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OITS BILAN KASALLANGAN BEMORLARNING IJTIMOY-PSIXOLOGIK HOLATI: NAZARIY ASOSLAR VA DIAGNOSTIKA YONDASHUVLARI

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Annotatsiya: Zamonaviy tadqiqotlarda OITS bilan kasallangan bemorlarning ijtimoiy-psixologik holati turli nazariy va amaliy yondashuvlarda keng ko'rib chiqilmoqda. Ushbu maqolada OITSning shaxs psixologiyasiga ta'siri, diagnostika metodlari va xorijiy hamda mahalliy olimlarning ilmiy qarashlari tahlil qilingan. Mualliflar tomonidan ijtimoiy-psixologik diagnostika vositalari — depressiya, tashvish va ijtimoiy moslashuv shkalalari qo'llanilishi asosida nazariy jihatlar yoritilgan. Tadqiqot natijalari OITS bilan kasallangan bemorlarda ruhiy qo'llab-quvvatlash va psixokorreksion dasturlarning zarurligini ko'rsatadi. Tayanch tushunchalar: OITS, shaxs, psixologik holat, diagnostika, ijtimoiy moslashuv, depressiya, tashvish, psixokorreksiya.

Аннотация: В современных исследованиях социально-психологическое состояние больных СПИДом рассматривается в различных теоретических и прикладных подходах. В данной статье анализируется влияние СПИДа на психологию личности, методы диагностики, а также научные взгляды отечественных и зарубежных исследователей. На основе применения социально-психологических диагностических средств — шкал депрессии, тревожности и социальной адаптации — раскрываются теоретические аспекты. Результаты исследования показывают необходимость психологической поддержки и психокоррекционных программ для больных СПИДом.

Ключевые слова: СПИД, личность, психологическое состояние, диагностика, социальная адаптация, депрессия, тревожность, психокоррекция.

Annotation: In modern research, the socio-psychological state of AIDS patients is examined within various theoretical and practical approaches. This article analyzes the impact of AIDS on personality psychology, diagnostic methods, and the scientific perspectives of local and foreign scholars. Based on the application of socio-psychological diagnostic tools — depression, anxiety, and social adaptation scales — theoretical aspects are revealed. The findings demonstrate the need for psychological support and psychocorrection programs for patients with AIDS.

Key words: AIDS, personality, psychological state, diagnostics, social adaptation, depression, anxiety, psychocorrection.





Bugungi kunda orttirilgan immun tanqisligi sindromi (OITS) nafaqat tibbiy, balki ijtimoiy va psixologik muammo sifatida ham keng ko'lamda o'rganilmoqda. Jahon sog'liqni saqlash tashkiloti ma'lumotlariga ko'ra, dunyo bo'yicha millionlab odamlar ushbu kasallik bilan yashamoqda (WHO, 2020). OITSning salbiy oqibatlari faqat immun tizimning buzilishi bilan cheklanmay, balki shaxsning ruhiy-emotsional holati va ijtimoiy moslashuviga ham kuchli ta'sir ko'rsatadi (Abdullayev, 2020). Shu bois, bu muammoni chuqur nazariy va amaliy jihatdan o'rganish zamonaviy psixologiya fanining dolzarb yo'nalishlaridan biri hisoblanadi. OITS bilan kasallangan bemorlarning psixologik muammolari turli yo'nalishlarda ko'rib chiqilgan. Mahalliy tadqiqotlarda bemorlarning ijtimoiy izolyatsiya va stigma tufayli ruhiy bosim ostida qolishi qayd etiladi (Sobirova, 2021). Xorijiy manbalarda esa OITS bemorlarida depressiya, xavotir va stress buzilishlari keng tarqalganligi ta'kidlanadi (Safren, 2019; Kalichman, 2017). Farmer (2018) esa psixologik yordamning yetarli darajada bo'lmasligi bemorlarning davolanishga bo'lgan motivatsiyasini kamaytirishini ko'rsatadi. Psixologik diagnostika bu sohaga oid muhim yo'nalishlardan biridir. V.A. Jmurovning "Depressiya darajasini baholash metodikasi" (Jmurov, 2010), Spilberger – Xanin shkalasi (Spilberger, 2004) hamda Karl Rojers va R. Daymondning "Ijtimoiy adaptatsiya so'rovnomasi" (Rogers & Diamond, 2005) OITS bemorlarida keng qo'llaniladigan vositalardan sanaladi. Abdullayev va boshqalar (2020) O'zbekiston sharoitida bu metodikalarning samaradorligini amaliy tajribada tasdiqlashgan.

Nazariy yondashuvlar orasida kognitiv, bixevioristik va gumanistik psixologiya asosida qurilgan qarashlar muhim o'rin tutadi. Kognitiv psixologiya doirasida, OITS bemorlarining depressiv fikrlash belgilari va ijtimoiy qo'llab-quvvatlashni qabul qilish qobiliyatlari tahlil qilinadi (Beck, 2011). Bixevioristik yondashuv esa bemorning xulq-atvorini ijtimoiy muhit omillari bilan bog'lab o'rganadi (Skinner, 2012). Gumanistik psixologiyada esa shaxsning o'zini anglash va ijtimoiy qo'llab-quvvatlash orqali moslashuvi markaziy o'rinni egallaydi (Maslow, 2004). Mahalliy adabiyotlarda, masalan, Sobirova (2021) OITS bilan kasallangan bemorlarda ijtimoiy qo'llab-quvvatlash tarmog'ining kengayishi ruhiy barqarorlikni oshirishini ta'kidlagan. Xudoyberdiyeva (2020) esa bemorlar bilan olib borilgan psixologik suhbatlar ularning tashvish darajasini kamaytirishda ijobiy samara berishini ko'rsatgan.

Shuningdek, xalqaro tadqiqotlarda ham OITSning ijtimoiy-psixologik oqibatlari keng tahlil qilingan. UNAIDS (2019) hisobotiga ko'ra, stigma va diskriminatsiya OITSga chalingan shaxslarning ijtimoiy integratsiyasini cheklaydi. Bu esa, o'z navbatida, ularning ruhiy salomatligiga bevosita ta'sir qiladi. Nazariy tahlil shuni ko'rsatadiki, OITS bilan kasallangan bemorlarning





ijtimoiy-psixologik holati ko'p omilli jarayondir. Unda biologik, psixologik va ijtimoiy omillar birgalikda ta'sir ko'rsatadi. Shuning uchun diagnostika va psixologik yordamda integrativ yondashuv zarur. Amaliyotda depressiya, tashvish va ijtimoiy adaptatsiyani o'lchash metodikalaridan foydalanish bemorlarning psixologik ehtiyojlarini aniq aniqlashga yordam beradi. Mahalliy va xorijiy tadqiqotlarning umumiy tahlili shuni ko'rsatadiki, OITS bemorlariga psixokorreksion dasturlarni ishlab chiqish va keng qo'llash ularning hayot sifatini oshirish va jamiyatga muvaffaqiyatli integratsiyalashuvini ta'minlaydi.

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