

PSYCHOLOGY OF INDIVIDUALS SEEKING PSYCHOLOGICAL COUNSELING

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Abstract

This article presents scientific ideas based on the information collected on the basis of research conducted in the field of theoretical studies of what a modern student should be like and changes in the educational process, the problem of the teacher in the new century, mainly analyzing the relationship between psychological views on this issue, and drawing conclusions based on the results obtained based on the research method of studying the problem.

Keywords

SMART student, adaptability, emotional stress, stress, distress, aesthetic education, defense mechanism, student, social role, psychological states.

Introduction

To provide complete information about the people who seek psychological counseling, it is first necessary to answer the question "who seeks it". The range of people who need psychological help is very wide, and they can be classified by age group, type of problem or purpose.

The following table summarizes the main people who seek psychological counseling and their typical requests:

Category of the person Main reasons for seeking help and characteristics

Adolescents (13-19 years old) Self-awareness, determination of interests, hesitation in choosing a future profession, difficulties in relationships with parents and peers, problems with accepting one's own body image. Anonymity and confidentiality are important for them.

Students (20-25 years old) Stress from studying, fear of exams, conflicts with teachers and classmates, adaptation to a new city or environment (especially those living in student housing or renting), difficulties in mastering, uncertainty about the future, inability to manage time properly.

Older people

Young professionals Adapting to work, finding one's place in the team, work-related stress and "professional burnout" (severe fatigue), decisions about career growth.

Married people Conflicts between spouses, misunderstandings, jealousy, coldness in family relationships, difficulties on the eve of divorce, disagreements in raising children.

Parents Changes in the behavior of their children (especially teenagers), difficulties in establishing sincere communication with them, fear of not being able to provide a decent upbringing for their child, children's academic failures.

Groups with special needs

Behavioral deviants Prone to antisocial behavior, aggression, irritability, drug addiction or a loose lifestyle. A psychologist helps stabilize their mental state and return them to social life.

Offenders apply on the recommendation of the court and law enforcement agencies to study the causes of their behavior and prevent repeated offenses.

Students with poor learning skills Identify psychological defects related to attention, memory, motivation, and help them overcome them and adapt to the educational process.

Briefly about the psychological consultation process

Most applicants do not have a clear idea of the process of psychological consultation. This process usually consists of several stages:

- Getting to know and listening to the problem: The psychologist listens carefully to you, collects information about the situation, feelings and thoughts that concern you.
- Situation analysis: Together, the roots of the problem and the factors that caused it are discussed. At this stage, you will receive emotional support.
- Developing a solution plan: The psychologist will help you develop specific steps and practical recommendations to improve a specific situation, building on your strengths.
- Closing: At the end of the session, the main points discussed and the agreed plan are briefly repeated.

The important point is that psychological counseling does not define a person as "mentally disabled". On the contrary, it is a process that can be useful for any healthy person who seeks to improve their quality of life, find ways out of difficult situations, and realize their potential. Before applying, it is important to remember that there is an opportunity to talk openly with a psychologist in a confidential and safe environment.

In conclusion, among those who apply for psychological counseling, there are people of all ages who are facing various internal and external difficulties at different stages of their lives and who want to improve themselves and their relationships. This is a sign of courage and self-care.

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