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Abstract: *This article examines social problems and the role of psychological approaches in solving them. Social problems, including unemployment, education problems, health care, and crime, are considered. Methods for solving these problems through psychological approaches, including cognitive, behavioral, and emotional approaches, are analyzed. The effectiveness of psychological approaches in solving social problems is shown based on the ideas and research of Uzbek scientists.*

Keywords: *Social problems, psychological approaches, cognitive approach, behavioral approach, emotional approach, Uzbek scientists, unemployment, education problems, health care, crime, world experience.*

Social problems leave a deep mark on various aspects of human life. They hinder the development of society, harm personal well-being, and often lead to large-scale social crises. Therefore, the role of psychological approaches in identifying and solving social problems is invaluable. Psychology helps to understand problems more deeply by studying the human psyche, behavior, and social relationships. In this article, we will consider how psychological approaches can be an effective tool in identifying and solving social problems. These approaches are important not only in identifying problems, but also in solving them, and serve to improve the quality of people's lives.

If we study the scientific theories and research of Western psychologists in world experience, the French sociologist Emile Durkheim, in his works “Suicide” (1897) and “The Division of Labor in Society” (1893), stated that “Social facts are independent of personal facts, and special methods are required to study them.”

Social facts are values, cultural norms and social structures that transcend the individual and can exercise social control. Emile Durkheim defined this term and emphasized that the science of sociology should be understood as the empirical (practical) study of social facts. For E. Durkheim, social facts consist of customs of action, thinking and feeling outside the individual, which have the power of coercion and exercise control over them. Durkheim's research emphasizes the importance of studying social facts.

The term social learning was introduced by N. Miller and D. Dollard to express the vital formation of the social behavior of the individual. This is how the tasks of this scientific direction were formulated by its theoretical leader A. Bandura. The problem of socialization can be considered the main one for the development of American psychology in the second half of the 20th century

Albert Bandura's behaviorism of the 1960s is one of the bridges to cognitive models of learning. In this case, observation is a learning process that occurs without any learning activity, and the observed model may not even be aware that it is becoming a source of imitation for the observer. A. Bandura called this method of teaching social cognitive in 1925. Cognitive teaching assumes a greater degree of activity on the part of the learner, it can also be said that the individual becomes the learner. Social learning theory is the concept of self-efficacy. People learn their behavior by observing the behavior of others.

Social problems are widespread in society and manifest themselves in various areas. They include:

Unemployment: Economic and social problems are exacerbated in areas with high unemployment. For example, statistics from many countries show that the unemployment rate in 2023 was 9% or more, which negatively affects economic development.

Education problems: Insufficiently developed or unequal education systems. The quality of education in rural areas is lower than in urban areas, which limits the future opportunities of students.

Health care: Insufficient or expensive health services, as well as a lack of qualified personnel in the health system and underdeveloped infrastructure, create problems.

Crime: Increased crime rates and security problems. The psychological state of the population living in areas with high crime rates also worsens.

Psychological approaches play an important role in solving social problems. The following approaches can be considered:

Cognitive approach: Solving problems by studying people's thinking and decision-making processes. For example, cognitive therapy can reduce depression and anxiety.

Behavioral approach: Reducing social problems by changing people's behavior. For example, crime can be reduced by developing social skills.

Emotional approach: Overcoming problems through emotional stability and stress management methods. For example, stress can be reduced through meditation and relaxation techniques.

Social and psychological problems of young families: Psychological approaches are of great importance in stabilizing the family lives of young families. According to Uzbek scientists, including Professor Kh. Kholmatov, family problems can be reduced by conducting psychological counseling and training in young families.

Military psychology: Psychological services play a significant role in ensuring the psychological stability of military personnel. According to the research of Professor N. Niyazov, providing psychological assistance to military personnel increases their service efficiency.

According to world experience, psychological approaches are widely used in solving social problems in Scandinavian countries. For example, cognitive-behavioral therapy (CBT) programs are being successfully used to reduce unemployment in Norway. Also, psychological counseling and therapy services have been widely introduced in the US health system, which helps to improve the overall health of the population.

Psychological approaches play a major role in solving problems in the education system. The psychological state of students directly affects their academic success. If students are free from stress and anxiety, they will be more effective in the educational process. This will make a great contribution to the development of society in the future.

The importance of psychological approaches in solving social problems is incomparable. Through this, the psychological state of each person directly affects his social life. For example, people living in areas with high unemployment often experience stress and depression. This limits their social activities and further exacerbates problems in society. Therefore, it is very important to solve these problems through psychological approaches.

In conclusion, psychological approaches are important in solving social problems. The approaches and examples presented in this article will help in effectively solving social problems. Based on the research and ideas of Uzbek scientists, psychological approaches have been shown to be effective tools for solving social problems. World experience confirms that these approaches are successfully used on a global scale.

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