



HUMAN MENTAL HEALTH

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Human mental health is a rather complex object of study, and scientists note that mental health problems have been increasing in recent years. A mentally healthy person is essential for entering into stable social relationships within society and for the proper fulfillment of their human functions and roles. Usually, the imbalance associated with mental health is not clearly noticeable and occurs in biochemical processes in the human brain and is felt only through certain human actions. Maintaining mental balance and health is a social task - members of society, labor collectives, and families must have common goals in this matter.

According to the World Health Organization, every eighth person on Earth suffers from mental disorders.¹ The main causes of mental disorders are very diverse, and their increase is associated with fundamental factors such as informatization and globalization. As a result of the increasing opportunities for the free dissemination of information, universal global values are being formed. For example, the unacceptability of physical violence, the universality of the use of economic benefits, and the popularization of values related to sexual freedom, however paradoxical they may seem, are causing mental disorders. Because, although such universal values are formed in the information space, their lack of provision in traditional societies leads to a psychologically difficult situation for people. This is connected with a sense of injustice, that is, as a result of promises made by society and state institutions, as well as the image policy that they strive to form, a certain perception of social reality is formed in the public. However, if the public sees the opposite in real life, they consider themselves victims of injustice. Such genitalia are also one of the factors leading to mental disorders. Excessive propaganda and information campaigns in the field of violence can lead to an expansion of victims of psychological violence. Because, as long as the relationship between spouses, parents, and children is based on traditionally established patterns, individuals who understand what violence is but have no opportunity to eliminate it may find themselves in an even more difficult psychological state.

¹ Всемирная организация здравоохранения. Доклад о психическом здоровье в мире. Охрана психического здоровья: преобразования в интересах всех людей. Копенгаген: Европейское региональное бюро ВОЗ; 2024. Лицензия: CC BY-NC-SA 3.0 IGO.– С. XV



The manifestation of problems related to psychological violence is diverse, and very in-depth scientific research is currently being conducted in research centers around the world. Nevertheless, there are cases when specialists and law enforcement agencies do not fully understand the difference between types and forms of psychological violence and related situations. As a result, the so-called psychological violence, a complex of means of influence that combines dozens of different types of psychological pressure and manipulation, remains irresponsible or unpunished.

First, let's understand what psychological trauma is. In studies of mental disorders in the United States, for many years, it was believed that if a healthy person is subjected to some kind of psychological impact, they will later fully recover, and such psychological trauma does not affect human life. It was only in the 1980s that it was proven that people can remain under its influence for many years after receiving psychological trauma.²

Mental trauma is a negative impact caused by natural, man-made, or social factors, from which a person cannot independently overcome the remaining mental suffering. It is precisely the inability of a person to independently get rid of mental anguish that is the main sign of psychological trauma.

When psychological trauma occurs in natural disasters, for example, when witnessing an earthquake, flood, or fire, a person may be disturbed by the subsequent recurrence of these disasters. Criminal psychological violence arises as a result of physical violence against oneself or relatives - infliction of bodily harm, murder, and other circumstances, and a person is haunted by the feeling of the recurrence of such crimes. It has been proven that social impact - associated with isolation from society as a result of illness, disability, or injuries inflicted by people - also negatively affects a person's decision-making for many years.

Our observations and research have shown that as a result of psychological trauma, two types of symptoms manifest in a person. Firstly, it manifests through physical signs such as sleep loss, constant feeling of fatigue, cardiac arrhythmia, pain in various parts of the body and general weakness, and secondly, mental disorders occur such as inability to trust people in a mental state, distraction, constant nervous mood, guilt in matters unrelated to oneself, hopelessness, and inability to enter into normal relationships. In general, it has been proven that untimely treatment of psychological trauma can lead to mental illness in the

² Edgar Jones, Simon Wessely. Psychological trauma: a historical perspective, *Psychiatry*, Volume 5, Issue 7, 2006, Pages 217-220,



future. At the same time, individuals with psychological trauma are more likely to become victims of psychological violence.

In the United States, the following forms of psychological impact are listed in a 1995 publication.³

Weakness, Dependence, and Fear Syndrome This term, introduced by Farber, Harlow, and West, was used to describe the psychological state of soldiers captured in the Korean War. Its main features can be expressed as follows. The psychological methods used by the Chinese to capture American prisoners gradually isolate subjects from other groups, create a sense of dependence on common views in the group, and ultimately form a sense of general fear. One of the main reasons why researchers have been writing about the method of psychological violence used 70 years ago is that such methods are still used by religious confessions.⁴ Such methods of psychological violence are used by religious extremist movements, and the main focus is on uniting on the basis of fear surrounding a certain idea. Young people who are excluded from social relations, in a state of mental instability, and other vulnerable segments of society may suffer from DDD syndrome. From this point of view, it is necessary to pay more attention to these issues in research related to youth.

Another method of psychological influence is forced persuasion. Although forced persuasion arose in situations related to instilling their ideology in prisoners of war, today it is actively used by modern corporations.⁵ For example, in September 2024, it became known that the Inbazar chain of stores in Uzbekistan systematically abused employees, this violence was used as an ethical standard of the chain, and it was normalized that managers at a certain level raise their hands against subordinates.⁶ It became clear that compulsory persuasion does not prevent the violation of the rights of victims of violence, it is perceived as a matter of the collective's goals for the common cause, and subsequently, even after separation from the collective, it does not become detached from the values formed.

"Brain washing" or zombification is a method of psychological pressure that inevitably leads to what can be called violence, as it affects millions of people. At the same time, it remains one of the main causes of violence. Such a means of spiritual influence is clearly manifested in propaganda, carried out by forcibly

³ Singer, M. T. & Lalich J. *Cults in our midst*. JosseyBass Publishers, San Francisco, 1995, p. 54

⁴ <http://www.psychiatrytimes.com/cultural-psychiatry/clinical-update-cults/page/0/1> -

⁵ Tourish, D., Collinson, D., & Barker, J. R. (2009). Manufacturing conformity : Leadership through coercive persuasion in business organisations. *M@n@gement*, 12(5), 360-383.

⁶ <https://www.gazeta.uz/uz/2024/09/16/inbazar/> - Ходимларига куч ишлатган Inbazar кийим дўкони муҳокама мавзусига айланди. Тафсилотлар



imposing regularly repeated ideas, and initially occurred in connection with the propaganda of the Christian religion.⁷ Currently, in psychological literature, such terms as zombification or "brainwashing" are not considered as purely scientific concepts. Views on the mechanisms and categories of its implementation are not fully formed.⁸ At the same time, these concepts are becoming increasingly widely used in everyday life and are manifested as a method of mass persuasion or extinguishing people's trust without the use of violence. Although such means of psychological influence cannot be clearly called violence, it can also be viewed as violence based on the possibility of pressuring people until they believe in certain ideas, preventing alternative views and ideas, and later turning into zombies (living corpses) that persecute people who think differently.

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