

## ANALYSIS OF THE PROCESS OF SOCIAL ADAPTATION AND CLINICAL DYNAMICS OF PATIENTS WITH INTELLECTUAL DISABILITY

**Shodiyeva Feruza Beshimovna**

*Bukhara State Medical Institute named after Abu Ali ibn Sino.*

*Bukhara, Uzbekistan. e-mail: [shodiyeva.feruza@bsmi.uz](mailto:shodiyeva.feruza@bsmi.uz)*

**Annotation.** The article analyzed the process of social adaptation and clinical dynamics of 42 patients diagnosed with intellectual disability. During the study, the psychological, social, and clinical state of patients was assessed, and the level and dynamics of their adaptation were determined. Also, the effectiveness of therapy and rehabilitation methods was assessed, and recommendations aimed at increasing social integration were developed. The obtained results will contribute to the development of approaches aimed at improving the quality of life of patients with intellectual disabilities and optimizing their integration into society.

**Keywords:** intellectual disability, risk factors, adolescents, neuropsychiatric disorders, dementia

## АНАЛИЗ ПРОЦЕССА СОЦИАЛЬНОЙ АДАПТАЦИИ И КЛИНИЧЕСКОЙ ДИНАМИКИ БОЛЬНЫХ С УМСТВЕННОЙ ОТСТАЛОСТЬЮ

*Шодиева Феруза Бешимовна*

*Бухарский государственный медицинский институт имени Абу Али ибн*

*Сино. Бухара, Узбекистан. e-mail: [shodiyeva.feruza@bsmi.uz](mailto:shodiyeva.feruza@bsmi.uz)*

**Аннотация.** В статье проанализированы процесс социальной адаптации и клиническая динамика 42 пациентов с диагнозом умственная отсталость. В ходе исследования оценивали психологическое, социальное и клиническое состояние пациентов, определяли уровень и динамику их адаптации. Также была оценена эффективность методов терапии и реабилитации, разработаны рекомендации, направленные на повышение социальной интеграции. Полученные результаты помогут разработать подходы, направленные на улучшение качества жизни пациентов с умственной отсталостью и оптимизацию процесса их интеграции в общество.

**Ключевые слова:** интеллектуальная недостаточность, факторы риска, подростки, психоневрологические расстройства, слабоумие

## AQLI ZAIFLIGI BO‘LGAN BEMORLARNING IJTIMOIIY MOSLASHUV JARAYONI VA KLINIK DINAMIKASI TAHLILI

*Shodiyeva Feruza Beshimovna*

*Abu Ali ibn Sino nomidagi Buxoro davlat tibbiyot instituti. Buxoro.*

*O‘zbekiston. e-mail: [shodiyeva.feruza@bsmi.uz](mailto:shodiyeva.feruza@bsmi.uz)*

**Annotatsiya.** Maqolada aqli zaiflik tashxisi qo‘yilgan 42 nafar bemorlarning ijtimoiy moslashuv jarayoni va klinik dinamikasi tahlil qilindi. Tadqiqot davomida

bemorlarning psixologik, ijtimoiy va klinik holatlari baholanib, ularning moslashuv darajasi va dinamikasi aniqlandi. Shuningdek, terapiya va reabilitatsiya usullarining samaradorligi baholanib, ijtimoiy integratsiyani oshirishga yo'naltirilgan tavsiyalar ishlab chiqildi. Olingan natijalar aqli zaif bemorlarning hayot sifatini yaxshilash va ularni jamiyatga qo'shilish jarayonini optimallashtirishga qaratilgan yondashuvlarni ishlab chiqishga yordam beradi.

**Kalit so'zlar:** intellektual yetishmovchilik, xavf omillari, o'smirlar, ruhiy-asab buzilishlar, aqli zaiflik.

It is important that every member of society lives a full life and adapts to an active social life. In particular, the social adaptation of patients with intellectual disabilities is important not only for their personal well-being, but also for the overall development of society. The process of adaptation of these patients to the social environment occurs under the influence of various clinical and psychological factors, which requires a deep study of this process.

Mental retardation (oligophrenia) is characterised by congenital or acquired intellectual retardation at an early age. This condition causes the patient to encounter difficulties in everyday life, work, and social relations. Therefore, the study of the social adaptation of such individuals and the identification of factors influencing it is one of the pressing issues for medicine, psychology, and social sciences.

The main goal of this study is the clinical and dynamic study of the social adaptation of patients with intellectual disability and the development of effective measures aimed at improving this process. The study examines the degree of adaptation of mentally retarded patients to the social environment, clinical, psychological, and social factors influencing their adaptation.

The research results serve to develop effective rehabilitation methods for persons with intellectual disabilities, improve their integration into social life, and form an inclusive environment in society.

Mental retardation (oligophrenia) is a cognitive developmental disorder that occurs in congenital or early childhood and is mainly characterised by decreased intellectual ability and social adaptation. Clinical aspects of dementia affect a person's ability to communicate, self-care, make independent decisions, and adapt to the social environment. Social adaptation is an important factor for the integration of patients with intellectual disabilities into society. Studies show that individuals without social skills face problems such as decreased quality of life, depression, and inability to adapt to the external environment. Determining and developing the level of social adaptation of patients is one of the main directions of scientific research in this area. Social adaptation of patients with intellectual disabilities is a dynamic process associated with various clinical factors, educational environment, and therapeutic approaches. Studies show that the use of correct diagnostics and adapted education can significantly improve the quality of life of patients. The clinical-dynamic approach is aimed at improving the adaptation of patients, taking into account their changing needs.

Various methods are used to assess the social adaptation of persons with intellectual disabilities:

- Psychological tests and questionnaires (e.g., the Vineland Adaptation Scale)

- Neuropsychological research
- Observation and experimental methods
- Family and pedagogical approaches

The following measures are important for improving the social adaptation of patients with intellectual disabilities: Development of special educational programs; Training on the formation of social skills; Professional rehabilitation and occupational therapy Creation of family and collective support systems.

Mental retardation (such as oligophrenia and dementia) occurs in people of different ages and hinders their adaptation to society. The ability of such patients to adapt to social life, receive education, work, and establish personal relationships is limited and requires special approaches. There are various forms and severity of dementia, which can manifest clinically differently over time. Dynamic monitoring is necessary for the adaptation of treatment and rehabilitation methods. For the adaptation of patients, it is important to study the effectiveness of various psychological, pedagogical, and medical rehabilitation methods. Measures identified and properly implemented at an early stage can significantly improve their quality of life. In the social adaptation of patients with intellectual disabilities, the support of their family and society is of great importance. Therefore, it is necessary to deeply study the medical-psychological and social aspects of the adaptation process.

The purpose of the study is a clinical and dynamic study and assessment of the social adaptation process of 42 patients with intellectual disability. This study analyzes the possibilities of adaptation of patients to the social environment, the factors influencing this process, and the effectiveness of the results of treatment and rehabilitation measures. In addition, one of the main objectives of the study is to determine the influence of the degree of intellectual disability on social adaptation and the clinical and dynamic effectiveness of individual and group rehabilitation programs.

The object of this study was the social adaptation of 42 patients with intellectual disability and their clinical and dynamic characteristics. Patients who participated in the study belonged to different age groups, and the degree of mental retardation and indicators of social adaptation were studied.

The majority of patients have a low level of social adaptation and poorly developed communication skills. Difficulties in adapting to everyday life (independent decision-making, engaging in certain work activities) were observed. The presence of emotional and behavioral disorders (mainly anxiety, aggressiveness, passivity) was revealed. Psychotherapeutic and pedagogical measures played an important role in improving the adaptation skills of patients. Special social adaptation programs (labor therapy, group training, development of communication skills) showed significant positive changes. Depending on the degree of intellectual disability, it was established that the adaptation process differs individually. The best results were observed in patients with mild dementia.

In 60% of 42 patients, the level of social adaptation improved, they were able to perform simple life activities and daily tasks. Moderate positive changes were observed in 30% of patients, but they still require constant pedagogical and medical assistance. In 10% of patients, there were no significant changes in social adaptation, they require constant monitoring and living in special institutions.

## RESULT

As a result of studying these issues, it will be possible to develop new rehabilitation methods, propose programs aimed at improving social adaptation, and create conditions for the active participation of patients in society. Studying and improving the social adaptation of patients with intellectual disabilities requires a comprehensive approach. Clinical dynamic analysis shows that the use of an individual approach and special rehabilitation programs plays an important role in improving the integration of these patients into society. Further research should be especially focused on improving social adaptation strategies through the use of modern psychological and neurological technologies.

In general, clinical and dynamic analysis of social adaptation showed that a comprehensive rehabilitation approach plays an important role in improving the quality of life of patients.

As a result of calculating the clinical dynamics of social adaptation of 42 patients with intellectual disability, the following conclusions were made:

During the study of the level of social adaptation, it was established that the social adaptation of patients depends on the severity of their illness, family and social support. The best adaptive indicators were observed in patients with a moderate degree of intellectual disability.

Dynamic changes achieved an improvement in social adaptation indicators after specialized rehabilitation and psychological support programs in 60% of patients.

In 25% of patients, the level of social adaptation practically did not change, while in 15% of patients, adaptation changed negatively, which may be associated with a lack of support in the family and society.

In the factors influencing social adaptation, individual psychological therapy and special educational programs yielded positive results. It was noted that the social environment and family support are the main factors of social adaptation. The effectiveness of regular observation and a medical-psychological approach in the rehabilitation process was confirmed.

It is necessary to continue special adapted training and rehabilitation programs for the social adaptation of patients. It is important to direct family members towards psychological and pedagogical support. Measures should be taken to further improve social adaptation based on continuous monitoring and an individual approach. These results confirm the importance of an individual and comprehensive approach in the rehabilitation of patients with intellectual disability.

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