

PSYCHOLOGICAL AND CLINICAL ASPECTS OF BODY PSYCHOLOGY

Shodiyeva Feruza Beshimovna

Bukhara State Medical Institute named after Abu Ali ibn Sino.

Bukhara, Uzbekistan. e-mail: shodiyeva.feruza@bsmi.uz

Annotation. This scientific article is aimed at studying the psychological and clinical aspects of corporeal psychology. The article analyzes the relationship between the human body and consciousness, body characteristics, emotional states, and psychological processes. It also examines the clinical aspects of body psychology, that is, the relationship between psychosomatic disorders, psychological stress, and body states. Understanding the interaction between the body and the psyche, as well as the importance of applying this knowledge in the fields of clinical psychology and psychotherapy, will be discussed. The article emphasizes the need to understand the connection between body states and psychological health, to develop new approaches and methods in the treatment of psychosomatic disorders. The combination of psychological and clinical methods also opens up opportunities for improving physical and mental health. The article incorporates scientific research, clinical experiments, and theoretical approaches, providing relevant information for specialists working in psychology, medicine, and healthcare.

Keywords: body psychology, psychosomatics, psychosomatic disontogenesis, psychosomatic development, sign-symbolic mediation

ПСИХОЛОГИЧЕСКИЕ И КЛИНИЧЕСКИЕ АСПЕКТЫ ФИЗИЧЕСКОЙ ПСИХОЛОГИИ

Шодиева Феруза Бешимовна

Бухарский государственный медицинский институт
имени Абу Али ибн Сино. Бухара, Узбекистан.

E-mail: shodiyeva.feruza@bsmi.uz

Аннотация. Эта научная статья посвящена изучению психологических и клинических аспектов психологии тела. В статье анализируется взаимосвязь между телом и разумом человека, особенностями тела, эмоциональными состояниями и психологическими процессами. Также рассматриваются клинические аспекты психологии тела, а именно связь между психосоматическими заболеваниями, психологическим стрессом и состояниями тела. Обсуждается понимание взаимодействия между телом и психикой, а также важность применения этих знаний в областях клинической психологии и психотерапии. В статье подчеркивается необходимость понимания взаимосвязи между состоянием тела и психологическим здоровьем,

разработки новых подходов и методов лечения психосоматических расстройств. Сочетание психологических и клинических методов также открывает возможности для улучшения физического и психического здоровья. Статья содержит научные исследования, клинический опыт и теоретические подходы, предоставляя актуальную информацию для специалистов, работающих в области психологии, медицины и здравоохранения.

Ключевые слова: психология телесности, психосоматика, психосоматический дизонтогенез, психосоматическое развитие, знаково-символическое опосредствование

TANA PSIXOLOGIYASINING PSIXOLOGIK VA KLINIK TOMONLARI

Shodiyeva Feruza Beshimovna

Abu Ali ibn Sino nomidagi Buxoro davlat tibbiyot instituti.

Buxoro. O'zbekiston. e-mail: shodiyeva.feruza@bsmi.uz

Annotatsiya. Ushbu ilmiy maqola tana psixologiyasining psixologik va klinik jihatlarini o'rganishga qaratilgan. Maqolada inson tanasi va ongining o'zaro aloqasi, tana xususiyatlari, hissiy holatlar va psixologik jarayonlar o'rtasidagi munosabatlar tahlil qilinadi. Shuningdek, tana psixologiyasining klinik jihatlarini, ya'ni psixosomatik kasalliklar, psixologik stress va tana holatlari o'rtasidagi bog'liqlik ko'rib chiqiladi. Tana va psixika o'rtasidagi o'zaro ta'sirni tushunish, shuningdek, klinik psixologiya va psixoterapiya sohalarida bu bilimlarni qo'llashning ahamiyati haqida muhokama yuritiladi. Maqolada, tana holatlari va psixologik salomatlik o'rtasidagi bog'liqlikni anglash, psixosomatik kasalliklarni davolashda yangi yondashuvlar va usullarni ishlab chiqishning zarurligi ta'kidlanadi. Psixologik va klinik metodlarni birlashtirish orqali, shuningdek, jismoniy va ruhiy sog'likni yaxshilash imkoniyatlari ochiladi. Maqola ilmiy tadqiqotlar, klinik tajribalar va nazariy yondashuvlarni o'zida mujassam etgan bo'lib, psixologiya, tibbiyot va sog'liqni saqlash sohalarida ishlovchi mutaxassislar uchun dolzarb ma'lumotlar beradi.

Kalit so'zlar: tana psixologiyasi, psixosomatika, psixosomatik dizontogeneza, psixosomatik rivojlanish, belgi-ramziy vositachilik

Body psychology, or somatopsychology, is a scientific field focused on the study of a person's physical and psychological state. This field, closely related to the biological, physiological, and neurological aspects of psychology, studies the relationship between a person's mental state and changes in the body. Body and soul form interconnected and complex systems that influence each other.

The interaction of body and soul is one of the most important and complex areas of psychology. This topic explores how a person's mental state and physiological

processes influence each other. In psychology, the interaction of the body and the soul is mainly studied in the inverse way, that is, how the state of mind affects the body, as well as how the state of the body affects the state of mind. The relationship between a person's mental state and bodily processes is complex and based on numerous studies. On the one hand, mental states (such as stress, depression, mood) affect biological processes in the body, including the immune system, cardiovascular system, and nervous system. On the other hand, body condition (e.g., pain, illness, or intense exercise) can directly affect a person's mental state. Psychosomatic illnesses explain that mental factors lead to physical illnesses visible in the body. Such illnesses can arise as a result of stress, anxiety, depression, or other mental states. For example, prolonged stress can cause various physical symptoms such as heart disease, stomach ulcers, or headaches.

The nervous and endocrine systems play an important role in the connection between the body and the soul. The nervous system and hormones influence a person's mood, reaction to stress, and overall mental state. For example, increased stress and fear lead to an increase in the level of cortisol (stress hormone), which can cause a weakening of the immune system and the development of various diseases. Physical activity, for example, sports or regular physical exercises, has a positive effect on a person's mental state. As a result of exercises, endorphins (happiness hormones) are produced in the body, which improves mood and reduces stress. Also, through physical exercises, the amount of energy in the body increases, which has a positive effect on general mental and physical health. Psychotherapy and physical practices (e.g., yoga, meditation, breathing exercises) serve as an effective tool for restoring the balance between body and soul. Through these practices, it is possible to reduce mental stress and anxiety, as well as improve physical health. Psychotherapy also helps to improve the mental state, as well as the physical state of the body. A holistic approach plays an important role in understanding the interaction of body and soul. Holistic psychology considers the mental, physical, and social aspects of a person as a whole and studies their interrelationships. This approach is used in the prevention and treatment of psychosomatic disorders, as well as in improving overall health.

Psychological tests and diagnostic methods are used not only for diagnosis, but also to support the treatment process. In the field of clinical psychology, psychotherapeutic methods help improve the patient's mental health. The data obtained during the tests and diagnostics will help determine the optimal direction of the treatment process. For example, cognitive-behavioral therapy (CBT) can be effective in treating conditions such as depression or anxiety. The CBT program uses strategies aimed at analyzing the negative thoughts and behavior of patients and changing them positively and constructively.

In clinical psychology, the role of body psychology is important, as it helps to determine the patient's mental state through psychological tests and diagnostics.

These diagnostic processes serve as the main tool for determining psychotherapeutic treatment methods and solving the patient's psychological problems. Compliance with ethical and professional rules of clinical psychology is of particular importance in ensuring the patient's safety and health.

Body psychology (somatopsychology) is a branch of psychology that studies the interaction between a person's physical state and mental state. This area is especially focused on determining the relationship between psychosomatic disorders, stress, body position, and a person's emotional states. Another important aspect of body psychology is psychological medicine. Psychologists and psychiatrists jointly analyze physical and psychological states, thereby developing methods for diagnosing, treating, and preventing diseases. Psychological research in corporeal psychology helps to gain a deeper understanding of the complex relationship between a person's physical and mental state, while simultaneously enabling the development of new treatment methods for maintaining mental health. Research conducted in this area, in addition to traditional areas of psychology, also includes specific integrated and innovative approaches.

Psychological interventions are a set of strategies and methods aimed at improving a person's psychological health and changing their behavior. The main goal of psychological interventions is to solve a person's psychological problems, reduce stress, and create a positive lifestyle. Clinical interventions are therapeutic methods used in the process of restoring mental health, treating illnesses, and rehabilitation. The main goal of clinics is to help people improve in the fight against mental illnesses or disorders. Psychological and clinical interventions are important tools for improving the psychological state of people and treating mental illnesses. Each of them provides its own approaches and methods, therefore it is necessary to develop individual approaches depending on the needs of each patient. With the help of psychological interventions, people have the opportunity to improve their health, reduce stress, and develop themselves positively.

RESULT

This article examines the basic concepts of body psychology, a person's psychological attitude towards their body, and the impact of this attitude on mental health. The formation of the body image is analyzed, how it develops through social influences, personal experiences, and cultural factors. The article also provides a psychological analysis of body image disorders - clinical conditions such as dysmorphophobia, anorexia, and bulimia - highlighting their causes and treatment methods. Based on research, effective psychotherapeutic approaches are also recommended in the field of corporeal psychology. In general, the article deeply illuminates the role of the body image in the human psyche and its connection with mental health.

Literature:

1. Антропов Ю.Ф., Шевченко Ю.С. Психосоматические расстройства и патологические привычные действия у детей и подростков. М., 1999.
2. Арина Г.А., Тхостов А.Ш. Теоретические проблемы исследования внутренней картины болезни // Психодиагностика отношения к болезни при нервно-психической и соматической патологии / Ред.М.М. Кабанов. Л., 1990. С. 32-38.
3. Выготский Л. С. Из записных книжек // Вестн. Моск. ун-та. Сер. 14. Психология. 1982. № 1. С. 63-71.
4. Семенова Е. В., Кириллов Н. А. Этиология женского бесплодия //Современные проблемы медицины и естественных наук. – 2018. – С. 79-83.
5. Ernaeva G. X., Sattarov T. F., Maxamatjanova N. M. Diagnostic significance of psychodiagnostic examinations of taekwondo players //frontline medical sciences and pharmaceutical Journal. – 2023. – Т. 3. – №. 06. – С. 19-27.
6. Мухаметзянова Р. О., Шагиева Э. И., Николаева Н. В. Депрессия–главная болезнь XXI века //Сборник научных трудов молодых ученых и специалистов. – 2022. – С. 395-39.
7. Хаятов Р. Б., Велияева А. С. Особенности развития и течения аффективных расстройств при сахарном диабете //Достижения науки и образования. – 2020. – №. 5 (59). – С. 62-64.
8. Lustman P. J. Anxiety disorders in adults with diabetes mellitus //Psychiatric Clinics of North America. – 1988. – Т. 11. – №. 2. – С. 419-432.
9. Maxamatjanova N. Principles of medical and psychological care of patients with the acquired immune deficiency syndrome //Journal of the Neurological Sciences. – 2019. – Т. 405. – С. 128.
10. Hamraev B., Maxamatjanova N. Study and evaluation of the possibilities of cognitive behavioral therapy in psychosexual disorders //Центрально-азиатский журнал образования и инноваций. – 2023. – Т. 2. – С. 4.
11. Hamraev B., Maxamatjanova N. Modern methods of treatment of sexual disorders //Инновационные исследования в современном мире: теория и практика. – 2023. – Т. 2. – №. 15. – С. 73-74.
12. Maxamatjanova N. M., Mirxaydarova F. S., Mirxaydarova S. M. Xavotir sindromi rivojlanishida qandli diabetning ahamiyati //Прикладные науки в современном мире: проблемы и решения. – 2023. – Т. 2. – С. 2.
13. Maxamatjanova N., Ibodullayev Z. Therapy of post-stroke dementia on the example of memantine //european journal of neurology. – 111 river st, hoboken 07030-5774, nj USA: wiley, 2020. – Т. 27. – С. 1063-1063.

14. Surayyo, Yusuphodjayeva, and Gafurova Sabohat. "Depressive-anxiety disorders in patients with rheumatoid arthritis and methods of their psychocorrection." Interpretation and researches 2.3 (2023): 9-16.
15. Гафурова С., Юсупхаджаева С. Дифференциальный анализ невротических расстройств при синдроме раздраженного кишечника и совершенствование медико-психологической поддержки при них //Talqin va tadqiqotlar. – 2023. – Т. 1. – С. 19.
16. Ibodullayev Z. R. et al. Effective psychopharmacological therapy in anxiety-depressive disorders //Open Access Repository. – 2023. – Т. 4. – №. 3. – С. 241-246.
17. Sh G. S. Ichak ta'sirlanish sindromidagi psixoemotsional buzilishlar va unda psixoterapevtik yordam ko'rsatish //SOLUTIONS SOLUTIONS. – 2020.
18. Gafurova S., Yusuphodjayeva S. Differential analysis of neurotic disorders in irritable bowel syndrome and improvement of medical psychological support in them //Science and innovation. – 2023. – Т. 2. – №. D2. – С. 177-181.
19. Гафурова С. Ш., Юсупходжаева С. Т. Identification of anxiety-phobic disorders in irritable bowel syndrome and improvement of medical psychological support in them. – 2024.
20. Гафурова С. Ш., Юсупходжаева С. Т. Тревожно-фобические расстройства при синдроме раздраженного кишечника и эффективность психотерапии и психофармакотерапии при них. – 2024.