



THE STUDY OF MENTAL HEALTH PROBLEMS IN FEMALE STUDENTS

Hasanova Mashkhura Abduvalyevna

Head of the Department of Youth, Spirituality and Enlightenment of
Tashkent State Medical University, Uzbekistan

ABSTRACT

The problem of the formation of human psychological health causes the scientific interest of modern researchers. This is due to the need for scientific search for ways, methods and means of optimizing the mental development of students, as well as the creation of psychological conditions for their successful adaptation to the social environment.

KEYWORDS: Mental health, student, education, deviant behavior, self-esteem, family, parents, protective mechanisms, self-esteem.

INTRODUCTION

In the context of the ideals of worldly and cultural transformers, the most important scientific and theoretical condition of the future is to retain the ideals of the ideals of worldly transformers, and the other side of each Uzbek citizen - the formation of meaningful meaningful and strategic ideas of the future. The factors that affect the psychic health of students and brains increasing the factors that leads to the formation of a deviant formation. For example, in the formation of the culture of use of technology, encouraging the culture of technology is important in raising the health and activity of a person.

It is well known that the main and denial feature of the person is the ability to understand themselves, that is, the ability to separate from the outside world. In this sense, the baby is definitely unique and unique individually, but still not formed as a full person. But starting 2.5-3, the child begins to understand himself, distinguishes his feelings, assesses his actions. This feature is developed rapidly at preschool and school age. The child reveals a picture of the world and his personality. This process takes place primarily under the compulsory interaction with parents. Therefore, the future of the child largely depends on how serious, respectful and sincere relationships of parents parents' personality.

At the end of the 20th century, the World Health Organization emphasized that the problem of health is severe in nature, that is, a number of sciences, including psychology and pedagogy, are engaged in its study. Health is considered in three main types:

- "Physical health (improving self-regulation in the body, harmony of physiological processes, maximum adaptation to the environment);
- mental health (human life strategy, the degree of domination of man over circumstances);
- "Social health (measure of ability to work, social activity, active, active attitude to the world)."

The definition of mental health was engaged in scientists in both Russia and abroad. This served as new scientific approaches:

- required-value and medical psychological approaches (A. Maslow, E. Fromm).
- an existential analytic approach (V. Frankl)
- a sociocultural approach (K. Horney);

- epigenetic approach (E. Erickson);
- a final approach (B.S. Bratus);

As a result of the study of the problem of mental health, various scientific areas were created:

- the psychodynamic direction of psychology (Z. Freud, K. Jung, A. Adler);
- phenomenological direction (K. Rogers);
- a humanistic direction (A. Maslow);
- access to a social community and culture (E. Fromm, K. Horney, E. Erickson).

V.M. Bekhterev, who created the theory of behavior in psychology, insisted that a person is able to control his behavior and actions, and manage it, following his individual psychological way, which is a holistic education, health, while acting in three levels of functioning as a complex system: biological, psychological and social. He argued that the relationship of these three levels of human health has been studied by scientists for centuries, and at present (the beginning of the twentieth century) it becomes especially significant. S.S. Korsakov, the founder of domestic psychiatry insisted that a healthy person is a harmony of healthy well-being - physical and mental. Such harmony indicates the state of human health. He determined the factors affecting the formation of mental health:

- the hereditary factor;
- the factor of the condition of conception;
- The factor of the state of health of the mother during pregnancy,
- factors of children's development;
- a factor in the correct education of children;
- a factor in the prevention of violations during the period of sexual development.

V.N. Myasishchev understood a person as a unity of the body and personality. He studied the issue of human mental health in a situation of compensated, erased, latent forms of border mental pathology, which is required to be diagnosed with special methods of psychological diagnosis. Similar subtle diagnostics, according to V.N. Myasishchev is required to determine not only somatic, but also mental illness. Later, at the end of the twentieth century, Russian scientists came to the conclusion that the study of only mental health as a component of the scientific concept of holistic health of a person is not enough. In this regard, I.V. Dubrovina introduced a new concept - "psychological health". In her opinion, when studying mental health, it is necessary to take into account his psychological aspects. This is a set of personality characteristics, involving stress resistance, social adaptation, self-realization, which emphasizes the personality of a person. In the theory and practice of higher pedagogical education in Russia, for a long time the prerequisites for the study of the problem of psychological health have been formed:

- definition of psychological health as a scientific category;
- the study of the formation of the category of psychological health for centuries;
- Identification of the conditions for the effective development of the problem of psychological health in the process of professional training of students.

A.V. Petrovsky, M.G. Yaroshevsky argued that a psychologically healthy person can be determined on the basis of the lack of any painful mental phenomena. And such a definition was given to the concept in their famous dictionary. V.E. Pakhalian and R.M. Khusainov defined psychological health as "the state of internal subjective well-being." The spiritual well-being of the individual in psychological health is emphasized by L.D. Demina, arguing that this is the

basis of the personality elections and personal responsibility of a person. THEM. Shcherbakova correlates psychological health with human spirituality. She claims that a more spiritual person is more conscious of himself, to life and health.

V.I. Slobodchikov with A.V. Shuvalov considered ontogenetic development the basis of psychological health in accordance with the age norm. By the norm, they understood the best that is possible for each person at a certain age stage and in certain conditions. Also, through the definition of the norms of development, such scientists as N.N. Kolotiy, M.S. Myshkina. At the same time, N.N. Kolotiy, believes that psychological health is a qualitative "indicator" of a person's mental development at every age stage. He considers the quality of mental development as the "level of psychological well-being of the individual, as well as the features of its individual development", which is expressed in "features of the individual psychological properties of the individual, relationships with society, processes of self-regulation and self-development, and the implementation of needs" T.V. Bashkireva indicates that psychological health is associated with the adaptation of a person to the environment. This allows you to establish harmonious relations between personality and society. O.V. The Zavgorodnaya believes that the state of contact between the internal and external reality of a person, which allows him to achieve self-expression in life and practice also provides psychological health. E.R. Kalitievskaya considers psychological health as a state that allows a person to act as an "autonomous subject", actively changing his own life in changing conditions of the environment. In conclusion, students, especially psychic health and deviant behavior closely linked to each other. Factors such as the Internet dependency, boredom, harassment, family violence, and building have a negative effect on mental health. Scientific research offers clear information and measures in this regard.

In addition to the crisis, the strengthening of self-treatment, self-contemporic to improve the search for social assistance, it is also necessary to develop a strategy to address the search for the social assistance. In addition, it is also recommended to fix the weakness of the social assistance and improve the avoidance strategy.

REFERENCES

1. Башкирева Т.В. Общие критерии психического, психологического, социального / Т.В. Башкирева // Мир психологии. - 2007. - № 2
2. Бехтерев В.М. Объективная психология. М.: Наука. Серия «Памятники психологической мысли», 1991. – 480 с.
3. Братусь Б.С. Христианская психология как научное направление: к истории вопроса. // Национальный психологический журнал. – 2015. – № 3 (19).
4. Гребенюк Т.Б. Формирование индивидуальности будущего педагога в процессе профессиональной подготовки. Автореферат дис. ... д.п.н. Ярославль, 2000. – 39 с.
5. Демина, Л.Д. Психологическое здоровье и защитные механизмы личности / Л.Д. Демина, И.А. Ральникова. - Барнаул: АТУ, 2000. - 121 с.
6. Дубровина, И.В. Психологическое здоровье детей и подростков в контексте психологической службы: Метод. пособие для дет. практ. психологов учреждений образования / И.В. Дубровина. - Екатеринбург: Деловая книга, 2000. - 170 с.

7. Завгородняя О.В. Психологическое здоровье человека: теоретические и прикладные аспекты: монография/ О.В. Завгородняя, Л.О. Курганская. - К.: Информационно-аналитическое агентство, 2008
8. Иванова М.Б. Структурные, функциональные и динамические характеристики психологического здоровья личности: дис. ... канд. психол. наук / М.Б. Иванова. - Кемерово, 2010. - 242 с
9. Калитиевская, Е.Р. Адаптация или развитие: выбор психотерапевтической стратегии / Е.Р. Калитиевская, В.И. Ильичева // Психологический журнал. - 1995. - № 1. - С. 115-121.
10. Колотий Н.Н. Особенности социальнопсихологической адаптации первоклассников к условиям обучения в динамике года / Н.Н. Колотий, 8 Евразийский Союз Ученых (ЕСУ) #3(72), 2020 С.Н. Цилюрик // Здоровье, обучение, воспитание детей и молодежи в XXI веке: материалы Междунар. конгр. - М., 2004. - С.68.
11. Корсаков С.С. Общая психопатология. Изд. 3, дополн. М.: Лаборатория знаний. – 465 с.
12. Маслоу А. Самоактуализация. Психология личности. Под ред. Ю.Б. Гиппенрейтер, А.А. Пузырей. - М., 1983. – 456 с.
13. Пахальян В.Э. Развитие и психологическое здоровье. Дошкольный и школьный возраст / В.Э. Пахальян. - СПб.: Питер, 2006. - 240 с.
14. Abdivalyevna, A. N. (2023). Psychoprophylaxis Of Depressive Situations In Crisis Situations. Eurasian Journal of Learning and Academic Teaching, 21, 1-4.
15. Abdivalyevna, A. N., & Farmonova, E. (2024). Characteristics of the development of cognitive processes in primary school students. International Journal of Advance Scientific Research, 4(03), 35-39.
16. Askarova Nargiza, A. (2023). Psychological Interpretation of the Concept of Happiness. Eurasian Journal of Humanities and Social Sciences, 16, 3-6.
17. Abdivaliyevna, A. N., & Jaloliddin, A. (2025). The Impact of Gadgets in Sleep Psychologian. Journal of Social Sciences and Humanities Research Fundamentals, 5(04), 84-88.
18. Askarova Nargiza Abdivaliyevna. (2024). INFLUENCE OF PSYCHOPATHIC QUALITIES OF PARENTS ON MENTAL DISORDERS IN CHILDREN. American Journal Of Social Sciences And Humanity Research, 4(10), 367–371.