

PSYCHOLOGICAL POTENTIAL OF NATIONAL CRAFTS IN THE SOCIAL INTEGRATION OF WOMEN

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Annotation

This article comprehensively analyzes the psychological potential of national crafts in ensuring the social integration of women. In particular, it considers aspects such as increasing self-confidence, strengthening social activity, ensuring psychological stability and improving the level of adaptation to society by involving unorganized women in crafts. The article discusses the social and psychological functions of national crafts, its role in women's lives, as well as support mechanisms based on practical psychological approaches. The results of the study may be useful for specialists working with women in need of social protection, psychologists and representatives of the mahalla system.

Keywords

national crafts, social integration, psychological motivation, unorganized women, psychological support.

Introduction In today's globalization process, the effective use of human resources and ensuring their participation in social processes is becoming an urgent issue. In particular, strengthening the active participation of women, especially unorganized women, in social life is one of the important factors not only of social stability, but also of economic development. Unorganized women are understood as individuals who do not have a formal job, participate little in social activities, and often cannot fully realize their potential.

National values, traditional activities, and in particular national crafts play an important role in integrating these women into society, revealing their inner potential, and ensuring that they feel like useful subjects in society. Because crafts form a person's love of work, patience, aesthetic taste, and skills for independent activity. Most importantly, this process increases psychologically positive mood, self-confidence, and social activity. Therefore, studying national handicraft activities as a means of involving unorganized women in social integration is a relevant scientific and practical issue.

Main part. Socio-psychological essence of national crafts. National crafts are a type of activity that embodies the values, aesthetic views and labor culture of the people formed over the centuries, which has a multifaceted impact on human life. From a social point of view, crafts serve to strengthen social ties, communicate with different strata of society. Psychologically, this activity develops the human personality, forms creative thinking, reduces stress levels and enhances a positive attitude towards life.

Through this activity, women feel themselves as a necessary person in society, which increases their self-esteem. In crafts, a person who puts his labor, feelings, and taste into each item enjoys his work. This situation leads to the formation of motivation and spiritual satisfaction.

In addition, women engaged in crafts usually work in small groups, which strengthens social communication and develops teamwork skills. Among them, processes such as mutual assistance, exchange of advice, and learning from experience occur, which contributes to psychological stability. In particular, traditional crafts involve working together with family members, neighbors, and neighborhood residents, and social connections are strengthened based on these values.

Thus, national crafts are not only a profession that brings material benefits, but also an effective tool for personal development, social activity, and psychological stability.

Increasing social activity through crafts. Crafts are one of the effective mechanisms for increasing social activity in women. First of all, this activity encourages them to work with a team, exchange ideas, and gain experience. When unorganized women participate in group craft classes, they establish social connections with their peers, which strengthens their confidence in society.

Social activism means not only taking advantage of the opportunities available in society, but also directly participating in social life, demonstrating one's potential, and participating in important initiatives. Participation in craft classes, exhibitions, and product fairs encourages women not only to demonstrate their skills, but also to evaluate themselves and understand their social status. This process leads to positive psychological changes: a person begins to value themselves, has their own opinion, and discovers their own capabilities.

Active women also serve as role models for others and attract other unorganized women to social life. This creates a state of social contagion (the influence of social activism on others). Therefore, handicrafts lead to not only individual, but also group and collective results in increasing activity.

At the local level, handicraft activities encourage women to actively participate in various social projects, neighborhood meetings, and training courses. This sustainably forms and strengthens their social activity.

The importance of psychological support. Psychological support plays an important role in women's self-awareness, self-esteem, and finding their place in society. Handicraft activities serve as a psychotherapeutic tool: engaging in creativity reduces depression, loneliness, and depression due to unemployment. This activity also increases women's desire for goals and confidence in personal success.

In addition, women are helped to express themselves freely through constant encouragement, advice, understanding, and sharing of their mental state. Psychological support not only strengthens personal motivation, but also increases social adaptability. When women feel safe and valued in a group, they are more active, creative, and proactive. This makes the integration process more effective.

Motivational factors in social integration. Successes achieved through national crafts, community recognition, and economic benefits repeatedly attract women to activity. They realize their potential and strive to initiate other women on this path. This leads to increased internal motivation in social changes.

National crafts can serve as an effective tool for ensuring the social integration of women. This direction is not only economically beneficial, but also serves to increase the social activity of women by combining psychological, cultural, and social factors. Organizing handicraft activities on the basis of psychological support further ensures the success of this process.

Also, crafts allow women to create an independent source of income, realize and appreciate themselves, and reveal their potential. This has a positive impact not only on the woman's own life, but also on her family, community, and society as a whole. If a woman is active, society is active; When a woman believes in herself, she inspires confidence in others.

Popularizing national handicraft activities, especially among unorganized women, and deepening their social integration through broad promotion and support based on psychological approaches, is an important step towards building a sustainable society.

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