

THE IMPORTANCE OF PROVIDING PSYCHOLOGICAL SERVICES TO WOMEN EXPERIENCED BY PRESSURE

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Abstract: This in the article to pressure encountered women for psychological service to show importance analysis The pressure is women's spiritual and physical to your health negative impact, psychological service types and effective approaches illuminating Also, psychological advice, group therapy, stress management according to trainings and social adaptation of programs place seeing is released. In the article to pressure encountered women for there is problems and them solution to do The paths are also explained. This is research psychologists, lawyers and social service indicative experts for useful to be possible.

Keywords: oppression, women rights, psychological service, stress management, spiritual health, group therapy, psychological advice, social adaptation, gender equality, violence

Introduction. Modern in society women rights and gender equality issues current to be Unfortunately, many women physical, psychological, economic and spiritual to pressure Such violence various in appearance manifestation to be possible: family violence, work in place oppression, social pressure and others. To pressure encountered women spiritual of the situation deterioration their life quality, in society instead of and to the future negative impact Therefore, they qualified psychological help show extremely This is important. in the article to pressure encountered women for psychological service to show importance, existing problems and effective approaches seeing is released.

To pressure encountered women's spiritual status and his/her negative consequences. Pressure and violence in women heavy psychological injuries leaves. Such women often himself helpless, depressed, social feels isolated. The pressure spiritual to the situation impact following in forms manifestation to be possible:

Depression and anxiety feeling - self useless and feeling hopeless.

Himself of appreciation decrease - female himself consider weak, worthless begins.

Stress and post- traumatic stress syndrome - woman permanent in fear lives, past events to him/her spiritual suffering gives.

Physical of health worsening - as a result of stress insomnia, headache, heart diseases appearance to be possible.

Social retreat - oneself from society isolation, distrust and people with communication from doing escape

Therefore, under pressure encountered to women own on time psychological help show not only their spiritual health restore, maybe to society return It is also important for.

To pressure encountered women for psychological service Types of oppression. as a result spiritual injury received to women following psychological services show effective is:

1. Individual psychological advice

Professional psychologist with personal conversation to women own problems open to speak, to express one's feelings understanding and them to manage to study help Psychologist personal

therapy through woman's internal emotional problems solution to do is redirected.

2. Group therapy

To pressure encountered women for group therapies effective to be possible. Such in training to oneself similar to problems face arrived women mutual experience exchange, support feels the feeling and social activity restores.

3. Stress management according to trainings

For women stress reduce and spiritual stability restoration for meditation, breathing to take exercises and conscious thinking techniques to teach important. Such trainings to them to problems positive approach teaches.

4. Social adaptation programs

Many women from pressure after to society return, new life at the beginning to difficulties face They are coming. for profession learning, new work find, legal advice to take such as services organization to be necessary.

5. Family and relatives with work

Some In some cases, the woman relatives or family his/her from pressure exit in the process important role plays. For this reason, psychologists family tips passed, loved ones how help to give necessary explanations necessary.

To pressure encountered women for psychological service to show current problems. Pressure encountered to women help to give regarding following problems there is:

Women's psychological for help appeal from doing fear - many women in society stereotypes because of psychological help from asking they hesitate.

Qualified of experts shortage - some professional psychologists in the regions and rehabilitation centers enough it's not.

Legal and material problems - pressure encountered women often economic in terms of dependent independent life to start they are suffering.

Society by enough at the level lack of support - some in societies violence and to pressure encountered women considered guilty, they help to give slow done is increased.

This problems solution to do for wide extensive affairs take to be visited, especially in society to pressure against struggle according to educational events transfer necessary.

To pressure encountered women for effective approaches. Pressure encountered to women effective psychological help show for following approaches offer is being done:

Safe environment creation - women themselves feeling safe, kept secret in the environment advice they receive need.

Legal and psychological help integration to do - to pressure encountered to women not only psychological, maybe legal also provide assistance necessary.

Society aware to do - public information tools through to women help programs about wider information to give

Women's economic independence increase - from pressure saved to women new profession study and work in finding support to give

Conclusion. Pressure encountered to women psychological help show their life quality restoration and to society on the return big role Individual and group therapies, stress management according to trainings and social adaptation programs this regarding effective methods It is also considered legal. and economic support through women's independent life to forgive conditions create necessary. Society to pressure against struggle and women support according to to act actively necessary. Only then women themselves free and feeling safe and happy life forgiveness as much as possible has they will be.

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