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problems in the scientific activities of young
researchers and students: theory and
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Innovation, integration and modern problems in the scientific activities of young
researchers and students: theory and practice collection of materials of the
international scientific and practical conference on the topic

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In the collection of materials of the conference, the role and role of Science, Education and production in the era of globalization, the pressing problems of the issues of interaction of these processes, feedback on their solutions were presented by mature specialists of the field.

In addition, research on the scientific and practical topic, carried out in the economics, Exact Sciences, Natural Sciences and socio-humanities during the globalization period, information is presented in the scientific and practical fields, which includes the latest innovative technologies in the fields of production.

It can be argued that this collection is one of the specific intersections of current thoughts and innovative ideas of the world of science. This scientific and practical conference was actively attended by professors and scientific researchers engaged in scientific research in Uzbekistan and foreign countries. In increasing the position of the scientific and practical conference, the professors and teachers of domestic and foreign higher educational institutions made a significant contribution.

Professors and teachers of foreign higher educational institutions who actively participated in the work of the conference made a worthy contribution to the high level of interaction with scientists of our country. The processes of international cooperation with foreign countries and exchange with them in the field of Science in the era of globalization have a positive effect on the development of Higher Education, the fields of Science and production. The materials of this conference are special in that they include a wide range of research, from theoretical developments to practical solutions, demonstrating the diversity of approaches and directions in this area.

In conclusion, it should be noted that this scientific and practical conference will be a very useful collection for everyone who is interested in modern research in the fields of further development of Higher Education, Science, Education and production in the era of globalization. The authors are responsible for the content and quality of the articles and abstracts included in the collection.

PSIXOGIGIYENA. PSIXOPOTOLOGIYA HAQIDA TUSHUNCHA, CHARCHASH, UNING PSIXOFIZIOLOGIK MAZMUNI

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Annotatsiya: Mazkur maqolada psixogigiyena va psixopatologiya tushunchalarining ilmiy-nazariy asoslari tahlil qilinadi. Inson ruhiy salomatligini saqlashda psixogigiyenaning o‘rni, psixik buzilishlarning yuzaga kelish omillari hamda charchash fenomenining psixofiziologik mexanizmlari yoritilgan. Tadqiqotda charchashning turlari, uning markaziy asab tizimi faoliyatiga ta’siri va uzoq davom etganda psixopatologik holatlarga o‘tish ehtimoli asoslab berilgan. Shuningdek, psixogigiyenik choralar orqali charchashni oldini olish va psixik barqarorlikni ta’minlash yo‘llari ko‘rsatib o‘tilgan.

Kalit so‘zlar: Psixogigiyena, psixopatologiya, ruhiy salomatlik, charchash, psixik charchash, stress, psixofiziologiya, markaziy asab tizimi, profilaktika, emotsional zo‘riqish.

Zamonaviy psixologiya va tibbiyot fanlari integratsiyasi natijasida inson ruhiy holatini o‘rganishda tizimli va ko‘p omilli yondashuv shakllandi. Ayniqsa, psixogigiyena va psixopatologiya yo‘nalishlari inson psixikasining funksional va disfunktsional holatlarini o‘zaro bog‘liqlikda tadqiq etishga imkon yaratmoqda. Ushbu ikki yo‘nalish bir-birini to‘ldiruvchi ilmiy sohalar bo‘lib, biri ruhiy salomatlikni saqlash va mustahkamlashga qaratilgan bo‘lsa, ikkinchisi psixik buzilishlarning mexanizmlarini aniqlashga xizmat qiladi.

Ilmiy adabiyotlarda psixik faoliyatning buzilishlari ko‘pincha organizmning umumiy funksional holati bilan bog‘liq holda tahlil qilinadi. Shu jihatdan, charchash fenomeni nafaqat fiziologik, balki psixologik va ijtimoiy omillar bilan ham chambarchas bog‘liq murakkab jarayon sifatida qaraladi. U inson faoliyatining samaradorligiga bevosita ta’sir etuvchi omil bo‘lib, uning chuqur o‘rganilishi psixik buzilishlarning oldini olishda muhim ahamiyat kasb etadi.

So‘nggi tadqiqotlar shuni ko‘rsatadiki, uzoq davom etuvchi psixoemotsional zo‘riqish va aqliy yuklama organizmning moslashuv mexanizmlarini susaytiradi. Bu esa dastlab funksional o‘zgarishlar ko‘rinishida namoyon bo‘lib, keyinchalik psixopatologik holatlarga o‘tishi mumkin. Aynan shu nuqtada psixogigiyenik yondashuvlar muhim profilaktik vosita sifatida namoyon bo‘ladi.

Maqolaning maqsadi psixogigiya va psixopatologiya tushunchalarini o‘zaro bog‘liqlikda tahlil qilish, charchashning psixofiziologik mohiyatini ochib berish hamda uning oldini olishning ilmiy asoslangan yo‘llarini aniqlashdan iborat.

Mazkur maqola doirasida psixogigiya va psixopatologiya tushunchalarining nazariy asoslari, ularning inson ruhiy salomatligini saqlash va mustahkamlashdagi o‘rni hamda charchash fenomenining psixofiziologik mohiyati kompleks tarzda tahlil qilindi. O‘rganishlar shuni ko‘rsatadiki, zamonaviy jamiyatda insonning ruhiy salomatligi nafaqat individual farovonlik, balki ijtimoiy barqarorlik va taraqqiyotning muhim omillaridan biri hisoblanadi.

Psixogigiya – bu insonning ruhiy sog‘ligini saqlash, mustahkamlash va psixik buzilishlarning oldini olishga qaratilgan ilmiy-amaliy yo‘nalish bo‘lib, u shaxsning kundalik hayot faoliyati, mehnat va dam olish rejimi, ijtimoiy munosabatlari hamda emotsional muvozanatini tartibga solishda muhim rol o‘ynaydi. Psixogigiya yondashuv insonning ichki resurslarini faollashtirish, stressga bardoshlilikini oshirish va moslashuv imkoniyatlarini kengaytirishga xizmat qiladi. Shu nuqtai nazardan, psixogigiya nafaqat profilaktik, balki rivojlantiruvchi ahamiyatga ham ega.

Psixopatologiya esa ruhiy kasalliklar va buzilishlarning kelib chiqish sabablari, rivojlanish mexanizmlari hamda klinik ko‘rinishlarini o‘rganadi. Ushbu soha inson psixikasidagi me‘yordan og‘ishlarni aniqlash, tashxislash va korreksiya qilishda muhim ahamiyat kasb etadi. Psixopatologik holatlar ko‘pincha biologik, psixologik va ijtimoiy omillarning o‘zaro ta‘siri natijasida yuzaga keladi. Bu esa biopsixosotsial yondashuvning dolzarbligini yana bir bor tasdiqlaydi.

Charchash – bu organizmning uzoq muddatli yoki intensiv faoliyat natijasida yuzaga keladigan funksional holati bo‘lib, u ish qobiliyatining pasayishi, diqqatning susayishi, emotsional beqarorlik va motivatsiyaning kamayishi bilan tavsiflanadi. Psixofiziologik jihatdan charchash markaziy asab tizimi faoliyatining susayishi, neyro-gumoral regulyatsiya mexanizmlarining izdan chiqishi hamda energiya resurslarining kamayishi bilan bog‘liq.

Charchashning ikki asosiy turi – jismoniy va psixik charchash farqlanadi. Jismoniy charchash mushak faoliyatining ortiqcha yuklanishi bilan bog‘liq bo‘lsa, psixik charchash asosan aqliy zo‘riqish, emotsional stress va monoton faoliyat natijasida yuzaga keladi. Ayniqsa, zamonaviy axborot oqimining haddan tashqari ortishi, yuqori raqobat muhiti va doimiy psixoemotsional bosim psixik charchash darajasining ortishiga olib kelmoqda.

Psixofiziologik nuqtai nazardan, charchash himoya mexanizmi sifatida ham namoyon bo‘ladi. Ya‘ni organizm o‘z resurslarini saqlab qolish maqsadida faoliyatni cheklaydi. Biroq, agar charchash o‘z vaqtida bartaraf etilmasa, u surunkali shaklga o‘tib, stress, nevrozlar va boshqa psixopatologik holatlarning rivojlanishiga sabab bo‘lishi mumkin. Shu bois, charchashni erta aniqlash va uni bartaraf etish choralarini ko‘rish muhim hisoblanadi.

Psixogigiya choralar charchashning oldini olishda muhim vosita sifatida namoyon bo‘ladi. Jumladan, mehnat va dam olishning to‘g‘ri tashkil etilishi, uyqu gigiyenasiga rioya qilish, jismoniy faollikni oshirish, sog‘lom turmush tarzini olib

borish hamda psixologik relaksatsiya usullaridan foydalanish samarali natijalar beradi. Meditatsiya, autogen mashqlar va nafas olish texnikalari psixoemotsional zo'riqishni kamaytirishga xizmat qiladi.

Shuningdek, ijtimoiy qo'llab-quvvatlash tizimi, ya'ni oila, do'stlar va jamoaning ijobiy ta'siri ham psixik salomatlikni saqlashda muhim omil hisoblanadi. Sog'lom ijtimoiy muhit shaxsning emotsional barqarorligini mustahkamlaydi va stress omillariga qarshi himoya vazifasini bajaradi.

Xulosa qilib aytganda, psixogigiyena va psixopatologiya o'zaro uzviy bog'liq bo'lib, inson ruhiy salomatligini ta'minlashning ikki muhim yo'nalishini tashkil etadi. Psixogigiyena profilaktik va rivojlantiruvchi funksiyani bajarsa, psixopatologiya diagnostik va korreksion yo'nalishda faoliyat yuritadi.

Charchash esa ushbu ikki soha kesishgan nuqtada joylashgan bo'lib, u bir tomondan tabiiy fiziologik jarayon, ikkinchi tomondan esa e'tiborsizlik natijasida patologik holatlarga olib keluvchi omil sifatida namoyon bo'ladi.

Shu sababli, zamonaviy sharoitda insonning ruhiy salomatligini saqlash uchun psixogigiyenik bilimlarni keng targ'ib qilish, stressni boshqarish ko'nikmalarini shakllantirish hamda psixologik xizmatlar tizimini rivojlantirish dolzarb vazifalardan biri hisoblanadi. Bu esa nafaqat alohida shaxsning, balki butun jamiyatning sog'lom va barqaror rivojlanishini ta'minlaydi.

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KASBIY TOLIQISH VA O‘TA TO‘LIQISHNING SABABLARI

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Kalit so‘zlar: Kasbiy toliqish, o‘ta toliqish, emotsional kuyish, stress, mehnat samaradorligi, psixofiziologik jarayonlar, individual xususiyatlar, tashkiliy omillar, adaptatsiya, psixik barqarorlik.