

Psychological Mechanisms for Developing Professional Skills of Doctors

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Abstract: The article highlights the role of psychological mechanisms in the process of developing the professional skills of doctors. The research analyzes mechanisms such as motivation, reflection, communicative ability, stress resilience, and self-management. According to the results, a doctor's professional competence is closely related not only to theoretical knowledge and practical skills but also to psychological readiness. Based on international experiences and theoretical sources, it is shown that psychological training, communicative exercises, and stress management programs are effective tools for developing the professional competence of doctors. The article includes scientific and practical recommendations aimed at improving the professional activities of doctors and enhancing the quality of services in the healthcare system.

Keywords: Doctor, patient, professional skills, communication, competence, interaction, soft skills.

Introduction: The medical profession is one of the oldest and most respected professions on Earth. A doctor is a healthcare professional who has undergone medical training and is licensed. Doctors are engaged in the activity of diagnosing, treating, and preventing health-related problems. There are many types of doctors according to various specializations. For example, there are general practitioners, pediatricians, cardiologists, dermatologists, neurologists, psychiatrists, and dentists among others. Each doctor possesses different skills and responsibilities according to their specialization, but they all focus on the well-being of patients and work for their recovery. As society develops, the requirements for healthcare professionals, like those in other fields, have also changed. Consequently, medical personnel are required to have high professional qualifications, to work continuously on self-improvement, and to develop themselves.

METHOD

Various scientific research works are being carried out in world higher education institutions and research centers aimed at identifying, investigating psychological components of developing the professional skills of doctors, as well as developing mechanisms for forming and enhancing professional

competence. In this regard, special attention is being paid to systematizing the psychological impact criteria on doctors, investigating professional skill levels, improving professional capabilities, increasing the dynamics of psychological readiness, identifying social-psychological factors and mechanisms that shape their professional skills, as well as enhancing the role of medical training and its impact on the effectiveness of their activities. These matters have become particularly relevant for increasing the effectiveness of their activities.

The formation of a doctor's personality cannot occur spontaneously: every stage of life has a significant impact on the future specialist, so it would not be wrong to say that the doctor's personality is shaped throughout their entire professional activity. The formation of personality refers to the process of becoming and acquiring stable qualities through socialization, education, and self-development. Social and biological factors play a significant role in the formation of a medical professional, based on which interests, needs, the ability to learn, and personal qualities develop.

Criteria for Forming a Doctor's Personality.

Firstly, a person who chooses the path of medicine must be a highly cultured individual, whose desire to

help others is always a priority.

Secondly, intellectual potential and the pursuit of knowledge are particularly important, as the student should approach each new task diligently.

Thirdly, the physical preparedness of the doctor is also of great importance: they must be disciplined, resilient, agile, and prepared for challenges and non-standard situations.

Fourthly, the ethical views of the future specialist are also significant: they must always be ready to help those in need while adhering to the unspoken rule of "do no harm."

Since the emergence of mankind, there has been a continuous fight against various diseases. Various methods have been devised to relieve patients from suffering. Historical sources indicate that herbs were widely used in ancient times for treating patients, but it is unknown when the practice of treating by psychological influence began. It should be emphasized that almost all known physicians up to now have effectively utilized methods of psychological influence in treating patients. Most of them believed that the first physician is the organism itself, and it is this organism that must fight against any disease; our task is to provide assistance to it.

Attention should also be given to the philosophical training aimed at developing a well-rounded personality with a formed worldview and spiritual culture for future doctors. The main qualities of a doctor's personality include compassion, stress resilience, patience, and, of course, willpower to be a professional doctor. The personality of the physician is formed during the course of university studies and continues to change and improve throughout their professional journey.

Considering psychological characteristics is important in the enhancement of a doctor's professional skills. This is because one of the aspects that a doctor must pay attention to during the treatment process is the development of communicative skills. The communication process with the patient definitely influences the treatment process.

DISCUSSION AND RESULTS

If a medical professional is a harmonious, calm, and reliable individual, but not arrogant, and their behavior is steadfast while being sensitive to the participation and vulnerability of others, they will win the trust of patients. With every serious decision, the doctor must envision the consequences of their actions on the patient's health and life. The necessity of being patient and self-controlled imposes specific demands on them. They must always take into account the various

possibilities for the progression of the illness. It is not easy to combine the necessary care and thoughtfulness with the requisite determination, calmness, optimism, critical attitude, and humility in a doctor's work.

Key Professional Qualities of a Medical Worker:

- Empathy: Understanding the feelings of others, compassion, and sensitivity.
- Honesty: N. and Pirogov believed that a person should have an internal need to quickly share their mistakes with others to warn them.
- Acknowledging Mistakes: Admitting errors does not diminish respect for a medical professional. However, an undisclosed mistake, even if unidentified, can have serious consequences for both the patient's health and the psychologist's well-being. Becoming a behavioral stereotype, this habit can increase the risk of issues and conflicts in professional activities.
- Personal Maturity: The ability to take responsibility, self-assessment of sufficient adequacy, and the capability to overcome difficulties.
- Clarity: This includes maintaining an external appearance of clarity and neatness, preserving a professional image, as well as executing assignments and procedures clearly and with due diligence.
- Optimism: This is necessary for a medical professional as a basis for mobilizing all their efforts to help the patient in the fight against the illness.
- Observation: Highly developed visual, auditory, and tactile senses are crucial for determining body temperature, locating veins, and other diagnostic aspects.
- Caution: Gentle behavior and careful treatment towards patients are essential characteristics of professional conduct.
- High Emotional Stability: Emotional resilience is the ability to adapt to stressful situations or crises.
- Self-Respect: Resilience to stress and the quality of health and relationships are largely related to emotional stability, which influences our choices and decision-making processes.

Furthermore, communication and interaction skills, previously classified as soft skills, are now recognized as professional characteristics for physicians. As previously highlighted, the effectiveness of the treatment process is influenced, among other factors, by the communication process between the doctor and the patient.

The best doctors always know what to say and to whom. Additionally, they strive to choose the right words. A real doctor presents any information in a way that makes you want to listen. They provide evidence

in such a way that it becomes very difficult to argue against them. All of this happens while they listen to all your complaints. They pay attention to every symptom you describe. If a doctor is unable to listen and communicate, they cannot be considered a good specialist.

Advantages of Having Strong Communicative Skills

A doctor with developed communicative abilities is capable of the following:

- Collecting information and making more accurate diagnoses effectively.
- Understanding how the patient perceives their illness and how it impacts them physically, emotionally, and socially.
- Tailoring medical information to the patient's level of understanding and ensuring that the patient comprehends everything correctly.
- Determining the patient's response to the obtained information.
- Identifying how much the patient wants to participate in decision-making (if treatment options are available).
- Discussing treatment methods with the patient to clearly understand the consequences.

When the patient-doctor relationship is successful, the likelihood of the patient adhering to the prescribed treatment and following the doctor's lifestyle recommendations increases significantly. Furthermore, research indicates that in such cases:

- Patients are more satisfied with their treatment (therefore, they make fewer complaints).
- Patients' feelings of hopelessness and their susceptibility to anxiety and depression decrease.
- Patients have a better understanding of their health issues, medical research results, and recommended treatment methods.
- Self-medication occurs less frequently.
- Doctors' psychophysical well-being improves.

CONCLUSION

Based on the analysis of the above information, it can be concluded that learning communication skills and developing communicative qualities play a significant role in improving the relationship between the patient and the doctor, and they have a proven impact on the effectiveness of therapy and the patient's perception of the doctor. Psychological mechanisms hold an important place in the development of a doctor's professional competence. Motivation, reflection, communicative abilities, stress resilience, and self-management ensure the effective functioning of a doctor. Therefore, special attention should be given to

the development of psychological competencies in the process of training and enhancing the qualifications of doctors.

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