

PSYCHOLOGICAL TRAUMA IN WOMEN AND ITS SOCIAL REHABILITATION

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ABSTRACT:

It is well known that psychological stress and trauma in a person is a reality that we encounter in our social life. In recent years, around the world the scale of women who are under the pressure and at the result of it, go through post-traumatic stress disorder have increased. This scientific article analyzes the psychological complications and rehabilitation of post-traumatic stress disorder in women. Factors such as the role of women in society, their socio-psychological characteristics, the manifestation of moral qualities and the specificity of character traits are also studied.

KEYWORDS: Women, psychological stress, psychological trauma, social processes, rehabilitation, emotional factors.

INTRODUCTION:

The scientific term "stress" has already become a common word in our daily life. It is being written about stress in popular, scientific and fiction literatures, looked for ways to get out of this situation. There is only "normal" stress, which does not interfere with human adaptation, and traumatic stress, as a result of it, that is necessary to distinguish changes in the psychological sphere of man.

A traumatic event may be associated with the risk of death, serious injury, or physical injury to the individual or to a person related to him or her. But in some cases, mental trauma is caused by the life-threatening, injury, or death of a person who is a complete stranger to them. Such events literally damage an

individual's sense of security and cause a feeling of traumatic stress (grief).

Traumatic stress is a specific experience (feeling) that is the result of human and external world interaction. This is a normal response to a traumatic condition, which is complex and severe, in the help of an ordinary person's life experience [1, p. 40].

Disorders caused by psychological trauma affect all functional areas of a person (physical, personal, interpersonal and social interaction level), and lead to sustainable personal change not only in a person experiencing stress, but also in his or her family members.

As a result of experiencing traumatic stress, post-traumatic stress in the future will appear in some people experience.

Post-traumatic stress disorder is a nonpsychotic rapid reaction to traumatic stress and is a psychological disorder that can occur in any person. Post-traumatic stress is defined by a complex of symptoms observed in those who experience it.

Post-traumatic stress can be a complication of many stressful situations. According to a variety of reasons (injury trait, individual personality traits, social environment support, etc.) traumatic experiences have specific characteristics. Psychological trauma always causes mental anguish. One wants to get rid of these painful experiences, but rarely tries to change oneself. In such cases, working on oneself is long and painful. Traumatic experiences are squeezed out of the mind when they become extremely severe and unbearable. A person squeezes it out of his or her mind and separates it from

oneself. Conditionally, he or she encapsulates the anger, a feeling of guilt, fear, etc. associated with the experience, that is, places into a "container" [2, p.17].

The injured person is most afraid of a recurrence of that state because he or she has experienced an extremely strong emotional state. The injured person does everything possible to avoid the emotions associated with the incident. He or she tries to close strongly the "container" so that these emotions do not go out. Any stimulus (smell, sound, etc.) that is reminiscent of the traumatic situation evokes all the emotions and the person has to experience the emotions they felt during the traumatic event over and over again. Therefore, a person should always be vigilant so as not to accidentally open his "container" of any stimulus, to avoid anything reminiscent of a traumatic situation. Storing a container requires more and more energy from him or her. As the result of it, depression, insomnia, increased sensitivity, impaired attention, memory, and more appear. A person gets tired of fighting with oneself [3, p.74-75].

One of the most important characteristics of a woman is her emotionality. She responds vigilantly to any change around her - whether it is positive or negative. It is women who are weak and vulnerable to the effects of stressful situations.

Causes of stress threaten the biological integrity of the organism as well as the psychological state of the person. On this basis, scientists distinguish stress states into 2 groups - physiological and psychological stress. Physiological stress is caused by physiological effects - various obstacles, as well as strong sounds, strong light, high air temperatures, vibrations, and so on. Psychological stress is determined by the urgency of the situation, the person's response to the situation, and his or her assessment of complexity. Sudden change of task, lack of necessary preparation, time

constraints, high importance of work, as well as personal responsibility for the task assigned are typical situations that lead to psychological stress. Psychological stress is also differentiated into information and emotional stress.

Information stress occurs in situations where information loads are increased, when a person has a great deal of responsibility for the consequences of the decisions he or she makes. In this case, he does not find the right algorithm, does not have time to make the right decisions at the required pace. An example of information stress is the work of operators of technical control systems.

Emotional stress occurs when a person's physical security is threatened (wars, crime, accidents, disasters, serious illnesses), when his economic success, social status, interpersonal relationships are at risk (loss of job, loss of money, family problems, illness, etc.). Although attitudes to stress vary in appearance, but depending on their similarity to the end result, there are two types: the first is the braking reaction - slowing of motor activity, difficulty in perceiving and remembering new information, inability to perform even simple actions. The main emotions are fear, need for help, apathy. The reaction, which is apparently the opposite, is called an impulsive reaction.

In such a reaction, from the outside a person shows maximum activity. He or she is in constant motion, is in a hurry, talks a lot, starts doing several different things at the same time, but does not finish any of them. Thinking is quick and often stuck in small things. Mood is extremely changeable, and agitation alternates with aggression. Different people have different manifestations of the type of behavior in a difficult situation. While the braking reaction predominates in some people, the impulsive reaction predominates in other people. But we need to keep in mind that stress is not a simple

nervous strain. Many scientists view biological stress as a condition with nervous tension or strong emotional arousal.

Researchers distinguish two types of stress: eustress and distress. Eustress is a positive stress that does not harm the body. Eustress has a positive effect on a person: increases attention, mental activity, adaptive capacity of the organism. However, many researchers understand the reaction in the concept of stress, which is the effects on the environment. Distress has a negative effect on the body.

The following cases were mentioned by the Russian researcher V.A.Bodrov as stress-specific situations:

- An important situation in the life of the individual;
- Strength and duration of stressful effects;
- Uncertainty, lack of control and management of the situation;
- Lack of predictability [4, p.70].

While women are more likely to think about the causes of this condition in a state of stress, men are more likely to avoid depressive emotions and focus on another activity, such as physical activity, and thus try to overcome their negative state. An overly consistent analysis of the causes of stress in women leads to the fact that they stay in this range for a long time and fall into a state of depression quickly.

Typical forms of reactions to stress are the product of the process of socialization and are formed throughout life. While reactions in women are more passive, focused on emotions, showing emotions and sharing with others, in men physical and emotional activity, a tendency not to show their weakness, not discussing their mood with others is observed.

As noted above, during adolescence, both girls and boys experience gender differences in stressful situations. While a tendency to delinquent behavior is observed in men, women tend to focus on their inner

experiences when they are in a state of stress, and depression is also twice as common in women as in men.

Today, the health of people who keep their excitement and pain inside is worse than those who immediately vent their anger, i.e., they are twice as likely to suffer from heart attacks as those who do not control their emotions.

Firstly, emotional tension in the body can be relieved not only by shouting, but also by various exercises, for example, climbing to the top floor at high speed, cycling, chopping wood and so on.

Secondly, negative experiences need to be replaced with positive ones. On the advice of neurologists, the easiest way is not to take the situation seriously and find a funny reason for it and laugh out loud. This method also helps to overcome the tension in the body.

Thirdly, washing your face in cold water, wiping your face with a piece of ice, and drinking cold water at the same time is a very good precaution.

Fourthly, you should listen to your favorite tune, if possible. This method helps to quickly suppress aggression and lift the mood. After a while, you can feel better and forget what happened.

Thus, stress is a state of tension of the organism, a reaction of the organism to the demands placed on it.

Stress has physiological, psychological, personal, and medical manifestations. In addition, any stress leads a person to a high level of emotional deficit.

Physiological manifestations:

rapid breathing, rapid heartbeat, whitening or redness of the face, increased adrenaline in the blood, sweating.

Psychological manifestations:

Changes in the dynamics of psychological functions, in many cases, slowing of the ability to think, inability to concentrate, memory impairment, decreased sensory functions, slowing of decision-making.

Personal manifestations:

The formation of insecurity, a decrease in self-observation, fatigue in all movements, passivity in creative activity, an increase in agitation, fear, excitement, and so on.

Medical manifestations:

Increased nervousness, screaming, fainting, weakness, headache, insomnia. When a person falls into an extreme state, his emotional state suddenly rises. He or she fears he or she can't get out of this situation. As a result, the person feels very uncomfortable. As a result of such a growth, he or she falls into a state where he or she is unable to perform his function properly; errors increase, unable to complete assignments on time. The state of planning and proper evaluation of one's own work is disrupted. All these events cause negative emotions and reduce the process of self-esteem and self-assessment in a person. As a result, he or she makes more mistakes and approaches a state of stress [5. c.10].

In this regard, a number of measures are being taken in Uzbekistan. At present, the country is working to support motherhood and childhood, gender equality and social protection. In particular, the return of 156 women and children from the territory of the war-torn Syrian state at the initiative of the President of the Republic of Uzbekistan, their social rehabilitation and psychological assistance has become a great social reality. Most of these women are among the women who experience post-traumatic stress disorder. The "Mehr" program has been developed for these women. In the future, providing

psychological assistance to such women and carrying out psychological rehabilitation with them will not lose its relevance.

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