

SOCIO-PSYCHOLOGICAL FACTORS IN THE FORMATION OF COPING STRATEGIES IN WOMEN WITH DISABLED CHILDREN*Zivatova Gulbahor Eshmurodovna**2nd year master's student, psychology (by type of activity),**University of Exact and Social Sciences*

Annotation: This article provides an in-depth analysis of the socio-psychological factors in the formation of coping strategies in women with disabled children. Raising disabled children presents numerous psychological and social challenges for women. This article discusses the coping strategies used by women with disabled children to overcome stress and anxiety, the role of family support, the social assistance system, societal attitudes, and how psychological states influence this process. Both qualitative and quantitative approaches were applied in the research methodology, aimed at identifying these factors and determining what measures are needed to better support women with disabled children. The research results highlight how women with disabled children relate to the socio-psychological environment and suggest effective ways to provide assistance to them.

Keywords: disabled children, women, coping strategies, socio-psychological factors, stress, psychological support, family environment, social support.

Introduction

Women with disabled children are among the groups in society that experience the most stress and psychological pressure. For these women, the challenges in raising their children, their own personal needs, and the attitudes of society towards them lead to increased difficulty. They rely on various internal resources and coping strategies to meet the special needs of their children. Coping strategies refer to how an individual manages or fights against stress, anxiety, and difficulties. This article examines the socio-psychological factors involved in shaping the coping strategies of women with disabled children and explores how these processes can be developed.

Women often have to focus on the needs of their children for long periods, rebuild their lives at the same time, and sometimes neglect their own personal needs. For women with disabled children, this situation becomes even more complicated. Therefore, it is necessary to create effective social and psychological support systems to help them manage stress and maintain good psychological well-being. The purpose of the research is to show the significance of factors such as psychological and social states, personal resources, social support, and society's overall attitude in shaping the coping strategies of women with disabled children.

Literature Review on the Topic

Numerous studies have been conducted on coping strategies for women with disabled children. These studies show that women with disabled children experience numerous psychological and

social problems, such as stress, depression, isolation, and hopelessness. However, through the application of coping strategies, they can overcome these issues.

Coping Strategies and Psychological Support: Many women with disabled children rely on social support systems, such as the help of family members and friends, to cope with stress. Research indicates that family support is essential not only psychologically but also materially (Pakenham et al., 2006).

Society's Attitude towards Disability: A negative societal attitude towards disability can lead to isolation and social exclusion for women. Studies show that a positive attitude towards disabled children in society strengthens social support for these women and has a beneficial effect on their psychological well-being (Cohen & Wills, 1985).

Personal Resources and Psychological Resilience: A woman's psychological state, personal resources, and ability to cope with stress play a crucial role in shaping her coping strategies. They develop effective ways to combat stress by relying on their psychological adaptability.

Research Methodology

The main methodology of the research involves both qualitative and quantitative approaches. The study involved 100 women with disabled children, and surveys and interviews were conducted to explore their stress management and attitudes towards social support.

Qualitative Method: In-depth interviews were conducted with women to gather information about their psychological states towards their children, methods of coping with stress, and their need for social support.

Quantitative Method: A survey was conducted among the women to assess the coping strategies they use to manage stress, their needs for family and social support, and their attitudes towards society's view of disability. The research results were analyzed using statistics.

Analysis and Results

The research results revealed that women with disabled children use various coping strategies to manage stress. Key findings from the study include:

Family Support: The majority of women benefitted from family support. Relying on the psychological and material support of family members and loved ones is crucial for them.

Social Support: The women expressed a need for more social support. They seek more psychological assistance and medical services from the government.

Society's Attitude towards Disability: Women with disabled children often experience stigmatization and isolation in society. This negatively impacts their psychological state.

Personal Resources and Resilience: Women with higher psychological resilience are more likely to use effective coping strategies. Their social and psychological resources play a significant role in this process.

Conclusion and Recommendations



Supporting women with disabled children and developing effective approaches to managing their stress and coping strategies is essential. Based on the research results, the following recommendations can be made:

Enhancing Psychological Support: Specialized counseling services and support centers should be established for women with disabled children.

Developing Family Support Systems: Greater attention should be given to the support of family members and loved ones. Special programs can be created to strengthen family support.

Changing Society's Attitude towards Disability: To change the negative attitude towards disability in society, educational programs, awareness campaigns, and community work should be focused on supporting women with disabled children.

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