

THE ROLE OF PSYCHOLOGY IN MEDICINE

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Annotation

The article explores the crucial role of psychology in modern medicine, emphasizing its impact on patient care, diagnosis, and treatment outcomes. It highlights how psychological support helps reduce stress, improve the doctor-patient relationship, and enhance rehabilitation processes. The paper also discusses the significance of clinical psychology, psychosomatic disorders, and mental health integration within medical practice. Furthermore, the importance of emotional support, communication, and psychoprophylaxis in healthcare is analyzed. The study concludes that psychology is an inseparable component of medicine, contributing not only to the physical but also to the psychological well-being of patients.

Аннотация

В статье рассматривается важная роль психологии в современной медицине, подчеркивается её влияние на уход за пациентами, диагностику и результаты лечения. Отмечается, что психологическая поддержка помогает снизить уровень стресса, улучшить отношения между врачом и пациентом, а также повысить эффективность реабилитационных процессов. Особое внимание уделяется клинической психологии, психосоматическим заболеваниям и интеграции психического здоровья в медицинскую практику. Кроме того, анализируется значение эмоциональной поддержки, коммуникации и психопрофилактики в здравоохранении. В заключение

делается вывод, что психология является неотъемлемой частью медицины, обеспечивая гармонию физического и психического здоровья пациентов.

Annotatsiya

Mazkur maqolada tibbiyotda psixologiyaning tutgan o'rnini keng yoritilgan. Psixologik yordamning bemor parvarishi, tashxis qo'yish va davolash samaradorligiga ta'siri ilmiy asosda tahlil qilinadi. Ayniqsa, stressni kamaytirish, shifokor va bemor o'rtasidagi ishonchli munosabatni shakllantirish, rehabilitatsiya jarayonini samarali olib borishda psixologiyaning ahamiyati alohida ko'rsatiladi. Shuningdek, maqolada klinik psixologiya, psixosomatik kasalliklar va ruhiy salomatlikni tibbiyot amaliyotiga integratsiya qilish masalalari ham keng yoritiladi. Tibbiyotda kommunikatsiya, emotsional qo'llab-quvvatlash va psixoprofilaktikaning zarurligi haqida ilmiy tahlillar keltiriladi. Xulosa sifatida, psixologiya tibbiyotning ajralmas bo'lagi ekanligi va u bemorning nafaqat jismoniy, balki ruhiy sog'lomligini ham ta'minlashga xizmat qilishi asoslanadi.

Keywords

Medical psychology, doctor-patient relationship, psychosomatic disorders, rehabilitation, clinical psychology, psychoprophylaxis, mental health.

Ключевые слова

Медицинская психология, отношения врач-пациент, психосоматические заболевания, реабилитация, клиническая психология, психопрофилактика, психическое здоровье.

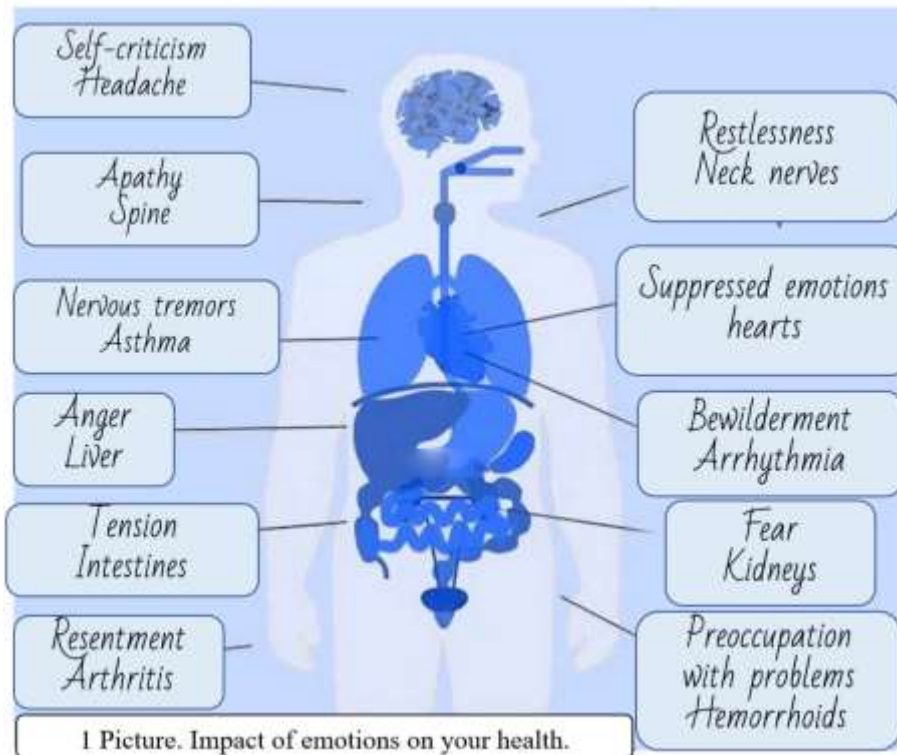
Kalit so'zlar

Tibbiy psixologiya, shifokor-bemor munosabati, psixosomatik kasalliklar, klinik psixologiya, ruhiy salomatlik, rehabilitatsiya, psixoprofilaktika.

Introduction. For thousands of years, medicine has been considered a science aimed at treating the human body. However, the widespread penetration of psychology into medicine in recent decades has led to fundamental changes in the healthcare system. Modern medical practice requires viewing the patient not only as a biological being, but also as a whole person with mental and social aspects. The origin, development, and outcome of many diseases are directly related to psychological factors, which is especially pronounced in psychosomatic diseases. Reliable communication between the doctor and the patient, emotional support, and psychological counseling directly affect the effectiveness of the treatment process. Clinical psychology plays an important role in the prevention, accurate diagnosis, and successful rehabilitation of mental disorders. Therefore, psychology is not an auxiliary field of medicine, but an integral part of a comprehensive

treatment approach. The purpose of this article is to highlight the theoretical foundations and practical significance of psychology in medicine, to demonstrate its role in patient care, health restoration, and overall health.

Main Part. Regarding the historical development of psychology in medicine, psychology has long been inextricably linked with medicine. In ancient Greece, Hippocrates and Galen emphasized the close connection between temperament and mood in the human body and health. In Eastern medicine, many opinions have been put forward about the relationship between mental state and physical illness. The Central Asian scholar and physician Ibn Sina wrote, "Every person belongs to a certain temperament, and this must be taken into account when treating a patient". He paid great attention to psychological factors in the development of diseases, explaining that the course of the disease varies from person to person, and this condition depends on the patient's temperament, family circumstances, social class, and who treats them. From the second half of the 20th century, psychology emerged as an important part of medical practice outside of an independent scientific field. In particular, clinical psychology, psychosomatics, and psychotherapy have acquired special significance in the development of medicine. The importance of psychology in the relationship between doctor and patient One of the most important factors in the treatment process is reliable communication between doctor and patient. The psychological approach forms a positive attitude towards diagnosis and treatment in the patient, reduces fear and anxiety. According to research, sincere communication and emotional support increase the effectiveness of drug use, improve the indicator of adherence to treatment. The communicative skills and empathy of doctors have a great influence on the patient's overall recovery. The Role of Psychology in Psychosomatic Disorders Today, mental states such as stress, anxiety, and depression are recognized as factors exacerbating cardiovascular, gastrointestinal, and endocrine system diseases. In psychosomatic diseases, psychological diagnostics and psychotherapy are an integral part of treatment, which not only alleviates symptoms, but also helps to determine the root cause of the disease (1.Picture).



For example, chronic gastritis, hypertension, or bronchial asthma are often associated with mental stress. Therefore, a psychological approach makes physiological treatment more effective.

The role of psychology in the rehabilitation process is crucial for restoring the patient's quality of life after strenuous surgical interventions, as well as in the post-stroke, heart attack, or trauma period. Thanks to psychological support, increased motivation, and prevention of depression, patients return to social life faster. For example, in the absence of psychological support after injuries leading to disability, the patient experiences isolation from society, despair, and loss of interest in life. Clinical Psychology and Medical Psychodiagnostics Clinical psychology is one of the widely used areas in medicine. It serves to assess the patient's mental state, identify depressive and anxiety disorders, and study the psychological effects of medications. Through psychodiagnostics, the patient's personal characteristics, stress resistance, and motivation are determined, which is an important factor in creating an individual treatment plan. The tasks of psychoprophylaxis and psychology in the healthcare system are psychoprophylaxis - the application of psychological measures in the prevention of diseases. Today, many diseases can be prevented by reducing stress at workplaces, providing psychological counseling at schools and universities, as well as developing family psychology services. In medicine, prevention should cover not only physical, but also mental health. Therefore, it is necessary for psychologists, together with doctors, to ensure a

comprehensive approach. Future prospects of psychology in medicine In the future, the importance of psychology in medicine will increase even more. The development of new fields such as artificial intelligence, neuropsychology, and psychogenetics allows for a deeper study of mental processes. Moreover, in the context of pandemics, global stress factors, and social pressure, the role of psychologists in medicine becomes even more important.

Conclusion. As can be seen from the above analysis, psychology is an integral part of medicine and plays a decisive role in the patient's recovery process. Psychological factors directly affect the development of diseases, attitudes towards treatment, and outcomes. Reliable communication between the doctor and the patient, emotional support, psychotherapy, and psychodiagnostics are key components of effective treatment. The importance of the psychological approach in the treatment of psychosomatic diseases, in the process of postoperative rehabilitation, and in preventive work is invaluable. With the help of clinical psychology, it is possible not only to identify mental disorders, but also to prevent them. In addition, the application of psychoprophylactic measures in the healthcare system gives effective results in the prevention of many diseases. Therefore, psychology should be considered not as an auxiliary field of medicine, but as an important component of the complex treatment and rehabilitation process. The prospects for the development of modern medicine show that in the future, the cooperation of doctors and psychologists will be further strengthened and will play an important role in ensuring not only the physical, but also the mental health of the patient.

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