



THE PLACE AND SIGNIFICANCE OF PSYCHOLOGICAL KNOWLEDGE IN THE FIELD OF MEDICINE

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ABOUT ARTICLE

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Abstract: This article discusses the history of the development of medicine and psychology, their interrelationship, the components of medical psychology, the role of psychological knowledge in medicine, the role and importance of medical psychology in the human psyche today.

INTRODUCTION

The introduction of psychology into medical practice dates back to the 18th century, when Pinel wrote about the need to include a physician, administrator, and psychologist in the management of a psychiatric hospital. In the 19th century, scientists actively studied the psyche of somatically and mentally ill people and needed the help of psychology to analyze complex disorders of mental activity and behavior. At the beginning of the 20th century, medical psychology emerged as an independent scientific discipline. In the 2nd half of the 20th century, when many important works appeared, the field of medical psychology expanded, it began to be distinguished organizationally. Nowadays, medical psychology is more often called clinical psychology, its importance, possibilities and demand are increasing.

Medical psychology is a component of general psychology that studies the role and importance of the psyche in the origin of diseases. Medical psychology, literally, is a science that studies the psychology of the patient. But this definition cannot cover all its possibilities, of course. Because he studies all external and internal factors that cause disease in healthy people and looks for their causes. Medical psychology is a wide-ranging science that knows no boundaries. It has a long history and has gone through several periods in its development.

The goal of medical psychology is to approach the patient by finding methods that have an undoubted therapeutic effect, taking into account the individual characteristics of his personality. Medical psychology studies the following:

1. Interaction between medical personnel (doctor, nurse) and patients
2. stages of psychological formation of a person (psychology of childhood, adolescence, adulthood and old age)
3. Temperament, character and personality problems
4. principles of deontology and ethics
5. problems of psychohygiene and psychoprophylaxis
6. Principles of psychodiagnostics (psychometry) and psychotherapy (psychocorrection).
7. problems of medical and psychological expertise.

Clinical psychology is divided into the following sections according to the characteristics of the approach to various diseases:

1. pathopsychology,
2. neuropsychology
3. somatopsychology (psychosomatics)
4. psychopharmacology
5. deontological psychology
6. psychotherapy

Psychopathology, first of all, makes it possible to examine the disturbed and preserved functions of the psyche in mental diseases, as well as in other diseases, as well as the condition of patients, develops and implements various methods of psychodiagnostics.

Neuropsychology develops and implements methods of early and accurate diagnosis of local lesions of the brain and various mental diseases associated with them, deals with methods of rehabilitation of patients.

The connection between somatics and psyche has been proven for a long time - somatopsychology or psychosomatics studies the two-way connection between the origin of various diseases and the patient's psyche, personality. conduct research to identify behaviors and experiences that affect performance. They also recommend ways to improve health policy. Psychologists are working on developing strategies to reduce nicotine addiction and improve daily nutrition in order to promote health and prevent diseases. They also studied the relationship between the disease and personality traits. For example, health psychology has found correlations between personality traits such as anxiety, hostility-anger, emotional instability, depression, and on the other hand, over-drive.

As a branch of medical psychology, psychopharmacology is sometimes considered, which studies the effect of medicinal substances on the mental activity of a person, the mental changes that occur under the influence of these substances.

Deontological psychology - the psychology of working with patients deals with the problems of medical activity and psychological relations in the care of patients, the behavior and problems of medical workers in the process of influencing patients in various situations that arise in the course of this activity.

Clinical psychology plays an important role in prevention, rehabilitation of patients suffering from various somatic and mental diseases, psychocorrection of children and adolescents with intellectual disabilities, various expertise. One of the most important areas of the field is psychotherapy, the use of methods of psychological influence on the patient to achieve psychological well-being.

It would be a mistake to study medical psychology separately from other medical sciences. Any disease, in addition to the main treatment measures, also requires a psychological impact on the patient. For example, a surgeon calms a patient preparing for surgery with kind words, assures him that the

operation will be successful, and instills confidence in him that he will get back on his feet after the operation. Talking with the patient even after the operation is mainly aimed at raising his spirits and calming his nerves. Of course, the surgeon and other medical staff are engaged in this work.

It is known that serious diseases such as diabetes, heart disease, myocardial infarction, and stroke develop after severe emotional stress. Even gastrointestinal ulcers and blood diseases sometimes appear after mental stress. Mental influence is definitely involved in any diseases that occur in the human body. This requires every doctor to master psychology perfectly.

Preventing disease: Psychologists can promote health and well-being by preventing disease. Some diseases can be treated more effectively if detected early. Psychologists are working to understand why some people don't seek prevention, screening, and vaccinations, and are using that knowledge to develop ways to encourage people to get tested for diseases like cancer and heart disease. Psychologists are also finding ways to help people avoid risky behaviors (like unprotected sex) and encourage healthy behaviors (like brushing your teeth or washing your hands regularly). Psychologists also train medical personnel, including doctors and nurses, to effectively communicate with patients and learn how to overcome communication barriers.

CONCLUSION

Medical psychology has developed under the influence of all natural and concrete sciences and has been recognized as a separate science all over the world. Today, we have witnessed that the focus of many diseases that develop and arise in the body is directly related to the psyche. even in somatic diseases. The role of medical psychology in working with such patients and learning how to prevent diseases is important, and this is the reason for the increase in the need and demand for this science.

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