



# The role of psychological service in human life

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**ABSTRACT**

This article provides information on the role of psychological services in human life, mental health support, counseling and therapy, emotional support, behavior change, and skill development

**Keywords:**

Psychological services, daily activities, emotions, diagnosis and treatment.

The role of psychological services in human life is very important for providing mental potential, support, and facilitating personal growth. The main directions of the role of psychological services are as follows:

1. **Mental Health Support:** Psychological services play an important role in addressing and treating mental health issues. They provide assessment, diagnosis, and treatment for a variety of mental health conditions, such as anxiety, depression, post-traumatic stress disorder (PTSD), and more. They help individuals manage and overcome psychological difficulties that can affect their daily functioning and overall quality of life.

2. **Counseling and Therapy:** Psychological services offer counseling and therapy to individuals, couples, families, and groups. Therapists provide a safe and confidential place for people to explore their feelings, thoughts, and behaviors. They help individuals gain insight into their problems, develop coping strategies, and facilitate personal growth and self-improvement.

3. **Emotional support:** Psychological services provide emotional support to individuals experiencing grief, bereavement or loss. Therapists offer empathy, active listening, and guidance to help people process their feelings and develop healthy coping mechanisms. They help in forming variability and increasing emotional balance.

4. **Behavior modification and skill development:** Psychological services help individuals change unhealthy behaviors and develop adaptive coping skills. Psychologists use evidence-based methods to help individuals identify and change maladaptive patterns of thinking and behavior. They help develop healthy habits, effective communication skills, stress management techniques, and problem-solving strategies.

5. **Crisis intervention:** Psychological services play a critical role in crisis situations, providing immediate support and intervention. Psychologists offer help in times of emergency, traumatic events, or acute grief. They work collaboratively with individuals to manage crisis

situations, reduce emotional harm, and facilitate the healing and recovery process.

6. Education and prevention: Psychological services contribute to public education and prevention related to mental health and wellness. They raise awareness, provide resources, and conduct training to increase awareness and knowledge about mental health issues, prevention strategies, and self-care practices.

7. Research and Advocacy: Psychological Services engages in research and advocacy to advance knowledge and improve mental health policy and practice. They contribute to the development of evidence-based approaches, advance understanding of human behavior, and advocate for the value of mental health services in society.

In recent years, attention has been paid to the study of the problem of the organization of psychological services in world psychology as a separate research direction. So far, in psychological research, the pedagogue psychologist does everything he can for the comprehensive development of the individual, social psychological service and its specific features have been studied. In this direction, attention is paid to the importance of applying and introducing modern psychological mechanisms that represent various methods and modern technologies of psychological service organization. At the same time, situations such as the organization of psychological services and the elimination of personnel problems are considered urgent problems. Today, a number of theoretical-scientific and practical-methodical works on the introduction of psychological services in educational systems are to a certain extent the basis for the introduction and development of psychological services. At the moment, the lack of special studies that comprehensively and deeply analyze the current state of the psychological service system and the directions of practical activity and reveal the perspectives of the psychological service based on these

analyzes remains an extremely urgent problem. Naturally, in order to eliminate this problem, it is necessary to conduct psychological and social psychological research dedicated to the study, analysis and interpretation of the introduction of psychological services in our country, the current state and prospects for the development of the digital economy. Based on this, in today's educational institutions, work teams, the scientific and organizational aspects of psychological research related to the preparation of future personnel in all aspects, and especially the lack of special research conducted on the research of the possibilities of social psychological protection; social psychology, the modern directions of psychological counseling sciences, the tasks that cover the implementation of psychological services today are not defined clearly and in detail, the possibilities of social psychological protection in ensuring the successful activity of students and employees on the example of psychological service experiences organized in educational and labor institutions. It can be noted as one of the urgent problems today that the scientific and practical recommendations that meet the requirements of Uzbekistan's independent and prospective path, socio-economic development related to learning and development have not been developed. G.M. Andreeva, M.G. Davletshin, Yu.M. Zabrodin, D. Carnegi, V.M. Karimova, B.D. Parigin, G'.B. Shoumarov, E.G'. Ghaziyev and others conducted.<sup>1</sup>

In general, the role of psychological services in supporting the mental potential of individuals, emotional support, and facilitating personal growth is incomparable. They contribute to the overall improvement of mental health in society, helping individuals to lead fulfilling and productive lives.

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