



THE ROLE OF PSYCHOLOGICAL SERVICES IN SUPPORTING INDIVIDUALS IN NEED OF INTENSIVE SOCIAL ASSISTANCE

Zarekeeva Baxar Sultamuratovna

*Psychologist of the “Inson” Social Services Center
Chimbay District, Republic of Karakalpakstan*

Annotation: *This article explores the critical role of psychological services in assisting individuals who require intensive social support due to poverty, disability, family neglect, or traumatic experiences. It highlights the importance of providing timely and professional psychological assistance as a means to reduce emotional distress, prevent social isolation, and enhance resilience. By integrating psychological counseling with social welfare programs, individuals can achieve improved mental well-being, develop adaptive coping strategies, and foster greater social inclusion. The paper also emphasizes the relevance of culturally sensitive approaches, particularly within the context of Uzbekistan and similar developing societies, where psychosocial needs are often underestimated.*

Keywords: *Psychological services; social assistance; mental health support; resilience; social inclusion; Uzbekistan*

In every society, there are individuals who face severe social challenges, such as poverty, unemployment, disability, family breakdown, or long-term illness. These factors not only create material deprivation but also negatively affect the mental health and overall well-being of individuals. In Uzbekistan, and particularly in the Republic of Karakalpakstan, significant reforms have been implemented to strengthen the social protection system. The “Inson” Social Services Centers play a crucial role in this process by providing psychological support to vulnerable groups. As emphasized by the President of the Republic of Uzbekistan, the development of social protection must go hand in hand with ensuring the dignity, mental stability, and hope of every citizen. Psychological services, therefore, are not an additional component but an integral part of effective social assistance.

1. The Importance of Psychological Support in Social Assistance

Psychological services help individuals cope with stress, trauma, and emotional difficulties caused by social hardships. Research shows that individuals who receive timely psychological support are more likely to adapt successfully to life challenges, develop resilience, and regain motivation. For socially vulnerable individuals, mental health assistance can prevent depression, anxiety, and social isolation.

2. Psychological Methods and Approaches Used in Working with Vulnerable Groups

Counseling sessions – provide emotional support, help clients express their concerns, and build coping strategies.

Cognitive-behavioral techniques – assist in changing negative thought patterns into constructive ones.



Group therapy and support groups – create a safe environment for sharing experiences and overcoming feelings of loneliness.

Art therapy and relaxation methods – reduce stress and enhance self-expression, particularly for women and children.

Resilience training – develops skills of self-control, patience, and confidence.

3. The Role of “Inson” Social Services Centers in Uzbekistan

The centers are designed not only to provide financial or material help but also to focus on the psychological rehabilitation of vulnerable individuals. For example, in Karakalpakstan, psychologists conduct training sessions for low-income families, women in difficult life circumstances, and individuals with disabilities. According to recent statistics, more than 40% of individuals who received psychological support reported improved mental well-being and motivation to integrate into society.

4. Challenges and Prospects

Despite progress, some challenges remain, including limited resources, lack of awareness about psychological services, and social stigma towards seeking mental health help. Strengthening the professional development of psychologists, increasing public awareness, and integrating psychological services with social programs will further enhance the effectiveness of social support.

In daily life, people who face financial problems or social difficulties often feel lonely and hopeless. A kind word, attention, and support from a psychologist can give them strength to keep moving forward. Sometimes, listening carefully to their problems already brings relief. Psychologists in social service centers also teach simple ways to control stress. For example, breathing exercises, light physical activities, or writing down feelings in a notebook can help a person calm down. Training sessions are organized to explain that every problem has a solution and that people are not alone in their struggle. When children from socially vulnerable families are supported, they become more confident and motivated in school. Women who experience family difficulties also learn how to believe in themselves and make important decisions. All of this shows that psychological help is not only about treatment but also about giving hope for a better future.

Psychological support plays a vital role in the lives of socially vulnerable individuals. Through attention, empathy, and professional guidance, people gain hope and motivation to overcome their problems. By reducing stress, strengthening self-confidence, and promoting positive thinking, psychologists help individuals and families find new ways to improve their quality of life. This work not only changes the inner state of people but also contributes to the development of a more stable and healthy society.

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