



NEUROTIC DISORDERS AND THEIR CAUSES AND CONSEQUENCES IN WOMEN

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Abstract

This article provides information about the specifics of neurotic states in women and the disease of neurosis. The world's leading psychologists have covered the specifics of neurotic states in women and drawn conclusions.

Keywords. Neurosis. Neurotic states. Psychoemotional state. Psychotherapy.

Introduction

Neurotic disorders are considered the most common of all mental illnesses. According to statistics from the World Health Organization, at least 10% of the population of each developed country is prone to neurosis. Unfortunately, due to the increasing dynamics of our lives, these numbers are increasing every year.

Neurotic states arise as a result of the long-term impact of stressful factors on the individual, which is a reaction to difficult life situations and is determined by changes in the somatic, mental spheres. As A.G. Maklakov noted, the initial manifestation of neurotic diseases is borderline states that do not go beyond the generally accepted norm and do not belong to pathology. V.D. Mendelevich classifies pathological mental states and processes, deviations in behavior, habits that are not recognized as “normative” and appropriate to the situation by their characteristics as borderline mental disorders, as a result of which they are located on the borderline of psychological experiences and psychopathological diseases. Explaining the changes in the psyche with neurotic disorders, the scientist says that “non-psychotic mental and somatovegetative diseases are manifested, which are caused by interpersonal conflicts arising as a result of the impact of mental trauma, including psychological compensation, on the individual.” Also, the specific features of the neurotic state are the connection between health and illness, mental



and psychological well-being, as well as the process of adaptation of the individual to the situation. It can be seen that the concept of "neurotic state" is used in conjunction with the concept of "situation".

The concept of the situation is considered by E.Y. Korzhova as part of the environment, as a set of external objective circumstances of life that have a stimulating, determining and corrective effect on the individual. The external side of the life situation is represented by the multitude of interpersonal relationships in which a person enters. The researcher presents the life process "in the form of a chain of human interaction with life".

According to the leading medical psychologist in Uzbekistan, Professor Z.R. Ibodullayev, "Neurosis is a functional disease of the nervous system that develops as a result of external and internal factors that cause mental trauma to a person. Therefore, neurosis is a nervous disease. Neurosis is a completely curable disease, regardless of whether the symptoms last for a long or short time."

Neurosis is a generalized name for a group of neuropsychiatric disorders that are the result of prolonged or excessive emotional stress, psychogenic in nature. This condition is always acquired, developing as a result and cause of relationships, failures, interpersonal conflicts and disappointments.

During the period of neurosis, the feeling of joy in life decreases. A person becomes anxious, aggressive, and his ability to communicate is impaired. Neurotic mental disorders are characterized by agitation, tearfulness, and a general lack of response to stimuli. Many psychotherapists argue that this disease occurs as a result of mental trauma.

Symptoms of neurosis in women do not differ from those in men, although this disease is much more common among the former. The complication is that these symptoms can accompany other diseases. Neurotics often experience pain in various organs, often a rise in temperature, which further aggravates the condition. Due to high blood pressure and pain in the heart, it causes vegetative-vascular dystonia.

Neurosis is the effect of various stressful situations on the human mental state. Such situations include conflicts, misunderstandings, and hostility between people. As soon as the brain receives a signal about stress, it turns on its protective functions and tries to protect the entire organism from damage. To do this, it restores the activity of the higher nervous system. Thus, all attention is focused on rejecting the



conflict situation or trying to ignore it. The pathogenesis of neurosis is entirely based on the higher nervous system, because it affects all our organs. And these organs can react in completely different ways. Therefore, the manifestations of a neurotic disorder in different people may differ, that is, someone becomes more irritable, and someone, on the contrary, reacts the opposite.

The negative consequences of neurosis can lead to serious health problems, so it is important to consult a doctor and not try to get rid of this condition on your own.

Other specialists may be involved in the treatment of neurosis, for example, a neurologist, psychologist, therapist, etc. When the first signs of neurosis appear, you should immediately go to the doctor. Only a specialist can correctly diagnose the disease and prescribe the necessary treatment.

If a person has at least 3 of the symptoms described above, then he should take control of his condition. It is also important to listen to loved ones - alarming signals about changed behavior, problems in personal life can be the result of neurosis. A patient with persistent neurosis should be monitored by a doctor.

Behavioral testing is also often used. It is better not to detect neurosis in women during difficult days. They can cause anxiety and affect behavior. Also, disorders in women are considered more severe than in men due to the greater natural emotionality of the former. In addition, the weaker sex is subject to hormonal fluctuations. The variability of emotions is affected by menstruation, pregnancy and childbirth radically change the usual lifestyle and cause an increase in hormone levels. In the case of neurosis in men, a difficult profession, life foundations and worldview can cause a breakdown. It should be remembered that most men try to hide their feelings, so they may postpone a visit to a specialist until the last minute. The task of a person is to transfer his resource energy to his children, other close people and, in general, to the next generation through the creation of cultural values. Real achievements are more closely related to self-assessment of achievements than to self-assessment of abilities; The correlation of real achievements with indicators of self-esteem is low, and the correlation of objective characteristics of abilities with self-esteem and self-expression is even lower, that is, the relationship between achievement indicators and indicators of the ability to self-esteem is especially complex. The data obtained refute the well-known formula of self-esteem of W. James.



K. Rogers points to the goal of an atmosphere of unconditional positive regard from significant others to form a flexible, evolving self-concept that is free from value conditions and protection.

N.Y. Burova, who studied adult women, shows the following: a high level of attitude towards women is not associated with satisfaction with various areas, such as career, family, friendship. It turned out to be associated with such a personal trait as a sense of novelty, radicalism. At the same time, in women with a high level of self-esteem, the factor of satisfaction with leisure, free time is expressed in a high level of satisfaction with life. In women with an average level of self-esteem, this is associated with satisfaction with society, intelligence, as well as family relationships.

Thus, it can be seen that the communicative sphere occupies an important place in the lives of women with an average level of self-esteem, success in family life, and for women with a high level of self-esteem - the opportunity for creativity and freedom. The idea of the dual nature of relationships is once again confirmed. One side of it is existential in nature, associated with the necessity of a person, and it is more pronounced in women with a high level of self-esteem, the second is social in origin, since women with an average level of self-esteem pay more attention to the communicative sphere.

Neurotic states in the mother, in addition to negatively affecting the child's personality and psyche, can lead to the development of fear, self-acceptance, and self-esteem, which can lead to future failures. In addition, as behavior grows and develops, the importance of self-esteem as an integration factor also increases. Therefore, instead of playing the role of a supporter and a responder to a developing child in a state of youth crisis, the mother continues to struggle with herself, focusing on her neurotic state. As a result, the child may become emotionally withdrawn or protect herself with defense mechanisms due to lack of love and support from the mother in the family.

In conclusion, we must say that neurosis is becoming more and more common every year, the number of people suffering from neurotic disorders is increasing. The reason is mainly the dynamics of modern life, which forces people to be mobile and multitask.

Neurotic states in women arise and develop mainly under the influence of social relationships, as a post-stress mental state. Neurotic states in the mother cannot fail

to show their roots in the psyche of children. Especially in children who are going through a youth crisis, the sensitivity to family relationships is higher than in other age periods.

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