

THE CONTENT OF THE SCIENTIFIC-PRACTICAL BASIS OF CREATING PSYCHOLOGICAL SERVICES IN UZBEKISTAN

Barotov Sharif Ramazonovich

Bukhara Institute of Psychology and Foreign Languages

Doctor of Science in Psychology (DSc), professor

Annotation: The main aim of this research is to investigate theoretically and empirically the social-psychologic and scientific-practical of the formation of psychologic service in Uzbekistan, which comply with the requirements of the harmony of modern man and society development.

Key words: psychologic service, scientific-practical, social psychology, *Wessman & Ricks* methodology of Elation - Depression Scale

Аннотация: Основной целью данного исследования является теоретическое и эмпирическое исследование социально-психологических и научно-практических особенностей формирования психологической службы в Узбекистане, соответствующих требованиям гармонии мо- развитие современного человека и общества.

Ключевые слова: психологическая служба, научно-практическая, социальная психология, методика *Wessman & Ricks* Elation - Depression Scale.

Annotatsiya: Ushbu tadqiqotning asosiy maqsadi O'zbekistonda psixologik xizmat shakllanishining ijtimoiy-psixologik va ilmiy-amaliy jihatlarini nazariy va empirik jihatdan tadqiq qilishdan iborat. inson va jamiyat taraqqiyoti.

Kalit so'zlar: psixologik xizmat, ilmiy-amaliy, ijtimoiy psixologiya, *Wessman & Ricks* of Elation metodologiyasi - Depressiya shkalasi

Relevance: the complexity of the goals and objectives of human activity arising from the new socio-economic and socio-psychological problems, causes the necessity of improvement of the content, forms and methods of psychological service by strengthening the relationship, interaction and continuity of all its components.

Of particular importance is the identification and optimization of modern socio-psychological and scientific-practical models of the organization of psychological services used in different spheres of society. The search and implementation of the most optimal models can become a kind of standard for a more effective social relationship between personality and activity, personality and society.

The social value of psychological service models depends on the degree of adequacy and completeness of their compliance with the basic requirements of life itself at this stage of social development. The urgent need to organize such a service is due both to the increasing role of the human factor and the development of the psychological science itself, which is increasingly involved in the solution of practical problems arising in diverse spheres of social practice.

Important issues that require psychological competence for their solution, therefore, appeal to the psychological service, arise within the framework of the economic infrastructure in the energy sector in transport, in the field of communications, agriculture, management, consumer services, etc

The psychological service is intended to provide significant assistance in the implementation of the Law "On education" and "National training program" adopted by the 9th session of the Oliy Majlis (August 1997) and aimed at radical reform of the education system and radical reorganization of the structure and content of training.

Prominent psychological service also needs to be in the sphere of healthcare, culture and sport in the opening Centers of restoration of health and labor capabilities, also other fields of social practice[11]. The effective solution of important tasks constantly arising in each of the mentioned and other spheres of society requires not only the progressive development and improvement of the all-system of state, social and economic relations, but also the active use of a multifaceted psychological service. The wider and more actively psychological knowledge and achievements of psychology will be used to solve practical goals and tasks of society, the more it will contribute to social and economic development.

Methodology: the necessity for psychological service is related with the demands of society, interested in the comprehensive development of each person, in optimization and improvement of the efficiency of groups and individuals. In this regard, the repeated statements of the first President of the Republic of Uzbekistan I.A.Karimov that all people should be able to “reveal and realize their abilities, to satisfy their needs are indicative... at the same time, the position of everyone in society should be determined by his desire to work”[1].

Many psychologists and sociologists (A.Abulkhanova-Slavskaya, 1980; B.G.Anenyev, 1977; G.M.Andreeva, 1988; Blonsky, 1936; L.I.Bozhovich, 1968; Vygotsky, 1956; E.Goshev, 1995; M.G.Davletshin, 1975; I.V.Dubrovina, 1988; V.M.Karimov, 1994; E.A.Klimov, 1988; I. S. Kon, 1984; B. F. Lomov, 1974; V. G. Loos, 1974; V.N. Myasishchev, 1960; B.D.Parygin, 1973; A.V.Petrovsky, 1984; K.K.Platonov, 1986; S.L.Rubinstein, 1957; V.M.Rasulov, 1979; B.H.Spielberger, 1983; V.V.Stolin, 1985; B.M.Teplov, 1985; V.A.Tokarev, 1989; E.A.Faraponova, 1966; D. I. Feldshtein, 1989; E. V. Shorokhova, 1974; B.G.Shoumarov, 1994; D. B. Elkonin, 1972; V. A. Yadov, 1979; B. R. Kodirov, 1990; N. With.Smith, 1955; M.S.Sayles, 1972; Heins Heckhausen, 1980; G. Ollport, 1980; D.O.Hebb, 1955; H.A.Maslow, 1954; C.R.Rogers, 1951; E.Stones, D.Anderson, 1972; C.Witzlack, 1982, etc.) with their theoretical and experimental studies contributed to the development of practical psychology, which serves as the Foundation for determining the socio-psychological and scientific-practical bases of the organization of psychological services. The results of many years of research conducted under the leadership of I.V.Dubrovina (Moscow) and H.Y. are particularly significant. Kh.Leymets, J. L.Cierda(Tallinn) at the psychological service in secondary schools[2]. The experience of implementation of psychological services in industrial plants (Yu.M.Zabrodin, V.V.Kozlov, V. In Novikov E.V.Shorokhova, L.Chuprov, I.N.Karitskaya, S.B.Malykh, etc.) occupies an important special place in the CIS[11].

The main purpose of diagnosis in the school psychological service is not to compare children with each other (although this is also very important), but a deep penetration into the inner world of a particular child. A practical psychologist is faced with the task of studying how a particular child learns and perceives the complex world of knowledge, social relations, other people and himself, how a holistic system of representations and relations of a particular student is formed, how his personality is becoming.

Therefore, the measurement of a mental function or identification of personal characteristics outside the context of the holistic development of the child does not make sense for the school psychologist.

Under the guidance and with the direct participation of a number of Uzbek psychologists, studies on practical psychology are currently being conducted, which can serve as a Foundation for the application and improvement of the organization of psychological services in various spheres of social development in the Republic. At present, special studies are being conducted to find criteria for determining the effectiveness of socio-psychological services in Uzbekistan. The solution of this issue is relevant and practically significant both in social and scientific terms.

We have developed a model of socio-psychological criteria for the effectiveness of psychological service. Psychological service for the first time is considered and experimentally studied as a system,

hierarchically organized education, included in a variety of relationships and relationships with other factors of socio-psychological development, functioning as a personal phenomenon and component of psychological protection, all elements of which develop in interaction and interdependence, and at the same time have a qualitative specificity, which sets each of them its own logic of development[6], [7], [8].

Method: a set of hypotheses has been formulated and experimentally proved to explain in a new way the correlation between personality and the success of psychological protection of a person depending on the level of socio-psychological development of human activity. A number of new methodological techniques are proposed to assess the level of success of psychological protection and efficiency of psychological service, in particular the methods of "Individual style", "Attitude", "Normal-emotional activity".

The paper identifies the main directions of psychological service in Uzbekistan, the models of such service used in educational institutions and labor organizations.

The criteria by means of which it is possible to predict in social and psychological aspect productivity (or unproductiveness) of the applied organization of psychological service were revealed.

-Dedicated hierarchical system of social-psychological protection, delivering a harmonious relationship between the individual and the activity, the indicators in the process of psychological services.

- Proposed and developed the structure of psychological services in the employment agencies that meet the objective of maximum contribution to the socio-psychological development of personality.

The study of archival materials and relevant publications of the periodical press, as well as the analysis of the work of the current centers of psychological service indicate that Uzbekistan has accumulated an interesting experience in the organization and use of such a service

The analysis of socio-psychological and psychological-pedagogical literature showed that psychological protection of a person and activity is closely related to the criteria of "relations", "satisfaction from joint activity", "socio-psychological satisfaction with emotional States", "normal-emotional excitations", etc.

The results of the study showed that from 45.55 to 58.85 % of students from educational institutions and from 60.1 % to 72.4 % of employees of labor organizations were socially satisfied with the joint work. But, at the same time, 41.2 - 55.0 % of students. 27.6 – 39.9 % of employees of labor organizations were not satisfied with the joint activities of which partners were student-student. Workers - workers, student-group, worker – group, student – teacher, worker – supervisor. It turned out that the reason for dissatisfaction with joint actions is socio-psychological incompatibility and misunderstanding of people each other.

In connection with the criterion of "socio-psychological satisfaction with emotional States" respondents were examined by the *Wessman & Ricks methodology of Elation - Depression Scale* on the following scales: 1) Calmness – anxiety, 2) Energy, cheerfulness – fatigue, 3) Elation – depression, 4) Confidence in themselves – a sense of helplessness. According to the results of the study, only 44.0% of students and 38.7% of employees of labor organizations showed calmness in the process of activity on the first scale; at the same time, a disturbing state was found in 68.6 % of students and 61.3% of workers of labor organizations.

According to the second scale – energy, cheerfulness were found in 50.8 % of students and 45.0 % of employees of labor organizations, and the manifestation of fatigue, respectively, in 49.2 % and 45.9%. With high spirits (third scale) attitude towards learning 61, 0% of children and labor 54.1% of workers, while the depression was observed in 39.0% of children and 45.9 % of workers. For scale IV – self-confidence showed 31.4% of the students and 47.4% of employees of labor organizations, and the feeling

of helplessness was discovered in the process of educational activities in 68.6 % of children and 52.6% of workers in labor organizations in the process of performing work activities.

These figures show that the majority of students and employees of labor organizations in the process of activity manifest anxiety. Anxiety, anxiety or uncertainty, neuroses, great fatigue, depression, oppression, i.e. they feel quite incapable, sometimes unhappy, incompetent, etc. These and other data found in the empirical survey of our sample indicate the need to create a psychological service in these organizations and identify certain criteria for its effectiveness associated with the psychological protection of human activity.

The analysis of the most significant results of the method of "Attitude" through which the level of formation of the main criteria is revealed, allowed to establish that the successful attitude to activity is important for the socio-psychological development of the individual. As already noted, in the first and second stages of the study for the successful implementation of the educational objectives of the program of training and development in the process of active-positive attitude of students to the activities required sufficient formation of all these criteria in their interaction. If there is no or insufficiently developed one of the components in the performance of educational tasks, the overall activity and success of educational activity, the level of manifestation and development of a successful attitude to it is significantly reduced in the conditions of experimental and control schools.

The main conclusion, which follows from the materials of the study, is that the influence of labor activity of the enterprise on the development of individual activity not by "rigidity", due to greater flexibility of management, the formation of the ability to self-government, increases the relative autonomy of the development of individual style of activity for each person. All this forces to reconsider the attitude to the process of the activity in labor collectives within the framework of social psychology, as it provides the means of knowledge of the basic laws of interpersonal relations, behavior and condition.

Conclusion: The study made it possible to draw the following conclusions that are important for the development of theoretical and empirical trends in social psychology:

1. Psychological service is necessary for ensuring social and psychological development of the person and his activity in society. Human activity is more effective with the appropriate organization of psychological service, which often creates a set of socio-psychological conditions that favorably affect the development of successful activities and the formation of hierarchical systems of socio-psychological protection, providing a harmonious relationship between personality and activity.

2. The study and analysis of scientific literature on social psychology indicates a lack of special research, which would be determined and developed criteria of psychological protection, optimally affect the social process of human activity. According to the results of our research work it was found that the manifestations of social and psychological protection in the process of activity can be judged by the following indicators: a) the formation of a successful individual style of human activity; b) on the manifestation of a successful relationship, revealing certain socio-psychological parameters of the relationship to self-development, joint work, in General, to the social process of activity; C) on normal emotional activity (successful self-regulation, self-adaptation to activity, self-satisfaction).

3. The analysis of socio-psychological indicators of the performance of students and workers shows that currently a number of academic and labor organizations upon enrollment in school or work, people are often seen: below the average level of the active - positive attitude to activity, dissatisfaction with joint activities in the student-teacher, worker-supervisor, highest level of worry-ness, fatigue, depression, feelings of helplessness, inadequacy of requirements between the potential possibilities of the personality and perform activities. These and other negative phenomena can be overcome by the creation of

psychological service in Uzbekistan in different spheres of society, particularly the educational and labor organizations.

4. Identification and justification of psychological protection factors as a means of psychological service, at a certain level, revealing its social product in the system of educational and labor organizations allow us to consider this work as the development of a new approach to the study of social psychology. Within the framework of this approach, such fundamental theoretical problems as the disclosure of socio-psychological foundations of psychological protection, its factors that ensure a harmonious relationship between personality and activity, as well as issues of socio-psychological capabilities related to the solution of problems of school practice, especially in the conduct of correctional work with students, in determining the socio-psychological effectiveness of the current system of education are solved. From the standpoint of this approach, it is possible to solve personnel problems, such as the successful placement of workers in labor collectives, as well as other applied problems that require the diagnosis of social and psychological potential of the individual.

5. The significance of the data obtained in the course of our study is due to the fact that on the basis of the proposed criteria of psychological protection of human activity, firstly, it is possible to determine specific indicators of the effectiveness of psychological service in the education system (and in different types of educational institutions), in the production system and in many other areas of social practice; secondly, in the future it facilitates to the development of the criteria for psychological rehabilitation for individual students and workers; thirdly, to identify specific criteria of efficiency of psychological service in the field of psychology training and psychology of labor.

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