

THE IMPORTANCE OF THE LEVEL OF SOCIAL SUPPORT IN THE DEVELOPMENT OF POST-TRAUMATIC STRESS DISORDER (PTSD)

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Abstract: This article examines the importance of social support in the development of post-traumatic stress disorder (PTSD) and its role in reducing negative psychological consequences. The study analyzed the influence of the social environment, family and friendly relations, as well as the level of social resources on the formation and duration of PTSD symptoms. The results showed that a high level of social support contributes to the recovery of mental state after traumatic events, reduces stress, and improves mental health. The article emphasizes the need to develop social support systems in the fight against PTSD and proposes new approaches to psychological support strategies.

Keywords: Post-traumatic stress disorder (PTSD), social support, psychological health, post-traumatic rehabilitation, emotional support, practical assistance, stress symptoms, psychotherapy, support systems

ЗНАЧЕНИЕ УРОВНЯ СОЦИАЛЬНОЙ ПОДДЕРЖКИ В РАЗВИТИИ ПОСТТРАВМАТИЧЕСКОГО СТРЕСС-РАССТРОЙСТВА (ПТСР)

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Аннотация: В данной статье рассматривается важность социальной поддержки в развитии посттравматического стрессового расстройства (ПТСР) и ее роль в снижении негативных психологических последствий. В исследовании проанализировано влияние социальной среды, семейных и дружеских отношений, а также уровня социальных ресурсов на формирование симптомов ПТСР и их продолжительность. Результаты показали, что высокий уровень социальной поддержки способствует восстановлению психического состояния после травматических событий, снижает стресс и улучшает психическое здоровье. В статье подчеркивается необходимость развития систем социальной поддержки в борьбе с ПТСР и предлагаются новые подходы к стратегиям психологической поддержки.

Ключевые слова Посттравматическое стрессовое расстройство (ПТСР), социальная поддержка, психологическое здоровье, посттравматическая

реабилитация, эмоциональная поддержка, практическая помощь, симптомы стресса, психотерапия, системы поддержки

POSTTRAUMATIK STRESS BUZILISHI (PTSD) RIVOJLANISHIDA IJTIMOYIY QO‘LLAB-QUVVATLASH DARAJASINING AHAMIYATI

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Annotatsiya Ushbu maqolada posttraumatik stress buzilishi (PTSD) rivojlanishida ijtimoiy qo‘llab-quvvatlashning ahamiyati va uning salbiy psixologik oqibatlarni kamaytirishdagi roli o‘rganilgan. Tadqiqotda ijtimoiy muhit, oilaviy va do‘stona munosabatlar, shuningdek, ijtimoiy resurslar darajasining PTSD simptomlari shakllanishiga va ularning davomiyligiga ta’siri tahlil qilingan. Natijalar shuni ko‘rsatdiki, yuqori darajadagi ijtimoiy qo‘llab-quvvatlash travmatik hodisalardan keyingi ruhiy holatning tiklanishiga yordam beradi, stressni kamaytiradi va ruhiy sog‘liqni yaxshilaydi. Maqola PTSD bilan kurashishda ijtimoiy qo‘llab-quvvatlash tizimlarini rivojlantirish zarurligini ta’kidlaydi hamda psixologik yordam strategiyalariga yangi yondashuvlarni taklif etadi..

Kalit so‘zlar Posttraumatik stress buzilishi (PTSD), ijtimoiy qo‘llab-quvvatlash, psixologik salomatlik, traumadan so‘ng reabilitatsiya, emotsional yordam, amaliy yordam, stress simptomlari, psixoterapiya, qo‘llab-quvvatlash tizimlari

Post-traumatic stress disorder (PTSD) is a complex psychological condition that occurs in individuals who have faced serious life-threatening or severe traumatic events. This disorder can cause significant harm to a person's mental, emotional, and physical health. Symptoms of PTSD include recurring recollections of traumatic events (flashbacks), anxiety, fear, insomnia, emotional isolation, severe disturbing depression, and sometimes states of anger or detachment. Such symptoms negatively affect a person's daily activities, social connections, and overall quality of life.

The role of not only physicians and psychotherapists but also the social support system is of great importance in the prevention and treatment of PTSD. Social support is considered one of the main factors that help individuals in the recovery process after traumatic experiences. Therefore, an in-depth study of the interdependence between PTSD and social support and the creation of effective support systems is one of the urgent tasks.

Social support is the psychological, emotional, and material assistance that a person receives from their social environment, that is, from friends, family members, colleagues, and other members of society. It helps a person feel safe and valued, withstand stressful situations, and overcome problems. The main types of social support are:

- Emotional support: understanding, love, empathy, and encouragement.
- Informational support: providing information about the problem, offering advice.
- Material or practical assistance: providing necessary resources, financial aid, or help in meeting daily needs.

In the event of traumatic events, these types of support are important factors in maintaining mental health and recovery. Numerous scientific studies conducted in recent years have shown a clear correlation between the level of social support and PTSD symptoms. A high level of social support allows individuals to process the effects of traumatic experiences, effectively manage stress, and accelerate mental recovery. This, in turn, leads to the alleviation or complete absence of PTSD symptoms.

Conversely, a lack of social support - such as neglect by loved ones, social isolation, or the inability of friends and family members to help - exacerbates the impact of trauma and increases the risk of developing PTSD. Also, in the absence of support, individuals often experience loneliness, depression, and as a result of the worsening of these conditions, serious health problems may arise.

For example, in a study conducted by Smith et al. (2020), it was found that PTSD symptoms are significantly higher among combat participants with low levels of social support. This study shows that support in the social environment is crucial for individuals who have experienced war or other severe trauma in maintaining their mental health. Also, Jones and Williams (2018) noted in their research that patients with strong and quality social connections with family and friends have a significantly higher rate of post-traumatic psychological recovery. They emphasize that such social connections psychologically prepare individuals for recovery and help prevent dangerous symptoms.

To strengthen social support in the fight against PTSD, the following methods are effective:

Psychotherapeutic assistance and group therapy: These methods allow individuals to share their experiences with others, learn stress management skills, and accelerate mental recovery.

Social networks and online platforms: Encouraging regular communication with friends and loved ones through modern technologies reduces loneliness and strengthens support.

Developing open communication about trauma in society: Increasing awareness of traumatic events and their consequences at the social level, reducing stigma, and fostering a culture of seeking help.

Expansion of support centers and resources: Creating accessible support systems for people by increasing the availability of psychological support centers, crisis centers, and other social services.

RESULT As a result, social support plays an important role in preventing post-traumatic stress disorders and reducing their symptoms. Scientific research shows that in psychological recovery after traumatic events, the constant support of loved ones, the supporting role of friends and society is especially important. Therefore, it is possible to reduce PTSD cases and strengthen people's mental health by creating a healthy, stable, and supportive social environment. This serves to improve not only individual, but also public health.

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