

STUDYING THE PSYCHOLOGICAL STATE OF PATIENTS IN A MENTAL HOSPITAL AND PROVIDING PSYCHOLOGICAL ASSISTANCE

Sevarakhan Akramjon-kizi Toshboyeva
Muslimakhan Father-kizi Najimidinova
University of Business and Science

Abstract: In the article spiritual diseases at the hospital undergoing treatment of patients psychological status learning, emotional and behavior features determination and to them psychological help to show main directions Also, psychological diagnostics, individual interview, psychological support and rehabilitation importance analysis made.

Keywords: spiritual illness, psychological condition, psychological help, psychological diagnostic, emotional condition, rehabilitation, psychologist, patient

Introduction

Spiritual health human life activity, social relations and to society in adaptation important place Mental diseases human thinking, feeling, behavior and environment with to their relationship various at the level impact to show possible. Therefore spiritual diseases at the hospital undergoing treatment of patients not only medical, maybe psychological also regularly study important importance has.

Hospital under the circumstances patients of the disease to oneself typical past with one in line, usual social from the environment temporarily divorce, treatment process, relatives with in a relationship changes and to the future relatively anxiety such as psychological experiences from the head forgiveness possible. Such situations the patient's treatment to the process attitude and social adaptation impact to do probably empty it's not.

At this point visually, spiritually diseases at the hospital psychological of service main from the duties one the patient's psychological status complex study, available difficulties determination and individual needs suitable psychological help organization from reaching consists of. In this psychologist, doctor and other of experts each other cooperation important importance profession will reach.

Literature analysis

Spiritual health and psychological help issues modern psychology and psychiatry important from directions is one of the world health storage organization spiritual health human in life stresses overcome to pass, to own opportunities to come true to read, to read or labor to do and society in life participation to grow opportunity giver situation as seeing This approach spiritual to diseases has individuals with at work only symptoms reduce not, maybe their daily life and in society activity also pay attention to restoration focus the necessity shows.

By A. Beck working issued cognitive approach human emotional in the case of his/her situation how perception to do and interpretation to do importance C. Rogers to the person directed in the approach and empathy, respect and acceptance to do effective psychological of help important conditions as This is considered approaches in the hospital patient with communication in doing his/her personality respect to do, reliable attitude installation and individual needs into account to take importance shows.

Modern in approaches spiritual diseases treatment and rehabilitation in doing multidisciplinary to cooperation big attention is given. Psychiatric treatment with one in line psychological help, social support, psychoeducation and rehabilitation of events harmony the patient's life quality to improve

service does. That's why hospital psychologist activity diagnostics, counseling, psychological support and rehabilitation directions cover to receive to the goal according to.

Patients psychological status study

Spiritual diseases in the hospital psychological diagnostics the patient's individual psychological features to determine is focused on. In this the patient's cognitive processes, emotional situation, interpersonal relationships, motivation and behavioral changes to be studied possible.

Psychological the situation in learning following from methods use possible:

- clinical-psychological conversation;
- observation;
- psychological tests;
- cognitive processes assessment;
- emotional the situation study;
- interpersonal relationships analysis to do;
- patient and his/her relatives with conversation

Diagnostics in the process psychologist the patient's status only to one test result based on not to evaluate need. Different from sources taken information complex analysis to do, also, psychiatrist and other of experts clinical conclusions into account to take important.

Psychological of help main directions

Spiritual diseases in the hospital psychological help, first of all, the individual condition of the patient and medical to the recommendations suitable accordingly organization Psychologist patient with reliable and safe communicative environment to create strives.

First direction - psychological support. The patient's experiences listen to it verdict without doing acceptance to do and treatment in the process emotional in terms of support important.

Second Direction - psychoeducation. Patient and necessary in cases his/her to loved ones spiritual condition, treatment process, stress management and daily to life adaptation issues according to understandable information is given.

Third direction - psychological rehabilitation. The patient's communication to do, oneself management, daily to activity return and social relationships restoration skills to develop attention is focused.

Fourth direction - family support. The patient's relatives with cooperation to do, in the family healthy communication formation and the patient social in terms of support important.

Psychologist and patient between attitude

Psychological help efficiency many in terms of expert and patient between to the relationship related. Psychologist to the patient relatively respectful, impartial and empathetic in a relationship to be, the patient personal borders and rights into account to receive need.

Communication in the process the patient's his/her opinion listen to his feelings denial not to do and excess pressure not to pass important. Psychologist unrealistic for the patient promises clinical in matters own from the authority outside failure to appear and necessary in cases psychiatrist with cooperation to do necessary.

Practical psychological for help examples

Example 1

Patient to the hospital since being laid down then oneself feels lonely and communication from doing is running away. Psychologist first of all patient with short and without pressure conversation will pass. Later his/her interests based on simple communication exercises organization will reach.

Purpose: social to contact to enter and reliable relationship to form.

Example 2

Patient treatment from the process worried and future about negative thoughts Psychologist the patient's worry listens, exists situation to understand help gives and stress to reduce aimed at simple relaxation exercises teaches.

Purpose: emotional tension reduce and himself management skill development

Example 3

From treatment then the patient to society to return preparation being seen. Psychologist patient with daily activity, communication, family attitude and social to situations adaptation according to training take goes.

Purpose: social adaptation and rehabilitation support

Discussion

Spiritual diseases in the hospital psychological help organization in the process of every one individual characteristics of the patient into account to take necessary. Same to diagnosis has was of patients emotional condition, illness attitude, social support level and psychological needs from each other difference to do possible. That's why for psychological help standard approach with without limitations, individual approach based on organization to be Diagnostics results the patient's strong and weak sides to determine, to him suitable psychological help shape choice and rehabilitation process to plan service does. Also, in the hospital psychological of service efficiency psychiatrist, psychologist, nurse, social worker employee and the patient's family members between to cooperation depends on. Such complex approach the patient's not only clinical the situation, maybe his/her psychological and social taking into account the needs of to take opportunity gives.

Recommendations

Spiritual diseases at the hospital psychological help efficiency increase for:

1. Patients psychological status regular diagnostics to do
2. Each patient individual psychological for help plan working exit
3. Psychological advice and psychoeducation training on the road to put
4. Patients social adaptation to develop aimed at rehabilitation exercises organization to be
5. The patient's relatives with psychological-educational work strengthen.
6. Medical and psychological services between cooperation reinforcement.
7. Psychological help in the process the patient's rights, honor and confidentiality to provide.

Conclusion

Spiritual diseases at the hospital of patients psychological status study treatment and rehabilitation process important structural is part of. Psychological diagnostics through the patient's emotional, cognitive and social features determine individual needs suitable help show opportunity is created.

References

1. Qizi, A. Z. Y., & Boburmirzo, G. A. (2025). TALAFFUZIDA NUQSONLARI BO 'LGAN BOLALAR VA ULARNI O 'QITISH USULLARI. Research Focus, 4(Special Issue 2), 319-324.
2. Boburmirzo, G. A. (2025). NUTQI NUQSONLARINI O 'RGANISH METODLARI. Research Focus, 4(Special Issue 2), 714-721.
3. Nomonjon o'g, G. A. B. (2024, December). TARBIYA JARAYONLARIDA ALISHER NAVOIY MA'NAVIY MEROSIDAN FOYDALANISH. In International Conference on Educational Discoveries and Humanities (pp. 81-85).
4. Gaybullayev, B. N. S. (2026, January). THE ARTICLE DISCUSSES THE PEDAGOGICAL FACTORS OF TRAINING SCHOOL STUDENTS TO SELF-OBSERVE AND PREPARING

THEM FOR LIFE THROUGH PRACTICE BY FUTURE EDUCATION TEACHERS. In Claritas Conference Platform (No. 1, pp. 10-14).

5. Boburmirzo, G. A. (2025, February). O ‘QUVCHINING O ‘ZINI-O ‘ZI BILISHINI PEDAGOGIK-PSIXOLOGIK OMILLARI. In INTERNATIONAL SCIENTIFIC RESEARCH CONFERENCE (Vol. 3, No. 31, pp. 135-138).