

PROVIDING PSYCHOLOGICAL ASSISTANCE TO WOMEN EXPERIENCED BY MENTAL VIOLENCE

<https://doi.org/10.5281/zenodo.17988754>

Kadirova Surayyokhon Shokirovna

Independent researcher at Bukhara International University

*University of Economics and Pedagogy Teacher of
the Department of "Social and Humanitarian Sciences"*

Абстрактный.

В данной статье рассматриваются различные формы насилия, современная актуальность данной темы, мероприятия, проводимые в этом направлении на основании законодательства, виды насилия, важные аспекты оказания психологической поддержки женщинам, подвергшимся насилию. Особое внимание уделяется эффективным реабилитационным методам психического восстановления женщин, пострадавших от насилия, восстановления их уверенности в себе и обеспечения их активного участия в жизни общества.

Abstract.

This article examines various forms of violence, the current relevance of this topic, activities conducted in this regard based on legislation, types of violence, important aspects of providing psychological support to women who have been subjected to violence. Emphasis is placed on effective rehabilitation methods for the mental recovery of women who have suffered from violence, restoring their self-confidence and ensuring their active participation in society.

Kalit so`zlar

Psixologik yordam, zo`ravonlik, nizoli vaziyat, ruhiy zo`ravonlik, jismoniy zo`ravonlik, ruhiy zo`ravonlik, iqtisodiy zo`ravonlik, jinsiy zo`ravonlik, PTSD (travmadan keyingi stress buzilishi)

Ключевые слова

Психологическая помощь, насилие, конфликтная ситуация, психическое насилие, физическое насилие, психологическое насилие, экономическое насилие, сексуальное насилие, ПТСР (посттравматическое стрессовое расстройство).

Key words

Psychological help, violence, conflict situation, mental violence, physical violence, psychological violence, economic violence, sexual violence, PTSD (post-traumatic stress disorder).

INTRODUCTION

As we all know, at the same time, thanks to the efforts of our esteemed President, a reliable mechanism for protecting women's rights has been formed in our country. According to Article 12 of the Law of the Republic of Uzbekistan "On the Protection of Women from Harassment and Violence", the Women's Committee of Uzbekistan is responsible for: participating in activities to identify the causes and conditions leading to harassment and violence against women, participating in the development and implementation of state programs, regional programs and legislative acts in the field of protecting women from harassment and violence, and taking practical measures to eliminate such situations. (1) Participates in conducting individual preventive measures with persons who are on preventive records for committing violence against women and girls, conducts social rehabilitation and suicide prevention activities in rehabilitation and adaptation centers for victims of violence. Develops and implements programs and methodological recommendations for the prevention of conflict situations, prevention of violence and girls. Is assigned a number of tasks, such as cooperating with relevant authorized bodies and organizations that protect women from violence and girls.

In addition, by the Decree of the President of the Republic of Uzbekistan dated March 1, 2022 No. PF-81, in order to bring the system of work with families, women and representatives of the older generation to a new level, effectively organize the activities of persons responsible for neighborhood work, further improve support for neighborhoods and ensure their mutual cooperation, the following were determined as the main directions of state policy on providing women with educational and professional skills, providing psychological assistance, providing them with targeted support through the "Women's Notebook", preserving family values in society, improving the spiritual and moral environment in families and increasing their level of well-being, strengthening the institution of the family and supporting women. (2) In Uzbekistan, the aggravation of this issue is caused by factors such as socio-cultural stereotypes, incomplete formation of gender equality, and the assessment of family problems as a "domestic issue". As a result, women who are victims of psychological violence are afraid to seek help, are forced to hide their problems or accept this situation as normal. In recent years, violence against women has been on the rise around the

world, and the number of victims has increased sharply. This poses a great threat to society. The problem of violence is becoming a term that we hear very often in our daily lives. (3)

The consequences of psychological violence lead to severe mental problems such as depressive states, psychosomatic diseases, depression, post-traumatic stress, feelings of worthlessness, hopelessness, suicidal thoughts and social isolation. Such consequences, in turn, cause serious disruptions in the family, work and personal lives of women.

In this regard, the timely detection of psychological violence, the scientific study of its mechanisms and psychological consequences, and the development of mechanisms for providing professional psychological assistance to women victims are today's priority tasks for psychology, the social sphere, medicine and law.

Violence causes not only physical injuries, but also psychological injuries. This can lead to serious consequences.

The widespread prevalence of problems associated with psychological violence increases the need for the effective use of special methods of psychological assistance - cognitive-behavioral therapy (CBT), EMDR, crisis intervention, resource activation, emotional stabilization. (4)

Restoring women's mental health, increasing their social activity, ensuring their personal safety and improving their quality of life - all this makes this topic even more relevant.

The problem of violence against women in Uzbekistan is now seen not only as a family issue, but also as a criterion for social security, human rights, health and the cultural level of society. It is true that significant changes have been made to the legislation in this regard in recent years. But how much do these reforms work in real life?

Let's look at the numbers. In the first seven months of 2023, 21,871 women were issued protection orders. Of these, 84.7 percent were related to violence committed by family members.

In January-October 2024, 15,826 people were held administratively or criminally liable for violence. Of these, 15,427 were held administratively and 399 were held criminally liable.

In the first quarter of 2025, more than 24,000 women were issued protection orders, about 1,700 women were provided with psychological and medical assistance, and 202 women were placed in rehabilitation centers. (5)

The numbers show that the problem is recognized and legal grounds have been created against it. Also, in the last two years, the number of women who have

publicly disclosed violence and received help through social networks has been increasing. Bloggers and human rights activists are actively working in this area.

Violence causes not only physical, but also psychological and spiritual injuries, which can lead to serious problems.

This article will analyze in more detail the types, methods and practice of psychological assistance provided to women who have been subjected to violence. It will also highlight the role of the state and society in preventing violence.

Types and consequences of violence against women and girls:

Psychological violence is a set of harmful activities aimed at the mental state, emotional stability and self-esteem of a person, and is currently one of the most common forms of violence against women. The fact that a large part of violence against women worldwide takes the form of psychological violence, and its hidden forms often go undetected, shows that this problem is extremely urgent.

Physical violence is any act that is intended to harm a woman's body.

For example: hitting, kicking, hitting with objects, pulling hair, choking, sleep deprivation, and denial of medical care.

The result is bruises, injuries, fractures, disabilities, fear, chronic pain, trauma, and PTSD.

Psychological violence - Affecting the psyche of women, instilling feelings of guilt, fear.

For example: neglect, insults, humiliation, threats, separation from friends and relatives, manipulation, constant criticism.

As a result, depression, phobias, low self-esteem, social isolation, suicidal thoughts, and feelings of guilt occur.

Sexual violence is any sexual act that is committed without the consent of a woman.

For example: forcing a woman to have sex, rape or attempted rape, threatening to punish a woman who resists, blackmailing her with intimate videos or photos.

The consequences include gynecological diseases, sexual trauma, PTSD, the risk of pregnancy or abortion, fear of sexual life, and feelings of guilt.

Economic violence is the oppression of a woman by controlling her material resources.

For example: depriving her of work, not giving her money, using her as a tool of pressure, taking out loans or credits in her name, forcibly controlling family financial decisions.

The result is economic dependence, a difficult social situation, need, lack of shelter, and a feeling of inability to protect herself.

Social violence - limiting a woman's social relationships or isolating her from society.

For example: tarnishing her reputation, banning contact with friends, forced isolation at home, harassment, slander.

As a result, self-awareness and social role distortion, lack of social support, a sense of hopelessness, and loneliness occur.

Cyberbullying is pressure exerted through social media and technology.

For example: monitoring social media and phones, online insults, constant surveillance and blackmail with intimate photos.

The result is psychological exhaustion, constant anxiety, sleep disorders, fear of society, suicidal thoughts and attempts.

Literature review and research methodology

As Mukhlisa Karshiboyeva, an Uzbek researcher in the field of psychology and pedagogy, has noted in her research, Violence is a complex phenomenon with social and psychological roots. Violence is not only manifested in physical aggression, but also in the form of mental, economic, emotional pressure, control, and threats. Many women suffer psychological trauma due to constant insults, criticism, isolation, and economic restrictions. (6)

The psychological state of victims of violence is often weak. They feel hopeless, depressed, and alone. This leads to a decrease in their self-esteem and withdrawal from social activities. Therefore, the main task of psychological services is to identify, stabilize, and restore the psychological trauma of victims. This process is complex and multi-stage, and each stage requires an individual approach. The first step in organizing psychological services is to identify victims of violence and provide them with prompt assistance. For this, effective cooperation between social services, medical institutions, police, and educational institutions is necessary.

Special centers should be established for women and children who have been subjected to violence, where they can receive psychological counseling, medical care, and social support in a safe environment. These centers are staffed by psychologists, sociologists, social workers, and other professionals. Individual therapy plays an important role in providing psychological support. Individual therapy provides an in-depth study of each victim's personal problems and mental state. Methods such as trauma therapy, stress management techniques, and cognitive-behavioral therapy are used in this process. (7)

Individual therapy allows victims to express their feelings, overcome fears and anxieties, and restore self-esteem. Group therapy is also an effective tool. Working in a group helps victims share experiences, support each other, and overcome

social isolation. Through group therapy, victims realize that they are not alone with their problems, which significantly improves their mental state. Group therapy also helps develop social skills. The principle of confidentiality is of particular importance in the provision of psychological services. Victims of violence are often afraid to disclose their problems, as this may threaten their safety.

Discussion and results

The qualifications and special training of specialists are of great importance in the provision of psychological services. Cases related to violence require a specific approach, since the psychological trauma of victims can be deep and complex. Psychologists, sociologists, social workers and lawyers must undergo special training in working with victims of violence. This ensures that they provide effective and professional assistance. Cooperation between state and non-governmental organizations plays an important role in the organization of psychological services.

Government agencies develop laws and procedures to combat violence, provide financial and organizational support. Non-governmental organizations, on the other hand, are often closer to victims, understand their needs better, and provide effective assistance. This system of cooperation serves to improve the quality of psychological services. Modern technologies are creating new opportunities in the provision of psychological services. Online counseling, telephone psychological support, and support systems using mobile applications allow victims to receive quick and convenient assistance. This is especially important for women and children living in remote areas and with limited access to traditional services. (8)

At the same time, technology can also be used to expand educational and preventive work within psychological services. Preventive measures are one of the main tools in preventing violence. In this regard, it is important to inform the public about the harmful effects of violence, improve family relationships, teach stress management and conflict resolution skills. Organizers of psychological services play an important role in combating violence by actively participating in the implementation of these measures.

The organization of psychological services for women and children who are victims of psychological and physical violence requires a systematic, comprehensive approach. For these services to be effective, the principles of humanity, confidentiality, individual approach and social support play a key role in their organization. (9)

Psychological services are an important social protection mechanism aimed at restoring the mental health of victims, ensuring their reintegration into society, and preventing violence.

CONCLUSION

In short, violence against women is a form of violence against women, including physical and sexual abuse, beatings, and violations of human rights.

The physical, psychological, and social consequences of such violence have significant negative effects on women's health. Therefore, legal, social, and psychological measures are needed to prevent and combat such violence.

Such measures provide opportunities to assist women who have been subjected to violence, protect women's rights, and combat the physical and psychological effects.

REFERENCES:

1. O'zbekiston Respublikasining "Xotin-qizlarni tazyiq va zo'ravonlikdan himoya qilish to'g'risida"gi Qonuni. 2019-yil 2-sentabr. O'zbekiston Respublikasi Oliy Majlisi palatalarining Axborotnomasi.
2. Mahallalarda "Ayollar daftari" orqali xotin-qizlarni qo'llab-quvvatlash tizimi bo'yicha me'yoriy-uslubiy hujjatlar to'plami - Toshkent: Mahalla va nuroniylarni qo'llab-quvvatlash vazirligi, 2021-2023.
3. Mahallalarda "Ayollar daftari" orqali xotin-qizlarni qo'llab-quvvatlash tizimi bo'yicha me'yoriy-uslubiy hujjatlar to'plami - Toshkent: Mahalla va nuroniylarni qo'llab-quvvatlash vazirligi, 2021-2023.
4. Zo'ravonlik bilan bog'liq stress holatlarida krizis-intervensiya bo'yicha qo'llanma - Toshkent: Respublika ijtimoiy-muhandislik markazi, 2021.
5. O'zbekiston Respublikasi Ichki ishlar vazirligi. Xotin-qizlarga nisbatan zo'ravonlik va tazyiq holatlari bo'yicha 2023-yilgi statistik ma'lumotlar to'plami - Toshkent, 2023.
6. Qarshiboyeva. M. (2020). Aholi o'rtasida zo'ravonlikning psixologik omillari va uning oqibatlari. Toshkent: O'zbekiston davlat jahon tillari universiteti nashriyoti.
7. Abdullayeva, N. (2022). Ayollarga nisbatan emotsional zo'ravonlik va uni bartaraf etishning psixologik yondashuvlari. Jamiyat va taraqqiyot, 7(3), 76-83.
8. Karimova, V. (2020). Psixologik yordamda zamonaviy texnologiyalarning roli. Toshkent: Fan va texnologiya nashriyoti.

9. Patchin J., Hinduja S. Cyberbullying and Online Abuse: Psychology and Consequences – CyberPsychology Journal, 2018.