

## **PSYCHO CORRECTION AS A MECHANISM OF HELP HUMAN IN ORDER TO ENSURE COMPLETE DEVELOPMENT AND FUNCTIONING OF THE PERSON**

Sultanova Maryash Alpysbaevna  
practical psychologist, School number 1, nukus.

Erezhepova Altyngul Orazmuhammedovna  
practical psychologist, school number 4, nukus.

Darmenbaeva Nargiza Mukhamediyarovna  
practical psychologist, school number 14, chimbay district

Saparbayeva Sarbinaz Daribaevna  
practical psychologist, School number 14, chimbay district.

**Annotation.** The article deals with psychocorrection, its content, methods of psychocorrection. Psychocorrectional effects can be of the following types: persuasion, imitation, reinforcement.

**Keywords:** psychocorrection, methods of psychocorrection, persuasion, imitation, reinforcement, individual work, group.

### **INTRODUCTION**

Psychocorrection is a system of measures aimed at correcting the shortcomings of psychology or human behavior using special means of psychological impact.

Psychocorrection is a directed influence on certain structures in order to ensure the full development and functioning of the personality.

Psychocorrection is defined as the justified effect of a psychologist on the discrete characteristics of the inner world (psychological dictionary / edited by a.v. Petrovsky and m.g. Yaroshevsky).

The measures of psychological correction are: psychological counseling, methods of individual and group psychotherapy, psychoanalysis, psychosynthesis.

Describing the content of the psychodiagnostic work of a psychologist, g.s. Abramova describes her steps as follows:

- what is?
- what should be?
- what needs to be done to become due?

In fact, the first stage is a psycho-diagnostic examination (which emphasizes the continuity of psychodiagnostics and psychocorrection). The purpose of this stage is the diagnosis of personality development features, the identification of risk factors, the formation of a common program of psychological correction.

At the second stage, the psychologist compares the data of the psycho-diagnostic examination with the requirements of the age norm. In the event that individual characteristics do not meet regulatory requirements, the psychologist develops a correction program designed to ensure a constructive change, the development of the corresponding feature, or function, which in fact is the main content of the third stage. Of course, that the implementation of correctional work involves the monitoring of changes in the psychological characteristics, the correction of which it is directed. Accordingly, it can be stated that the completion of psychocorrectional work also involves a psycho-diagnostic examination.

Among the methods of psychocorrection are distinguished: methods of strengthening the regulatory functions of the psyche, the development of emotional self-control, improving mental self-regulation; methods of normative and value correction, the objects of which are normative complexes that cause refusal to obey the joint principles, goals, objectives of the activity, are aimed at developing norms of personal behavior, interpersonal interaction, developing the ability to respond flexibly to the situation, quickly rebuild in different conditions, groups, then there are methods of social adjustment.

The effectiveness of psychocorrection is determined by the quality of the content, timeliness and adequacy. Efficiency of work depends on the degree of correspondence of psychocorrectional work to individual characteristics of a person's mental development.

Psychocorrectional influences can be of the following types: persuasion, suggestion, imitation, reinforcement. Distinguish between individual and group psychocorrection. In this paper, aspects of group psychocorrectional work will be considered.

The advantage of group psychocorrectional work over an individual is that, firstly, additional stimuli begin to act in the group, forcing the person to change his behavior in the necessary way. It has been established, for example, that a group makes it easier for a person to express emotions and feelings, allows him to behave more relaxed, and helps to relieve internal tension arising from individual work. Secondly, in a group, a person feels psychologically more secure, since a favorable atmosphere of human relations is usually created in it. In such a group, the leader and other participants can come to the rescue at any time, protect everyone from psychological trauma and feelings. Thirdly, the group helps a person to open more deeply, which in itself can bring him the desired relief. Fourth, the group stimulates the emergence and consolidation of new forms of adaptive interpersonal behavior in the individual, such that it is difficult to cause during individual psychocorrectional work with the client. Fifth, a group helps to better understand itself by comparing itself to others. As a result, a person has a more correct idea about himself.

Group psychocorrection has several varieties, the main of which are skills training groups, meeting groups, gestalt groups, psychodrama, body, dance psychocorrection groups and art correction groups.

The body-oriented therapy and dance-motive therapy are based on the theory of Wilhelm Reich on the influence on the character of a person of a protective carapace that restrains the instinctive sexual or aggressive manifestations of a person. Reich believed that each manifestation of character has a corresponding physical pose, and that the character of the individual is expressed in his body in the form of muscle rigidity and clamps. According to Reich, a person who is freed by means of special physical exercises from a muscle carapace, knows his body, realizes his internal motives and accepts them. This leads to the development in a person of the ability to self-regulation and harmonious life in accordance with his deep aspirations of feelings, in other words, to physical and psychological growth. By his theory, W. Reich laid the foundation for many well-known systems oriented to work with the body in order to improve psychological and physical functioning, such as:

The Feldenkrais method, designed to restore the natural grace of freedom of movement. The work of Feldenkrais is aimed at restoring the connections between the motor parts of the cerebral cortex and the muscles, which are corrupted by negative habits, stresses. The main factor in this process, the author calls the "awareness" of his movements and body.

Feldenkrais in his work "Consciousness through movement" considers issues related to the image of the "I" and movement; identifies 4 components of the image of yourself: movement, sensation, feeling and thinking. All components must be present in every movement, and if at least one of the elements of the action is reduced to extinction, existence becomes at risk. The author says that it takes a lot of effort to

change the usual way of acting, since the role of habit is great. A person simply does not realize many parts of the body, and accordingly, cannot include them in a new action, since it requires awareness.

According to Feldenkrais, “a complete image of oneself” is the awareness of all the ligaments of the skeletal muscles and the entire surface of the body. This is an ideal condition and it is rare. A person acts in accordance with his subjective image. Only a man himself can understand what is fictitious in his appearance and what is genuine, but not everyone can evaluate himself in this way, and the experience of others can help here. According to Feldenkrais, improving movements is the best way to improve.

The group variant of Feldenkrais therapy emphasizes the need to find poses that most closely correspond to the innate physical characteristics of a particular member of the group, which makes his movements conscious and coordinated.

## References

1. Abramova G. S. Age psychology. M., 1997
2. Shevandrin N.I. “Psychodiagnostics, correction and personality development”, a textbook for students of higher educational institutions. - M, 2001
3. Psychotherapeutic encyclopedia. (p / r B.D. Karvasarsky). M, 1998