

Socio-Psychological Factors Are The Effect Of person's Mental Health

MuazzamTulkinovna Isakova

*associate Professor of psychology candidate of psychological sciences,
Pedagogical-psychology faculty Department of Psychology
Ferghana State University, Uzbekistan
Email : muzayana68@mail.ru*

ABSTRACT:

Human health is of paramount importance to life on earth. It is the basis of human health to take care of this blessing given by the God almighty, to spend it without wasting it, and to restore it. The article explores the views of scientists who have conducted research on a person's mental health. 432 people participated in the empirical study. Their concepts and knowledge of mental health were explored and the importance of mental health in overall human health was explored. Also employment, personal financial situation, health, leisure time, family friends, home education, cultural recreation, economics, public administration, religion and religious beliefs, personal freedom (rights), neighborhood, interpersonal relationships, daily life (living conditions), the degree of impact of factors such as proper nutrition on individual health was studied. Each of these factors affects the mental state of the person, his views, orientation, goals, worldview, general health. The results were analyzed mathematically statistically, the reliability value was determined. Conclusions are given.

Keywords: mental health, factors, employment, religion, cultural life, interpersonal relationship, daily life

1. INTRODUCTION

The pandemic problem facing the world's population today proves that health, human life values and the development of society are an integral chain, and the problem that occurs in one part of this chain will inevitably change the entire system of social life. The problem of the pandemic, which has managed to show its danger all over the globe, in due time has shown to each person the medical culture, mental stability, perception of a healthy life, cooperation in social relations, the level of consensus. Today, experts from all over the world emphasize that not to give in to mental turmoil, depression, desire to live, to restore health in peace, not to lose their healthy values can be the basis for overcoming any disease. This requires enriching the knowledge of health research with new approaches and perspectives.

There are views that the maintenance of a person's mental health depends on the environment in which he lives and the content of existing relationships, and even longevity depends on how much he loves life, overcomes fear, sincerity and a sense of joy in the success of others. Various problems on a global scale today, environmental degradation, rapid changes in technical progress are affecting the content of interpersonal relationships, increasing subjectivism, the emergence of diseases associated with mental health disorders. In addressing these issues, it is necessary to pay attention to the fact that a person has a system of positive values, acquired knowledge, spiritual wealth, a level of satisfaction with life. The problem of

health has been recognized as one of the priorities of scientific knowledge in recent years and is at the center of urgent scientific research, which requires a comprehensive study. (A.A.Bodalev, G.T.Ghanjin, A.A.Derkach (2000); B.S.Bratus (1988); I.I.Brekhman (1990); I.M.Bikhovskaya (2000); D.Vutulkas (1997); S.Ganeman (1992); O.L.Danilenko (2000); V.P.Kaznacheev, E.A.Spirin (1991); E.R.Kaliteevskaya (1999); V.P.Petlenko, D.N.Davidenko (1998); A.B.Kholmogorova, N.G.Garaan (1999) have studied a number of issues such as the fact that health care is a comprehensive process and the factors that contribute to it. The study of health problems, in particular the mental health of a person, is an integral part of a healthy lifestyle and forms the basis of an individual's mental health system. (V.Elderkin, R.S. Silver, H. Waitzkin, 1998; K.C. Schou, J. Hewison, 1998, U. Flick, 2000; J. Gordon, 1996; M. Murray, K. Chamberlain, 1998; R. Schwarzer, R. Fuchs, 1995; H. Stam, 2000; H. Stam, 2000; S. Wilkinson, 1998). It is emphasized that the need to expand and deepen scientific knowledge in this area stems from the specific needs of medical and psychological health practice.

New trends in the development of our society are being considered as one of the main values - human health, including his mental health. To address this issue, additional research in the field of mental health, the study of important components, the study of the relationship of mental health to interpersonal relationships is one of the current topics of the day, and to solve this problem in today's pandemic also led to the initiative.

Research methodology

Scientific hypotheses of research are:

1. The influence of mental health on a person's mental health, that is, the ability of a "mentally normal person" to organize his health properly
2. A person's perception of a happy life depends on his or her mental health and can be differentiated according to age and subcultural factors;
3. The process of professional socialization is also likely to affect the socio-psychological characteristics of a person's mental health;
4. The socio-psychological features of mental health are likely to be the content of interpersonal social relationships;
5. There is a connection between a person's mental health and the satisfaction of his needs, the degree to which life values are formed.
6. There may be a subjective effect of existing social stereotypes on a person's mental health.

We used the following methods at the research:

- Questionnaire method of determining the factors affecting a person's mental health
- Methods of data processing: correlation, factor analysis, content analysis
- Scientific conclusions and reliability of conclusions.

The interdependence of an individual's mental health were studied, the empirical and mathematical-statistical data processing methods were used in accordance with the goals and objectives of the study, and the factors influencing an individual's mental health were analyzed. The results were calculated based on the X-square criterion. The calculation was performed using Microsoft excel 2000 and SPSS 11.5 versions.

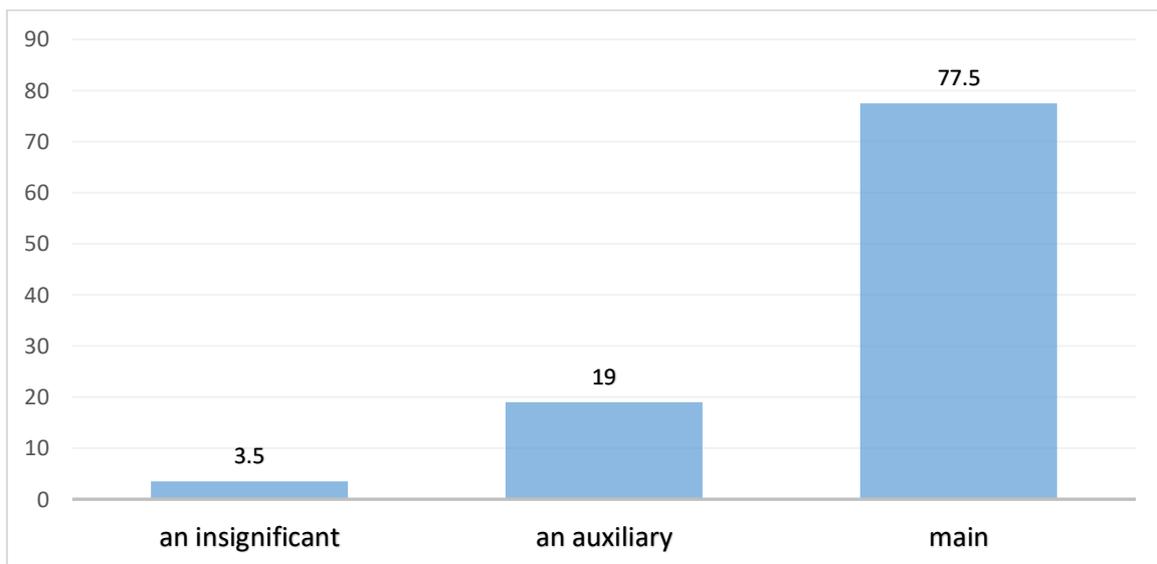
Procedure

The study was conducted in September-October 2019 in different parts of Ferghana region. In the regions, conversations were organized with respondents about people's own health, attitudes to it, attention to their own health. The majority of respondents cited many social factors that affect mental health, including living conditions, ecology, economy, governance, culture, and many other factors. A comprehensive understanding and information on the

concepts of mental health and physical health was provided. Among the factors cited, it was suggested that the factors affecting mental health be selected and presented in a more concise manner. The majority of respondents identified fifteen factors that they selected. We then asked which of these factors would determine the degree of impact on a person's mental health. 432 respondents of different social status, different ages, genders, different regions were involved in the research. Factors selected by respondents were: employment, personal financial status, health, leisure time, family friends, home schooling, cultural recreation, economics, public administration, religion and religious beliefs, personal freedom (rights), neighborhood, interpersonal, relationships, daily life (living conditions), proper nutrition and etc. Prior to the study, respondents were informed about the health of the individual, the factors that affect him, the factors that lead to health disorders. They were also asked to determine the extent to which 15 factors (primary, secondary, minor) affect a person's health. They were also asked to provide their personal opinions that could be added on each of the 15 factors suggested for comment. The results of the study were analyzed on 15 given factors.

2. RESULTS

From the analysis of the data obtained, it is clear that 77.5% of respondents identified employment as a key factor for a person's psychological health (figure1).



Figur 1. The results on factor "Employment".

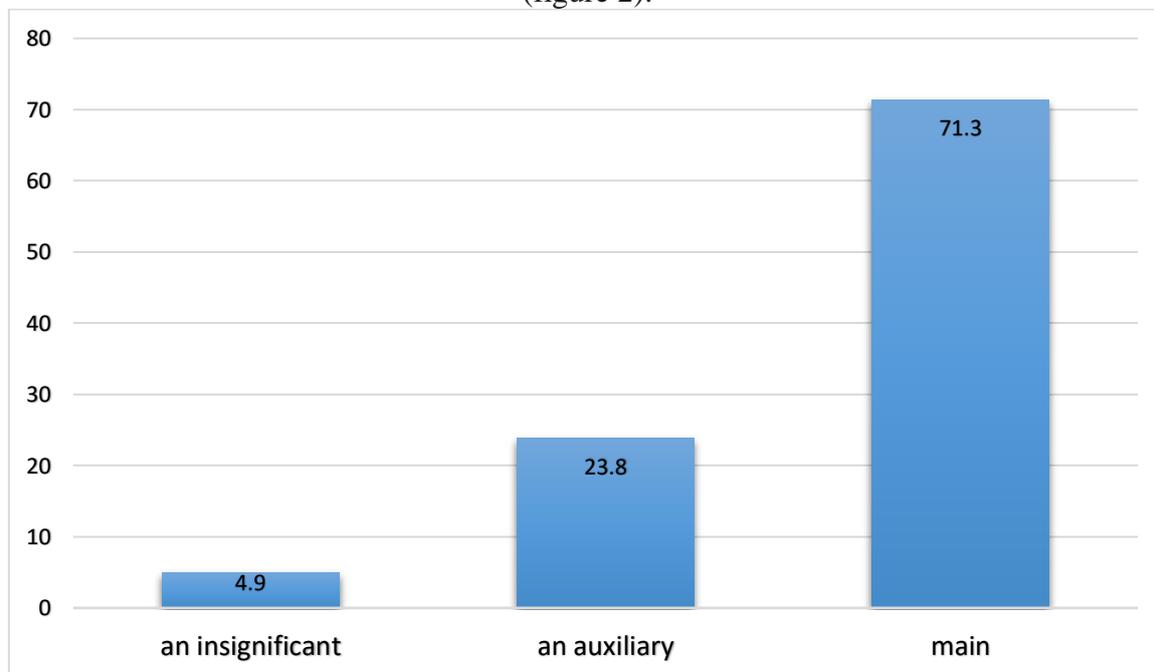
Respondents suggested factors such as "employment" and "availability of economic income" as equivalent to the employment factor. At this point, we present the feedback received from the participants as a result of the work done in the framework of a project. We implemented the project "Development of knowledge and skills of rural women in the development of social entrepreneurship" with the support of the International Eurasia Foundation. The project organized a three-month course for 85 unemployed women in the village of Chimbogish, Buvayda district, Fergana region, in three areas: business development for young entrepreneurs, sewing and design, cooking for women from different walks of life. The aim is to train women in handicrafts and help them find employment. At the end of the three-month training course, we moved on to a conversation-testing process on how to prepare the

cookies, dishes and confectionery that the cooking course participants learned. During the interview, we asked them, "How did you feel about studying in this course?". "My self-confidence has increased," "I bake sweets, I earn a little money independently, I make cakes to order." "I am glad that I can find the money to buy pens and notebooks for my children. This is a small contribution to the family budget." Another respondent said, "My children, my wife, my mother-in-law are grateful that I prepare as many different cakes for breakfast as possible every day". He also told his neighbors that he had received orders for various events and had personal money because of the cakes he had learned in a short time, that his mood was improving day by day, and that he felt that life was more and more unique and "beautiful." The rest of the course participants expressed similar views. "Having a job gives life an interest, direction and purpose," she said. Employment increases self-confidence, teaches to set goals in life, stimulates self-awareness. Unemployment can lead to feelings of depression, boredom, and frustration that prevent other people from accepting you, which negatively affects a person's health. Unemployment can also negatively affect family relationships. Employment provides stability, security, and peace of mind in a job satisfaction and job satisfaction mood. This is also the reason why respondents cited employment as a key factor for psychological health.

In general, it is recognized that the importance of labor for men is related to social development and income opportunities, while for women it is related to interpersonal communication and psychological comfort at work. Accordingly, no homogeneous social class differences were found. We also looked at the correlation with the 14 other factors that led to the employment factor. The correlation between employment and personal financial status is $r = 0.2113$, with a confidence level of $p < 0.001$.

Respondents stressed the importance of personal financial status, financial security, and financial independence in human mental health. This gives a person a guarantee of stability and peace. Respondents cited this factor as the main factor and accounted for 71.3%

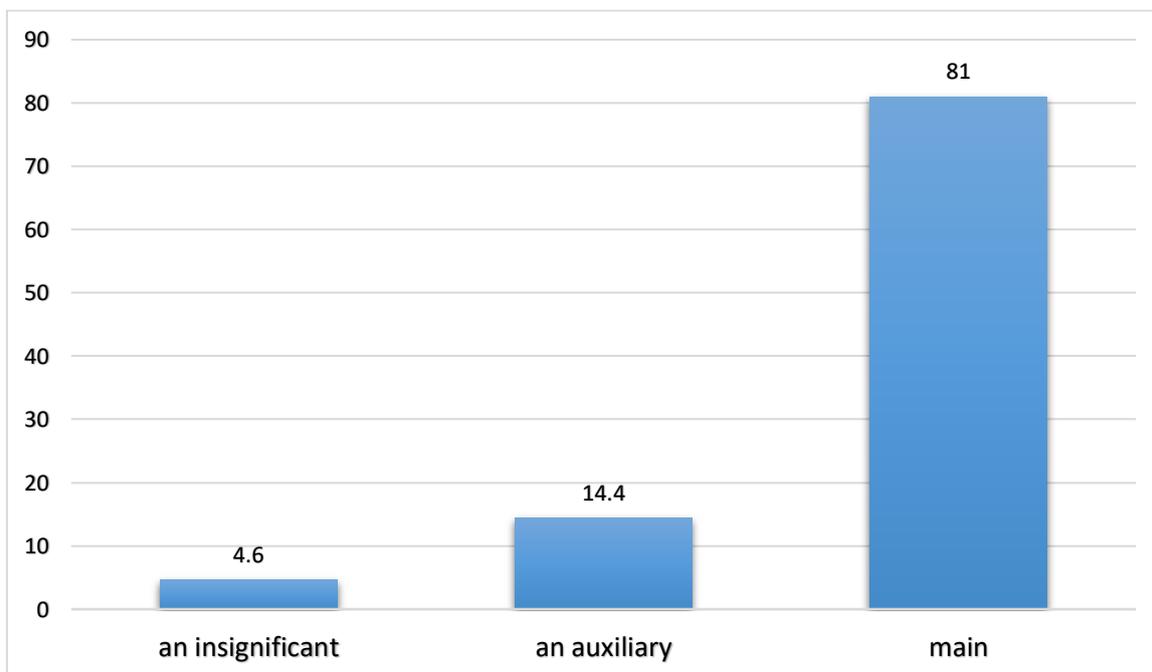
(figure 2).



Figur2. The results on factor "Financial independence"

Money is seen as the foundation of well-being and other factors that affect health, such as attending cultural events, buying books, buying a home, and pursuing hobbies, provide an opportunity. Respondents felt the link between money and mental health was very strong and said there was no question of mental stability in the face of poverty and lack of money. "A person's money, his financial situation is measured by his wealth, so they are also a key factor in well-being," he added. However, some respondents who identified personal financial status as a contributing factor are unsure of the link between money and health. 28.8% of respondents said that people's psychological health is not related to money, but to a complex mix of intellectual, material and social factors. An individual's financial situation, i.e., people's attitude towards money and knowing that they are adequate, can be influenced by an individual's background, family and the way he or she is raised, or by an individual's values and the environment in which he or she lives. Wisdom is important in determining how a person works with money, "If someone takes away their money, there is nothing left. But a smart person cares not to lose his money, even taking precautionary measures to expand it for himself or future generations." formed. Personal financial security is a guarantee for women. It means that they are free, not dependent on anyone. Some respondents clearly identified debt as a factor that negatively affects health, among other personal factors in the questionnaire, and viewed it as a major source of insecurity.

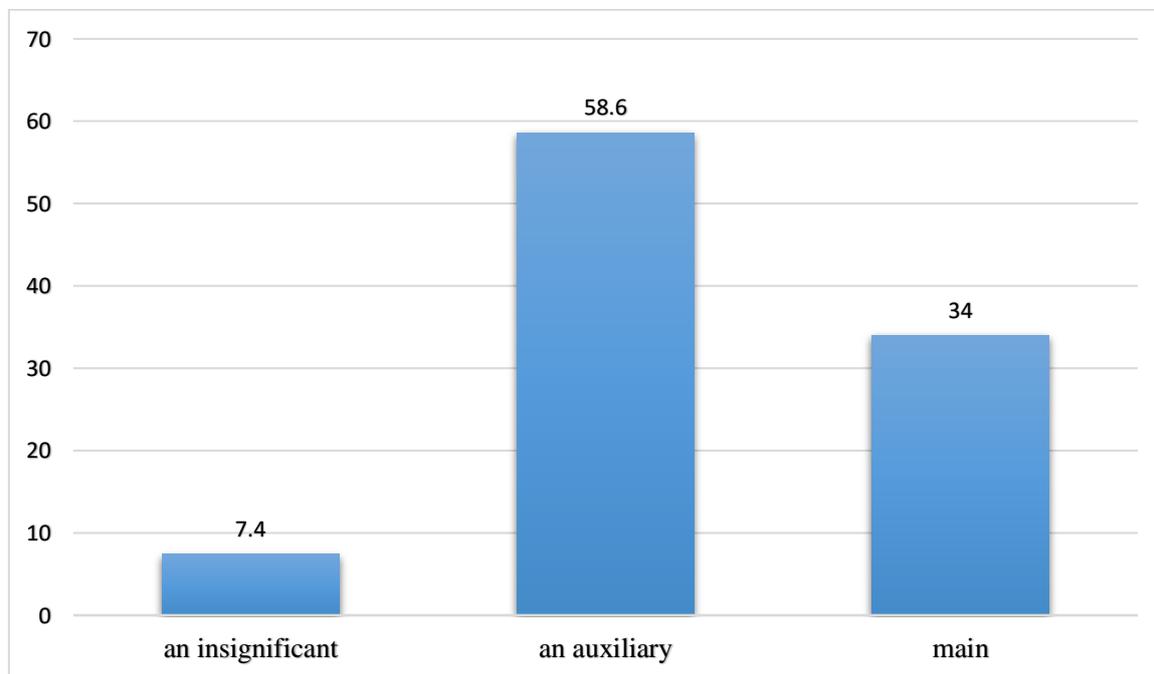
Respondents' responses on the impact of health on mental health were 81 percent (figure 3). The basis of health is personal health. Health and its maintenance were considered as a very important factor influencing mental health. It was seen as an illness, suffering, or the absence of any weakening or disconnection from social life. Feeling bad about health is something that forces people to understand health as a factor in health. But in the broadest sense, health means not only the absence of disease, but also the relief from pain and fear, as well as various mental afflictions.



Figur3. The results on factor "Public health"

Health applies not only to emotions, but also to having an aesthetically pleasing body. Life expectancy is also considered an important indicator of health. Respondents found it important to stay healthy by following a healthy lifestyle. Respondents: "If I am not healthy, there will be no well-being. If you are healthy, you can use many other factors as a positive state of mind, such as spending time with your family, doing hobbies, participating in cultural life and going to work. Factors that affect human health: stress, environmental and air quality, poor eating habits, alcohol consumption, smoking, family relationships, spending too much time on the computer and watching TV. Money also has some effect because people who have money pay more attention to their health. Health includes not only physical health but also mental and spiritual health. This is a key, important factor in physical health. However, mental health is related to other aspects of the psyche, such as whether someone is satisfied at work or at home or in family life. A person's kindness also affects the health of their loved ones, such as close relatives, because of their obligation to care. Most of the older respondents added, "If I'm sick, my whole family is sick. They want to help because I'm suffering, but they can't". The result of the correlation with health employment is $r = 0.205$, the confidence level is $p < 0.001$. Respondents see health as a factor in ensuring their mental stability so that they can receive help when they need medical care. This is seen as the closest link between health and money. More money means better medical care, medicine, and treatment in private medical hospitals staffed by strong, experienced professionals that can have at least some health impact. "I have the opportunity to treat myself when I'm sick and buy medicine when my kids are sick. I should go and see a doctor", he said.

58,6 % is as an auxiliary factor in opinions expressed about the impact of leisure time on an individual's overall health (figure 4).

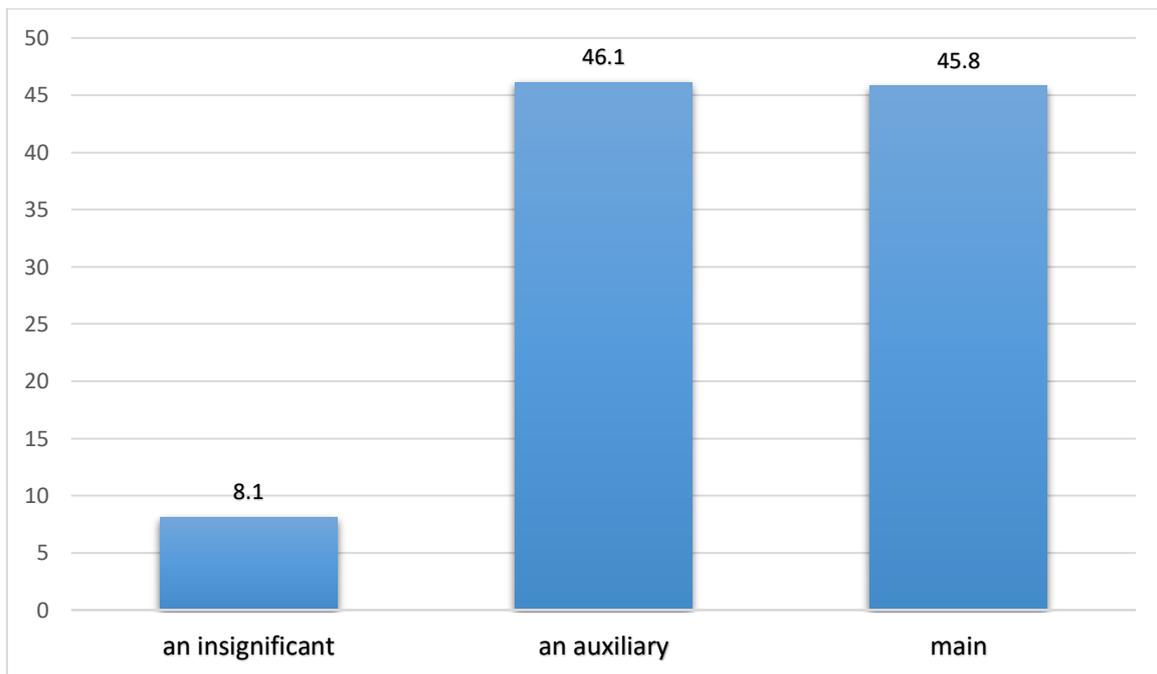


Figur4. The results on factor "Leisure"

Leisure has been discussed in detail as a factor influencing mental health. The correlation result of the relationship between leisure and daily life (life) is $r=0,1457$, reliability degree

$P < 0,05$. Respondents say that their free time is mainly spent in the family, in the company of relatives, in conversations with them, in the exchange of ideas, in showing love to each other, doing household chores together, as well as engaging in any useful activity (hobby). They believe that having a good time is important in interpersonal relationships, in finding meaning in life. Therefore, the correlation result of leisure and interpersonal relationships is $r = 0.1076$, reliability degree $P < 0,05$. For those who live in the city and are busy, leisure is an important way to find work. 36% of respondents saw leisure as a way to find balance in work.

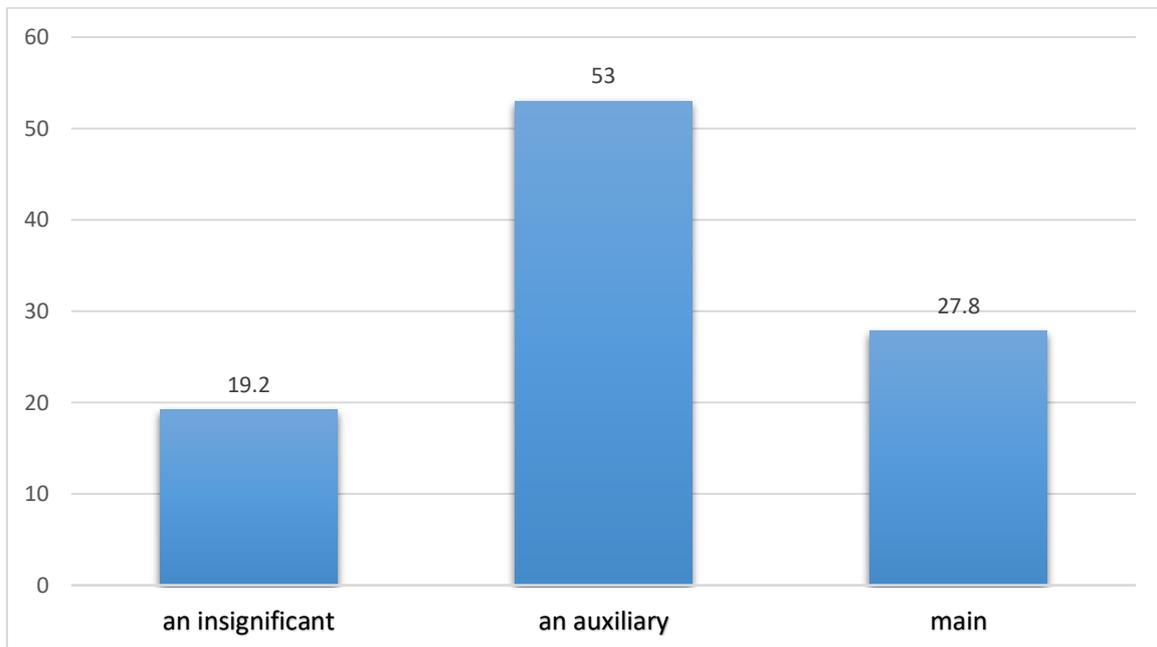
Respondents said that family friends were 45.8 percent voted as the main factor influencing a person's mental health, while 46.1 percent voted as an auxiliary factor (figure 5).



Figur5. The results on factor "Family friends"

Family friends: acquaintances, neighbors, and colleagues Harmony in social relationships is seen as an anti-stress tool. This factor has been identified as one of the few factors affecting the human psyche that is not directly related to the exchange of thoughts and feelings and money. Respondents also suggested that "If I have millions, but people don't like me, money doesn't bring me a good income". In interpersonal relationships, friends contribute to a person's health in the following ways: empathy in good and bad days, relaxing together, supporting each other, sharing, relying on emotional or material things, a source of strength and power. Older respondents rated friends and a person's contribution to the social environment as an important factor in mental health.

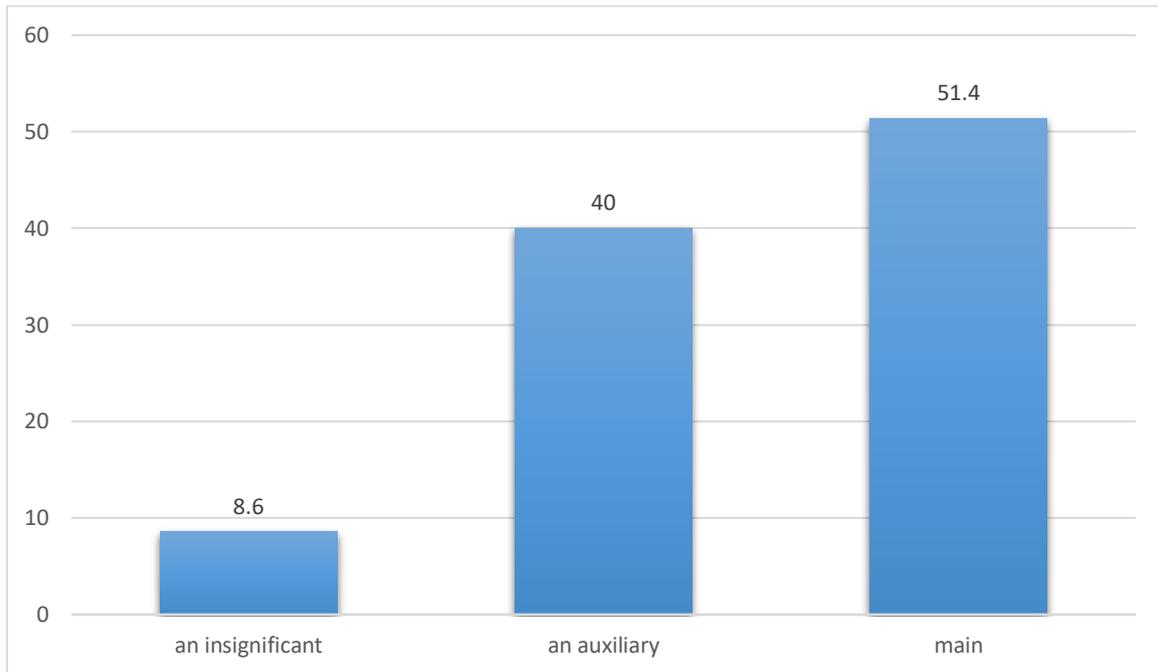
According to the respondents, 53% voted for the impact of mental health on family education (figure 6).



Figur6. The results on factor "Family education"

Family education provides specific recommendations for improving family upbringing as a form of social practice. Respondents cited educational opportunities as a key factor for mental health by 27.8 percent. They associated it with opportunities to study and acquire professional skills. How a person approaches their own health is directly theirs depending on the level of literacy. Man always feels the need to know, to get new information. By improving and expanding knowledge and ensuring regular continuity of education, a person will be able to take a better approach to their health, apply preventive measures in a timely manner, lead a healthy lifestyle, diagnose disease in a timely manner, provides first aid and quality medical care. Education is not only concerned with the formal acquisition of knowledge, but also with the general desire to mentally explore the new world; engaging in general education such as learning to drive a car, ensuring personal development through cultural activities or additional courses. Lack of knowledge occurs in people who do not understand or do not understand the best opportunities. Those with perfect knowledge, deep knowledge are considered to be more independent, more self-confident, have better skills to take care of themselves and achieve well-being, better job opportunities and better pay, are more satisfied with what they have and value their social status more. "If you have a higher education, you will have more opportunities in society", "Independent work and study will allow you to get the most necessary knowledge", "It will never be too late to get an education, do not choose a special place to study If there is interest, "said 27.8 percent of respondents. The level of knowledge of the individual improves the social conditions that contribute to the investment of society in education, in general, the mental health of the individual, the well-being.

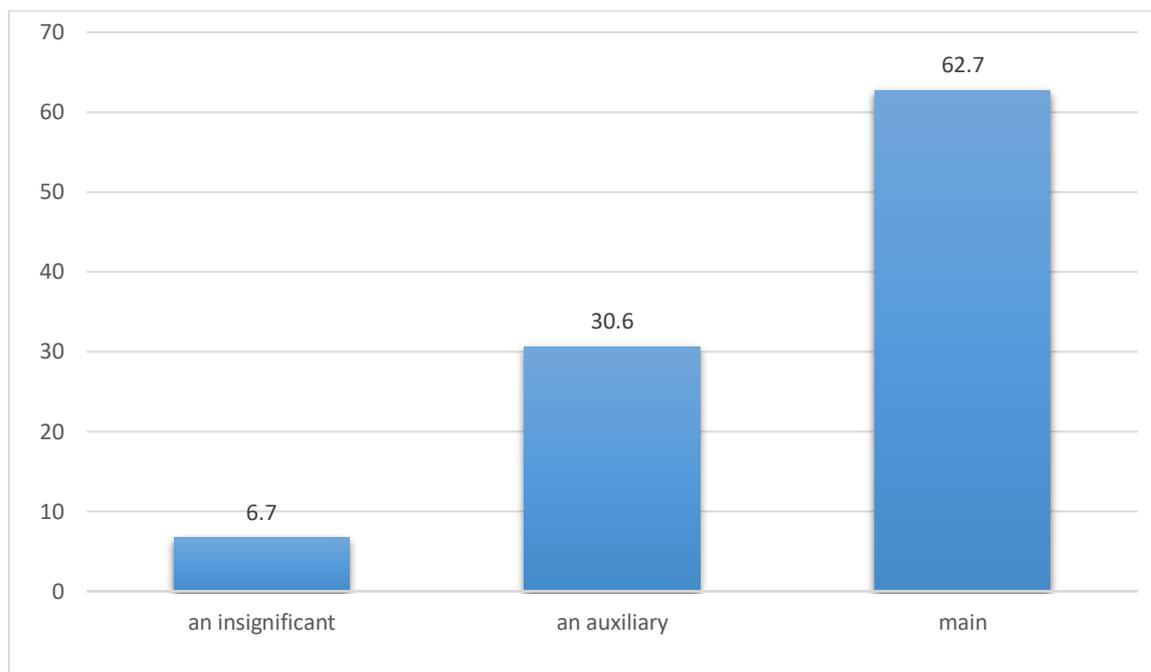
The impact of the cultural life factor on a person's mental health was 51.4 percent as the main factor and 40 percent as the auxiliary factor (figure 7).



Figur7. The results on factor “Cultural life”

Cultural life includes activities such as personal care (massage), walking, driving, self-deprecation, listening to music, going to the movies, going to the restaurants, eating with friends, exercising, being friends with sports, going to parks, bars, clubs, cafes, going to exhibitions, theater and cinema, socializing with friends, training with hobbies, dancing, singing, knitting, as well as making time for oneself. In addition to this, traveling, collecting something, have a positive effect on one's mental health and so on. All respondent claimed that all of them effect on our health.

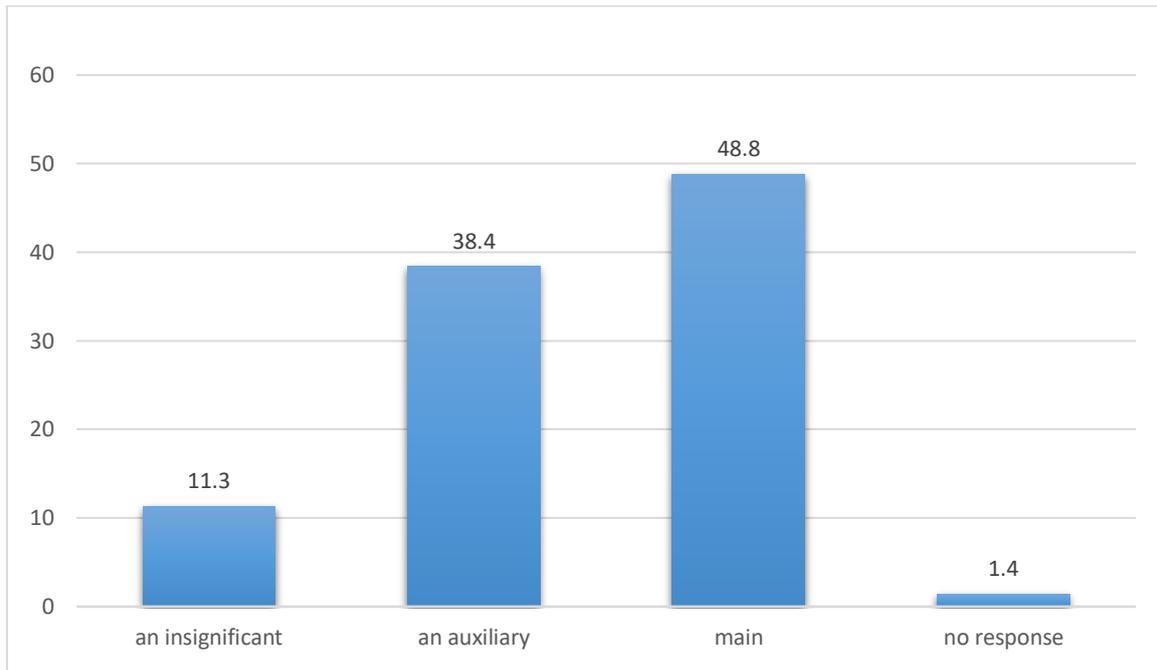
The economy means not spending money in this useless place. Respondents assessed this factor only as a primary and secondary factor. 62,7 per cent of respondents said it was the main factor, while 30,6 per cent said it was a secondary factor (figure 8).



Figur8. The results on factor “Economics”

Economics teaches management of unlimited needs, efficient use of limited resources. A set of economic means, objects, processes used to meet the needs of human beings by providing labor through the creation of the necessities, living conditions and means necessary for human beings through the use of labor. Covers social relations in the field of production, exchange, distribution, consumption. Respondents highlighted the economic and technological development of the country as a factor influencing social and individual well-being and, in particular, the mental health of the individual. They have a similar perspective on the relationship between an individual’s financial status and an individual’s employment status. When we spoke to some respondents, 6.7 percent said, “As we all know, the economy in our country is bad and it will ruin my job. It negatively effects on my mental health”.

Management (in economics) - the process of regulating and directing the state of the economic system of the economic entity; means the purposeful influence of subjects, agencies on people and economic objects in order to direct their activities and achieve the desired results. There are economic, administrative and socio-psychological methods of management. In the economic method of management, economic tools are used to achieve the expected goals. The correct use of these tools (planning, technical and economic analysis, profit, profitability, price, credit, financial incentives, taxes, etc.) plays an important role. By exposing the personal and group interests of the people who make up a production team, their effective performance is ensured (e.g., paying workers extra wages, giving bonuses, rewarding them with big money, and other incentives).The administrative method of management is carried out on the basis of orders and directives. The administration classifies departments, groups, as well as employees within its economy and defines their duties, responsibilities and rights. It carries out planning, distribution of resources, profits, finished products, use of funds in a centralized manner.While 48,8 percent of respondents identified the impact of public administration as a key factor, 38,4 percent as an auxiliary factor, and 11,3 percent as an insignificant factor, 1,4 percent of respondents identified no response (figure 9).



Figuer9. The results on factor “Management”

A free and democratic society is a state system that creates the conditions for the economic and political situation in society. This affects everyone and creates the conditions for living. Public administration is related to individual freedom, with a correlation result of $r = 0.1418$ and a reliability degree of $P = 0.01$. “If I had lived in a society with no economic or political constraints, I would have had no peace, tranquility, or could not live,” the responses said. The rule of law was seen as an additional factor in health, and social security depended on clear and enforced cohabitation rules for all. Feeling that a person’s rights are respected and that someone is protected to a certain extent by the government has a positive effect on their mental health. Public administration is related to religion and religious belief, the correlation result is $r = 0.2326$, and the confidence level is $P = 0.001$. The fact that religious education centers and religious universities have been established by the state as a result of the state’s attitude to religion to meet the religious and spiritual needs of the people is a proof of our opinion.

However, it was felt that the media’s coverage of bad news and negative events, as well as the screening of low-level foreign films that promote a foreign culture that runs counter to our mentality, had a negative impact on the mood of some respondents. News from other countries or events in the world (e.g., pandemics, earthquakes, floods, other natural disasters, etc. that threaten the world in general, etc.) may increase respondents’ concerns. Respondents stressed that the security of the state and its peace, social instability in society are very important for the mental health of people.

The influence of religion and religious belief factor was identified by 64,6% of respondents as the main factor and 28,9% as the auxiliary factor (figure 10).

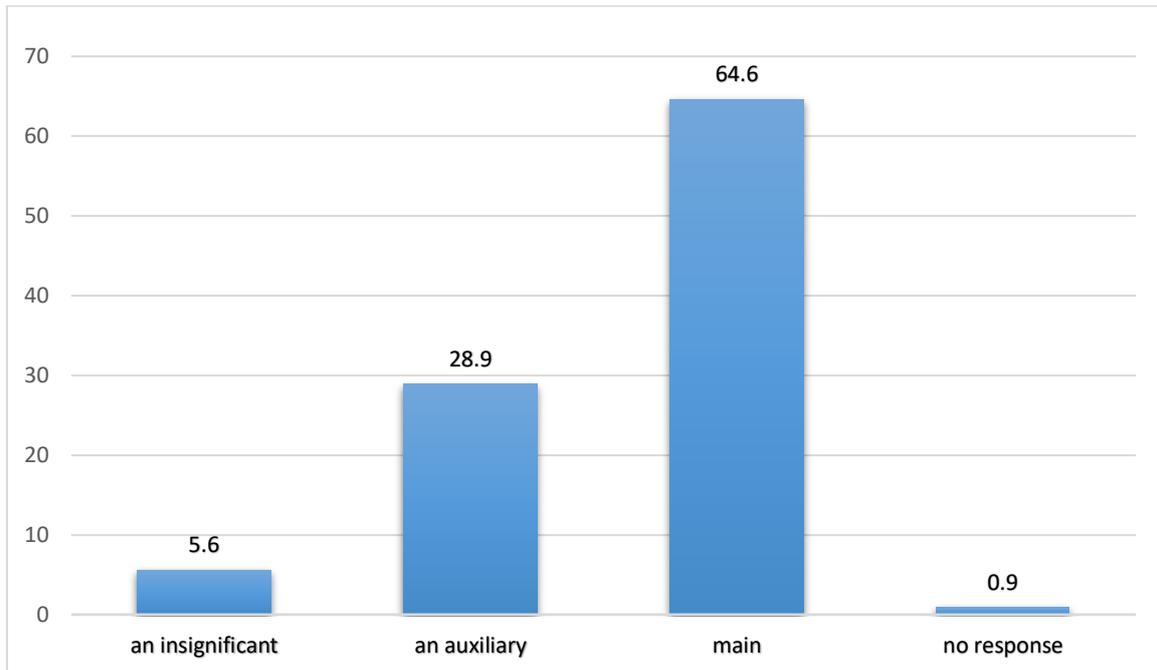


Fig10. The results on factor “Religion”

Religion is a special way of imagining the creation of the universe, life, manifested through certain teachings, emotions, prayers and activities of religious organizations, a unique way of perceiving it. According to the teachings of Islam, religion is a divine law that must be introduced by God through His prophets to the world of mankind. Religion is a doctrine that expresses belief in the divine power that created nature and man, and at the same time shows and teaches man the right, true way of life. Religious belief is a concept used to define a person’s attitude towards religion. Freedom of religion is enshrined in Article 31 of the Constitution of the Republic of Uzbekistan. It states: “Freedom of conscience is guaranteed to all. Everyone has the right to believe in any religion or not to believe in any religion. Forced assimilation of religious views is not allowed. “Respondents noted that they believe in Islam and see religion as part of their lives in the traditional sense, and that religion has a positive effect on a person’s peace of mind, patience, and mental health. He defined religion as a factor that gives meaning to a person’s life, meaning to his activities, and has the power to change personality traits and worldviews”. There are reasons why 5,6% of respondents define religion and religious belief as an insignificant factor, which may be that they have not felt or have not noticed or observed its positive or negative impact on people.

The impact of individual freedom on the psyche was rated as a key factor by 72.7 percent of respondents. Personal freedom is a legal status that allows a person to live freely and ensure the realization of their opportunities and demands in the economic, social, cultural and political spheres (figure 11).

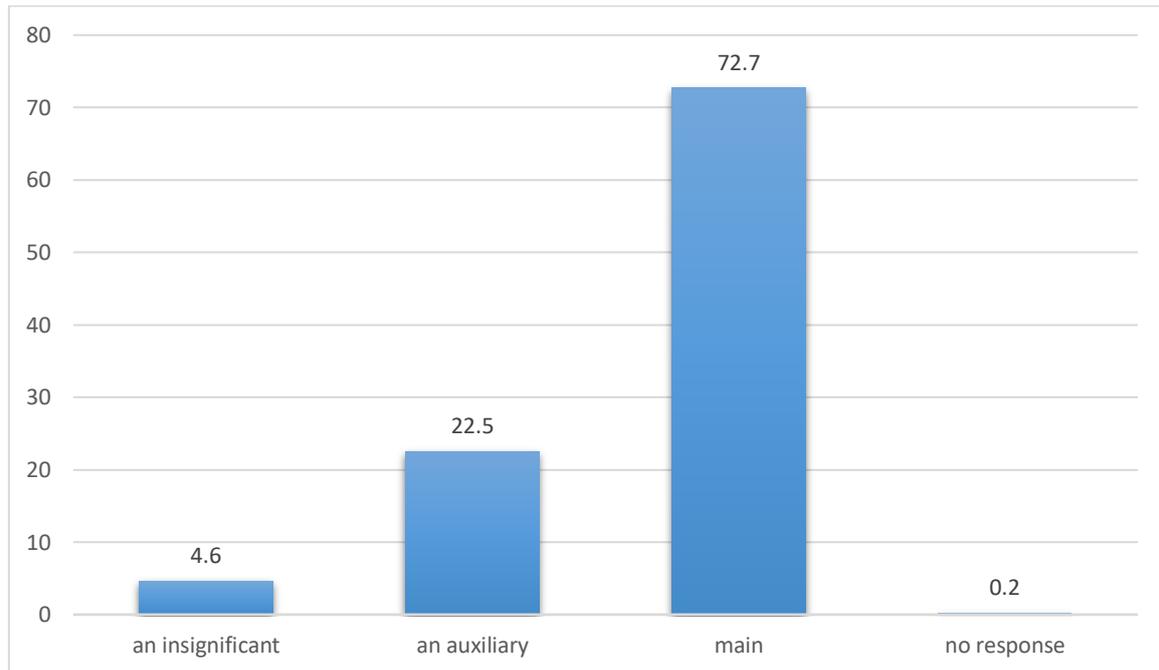


Fig11. The results on factor "Freedom"

Observance of human rights and freedom is the basis of the constitutional order of the Republic of Uzbekistan. The Constitution is based on the equality of all citizens before the law, the principles of respect for the rights of others, the inadmissibility of the exercise of their rights and freedoms at the expense of the legitimate interests, rights and freedoms of others, social justice and solidarity. The constitutional rights of citizens in providing, receiving and transmitting information, the rights and obligations of the couple in the family, the concepts of legal knowledge and legal culture, the free expression of their views were considered as a key factor in health.

They stated that the freedom of the individual is enshrined in the Constitution and that all freedoms: free medical care, freedom of thought, compulsory general education, etc., have the potential to affect a person's mental health.

Neighbourhood was cited by 50.9 percent as the main factor and 42.8 percent as the auxiliary factor. The habit of neighbourliness is valued as a value in Uzbek mentality (figure 12).

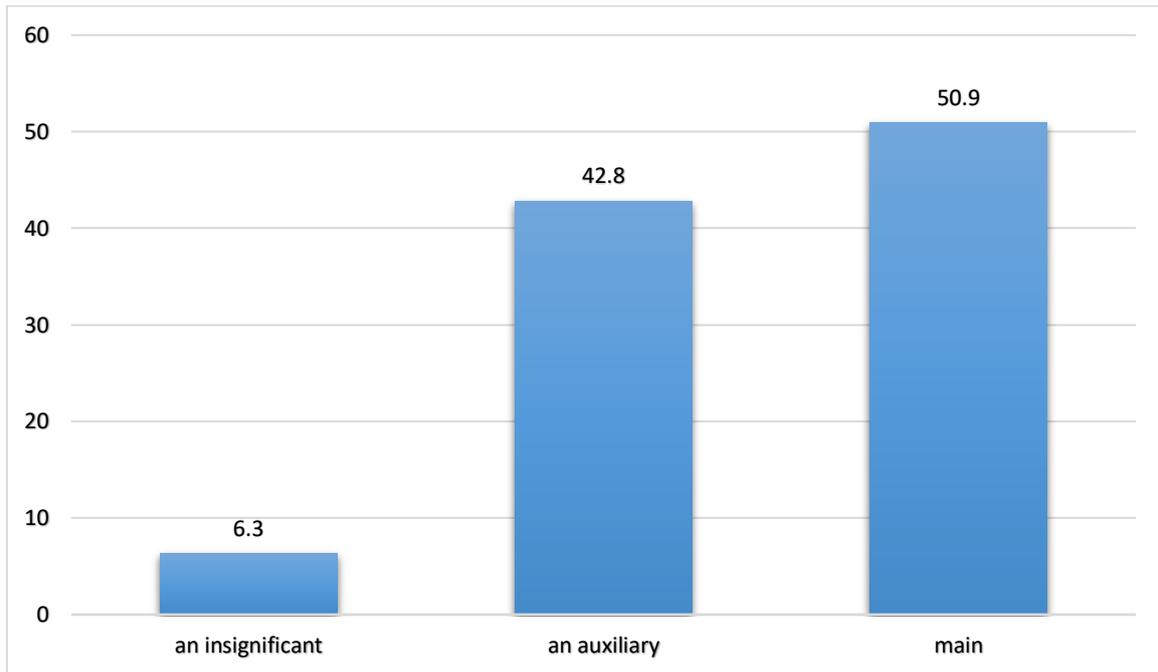


Fig12. The results on factor “Neighbourhood”

Relationships of trust, balance, security, stability in the neighbourhood, mutual support and understanding in difficult times, attention and mutual assistance, peace, solidarity have a positive impact on a person’s mental health. The proverb “Peace be with you, peace be with your neighbour” is not in vain. The fact that neighbours are kind, forgiving and sincere to each other is one of the key factors in the development of a society. Doing good to neighbours serves to strengthen human ties in society, to make society stronger.

61.8% of respondents identified interpersonal relationships as a major factor influencing mental health (figure 13).

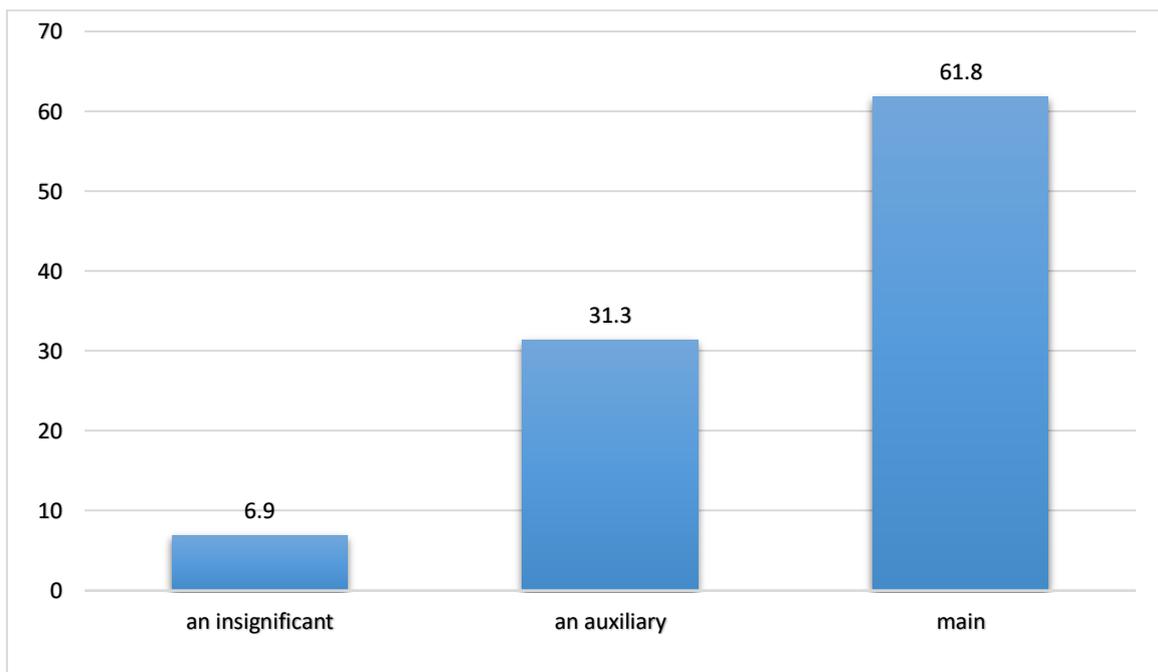
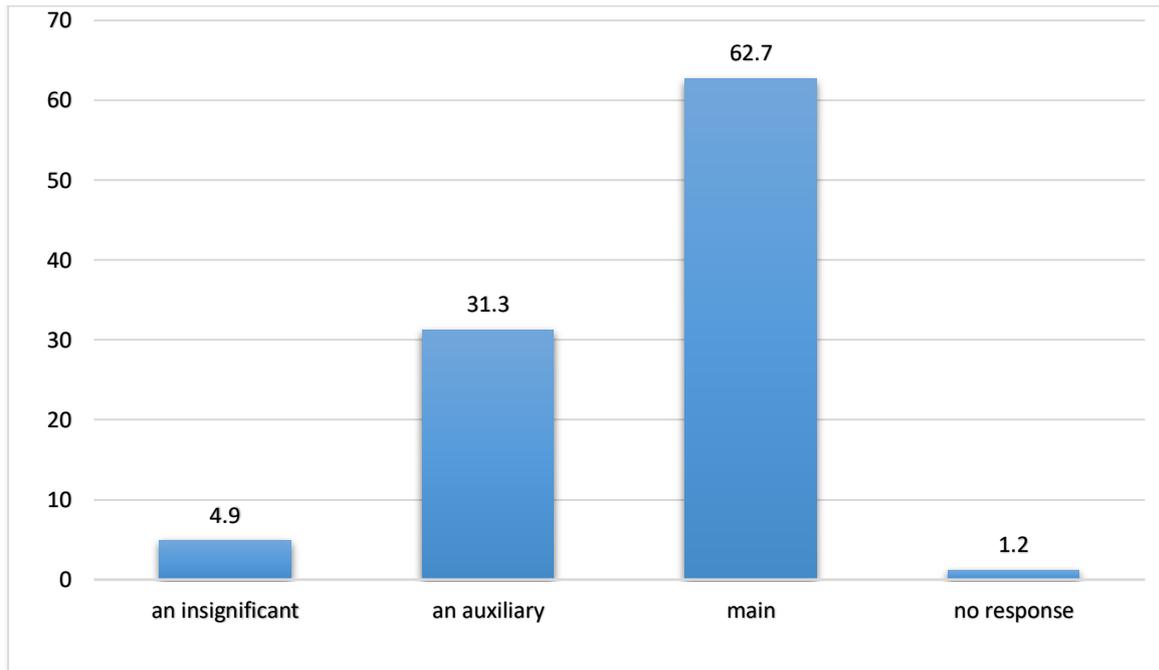


Fig13. The results on factor “Interpersonal relationships”

It is emphasized that the main manifestations of interpersonal relationships take place in the family. Indeed, the purest and purest feelings, the first vital concepts and imaginations of a person are formed first of all in the heart of the family. Spiritual criteria and views that determine a person's character, nature and worldview - sacred concepts such as goodness and kindness, nobility and kindness, honor and dignity - are determined in the family, as a result of relationships between family members. The family has functioned to maintain interpersonal relationships, create living conditions, give birth to a healthy generation that will renew society, and nurture and prepare this generation for social life. The coexistence of its unique aspects, that is, peaceful, loving, open, supportive members of the family, creates an opportunity for emotional health in the individual, as they have emotional stability and the ability to share. Respondents' opinion that “ Life is hard, but it is very important to have a family that supports you ” is proof of our above thoughts. Respondents also added that “if one of the family members is chronically ill and is experiencing uncomfortable days or there are conflicts in the relationship between family members, the family may also have a negative impact”. Interpersonal relationships are the result of correlation with factors of daily life, proper nutrition $r = 0.2335$, reliability level $P = 0.001$.

The culture of daily life consists of a system of stable and long-term relationships between man and the natural social environment. The culture of daily life is embodied as the moral and material values of society, and in terms of aspirations, goals, formed behavior, and long-term thinking, it includes a way of living that meets its various needs based on existing laws, traditions, and procedures. The culture of daily life is the order of people's daily activities, which is connected with living conditions, responds to them, implies their use to one degree or another. It is the way each person gets married, or in other words, the way they live. Living conditions, on the other hand, are a combination of lifestyle-mediated and conditioned factors, in other words, living conditions are a set of material and spiritual factors that affect daily life.

The study noted the quality of living space, environmental friendliness, access to a number of services, the quality of public services in the area (transport, schools, waste collection), proximity to nature and the absence of air pollution and adequacy of living space as factors in mental health. Respondents said, “My house is my castle. My four walls are very important to me. This is my personal shrine. And I feel safe and happy there”, “We need to learn to use cars as a precaution because they have a big impact on air pollution”. That's why we need to introduce cycling in big cities as well”. Only 4.9 percent of respondents said the impact of daily life was insignificant (figure 14).



Figer14. The results on factor “Mood of life”

It was clear from the interviews that good housing conditions and soft words, soft food, polite and pleasant neighbours are very important for the elderly group of respondents. Because older people, despite their zeal, are physically weaker and more cautious. They were found to be very eager to feel at home and build good relationships with their neighbors.

71.5% of respondents identified proper nutrition as a key factor in a person’s health (figure 15).

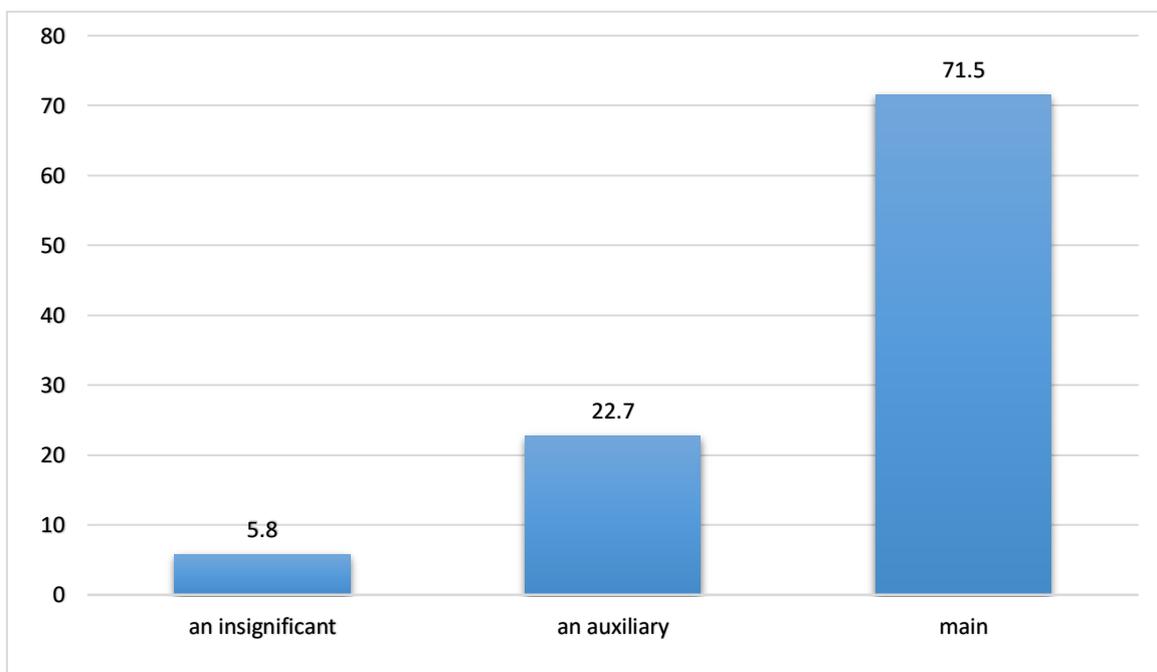


Fig 15. The results on factor "Nutrition"

Proper nutrition includes quality nutrition, quality vegetables, meat, fish, the right mix of foods, organic food and a balanced diet that is not too much fat. Respondents have shown that proper nutrition and adequate quality food and water are a source of mental health. We also received responses such as "Health depends on any proper nutrition, but you also need to know how to eat properly", "Lack or absence of pleasant, delicious food can have a serious negative impact on a person's psyche directly". Responses such as, "If a meal prepared with kindness, rather than my favorite food, is served to the table, I will thank God and eat it without denying it," were mostly observed among religious respondents.

In addition to the fifteen factors that this study showed that respondents may contribute to mental health, they also cited additional factors. For example, fitness in health; religion and religious belief, religious upbringing, thrift in personal financial situation, higher education, professionalism. Respondents were asked to categorize the effects of the factors presented in the questionnaire mainly into three categories: 1. Primary level factors, 2. Auxiliary, secondary factors, 3. Relatively insignificant factors. However, respondents acknowledged that all factors are interrelated, so distinguishing between the most important and relatively insignificant is somewhat problematic. However, as a result of mathematical statistical analysis, there were 105 combinations. Of these, correlations were identified in 61 cases.

There is a correlation between the employment factor and the 9 factors among the fifteen factors that are most likely to affect a person's mental health. They are: personal financial status $r = 0.2113$ $p < 0.001$, health $r = 0.205$ $p < 0.001$, economy $r = 0.1669$ $p < 0.001$, public administration $r = 0.2094$ $p < 0.001$, proper nutrition $r = 0.1677$ $p < 0.001$, personal freedom $r = 0.1881$ $p < 0.001$, interpersonal relationships $r = 0.1416$ $p < 0.001$, religion and religious belief $r = 0.1343$ $p < 0.001$, cultural life $r = 0.119$ $p < 0.001$.

Employment provides a person with a sense of satisfaction, freedom of choice, the importance of self-determination, the importance of living in a society, the diversity of life that gives one the opportunity to choose and make choices. It is very important for a person to follow his dreams, to do what he wants in life. Independence means being free to do what you want, having no obligation to accept anything, and being free from pressure. It affects the ability to set goals, make dreams come true, and make wishes come true. It provides a sense of accomplishment. Doing an activity can have a positive or negative effect on a person's mental health, and in turn, feeling healthy can affect a person's mood. Mood affects individual characteristics and the unique characteristics of each person. If a person is lazy, negative, resigned, and unprepared, character and mood can struggle with personal health. On the contrary, having a firm positive outlook on life, making plans, looking at the bright aspects of life, and not succumbing to life's limitations and nervousness can have a positive effect on a person's mood. Uncontrolled factors are luck, destiny, heredity, personality. Respondents in this category consist of a set of factors that affect well-being, but they are not controlled. Employment, safe work, doing what you love gives a person peace of mind and joy. That is why a person should be able to enjoy what he is doing.

There is correlation between personal financial status factor and other factors. They are following: economy $r = 0.2269$ $p < 0.001$, religion and religious belief $r = 0.1843$ $p < 0.001$, personal freedom / rights $r = 0.1435$ $p < 0.01$, interpersonal relationships $r = 0.1352$ $p < 0.01$, cultural life $r = 0.1274$ $p < 0.01$, neighborhood $r = 0.1192$ $p < 0.05$, health $r = 0.1095$ $p < 0.05$, public administration $r = 0.0969$ $p < 0.05$. Finance is an economic relationship arising from the creation, accumulation, distribution and redistribution or use of centralized and decentralized trust funds. Finance occurs in the monetary sector of the economy and occurs on the basis of income. The money sector is the movement of money and money-equivalent assets, resulting in monetary funds. Financial security, financial

independence provides peace of mind. There will be the opportunity to meet basic needs (housing, food, heat, clothing, etc.). At the same time it allows family life to be peaceful. If a person does not work (mentally or physically), he will not be able to earn income and as a result will suffer from many diseases and ailments. The factor of cultural life is also correlated with 8 factors. They are: interpersonal relationships $r = 0.2165$ $p < 0.001$, daily life $r = 0.2133$ $p < 0.001$, proper nutrition $r = 0.2113$ $p < 0.001$, personal freedom $r = 0.1569$ $p < 0.001$, economics $r = 0.1301$ $p < 0.01$, religion and religious belief 0.074, neighborhood 0.055 and public administration -0.016.

Cultural life is a set of symbolic devices and works that define human activity and the importance of this activity. Cultural life is reflected in activities such as music, literature, art, architecture, theater, cinematography, lifestyle.

There is a correlation between the factor of family friends and 7 factors. They are following: neighborhood $r = 0.1757$ $p < 0.001$, daily life $r = 0.1739$ $p < 0.001$, interpersonal relationships $r = 0.1314$ $p < 0.01$, cultural life $r = 0.1207$ $p < 0.05$, personal freedom $r = 0.1148$ $p < 0.05$, home education $r = 0.1082$ $p < 0.05$, proper nutrition $r = 0.105$ $p < 0.05$. There is a correlation between 7 health factors. They are: proper nutrition $r = 0.3122$ $p < 0.001$, daily life $r = 0.1796$ $p < 0.001$, religion and religious belief $r = 0.1707$ $p < 0.001$, economics $r = 0.1681$ $p < 0.001$, interpersonal relationships $r = 0.1585$ $p < 0.001$, personal freedom $r = 0.1497$ $p < 0.001$, and home education were found to be related to factors $r = 0.1457$ $p < 0.01$. Being in a good mood during the day, living a healthy life, the integrity of our health depends primarily on proper nutrition. Daily life, the implementation of daily tasks through the distribution, the performance of religious activities, the effective organization of relationships with individuals lifts a person's spirits, improves mood. It is no coincidence that it is seen as the closest link between health and the economy. Economy means money, better services, medicine, health recovery, recreation, as well as cultural entertainment that can affect health, at least to some extent. There is a correlation between the economic factor and 6 factors. They are: proper nutrition $r = 0.1922$ $p < 0.001$; public administration $r = 0.1535$ $p < 0.001$; personal freedom $r = 0.1146$ $p < 0.05$; neighborhood 0.0915; religion and religious belief 0.0797; interpersonal relationships are associated with factors such as 0.0738. A person who is in good economic condition pays attention to quality nutrition. He works on himself, tries to increase his knowledge. Knowledge enables a person to come out of any difficulties wisely. Religion has many functions. Its psychotherapeutic function helps to get out of stress, depression.

There is a correlation between 4 factors between home learning factors. They are: interpersonal relationship $r = 0.1433$ $p < 0.01$; proper nutrition $r = 0.1147$ $p < 0.05$; public administration $r = 0.1168$ $p < 0.05$; interpersonal relationship $r = 0.1079$ $p < 0.05$. This factor was seen as an opportunity to expand their knowledge, common culture, and connections with the world.

There is a correlation between the 4 factors of personal freedom. They are: daily life $r = 0.3077$ $p < 0.001$; interpersonal relationship $r = 0.1488$ $p < 0.01$; proper nutrition $r = 0.1399$ $p < 0.01$; neighborhood $r = 0.13$ $p < 0.01$. Man's fundamental rights and freedoms allow him to find his place freely in society, to freely exercise his abilities, and to build his own life. A person should be a graduate of the job as much as possible, not a job spoiler. Centuries have passed since the neighborhood became the content of our daily lives. The real society is a collection of neighbors and families. A society that is rich and does not pay attention to its neighbor, even if his neighbor is in a difficult situation, is on the verge of destruction.

3. CONCLUSION

The following points can be made as a conclusion to the study. Employment, personal financial status, health, personal freedom, cultural life, economy, public administration, religion and religious beliefs, neighborhood, interpersonal relationships, daily life, proper nutrition are “key factors”; leisure time, family friends, home schooling are distributed under “auxiliary, secondary factors”. In each of the 15 factors listed, there are respondents who, while small in number, mark it as “insignificant”. There are more cases of determining the primary factors than the secondary factors. In general, the additional factors that emerge under the most important factors are the factors in which people’s immediate needs are directly related to their mental health. These include factors such as employment, personal financial situation, health, personal freedom, cultural life, economy, public administration, religion and religious beliefs, neighborhood, interpersonal relationships, daily life, proper nutrition. Such factors are directly related to activities that have a direct impact, in which respondents participate. Factors such as leisure time, family friends, and home-based education have been identified as relatively less auxiliary factors. We saw that 70-80 percent of respondents cited factors such as health, employment, personal financial status, personal freedom as the main factor influencing mental health. The concept of mental health is closely related to people’s financial situation. The family economy organizes the family's need for money, family upbringing

examines the economic resources of the family that can be used in doing, provides information on the management of the family farm. Today, in accordance with the requirements of the times, conditions have been created in our society for the further development of small crafts and entrepreneurship among our people. In order to organize and effectively run a family business in accordance with modern requirements, knowledge, honesty, intelligence, business acumen, it is necessary to have a new legal knowledge, worldview, diligence and high morale. In our opinion, family business, based on handicrafts, not only affects the growth of economic well-being of the family, living conditions, but also the legal culture of labor, the effective organization of interpersonal relationships, and most importantly, the mental health of the individual.

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