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**THE ROLE OF PSYCHOHYGIENE AND PSYCHOPROPHYLAXIS IN  
FORMING A HEALTHY MENTALITY**

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**ANNOTATSIYA**

Har bir yosh davrning o'ziga xos psixogigienik talablariga amal qilish sog'lom turmush tarzini ta'minlaydi. Kasalliklarni olidini olish sog'liqni saqlash va mustahkamlashda psixikaning rolini alohida fanlar psixigigiena va psixoprofilaktika o'rganadi. Bugungi kunda kishilar hayotida televidenie, internet va har xil media ta'sirlarni o'rganish psixogigienada dolzarb muammo bo'lib qolmoqda. O'zaro normal insoniy munosabatlarning psixoprofilaktik ahamiyati benihoya katta. Ruhii shikastlarni bartaraf etadigan hamma omillar ruhiy sog'lomlikni saqlash va kasalliklarning oldini olishga imkon beradi. Turli kasalliklarni davolashda psixikaning roli juda katta, kasallikni davolashda kasallarga psixik ta'sirning ahamiyati beqiyos albatta.

**ABSTRACT**

Compliance with specific psychohygienic requirements of each age ensures a healthy lifestyle. The role of psyche in health care and prevention of diseases is studied by separate disciplines of psychohygiene and psychoprophylaxis. Today, studying the effects of television, Internet and various media on people's lives remains an urgent problem in psychohygiene. The psychoprophylactic value of mutual normal human relations is huge. All factors that eliminate mental injuries allow maintaining mental health and preventing diseases. The role of psychology in the treatment of various diseases is very large, the importance of psychological influence on patients in the treatment of the disease is certainly incomparable.

**АННОТАЦИЯ**

Соблюдение специфических психогигиенических требований каждого возраста обеспечивает здоровый образ жизни. Роль психики в охране здоровья и профилактике заболеваний изучают отдельные дисциплины психогигиена и психопрофилактика. Сегодня изучение влияния телевидения, Интернета и различных СМИ на жизнь людей остается актуальной проблемой психогигиены. Психопрофилактическое значение взаимных нормальных человеческих отношений огромно. Все факторы,



устраняющие психические травмы, позволяют сохранить психическое здоровье и предотвратить заболевания. Роль психологии в лечении различных заболеваний очень велика, значение психологического воздействия на больных при лечении болезни, безусловно, несравнимо.

The tasks of maintaining and strengthening a person's mental health change with age. From this point of view, it is necessary to consider the period of childhood, puberty and involution (reverse of development, withering) as the most responsible of all.

During these periods, great changes occur in the human psyche, as well as in some parts of the nervous system and in the whole organism (formation of personality and character, aging processes). Feeding a child with a strict daily routine during early infancy is of great importance from a psychohygienic point of view. A healthy environment in the family and the interaction between father and mother play an important role in the upbringing of children.

Disruption and lack of upbringing is a psychohygienic factor that has a bad effect. Compliance with specific psychohygienic requirements of each period ensures a healthy lifestyle. Including daily routine, proper nutrition, physical training, etc.

From the point of view of psychohygiene, work is useful and necessary for a person. How a person emotionally reacts to work is a very important factor.

Work serves as a means of personality formation, creativity, inspiration and a source of various emotional experiences. There are several general tasks and problems of labor psychology that apply to all types of work.

If a person's profession matches his enthusiasm and preparation, then work becomes a source of joy, pleasure, and mental health.

One of the important sections of labor psychohygiene is mental labor hygiene. If the mental work is organized incorrectly, it can become a factor that harms health.

Mental work is especially effective and useful when the brain is at rest (in the first half of the day). Such work should not last more than 3-4 hours without a break. Frequent distractions, noise, phone calls, etc. of a person engaged in mental work make the work halal.

Mental work should be carried out along with physical activity, work, walks. Smoking interferes with mental work, stimulants that stimulate the nervous system (phenamine, caffeine, coffee, bitter tea) are also not recommended.

The role of psyche in health care and prevention of diseases is studied by separate disciplines of psychohygiene and psychoprophylaxis. For the same reason,



one of the main tasks of psychohygiene is to study and prevent the consequences of people's interactions, experiences, and various disagreements in marriage.

The following diseases and ailments are at the root of disagreements between people: neurotic diseases, psychopathies and mental illnesses, economic deficiencies, alcoholism, drug addiction, taxi drivers, etc. life psychohygiene should develop psychohygienic measures against these harmful factors.

Today, studying the effects of television, Internet and various media on people's lives remains an urgent problem in psychohygiene. The psychoprophylactic value of mutual normal human relations is huge. All factors that eliminate mental injuries allow maintaining mental health and preventing diseases.

In urban conditions, noise from production, transport, radio, television and musical instruments has a pathogenic effect on a person. The fight against it is one of the serious psychohygienic measures.

At the same time, the strength of the family, love, friendship, mutual respect of the older people in the family, kindness towards the younger ones, the common interests in the family, and their forgiveness in the necessary times in their relationships will help to create a happy family.

Under the positive influence of existing traditions, customs, rituals and ceremonies in the family, young men and women gradually mature.

In order to successfully prepare young people for marriage, it is necessary to properly guide the sexual education of adolescent boys and girls, to provide them with a certain level of information about the joys and worries of family life, to be patient and persistent. and it is appropriate to explain the ways to bravely overcome difficulties.

It is known that there are living organisms in nature, all of them living in pairs are vital laws. Therefore, humanity felt the need for such a natural necessity even before it was formed as a person as a master of nature.

Before getting married, people should know the genetics of their chosen one. Unfortunately, there are diseases that are passed from generation to generation. The practice of taking or giving daughters from a relative's clan should be strictly condemned and completely abandoned. Because some parents give their consent to such marriages, as a result of which they cause the birth of a disabled and sick child.

One of the most important tasks of psychohygiene is to help to find a full sexual life. Disturbances in this area often lead to many psychological injuries and nervous breakdowns.

An improperly conducted sex life often makes a person suffer greatly and is the cause of many disagreements. In particular, due to withdrawals from sexual life

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and ignorance of the aesthetic aspects of this life, disorders such as sexual coldness are observed in men and women. As a result of the predominance of sexual orientation in some individuals, he pays more attention to sexual life, such a situation indicates that a person has a sign of pathological development.

Sex life should start only after marriage. Sexual excesses and sexual disorders are a factor that exhausts the nervous system.

Pathopsychology is a branch of medical psychology that studies the psyche of a sick person. E. Krechmer (1888 - 1964) is a scientist who contributed to the separation of medical psychology as a science with his own theory.

The goal of medical psychology is to approach the patient by finding methods that have an undoubted therapeutic effect, taking into account the individual characteristics of his personality. It should be noted that medical psychology studies:

- mental appearance of diseases.

What role does the psyche play in the origin and progression of diseases.

- the role of psychology in their treatment. What role does psychology play in disease prevention and health promotion. The role of psychology in the treatment of various diseases is very large, the importance of psychological influence on patients in the treatment of the disease is certainly incomparable.

Providing regular psychological effects to patients for the purpose of treatment is called psychotherapy. Medical psychology includes two concepts that are close to each other, but different from each other - psychopathology and pathopsychology (pathological psychology). Psychopathology is the total changes that occur in the psyche, first of all, in mental diseases, but also in other diseases.

Pathopsychology is the branch of psychology that studies these changes or the doctrine of the psyche of a sick person. Taking into account the specificity of the activities of educational institutions for children with physical or mental disabilities, the psychologist focuses his work plan on individual work with children of this category, restoring their health. He looks for ways to fully use his remaining activities and opportunities to eliminate speech, mental-nervous, and motor deficits and cooperates with the institution's doctor and defectologists in this regard.

The psychologist of the educational institution for children with physical or mental developmental disabilities uses the recommended diagnostic methods, depending on the age, gender, health, and types of diseases of the children, discusses the received information together with the defectologists of the institution, and directly contributes to the restoration of children's health. participates.



Depending on the types of defective development, with an individual approach to each of the children, they provide them with professional ideas, guide them to the profession and prepare them for the profession together with coaches and pedagogues, parents and sponsors plan the way of life after school in a clear and socially acceptable way. cooperates with

A psychologist of an educational institution for children with disabilities in physical or mental development participates in the work of the medical, pedagogical and psychological examination commission with his suggestions and conclusions on psychological problems.

Conscious activity is one of the higher psychic functions. In the evolutionary-physiological aspect, it would be correct to describe consciousness as a state of the central nervous system, which ensures the complex integrated high activity of the brain and the whole organism. In highly developed animals, this is mental activity. In the psychosocial aspect, conscious activity is inseparable from mental activity.

Consciousness always consists in giving knowledge about something, it is directly related to activity. Consciousness and memory may be disturbed in various mental illnesses. In addition to mental illnesses, there are impressions that cause nausea, head and brain damage, intoxications, infectious diseases with strong mental processes accompanied by high fever (sweating, malaria, zotiljam, etc.).

Fainting can last from a few seconds to several months. (Essence of consciousness, ambulatory automatism, hysterical lethargy, etc.).

Fainting can last from a few seconds to several months. (Essence of consciousness, ambulatory automatism, hysterical lethargy, etc.). The following are the types of fainting: obnubilation (Latin nubes means cloud) is the mildest disturbance of consciousness, the consciousness becomes blurred for a few minutes, as if covered by a fog, awareness of the surrounding situation, familiarity is not disturbed, there is no amnesia after obnubilation.

The most common forms of psychogenic diseases are neurasthenia, hysteria and delusional neurosis that does not go beyond the brain. The word neurosis is derived from the word neurosis (Greek - neuron - nerve) and is a psychogenic disease, i.e., a state in which higher nervous activity occurs as a result of adverse effects of difficult situations and experiences in life on the psyche.

For the classification of neuroses, I.P. Pavlov's teaching on the types of human higher nervous activity is of great importance. Neuroses often occur in strong-type people whose nervous system is weak or unbalanced. The human personality itself and all its features formed during the historical development play an important role in the emergence of neuroses.



In case of particularly difficult and long-lasting difficult situations, all the main forms of neurosis, including hysteria, can appear even in people who have been healthy until now.

However, if there is a tendency in the form of a hysterical character, then hysteria often occurs. The hysterical character is mainly formed as a result of a person's being brought up in a delicate manner, unable to adapt to marriage, and becoming immature.

Another form of neurosis, neurasthenia, is caused by the incorrect formation of a number of character traits. Parents encouraging their children to succeed regardless of their strengths and capabilities allows for this type of character development.

The fact that a person is brought up to be overly emotional from a young age and tends to suppress his character in situations where it is necessary to come to a decision in complex conflict situations often leads to the origin of a fantasy neurosis that does not go beyond the brain. . The patient's depressed mood expresses dissatisfaction with himself. The neurosis of incessant thoughts can persist for a long time and become chronic.

In the textbook "Pedagogicheskaya psikhologia" published under the editorship of N.V. Klyuev, he distinguished six aspects of activities aimed at maintaining psychological health:

- 1) positive attitude towards oneself;
- 2) development, development and manifestation of the individual at an optimal level;
- 3) psychic integration;
- 4) personal independence;
- 5) realistic perception of the environment;
- 6) ability to adequately influence the environment.

Based on the above considerations, the role of psychohygiene and psychoprophylaxis in the education of a healthy psyche can be described in the following recommendations:

1. Do not be overly demanding of those around you!!!
  2. Being overly demanding of others will cause you mental stress.
  3. If you constantly criticized the shortcomings of your loved ones and began to change them - you made a big mistake.
  4. Try to forget about worries
  5. Choose active action, not rest, choose reality, not idle dreams.
  6. Choose to laugh, not to sulk, choose kindness, not hostility.
  7. Set aside all resentment, doubt, despair, and self-pity, and put all your energy into overcoming challenges.
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8. Learn to curb your passion!!!
9. Anger and envy, grief, guilt, capriciousness and stubbornness, fear of life lead to various diseases.
  - anger
  - conceit-heart
  - sadness-lung
  - doubt- • spleen
  - fear-kidney
10. Exercise will help you

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