



JUDICIAL PROFESSIONAL DEFORMATION: CAUSES, MANIFESTATIONS AND PREVENTION MECHANISMS

Xadjakulova Diyora Erkin qizi

Senior Lecturer, Department of Psychology

National University of Uzbekistan

Doctor of Philosophy (PhD) in Psychology

erkinovnadiyora@gmail.ru

<https://doi.org/10.5281/zenodo.21232933>

Abstract: This article provides a scientific and theoretical analysis of the concept of judicial professional deformation, its causes, psychological and legal aspects, as well as its impact on the judicial system and mechanisms for preventing this phenomenon. A judge's activity is associated with a high level of responsibility, psychological pressure, and constant stress, which in some cases lead to negative changes in the judge's professional performance. The study examines the main forms of professional deformation, its impact on the quality of justice, as well as preventive measures based on international experience.

Keywords: judge, professional deformation, justice, judicial ethics, psychological pressure, professional activity, legal awareness, judicial system.

Introduction. In the course of judicial and legal reforms in the country, particular attention has been devoted to strengthening the independence, immunity, and professional competence of judges. The judiciary is one of the fundamental institutions responsible for ensuring the rule of law. Therefore, identifying and eliminating factors that adversely affect judges' professional performance has become an issue of significant practical and theoretical importance.

Professional deformation is a socio-psychological phenomenon that may occur in representatives of any profession. It refers to the negative changes in an individual's worldview, behavior, and decision-making style resulting from prolonged professional activity. In the case of judges, such changes may negatively affect the quality of justice, public confidence in the judiciary, and the implementation of the rule of law.

The Concept and Nature of Professional Deformation of Judges. Professional deformation is understood as a set of negative stereotypes, emotional detachment, formalism, and other undesirable personal characteristics that develop as a consequence of long-term engagement in the same professional activity.

In judicial practice, professional deformation may manifest itself in the following ways:

- excessive suspicion toward citizens;
- stereotypical consideration of cases;
- insufficient attention to human factors;
- increasing emotional indifference;
- excessive confidence in the absolute correctness of one's own judgments;
- development of a sense of superiority arising from official authority.

Professional deformation does not diminish a judge's legal knowledge; rather, it adversely affects the judge's personality and psychological well-being.

Discussion. Main Causes of Professional Deformation Among Judges. First one is high Psychological Stress. Judges deal daily with complex disputes, criminal cases, and issues

directly affecting human lives and destinies. Such responsibilities create continuous emotional and psychological pressure. Second, Heavy Workload. A large volume of cases combined with the necessity of resolving them within limited timeframes often results in chronic fatigue and prolonged stress. The third one is professional Isolation. Certain restrictions imposed to safeguard judicial independence and impartiality may reduce judges' social interactions, leading to professional isolation. Next is continuous Responsibility for Decision-Making.

The necessity to make numerous important legal decisions every day significantly increases psychological strain. The last one is External Pressure and Influence

Unlawful interference with judicial activities, public pressure, and the influence of mass media may also contribute to the development of professional deformation.. Main Manifestations of Professional Deformation

Formalism. A judge may focus excessively on procedural aspects while failing to adequately examine the substantive issues of a case.

Emotional Detachment. Judges may disregard the emotional condition of litigants and display an indifferent attitude toward participants in judicial proceedings.

Authoritarianism. Judges may reject the opinions of others based on their official position or communicate in an excessively authoritarian manner.

Stereotypical Thinking. Previously established assumptions regarding similar cases may hinder the objective assessment of newly presented cases.

Professional Burnout. Job dissatisfaction, chronic fatigue, declining motivation, and emotional exhaustion constitute the principal symptoms of professional burnout syndrome.

The Impact of Professional Deformation on the Administration of Justice

Professional deformation negatively affects not only the personal performance of judges but also the functioning of the judicial system as a whole.

First, it may reduce the quality of judicial decisions. Stereotypical thinking and emotional detachment can prevent judges from comprehensively evaluating all relevant circumstances of a case.

Second, public trust in the judiciary may decline. A judge's rude behavior or excessively formal approach may create a perception of injustice among citizens.

Third, the effectiveness of protecting human rights and fundamental freedoms may decrease, thereby adversely affecting the development of the rule of law and civil society. International Experience in Preventing Professional Deformation of Judges. Developed countries employ various mechanisms to maintain judges' psychological well-being and prevent professional deformation.

In countries such as the United States, Canada, Germany, and the United Kingdom: regular psychological training sessions are organized, stress management programs have been introduced, continuing professional development courses are provided for judges, permanent seminars on judicial ethics are conducted, systems for monitoring judicial performance have been established.

These practices contribute significantly to improving judicial efficiency and maintaining high professional standards. Prevention of Professional Deformation of Judges in Uzbekistan. Within the framework of ongoing judicial reforms in Uzbekistan, considerable attention is devoted to the professional development of judges. The following measures are considered particularly important in preventing professional deformation: Strengthening judges'

psychological preparedness. Introducing professional stress management programs. Optimizing judicial workload. Enhancing compliance with judicial ethics standards. Providing continuous professional education and training. Establishing psychological counseling services. Expanding the use of modern information technologies within the judiciary.

The analysis demonstrates that professional deformation among judges primarily results from prolonged stress, a high level of responsibility, and excessive workload. Preventing this phenomenon requires not only legal reforms but also comprehensive psychological and organizational measures.

Maintaining judges' psychological well-being is one of the essential prerequisites for ensuring high-quality justice and strengthening public confidence in the judicial system.

Conclusion. Professional deformation of judges represents one of the major challenges adversely affecting the effectiveness of the judicial system. This phenomenon develops under the influence of psychological and social factors arising during the course of judicial service. Preventing professional deformation requires ensuring judges' psychological resilience, continuously improving their professional qualifications, optimizing their workload, and strictly observing the principles of judicial ethics.

Furthermore, creating a healthy psychological environment within the judiciary, introducing modern management mechanisms, and extensively applying international best practices can significantly reduce the risk of professional deformation. These measures will contribute to strengthening judicial independence, improving the quality of justice, enhancing public confidence in the judiciary, and ensuring the effective protection of human rights and freedoms..

References:

- 1.O'zbekiston Respublikasi Konstitutsiyasi.
- 2.O'zbekiston Respublikasining "Sudlar to'g'risida"gi Qonuni.
- 3.Sudyalar odobi kodeksi.
- 4.Karimov A. Sud hokimiyatining konstitutsiyaviy asoslari. – Toshkent, 2022.
- 5.Abdullayev B. Yuridik psixologiya. – Toshkent, 2021.
- 6.Zokirov Sh. Sud etikasi va professional mas'uliyat. – Toshkent, 2023.
- 7.Бойко В.В. Психология профессиональной деформации личности. – Москва, 2019.
- 8.Романов В.В. Юридическая психология. – Москва, 2020.
- 9.Weber M. Sociology of Law. – New York, 2018.
- 10.United Nations Basic Principles on the Independence of the Judiciary.