

## THE ROLE OF PSYCHOLOGICAL SERVICES IN AN INDIVIDUAL'S LIFE

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**Abstract:** This article addresses the issue of the organization of psychological services in today's globalization process to ensure the growth of a healthy person. Furthermore, the seven key areas where psychological services were implemented in Uzbekistan: education, workplaces, family life, transportation, healthcare, law enforcement, and sports are outlined. These services aim to support personal and professional development, enhance mental well-being, and ensure the harmonization of individual and social psychology.

**Keywords:** Psychologist Social Psychology, Psychological Counseling Worldview, Applied Psychology, Economic, Political, Legal.

**Annotatsiya:** Mazkur maqolada bugungi globallashuv jarayoniga xos psixologik xizmatnitashkil etish, sog'lom shaxsning o'sishini ta'minlash muammosi masalalari yoritilgan. Bundan tashqari, bunda O'zbekistonda psixologik xizmatlar joriy etilgan yetti asosiy yo'nalish: ta'lim, mehnat jamoalari, oilaviy hayot, transport, sog'liqni saqlash, huquq-tartibot tizimi va sport kabilar bayon etilgan. Ushbu xizmatlar shaxsiy va professional rivojlanishni qo'llab-quvvatlash, ruhiy farovonlikni oshirish hamda individual va ijtimoiy psixologiya uyg'unligini ta'minlashga qaratilgan.

**Kalit so'zlar:** Psixolog, ijtimoiy psixologiya, psixologik konsultatsiya, dunyoqarash, amaliy psixologiya, iqtisodiy, siyosiy, huquqiy, mafkuraviy.

**Аннотация:** В данной статье рассматривается вопрос организации психологической службы в условиях современного процесса глобализации для обеспечения роста здорового человека. Кроме того, в тексте выделены семь ключевых направлений, в которых были внедрены психологические службы в Узбекистане: образование, рабочие коллективы, семейная жизнь, транспорт, здравоохранение, правоохранительная система и спорт. Данные службы направлены на поддержку личностного и профессионального развития, улучшение психологического благополучия и обеспечение гармонии между индивидуальной и социальной психологией.

**Ключевые слова:** психолог, социальная психология, психологическое консультирование, мировоззрение, прикладная психология, экономическая, политическая, правовая, идеологическая.

### Introduction

Understanding, analyzing, and developing human psychology has always been one of the leading tasks of socio-economic development in all eras and nations. At the turn of the 20th century, the field of psychology and its leading scholars successfully substantiated the theoretical and

scientific inevitability of establishing a system of psychological services for both individuals and society. In global psychology, the issue of organizing psychological services is receiving special attention as a distinct area of research. Psychological studies highlight that psychologists strive to do everything possible to ensure the comprehensive development of individuals, while social psychological services and their unique characteristics are being explored. Various methods and modern technologies for organizing psychological services, along with the implementation of psychological mechanisms that represent these approaches, are of particular importance. At the same time, the establishment of psychological services is viewed as a crucial means of addressing personnel-related challenges. Today, theoretical-scientific and practical-methodological efforts in the education system serve as a foundation for the implementation and development of psychological services. However, there remains a significant gap in comprehensive studies that deeply analyze the current state and practical activities of psychological services while outlining their future prospects. Therefore, addressing this issue necessitates conducting psychological and social psychological research focused on the establishment, current state, and prospects of psychological services in Uzbekistan, particularly in the context of digital economic development. From this perspective, psychological services in educational institutions and workplaces must be analyzed in terms of their scientific and organizational aspects, as well as their role in ensuring social-psychological protection. However, there is currently a lack of in-depth research dedicated to these aspects. Furthermore, the modern directions of social psychology and psychological counseling do not explicitly define specific tasks related to the implementation of psychological services. In addition, the experience of psychological services in educational and labor institutions remains insufficiently studied in relation to ensuring the successful professional activities of students and employees. The absence of scientifically grounded and practically applicable recommendations that align with Uzbekistan's path to independence, its economic and social development, and its strategic goals is a pressing issue.

Several researchers, including Andreeva G.M., Davletshin M.G., Zabrodin Yu.M., Carnegie D., Karimova V.M., Parigin B.D., Shoumarov G'.B., and G'oziev E.G', have contributed to identifying the key social psychological tasks essential for the successful organization of psychological services. The progress of modern psychology is inherently linked to human practical psychology and cannot be separated from an individual's social activity and societal role. From this perspective, managing human factors and social processes effectively requires providing psychological services to both society and its members. Addressing this issue demands interdisciplinary collaboration between economics, law, ethics, ethnography, history, sociology, and other related fields to resolve practical psychological challenges. The methodology of psychological services is primarily shaped within the framework of "psychological social psychology," emphasizing the necessity of integrating theoretical knowledge with practical applications to enhance individual and collective well-being.

### Discussion and Analysis

The development of any scientific field is directly linked to the formation of methodological frameworks that reveal new directions based on emerging facts. Without a precise methodology, achieving concrete practical results is nearly impossible. One of the crucial and evolving tasks of social psychology is to analyze how theoretical, practical, and empirical research in the field of psychological services methodology has been addressed up to the present day. As evidenced by

specialized psychological literature, the general methodological directions of social psychological services in Western psychology can be explained through the research of notable scholars. Wilhelm Wundt's monumental ten-volume work *Völkerpsychologie* (Folk Psychology), published in 1900, significantly contributed to illuminating the various directions of social psychology by uncovering the complexities of human spirituality, culture, and ideology. Similarly, the English psychologist William McDougall's 1908 book *Introduction to Social Psychology* introduced the theory of "social behavior instincts." Unlike Freud's psychoanalytic approach, McDougall's theory was the first to provide a foundation for understanding the harmony between human instincts and activity. Empirical studies conducted by B.M. Teplov, V.S. Merlin, V.D. Nebylitsin, E.A. Golubeva, B.R. Qodirov, and their students have played a crucial role in the advancement of social psychology and psychological services. Their research has focused on the natural and inherent characteristics of individuals, specific elements of higher nervous activity, and the influence of education, external environment, and the organization of activities on human development. These findings have provided valuable opportunities for studying individual aptitudes and using them as a foundation for fostering personal growth and activity.

Recent studies confirm that the successful organization of any activity largely depends on individual characteristics, particularly temperament and personal working style. In educational and labor activities, the development of methodological approaches to analyze and enhance these factors is a fundamental responsibility of psychological services. For instance, E.A. Klimov's empirical research demonstrated that both "mobile type" and "immobile type" workers could achieve high levels of efficiency when working on multiple machines. The key factor in their success was their ability to adapt to similar work conditions by selecting and implementing different action strategies. Scholars widely agree that an individual's working style does not emerge instantly but develops over time, often spontaneously, based on personal emotional and nervous traits. Therefore, psychological services must approach each individual by exploring ways to align their abilities with the demands of their activities. This process enables individuals to refine and develop their personal working styles, ultimately contributing to both personal and societal progress.

K.K. Platonov made significant contributions to the development of social psychology methodology by addressing the problem of social-psychological individuality. He argued that understanding psychological services requires recognizing that an individual is shaped not only by personal characteristics but also by the social significance of these characteristics. He emphasized the necessity of creating conditions for self-assessment and continuous personal development. Professors E. G'oziyev, I. Tursunov, and J. Ikromov, in their research *The 20th Century and Human Development*, highlight key aspects that require serious attention in studying individual, personal, and subjective development within the framework of psychological services. These aspects form the foundation for effective psychological support, ensuring that individuals can maximize their potential while contributing to the social progress of their communities.

The development of an individual is determined by various essential factors and conditions, including social, economic, political, legal, ideological, pedagogical, and environmental influences. Additionally, personal attributes such as internal laws of development, psychological mechanisms, stages of belief stabilization, and involution play a crucial role in shaping human

progress. Understanding the core components of human structure, their interactions, responses to external influences, and their development throughout life is fundamental to social psychology and psychological services. It is impossible to ensure the social balance between individual and activity, individual and society, and individual and individuality without thoroughly analyzing a person's spiritual and psychological experiences within the framework of societal perspectives. The philosophy of social psychological protection, as a psychological safeguard, also demands such an approach. Today, psychological services have become increasingly accepted and valued for their significant contributions to personal growth and well-being. However, despite their importance, the widespread promotion of psychological services has faced several challenges, including the lack of official governmental directives and a shortage of practicing psychologists. This has hindered the full-scale implementation of psychological services in schools. By the 1990s, with Uzbekistan's independence and the rise of national consciousness, psychological services, like other social sectors aimed at fostering human and societal development, found a strong foundation for expansion. This period marked a critical transition toward training practicing psychologists, a necessity for the successful implementation of psychological services in the country. Recognizing the need for qualified school psychologists, Uzbekistan initiated efforts to train specialists capable of assessing and improving the psychological climate in schools. The first practicing psychologist retraining courses were established in Tashkent, followed by Bukhara, Navoi, Andijan, Samarkand, and other regions. Graduates of these programs have since played key roles as organizers, promoters, and researchers in the field of psychological services across many schools in the country.

#### The Unique Development of Psychological Services in Uzbekistan

Psychological services worldwide are implemented in different scientific and organizational formats, tailored to the social, economic, and political contexts of each country. Similarly, Uzbekistan needed to develop its own model suited to its unique socio-economic conditions. Given the shortage of experienced specialists, the first initiative to address this issue was to train school psychologists from among the most advanced and talented teachers. A logical question arises: Why were only experienced teachers selected for these courses? This decision was based on several key considerations:

1. Expertise in Education: A school psychologist must have a deep understanding of student development, the learning process, and educational standards. Only teachers with substantial experience could effectively analyze and support students' psychological well-being.
2. Limited Training Time: Individuals with no prior pedagogical experience would struggle to develop the necessary psychological analysis skills in just 4–5 months of training.
3. Long-Term Educational Planning: Establishing psychology faculties in universities would take several years, delaying the development of practical psychological services. Moreover, even after graduation, new specialists would lack direct teaching experience, making it difficult for them to apply psychological analysis effectively in school settings.

Thus, prioritizing the training of experienced educators as school psychologists ensured a more immediate and effective implementation of psychological services in Uzbekistan's education system.

#### Conclusion



Based on research findings and the objectives of psychological service initiatives, the first phase of organizing and developing psychological services in Uzbekistan has been structured around seven key areas:

- a) Psychological Services in Educational Institutions – Providing psychological support for students, teachers, and administrative staff to ensure a healthy learning environment.
- b) Psychological Services in Workplaces – Enhancing productivity and mental well-being among employees in various professional settings.
- c) Psychological Services in Family Life Institutions – Offering guidance on marriage, parenting, and family relationships to strengthen family dynamics.
- d) Psychological Services in Transportation Facilities – Addressing the psychological challenges faced by transport workers and passengers, ensuring safety and mental stability.
- e) Psychological Services in Healthcare Institutions – Supporting patients, doctors, and healthcare staff to improve medical outcomes and emotional resilience.
- f) Psychological Services in Law Enforcement and Judicial Systems – Assisting officers, legal professionals, and detainees in handling stress, decision-making, and rehabilitation.
- g) Psychological Services in Sports Institutions – Enhancing athletes' mental strength, motivation, and overall performance.

Today, various social-psychological initiatives are being implemented within these seven sectors to ensure the harmony between individual psychology and societal development. These efforts play a crucial role in self-awareness, personal growth, and psychological protection, allowing professionals in these fields to minimize failures and achieve higher efficiency in their respective domains.

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