

Coverage of Psychological Services for Stressed Women and Girls in Psychological Literature

Amirova Go'zal Baxadirovna

Independent Researcher at Tashkent State Pedagogical University, Uzbekistan

Received: 30 April 2025; **Accepted:** 28 May 2025; **Published:** 30 June 2025

Abstract: The psychological foundations of providing psychological services to stressed women and girls are primarily related to strengthening a person's emotional-volitional sphere, restoring mental health, and increasing adaptability to the social environment. Since internal conflicts, anxiety and depressive states are more common among women under stress, the process of psychological assistance requires providing them with socio-psychological support, creating emotional relief, and forming constructive coping strategies. The content of the service is mainly carried out through conversation, psychodiagnostics, training sessions, and individual and group consultations.

Keywords: Stressed women and girls, emotional-volitional anxiety and depressive, emotional reactivity, emotional relief, constructive coping strategies, stress level, emotional state, individual consultation, group training, relaxation techniques, cognitive-behavioral methods, psychometric methods.

Introduction: The first direction of the psychological foundations is the diagnostic stage, in which the sources of stress, emotional reactivity, level of self-esteem and adaptive ability of women and girls are identified. At this stage, various psychometric methods and interview techniques are used. The second direction is the correctional stage, in which reducing negative emotions, activating internal resources, and teaching the use of the social support system are of great importance. The third is the preventive stage, in which psychological service is aimed at forming effective strategies for overcoming stress in women and girls, developing a positive attitude toward life difficulties, and strengthening emotional stability.

It is also related to the multiplicity of social roles in women's lives. They simultaneously perform various responsibilities as a mother, spouse, specialist, daughter or daughter-in-law. Therefore, psychological service should be aimed at easing their role conflicts, effectively distributing time, and developing self-management skills. One of the effective forms of psychological assistance in overcoming stress is the cognitive-behavioral approach, in which a person learns to manage his or her thoughts positively, to identify and change negative automatic thoughts. In

addition, relaxation, art therapy, psychodrama and meditation exercises are also used in the process of psychological service.

Another important aspect of providing psychological assistance to stressed women and girls is strengthening their social support system. The positive attitude of the family, relatives, friends and society plays a major role in a woman's mental recovery. The task of the psychologist is to activate these resources, increase the woman's sense of self-worth, and make her feel that she is not alone.

Ensuring the social adaptation of stressed women and girls is a complex but extremely necessary process, in which the support system in the family, society and work community is considered one of the most important factors. Stress in women is often associated with the obligation to perform several social roles at the same time. They undertake various duties as a mother, spouse, daughter, daughter-in-law, worker and often as a member of society. These multifaceted role requirements may lead to increased emotional tension, anxiety, mental fatigue and sometimes depressive states in women. Therefore, in ensuring their social adaptation, first of all, the institution of the family is of decisive importance. The family is the first

and closest source of psychological support for a person. If there is a healthy environment in the family, a woman feels valued, listened to and understood. The kindness of the spouse, the support of parents, and the warm attitude of children play a major role in restoring a woman's inner strength. If family members take into account her emotional state, distribute household duties and seek solutions together, this helps the woman overcome stress.

The support system in society is also an integral part of the mechanisms of social adaptation. Social protection programs created for women in society, psychological counseling centers, and initiatives promoting a healthy lifestyle have a positive impact on their mental health. At the same time, forming a positive attitude toward women and abandoning stereotypes that discriminate against them are also important in reducing stress and strengthening social adaptation. The fact that a woman is valued in society not only in her maternal or family role, but also as an independent person and specialist, increases her self-confidence. If the support system through the local community, neighbors, friends and social groups is strengthened, a woman feels herself to be an important member of society, and this becomes a strong motivation in overcoming stress.

The role of the support system in the work community should also be emphasized separately. A friendly environment at the workplace and the cooperation of the leader and colleagues facilitate a woman's social adaptation. On the contrary, pressure, injustice and excessive demands at the workplace may further increase stress. Providing psychological services to stressed women and girls in the work community, organizing motivational trainings and adaptation courses help them successfully perform their professional role. In particular, the leader's attention to psychological support, flexible work schedules for women, and the creation of opportunities for self-expression strengthen their social activity.

The mechanisms of social adaptation are mainly carried out in three directions: the first is emotional support, in which a woman communicates with close people who listen to her, understand her and stand by her. The second is instrumental support, which involves sharing family responsibilities, providing economic assistance or easing working conditions. The third direction is informational support, in which a woman receives information about strategies for overcoming stress and ways of using psychological services. When these three directions are harmonized, a woman's social adaptation proceeds effectively.

In our opinion, the coordinated activity of the support system of the family, society and work community is of

decisive importance in ensuring the social adaptation of stressed women and girls. If the family is a source of love and emotional support, society strengthens a woman's mental stability through the development of psychological culture and the formation of protective mechanisms. A friendly environment and fair treatment in the work community serve as important factors in overcoming stress and effectively continuing professional activity. Therefore, comprehensively organized support mechanisms create conditions not only for women to overcome stress, but also for them to fully manifest their potential in society.

Kholmuratova Sh. M., Fayziyeva Sh. A. and Sultanova S. M. studied various complex aspects of women's life and psyche in their scientific views.

In particular, Kholmuratova Sh. M., in her scientific research entitled "Socio-Psychological Characteristics of Women's Delinquent Behavior," deeply analyzes the mechanisms of formation of delinquent behavior observed in women. It is also substantiated that social inequality in society, family conflicts and the weakness of moral control are the main factors of this behavior. In the scholar's views, it is shown that the psychological environment and social conditions interact and cause women to deviate from normal norms. At the same time, she shows that delinquent behavior is connected not only with a personal psychological crisis, but also with the disruption of the system of values in society. According to the scholar, these processes can be prevented through the development of effective mechanisms of socio-psychological services. As a result, reducing delinquent behavior is important not only for a woman's personal life, but also for the stability of the entire social environment.

In her scientific work entitled "Socio-Psychological Characteristics of Women Subjected to Violence," Sh. A. Fayziyeva focuses on the mental state and social behavior of women who have faced violence. Her scientific research shows that violence causes a decrease in self-esteem, distrust of the external environment and emotional suffering in women. According to the scholar, the absence of social support further aggravates this process, as a result of which women feel alienated from society. Fayziyeva particularly emphasizes the importance of restoring trust, creating a supportive environment and forming positive motives in socio-psychological assistance. She also shows the importance of psychoprophylactic trainings, counseling and psychotherapeutic approaches in reducing the consequences of violence. Based on the scholar's theory, the strengthening of social protection and psychological assistance for women in society is of great importance in their return to the process of normal socialization.

S. M. Sultanova, in "Socio-Psychological Characteristics of the Manifestation of the Feeling of Guilt in Women," analyzes the formation of the feeling of guilt in women and its various manifestations from psychological and social perspectives. According to her, the feeling of guilt is often formed in the process of social norms, cultural values and personal upbringing. In the scholar's views, it is shown that this feeling directly affects a woman's self-assessment and often causes self-blame, internal conflict and emotional suffering. At the same time, the feeling of guilt in some situations may also be a positive factor encouraging personal change and self-education. Sultanova substantiates that guilt can be controlled through psychological assistance and directed toward a constructive direction. Based on the scholar's theory, it can be said that proper work on the feeling of guilt is an important factor in restoring women's mental stability and social activity.

In our opinion, socio-psychological problems encountered in women — delinquent behavior, mental suffering caused by violence and the intensification of the feeling of guilt — have a serious impact on their normal socialization process. Family conflicts, inequality in society, the weakness of moral control and the lack of a support system appear as important factors in the formation of these processes. Also, negative emotional states arising in women may reduce their self-assessment, lead to withdrawal from social activity and intensify internal conflicts. Therefore, in socio-psychological services, prevention, restoration of trust, creation of a supportive environment and formation of constructive motives serve as the main mechanisms in restoring women's mental stability and social activity.

In the studies conducted by F. A. Akramova, O. R. Avezov, D. Sh. Baratova and Z. T. Nishanova, the importance of psychological service in various social environments, its role in ensuring a person's mental stability and social adaptation are widely covered. In their research, the effectiveness of psychological service at all stages, from the family environment to the neighborhood and educational process, the possibilities of a person to overcome stress, and the importance of social support mechanisms are substantiated.

In her dissertation on the topic "Socio-Psychological Problems of Family Psychological Service in Uzbekistan," F. A. Akramova substantiated that, due to the priority of preserving and functioning of family values in the ontogenetic, genealogical and axiological characteristics of a family consisting of several generations, genetic preference is ensured, and this factor has a positive effect on the socio-psychological adaptation of the individual, the balance of the

psychological environment and family regeneration. It was also proved that family psychological service should be provided not so much to this category of families, but rather to nuclear, that is, one-level families.

In his dissertation on the topic "Socio-Psychological Mechanisms of Providing Psychological Service to the Population in Extreme Situations," O. R. Avezov proved that, according to the origin of psychological tension among the population in extreme situations, differential strategies of stress resistance are manifested in the emotional sphere of the individual due to the integrative development of "orientation toward expecting social support" in crisis situations into the psychological defense mechanisms of regression, displacement and repression.

Sh. R. Barotov, in his research, widely covers the role and importance of psychological service in the educational process and analyzes its influence on students' personal development and learning process. In the scholar's research, it is specifically noted that in effectively organizing psychological service in educational institutions, psychodiagnostics, prevention and correctional work should be harmonized within a single integrated system. It is also shown that the effectiveness of this service must be based on the active cooperation of the student, parent and teachers, as well as on socio-psychological principles.

Providing psychological service to the population is a social necessity that occupies an important place in the development of society. This service is the main mechanism for preserving people's mental balance, overcoming personal difficulties and ensuring their adaptation to the social environment. The effectiveness of psychological assistance is determined, first of all, by a deep analysis of the needs of the population and by taking into account their way of life. Only when each person's personal characteristics, family problems, social status and cultural values are taken into account will the service produce the expected result.

The main task in providing psychological service is to strengthen people's mental health and reduce stress. In this process, such stages as diagnostics, counseling, prevention and psychocorrection complement one another. In working with the population, the harmony of an individual approach and group sessions is of great importance. For example, while a personal conversation helps some people, group trainings have a stronger effect on others. The high effectiveness of psychological service is manifested through restoring a person's self-confidence, strengthening social support and developing life motives.

Family relations occupy a central place in providing psychological assistance to the population. This is because many mental problems are associated with family conflicts, misunderstandings and emotional instability. In such situations, psychological service is aimed at improving family communication, resolving conflicts and strengthening educational values. Through this, people not only overcome their personal problems, but also create a healthy family environment.

Another important direction of psychological service is working with young people. This is because many mental difficulties arise among young people in the process of professional choice, self-awareness, personal independence and finding their place in society. In this process, psychological assistance helps young people make the right decisions, manage stress and form future plans. Supporting the psychological health of young people makes their future social activity more stable.

When working with different groups of the population, service methods also differ. For example, in providing psychological service to elderly people, more attention is paid to their problems related to loneliness, fear and health. For women, issues such as domestic violence, feelings of guilt or emotional tension may be more important. In working with men, social responsibility, professional stress and economic pressure are considered the main topics. Thus, in order for psychological service to be effective, it is necessary to take into account the specific characteristics of each group.

In order to increase the effectiveness of psychological assistance, it is important to integrate it with the social support system. This means that not only the psychologist, but also the pedagogue, doctor, social worker and neighborhood activists should work in cooperation. This is because a person's problem is not only psychological, but is also closely connected with social and economic factors. As a result of such cooperation, a comprehensive support system for the population is formed.

Another aspect of effective psychological service is preventive work. It is considered more effective to prevent a problem in advance than to eliminate it after it has arisen. In the process of prevention, trainings on stress management, sessions for developing social skills, and spiritual-educational events are organized. This not only strengthens people's mental stability, but also creates a healthy mood in the social environment.

Z. T. Nishanova, studying the pedagogical-psychological aspects of the psychological service system in the educational process, substantiates the importance of

psychological support in the development of a person's cognitive processes. In her opinion, the effectiveness of psychological service can be increased through the constant cooperation of psychologists and pedagogues. She also studies the integration of psychological service with innovative technologies and emphasizes the importance of modern psychodiagnostic and psychocorrection methods. In her research, she notes that psychological service must have a strong scientific basis and must serve to improve students' socio-psychological adaptation and increase their motivation.

In our conclusion, the socio-psychological mechanisms of psychological service have specific manifestations in different environments and conditions, and their effectiveness is directly connected with the activity of social institutions. In the family environment, the preservation of values and intergenerational continuity ensure a person's mental stability and social adaptation. In extreme situations, through the activation of psychological defense mechanisms, specific strategies of stress resistance emerge, and this further increases the person's need for social support. In the neighborhood environment, psychological service manifests itself as a factor strengthening the well-being of the population through increasing social solidarity, reducing conflicts and implementing preventive measures. In the educational process, the effectiveness of psychological service is increased through the cooperation of psychologists and pedagogues, the use of modern technologies and psychodiagnostic methods, and this serves to develop a person's cognitive activity and motivation.

REFERENCES

1. Akramova F.A. O'zbekistonda oilaviy psixologik xizmatning ijtimoiy-psixologik muammolari. 19.00.05 – Ijtimoiy psixologiya. Etnopsixologiya. Psixologiya fanlari doktori (Dss) dissertatsiyasi, – Toshkent: 2022, - 277 b.
2. Avezov O.R. "Ekstremal vaziyatlarda aholiga psixologik xizmat ko'rsatishning ijtimoiy-psixologik mexanizmlari" mavzusidagi dissertatsiya ishi Buxoro.,2023. – 157 b.
3. Barotov Sh.R. Psixologik xizmat: Magistrlar uchun darslik. –T.: «Navro'z» nashriyoti, 2018. - 344 b
4. Fayziyeva Shoiray Ayubovna "Zo'ravonlikka uchragan ayollarning ijtimoiy-psixologik xususiyatlari" mavzusidagi dissertatsiya ishi Toshkent., 2024. – 140 b.
5. Nishanova Z.T. Psixologik xizmat: O'quv qo'llanma. T.: Yangi yul Poligraph service, 2007. – 158 b.
6. Sultanova S. M. – "Ayollarda aybdorlik hissi

namoyon bo'lishining ijtimoiy-psixologik xususiyatlari" mavzusidagi dissertatsiya ishi Toshkent., 2024. – 136 b.

7. Xolmuratova Sh. M. – "Ayollar delinkvent xulqining ijtimoiy-psixologik xususiyatlari" mavzusidagi dissertatsiya ishi Toshkent., 2024. – 157 b.