



THE IMPORTANCE OF PSYCHOLOGICAL SERVICES FOR INDIVIDUALS IN NEED OF SPECIAL CARE

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Annotation: *This article explores the importance of psychological services for individuals in need of special care, including those who face social, economic, or health-related difficulties. It highlights the role of psychological support in reducing stress, strengthening emotional resilience, and fostering personal development. The article also reflects on Uzbekistan's growing attention to social support, with government strategies emphasizing the need for inclusive psychological services. Special care individuals benefit from professional help that improves both their mental well-being and integration into society.*

Keywords: *Psychological services, social support, mental well-being, vulnerable groups, Uzbekistan*

The President of the Republic of Uzbekistan, Shavkat Mirziyoyev, has repeatedly emphasized that “no citizen should be left without care and attention” in building a just and people-oriented state. This statement highlights the moral responsibility of society to protect and support its most vulnerable members. Individuals in need of special care often face difficulties not only in material conditions but also in their emotional and psychological state. Without proper attention, these challenges can deepen social inequality and lead to a decline in overall well-being.

Therefore, psychological services are becoming a crucial part of the social protection system in Uzbekistan. Such services are aimed at providing emotional balance, self-confidence, and motivation to those who may feel isolated or hopeless. They serve as a bridge between people in need and the opportunities that society provides.


Psychological support for individuals in need of special care focuses on:

Reducing emotional stress – Many individuals face feelings of fear, anxiety, or helplessness. Psychological counseling helps them release these negative emotions.

Strengthening self-confidence – Encouraging personal abilities and showing people their strengths helps them feel valuable and capable of overcoming difficulties.

Improving social adaptation – Through group therapy, trainings, and consultations, individuals learn to communicate more effectively and strengthen social connections.

Providing family support – In many cases, families of vulnerable individuals also require assistance. Psychologists guide family members on how to create a supportive environment at home. To make psychological services more effective for individuals in need of external care, it is important to show genuine kindness and attention. A



psychologist should not only listen to the person's problems but also try to understand their inner feelings. Simple conversations, warm support, and creating a safe environment help these people feel valued and respected.

It is also important to work closely with families and caregivers. When relatives understand how to support their loved ones emotionally, the person in need feels less lonely. Regular meetings, open discussions, and small steps of encouragement can bring hope and strength. In addition, the use of creative activities such as art, music, or storytelling can be helpful. These activities allow individuals to express themselves freely and reduce stress. Even small successes in these activities can increase self-confidence and motivation.

Most importantly, services should be provided with patience and consistency. Real change takes time, and the steady presence of a caring psychologist can make a big difference in the life of a person who depends on others for care.

In the Karakalpakstan region, for example, many families face financial and environmental difficulties that affect mental health. Practical psychological services, such as motivational sessions, stress-management training, and emotional support groups, have shown positive results in these communities. The use of simple but effective methods — including active listening, empathy, relaxation techniques, and problem-solving exercises — helps individuals regain hope. These approaches do not require complex terminology but directly impact people's emotional balance and quality of life.

Psychological services for individuals in need of special care are not only a professional necessity but also a human duty. By providing emotional support, psychologists help people overcome fear and stress, improve their confidence, and integrate into society. This support ultimately leads to healthier families, stronger communities, and a more inclusive society. Following the vision of President Shavkat Mirziyoyev, ensuring that every citizen feels cared for is the foundation for building a just and prosperous Uzbekistan.

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