

THE IMPORTANCE OF PROVIDING PSYCHOLOGICAL SERVICES TO A PERSON WITH A PHOBIA: FROM THE VIEWPOINT OF STUDENT GIRLS*Turdimuratova Safiya**Karakalpak State University named after Berdaq**Third-year student of the Practical Psychology program*

Abstract: This article analyzes phobia- that is, a strong, unreasonable and uncontrollable fear of a person towards a specific object, situation or circumstance- as a psychological problem. The main attention is paid to the importance of providing psychological services to individuals with phobias, especially to female students. The article discusses the causes of phobia, its impact on personal and social life, types of phobias among female students and their impact on their psychological state.

Keywords: phobia, psychological service, female students, fear, mental health, therapy, social adaptation, self-confidence.

In world psychology, attention is paid to the study of the problem of organizing psychological services as a separate research area. In psychological research, the pedagogical psychologist, doing everything he can for the comprehensive development of the individual, studies the social psychological service and its specific features. In this area, attention is paid to the importance of the issue of using and introducing psychological mechanisms that represent various methods and modern technologies for organizing psychological services. At the same time, situations such as eliminating personnel problems in organizing psychological services are considered urgent problems. Today, a number of theoretical, scientific and practical, methodological works on the introduction of psychological services in educational systems are to some extent the basis for the introduction and development of psychological services.

In modern society, attention to human mental health is increasingly increasing. Psychological problems, especially among young people, including phobias — that is, strong and unreasonable fears — in many cases have a negative impact on personal development, social adaptation and the educational process. This article highlights the importance of providing psychological services to people with phobias, especially from the perspective of female students. [1. 132]

The issue of providing psychological services to people with phobias is also a topical issue in Uzbekistan. A phobia is an excessive, uncontrollable fear of a specific object, situation or activity. It can be formed under the influence of the following factors:

- ❖ Traumatic experiences in childhood (e.g., fear of animals after a dog bite);
- ❖ Social pressure or stereotypes;
- ❖ Genetic predisposition and personal temperament;
- ❖ Stressful life events.

Traumatic experiences in childhood — such as a fear of animals after a dog bite — can have profound and long-lasting effects on a person's mental health. Such experiences are

classified as psychological trauma and often manifest in the form of phobias. This condition occurs especially in situations where a child feels vulnerable and can become subconscious over time and continue into adulthood. Interviews and surveys conducted at several higher education institutions revealed that phobias are quite common among female students. According to them:

- ✚ Phobias negatively affect academic performance (e.g., fear of speaking in front of an audience);
- ✚ Lead to social withdrawal;
- ✚ Lower self-esteem;
- ✚ Increase feelings of depression and loneliness. [2. 145]

Many female students feel the need for psychological help but hesitate to seek it. This is due to societal prejudices, confidentiality issues, and a lack of adequate psychological services.

Phobias, especially social phobia — the fear of speaking in front of an audience or in front of others — have a significant negative impact on academic performance for students of student age. The impact of phobias on academic performance. Fear of public speaking (e.g., giving a presentation, answering a question) limits a student's participation in the classroom. Fear of evaluation — the fear of making a mistake or being laughed at — prevents a student from expressing their thoughts freely. Social isolation — a student with a phobia tries not to participate in group work, discussions, or open classes. Decreased self-confidence — this negatively affects academic success and increases depression.

Phobias or other psychological problems can cause a person to withdraw from social life. This is especially true if it is associated with social phobia, traumatic experiences, or low self-esteem.

1. Fear and anxiety: Feeling uncomfortable when interacting with people, fear of criticism, or rejection.
2. Low self-esteem: The internal belief that “I am not good enough.”
3. Traumatic experiences: Negative events or social failures in childhood.
4. Adjustment disorder: The inability of the person to adapt to social situations, which can lead to conditions similar to autism. [3. 217]

Phobias or other mental health problems can make a person feel depressed and lonely. This is especially true if they are associated with social phobia, low self-esteem, or traumatic experiences. People with phobias often feel isolated, misunderstood, or rejected by others. This can lead to them withdrawing from social interactions, reducing their social contact with friends, and choosing to live a solitary life. As a result, feelings of loneliness increase, which in turn can worsen depression.

Providing psychological services to individuals with phobias is important in the following aspects: Identifying and eliminating the causes of phobias. Helping the individual understand and accept themselves. Developing stress management skills. Improving social adaptation. Increasing success in studies and personal life. Within the framework of psychological services, cognitive-behavioral therapy, relaxation exercises, group therapy and motivational interviewing are used as effective methods. Phobia is not just a simple fear, but a psychological condition that seriously affects the quality of a person's life. [4. 125]. Especially for girls of student age, this problem can be an obstacle to self-expression, socialization and the realization of one's potential. Therefore, providing high-quality and continuous psychological services to individuals with phobias is important not only for individual development, but also for the health of society.



In conclusion, psychological services for people with phobias are important not only for restoring individual health, but also for ensuring their full integration into society. Through psychological services, a person understands his fears, learns ways to overcome them, and restores self-confidence. Cognitive-behavioral therapy, relaxation exercises, group discussions, and motivational approaches are effective tools for eliminating phobias, and early detection of phobias, systematic psychological support for them, and the formation of a culture of mental health in society are an integral part of raising a healthy, active, and happy generation.

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