

## THE MENTAL HEALTH OF UZBEK WOMEN: THE UNTOLD TRUTHS

**Mashrabboyeva Dilshoda Sharobiddin kizi**

Qo`qon Universiteti Andijon filiali tibbiyot fakulteti  
“Pedyatrya ishi yonalishi” 1-kurs 25-05-guruh talabasi  
Email: @20032024ab@gmail.com+998 887150216

**Annotation:** This paper explores the often-overlooked issue of mental health among Uzbek women, shedding light on the cultural, social, and psychological factors that shape their emotional well-being. In a society where discussing mental health remains taboo, many women suffer in silence due to stigma, gender expectations, and lack of access to mental health services. The study aims to uncover the hidden struggles faced by women across different age groups and social backgrounds, emphasizing how traditional roles, family pressure, and limited autonomy contribute to anxiety, depression, and emotional burnout. By analyzing recent data, expert opinions, and personal narratives, the paper calls for a shift in public discourse and highlights the urgent need for mental health awareness, support systems, and policy reform. This research serves as a foundation for developing culturally sensitive approaches to improving mental health care for Uzbek women.

**Keywords:** Mental health, Uzbek women, depression, social pressure, psychological distress, psychological well-being

### Introduction

A woman is the pillar of society, of the family, of future generations. Yet her inner state, her mental health, often seems forbidden to discuss. In Uzbek society, women are expected to show patience, endurance, and obedience, but how their mental well-being is — this question often remains neglected. The social pressures in life, family responsibilities, and conflicts between professional and personal dreams lead many Uzbek women into psychological distress, anxiety, and even depression. In this article, from scientific and social perspectives, we examine the factors that affect the mental health of women in Uzbekistan, the existing problems, and the ways to resolve them.

### The Concept of Mental Health and Its Importance

Mental health is a state of emotional, psychological, and social well-being. It is not merely the absence of mental illness, but a person's capacity to feel well, accept oneself, properly respond to stress and worries, and form healthy relationships with others. Mental health also helps one to manage one's life, set goals, and achieve them. When a person is psychologically healthy, alongside their physical health, they tend to perform better in work, studies, family, and social interactions.

### Daily Mental Pressures Faced by Uzbek Women

For many Uzbek women, everyday life is full of pressures—reflecting social and familial expectations shaped by cultural traditions. These pressures negatively affect women's mental health. In Uzbekistan's conservative and traditional social structure, women face various psychological stresses that influence their life. Women are burdened with large family roles, especially as mothers and homemakers. Much of a woman's day is devoted to housework, child-rearing, and family responsibilities. Such heavy load can worsen her psychological condition.

### Major Factors Disrupting Mental Health

Key factors affecting the mental health of Uzbek women include family conflicts, economic hardship, and anxiety. Anxiety signifies persistent worry and nervousness, which is a significant disruptor of mental health, intensifying stress and other mental problems. Anxiety often links to uncertainty, perceived risk, or lack of control. Domestic violence—physical or psychological—is one of the most severe factors impairing mental health. Women who experience violence often undergo trauma, which can lead to long-term psychological harm. For example, a woman suffering physical abuse may feel devalued and isolated, which can escalate depression, grief, and anxiety.

### Common Mental Disorders Among Women

According to statistical data, the most common mental disorders among women include depression and anxiety disorders. These mental illnesses correlate with biological, social, and cultural factors, family roles, economic inequality, and gender stereotypes. Such conditions often necessitate support and treatment for women. Depression is one of the most prevalent mental illnesses among women. It severely affects mood, emotions, thoughts, and daily activity. Women may be more vulnerable to depression because they often live under combined pressures from family, social, and work responsibilities.

### Conclusion

It is time to speak up about the mental health of Uzbek women and to take measures in this direction. Today, the mental health of women in Uzbekistan is a pressing issue, and its resolution requires a multifaceted approach. Women's mental wellbeing is influenced by social pressure, family duties, hormonal changes, and gender stereotypes. Experts, psychologists, and medical professionals emphasize the complexity of these problems and their peculiar manifestations in each case. To improve mental health, changes in society are needed: creating free access to psychological support, strengthening women support systems, and combating gender stereotypes. It is important to encourage women to understand their own rights, to manage their health, and to build self-confidence. If these recommendations are seriously pursued, improving women's mental health will benefit not only the women themselves but also the welfare of society as a whole. Thus, supporting women in society, improving mental health, and disseminating correct information are the most important steps in ensuring their future prosperity. Every small change in this area can lead to substantial social outcomes.

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