

MAIN SOCIO-PSYCHOLOGICAL PROBLEMS OF MODERN SOCIETY: ANALYSIS, WAYS OF SOLUTION

Abdullaeva N.Sh.

Kokand State Pedagogical Institute

nilu-k@mail.ru

ANNOTATION:

The article examines the role of personality in the formation of a culture of health and ensuring mental well-being, the importance of knowing the structure of personal interactions in society. Correlation of individual-typological personality characteristics, spheres of personality structure and somatic aspects of life activity can be predictors of burnout syndrome, predisposing risk factors of the disease in modern society.

Keywords: psychosomatic pathology, personality typology, professional burnout.

INTRODUCTION:

Changes in the structure of society, associated with the crisis that took place in all spheres of life, affected the relationship of a person in society, became the cause of the destruction and deformation of the established and generally accepted foundations of the socio-psychological protection of the population. Human life began to be exposed to constant stress factors, ideals and life guidelines disappeared, values changed. With the onset of man-made disasters and natural disasters, the uncertainty of the prospects for the further development of the individual arose, which became even more aggravated.

Many groups of people are not ready to accept the changes taking place in society and are not able to adapt to new living conditions, to physical, psychological and economic relations. Many people cannot solve their problems on their own due to interpersonal or

group conflicts, they make great efforts, which without the help of psychologists will not lead to the desired results.

A society with signs of social contradictions began to have a negative impact on the mental health of its members, self-realization of the individual contributes to the creation of conditions that are contrary to the aggressive social environment, subject to psychological impact at all levels of communication, which has a pronounced destructive effect on the individual as an integral individuality and leads to growth functional loads, the emergence of many new diseases [4]. Drug addiction, AIDS, murders, mental illnesses are growing, the number of crimes against a person is growing.

The interdependence of all processes, the psychological saturation of interpersonal contacts, acute and emotional tension, the emotionality of professions of a subjective type require a large contribution of special personal qualities in the professional activity of a specialist. Recently, the problem of professional combustion has arisen, which has received a different name and interpretation.

The concept of "burnout" includes such concepts as "emotional burnout", "ecological burnout", "mental burnout", "professional burnout" and other similar concepts. Typical signs of burnout are unpleasant symptoms with negative emotions, fatigue, decreased performance, depression, emotional burnout, quarrels, bad humor, suicidal thoughts, etc.

Emotional stress is a formed stereotype of emotional, often professional behavior. On the one hand, "burning" allows a person to dose and economically use energy resources.

On the other hand, it has dysfunctional consequences, negatively affects the performance of professional activities, and sometimes threatens national security. Mental stress leads to excessive values of emotional stress, professional disorders and personality deformations and psychosomatic pathology.

Not everyone reacts the same way to changes in society, but statistics show that pain symptoms are on the rise. In recent years, the attendance of psychologists has increased by 20%, and the attendance of doctors - psychiatrists - by 10%.

The concept of "diseases of civilization" includes four categories of diseases of modern man:

- pollution diseases (ecology);
- diseases of exhaustion - the results of physical and neuropsychic fatigue of a person;
- diseases of consumption - violation of the diet and structure, bad habits, drug abuse;
- backward adaptation diseases, violation of biological and social rhythms of life [9].

As you know, every person strives for well-being, for a good beautiful life. It`s naturally. With an increase in the excess of society, with a large accumulation of material wealth, it can be expected that the level of feeling of personal happiness by the members of society will be much higher. The question arises why, in the presence of obvious material prerequisites, sometimes an abundance of goods and services, mental suffering persists with a tendency to increase, and the feeling of personal happiness does not grow.

Satisfaction of needs becomes the goal of life, becomes a form, a way of life, which can change value orientations, social activities, life goals of a person. The consumer becomes the guarantor of needs, the slave of desires and pleasures, often the desire satisfaction of desires by raising prices forms the extreme egocentrism of the individual, which comes into conflict with society [18].

There are various ways to solve the complex social problems of reality. People with freedom of choice are given many opportunities to organize their lives. Each member of society individually may not consider the need to comply with social and family rules.

However, these freedoms require a high level of transparency in all areas. Freedom is given to everyone: both those who use it and those who are limited to a certain circle of communication.

In real life, there is a process of destruction of these ideas. This leads to the fact that not everyone can make the freedom granted to him meaningful. Conditions appeared that destabilized society: a decrease in morality, a personality crisis with a reassessment of life values. This leads to an aggravation of inequality and a special vulnerability of certain groups of the population who find themselves in a difficult life situation, who have lost their jobs, housing, etc.

Under these conditions, there is an increasing need to interpret the concept of mental health in psychology. To this end, it is necessary to identify individual typological personal characteristics that can be risk factors for the disease in various sociocultural conditions of modern society. It should be determined whether personal qualities are an indicator of burnout syndrome in cross-cultural comparison, what is the relationship between personal structure and health [24].

The study of personal characteristics of modern society is included in the solution of socially significant problems. The correlation between the spheres of personality structure and somatic aspects of life is important in studying the propensity to adapt changes in health status. Type Personality affects emotional tension, which is an indicator of psychosomatic pathology, helps to determine the optimal parameters when choosing a life

path for people who find themselves in a difficult life situation.

Typological features of personality, personal profile become the key to social psychology, which considers practical activity through the prism of personality specificity, due to internal psychophysiological characteristics.

In cross-cultural comparison, it is necessary to ensure the proportionality of the reflection of the parameters of the personality structure at the level of functional tolerance to the traumatic effects of the social environment in accordance with a single general psychological law, according to which external causes have an indirect effect on behavior and the psyche, through the prism of the internal conditions of the subject of activity that forms the personality structure.

Research in this area makes it possible to answer many questions of personal development inherent in different societies, to identify structural-level approaches that allow, to one degree or another, to avoid the negative impact of mental influences on the body and to determine joint ways to solve them.

REFERENCES:

1. Амон Г. Психосоматическая терапия. СПб., 2000.
2. Ананьев Б.Г. Некоторые черты психологической структуры личности // Психология личности. Тексты. М., 1982.
3. Асмолов А.Г. Психология личности: культурно-историческое понимание развития человека. М.: Смысл, 2007.
4. Базылевич Т.Ф. Дифференциальная акмеология: Учебное пособие / Под общ. ред. А.А. Деркача. М.: Изд-во РАГС. 2007. 142 с.
5. Беличева С.А. Психологическое обеспечение социальной работы и превентивной практики в России. М.: Ред.-изд. центр Консорциума «Социальное здоровье России». М., 2004. 235с.
6. Р.Назирова, С.Таджиев, С.Мирсалимова, Ш.Хамдамова. //Интенсификация процесса получения сложных удобрений из местного сырья//.Монография. отв. ред. Б.С.Закиров. – Уфа: Omega science, 2019, 126 с. <https://www.elibrary.ru/item.asp?id=41588683>
7. Икрамов, М., Назирова, Р., Мирсалимова, С., Таджиев, С. //Новые виды суспендированных удобрений на основе местного сырья//. Монография. Фергана-Винница: ОО «Европейская научная платформа», 2020. 123 с. <https://doi.org/10.36074/ik-na-mi-ta.monograph>
8. Бройтигам В., Кристиан П., Рад М. Психосоматическая медицина: Краткий учебник/ Пер. с нем. Г.А. Обухова, А.В. Бруенка/Предисл. В.Г. Остроглазова. М.: ГЭОТАР МЕДИЦИНА, 1999. 376 с.
9. Булгаков А.В. Митасова Е.В. Межгрупповая адаптация специалистов-реабилитологов: Монография / Под общ. ред. заслуж. деятеля науки РФ, д-ра пс. наук, проф. Корчемного П.А. М.: 2005.
11. Григорьев С.И., Гусякова Л.Г., Гусова С.А. Социология. Основы модернизации социального знания. М., 2006.
12. Гуревич И.Н. Социальная психология здоровья. СПб., 2001.