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## ECOLOGICAL CRISES AND POPULATION PSYCHOLOGY

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### ABSTRACT

This article explains the information about the occurrence of a number of negative environmental conditions as a result of the drying of the Aral Sea, the deterioration of living conditions, and the sharp aggressive impact of environmental stress on the behaviour of individuals. that they negatively affect personality traits.

### KEYWORDS

population psychology of the Aral Sea region, environmental problems and human psychology, nature conservation, psychological services for the population, environmental behaviour, environmental consciousness.

### INTRODUCTION

We know that environmental problems differ in all regions of the world depending on the natural conditions. At present, everybody knows that due to a major catastrophe on our territory - the annual drying

up of the Aral Sea and climate change in the entire Aral Sea region - the population is in critical condition and various environmental adverse events are occurring. The tragedy of the Aral Sea is one of the global

environmental problems. The ecological catastrophe in the Aral Sea is an example of the illiterate use of natural resources, as well as a vivid example of improperly thought out human activity. The disappearance of the sea is associated with the implementation of projects to change the course of rivers. Historically, the Aral Sea was considered the center of development of such peoples as Uzbeks, Kazakhs, Karakalpaks and Turkmens.

### **MATERIALS AND METHODS**

Today, the Aral Sea passes into the new Aralkum desert, where extensive salt deposits have formed on the dry part of the sea. Every year, more than 75 million tons of dust and poisonous salts rise from the Aral Sea. The dusty paths rising from the bottom of the Aral Sea are 400 km long and 40 km wide. The salts at the bottom of the Aral Sea are scattered over long distances and even reached the Himalayas and Mongolia [9]. The fact that the population of the Aral Sea region live in difficult conditions is a feat in itself.

In modern global conditions, the study of the relationship between man and nature, the preservation of the ecological environment, the formation of ecological consciousness and culture among people, and the reduction of the influence of the human factor on nature pose urgent tasks for many sciences. The fight against environmental disturbances requires a targeted solution of psychological problems, as well as its prevention, the solution of a number of economic, social, medical, biological problems.

It is known that the psychology of the Aral sea region population, the provision of psychological assistance to them and perfect development and official recognition of a single scientific direction or concept has not yet received.

The fact that environmental problems always give rise to economic problems, namely that the majority of the population invents and submits to chaotic life principles as a struggle to live in accordance with modern requirements, certainly allows the emergence of socio-psychological problems.

It is necessary to expand the scope of research related to the fact that the psychological service of the islanders can explore the dynamics of the hierarchical system of relationships of the individual with himself, with others and with activity in the process of activity and, on the basis of this system, prepare the ground for creating a socio-psychological environment.

It is not difficult to imagine the difficult ecological situation in the Aral Sea region, the above examples initially change the mood of a person. It is quite natural that in itself a frequent change in the mood of the population living in conditions of environmental tension, a decrease in their mental abilities, working capacity, increased uncertainty in their future work can have an opposite effect on the strategic work of any society. Negative environmental factors weaken the mental strength of a person, negatively affect his behavior, psychologists should not be indifferent to these aspects.

In this chapter, however, we wish to present the analysis associated with the study of the socio-psychological factors of the population living on the coast of the island in a style consistent with the purpose of the study.

In this case, the emphasis is on personality traits, indicators of emotional self-esteem among the population living on the coast of the island, as well as on certain socio-psychological factors associated with the manifestation of indicators of motivation to get out of existing conflict situations.

Relevant scientific and practical research was carried out using well-known and popular techniques in advanced psychology in order to assess the extent of the specific individual psychological capabilities of each person based on the solution of the socio-psychological problems of the population living today on the coast of the island.

## RESULTS

In this research, we conducted questionnaires from the population in order to study aspects of the ecological mentality of the individual, ecological institutions, ecological culture, subjective perception of the environment, specific characteristics under the influence of national mentality, and aspects of the attitude to ecological problems.

We can witness changes in the attitude of the population towards the environment in the ecological crisis in the regions. This is reflected in every ecological behavior of the youth, who understand that it is normal for them to act uncertainly in their future work, anxious situations, negative impact on the formation of environmental culture, show aggressiveness in personal behavior, and often get angry. In particular, they repeatedly emphasized that environmental problems in the regions are in a very bad state, we have no other choice, water shortage, poor soil quality, and the increasing number of diseases among the population, 80% of the population showed a passive attitude towards solving environmental problems. "We don't know what will happen to our youth, the ecology of our region is getting worse and worse" - 88% of the population over 50 years of age are worried. 75% of youth have passive actions, insecure thoughts, unpleasant appearance of nature, and anxiety. Among the respondents, young people took an active part in the conversation and said that they have a lot of work to do in the future, but it is very difficult. In the

questionnaire, "Would you be willing to spend hours solving problems related to the Aral sea?", a large number of people answered "yes" and "of course". It can be concluded from the answers to these questions that we can see that the population hopes to look for opportunities even in a difficult and bad environment. We must provide spiritual support to such people, encourage them in their hard work, and strengthen psychological incentives.

It is natural that there are also economic problems in the areas where there is ecological tension. Providing employment to the population is also one of the daily issues. Social, economic, medical and humanitarian problems caused by environmental problems in the Aral sea region are becoming more and more complicated.

Most of the population said that they have economic problems in any situation. They said that youth and middle-aged people are going to work in foreign countries. In its place, this also causes enough family problems. It is natural that parents work abroad for a long time, their children are left unattended, and many psychological problems arise. Especially in the relations with their children, there are concepts in their thoughts that "Parents should go out and work".

We can see a number of psychological problems related to environmental problems in the Aral sea region. The psychology of the individual in ecological stress situations, the individual's perception of ecological stress and his relationship with it, the development of environmental ecology and the psyche of the individual, and the impact on personality characteristics require the conduct of scientific research by psychological scientists.

Ecological education of the population, ecological knowledge and the development of ecological

awareness in people play a key role in the history of the entire human development. If we emphasize that human factors are the origin of the global environmental problems studied above, now the preservation of mother nature will also be influenced by human factors. Of course, we can prevent the current environmental problems from escalating and prepare for future climate changes through a highly developed ecological awareness in humans. Today, it is necessary to study the interaction between human and the environment as a psychological problem. At the same time, it requires the involvement of psychological specialists in studying the basis of all environmental problems. Environmental problems have a negative impact on human psychology and psychophysiology. It is necessary to conduct psychological research on existing environmental problems in the Aral sea region, diagnose the psychological health of the population and provide them with various types of psychological services. It is desirable to study the psychological health of the population, introduce psychoprophylaxis, psychodiagnosis and psych correction services.

Organization of psychological services for residents in the Aral sea region is psychological support of various social spheres - health care, educational institutions, production, sports, law, etc.

Nowdays, a number of scientific research works were carried out in psychology related to the improvement of environmental conditions. For this reason, ecological psychology, due to the study of all areas, recommends the last areas of modern applied psychology, which are as follows;

- Clinical psychology in ecological crisis situations (the oldest direction);
- Organizational-psychological (management) advice on solving environmental problems;

- To impart knowledge about the psychology of image and public relations to the population.
- Choosing special places with residents, for example, encouraging them to find solutions to problems on the topic "Psychological zone in nature".

Types of psychological services to the population in the Aral Sea region should be sequential, complementary and aimed at providing rapid practical psychological assistance to the population. It is permissible to include the organization of the psychologist service in the following rule.

Criteria for organizing psychological services to the population in the arolsea region

The main goal Providing psychological assistance to the population

Basic methods psychodiagnostics, psychotherapy, psych correction, psychological counseling, development of psychological work

Subject concrete individuals or groups of persons, objects of nature Reliability criteria efficiency and experience of the specialist Features of knowledge to have scientific, theoretical and practical knowledge in order to be able to correctly evaluate a person in his professional activity.

In psychological activities, psychologists have the following general rights and obligations, focusing on problems related to nature:

1. As an equal member of the team, a psychologist can use all the guarantees and privileges established for employees as a direct participant in the recruitment process. Should study the impact of people on the psychological environment and the impact of natural ecology on the mental development



of the individual, and should be able to provide practical psychological assistance to management bodies and government organizations.

2. Based on the requirements of his professional field, psychologist can submit relevant proposals and applications to the management and higher organizations to create the necessary conditions for successfully fulfilling his professional obligations. Cooperation with ecological centers is ensured. In connection with difficult environmental situations, it is necessary to provide the psychologist with a workplace, training and consultation room, their equipment, appropriate diagnostic methods, methodical manuals, literature, and stationery.

3. It is necessary to present psychological approaches to environmental problems at administrative meetings, scientific councils, and at meetings of methodological associations, and study opinions. A psychologist is not involved in work outside the scope of his specialty and main activity.

4. A psychologist organizes his work within the framework of promotion of psychological knowledge, psychological prevention, psychological diagnosis, psychological correction and development, psychological counseling, environmental problems, prepares and approves annual, half-yearly, monthly work plans. Provides information about planned and completed work to the Regional Diagnostic Center.

5. Provides information to the management and the team about the individual and public researches conducted during the year, obtained and expected results, gives relevant recommendations and advice, accepts suggestions, opinions and orders of the individual and the team regarding the psychological service.

When organizing a psychological service, attention is paid to equipping the psychologist's rooms. There are main tasks of the psychological service room. There should be conditions for conducting art therapy, zootherapy, ecotherapy, and cognitive therapy.

It is not difficult for the psychologist in his activities to imagine the difficult environmental situation in the Aral Sea region, the examples mentioned above are initially supposed to change and pour the human mood. In being able to provide psychocorrectional work to the population in environmentally difficult conditions, training should be served as a factor that develops meaningful and almost sustainable qualities in the future. According to the content, psych correction training must be developed as a general complex that includes the cognitive sphere, personality characteristics, emotional sphere, behavioral qualities, interpersonal relations, intra-group relations (family, collective), child-parent relations. For example, in the service of a psychologist, it is necessary to describe harmony with students of art related to the tasks of ecotherapy as a form of environmental behavioral activity that will lead to a change in attitude to the natural environment in the future. In our activities, the study of art history, art classes allow us to recognize, that is, to correct, the formation and transmission of the system of ideas and values related to the natural world and relationships of people.

Kopitin Aleksandr Ivanovich, the chairman of the National Association for the Development of Art Therapy Sciences and Practices, also in the activities of the "Art Therapy Association", gives his scientific opinions about the manifesto of ecopoesis-ecological civilization, the importance of ecological civilization in the process of finding ways to solve environmental problems. Using their scientific guidelines, new approaches to the concept of ecological civilization

related to ecological situations are needed. We need a civilization that embraces new ways and meanings of human existence, linking them to the development of cultural and natural ecosystems.

Environmental problems in the Aral sea region are not only local problems, they are one of the global environmental problems. Therefore, it is necessary to develop the concept of ecological civilization in the population. This shows the increase in constructive efforts related to ensuring the activity of the population, discussing the perspective of ecological civilization in all areas, protecting the environment, and shaping its perspectives. Our way of life is connected with ecosystems, and it is a condition for its various forms to appear, develop, preserve and lead to the future.

Humanity can be considered a participant in a complex experiment of nature together with the global ecosystem. In a rapidly changing ecosystem, people feel the changes in themselves as ecological beings. Modern environmental psychology studies the issues of people's interaction with the urban environment and the place of residence, home and industrial environment, including information exchanges, conducts research on virtual environments. We should teach the laws, general theoretical principles, and basic concepts of the process of human interaction with the environment during training sessions with the population. It is desirable to form an interest in psychological knowledge and the ability to apply it in practice. "Environmental psychology" courses and study sessions are aimed at developing the professional competencies of a psychologist. It provides a deep understanding of the essence of the process of human interaction with the environment. Human interaction with the environment requires psychological analysis.

In order to eliminate the negative psychological impact of environmental problems on people, it is desirable to organize a special direction of psychological services among the population.

Environmental problems are different in each region, but they have the same effect on human psychology and psychophysiology. However, it is recommended to differentiate the specific features of the location in the relations to the environment through the dialectic and culture of the mentality of the regions, the ecological consciousness formed in them.

## CONCLUSION

The local psychologist should determine the ecologically difficult zones in the regions. It is permissible to determine the causes of environmental problems and choose the most suitable methods depending on the situation.

It is appropriate to provide psychological knowledge aimed at increasing the attention of a person in environmental situations, protecting himself, others and nature.

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