



CORRELATION FEATURES BASED ON THE PSYCHODYNAMIC DIRECTION OF ANXIETY STATES MANIFESTED IN VICTIMS OF HUMAN TRAFFICKING

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Received: 20 th December 2022 Accepted: 24 th January 2023 Published: 26 th February 2023	In this article, it is stated that anxiety is the basis of neuroses, as well as correlative characteristics based on psychoanalysis.
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It is known that anxiety is a psychogenic change that occurs as a result of a violation of particularly important life relationships of a person and is manifested in specific clinical phenomena in the absence of psychotic phenomena. It is not always easy to determine this or that situation with psychological trauma, often the cause of changes can be a somatic factor that becomes psychotraumatic, on the other hand, it becomes difficult and sometimes impossible to eliminate or adapt to psychotraumas. Victims of human trafficking experience loss of social status, trust in others, conflicted family relationships, depression, insecurity, and low self-esteem due to their experiences.

According to Z. Freud, neuroses are a complex of anxieties based on the prohibition of desires. In the treatment of these complications, the role and importance of the psychodynamic approach based on the ideas of psychoanalysis is great.

It is known that the psychoanalytical concept of neuroses is based on Z. Freud's postulate that neurosis is the result of the pathogenic effect of internal conflicts of a person, which appear against the background of movements that he considers forbidden. According to Z. Freud, they are suppressed, forced into the unconscious. According to Z. Freud, the spiritual life of a person is an expression of unconscious mental processes. Z. Freud's theory is based on the fact that the essence of neurosis consists of conflicts between the unconscious and the conscious.

The psychodynamic approach to work with the anxiety that causes neuroses is one of the types of psychotherapy based on Z. Freud's psychoanalytic theory: classical psychoanalysis (Freud), A. Adler's individual psychology, K. Jung's analytical psychology, Rank's volitional therapy, Stekel's active analytical therapy, Fromm-Reichmann's interpersonal psychotherapy, Horney's characterological analysis (analysis), humanistic psychoanalysis (Fromm), Klein's ego-analysis, Sullivan's Interpersonal Psychotherapy, etc

The basis of this direction is the works of Z. Freud. Z. Freud was the first to describe the psyche as the meeting ground of instinct, reason and consciousness. The term "psychodynamic" focuses on the never-ending struggle between externalizing structures of the individual.

The content of the psychodynamic approach is to see the individual as the result of internal endless conflicts, in dynamic configurations.

The application of the concept of dynamics to man denies that human behavior can be willful or sudden. The psychodynamic approach assumes that determinism is defined by unconscious mental processes. Accordingly, attention is paid to the importance of the client's understanding of conflicting motives, the root causes of intrapsychic conflicts, and important solutions that solve the client's problems. In his works, Z. Freud shows various diseases in a person as a result of intrapsychic conflicts arising as a result of instinctive demand for life and resistance to it.

The main aspects of this direction:

1. Instinctive impulses, their manifestation, transformation and limitation (suppression) play an important role in the occurrence of problems.
2. The intensification of the problem is determined by the struggle between internal impulses and defense mechanisms.

The main goal of the psychodynamic approach in the psychocorrection of anxiety states manifested by victims of human trafficking is the understanding of unconscious situations. A psychologist working on the basis of a psychodynamic direction is focused on the victim of human trafficking, whose repressed impulses are limited to finding resistance to them. According to the concept of the psychodynamic approach, with the formation of awareness, changes begin to occur in the person of the victim of human trafficking.

The main processes of psychodynamic orientation:

1. Confrontation - identification of mental processes necessary for research by victims of human trafficking.

2. Clarification - separation of the identified processes from their main ones.
3. Interpretation (explanation) - determining the main meaning or reason of the events that happened.
4. Processing - integration of the material provided by the return in the context of the victim of human trafficking.

Methodology for determining the level of anxiety and analysis of the results of correction in psychotherapy. Anxiety about self-assessment based on psychodiagnostics; indicators of anxiety related to interpersonal relationships were determined and corrective work was carried out using psychotherapeutic exercises of the psychodynamic direction.

The average indicator was obtained in the analysis of the results according to the method of determining personal anxiety:

Anxiety about self-esteem

Control group 42 percent

Experimental group 33 percent

Anxiety about interpersonal relationships

Control group 31 percent

The experimental group accounted for 24 percent

If we pay attention to the obtained results, we can see a significant decrease in anxiety in the experimental group of subjects after psychotherapeutic correctional training. It can be observed that they have adapted to society, understood the social environment, understood the essence of civil roles and functions, and also adapted to a new environment. Anxiety related to self-evaluation is significantly lower in the experimental group after psychotherapeutic training, and they fully demonstrate their potential and abilities. Also, the fact that they have adequate self-assessment skills leads to a decrease in their anxiety. It is known that if we focus on the self-evaluation system during this period, we can see that they have a somewhat adequate appearance. At the same time, we can see that it is more important for them to react with awareness of their capabilities and abilities than the evaluation given by others. In practice, Z. Freud mainly used the catharsis method, Jung's method of active imagination, Horney's method of joint analysis of life paths, and Sullivan's psychiatric interview methods. In the provision of psychocorrective assistance to victims of human trafficking, the use of verbal methods, which mainly include independent associations, analysis of displacement and resistance reactions, analysis of cognitive actions, and analysis of unexpected behavior, is effective in the psychodynamic direction.

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