PROBLEMS OF YOUTH AND MECHANISMS OF SYSTEMIC ASSISTANCE TO THEM

KUDRATOVA LOLA RAVSHANOVNA
ASSOCIATE PROFESSOR OF TASHKENT UNIVERSITY OF APPLIED SCIENCES, PHD

ANNOTATION This article analyzes the socio-psychological mechanisms of various problems among young people around the world. It is based on statistical analysis and data from international organizations. A partial theoretical approach to the problem and practical recommendations are formulated.

KEYWORDS: Psychological health, ideological influence, youth communicative problems, aggression, management of depressive states.

ЁШЛАР МУАММОЛАРИ ВА УЛАРГА ТИЗИМЛИ ЁРДАМ БЕРИШ МЕХАНИЗМЛАРИ

KUDRATOVA LOLA RAVSHANOVNA
TOSHKENT AMALIY FANLAR UNIVERSITETI DOTSENTI, PHD

ANNOTATSIYA Ushbu maqolada , dunyo yoshlari orasida uchraydigan turli ko’rinishdagi muammolarni ijtimoiy-psixologik mexanizmlari tahlil qilingan. Statistic tahlillar va xalqaro tashkilotlar ma’lumotlari bilan asoslangan. Muammoga qisman nazariy yondoshuv hamda amaliy tavsiyalar shakllantirilgan.

KALIT SO‘ZLAR: Psixologik salomatlik, mafkuraviy ta’sir, yoshlar kommunikativ muammolar, agressiya, depressiv holatlarni boshqarish.

ПРОБЛЕМЫ МОЛОДЕЖИ И МЕХАНИЗМЫ СИСТЕМНОЙ ПОМОЩИ ИМ

КУДРАТОВА ЛОЛА РАВШАНОВНА
ДОКТОРАНТ ТАШКЕНТСКОГО УНИВЕРСИТЕТА
ПРИКЛАДНЫХ НАУКАННОТАЦИЯ.

АННОТАЦИЯ В данной статье анализируются социально-психологические механизмы различных проблем среди молодежи во всем мире. Она основана на статистическом анализе и данных международных организаций. Предложен частично теоретический подход к проблеме и сформулированы практические рекомендации.

КЛЮЧЕВЫЕ СЛОВА: Психологическое здоровье, идеологическое влияние, коммуникативные проблемы молодежи, агрессия, управление депрессивными состояниями.

INTRODUCTION

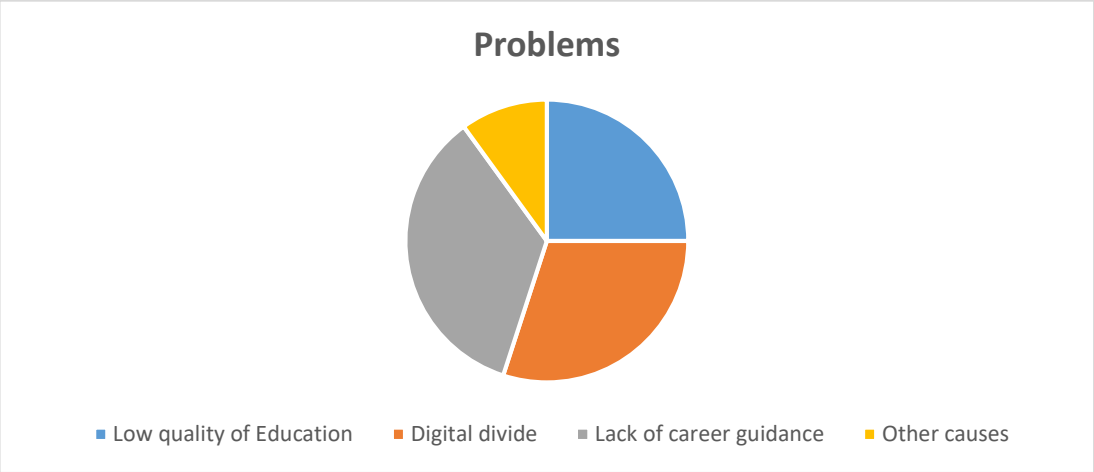
Youth problems are of a global nature, requiring a comprehensive approach to their resolution. The experiences of UNICEF and UNESCO indicate that the harmony of education, psychological support, and social policy is crucial in supporting youth. According to statistical data, there are over 1.2 billion young people worldwide (ages 10-19), which accounts for 24% of the working-age population. Annually, on average, one million adolescents commit suicide. One in seven young people suffers from mental health issues. Data from international organizations show that 75% of youth in low- and middle-income countries need psychological assistance.

MAIN PART

During a speech at the sixth summit of the Council for Cooperation and Confidence Measures in Asia in Astana, President Sh.M. Mirziyoyev highlighted that countries are increasingly facing radical ideologies. Today, it is particularly emphasized that destructive forces actively recruit youth into

extremist organizations using new methods of propaganda and ideological influence. To prevent such problems and protect the younger generation from radicalism, a systematic collaboration is necessary. It is essential that our children believe in their strength, feel their participation in establishing a just future, and have the opportunity to realize their potential and hopes. According to UN data, youth aged 15 to 24 are suffering from unemployment globally. Research results show that the number of youth who do not wish to study or work continues to rise. Despite the acknowledgment that modern youth possess significant knowledge and potential as an important resource for national development, the unemployment rate remains high in some countries.

In New Uzbekistan, scientific studies are being actively conducted on improving youth policies to address youth issues. Youth are one of the most active yet most vulnerable segments of society. Their social integration, psychological stability, and professional development depend on many factors. Therefore, youth issues have become a significant object of research in social psychology. UNESCO's studies link youth problems primarily to education.



Among the main issues faced by youth today are:

Difficulties in social adaptation

Crises in self-awareness

Communication problems

Management of aggression and depressive states

Decrease in motivation

Social adaptation in youth is the process of adjusting to society, taking on social roles, and establishing effective relationships with the environment. During this process, various problems may arise, related to psychological, social, and cultural factors.

Social adaptation is the process by which an individual adjusts to a new social environment, accepting the rules, values, and norms of society. This process is particularly complex during adolescence and youth. We can analyze the following psychological problems as issues of social adaptation in youth:

Psychological problems:

Lack of self-confidence, low self-esteem, social anxiety (social phobia), stress, and depressive states. These issues often complicate communication with peers.

Communication problems:

Lack of social skills

Inability to resolve conflicts

Low empathy

As a result, youth struggle to adapt to social groups.

Adjustment to the educational environment:

Difficulty adapting to a new school or university

Problems with teachers and peers

Inability to cope with academic loads

Influence of cultural and social environment:

Urbanization and migration

Effects of globalization

Excessive dependency on the internet and social networks, which reduces real-life social interactions.

Family factors:

Conflicts with parents

Improper parenting methods (authoritarian or indifferent)

Unhealthy social-psychological environment within the family.

Consequences of these problems include:

Deviant behavior (aggression, delinquency)

Isolation

Psychological disorders

Academic and work-related failures

Based on the analysis of these situations, we would like to present several recommendations:

Psychological support:

Individual and group consultations

Training (communication, stress management)

Educational approaches:

Interactive methods, social skills development programs

Family institutions:

Psychological consultations with parents

Family therapy

Social support:

Youth centers

Clubs and social projects

Practical recommendations:

Training and motivational programs for youth

Projects aimed at increasing employment

Psychological work with parents

Development of digital literacy

Conclusion:

The issues of social adaptation among youth are complex and multifactorial. Effective resolution requires cooperation between schools, families, and society. As psychologists, the goal is to support youth, develop their social skills, and help create a healthy environment.

Literature used:

1. Makhamov, A. Y. (2019). THE IMPORTANCE OF THE PHYSICAL TRAINING IN SHAPING HEALTHE LIFESTYLES FOR PROSPECTUVE TEACHERS". Scientific and Technical Journal of Namangan Institute of Engineering and Technology, 1(10), 368-374.
2. Maxmudova Zilola. (2023). TALIM MUASSASI RAHBARLARIDA YUKSAK AXLOQIY SIFATLARI RIVOJLANTIRISH. International Multidisciplinary Journal of Universal Scientific Prospectives, 1(2), 78–83. Retrieved from https://izlanuvchi.uz/index.php/iz/article/view/17
3. YANGI O'ZBEKISTONDA IJTIMOIY-INNOVATSION TADQIQOTLAR, 2(2), 5-12. https://nuzjournals.uz/index.php/yoiit/article/view/79
4. Kudratova L.R Uyushmagan yoshlar ijtimoiy psixologik portretining o'ziga xos xususiyatlari: psixol.f.f.d diss. Avtorefarati. T.TDPU, 2024. – 223.б
5. Schwartz, S. H. (1992). Universals in the content and structure of values: Theoretical advances and empirical tests. Advances in Experimental Social Psychology, 25, 1–65.
6. John, O. P., & Srivastava, S. (1999). The Big Five trait taxonomy:

History, measurement, and theoretical perspectives. Handbook of Personality, 102–138.

7. International Labour Organization. (2023). Global employment trends for youth.
8. Diener, E., Oishi, S., & Lucas, R. E. (2015). National accounts of subjective well-being. American Psychologist, 70(3), 234–242.