, early detecting and eliminating psychological diseases is of great importance in improving the stability of society and the quality of human capital. Psychological health is the ability of a person to fully realize his or her potential, adapt to stressful situations in life, work effectively and find his or her place in society. Therefore, mental health is not just the absence of disease, but also a state of a person living a full and meaningful life. In this respect, psychological disorders have negative consequences not only at the individual level, but also at the social, economic, and cultural levels.

Level of study of the topic

The study of psychological disorders is carried out within the framework of a separate branch of psychology - clinical psychology. In this area, the work of such scientists as Z. Freud, K. Jung, A.

Adler, E. Fromm, A. Maslow, K. Rogers, B. Skinner, I. Pavlov, V. Bekhterev plays an important role. They analyzed the complex structure of the human psyche, the mechanisms of the unconscious, the internal conflicts of the individual and their manifestations in mental disorders. In recent years, the directions of neuropsychology, cognitive psychology, and social psychology have also been providing a deeper explanation of the causes of mental disorders. Neuropsychological research is studying the relationship between neural activity in the human brain and mental states, revealing the biological foundations of mental disorders. For example, it has been found that an imbalance of neurotransmitters such as serotonin and dopamine causes depression and anxiety.

The social significance of psychological disorders

Mental disorders dramatically reduce a person's quality of life. They affect not only the individual level, but also family, work and social relationships. For example, a person suffering from depression loses productivity, his decision-making ability decreases, and his self-confidence decreases. This leads to an increase in social crises, family conflicts, and even suicides in society. In recent years, a number of reforms have been implemented in the Republic of Uzbekistan aimed at strengthening the psychological service system. The introduction of psychologist positions in schools, colleges, and higher educational institutions, the expansion of the activities of psychological centers working with the population, allow for a progressive approach to personal and social problems. However, there are still problems in this area such as a shortage of personnel, a weak scientific and methodological base, and a low level of psychological culture among the population.

Causes of psychological disorders

The causes of psychological disorders are multifactorial and can be divided into the following groups:

1. Biological factors - genetic predisposition, changes in brain structure, imbalance of neurotransmitters, hormonal disorders.
2. Psychological factors - childhood trauma, parental relationships, low self-esteem, self-criticism.
3. Social factors - poverty, unemployment, violence, loneliness, social isolation, lack of communication.
4. Cultural factors - negative attitudes towards psychological problems in society, stereotypes that "going to a psychologist is a sign of weakness."

Main types of psychological diseases

Depression - characterized by depression, hopelessness, loss of interest, suicidal thoughts.

Anxiety disorders - manifested by unreasonable fear, internal unrest, rapid heartbeat, insomnia.

Personality disorders - a person's character traits deviate from the norm and make it difficult to interact with others.

Obsessive-compulsive disorder (OCD) — irrational thoughts and compulsive actions mentally torment a person.

Post-traumatic stress disorder (PTSD) — appears after a severe psychological shock and constantly revives a sense of fear, guilt, and loss in the human mind.

Measures to prevent psychological diseases

Prevention is one of the most important areas in maintaining mental health. Prevention is carried out in three stages:

1. Primary prevention — increasing psychological culture, teaching stress management skills, and forming a healthy lifestyle.
2. Secondary prevention — early identification of individuals at risk, providing them with psychological support.
3. Tertiary prevention — rehabilitation of individuals with mental illness, reintegration into society.

Regular psychological conversations with students in the education system, strengthening mutual respect and communication in the family environment, and increasing social activity among young people strengthen mental health.

Purpose of the study

The purpose of this work is to study the factors that cause psychological disorders, analyze their socio-psychological consequences and identify effective ways to prevent them.

Also, an important area of research is the development of scientifically based recommendations on increasing psychological culture among the population, developing a psychological service system, and reducing stress and depression among young people. Psychological disorders are one of the most serious problems of modern humanity. Their roots are often related to the internal conflicts of the individual, the level of stress tolerance, and his interaction with the social environment. Therefore, it is necessary to work together with medical, psychological, and social systems to form a mentally healthy society. Paying attention to the mental state of each person, promoting a culture of psychological support, and teaching young people emotional literacy are the key to a stable and healthy future generation.

Conclusion:

Psychological disorders are one of the most important social and health problems of society today. The fast pace of modern life, competition, stress, information pressure and emotional stress have a strong impact on the human psyche, causing various mental disorders. Mental health is the ability of a person to enjoy life, realize their potential and fully realize them, and to function usefully in society. Biological, psychological and social factors together influence the development of psychological diseases. Therefore, solving this problem also requires an integrated approach. Mental conditions such as depression, anxiety syndromes, and personality disorders negatively affect not only the

life of an individual, but also the entire social system. Therefore, preventing psychological diseases is a priority task of every society. To maintain mental health, it is necessary to increase psychological culture, teach stress management skills, create a healthy environment in families, and promote positive thinking among young people. Strengthening the activities of psychologists in educational institutions, expanding psychological assistance centers for the population, and eliminating stereotypes in this regard are important in forming a mentally healthy society. In conclusion, the true happiness of a person and the stability of society are closely related to mental health. If each person takes care of his or her psyche, strives to understand himself or herself, and understands others, it is possible to create an atmosphere of love, harmony, and prosperity in society. Maintaining mental health is not only a personal, but also a common human duty.

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