

MENTAL HEALTH PROBLEMS AND WAYS TO SOLVE THEM**Abdug'aniyeva Naziraxon Dilmurodjon kizi**

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Abstract: This article discusses the current issues of mental health and their social, economic, and medical consequences. Mental health disorders, including depression, anxiety disorders, stress, and suicidal tendencies, have a significant negative impact not only on individuals but also on society as a whole. According to the World Health Organization, mental disorders are among the leading causes of disability worldwide. The paper emphasizes the importance of early diagnosis, modern therapeutic approaches, the role of psychotherapy and pharmacotherapy, as well as the significance of psychosocial support in maintaining mental well-being. Furthermore, the article analyzes preventive strategies, the role of government policies, and the challenges of stigma in society.

Keywords: Mental health, depression, stress, anxiety disorders, suicide, psychotherapy, pharmacotherapy, prevention, telepsychiatry, psychosocial support, resilience.

INTRODUCTION

Current problems of mental health. Mental health is not only a medical problem today, but also a social, economic and cultural problem. In modern society, people's lifestyle, the rapid pace of life, the widespread use of digital technologies, migration processes, socio-economic inequality and global crises have a strong impact on mental stability. According to the WHO (World Health Organization), every fourth person suffers from a mental disorder at least once in their life.

Depression and anxiety disorders. Depression is one of the most common mental disorders in the world today. It reduces a person's mood, energy, motivation and interest in life. Studies show that depression is one of the main factors that increase the risk of reduced working capacity, disability and even suicide. Anxiety syndromes cause constant fear, anxiety and psychosomatic symptoms in a person. The coexistence of depression and anxiety in many cases complicates the treatment process.

Stress and its consequences. Stress has become an integral part of modern life. Living under constant psychological pressure causes the development of chronic diseases in the human body, in particular diseases of the cardiovascular, endocrine and immune systems. Studies show that chronic stress negatively affects not only mental, but also physical health. For example, hypertension, diabetes, ischemic heart disease and even oncological diseases can be closely related to stress.

Mental problems in youth and adolescents. In recent years, mental disorders among youth and adolescents have been increasing sharply. The influence of the Internet and social networks, pressure to study, family problems and high demands in society are weakening the mental stability of the younger generation. According to WHO, suicide is the second leading cause of death among young people aged 15-29. This requires strengthening the education system, family education and psychological services.

The problem of suicide. Every year, more than 700,000 people commit suicide in the world. This means that one person dies every 40 seconds. Suicide often occurs as a result of untreated depression, alcohol and drug abuse, social exclusion, and family problems. Suicide is not only a medical problem, but also a socio-cultural and economic problem, and comprehensive measures are needed at the community level to prevent it.

The problem of stigma and discrimination. Patients with mental illnesses are often misunderstood by society and discriminated against. This makes it difficult for them to seek treatment and aggravates the disease. To eliminate the problem of stigma in mental health, large-scale information and advocacy work, cooperation in education and culture are necessary.

Diagnostics and prevention issues. Diagnostics and prevention processes play a key role in ensuring mental health. If mental disorders are detected at an early stage and preventive measures are taken in a timely manner, their severe consequences, including disability, loss of work capacity, and suicide, are significantly reduced. The importance of early diagnosis Mental disorders often begin insidiously. Their initial symptoms may be: fatigue, insomnia, frequent mood swings, anxiety, appetite loss, somatic pain (headache, palpitations, shortness of breath). Unfortunately, the majority of patients do not consult a specialist, considering these symptoms to be normal. Therefore: Screening tests (Beck Depression Scale, Hamilton Anxiety Scale, MINI test, etc.) should be widely introduced into practice. General practitioners and family doctors should undergo special training in identifying the initial symptoms of mental disorders. It is important to conduct regular psychological examinations in schools and higher education institutions, and to monitor the mental health of students. Assessing the stress level of employees in work teams and organizing psychological training is an effective form of prevention. According to WHO statistics, approximately 60–70% of depression in the world is not diagnosed in time. This leads to delayed treatment and a sharp decrease in the quality of life of patients. Digital technologies and telepsychiatry Today, telemedicine has ushered in a new era in the field of mental health. With the help of mobile applications, a person can monitor his mood, assess his stress level, and perform simple relaxation exercises. Through online consultations, it is possible to talk to a psychotherapist or psychiatrist without meeting in person. This opportunity is especially important for people living in rural areas. Artificial intelligence algorithms analyze the results of psychological tests and serve as an additional tool for early detection of depression and anxiety disorders. Telepsychiatry is also one of the developing areas in Uzbekistan, creating convenience for patients, saving time and money. Levels of preventive measures Prevention in strengthening mental health is carried out at three levels: Primary prevention - prevention of mental illnesses. This includes promoting a healthy lifestyle, engaging in sports, cultural leisure, stress management training, and psychological lectures in educational institutions. Secondary prevention – preventing the disease from worsening through early diagnosis and treatment. For example, individuals in risk groups (workers under high stress, migrants, lonely elderly people) should undergo regular psychological examinations. Tertiary prevention – rehabilitation of patients with severe mental illnesses, their reintegration into society, prevention of disability and ensuring social adaptation. According to studies, every \$ 1 spent on preventive mental health programs brings \$ 4 in benefits to society, as working capacity increases and treatment costs decrease. Public policy and social support Public policy is crucial in solving mental health problems: Development of mental health programs at the national level and their implementation in the regions. Organization of psychological support centers and call centers, providing 24/7 services to the population. Conducting campaigns in the mass media against stigma and discrimination regarding mental illnesses. Increase the number of specialists: training and improving the skills of psychiatrists, clinical psychologists, psychotherapists. Widespread implementation of psychological support programs for families.

Treatment and rehabilitation areas. Treatment and rehabilitation processes in solving mental health problems require an integrated approach. Modern psychiatry and psychology require the combination of biological, psychotherapeutic and social methods in the treatment of mental disorders. Psychotherapy methods Psychotherapy is one of the main means of treating mental illnesses and includes various approaches: Cognitive-behavioral therapy (CBT) is the most effective method for treating depression, anxiety disorders, obsessive-compulsive syndrome and phobias. With the help of CBT, the patient identifies incorrect thinking patterns and changes them in a positive direction. Psychoanalytic therapy helps to understand problems arising from

internal conflicts and childhood traumas. Family psychotherapy – used to resolve family conflicts, marital problems, and problems among young people. Group therapy – helps people not to be alone with personal problems, to share experiences, and to increase social support. Mindfulness and relaxation techniques – meditation, breathing exercises, and methods of focusing the mind on the present moment – are important in reducing stress. Scientific studies show that cognitive-behavioral therapy has a positive effect on depression and anxiety disorders in 70–80 percent of cases.

Pharmacotherapy Psychopharmacology plays an important role in the treatment of mental disorders. Medications are used to reduce symptoms and accelerate the recovery process. Antidepressants (SSRIs - selective serotonin reuptake inhibitors, SNRIs - serotonin and noradrenaline reuptake inhibitors) - are used in depression and anxiety syndromes. Anxiolytics and tranquilizers - reduce anxiety, insomnia and panic attacks. Antipsychotics - are used in schizophrenia, bipolar disorder and psychosis. Normotensive agents - are effective in stabilizing mood (for example, in bipolar disorder). Sedatives - are used for short-term treatment of severe stress and insomnia. Pharmacotherapy should not be used without medical supervision, as incorrect dosage or sudden discontinuation can lead to serious consequences. Integrative approach In modern treatment, high effectiveness is achieved when psychotherapy and pharmacotherapy are used together. For example, in moderate and severe depression, psychotherapy alone may not be enough, so a combination with antidepressants is recommended. In this way, an integrative approach ensures the patient's mental, physical and social recovery. Rehabilitation process Rehabilitation aims to re-adapt a person to society and return to an active life after mental disorders. Psychosocial rehabilitation - includes returning patients to work, developing social skills and improving the family environment. Vocational rehabilitation - preparing patients for the labor market through special training. Support groups - patients communicate with each other, exchange experiences and receive psychological support. Rehabilitation centers - special social institutions for people with mental illnesses, where treatment, vocational training and socialization are carried out. According to WHO, 60% of patients covered by rehabilitation programs return to work, which brings significant economic benefits to society. New approaches to rehabilitation Virtual reality (VR) technologies are being effectively used in phobias, post-traumatic stress syndrome and social anxiety. Applications based on artificial intelligence - analyze the patient's daily mood and help the psychologist in the psychotherapy process. Telepsychiatry - allows for the implementation of remote rehabilitation programs for patients in remote areas. 6. Family and social support The role of family and loved ones in rehabilitation is invaluable. Parents and spouses should undergo psychological education and know how to help the patient. Reducing negative stereotypes about mental illness in society will facilitate the rehabilitation process. The provision of support (material, moral and legal) by social services will increase the social integration of patients.

CONCLUSION

Mental health problems are not only of medical, but also of social, economic and spiritual importance, and their relevance is increasing in modern society. Depression, anxiety syndromes, stress and other mental disorders negatively affect the quality of life, work capacity and social activity of millions of people globally. Analyses show that the most important factors in the effective management of mental illnesses are early diagnosis, the use of complex treatment methods and the establishment of rehabilitation processes. The combined use of psychotherapy and pharmacotherapy provides high efficiency, and rehabilitation programs create the necessary conditions for patients to return to society and live a full life. In addition, innovative approaches such as telepsychiatry, digital technologies, artificial intelligence and virtual reality are opening up new opportunities for maintaining and strengthening mental health. State policy, the healthcare system, family and social support are an integral part of this process. Thus, the issues of mental health protection and development require a multifaceted approach. Positive results

can be achieved only when scientifically based diagnostics, effective treatment, comprehensive prevention and rehabilitation measures are implemented as a whole system.

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