

METHODS OF PSYCHO-CORRECTION AND PSYCHO-PROPHYLACTIC WORK WITH CHILDREN, PATIENTS WITH PSYCHOSOMATIC DISEASES

Ilhamova Dilfuza

Senior scientific officer-applicant
Social science faculty Psychology chairs
National University of Uzbekistan
UZBEKISTAN

ABSTRACT

The article discusses issues of socio-psychological adaptation and rehabilitation of children with psychosomatic diseases. It is revealed that the timely and psycho psycho-prophylactic activities help prevent complications and chronicity of these diseases, and provides for the successful socio-psychological adaptation and rehabilitation of children. As a result of the conducted studies it was revealed that the disease has a significant influence on the personal parameters, the emotional sphere of children. In comparison with a group of healthy children, children with psychosomatic diseases exhibit such emotional and personal disturbances as low self-esteem, a high level of anxiety and fear. Almost all patients noted limitations not only physical, but also social opportunities, as the disease prevents them from constantly attending school, doing sports, communicating with children, which has to keep the diet all the time, fulfill the requirements of parents. More than half of the sick children noted after the illness a change in their character, which manifested irritability, anxiety, anxiety, a rough attitude towards relatives and friends. The subject of the disease, as well as the phenomena of anxiety and fear, also manifest themselves in the qualitative analysis of the pictorial techniques. Sick children in their drawings often depicted black clouds and rain or snow in the upper half of the leaf, indicating fear and anxiety. In the drawings of the children of the main group, there was a constant picture of the room in the bed house, a sick child lying in it, or one of the fairy-tale characters, which speaks of the depressed mood of the patients; children unequivocally identify themselves with them. Also in the drawings of sick children, one can observe the presence of flowers in the room or in the courtyard, butterflies, which indicate the desired tranquility and serenity. The results of the research show that psychosomatic diseases interfere with normal personal growth and development, which dictates the need for measures on psycho-correction of the stated phenomena and psycho-prophylactics of secondary and tertiary complications of the disease. The author describes a number of psycho-correctional techniques used in his research and its results.

Keywords: Psychosomatic disorders, neurasthenic syndrome, secondary complications, and psychological correction psycho-prophylaxis, art therapy, music therapy, social and psychological adaptation, rehabilitation.