



Socio Psychology Characteristics of Women Who Had Their First Child

Nazarova Zarnigor

Teacher of the Tashkent Medical Academy

ABSTRACT

This article is devoted to the study of the social psychological characteristics of women before and after childbirth.

Keywords:

psychic processes, individual psychological characteristics, the problem of motherhood, psychosocial phenomenon, interpersonal relationships, social, psychic States.

The relevance of studying the social psychological characteristics of women before and after childbirth is associated with a number of problems. Among these problems are some examples, the social status of women preparing for motherhood from Jumala, the couple's relationship, the provision of quality communication between mother and child. The problems of motherhood and childhood were and remain one of the most important and fundamental strategies for the development of society. Thus, the presence of problems in the social psychological characteristics of a woman before and after the birth of a child depends not on herself, but on topical approaches to its solution. In our work, an attempt was made to study the social psychological characteristics of a woman in interpersonal relationships before and after the birth of a child. Many theoretical and applied studies are devoted to the problem of motherhood, in which the satisfaction of a woman with the role of her mother is studied. Family is the most important social institution that accompanies a person throughout his life. A huge number of different approaches to the study of the family determine its significance, influence on the individual, its versatility and problem. Our Countryman Sh.M.As Mirziyoyev noted," what cultural level of a society on Earth

is determined by its attitude towards women, " therefore, the attention given to women today assumes a serious focus on their mental health, as well as their physical health.

The significant aspect of studying" the social psychological characteristics of interpersonal relationships after having children in women " is to maintain women's mental health, eliminate their depressive states in women in ensuring peace and harmony in families, ensure that women are satisfied with their roles in the family, strengthen the attention and care of family members in relation to women, how women without children with women who have children enter into self-esteem and interpersonal relationships are all compared and studied . Women have their own problems, dreams and desires. Often they become stressed and discouraged, not being able to openly say their problems. And the elimination of their psychological problems, in addition to maintaining peace and harmony in the family, will become an indispensable foundation for women to achieve spiritual health. In recent years, a new term – Syndrome has appeared in psychotherapy. This syndrome is based on neurotic depression, and in this case – constant mood swings, low self-confidence, a feeling of

dissatisfaction with oneself, a feeling of irrelevance of the family role are observed.

According to Horney, the consequences of gender socialization raise the problems of women's socialization. This has implications for women's mental development as well as family relationships by causing them to have a fear of inadequacy, fear of social rejection, loss of self-confidence, indecision.

In psychology, the problem of motherhood, how maternal personality changes and postpartum status have been studied for many years. Within the framework of this study, the study of the psychological characteristics of the mother is indicated, namely, the postnatal state and, together with this, the art of treating mothers with a child, the role of motherhood, supporting the interests of the child and placing great importance on his health. All studies show that the period of childbirth is a great transitional period in the life of women, and it has its own influence on the psychological state of women. All of the above considerations indicate that psychological support for mothers indicates that psychology has a great role in motivating mothers in the culture of the relationship between mother and child.

Our Honourable Countryman Sh.M.As Mirziyoev noted, "the veneration of a woman, the veneration of a woman, is a noble value inherent in our people. What kind of profession we are all, what kind of position we do not work in, for the good qualities of our hearts, for the good of our hearts, you owe a lifetime to loving women. We are ready to sidestep women so that they can live life in harmony. Which cultural level of a society on Earth is determined by its attitude towards women," thus, the attention given to women today assumes a serious focus on their mental health, as well as their physical health.

Conclusion

In psychology, a review of the theoretical foundations of the problem of socio-psychological characteristics of interpersonal relationships in women who have children makes it possible to draw the following conclusions:

Women also have their own problems, interests and desires. Often they become stressed and discouraged, not being able to openly say their problems. And overcoming their problems will be a priority for women to achieve mental health, in addition to maintaining peace and harmony in the family. A notable aspect of the study of the "social psychological characteristics of first-born women" is the maintenance of women's mental health, the elimination of depressive states in women in ensuring peace and harmony in families, ensuring that women are satisfied with their roles in the family, increasing the attention and care of family members towards women. Women have their own problems, dreams and desires. Often they become stressed and discouraged, not being able to openly say their problems. And the elimination of their psychological problems, in addition to maintaining peace and harmony in the family, will become an indispensable foundation for women to achieve spiritual health. Giving birth to a child is an important stage in human life, we know that many of our women have a low self-confidence to adapt to the family before having a child it is observed that entering into interpersonal relationships is somehow difficult, and after having a child, all this makes high indicators special, that is, female self-confidence increases in interpersonal relationships.

List Of Literature Used:

1. Коваленко, Н.П. Психопрофилактика и психокоррекция женщины в период беременности и родов (Медико-социальные проблемы): дис. ... д-ра психол. Наук: 19.00.04 / Коваленко Наталья Петровна. - Санкт-Петербург, - 2002. - 492с.
2. Хорни К. Женская психология: пер. с англ - СПб. : Восточно-Европейский институт психоанализа, 1993. - 222 с. - (Шедевры мировой науки: Т.1; Библиотека психоаналитической литературы).
3. Nazarova, Z. (2023). ILK FARZAND KO'RGAN AYOLLARDA SHAXSLARARO

MUNOSABATLARNING IJTIMOIIY
PSIXOLOGIK HUSUSIYATLARI.

4. Анохин, А.А. Психопрофилактическая подготовка беременных к родам / А.А. Анохин // Медицинская помощь. 1996. № 5. - С. 26-28.