



## THE ROLE OF SOCIAL WORKERS IN MENTAL HEALTH CARE

**Omondullayev Jamoliddin Xoshimjon o‘g‘li**

4th year student of the Faculty of Pedagogy, Social Work Department,  
 Namangan State University, Namangan, Republic of Uzbekistan

**Toshpulatov Ibrohim Ikromjonovich**

Senior Lecturer, Namangan State University,  
 Namangan, Republic of Uzbekistan

**Abstract:** *This article describes the long history of the development of mental health and social work, its role and importance in people's lives to this day, problems and their solutions, and opinions on this field in Uzbekistan and the world.*

**Keywords:** *"positive mental health" WHO, mental health, empathy, stigma, emotional, stress, depression, family social history study, psychotherapist, psychology, mental health.*

Mental health describes a person's emotional, psychological, and social well-being. It includes a person's ability to manage stress, function effectively, and relate well to others. Mental health is not just the absence of mental illness, but also a person's overall well-being and life satisfaction. Social work is a profession that aims to improve the quality of life of people and promote justice in society. Social workers work with a variety of issues, including mental health, substance abuse, domestic violence, and poverty. They provide counseling, support, and referral services to help people.

People with good mental health manage stress effectively and are able to cope with life's challenges. Social workers help people improve their relationships and find their place in society. Mental health and social work aim to improve the overall well-being of people, which contributes to the healthy and sustainable development of society.

In his resolution “On the Concept of Development of Mental Health Services for the Population of the Republic of Uzbekistan in 2019-2025,” the President of the Republic of Uzbekistan Shavkat Mirziyoyev considered mental health as an integral part of national health and emphasized the need to allocate more attention and resources to this area. According to President Sh. Mirziyoyev, the following steps are important to improve mental health:

1. Increasing education and awareness - expanding educational programs on mental health and raising awareness among the population.
2. Expanding support services - expanding mental health services and facilitating access to them.
3. Strengthening the social protection system - helping people facing mental health problems by strengthening the social protection system.

Social workers use various diagnostic tools to assess mental health. These tools are necessary to identify the mental state of clients and provide them with appropriate assistance. The development of mental health and social work has a long history. The 1950s marked a significant step forward in the field of mental health, with the first international conferences on mental health and the beginning of global cooperation. Several important developments took place during this period:

<b>1</b>	<p>ISSN 2319-2836 (online), Published by  <b>ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW.</b>,          under Volume: 13 Issue: 11 in November-2024  <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></p> <hr/> <p>Copyright (c) 2024 Author (s). This is an open-access article distributed under the terms of          Creative Commons Attribution License (CC BY). To view a copy of this license,          visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></p>
----------	--



World Health Organization (WHO): Established in 1948, WHO integrated mental health into global health programs. In the 1950s, WHO held the first international conferences on mental health and strengthened global cooperation in this area.

International cooperation in mental health: During this period, cooperation between international organizations and governments on mental health increased. This cooperation helped develop new methods for treating and preventing mental illnesses.

Scientific research: A great deal of scientific research was conducted on mental health in the 1950s. This research helped to identify the causes of mental illnesses and develop new methods for treating them. The conferences and research conducted during this period contributed to major advances in the field of mental health and laid the foundation for global cooperation in this area. Mental health is determined by socio-economic, biological and environmental factors. For example, poverty, unemployment and social isolation can negatively affect mental health.

1990s. The World Health Organization (WHO) recognized mental health as an integral part of overall human health. WHO stands for World Health Organization. It is a specialized agency of the United Nations and plays a leading role in international health. WHO’s primary mission is to improve health, prevent disease and control it worldwide.

In the 2000s, national and international mental health programs expanded significantly, and many initiatives were launched to improve access to mental health services. Several important developments and initiatives were implemented during this period:

World Health Organization (WHO): WHO continued to integrate mental health into global health programs. In 2001, WHO published a report entitled “Mental Health: New Insights, New Hopes”, which proposed new strategies to improve access to mental health services and treat mental disorders. 1

National programmes: Many countries have expanded national mental health programmes. For example, in the UK, many initiatives have been taken in the 2000s to improve access to mental health services through the National Health Service.

Global collaboration: Collaboration between international organisations and governments on mental health has increased. This collaboration has helped to develop new ways to treat and prevent mental disorders. For example, the “Global Mental Health Initiative” launched by WHO and the World Bank in the 2000s aimed to improve access to mental health services.

Scientific research: Many scientific studies have been conducted on mental health in the 2000s. This research has helped to identify the causes of mental disorders and develop new methods for treating them. For example, advances in genetic research and neuroscience have led to major advances in understanding mental disorders.

Programs and initiatives implemented during this period have contributed to major advances in mental health and have laid the foundation for global cooperation in this area.

Mental health describes a person’s emotional, psychological and social well-being. The World Health Organization (WHO) defines mental health as the ability of a person to realize their own abilities, to cope with the normal stresses of life, to work productively and to make a contribution to their community. Mental health is not just the absence of mental illness, but also a state of overall well-being. The concept of positive mental health was proposed by psychologists in the 1960s, and is based on an analysis of healthy individual functioning. This concept includes aspects such as a person’s self-awareness, full human activity, authenticity and the pursuit of meaning. For example,

<b>2</b>	<b>ISSN 2319-2836 (online), Published by</b> <b>ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW.,</b> <b>under Volume: 13 Issue: 11 in November-2024</b> <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a>
	<b>Copyright (c) 2024 Author (s). This is an open-access article distributed under the terms of</b> <b>Creative Commons Attribution License (CC BY). To view a copy of this license,</b> <b>visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></b>

Carl Rogers emphasized the full functioning of the individual, and Viktor Frankl emphasized the search for meaning.

Sigmund Freud defined mental health as “the capacity to love and to function.” This concept includes not only the absence of mental illness but also a state of general well-being, determined by social, economic, and environmental factors.

Social workers are also involved in mental health education and awareness. Social workers play a vital role in helping people who are experiencing mental health issues. They work to improve people’s quality of life by providing therapy, counseling, and other support services. Social workers are also involved in mental health education and awareness. The following steps are recommended to improve mental health:

Positive Attitude – maintaining a positive mindset and attitude.

Physical Activity – getting regular exercise.

Connecting with others – strengthening social connections.

Goal Setting – setting and working towards goals in life.

Good Sleep – getting enough sleep.

By increasing understanding and empathy through mental health education and open communication, we can break down barriers to stigma. Media representatives and policy changes also play a role in normalizing discussions about mental health. Mental health is an integral part of a person’s overall health and well-being. It includes the ability to realize one’s own abilities, cope with the normal stresses of life, work productively, and contribute to one’s community. Mental health is not just the absence of mental illness, but also includes emotional, psychological, and social well-being. Mental health problems can arise from stress, loneliness, depression, anxiety, relationship problems, the death of a loved one, suicidal thoughts, grief, substance abuse, and other mental illnesses. Therapists, psychiatrists, psychologists, and social workers can help manage these problems.

1. Identifying and assessing problems. Social workers take the first step in identifying and assessing mental health problems. Mental health problems include a variety of illnesses, such as depression, anxiety, bipolar disorder, and schizophrenia. This process involves:

Interviews and conversations: Identifying the problems by talking to clients.

Assessment tools: Use specific tools and tests to assess mental health.

Family and social history: Review the client’s family and social history.

2. Plan. Once problems have been identified, social workers develop an individual plan for clients. This plan includes:

Goal setting: Establish goals to be achieved together with the client.

Support services: Identify and refer the client to the support services they need.

Treatment options: Select therapy, counseling, and other treatment options.

3. Provide services. Social workers provide the following services to clients:

Therapy and counseling: Individual and group therapy to address mental health problems.

Referral to resources: Refer clients to needed resources and services, such as health services, housing, education, and employment.

Support groups: Engage clients in support groups.

4. Monitoring and Evaluation. Social workers monitor clients’ progress and make changes to the plan:

<b>3</b>	<p>ISSN 2319-2836 (online), Published by  <b>ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW.</b>,  under Volume: 13 Issue: 11 in November-2024  <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></p>
	<p>Copyright (c) 2024 Author (s). This is an open-access article distributed under the terms of  Creative Commons Attribution License (CC BY). To view a copy of this license,  visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></p>

Periodic Evaluation: Regularly assess the client's condition.

Plan Update: Update the plan and services based on the client's needs.

Outcome Evaluation: Evaluate the extent to which the client has achieved their goals.

5. Awareness and Education. Social workers also play an important role in raising awareness and educating about mental health by:

Community Outreach: Educating the public about mental health and combating stigma.

Educational Programs: Conducting mental health education programs in schools, workplaces, and other public settings.

6. Policy and Advocacy Social workers are also involved in mental health policy formulation and advocacy.

Policy Development: Participate in the development of national and local policies on mental health.

Advocacy: Advocating for improved access to mental health services.!

In conclusion, mental health and social work are important complementary fields. Social workers play a vital role in identifying, assessing, and resolving mental health problems. They work to improve people's quality of life by providing therapy, counseling, and other support services to clients. By increasing mental health education and awareness, stigma barriers can be broken down and mental health can be improved in the community. These steps can help to effectively organize social work in addressing mental health problems.

#### References:

1. Ruhiy salomatlik va ruhiy kasallik-Vikipediya. [https://uz.wikipedia.org/wiki/Ruhiy\\_salomatlik](https://uz.wikipedia.org/wiki/Ruhiy_salomatlik).

2. -Ruhiy salomatlik| Texasdagi ruhiy salomatlik uchun manbalar. <https://mentalhealthtx.org/uz/ruhiy-salomatlik/>.

3. Ruhiy salomatlik haqida xabardorlik |Challenjdan umidga. <https://ahaslides.com/uz/blog/mental-health-awareness/>

4. Ruhiy salomatlik va ruhiy kasallik - Vikipediya. [https://uz.wikipedia.org/wiki/Ruhiy\\_salomatlik](https://uz.wikipedia.org/wiki/Ruhiy_salomatlik).

5. Onlayn hayotdagi ruhiy salomatlikni yaxshilashning 5 usuli. <https://www.unicef.org/uzbekistan/uz/5-ways-better-mental-health-online>.

6. Empatik AI: ruhiy salomatlikni va hissiy intellektdan tashqarida <https://unite.ai/uz/empatik-ai-ruhiy-salomatlikni-va-undan-tashqari-hissiy-intellektni-o%27zgartiradi/>. Ijtimoiy himoya tizimini kuchaytirish orqali ruhiy salomatlik muammolariga duch kelgan odamlarga yordam berish.

7. MB Bulturbayevich, TI Ikromjonovich (2021, December). THE MAIN DIRECTIONS OF MODERN MANAGEMENT PSYCHOLOGY. Conference Zone, 292-294

8. Mullabayev Baxtiyarjon Bulturbayevich, Toshpulatov Ibrohim Ikromjonovich HISTORY OF THE DEVELOPMENT OF MANAGEMENT THEORY AND PRACTICE. Conference Zone, 309-312

9. MB Bulturbayevich, TI Ikromjonovich GENDER ISSUES IN GOVERNANCE Conference Zone, 277-280

10. II Toshpulatov PEDAGOGICAL PROCESS, PECULIARITIES OF PEDAGOGICAL PROCESS, PRINCIPLES OF ITS ORGANIZATION МЕЖДУНАРОДНЫЙ



НАУЧНОПРАКТИЧЕСКИЙ ЖУРНАЛ Теория и практика современной науки 5 (23), 1130-1133

11. MB Bulturbayevich, TI Ikromjonovich, NM Zohidjon ogli, MS Hayrullo ogli THE MAIN DIRECTIONS OF MODERN MANAGEMENT PSYCHOLOGY Conference Zone, 292-294

12. MB Bulturbayevich, TI Ikromjonovich, LEADERSHIP AND LEADERSHIP IN MANAGEMENT PSYCHOLOGY. Conference Zone, 271-276

13. TI Ikromjonovich, SCIENTIFIC AND PRACTICAL ASPECTS OF MANAGEMENT COMMUNICATION AND PUBLIC SPEAKING SKILLS AND SPEAKING METHODS IN MANAGEMENT ACTIVITIES Conference Zone, 233-236

14. TI Ikromjonovich THE ROLE OF COMMUNICATION IN THE EDUCATION OF INDIVIDUAL CHARACTER AND ITS PRACTICAL IMPORTANCE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN.

15. Toshpo'latov, I., & Usmonova, M. (2017). PEDAGOGICAL PROCESS, PECULIARITIES OF PEDAGOGICAL PROCESS, PRINCIPLES OF ITS ORGANIZATION. Теория и практика современной науки, (5), 1130-1133.

16. TI Ikromjonovich,. SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF THE EMBODIMENT OF THE PERSONALITY OF THE MODERN TEACHER. Journal of Critical Reviews 6 (5).

17. Toshpulatov Ibrahim Ikromjonovich. Mingboyeva Gulchehra Muhammadjonovna CONVERGENT AND DIVERGENT THOUGHT PROCESSES IN SCIENTIFIC THINKING.INTERNATIONAL JOURNAL OF RESEARCH IN COMMERCE, IT, ENGINEERING AND SOCIAL SCIENCES, 31-34

18. Toshpulatov Ibrohim Ikromjonovich. THE ROLE OF COMMUNICATION IN THE EDUCATION OF INDIVIDUAL CHARACTER AND ITS PRACTICAL IMPORTANCE. INTERNATIONAL JOURNAL OF SOCIAL SCIENCE & INTERDISCIPLINARY RESEARCH ISSN: 2277-3630

19. Toshpulatov Ibrohim Ikromjonovich. Abduxapizov Samandarbek Abdulkosim o'g'li PERSONALITY PROBLEM IN SOCIAL PSYCHOLOGY. International journal of Social Sciences & Interdisciplinary Research., under Volume: 13 Issue: 09 in September-2024. 30-33 <https://www.gejournal.net/index.php/IJSSIR>

20. Abduqahharova Nigora Adhamjon qizi. Toshpulatov Ibrohim Ikromjonovich. THE INFLUENCE OF THE SOCIAL ENVIRONMENT ON THE FORMATION OF PERSONALITY. International journal of Social Sciences & Interdisciplinary Research., under Volume: 13 Issue: 09 in September-2024. 34-38 <https://www.gejournal.net/index.php/IJSSIR>

<b>5</b>	<b>ISSN 2319-2836 (online), Published by ASIA PACIFIC JOURNAL OF MARKETING &amp; MANAGEMENT REVIEW., under Volume: 13 Issue: 11 in November-2024 <a href="https://www.gejournal.net/index.php/APJMMR">https://www.gejournal.net/index.php/APJMMR</a></b>
	<b>Copyright (c) 2024 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a></b>