

**PSYCHOLOGICAL FACTORS THAT HINDER TALKING ABOUT MENTAL
HEALTH**

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ABSTRACT

This article examines the concept of mental health and the problem of psychological barriers that negatively affect it from a scientific and theoretical perspective. Mental health is interpreted as a state of emotional stability, adaptability to stress, and the ability to function harmoniously within the social environment. The article highlights the essence of psychological barriers, their main types – fear, self-doubt, negative thinking, psychological pressure, and negative past experiences – and substantiates the impact of these factors on an individual's mental state and quality of life. It also analyzes effective methods for overcoming psychological barriers, including self-awareness, the development of positive thinking, the use of psychological support, and achieving inner stability through spiritual purification.

Keywords

mental health, psychological barriers, personal development, self-confidence, negative thinking, mental stability, psychological support.

Introduction

In today's conditions of globalization and rapid life pace, competition among people is intensifying, and the demand for high achievements is increasing. In such circumstances, maintaining physical and mental health becomes especially important [8]. Mental health is defined by an individual's inner balance, adaptability to life situations, ability to cope with stress, and capacity to function healthily in social relationships [3]. One of the main factors that negatively affect mental health is psychological barriers. Psychological barriers prevent individuals from fully realizing their abilities, hinder personal development, and obstruct the pursuit of success. This article broadly discusses the concept of mental health, the essence of psychological barriers, their types, causes of origin, and ways to overcome them.

Main Part

Mental health is the ability of a person to understand and manage their emotions and to live in harmony with the social environment [5]. A mentally healthy person values themselves, finds meaning in life, and does not lose control in stressful situations [9]. Disruption of mental health can lead to a decline in quality of life, reduced work efficiency, and interpersonal conflicts.

Psychological barriers are internal limitations formed in an individual's conscious or subconscious mind that hinder active behavior, decision-making, and personal development [4]. Often, a person senses the existence of these barriers but does not fully understand their root causes. If psychological barriers are not eliminated for a long time, they can cause serious damage to mental health and lead to various psychological problems.

Main Types of Psychological Barriers

Fear is one of the most widespread psychological barriers and manifests itself as fear of failure, fear of criticism, and anxiety about making mistakes [2]. As a result, individuals are unable to fully utilize their potential.

Self-doubt is associated with low self-esteem and often develops as a result of criticism and neglect during childhood [7].

Negative thinking is characterized by persistent pessimistic attitudes in an individual's mind and intensifies states of emotional depression [6]. Past psychological traumas—such as humiliation, loss, or experiences of violence – are stored in the subconscious and negatively

affect a person's future life [1]. Such traumas are often not consciously recognized by the individual, yet they directly influence decision-making processes, emotional responses, and behavior. As a result, a person may experience excessive anxiety, lack of self-confidence, or withdrawal from social interactions in certain situations. Negative experiences retained in the subconscious reduce stress tolerance and increase fear and caution toward new opportunities. If these psychological traumas are not identified in time and processed through psychological support, they may disrupt mental stability and slow down personal development.

Psychological barriers can cause constant stress, irritability, anxiety, rapid fatigue, and depressive states [3]. Over time, these conditions undermine emotional stability and reduce interest in daily activities. Consequently, individuals become passive in social relationships, struggle to concentrate at work or in studies, and fail to fully demonstrate their abilities. Continuous psychological tension also negatively affects overall physical health, contributing to insomnia, headaches, and the development of psychosomatic illnesses. If psychological barriers are not identified and addressed in a timely manner with professional help, they can slow professional development and significantly reduce quality of life.

Methods for Overcoming Psychological Barriers

Overcoming psychological barriers is a complex but achievable process. First of all, an individual must recognize and acknowledge their problem [4].

Developing positive thinking, engaging in personal development activities, participating in trainings, and practicing psychological exercises are of great importance [6]. Seeking help from a professional psychologist facilitates quicker resolution of internal conflicts [1]. In addition, spiritual purification, meditation, cultivating gratitude, and continuous self-improvement help strengthen mental stability.

Conclusion

In conclusion, mental health is an integral part of human life, and psychological barriers pose a serious threat to it. By identifying psychological barriers in a timely manner and overcoming them, individuals can improve their quality of life, achieve mental stability, and develop as well-rounded personalities.

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