

**IMPROVING MECHANISMS FOR PROVIDING PSYCHOLOGICAL SERVICES TO  
THE POPULATION (BASED ON THE EXAMPLE OF FAMILIES OF SPECIALISTS  
WHOSE PROFESSIONAL ACTIVITY IS ASSOCIATED WITH HIGH  
RESPONSIBILITY)**

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**Abstract**

This study is devoted to the analysis of the theoretical and practical foundations for improving the mechanisms of psychological services provided to the population. The research examines the formation of psychological support systems and their relationship with personality development, family relations, and the social environment. Particular attention is paid to the growing demand for psychological assistance in modern society, where rapid social changes, stress factors, and social challenges significantly affect individuals' mental well-being.

Based on the scientific perspectives of international, CIS, and Uzbek scholars, the study analyzes the theoretical basis of psychological service systems and identifies socio-psychological factors that influence their effectiveness. The results of the research contribute to the development of scientific and practical recommendations aimed at improving psychological service mechanisms, strengthening mental health among the population, supporting family stability, and promoting a healthy socio-psychological climate in society.

**Keywords**

psychological service, psychological assistance, mental health, socio-psychological environment, personality development, family relations, stress factors, psychological support, social adaptation, psychological service mechanisms.

Ensuring the mental health and psychological well-being of the population has become one of the most pressing social issues worldwide. In modern society, rapid socio-economic changes, urbanization processes, the global flow of information, migration, professional stress, and various risk factors have a strong impact on the human psyche, leading to an increase in psychological problems.

According to data from the World Health Organization, more than one billion people worldwide are currently living with various mental disorders. This has become a significant component of global health challenges. Mental disorders are also recognized as one of the leading causes of long-term disability worldwide and have a significant negative impact on social and economic development in many countries.

Research indicates that approximately twelve percent of the world's population suffers from various levels of mental disorders, and one out of every seven people experiences certain psychological problems during their lifetime. One of the most common mental disorders, depression, affects hundreds of millions of people worldwide, and more than five percent of the

adult population is estimated to experience this condition. In addition, global statistics show that anxiety disorders are also widespread, affecting more than four percent of the world's population.

Such indicators demonstrate the necessity of improving psychological service systems, protecting the mental health of the population, and expanding preventive and psycho-corrective programs.

This issue is also of significant scientific and practical importance in the context of Uzbekistan. In recent years, several government programs and strategies have been implemented in the country to protect the mental health of the population, develop psychological service systems, and improve mechanisms for providing psychological assistance.

However, existing analyses indicate the need for further development of the infrastructure of psychological services. For example, according to large-scale surveys conducted among school students in Uzbekistan, approximately fifteen percent of respondents demonstrated strong symptoms of anxiety, while nearly ten percent showed signs of depressive states.

In addition, mental health problems also lead to significant indirect economic losses for the national economy. According to certain estimates, the decline in work performance and labor productivity caused by mental health issues has resulted in economic losses amounting to trillions of sums.

Recent international studies also show that Uzbekistan ranks below the average among studied countries in terms of the population's mental health index. This once again confirms the need to modernize psychological service systems.

Therefore, improving mechanisms for providing psychological services to the population, particularly developing psychological support systems for families of specialists whose professional activities involve high levels of stress, is one of the urgent directions of scientific research. Such studies are important not only for strengthening personal and family stability but also for ensuring socio-psychological stability in society.

### **Literature Review**

The development of psychological service systems and the improvement of their mechanisms is one of the important research directions in psychology, sociology, and social work. This issue has been widely analyzed in global psychological science in the process of studying mental health, social adaptation, family stability, and factors related to stressful professional activities.

One of the most significant contributors to the theory and practice of psychological assistance is the representative of humanistic psychology, **Carl Rogers**. His person-centered approach emphasized the importance of empathy, unconditional acceptance, and activation of personal internal resources in the psychological counseling process.

In the field of clinical psychology and psychotherapy, the cognitive therapy concept developed by **Aaron T. Beck** is recognized as one of the effective methods for overcoming stress, depression, and anxiety.

The stress theory proposed by **Hans Selye** significantly enriched the theoretical foundations of psychological assistance by explaining human adaptation processes through the concept of the general adaptation syndrome.

In addition, the stress appraisal and coping strategies concept developed by **Richard Lazarus** and **Susan Folkman** provided a comprehensive explanation of how individuals analyze and respond to stressful situations.

Within the framework of social psychology, the theoretical foundations of psychological services have also been studied through the analysis of the interaction between the individual and the social environment. In this regard, **Kurt Lewin's** field theory scientifically explained the relationship between human behavior and the social environment.

Similarly, **Albert Bandura's** social learning theory highlights the importance of social influence, observation, and self-regulation mechanisms in shaping human behavior.

The relationship between family systems and personality development was studied through the ecological systems theory developed by **Urie Bronfenbrenner**, which analyzes the social environment influencing human development through microsystems, mesosystems, exosystems, and macrosystems.

In the psychology of the CIS countries, the issue of psychological services has also been widely studied. For example, **Boris Lomov** analyzed the methodological problems of psychology based on a systemic approach and emphasized the necessity of a comprehensive approach in organizing psychological services.

**Alexei Leontiev**, one of the founders of activity theory, examined the relationship between personality activity and motivation, highlighting the importance of considering motivational structures in psychological assistance.

In developmental psychology, **Lev Vygotsky's** cultural-historical theory scientifically substantiated the relationship between human psychological development and the social environment.

Additionally, **Boris Ananyev** emphasized the importance of studying human psychology through the unity of biological, social, and cultural factors.

In Uzbek psychology, the issue of developing psychological service systems has also been widely studied. Researchers such as **F.A. Akramova**, **V.M. Karimova**, **G.B. Shoumarov**, **E.G. G'oziyev**, **N.X. Lutfullayeva**, **B.M. Umarov**, and **R.X. Dushanov** have analyzed personality development, family relations, and socio-psychological factors affecting the effectiveness of psychological services.

**Conclusion:** Within the framework of this study, the theoretical and practical foundations of psychological service systems for the population, their development mechanisms, and their relationship with the social environment were comprehensively analyzed based on scientific literature.

The analysis of scientific sources indicates that in modern society, ensuring mental health, psychological stability, and social adaptation of individuals is becoming increasingly important. The complexity of social life, high psychological workload related to professional activities, and various social factors within family and society significantly affect the human psyche and increase the need for psychological assistance.

Therefore, it is necessary to scientifically organize psychological service systems, improve their organizational and methodological mechanisms, and develop psychological assistance models adapted to various social groups.

The scientific perspectives of international, CIS, and Uzbek psychological schools demonstrate that psychological service systems represent a complex socio-psychological process closely connected with individual characteristics, social environment, communication processes, and stress factors.

Improving mechanisms for providing psychological services plays an important role in ensuring social stability, strengthening family relationships, and promoting psychological well-being. Effective psychological service systems help individuals adapt to stressful situations, overcome social problems, and create a healthy psychological climate within society.

Thus, further scientific research in this field is essential for developing psychological service systems, improving their practical mechanisms, and expanding opportunities for providing effective psychological assistance to different social groups.

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