



The Role Of Stress Management In Restoring The Psychological Health Of Individuals With Physical Disabilities

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Abstract. This article analyzes the role of stress correction in restoring the psychological health of people with disabilities. The impact of stress on the health of this category of people, their negative impact on social and psychological adaptation, and the mechanisms for overcoming them through corrective approaches are considered. The significance of modern forms of psychological assistance, including relaxation methods, art therapy, cognitive-behavioral therapy, and group psychocorrectional sessions, is revealed. The article also includes practical recommendations aimed at restoring the mental stability of citizens with disabilities through stress correction.

Keywords: people with disabilities, psychological rehabilitation, stress correction, psychotherapy, mental stability, psychological adaptation, psychoprophylaxis, emotional support, group correction, art therapy.

Introduction

It is gratifying that attention to citizens with physical disabilities is increasing in society today, but the issue of ensuring their psychological well-being remains urgent. Such individuals encounter various psychological barriers in their active participation in society, social adaptation, and development of a sense of personal satisfaction. In particular, their inner experiences, negative self-perception, feelings of isolation, and social exclusion disrupt their mental state.

In this situation, the process of psychological rehabilitation through identifying, assessing, and most importantly, correcting stress conditions is of great importance. This article examines the sources of stress among people with physical disabilities, its consequences, and the effectiveness of correction methods based on psychological approaches.

Methodology and Methods

When psychology studies the psyche of people, it must first study the psyche of those who need it and help them. In society, along with healthy people living in normal conditions, there are also physically immature people with disabilities. Although their mental activity is normal, such conditions as mental imbalance caused by their physical condition, depression, isolation, low adaptability, and weak socialization cause such people to be unable to actively participate in the life



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of society. Based on this, their inclusion in full-fledged life is one of the urgent tasks facing today's psychological service practitioners. Although there are no confirmed figures at the moment, it is becoming clear that people with disabilities in our country also have mental and spiritual problems, that active members of society (healthy segments) apply certain restrictions to them, and that they do not see themselves as full members of this society.

Results And Discussions

Today, in our country, along with the opportunities created for people in need of social protection, practical work has been established on the individual education of school-age children with disabilities at home. Such work, of course, deserves praise, but at the same time, this situation leads to the isolation and difficult socialization of a child with disabilities, their isolation from society. This can be a psychological blow to the psyche of a child who already feels vulnerable. Alongside the concept of "I am not like others" that had formed in his psyche since childhood, now the concept of "I cannot be like them" is forming. This is reflected in the development of his psyche and leaves a mark on his future life. At this point, a great responsibility is placed on the relatives, family members, teachers, and, of course, psychologists of young people with disabilities. Other members of society will also have to change their views. Eastern mentality - we are a kind and compassionate people. For this reason, looking at the poor and oppressed with compassion has become ingrained in our blood. This is good, of course. Our religion commands the same. However, excessive compassion and pity not only cause disorders in the psyche of a mentally mature, mentally healthy person with only physical disabilities, but also lead to the affirmation of the views formed in their psyche: "I am not like others," "I cannot be like them." Today, as broad branches of psychology encompass various fields, along with the study of various pathologies, a network should also emerge that shapes the socialization of individuals with disabilities. As stipulated in the Constitution of our country; "The State shall create the conditions for full access of persons with disabilities to objects and services of the social, economic and cultural spheres, and promote their employment and education, and shall ensure the possibility to obtain the necessary information without hindrance".¹

People with physical disabilities, despite being healthy-minded, broad-minded, and sensitive, are not perceived as mature individuals due to the weak socialization of most of them.

Therefore, the primary task is to ensure their socialization, accelerate their adaptation to new environments, change the attitude of others towards them, the widespread use of compassion as a motivational force in social relations, and the formation of a sense of self-confidence in citizens with disabilities.

The sooner such actions are implemented, the better the changes in that person's life will undoubtedly be. It is necessary to form in him the concept "You can do it." Only then will he be able to transform the concepts "I am not like others" or "I cannot be like them" into the concepts "I am physically disabled, but mentally and in the process of labor activity mature compared to them."

¹ Constitution of the Republic of Uzbekistan // <https://constitution.uz/en/clause/index>



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At the same time, the inclusion of persons with disabilities in sports, labor activity, vocational training, and higher education also contributes to ensuring their confidence in the future and spiritual maturity. For this, it is necessary to adapt them to this process, direct them, and form positive motivation.

As an example, we can cite the results of a psychological methodology conducted to determine "Optimism" in a narrow circle among female students studying in higher education nowadays: According to this, the level of optimism among female students with disabilities is 67.5%. Whereas in healthy female students, this indicator is 63.15%. That is, girls with disabilities who are covered by higher education and have a purpose in life have a higher level of optimism than healthy girls. (There is a painful issue here: when analyzing the overall average results of female students, the level of "Complete optimism" is low).

At this point, let's briefly touch upon the results of this study: The age limit of the study participants included female students aged 18 to 33 with disabilities and without health problems. Of these, 23.3% were 18-19 years old, 30% from 20 to 22 years old, 13.3% from 22 to 24 years old, 20% from 24 to 26 years old, 3.3% from 26 to 30 years old, and 6.6% under 33 years old.

The indicator of participants according to the level of maximum points scored is as follows:

3.3% of the subjects scored 50% of the maximum score, 30% of the participants scored more than 60%, 26.6% of the subjects scored more than 70%, the largest number of participants, i.e., 33.3%, scored more than 80%, the highest score, i.e., more than 90%, was scored by 6.6% of the participants. Analyzing the overall results, it was noted that 13.3% of the participants are "Completely optimistic," 80% are "Optimistic than Pessimist," 3.3% are "Pessimist than Optimist," and 3.3% are "Completely Pessimist."

Also, when analyzing the overall results in two groups (student girls with disabilities and without disabilities), as mentioned above, the level of optimism in female students with disabilities was 67.5%, and in female students without health problems - 63.15%.

According to the test results, it was also possible to see that future mathematicians have higher optimistic views than students studying in the pedagogical field. This will require statistical analysis. Only after statistical analysis can a final conclusion be drawn.

It is too early to draw conclusions from the results of the study conducted in a narrow circle, but the analysis of these results shows an increase in the level of active life of socialized persons with disabilities.

It is important that the research be conducted on a large scale and the conclusions obtained from the results be implemented in life. At the same time, this psychological study should be conducted between "socialized" and "unsocialized" people with disabilities, and the difference between them should be compared.

The results of the study can be predicted in advance, but the extent of this discrepancy is an important question. At the same time, the profession suitable for people with disabilities should be adapted based on their physical condition, and this should be determined through social surveys.

Conclusion

In conclusion, stress correction plays an important role in restoring the psychological health of people with disabilities. Stressful situations cause not only emotional, but also social isolation,



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feelings of inferiority, depression, and anxiety in this category of citizens. Their timely detection and overcoming with effective psychocorrectional methods facilitates the social adaptation of the individual, ensures mental stability, and improves the quality of life.

Individual and group approaches to stress reduction, including art therapy, relaxation techniques, psychological interviews, and a social support system, serve as an important tool for ensuring the active participation of citizens with disabilities in a healthy social environment. The widespread use of these approaches also gives a positive result in improving the quality of psychological services and establishing inclusive thinking in society.

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