# Providing Psychological Support to the Population of the Aralsea Region

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**Abstract**

A number of innovations are needed to study strategies for solving environmental stressful and environmental-psychological problems of the Aral Sea region. Taking into account the ecological crisis in the Aral Bay area, it is necessary to determine the main psychological tasks aimed at attracting psychologists and organizing joint actions to solve environmental problems in this region. It is necessary to provide comprehensive psychological services in order to eliminate environmental stress, a strategy for solving the environmental and psychological problems of the Aral Sea region.

**Keywords:** Aral Region, psychological support, population.

## Introduction

In order to radically improve the environmental situation in the Aral Sea region, accelerate the socio-economic development of the region, and improve the lifestyle of the population, it is necessary to introduce psychological services in them. In terms of the prevention of environmental problems, it is necessary to reconsider the types of psychological and practical services for the population in the Aral Sea region.

In the Aral Sea region, it is expedient to organize psychological services aimed at solving large-scale complex environmental and psychological problems, designed to solve problems related to the human psyche, taking into account risks.

• psychological diagnostics of the population in environmental stressful situations (tests, questionnaires, and other methods);

psychological counseling of the population in crisis environmental situations;

• organization of psycho-corrective work of the population, which forms the motivation for environmental actions in order to combat environmental problems;

The study of strategies for solving environmental problems and environmental and psychological problems of the Aral Sea region should be carried out by combining all areas of psychology that serve practice.

## Main Part

When solving environmental problems from a practical psychological point of view, three different stages must be taken into account:

• Research - the study of models of development and formation of personality to develop technologies, methods and methods of applying ecopsychological knowledge in various social systems.

• practical tasks for studying the strategy for solving environmental and psychological problems - special educational programs, development of methodological materials on applied psychology, creation of draft regulatory documents for such activities.

• when creating a strategy for solving eco-psychological problems, it is necessary to ensure that permanent practical tasks are directly related to the professional activities of a practicing psychologist.

When creating a strategy for solving environmental and psychological problems, we use the areas of applied psychology, namely:

1) Psychoprophylaxis, for all segments of the population, prevention of handicap in children and youth in educational institutions, creation of a favorable environmental and psychological climate in educational institutions, development of environmental and psychological development for school psychologists, creation of programs, development of psychodiagnostic work for psychologists to study the inhabitants of the Aral Bay , provide environmental and psychological knowledge, including the implementation of measures to improve.

2) Psychodiagnostics, obtaining psychological information about each person or population group, providing accurate knowledge and information based on generalized scientific theory and diagnoses.

3) Psychocorrection, carrying out psychological corrections by purposefully influencing certain areas of the population's psyche, as well as the development of psychocorrectional programs, practical recommendations, guidelines appropriate for age and gender;

4) providing psychological assistance to the population, providing a person with the necessary psychological information and creating conditions - as a result of communication with a psychologist - giving consultations aimed at effectively eliminating life's difficulties;

5) Conducting psychotherapeutic work with the population - providing healthy psychological practical and clinical assistance to a client with severe psychological problems without manifestations of mental illness. Organization of medical and practical psychological support, studying the forms of psychological support of the human psyche and related problems.

Psychodiagnostics, psychological counseling and psychotherapy are the least standardized directions in creating a strategy for solving environmental stresses, environmental and psychological problems of the Aral Sea region, since they require creativity from the psychologist and a constant search for urgent solutions in each specific case and provide a field. Our psychologists need to learn to understand the essence of mental phenomena associated with the environment and their patterns, to use the knowledge gained from experience to improve the effectiveness of networks of practices in integration with other networks.

**Conclusion**

Modern scientists say that carelessness and inattention to nature increasingly complicate our relationship with nature. The complexity of the human condition is that he can understand all the problems. However, due to the fact that they fully understand the root causes of the problems, the interaction and the importance of the many components that make it up, they cannot develop measures related to it. Human life is characterized by instability of socio-economic and political conditions of life, an increase in the number of natural disasters and man-made disasters, an increase in crime, uncertainty about the future, and a lack of psychological preparation for extreme life. For this, the problems of psychological preparation and readiness for life in socio-psychological conditions, as

well as the problems of providing psychological support to children and adults in extreme and difficult conditions, remain relevant. It is emphasized that in the 21st century humanity is concerned about maintaining a balance between natural and artificial. The fact that interpersonal relations in the social environment change depending on the ecological climate and the geography of human behavior requires study as a special science. The environment and the development of human character types are also important in social psychology.

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