

## DIAGNOSIS OF CONDITIONS ASSOCIATED WITH THE DEVELOPMENT OF SOCIAL PHOBIA IN ADOLESCENTS

Ruziyev Umar Muzafarovich

Bukhara State University,

Associate Professor of the Department of Psychology and Sociology

### Annotation

As society developed, social phobias also grew. Phobias began to manifest themselves at different age periods, especially vividly these fears and anxieties manifest themselves in adolescence. Everyone can experience a certain level of anxiety at the same time. People with phobic disorder experience this constantly and so strongly that it has a significant negative impact on their quality of life. This article discusses the manifestations of anxiety and social phobia in adolescents and their prevention, the symptoms of social phobia, who have them more often, the causes of social phobia,. The article provides information about the manifestations of social phobia, causes, methods of prevention.

Basic concepts: agoraphobia, anxiety, anxiety, synthesis function, weakness phobia, behavior, freezing, somatic disorders, panic, irrational fear, eichmophobia, deep depression, stereotypical traumatic state, obsession. signaling function, regulatory function, emotional blackmail and premonition obsessive fear.

Along with the transformations and updates, the transfer of new knowledge, skills and abilities taking place in the education system, it provides for the transformation of our youth in relation to themselves and other people, society, the state, nature, instilling patriotic ideas in their minds and hearts. In domestic and foreign studies, the problem of social phobia has been considered within the framework of various concepts. It is possible to show, on the one hand, their opposite, and on the other, the general tendency to recognize the importance and necessity of revealing the internal mechanisms of the studied psychological phenomenon, the laws of functioning and development. The participation of broad segments of the population, including all social, religious, national and age groups, while radical renewal reforms are being implemented in the world, is an important condition for increasing the effectiveness of their social activity. Of particular importance and relevance is



the analysis of ways to increase the social activity of every citizen, especially young people in the life of society.

Phobia (Greek: φόβος, fear of Phobos) is an irrational uncontrolled fear, a stable manifestation of various fears. Phobias are also called irrational attitudes of dislike, rejection and hatred for something. In this case, fear exists in a hidden form as an emotion. For example, when aichmophobia is present, a person tries to avoid sharp objects that make him afraid of hurting himself or hurting other people. In the case of aquaphobia, he is afraid to swim, and with claustrophobia, he only climbs the stairs, because he is afraid to be in a closed elevator. Phobic fear is relatively easy to overcome at the beginning of its occurrence, but it can strengthen in the human psyche and increase over time. Phobias have traditionally been considered within the framework of obsessions associated with thinking disorders. Obsessive states are states observed when they arise ("forced") against a person's will some fears, doubts, thoughts, drives, actions. Despite the critical attitude to such phenomena, a person cannot get rid of them. Obsessive states do not necessarily indicate a mental disorder, they can also occur in healthy people, for example, each of us is familiar with the obsessive repetition of any words (so-called "parasitic words"), the obsessive buzzing of a favorite melody, etc.

The word "phobia" has undergone complex changes in usage, and currently "phobia" means not only pathological fear, but also an irrational, sharply negative attitude towards someone or something. Some of the words listed below are neologisms for historical reasons, have a verbal basis — a phobia - and in a clinical sense do not refer to phobias, but to an irrationally negative attitude to everything that does not have a pathological character. For example, the origin of the words xenophobia, Russophobia, homophobia.

Fear is an emotion that arises in situations that threaten a person's biological or social existence, and focuses on the source of real or imagined danger. Unlike other types of suffering that arise from the real impact of pain and risk factors for existence, fear arises when you expect them. Depending on the nature of the threat, the intensity and specificity of the experience of fear vary very widely (fear, horror). If the source of the danger is unclear or unconscious, the resulting state is called anxiety. Functionally, fear serves as a warning about impending danger, allows you to focus on its source, encourages you to look for ways to prevent it. When fear reaches the



power of affect (panic fear, horror), it is able to impose behavioral stereotypes (flight, insomnia, defensive aggression). Various obsessive actions - motor stereotypes that arise during neuroses can last for a long time (a year or more) after the termination of the traumatic situation and the normalization of conditioned reflex activity.

Phobias, as conditioned reflex deficient fear reactions associated with a certain environment or a certain stimulus, may be associated with functional disorders at all levels, but primarily cortical, determinant-in their plasticity, ability to store information and compare current events with past experience.

Phobia symptoms:

In frightening situations, at least two of the following signs of anxiety should be present, one of which should be in the top four:

rapid or rapid heartbeat;

sweat;

trembling;

dry mouth;

shortness of breath;

feeling of suffocation;

chest pain or discomfort;

nausea or stomach discomfort;

feeling dizzy, unstable or fainting;

derealization (feeling of unreality of things) or depersonalization (feeling of unreality in relation to oneself);

fear of losing control, going crazy;

fear of death;

insomnia.

Causes of phobias.

There are several types of phobias:

From a scientific point of view, there are three types of phobias in the world:

1. It's simple-a person is afraid of absolutely obvious things

Natural environment-fear of lightning, water, storms, etc.



Fear of animals-fear of snakes, rodents, spiders, etc. Medical fears - fear of blood, injections, visits to the doctor, etc. Situation-fear of bridges, leaving home, driving, etc.

Special (fear of the number 13 is tredecaphobia)

2. Social phobia is the fear of doing something in public. Social phobia is when people avoid situations in which there are a lot of them, for example, do not indulge themselves

3. Agoraphobia. People with agoraphobia become victims of a complex phenomenon based on fear of unfamiliar places. Some scientists attribute it to situational phobias, but many distinguish it as a special kind, and from an everyday point of view, all phobias can be divided into three parts depending on age.

1. Childhood phobias. Every child is afraid of the negative characters of the fairy tale – Baba Yaga, the Immortal Koshchei, Barmalei. Many children have common fears – fear of the dark, drums and the like. Of course, such fears disappear in most cases.

2. Teenage phobias. As you know, a person's personality is only being formed during puberty. Almost all teenagers have an unstable nervous system. But this is not surprising, because at this age a huge amount of information, homework, personal life, hormones are poured into them. All this turns teenagers into a hotbed of fear. The most common phobias in adolescence are autophobia, fear of death and intimate phobia - the fear of relationships with the opposite sex, and such phobias also pass quickly. However, if any fear has remained since childhood or adolescence, then kinema does not necessarily have to be perceived as a lifelong diagnosis, it is important to exclude it.

3. Parental phobias. Almost all parents face various fears related to the child – this is the fear that the child will be lost, stolen and beaten. Young families are experiencing a panic fear of responsibility, but this is not surprising, because raising a good person is not an easy task.

As for the functions of fear, they should correspond to the basic functions of emotions. Andrusenko V. K. he tried to determine the main functions of fear, focusing on the analysis of the functions of emotions performed by fear. Fear assessment function. This can be considered in three aspects: a) the definition of self-sufficiency of human quality for the active dissemination of this quality to the



surrounding society; b) the figurative representation of another force allows a person to determine the measure of dependence on another; c) fear – it is in an unconscious or subconscious form – manifests itself in a biased assessment of irrational ways of internal or external reflection.

The synthesizing function-the property of fear serves as the synthesizing basis for a holistic and systemic reflection of the entire complex of fear states.

Signal function-determines the ways of analytical work of the reflection mechanism to filter the reflected variants of the state of fear, depending on the degree of their significance for a person.

The essence of the regulatory function is to mobilize reflecting resources to the most dangerous territories, to ensure the optimal state of the human psychophysiological complex in general and its substructures in particular, to choose appropriate forms of response, to overcome the state of fear to inform the surrounding community if there are not enough resources of their own.

Since fear organically "fits" into a person's spiritual life, permeates his unconscious and conscious levels, the occurrence of a fear reaction cannot but affect the state of other forms of spirituality. This indicates the need to emphasize the organizational and disorderly function of fear. In extreme cases, fear can even change a person's life course or lead to his death. On the other hand, the fear of losing certain forms of spirituality (hope, love, freedom) contributes to a person's spiritual growth.

A heuristic function, the meaning of which is to develop universal, unchanging expectations, ways to overcome and, if possible, prevent destructive situations and circumstances.

Leibovich scale social phobia character identification.

T/r	Presence and predisposition to phobias	0	1	2	3	total %
1	unobservable phobia	28				<b>45%</b>
2	mild social phobia		21			<b>34%</b>
3	very specific social phobia			3		<b>5%</b>
4	strong social phobia				10	<b>16%</b>
	total	28	21	3	10	<b>62</b>



Leibovich scale social phobia The results of the feature recognition test were determined as follows. Of 62 people, it was found that 16% had a strong social phobia, 5% had a very pronounced social phobia, 34% had a mild social phobia, and 45% had no phobia at all.

Factors causing social phobia.

Causes of phobias

The reason for the phobia can be called the experiences that a person should experience in childhood. These are childhood experiences that are very vividly stored in our memory. Therefore, at certain moments in life, children's fears simply pop up in memory and begin to develop further. Almost everyone has something to remember from childhood. Many are afraid of water, heights, darkness, loneliness, because in childhood they had a terrible experience associated with it.

The fear that arises during some unpleasant situations occurs during puberty. Fear often affects emotional and very sensitive people. It should be noted that the most predisposed to the formation and development of phobias are people with a weak psyche. Phobias can occur in people with a rich imagination, because it is very difficult for them to distinguish a real danger from an imaginary one. It is much more difficult for them to resist these negative emotions than for people with a more stable and strong psyche. People suffering from this fear are afraid of something that doesn't really exist. After all, a phobia is a fear of fear itself. A person is afraid to be afraid.

I want to focus on the fears that arose in childhood, because even those fears that arose in adulthood arise in childhood. So, what are the main causes of fear neuroses in childhood? Many obstetricians and psychologists see the predisposition of children to fear neurosis in the emotional state of the mother during pregnancy. The risk of miscarriage negatively affects the child. The anxiety experienced by the baby during intrauterine development for his own existence at the hormonal level creates prerequisites for the subsequent manifestation of anxiety at the psychological level. Such a child feels fear in the future faster, deeper and more acutely. Childbirth itself also affects the occurrence of childhood fears: complications, inability to be born independently, asphyxia.

Neurosis of fear in childhood can be a hereditary disease transmitted to all members of the same family. This means inheritance of the type of nervous system and its



features, interhemispheric asymmetry of the brain. For example, in a family where the mother suffered from an obsessive fear of pollution (misophobia), a girl was born who constantly washes her hands and does laundry, repeatedly tried to commit suicide. In adolescence, and suicide is also a fear, a fear of life.

There are family reasons that contribute to the formation of a neurotic personality: parents' dissatisfaction with the sex of their child; late childbirth; family conflicts; incomplete families. Parents who are dissatisfied with the sex of the child often seek advice. In these cases, the child has a high level of anxiety: he is instilled with qualities that should not be inherent in him. In addition, there is a connection between the age of the mother and the fear of the child. If the mother was over 35 years old at the time of the birth of the child, then her anxiety will inevitably increase.

In conflict families, discontent between spouses often falls on the child. Sometimes a small child feels guilty about these conflicts, afraid to be the cause of them. Surprisingly, in families where the father is more active than the mother, the child almost never develops a neurosis of fear. On the contrary, in families with an active mother, the situation is reversed.

Anxious children can be in single-parent families. A child (a boy and a girl) does not have a male representative behavior model. The absence of a stereotype in this case generates fear, which spreads to all men. Therefore, a child needs a sample of male behavior for normal development. A grandfather, uncle or any close relative can cope with this task.

Education expenses

The emergence of childhood neurosis of fear is influenced by the egoism of parents in relation to the child, which has been described more than once in the literature. This common phenomenon includes the following disadvantages of education:

Traditional family relations

In these families, the relationship with the child is based on the principle of "it is necessary" and "it is not necessary". The boy wants to play the violin, and the father believes that a real man should go to the boxing section. The boy goes in for sports at his father's insistence, but his friends laugh at his inattention and slowness. Instead of accepting his uniqueness, the child feels inferior, afraid not to perform any exercises. The inferiority complex extends to all living conditions and is reliably fixed.



### Emotional blackmail and premonition

"Look how bad I feel when you're around..." or "by this behavior you will achieve my death" are words familiar to many. Often parents play a role. A typical example is bullying a child, ridiculing people. Deep down, the child constantly feels anger, a desire for revenge, fear of an adult, and suddenly the problem really arises. The anxiety of children and the fear of not meeting the requirements of their parents gradually turn into aggression, in adolescence these children run away from home, do not respect their parents.

### Open messages and direct threats

Usually in such families, as they say, they tell the child: "go now ... or, if you don't go to school, I ...". The child is frankly scared, depressed, and therefore follows the commands of parents. If he does something carelessly, he will be severely punished. Neurotics who are afraid of pathological punishment usually smile a little, do not laugh at all, walk on tiptoe. Faced with such treatment of children, I would say that it is much easier to organize and reproach parents than to convince and direct them. The art of communication, which brings health, has to be studied for a long time, sometimes for a lifetime.

### Inattention of parents

Many parents read their children's letters and notes, look through their pockets and briefcases, which is completely unacceptable. The principle of such parents is control, supervision and control again. The child has been growing for a long time and still shows who to be friends with. Such a child is afraid of his responsibility. He is always afraid to make a mistake, to make the wrong decision, he asks more than once. Remember that even a very small creature needs a personal life, its own spiritual and psychological sphere. Only then it is normal to grow up and, accordingly, get rid of anxiety and childhood fears.

### Distance of parents

Many parents go on vacation without children. The child feels abandoned, he has no one to talk to about his problems and worries. Such children are afraid of loneliness. In remote families, children have all the prerequisites to become drug addicts. They are looking for friends and emotional support from the outside, in a circle of peers, but at the same time they often become the object of extortion and deception. Drugs,





like alcohol, are a desire to hide their fears, drown them, forget for a while and feel strong. But this, of course, is just an illusion.

#### Lack of attachment in the family

This is observed in families where everyone has their own personal life. "Mom, I want to talk to you..." - says the little boy. "You'd better go to Dad, he'll listen to you," Mom replies. The offended boy goes to his father, and his father sends him back. Thus, he will move from one parent to another in search of love and understanding. The child's problems are not solved, but only accumulate. It is important to remember that love is not an innate feeling, but acquired in the course of life. Love is a universal remedy for all diseases and especially psychological ones. Therefore, if parents for various reasons cannot devote much time to the child, talk to him about his problems, then at least the child should show his tender feelings in order to be aware of them and take care of them. Friendship and love are what a neurotic child needs.

#### Negative attitude towards the elderly

In some families, the elderly become overloaded, the children who grew up on them spoil the accumulated evil. It is important to remember that the elderly and young children are psychologically close to each other and often unite in a secret family union. The last point, in my opinion, is very important. Traumatic experiences and stressful situations affect the occurrence of childhood fear neuroses. These include the death of a mother or father (especially at preschool age), the divorce of parents, an earthquake, a flood, moving to another place of residence, moving to a new school.

#### Conclusions

Thus, you will see that phobia is a very serious problem. For many, phobia simply destroys life. In psychiatry, a phobia is usually called a pathologically enhanced manifestation of the reaction of fear to a certain stimulus. Phobia is a very specific, stubborn, obsessive fear that irreversibly increases in certain situations and does not lend itself to a complete logical explanation. As a result of the development of a phobia, a person begins to be afraid and, accordingly, to avoid certain things, activities or situations. A phobia is a strong unrealistic fear that interferes with your



ability to communicate, function and interact with people and things in everyday life. It is tied to a specific object, person or situation.

Phobias can occur both due to illness, and in childhood and in adults.

There are 3 main types of phobias: 1. simple, arising from interaction with objects, 2. Social phobia-fear of doing anything in public, 3. Agoraphobia based on fear of unfamiliar places. There are also: children's, adolescent, parental phobias. Thus, the problem of phobias is very relevant.

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