



## MORAL RESPONSIBILITY AND PROFESSIONAL ETHICS OF A FUTURE PSYCHOLOGIST

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### Abstract

This article examines the ethical responsibility and professional ethics of future psychologists. It analyzes the ethical foundations of the profession, including honesty, empathy, confidentiality, and respect for human dignity in client interaction. The paper discusses key provisions of international and national ethical codes, the social responsibility of psychologists, and approaches to resolving ethical dilemmas in professional practice. The study emphasizes the importance of fostering professional culture and adherence to ethical principles among future psychology specialists.

### Keywords

Professional ethics, ethical responsibility, psychologist, empathy, confidentiality, professional culture.

### Introduction

The profession of psychology is a complex and highly responsible field that requires direct engagement with a person's inner world, emotional experiences, feelings, and mental well-being. Therefore, for future psychologists, not only professional knowledge and skills but also ethical responsibility and adherence to professional ethics are considered integral components of their professional preparation.

Ethical norms in a psychologist's activity are among the most important factors for building a trustworthy relationship with the client, ensuring the quality of psychological assistance, and demonstrating professionalism. This is because the process of providing psychological help is not merely about giving advice, but about approaching a person's delicate emotions, life experiences, and inner struggles with great care and sensitivity.

In today's era of globalization, stress, anxiety, depression, family problems, and interpersonal conflicts negatively affect the psychological state of many individuals. From this perspective, the role of psychologists in society is steadily increasing. They contribute not only to resolving psychological difficulties but also to helping individuals discover their inner resources, guiding them toward a positive life, and strengthening overall well-being.

Failure to adhere to professional ethics and responsibility can lead to serious consequences. Such negligence may not only harm an individual client's mental health but also reduce public trust in psychological services. For this reason, psychologists must always strictly follow principles such as maintaining confidentiality, respecting the client's personality, impartiality, and sincerity in any situation.

A psychologist's professionalism is characterized by:

- the ability to apply theoretical knowledge in practice,

- a humane and compassionate attitude toward others,
- empathy and active listening skills,
- continuous self-development and professional growth.

It should be remembered that a psychologist is not merely a specialist who helps to eliminate mental problems but also a person who enhances emotional well-being and assists individuals in finding the right path in life. From this point of view, the principles of professional ethics and professionalism serve as the foundation of a psychologist's activity.

The importance of psychologists in society is manifested not only in the lives of individual people but also in the stability and mental well-being of the entire social environment. Therefore, this article will comprehensively highlight the principles of professional ethics and professionalism, their impact on human life, and their significance in modern psychological practice.

### Research Object and Applied Methods

In Uzbekistan, scientific studies devoted to the theoretical and practical aspects of pedagogical activity and psychological practice occupy a significant place. Since the years of independence, research conducted in this field has been directed not only toward increasing the effectiveness of the educational process but also toward the development of the professional and personal qualities of future specialists.

In particular, the scientists of our country — M.G. Davletshin, E.G. G'oziev, V.A. Tokareva, R. Gaynutdinov, A.M. Jabborov, Z.T. Nishonova, D.G. Mukhame-dova, Y. Asadov, A.I. Rasulov, S.N. Sirliyev and other researchers — have studied various aspects of a psychologist's professional activity in their research works. Their scientific studies are devoted to the psychology of youth, the establishment of psychological services in educational institutions, the role of the pedagogical psychologist in the process of personality development, as well as to urgent issues of professional ethics.

The importance of professional ethics in the field of psychology is invaluable. First of all, the specific features inherent to this field — maintaining the confidentiality of personal information, influencing a person's mental state with care, and the ability to resolve various ethical dilemmas — require a high level of responsibility from the psychologist. For example, a psychologist must not disclose the information obtained about a student or a client to third parties and should use it only within the process of providing assistance. From this point of view, professional ethics serves not only as a set of theoretical principles but also as a guideline in everyday practice.

Furthermore, professional ethics serves as an important criterion for psychologists and educators in resolving conflicts, moral contradictions, and ambiguous situations that may arise in their activities. Ethical rules guide specialists in their decision-making process, ensuring that they act in the right direction. This is of great importance not only for individual clients but also for maintaining a healthy psychological environment in educational institutions and society as a whole.

As noted in scientific literature, professional ethics guarantees the following aspects in a psychologist's activity:

- the establishment of a trusting relationship with the client;
- the preservation of confidentiality and personal inviolability;



- the assurance of impartiality and neutrality;
- the definition of professional boundaries;
- the improvement of the quality of psychological assistance.

In Uzbekistan, research related to psychological and pedagogical activities possesses rich experience not only from a theoretical but also from a practical perspective. Adherence to professional ethics and moral principles plays an important role in the professional formation of future psychologists, in ensuring the effectiveness of their activities, and in strengthening the psychological well-being of society.

**Formation of Professional Ethics in the Process of Psychological Education.** The formation of professional ethics in the process of psychological education includes not only the provision of theoretical knowledge but also the preparation of students to make correct decisions in real-life situations. In this regard, mutual evaluation and regular feedback play a particularly important role. Analytical comments provided by teachers help students to gain a deeper understanding of their ethical perspectives, strengthen their decision-making mechanisms, and develop an independent ethical position. This process also fosters in students the skills, reflection, and confidence necessary to resolve ethical problems they may encounter in their professional environment.

In the process of assessing professional ethics, teachers draw conclusions about students' abilities to analyze ethical problems, the approaches they apply in decision-making, and the methods they use to implement their knowledge in practice. This is often carried out through written assignments, projects, simulation exercises, and the analysis of real-life situations. As a result, students learn to apply theoretical knowledge to practical problems.

One of the scholars who emphasized the practical significance of professional ethics is Daniel Goleman, who is well known for his concept of emotional intelligence. According to Goleman [4], "Ethics and emotional self-regulation are complementary competencies for a psychologist. Without them, professionalism cannot be sustainable." This approach demonstrates that in psychological practice, not only knowledge but also inner stability, self-regulation, and adherence to moral principles are essential.

The moral responsibility of a psychologist encompasses a set of obligations toward the client, society, and the profession itself. This is manifested in the following main directions:

- placing the client's interests as the top priority;
- respecting the individual and protecting them from discrimination;
- properly assessing one's professional capabilities and limitations;
- strictly adhering to moral and ethical norms in both personal life and professional activity.

The standards of psychological ethics are based on international and national regulations. For example, the American Psychological Association (APA) Code of Ethics defines the following principles:

1. Beneficence and Nonmaleficence
2. Integrity
3. Respect for People's Rights and Dignity
4. Fidelity and Responsibility
5. Justice

These principles serve as guidelines for every aspect of a psychologist's professional activity. Failure to adhere to them may lead to the following negative consequences:



- harm to the client's psychological well-being;
- loss of client trust;
- decline in professional reputation or revocation of licensure;
- legal liability.

The process of teaching professional ethics and applying it in practice plays a decisive role in the professional development of psychologists. Providing students with the opportunity not only to study ethical norms theoretically but also to apply them in real-life situations lays a solid foundation for their future effective and responsible work with clients.

### Conclusion

In conclusion, it can be stated that for a future psychologist, moral responsibility and professional ethics are not merely legal obligations but a practical expression of humanism. Their thorough mastery serves as a guarantee of the highest level of professionalism and reliability in the psychological profession.

Recommendations for future psychologists:

- Study codes of ethics in depth and apply them in practice
- Participate in supervision and professional training programs
- Maintain control over one's emotional state
- Approach each client individually and with respect
- Never place personal interests above the interests of the client

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