

амалиётга тадбиқ этиш, таълим олувчиларнинг креатив компетенцияларини ривожлантиришда таълим муассасалари интеграциясини ҳисобга олиш, педагоглар ва ота-оналар учун барча ёшдаги болаларнинг креативлик компетенцияларини ўрганиш ва ривожлантириш учун услубий қўлланмалар яратиш лозим деб ҳисоблаймиз.

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#### RESULTS OF STUDY AND ANALYSIS OF THE PSYCHO-EMOTIONAL STATUS OF THE UNEMPLOYED

**Lutfullaeva Nigora**

Tashkent State University of Economics  
Associate Professor of Innovative Education

**Annotation:** By the authors of this article Psycho-emotional states of the unemployed aged 18-60 years, an analytical approach to the problem of unemployment, functional structures of mental states in the unemployed and situations related to the expectations of the unemployed are covered.



of Washington and Lee.<sup>3</sup> An article entitled “The Psychological Impact of Unemployment and Joblessness,” by Murphy GC and Athanasou JA<sup>4</sup> “The effect of unemployment on mental health,” by Robert L. Jinning<sup>5</sup> An important resource was the study entitled “The impact of unemployment on health: A review of the evidence”. Also among the European scholars are Professor Thoroddur Bjarnason of the University of Albania and Professor Thordis J. Sigurdardot of the University of Iceland.<sup>6</sup> Psychological Distress during Unemployment and Beyond: Social Support and Material Deprivation Among Youth in Six Northern European Countries. Also from Israeli scholars Netta Achdut and Tehila Refaelining “Unemployment and Psychological Distress among Young People during the COVID-19 Pandemic: Psychological Resources and Risk Factors were also studied. Also, the monograph “Bezrobotitsa molodezhi: socio-economic aspect” by CIS scientists SN Ispulova, ED Yansarina and EN Mikhailova, EP Ilin<sup>8</sup>. Textbook “Psychophysiology of human health”, ES Tarkhanova<sup>9</sup> “Socio-economic aspects and dynamics of women’s unemployment in modern Russian society”, N.E. Petrovskaya<sup>10</sup> Sofya Tkachenko and GA Sokolov, “Tendentsii i strukturnye osobennosti bezrobotitsy (opyt SSHA)”, “Kakoy psihologologicheskiy uron naneset bezrobotitsa” and “Optimizatsiya psycho-эmotsionalnogo sostoyaniya studentov v period sessii” were reviewed and their opinions on this topic were discussed. done.

From Uzbek scientists prof. Textbook HPAbulkasimov “The human factor in the economy: formation, functioning and activation”, academician K. Abdurahmanov<sup>11</sup> The textbook “Labor Economics: Theory and Practice” and the scientific

works of several other Uzbek scientists were studied and used to shed light on the essence of our research on unemployment and its content.

### Research methodology

During this study, o ‘psycho-emotional state of the unemployed in UzbekistanA systematic approach and methods of analysis based on the socio-psychological survey were used. Research methods such as analysis and synthesis, comparison, deduction and abstraction were also widely used. In particular, the method of analysis has been widely used in the study of various international organizations and scientists’ definitions of the psycho-emotional state of the unemployed.

### Analysis and results

Unemployment is recognized as one of the major social, economic, psychological problems that directly affect the interests of man. , creates the turmoil of private life, leads to an increase in crime, delinquency in society, has a serious impact on the minds and psyche of people. In the current economic process, unemployment is mainly reflected in the fact that the supply of labor exceeds the demand for it.

According to the current legislation of Uzbekistan, the unemployed are persons between the ages of 18 and the retirement age, ie before the right to receive a pension, who do not have an income-generating occupation or a paid job, and are looking for work. able-bodied persons. The persons specified in the first part of this article, who have applied to the local labor authorities for assistance in finding employment and are registered by them as job seekers, shall be recognized as unemployed.<sup>12</sup>

It should be noted that the unemployed

<sup>4</sup> Murphy GC and Athanasou JA “The effect of unemployment on mental health” March 1999 *Journal of Occupational and Organizational Psychology* 72 (1): 83 – 99 DOI: [10.1348 / 096317999166518](https://doi.org/10.1348/096317999166518)

<sup>5</sup> Robert L. Jin “The impact of unemployment on health: A review of the evidence” *CMAJ*. 1995 Sep 1; 153 (5): 529–540

<sup>6</sup> Thoroddur Bjarnason Psychological Distress during Unemployment and Beyond: Social Support and Material Deprivation Among Youth in Six Northern European Countries *Social Science & Medicine* 56 (2003) 973–985 [https://doi.org/10.1016/S0277-9536\(02\)00109-0](https://doi.org/10.1016/S0277-9536(02)00109-0)

<sup>7</sup> Netta Achdut and Tehila Refaelining “Unemployment and Psychological Distress among Young People during the COVID-19 Pandemic: Psychological Resources and Risk Factors” 2020 Sep 30; 17 (19): 7163. doi: 10.3390 / ijerph17197163.

<sup>8</sup> Ilin E.P. “Psychophysiology of human condition”

<sup>9</sup> .E. S. Tarkhanova Socio-economic aspects and dynamics of women’s unemployment in modern Russian society UDK 331.56 DOI10.21685 / 2072-3016-2019-1-10

<sup>10</sup> Petrovskaya N.E. Tendentsii i strukturnye osobennosti bezrobotitsy (opyt SShA) // *Regionalnaya ekonomika: teoriya i praktika*. – 2018. – T.16, № 8. – S. 1445 – 1456. <https://doi.org/10.24891/re.16.8.1445>

<sup>11</sup> Kalandar Abdurahmanov Labor Economics: Theory and Practice / Textbook. Revised and Completed 3rd Edition. T.: State Enterprise “Fan” Publishing House of the Academy of Sciences of the Republic of Uzbekistan, T.: 2019.-

<sup>12</sup> Law of the Republic of Uzbekistan “On Employment” (new edition) // Collection of Legislation of the Republic of Uzbekistan, 2016, No. 52, Article 597

usually include not only those who have been fired for various reasons, but also those who have resigned voluntarily and are trying to find a new job. The structure of the unemployed by its causes includes 4 main categories of labor:

- those who lost their jobs as a result of dismissal;
- those who resigned voluntarily;
- those looking for work after a break;
- first time job seekers.<sup>13</sup>

The relationship between these categories depends on the stages of economic development. At the national level, there is a normal state of unemployment in the economy, ie the natural limit of unemployment, which should be 3-5%. To reduce unemployment, state employment programs will be developed, various enterprises and organizations will be built, new jobs will be created, staff training, retraining will be carried out, the Employment Assistance Fund will be established. is formed.

Unemployment in humans leads to various psychological changes and disorders in their psyche. This leads to the emergence of various diseases. It should be noted that the unemployed person initially develops disorders of intuition, memory, attention and perception.

*Attention* process in which the mind is directed to a particular object, process, or event, and the human mind is directed to a particular of these events. It is known that attention helps the mental process to be successful and effective. Therefore, a decrease in attention interferes with mental activity. Like all mental processes, attention is a manifestation of brain activity. As a result of the distraction of human attention, they develop apathy. That is, it is difficult for a person to focus on one thing.

Any disease that occurs in the body can lead to memory impairment. Memory impairment is especially common in diseases of the nervous system and mental illness. Memory impairments are common in cerebral atherosclerosis, Alzheimer's disease, toxic encephalopathies, chronic alcoholism, seizure-related hypertension, and a number of degenerative diseases. In general, any disease that negatively affects the integrative processes in the brain can lead to memory impairment. In this case, especially the memory decreases sharply.

The most common type of memory impairment is amnesia. Memory loss is called amnesia.<sup>14</sup> Memory impairment in humans is also related to the nervous system.

Unemployment in humans, as well as disorders of perception, attention, memory, directly affect his thinking. Through sight, man connects the external world through the senses. Exploring the world begins with perception and perception. We perceive and perceive the world around us through our sense organs, we reflect on events and things, the connections between them, in our minds, we think. Thinking, like other mental processes, is a product of the brain and takes place in the brain. We know that when the brain is damaged and disease processes take place in it, thinking is disrupted, and when the brain is underdeveloped, full thinking does not occur. On the other hand, it should be remembered that thinking, like other mental functions of man, is influenced by upbringing, study, and labor, as well as develops in the process of constantly communicating with other people. Thus, thinking is not only a biological but also a social reality.

Unemployment also affects a person's emotions, high levels of mood or mood swings in a person directly affect a person's heart area and lead to heart disease. The stress process also occurs in an unemployed person. Stress is an emotional process. The word "stress" is much more common in everyday life and in medical terminology. "Stress" in marriage is understood as stress and excitement. G. Selye divided stress into 3 main stages and described it as follows.

➤ The first stage is the anxiety stage. At this stage, blood pressure and body temperature decrease, capillaries fill with blood and alkalosis is observed, functional changes in the gastrointestinal tract occur, blood sugar decreases.

➤ The second stage is the resistance stage. At this stage, with alkalosis acidosis, hypoglycemia with hyperglycemia, arterial hypotension is replaced by hypertension, body temperature rises and the adrenal cortex swells, corticosteroids are released in large quantities.

➤ The third stage is the fatigue stage. At this stage, dystrophic changes are observed in the heart muscle, ulcers appear in the gastrointestinal

<sup>13</sup> <https://uz.wikipedia.org/wiki/Unemployment>

<sup>14</sup> Z.Ubodullayev, Medical Psychology. Economics and Finance.2008. Page 101

<sup>15</sup> Z.Ubodullayev, Medical Psychology. Economics and Finance.2008. Page 108.

tract, they are punctured<sup>15</sup>.

Another case of mental disorder is depression. Depression occurs on the basis of the most common emotional pathology today. Depression is a process in which one looks at the present and the future with uncertainty, as well as a lack of mood i.e. constant low mood, apathy, fatigue, not having a job, training and activity, or not striving for an activity, and is a process of attenuation of thinking ability. We know that slowing of thinking is a typical process for severe depressive states. As you can see, depression destroys or weakens all the positive activities that are inherent in a person, an obstacle to a person's development as a human being causes all the negative situations. At the same time, a depressed person becomes indifferent to others, looks sad, sad, careless, indifferent to everything, and often tears and cries. The mind of a depressed person is filled with sad, sad experiences. The present, the past, and the future seem sad to them. They look at the world as if wearing sunglasses.

Prolonged unemployment leads to a deepening of depression in people, prolonged depression, refusal to eat, an increase in family conflicts, high divorce rates, and most importantly, the conflict has a very negative impact on the psyche of children growing up in a family. possible. They also try to commit suicide. Why do they commit suicide? What are the psychological mechanisms of this? There are 3 types of suicide:

➤ A real assassination never happens suddenly. He is always accompanied by low mood, depression. Such individuals often appeal to the logic of life.

➤ In a covert assassination, a person chooses a covert type of suicide if he or she wants to draw the attention of others to his or her problems. Such people sometimes even go so far as to tell their closest people that they will commit suicide. But they ignore it or respond with a laugh. This type of assassination is most common among economically disadvantaged people.

➤ In a ceremonial assassination, people imitate when someone is suffering too much from something or when someone commits suicide.

All of the examples we cite relate primarily to the level of emotional arousal. This degree will

vary from individual to individual. Depression is often accompanied by neurasthenia and psychoasthenia. Severely expressed depressions occur in schizophrenia. Depression is also found in vascular diseases of the brain, toxic encephalopathies, chronic anemia, and somatic diseases that are difficult to cure. Euphoria and dysphoria, which are from various mood disorders, are also common symptoms. Euphoria is an uplifting, joyful mood and is a pathological sign. To them, everything around them seems joyful, attractive. They feel like the happiest people in the world (although there's no reason to do so). Dysphoria, on the other hand, is characterized by excessive irritability, resentment of oneself and others, and irritability over trivial matters. This can be compounded by ugliness, dislike, and malice. Dysphoria is common in epilepsy. In some mental illnesses, emotional ambivalence is observed: patients experience conflicting, incredible feelings at the same time.<sup>16</sup>

In unemployed people, a state of affect also occurs. The effect is derived from the Latin word 'affectus', which means emotional excitement, passion. fear, horror, anger, etc.). Affective depression occurs in stressful situations. In the state of affect, the activity of the internal organs changes, there are sharp expressions, the person's consciousness narrows, and the ability to control behavior is lost.<sup>17</sup> So, an affect is an emotional explosion that occurs suddenly, starts quickly and ends quickly, that is, lasts for a short time. There are 2 different types of affect.

➤ During a physiological affect, a person realizes his condition, that is, what he is doing. In this case, the person partially loses control, ie one can control one's actions and then memorize all events.

➤ During a pathological affect, a person is unable to control himself at all, a person experiencing such a pathological state may experience situations such as anger, rage, jealousy, which can easily lead to suicide. In pathological affect, a person has a narrowing of consciousness, and they also experience complete amnesia, so such people do not know what they are doing. This type of affect is more common in mental illness. Sometimes this affect can be observed in mentally healthy people. In a pathological affect, not all the

<sup>16</sup> Z.Ubodullayev, Medical Psychology. Economics and Finance.2008. Page 116

<sup>17</sup> <https://www.merriam-webster.com/dictionary/affect>

actions a person does are stored in his memory, and the person's actions are not controlled by the mind. Pathological affect can often also occur due to a violation of social relations with people. For example, injustice, infidelity, insults to a person or people also occur in other situations or as a result of the constant repetition of injustice towards a person. As a result, there are situations in which a person is unable to control himself strongly, which in psychology is called an 'affective explosion'.

In unemployed people, a state of apathy also occurs, which is an indifference to something, an action, or a situation. Apathy is a state of emotional indifference in which the patient looks at all things and events with extreme indifference. Sometimes they are completely immobile and the patients do not move from their seats at all. This type of apathy is most pronounced in schizophrenia, the elderly, and some types of brain tumors.<sup>18</sup> Apathy often occurs as a result of increased interests, worries, problems in the unemployed, and they lose motivation, passion, enthusiasm for any activity or process. Indifference is a lack of understanding of a person's goals, aspirations, values, and an obstacle in realizing them. In general, a state of apathy is experienced by a certain part of everyone's life, which is a natural state. But it creates serious problems for those who can't get out of such situations.

Apathy, in most cases, affects all aspects of human life at the same time. In general, this is due to a lack of interest and motivation in any field, which usually occurs as a result of emotional or psychological discomfort or loss of hope. categorization is considered useful:

- behavior
- cognitive
- emotional<sup>19</sup>.

People with apathy can only perform automated tasks, often they are busy watching TV, playing the phone. Although the set of symptoms of indifference has traditionally been viewed as a single problem, in a series of recent studies, several psychologists have suggested that there are several subtypes of it.

The first is general indifference. This happens in people who show all or most of the symptoms described above and therefore face major

problems in their daily lives.

The second type is called "behavioral indifference". Individuals who suffer from this do not have serious emotional problems because they continue to feel interest in their surroundings and can motivate themselves; but for various reasons their level of activity decreases sharply.

The third and final type is the opposite of the previous one and is called 'emotional indifference'. These are people who don't have strong feelings for anything that happens to them, but who act as usual and fulfill their responsibilities more or less effectively.<sup>20</sup>

It can be concluded that from the attention of unemployed people, various problems arise in memory, thinking, intuition. They cause depression, stress, affect and various other psychological, social, medical, economic problems.

In order to prevent problems that may be caused by the unemployed, it is advisable for a psychologist and psychotherapist to work together with the community in each of the neighborhoods in each area to regulate their emotional state. Various psychological disorders that occur in the unemployed, especially the unemployed, have a high level of anxiety, so the basis of measuring anxiety is to prevent high levels of anxiety in them with the help of various psychological methods, exercise training. Zero, har a person has a specific optimal or desired level of anxiety – this is called beneficial anxiety. A certain degree of anxiety is a natural and obligatory feature of an active person. Assessing a person's condition in this regard is an important part of self-management and self-discipline for him or her. The Spielberger-Hanin technique is based on concepts such as "anxiety" and "worry". When we talk about anxiety, it is common to understand an emotional state that occurs under the influence of strong emotions, unfounded or certain factors. Often, these symptoms can be observed in a person for no apparent reason. This condition, if it does not regulate vital activity, is a major anxiety disorder or anxiety disorder that can lead to anxiety disorder, a serious mental illness that can go away and even worsen over time. leads to We all worry at times, but with anxiety disorders, anxiety becomes very persistent and has a very negative and debilitating effect on a person's quality of life. In this case, for example, the Spielberger-Hanin scale can be

<sup>18</sup> Z.Ubodullayev, Medical Psychology. Economics and Finance.2008. Page 116

<sup>19</sup> <https://uz.warbletoncouncil.org/apatia->

<sup>20</sup> That source

used effectively.

When we used the survey method to study the psycho-emotional state of the unemployed, we obtained the following results (1-table). According to Table 1, 105 of the respondents, or 65.6 percent, survey is 76.3%.

were men, and the share of women in the survey was 34.4 percent. The distribution of respondents by level of education, with the largest number of respondents with higher education covering 122 respondents, which means that their share in the

Table 1  
Statistical analysis describing the demographic characteristics of the survey participants

Variables		Number of participants	The number of participants is in percent
Gender	Male	105	65.6
	Woman	55	34.4
Level of education	High	122	76.3
	Medium special	30	18.8
	Medium	7	4.4
	Incomplete secondary	1	0.6
Yoshi	50 to 60 years old	1	0.6
	40 to 49 years old	11	6.9
	30 to 39 years old	41	25.6
	25 to 30 years old	66	41.3
	20 to 24 years old	36	22.5
	18 to 20 years old	5	3.1
Marital status	Unmarried / unmarried	50	31.3
	Married	95	59.4
	Divorced / single parent	15	9.4

In second place are young people with secondary special education, who make up 18.8 per cent and those with the lowest participation in secondary education.

According to the table, if we look at the age of the respondents, the largest number of respondents was in the age group of 25-30, with a share of 41.3%, followed by 30th. Respondents aged 39 years accounted for 25.6 per cent, 20-24 year olds for 22.5 per cent and 18-20 year olds for 3.1 per cent. the results of our survey show that 59.4% of respondents are married and 31.3% are unmarried. The lowest share was in the share of divorced respondents, which was 9.4%. The largest share of respondents in the survey was teachers – 35%, economists – 32%. Engineers and accountants followed with 6 percent. The share of respondents with higher education in the above level of education is a large part, ie 76.3%, according to the current indicator, a specialty with a certain higher education diploma. we

can see that the percentage of respondents who have. The share of the remaining respondents in the survey is less, and we can see that they have certain professions and specialties. Table 2 analyzes the participants' answers about their job status, level of job search using social networks (internet, various social sites), opinions about the employment center, how long they have been unemployed or currently employed, but how long they have been unemployed we do According to the survey, the largest share of respondents – 49.7% – yes, marked the answer as an official bandman. However, as explained before participating in the survey, they were told that they would determine the answers based on the situations they observed while working but currently unemployed, and selected the appropriate answers accordingly. The next place was taken by 33.8% of respondents who answered that they are not busy, followed by 8.9% who were unofficially busy and 7.6% who were officially unemployed.

Table 2

Statistical analysis of survey participants' opinions on employment status, job search rate and employment center

Variables		Number of participants	The number of participants is in percent
Work status of participants	Yes I am an official bandman	78	49.7
	Yes I am an informal band	14	8.9
	No I'm not busy	53	33.8
	I am officially unemployed	12	7.6
Level of job search using social networks (internet, various social sites)	Yes	100	62.5
	No	57	35.6
	I don't use the internet	3	1.9
Respondents' opinions about the employment assistance center	Yes, that's great	3	1.9
	Yes, medium	5	3.1
	Yes, satisfactory	6	3.7
	Yes, unsatisfactory	20	12.5
	Yes, it doesn't work at all	24	15
	No, I did not apply	97	60.6
	I don't know there is such a center	5	3.1
How long have the respondents been unemployed or currently employed, but how long have they been unemployed before	For 1 month	17	10.6
	For 6 months	5	3.1
	For 1 year	5	3.1
	For a long time	17	10.6
	1 month	33	20.6
	6 months	19	11.9
	1 year	26	16.3
	Long time	38	23.8

Respondents' opinions about the Republican Employment Assistance Center were unfortunately very negative, 60.6 no, I did not apply, 15% or 24 responded yes, does not work at all, and 12.5% answered yes, unsatisfactory.

According to the response on how long the unemployed have been unemployed, the majority

of respondents marked the answer as having been unemployed for more than 1 month (Table 3). It also works now but, according to the response of those who were previously unemployed, the largest proportion chose the answer that I was unemployed for a month and had been unemployed for a long time i.e. more than a year.



Table 3

Statistical analysis of the views of the unemployed on family conflicts as a result of unemployment, the length of the job search, the culture of communication (treatment)

Variables	Number of participants	The number of participants is in percent	
If you are unemployed, if family support is on your shoulders, will there be conflicts in your family (when you are unemployed)?	Yes	32	20
	sometimes	56	35
	Often	14	8.8
	No	58	36.2
How long can the job search period be for you?	Up to 1 month	87	54.4
	Up to 6 months	38	23.8
	I can wait up to 1 year, be patient	19	11.9
	I can't wait for the negative changes in my psyche to happen	16	10
Can you enter into free relationships (communication) with people during the job search	It starts		
	Yes, of course	125	78.1
	No	18	11.3
How to get out of difficult situations while looking for a job	I didn't know, I didn't think so	17	10.6
	I don't have a hard time, I get out easily	35	21.9
	I stumble, in difficult situations	16	10
	I'll stay		
Usually when you think about work, do you feel uncomfortable, have pain in your heart area, your blood pressure rises, you have a headache, do you feel tired in your body?	I meditate, trying to find a way	95	59.4
	I get angry, I blame others, I get a chance	14	8.8
	Yes, I usually have the above situations, I feel uncomfortable	63	39.4
	No, I approach every job responsibly	97	60.6

According to Table 3, the statistical analysis of the survey participants' opinions about their employment status, job search rate, and employment assistance center is based on the survey results. According to him, if you are unemployed, if fami-

ly support is on your shoulders, will there be conflicts in your family (when you are unemployed)? We also included the questionnaire in our survey because it is natural for an unemployed person to have various conflicts in the family as a result of in-

adequacy if he or she does not have enough financial means or money to meet and provide for his or her daily needs. It is clear that the increase in the number of divorces in the family will lead to disturbances in the psyche of our children, who have an early future, especially those brought up in an unhealthy environment. For this purpose we also included this question in our survey. The number of respondents is 160, of which 36.2% do not have participants, 35% of respondents sometimes have conflicts, 20% yes, 8.8% of respondents often have conflicts, family wars marked as.

To the question "How long can I look for a job for you?", 87 of our respondents said they could wait up to 1 month, 38 respondents said they could wait up to 6 months, 19 said they could wait up to 1 year, and the other 16 said they could wait. It was assumed that negative changes would begin to occur.

According to Table 3, it is important to emphasize that the culture of communication is of paramount importance in the process of entering into communication and relationships, in the process of job search. "Can you have a free relationship with people while looking for a job?" 78.1% of our 160 respondents said "Yes, I can communicate freely", 11.3% said "No" and 10.6% said "I don't know, I haven't thought about it". That is, they do not know whether they will be able to communicate freely. In addition, 95 out of 160 respondents to the question "How do you get out of difficult situations when looking for a job?" so that determined their efforts to find a remedy. Thirty-five of our respondents said, "I'm not in trouble, it's easy to get out of difficult situations," while 16 respondents said, "I'm in trouble, I'm in difficult situations," while the other 14 respondents said, they said they would blame others but would get a chance no matter what.

"Usually when you think about work, you feel uncomfortable, you have pain in your heart, your blood pressure goes up, you have a headache, you feel tired in your body? 39.4 percent of our 160 respondents said, "Yes, I usually have the

above conditions, I feel uncomfortable." It is natural that 60.6% of our participants said, "No, I approach everything responsibly."

Of the 160 respondents to the survey, 27 percent said, "If you lose your job, how will your mood change in the first place?" mild and initially occurring disorders. While 25 percent of respondents identified the answer as worrying, 17 percent of our respondents said they feel insecure about themselves and my work. It is clear from these percentages that these disorders in the unemployed indicate a great change in their psyche, as well as that the unemployed are a great problem not only for themselves but for society as a whole. Nine percent of our respondents marked "Despair" when I was unemployed. It seems that frustration is also perceived as the highest level of disturbance in psychology, causing a person to be passive in relation to activity, and 9 percent seem to point out that stress occurs, which is a huge problem because when stress is said, stress is extreme. It is a process of nervousness and stress is considered by some of our psychologists as a positive process because every unemployed person experiences stress, some people can act for their goals as a result of stress, while in others stress is negative and it should not turn into distress. 6% of our participants were diagnosed with depression, it is worth noting that depression is currently the most common pathology, because a depressed person always walks in a low and depressed mood, looking at the present and the future with despair, such people are also dangerous to society. Since 5 percent of our respondents said they would be indifferent, it appears that a small percentage of our respondents identified this answer option. Indifference occurs as a result of depression, indifferent person loses the positive activities that exist in him, imagines himself unnecessary in society.

According to Table 4 below, the 160 respondents who participated in our survey asked what was (was) the reason for your unemployment? We received the following answer to our question.

Table 4

Statistical analysis of opinions on the causes of unemployment in the unemployed, the professional development of the unemployed themselves, the procedures established by the employer

Variables	Number of participants	The number of participants is in percent	
What caused (was) you to become unemployed?	Low salary	76	47.5
	Family relationships	34	21.3
	Health	10	6.3
	Conflicts at work	28	17.5
	Ignorance	11	6.9
	Mental illness	1	0.6
When you are unemployed, do you develop yourself (professionally, mentally, physically)?	Yes, I work on myself	96	60
	No, I don't want to	13	8.1
	I don't know, I'm not in the mood	26	16.2
	I have to think	25	15.6
If you don't like the rules set by your employer, do you try not to do the job (duties)?	Yes, I don't	47	29.4
	No, I will	73	45.6
	I do not know	40	25
Would you be upset if you were criticized?	No I'm not upset, if the criticism is right, I'll take it positively	102	63.7
	Yes, I'm upset, I don't like criticism	36	22.5
	I do not care	22	13.7
Do you set high standards for yourself, in relation to your own strength	Yes, my demands on my strength are high	135	84.4
	No, I have self-doubt	25	15.6
You have no interest in your work, you usually try to speed up time, do you want your work day to end sooner?	Yes, the sooner I finish my work, the sooner I leave	63	39.4
	No, I like my job, I don't even notice how time passes	97	60.6

The majority of our participants, ie 76 respondents, were found to be unemployed due to low monthly wages, while the second place was taken by 34 respondents due to various family conflicts or family relationships. 28 of our participants considered conflicts in the work i.e. manager-to-employee, employee-to-employee, employee-to-employee, employee-to-employee, and manager-to-employee conflicts are referred to as conflicts or conflicts in the case. While 11 of our respondents found that their lack of knowledge in their field was the reason for their unemployment, 10 of our respondents said that their health was poor. determined that they were unemployed because of a health problem. Only 1 participant in the survey admitted to being unemployed due to mental illness. In psychology, medicine, there are diseases such as epilepsy, schizophrenia, people with various problems in the process of work and are considered incapable of work.

Among the questions available in our survey, do you develop yourself (professionally, mentally, physically) when you are unemployed? 96 out of 160 participants said Yes, I work on myself, while 26 participants said no, I'm not in the mood. Twenty-five of our respondents said they needed to think, while the remaining 13 respondents who were surveyed said that if they were unemployed, they would be able to improve their professional, mental, and physical knowledge, skills, and abilities. that is, they do not want to have.

One of our questions, which is included in our survey, is that if you do not like the rules set by the employer, do you try not to do the job (duties) ?, the number of respondents is 160, of which 45.6% are 29.4% of our respondents indicated that they would not perform their duties if they did not like the rules, while 25% of our respondents indicated that they did not know whether they would perform or not.

According to Table 4, the number of respondents to the question "Do you set high standards for yourself in relation to your strength?" It is obvious that individuals with a certain specialization in higher education, who are unemployed for certain reasons, have relatively high demands on their development, in their potential. No, 25 of our respondents said that they have insecurity, that is, they have a fear of themselves when doing a task or achieving a goal.

You have no interest in your work, you usually try to speed up time, do you want your work day to end sooner? As a result, the person who has an existing job, loses his job, does not take responsibility for his duties as a result of various conflicts and disputes at work. ra may resign as a result of a lack of interest in his job and remain unemployed for a certain period of time until he finds another job, for which purpose we have included this question. Of the 160 respondents, 60.6 percent said, "No, I like my job, I don't even notice how time passes." 39.4% of our respondents said, "Yes, the sooner I finish my work, the sooner I leave."

### **Conclusions and suggestions**

The following recommendations can be made to prevent various problems that may occur as a result of unemployment:

1. Encourage and support the orientation of the unemployed to work.
2. Psychologists deal with each unemployed youth individually, as well as offer and provide various types of services in order to develop business plans, provide legal and economic assistance.
3. Organization of various courses, classes, events, master classes, seminars and trainings for the self-employment of the unemployed, the acquisition of entrepreneurial skills. It is also possible to set up an association or club of unemployed, mostly unemployed youth.
4. It is necessary to work with a psychologist and provide emotional comfort, create a healthy psychological environment in the loss of anxiety of the unemployed.
5. Given that the main part of the unemployed in the labor market is young people, to prevent various psychological problems that arise in them, to identify promising occupations, vocational training of the unemployed, short-term training courses, vocational training it is expedient to increase the number of schools, as well as to establish modern centers for vocational training, retraining and advanced training of unemployed youth.
6. It is necessary to organize and support psychological counseling rooms in free centers in order to prevent various problems that may arise in the psyche of the unemployed.
7. It is necessary to change the procedure for hiring young professionals. Today, many employers

are putting increased demands on a graduate of a university, most organizations do not feel the need to use youth labor, and as a result, many young people are unemployed. With this in mind, it is advisable to soften the recruitment criteria and create a flexible work schedule for them. This is

because the high demands on graduates now, the desire to cool off from their profession, to leave work and look for another job, during this time in their psyche creates a variety of depressive states, moods of protest.

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