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PREVENTION OF OF MENTAL FACTORS PSYCHOLOGICAL DISEASES

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Information exchange around the world, the process of globalization, the alignment of interpersonal relations cannot but affect the human psyche. Psychosomatic disorder is caused by emotional and emotional impact, boredom, violation of the normal course of health in general as a result of the fact that external factors cause negative changes in the human psyche. Today it is proved that when somatic diseases are affected, it is impossible to cure the disease without taking into account mental factors [1;2]. Oncological diseases, which the last is called the disease of the XXI century in the years, have high growth rates all over the world. It is known that today breast cancer is of serious concern to the world community and is the cause of the untimely death of many women. Unfortunately, if earlier this disease was observed in women aged 50-60 years, every year it is rejuvenated, today the first complications are observed in adolescents, even in children, newborns. The reason for its origin and the fact that the measures on the claim are not final, requires a timely fight against it. In developed countries, every fourth person is at risk of getting cancer, and every fifth person dies from it. Modern statistics on oncological diseases show that 10 million people suffer from this disease every year around the world. According to the World Health Organization, the increase in the incidence of oncological diseases over the past 10 years has increased by 15% and cancer, and at the age of 20 - by 70% [8; 9]. According to the forecast of the World Cancer Association (IARC-International Agency for Cancer Research), by 2025 the number of cancer patients will amount to 19.3 million increases per year [3; 9, 10]. February 7, 2017 The adopted IV "action strategy for the socially active development of Uzbekistan for 2017-2021" - the implementation of the items "social protection of women and the preservation of their health, improving the quality of social assistance to needy segments of the population, improving the socio-political status of women, improving the quality of secondary and higher education, as well as the implementation of measures for their development" implementation, further the development of the social sphere of our country is an important contribution [1]. Ainiha, the president of our country Sh.M. On April 4, 2017, Mirziyoyev signed a decree "on measures for the further development of oncological services in the Republic of Uzbekistan for 2017-2021 and improvement of oncological care to the population" is a sign of significant attention to the field of oncology in the republic. Carrying out therapeutic measures for cancer patients today, not only in the field of medicine, rays have become a problem in the field of psychology as well. The psychotherapeutic influence of oncological diseases on the mental state of a person, the course of the disease and the treatment of an oncologist, the analysis of the psychosocial aspects of cancer patients and the psychological mechanisms of the oncologist's influence on the personal and emotional sphere of the patient, it is important to conduct psychocorrective and psychotherapeutic measures. As a result of scientific achievements, interdisciplinary integrations, we can establish that the role of the human psyche in matters of the origin, course and treatment of cancer is divided into 2 periods, when the role of the human psyche is determined in the state of health. The first period is the classical period, and the meaning of this period dates back to the 2nd century AD, when the Roman physician Claudio Galen said: "Happy women will suffer from cancer when they are deaf to women who walk in a depressed mood," starting with the ideas of ancient thinkers, in particular Ibn Sina, Beruni, Farabi, Abu Bakr AL-Razi and

Baskas in their medicine "the cause of cancer is narrow, forgiven kaigu" - the creation of the deb, urta centuries and until the middle of the 20th century foreign scientists B. Siegel, M. Friedman, R. Rosenman, D.Hendron, J.Barrauz, L. Nanna, G. Snow, K. Pelleter, E. Evans, L. Leschen, G.Eiseng, P.Revidi, B.Stoll, G.Seymonton and S.Seymantan, E.Gabbler-Russ, D.Hollande, N.Rivkina, A.Aransan, B.Boles, L.Carlson, T.Pirmen, F.In research by Dunbar and Bashkas, uz reflected[5; 6; 9; 10]. The second period in the development of the psyche in oncological diseases is reflected in the approaches to study after the second half of the 20th century, after the 60-70s. Conditionally, we called these approaches "modern approaches", and to this from foreign scientists A. Schutzenberger, P.Revidi, B.Stoll, G.Starshenbaum, Y.Antropov, Y.Shevchenko, F.Alexander, T.Maris, S.Greer, M.Seligman, M.Balint, S.Seymantan, K.Seymantan, J.Hollande, E.Yakubovich, A.Babik, B.Ruf, A.Aransan, T.Razavi, M.Clay, G.Bols, S.M.Sellik, T.Pyrmon and Boshkas, from Russian scientists T.Morilova, N.Kotshug, N.Kurek, V.Chulkova, G.Arachinskaya, O.Varana, D.Chugunov, I.Margoshina, A.Kuznetsova, E.Isaeva, A.Kapitina, N.Finagentova, Sh.Eganyan, E.Ve considered it is necessary to include studies by Potemkina and Bashkir [2;5;6;7;8;10;11;12]. During this period, the research that affected the psyche of cancer patients caused the emergence of a new direction in the integration of medical and psychological sciences, and it began to be called the term "psychoncology". Psychoncology is a branch of clinical practice and interdisciplinary scientific research, which originated and developed as an distinct department of oncology, in a combination of the disciplines of psychology, oncology and sociology. The field of psychoncology goes beyond cancer treatment, reducing the psychological and social characteristics of the patient's lifestyle, cancer. Psychoncology affects the psychological health of the patient and the psychological and social consequences for the medical staff and family members of the patient during the carcinogenesis and oncological process. It follows from this that the results of cognitive disorders and the effects of placebo and event that occur with the light therapy and chemotherapy [7]. In order to expand the possibilities of providing psychotherapeutic care to cancer patients, it is advisable to maximally influence the factors of psychological changes in morbidity. [4;5;6;]. All diseases cause changes in the human psyche, but internal psychological treatment of oncological diseases is characteristic of ultrasound. Cancer - this is not only the physiological state of the patient, but also the psychological state of head diseases in which patients are observed, such as anxiety, anxiety, depression, depression, internal conflict, frustration, uncertainty, among other things, we can avoid external sources [2;3;10;]. The development of the system - psychonkology in our republic, which has touched upon the problem of oncological diseases and the dependence of the human psyche, is an important area of activity. Psychological mechanisms of influence on the personal emotional sphere of cancer patients of women in the course of research in the maximum study, a program of psychocorrective and psychotherapeutic nature was developed. The program is called "the road to be healthy", contains 8 sessions, and each session contains a systematic training of 9-10 in ultrasound. In a narrow session, exercises are used that have a psychotherapeutic effect on the system of the individual emotional sphere of a person and are evaluated by participants at the end of each training. The program of psychocorrection used such approaches from modern psychological associations as psychoanalysis, gestalt therapy, psychodrama, logotherapy, humanistic psychology, cognitive psychology, existential psychology, neuro-linguistic programming (NLP-neuro-linguistic programming). The essence of the psychoanalytic approach in the psychocorrection program is that the client's problems are associated with ecstasy and humor, which were not solved in childhood, adolescence, youth. The work of the client's life is to increase mental energy as a result of the noise and fuss that he receives from the possibilities of art, sports, music and management, and, as a result, in the patient, in the development of self-esteem, activity. The gestalt therapy approach is applied to almost all subjects. to the approach of this approach is that the client is aware of the complex use of Uzi and is preparing for its extraction. The training is systematically practiced in exercises so that patients understand the complex, necessary flaws of their faces and try to correct them. Jung is approaching. Student Z.Freud K. Jung direction is considered. According to him, a person does not create new products, only uses collective knowledge on Facebook reels, and his works. During our training sessions, Secretary Colgan

allowed us to use this approach to change the concept of cancer gratuitous and enable patients to perceive this idea in a positive way. The client is motivated not only to solve the problem in different ways, but also to draw, create images in which he intends to apply certain creative features. In the psychodrama method, this is carried out in the form of a group, and in the social environment of clients it is necessary to create a model of behavior. To do this, clients develop models of social behavior on their faces with the help of a group of role-playing characters. According to the approach of logotherapy, a person cannot develop ultrasound without realizing the content of ultrasound life. This approach assumes that if a person has no content in his life or ultrasound is not successful, existential frustrations will arise that will lead to neurosis or mental disorders. The task of a psychotherapist is to help the client understand the content of his life. From the point of view of the humanistic approach, the Kura personality is a whole unique system. He reveals the obvious possibilities of updating ultrasound-ultrasound, belonging to a person only in ultrasound. The main subject of this approach is responsibility, respect, freedom, high professionalism, autonomy, interpersonal relationships, as well as mental health. The healing factors of a psychologist in this topic include the use of zinc, empathy, attention to inner feelings, unconditional acceptance of the client, trust, as well as the choice of a car and motivation for a shake-up. In the basic foundations of the humanistic approach, each person has the potential to "recover" by combining all the genres of fantasy UZ. In emergency situations, the potential of ultrasound can be realized in Tulik and Mustakil Hall. The main attention is paid to the inner experiences of a person, and it is the objects that are combined into experiences. Humanistic therapy is aimed at finding continuity, resolving internal and interpersonal conflicts. it strives to shake up the quarries, get out of depression, overcome loneliness, enjoy tea, lose intuition, restore health, enter into conflict with the ends, restore comfort after psychological shocks, improve the quality of life. The cognitive approach plays the role of education in the work of human memory, cognitive processes, motivation and behavior. Based on this method, such a fact is that the picture of the world formed during life is the main determinant of the appearance of some emotion on ultrasound, which describes the content of the whole state. This is explained by the fact that the Kura, the formation of a mental disorder, tends to the structure of the personality of the bond. In this regard, it is the content of this approach that is created in order to help the client understand and know adequate methods of cognition and cognition of that generate his negative mental states and make them laugh in practice. The existential approach focuses on the primary structure of the human mind and mental states (depression, stress, anxiety) that manifest as a result of the differentiation of its primary extremes. The main task is to restore the initial mental state of the client Kura. The neuro-linguistic programming (NLP) approach uses the projection of successful human models to achieve maxima, embodying a powerful set of techniques in ultrasound to achieve maxima without burns. Modern psychotechnics set themselves the task of modeling personality, and not projecting the image of successful people [2, 11, and 12]. The program mainly covers the mechanisms of influence on the individual emotional sphere of cancer patients in women, studies the mental changes that occur from the moment of diagnosis of cancer, and the emotional experiences of the patient consist of anxiety, anxiety, depression, stress, frustration, uncertainty and psychological effects on the head to alleviate the condition and make the patient understand it / her. English scientist E.In Kobler-Ross research, oncological disease, has shown that patients with exact experience the main psychological reactions in 5 phase: the disappearance of denial (anosognosic) - this phase is characterized by the fact that the patient is most likely diagnosed with a dangerous cancer disease and denies the disease on the patient's face; anger (dysphoric) - after confirming the diagnosis , the patient shows dissatisfaction with the situation; Trade (auto-suggestion) - treatment of the patient treatment methods begin to realize the possibilities of life with (in the example "the main thing is that there is no pain", "the main thing is to have time to see the daughter's wedding"); depression (depression) - appears for a long time after continuing therapy and is depressed, continuously treating himself; acceptance (apathy) - appears on the last printing presses of the disease and is requested by "agreement" with the faith of the patient, the patient In some patients, on the contrary, perceives this rational psychological reaction, and the patient begins to act so that Colgan has a meaningful life. As a result,

positive changes in the body and immunity begin to occur [1, 13]. Accordingly, the elimination of such character traits as depression, depression, despair, self-doubt, which aggravate the course of the disease in patients, is considered the main maximum observed in the fall of the program. So, today the problem of our century is a big problem and the role of psychological services in the diagnosis and treatment of oncological diseases, and the program presented above on this problem is a significant problem. [14]

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