



## PREVENTION OF NEURO-MENTAL STRESS IN FUTURE GENERAL PRACTITIONERS

Mamadiyarova D. U.

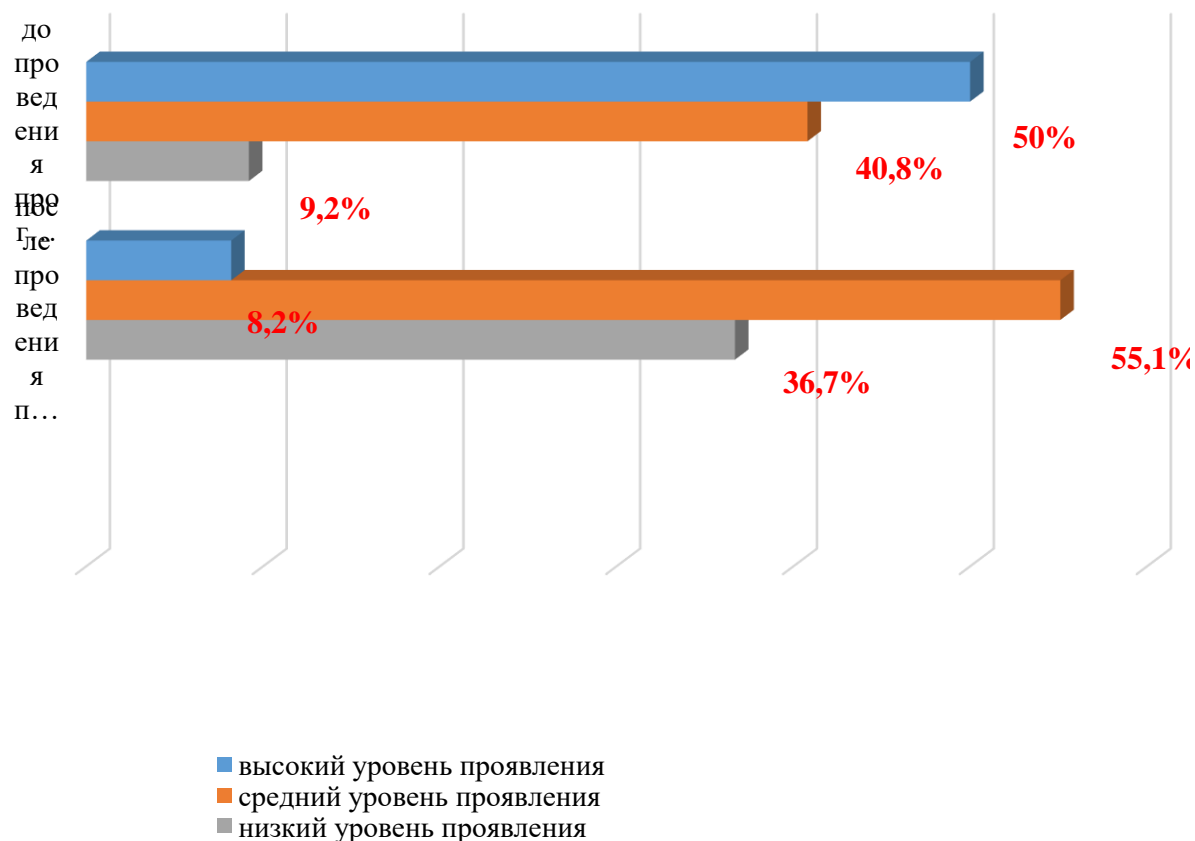
Associate Professor of the Department of Pedagogy and Psychology,  
Samarkand State Medical University, Samarkand, Uzbekistan.  
<https://doi.org/10.5281/zenodo.8055231>

**Introduction.** Today, the socio-psychological components of the professional activity of general practitioners, its stressfulness, remain without due attention of researchers. Specialists from various industries are trying to give meaning to the very concept of a general practitioner and, on this basis, to determine its main functions, problematic aspects. However, as practice shows, there is a lack of a unified approach to this problem [1,2,3,4,6]

**Purpose of the study:** To determine the dynamics of the level of manifestation of neuropsychic stress in future general practitioners before and after the training program.

**Material and methods of research:** For the purposes of the study, the dynamics of the level of manifestation of neuropsychic tension in future general practitioners was revealed, an empirical study was organized and conducted, in which 98 future general practitioners, third, fourth and fifth years of study, as female, as well as male. To achieve the goal, a questionnaire for determining the neuropsychic stress of T.A. Nemchina[5].

**Result and discussion.** The analysis of the results of the first and second psychodiagnostic examinations showed that, following the results of the training program, the future general practitioners of the experimental group (n=98) significantly improved the severity of the previously identified complex of individual psychological characteristics interpreted as a group of personal determinants of professional stress. Thus, the number of respondents with a high level of manifestation of neuropsychic stress (diagnosed using the Questionnaire for determining neuropsychic stress by T.A. Nemchin) decreased from 50% (49 people - before the training program) to 8.2% (8 people - after the program of training sessions). Accordingly, future general practitioners with an average and low level of manifestation of neuropsychic stress increased from 50% (49 people - before the training program) to 91.8% (90 people - after the training program).



**Figure 1. Dynamics of the level of neuropsychic tension in the experimental group of future practitioners before and after training sessions (n=98)**

**Conclusion:** As a result, the level of manifestation of neuropsychic stress decreased in future general practitioners.

### References:

1. Абабков В.А., Перре М. Адаптация к стрессу. Основы теории, диагностики, терапии. - СПб.: Речь, 2004. - 166 с.
2. Баймуратов Т.Р., Еникеева А.М., Кутдусова Э.Д., Насретдинова Л.М., Хусаенова А.А. Особенности общения медработников и пациентов, перенёвших инсульт // Молодой ученый. - 2019. - №7. - С. 129-131.
3. Водопьянов У.В. Стресс в современных условиях. - М.: Наука, 2010. - 140 с.
4. Кузнецов А.С. Признаки стресса в поведении человека // Молодой ученый. - 2019. - №51. - С. 462-464.
5. Немчин Т.А. Состояния нервно-психического напряжения / Т.А. Немчин. - Ленинград: Издательство Ленинградского университета, 1983. - 167 с.
6. Kozybai N. Analysis of job stress levels and coping strategies in construction organization managers / N. Kozybai // Тези Міжнародної конференції з економічної психології "A boat trip through economic change": Proceedings of the IAREP/SABE/ ICABEEP 2010 Conference Cologne (September, Cologne). - 2010. - Vol. 29. - P. 307-308.

- 7.Umirzaqovna, M. D. FACETED PERSONALITIES OF DETERMINANTS OF PROFESSIONAL STRESS IN DOCTORS OF GENERAL PRACTICE.
- 8.Мамадиярова, Д. У. (2020). ЭФФЕКТИВНОСТЬ ВЛИЯНИЯ ПРОГРАММЫ ТРЕНИНГОВЫХ ЗАНЯТИЙ ПО ПРОФИЛАКТИКЕ ПРОФЕССИОНАЛЬНОГО СТРЕССА У БУДУЩИХ ВРАЧЕЙ ОБЩЕЙ ПРАКТИКИ. Современное образование (Узбекистан), (8 (93)), 30-37.
- 9.Мамадиярова, Д. У. (2020). УРОВНИ ПРОФЕССИОНАЛЬНОГО СТРЕССА У ВРАЧЕЙ ОБЩЕЙ ПРАКТИКИ. In Сборники конференций НИЦ Социосфера (No. 18, pp. 14-17). Vedecko vydavatelske centrum Sociosfera-CZ sro.
- 10.Мамадиярова, Д. У. (2020). СТРУКТУРНАЯ МОДЕЛЬ ПРОФЕССИОНАЛЬНОГО СТРЕССА ВРАЧЕЙ ОБЩЕЙ ПРАКТИКИ. In СОВРЕМЕННАЯ ПСИХОЛОГИЯ И ПЕДАГОГИКА: ПРОБЛЕМЫ И РЕШЕНИЯ (pp. 81-86).
- 11.Ilhomjonova, S. T., & Ochilova, F. B. (2022, March). BURNOUT SYNDROME AS A PSYCHOLOGICAL PROBLEM. In E Conference Zone (pp. 41-42).
- 12.Xudoynazarovna, Q. O. (2022). Technology Of Development Of Social Activity Of Female Pedagogues In The Conditions Of The New Renaissance. Journal of Positive School Psychology, 6(9), 4469-4471.
- 13.Qurbonovich, U. U. (2022). Factors Of Development Of Teacher's Spiritual Image. Journal of Positive School Psychology, 6(9), 4472-4475.
- 14.Norbo'tayev, F. M., & Imomova, L. Z. (2022). THE IMPORTANCE OF THE FORMATION OF SOCIO-PERSONAL KOMPETENT I IN SCHOOLCHILDREN-YOUTH. Spectrum Journal of Innovation, Reforms and Development, 4, 187-191.
- 15.Xudoynazarovna, Q. O. (2022). The Role of Innovative Technologies in the Quality Organization of the Educational Process of Female Teachers. Vital Annex: International Journal of Novel Research in Advanced Sciences, 1(6), 133-136.
- 16.Xudoynazarovna, Q. O., & Alisher o'g'li, H. A. (2022). SOCIO-PEDAGOGICAL MATERIAL TO ENSURE THE CONTINUITY OF FAMILY, NEIGHBORHOOD AND EDUCATIONAL INSTITUTION IN THE FORMATION OF SPIRITUAL AND MORAL VIRTUES OF STUDENTS. Modern Journal of Social Sciences and Humanities, 4, 342-344.
- 17.Xudoynazarovna, Q. O. (2022). INCREASING SOCIAL AND POLITICAL ACTIVITY OF WOMEN IN OUR COUNTRY. TA'LIM VA RIVOJLANISH TAHLILI ONLAYN ILMIY JURNALI, 2(12), 249-255
18. Ходжиева Ф. О., Норбутаев Ф. М. Пути развития критического мышления подростков //international scientific review of the problems and prospects of modern science and education. – 2018. – С. 78-79.
- 19.Norbo'tayev F. M., Sh A. F. THE ROLE, ESSENCE AND CRITERIA OF SOCIAL COMPENSATION IN STUDENTS //Spectrum Journal of Innovation, Reforms and Development. – 2022. – Т. 4. – С. 177-181.