



**OVERVIEW OF THE IMPORTANCE AND FUNCTIONS OF THE  
PSYCHOLOGICAL SERVICE**

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<b>ABSTRACT</b>	<b>KEYWORDS</b>
<p>Psychological service is an integral part of modern life and has become increasingly important in recent years due to the growing recognition of the importance of human mental health. This article provides an overview of the role and functions of the psychological service, including assessment, diagnosis, treatment and prevention of mental disorders. Also, the article highlights the history of the psychological service and the need to increase resources to support the provision of high-quality psychological services, especially in light of the growing demand for mental health services worldwide.</p>	<p>psychological service, counseling, diagnostics, therapy, test, methodology, psychological technique, cognitive functioning, emotional functioning, research.</p>

**Introduction**

Psychological service refers to the range of services provided by psychologists to individuals, groups, and organizations to promote psychological well-being and address psychological concerns. These services include assessment, therapy, counseling, and consultation. The importance of psychological service cannot be overemphasized, especially in today's world, where mental health challenges are on the rise.

One of the primary functions of psychological service is assessment. Psychological assessment involves the use of various tests and techniques to evaluate an individual's cognitive, emotional, and behavioral functioning. It is used to diagnose psychological disorders, identify strengths and weaknesses, and provide recommendations for treatment. Psychological assessment is often used in clinical settings, such as hospitals, mental health clinics, and private practices.

**The Main Part**

Therapy and counseling are another crucial aspect of psychological service. Therapy involves the use of various techniques to help individuals address psychological problems, such as anxiety, depression, and trauma. Counseling, on the other hand, is a more short-term approach that focuses on helping individuals cope with specific challenges, such as relationship issues or career transitions. Therapy and counseling are typically provided by licensed psychologists, who have specialized training and expertise in working with individuals with psychological concerns.

In addition to individual therapy and counseling, psychological service can also involve group therapy and support groups. Group therapy involves bringing together individuals with similar psychological concerns to work together towards common goals. Support groups, on the other hand, provide a forum for individuals to share their experiences and receive support from others who are going through similar challenges. Group therapy and support groups can be particularly effective for individuals who feel isolated or stigmatized by their psychological concerns.

Consultation is another important function of psychological service. Psychologists can provide consultation to individuals, organizations, and communities to help address psychological concerns and promote psychological well-being. For example, a psychologist might consult with a school to develop a program to address bullying or work with a business to develop a stress management program for employees.

The history of psychological services dates back to ancient times when people used to consult priests and other religious leaders for advice on personal and emotional issues. However, the development of modern psychology and its application to clinical settings began in the late 19th and early 20th centuries [1].

In the United States, the establishment of the first psychological clinic at the University of Pennsylvania by Lightner Witmer in 1896 marked the beginning of psychological services. Witmer used psychological tests to diagnose learning disabilities in children and developed a new form of therapy known as clinical psychology [2].

During World War I, psychologists were called upon to assess the mental health of soldiers and identify those who were at risk of developing post-traumatic stress disorder (PTSD). The American Psychological Association (APA) was established in 1892 and became the leading professional organization for psychologists in the United States [3].

In the 1920s and 1930s, the field of psychology expanded to include industrial and organizational psychology, educational psychology, and counseling psychology. The focus of counseling psychology was on providing therapy to people with emotional and mental health problems. The growth of counseling psychology led to the establishment of the American Association of Counseling Psychology (AACAP) in 1946 [3].

During World War II, psychologists were again called upon to assess the mental health of soldiers and develop strategies to prevent and treat PTSD. After the war, many psychologists returned to civilian life and began to provide psychological services in private practice, hospitals, and clinics [3].

The 1950s and 1960s saw the development of new approaches to therapy, including cognitive-behavioral therapy (CBT) and humanistic psychology. CBT is a short-term therapy that focuses on changing negative thought patterns and behaviors. Humanistic psychology emphasizes personal growth and self-actualization [4].

The 1970s and 1980s saw a shift towards a more eclectic approach to therapy, with therapists drawing from multiple therapeutic approaches to best serve their clients. The development of computerized psychological tests and the use of technology in therapy also became more prevalent during this time [5].

Like developed countries, Uzbekistan has a unique history of psychological service in the field of education. The content of the psychological service in Uzbekistan depends on the activities of pedagogy and pedagogical service of the 1930s. The organization and development of the educational process are based on psychological factors related to the activities of the student and teacher, and this

has yielded several effective results. If at that time the work carried out on the basis of psychology in schools was carried out only on the basis of pedagogical approaches, then P.I. Ivanov, V.E.Chudnovsky, M.G.Davletshin and M. Vohidov developed scientific and methodological recommendations, which became the basis for applying the school to the activities of the psychological service [6].

In 1960-70, employees of the Scientific Research Institute of Pedagogical Sciences of Uzbekistan P.Zimin, V.A.Tokareva, M.S.Rasuleva and M.Dadadzhonov conducted a number of studies on the introduction of psychological services in school. Scientific research was also conducted in the Tashkent, Andijan and Samarkand regions, devoted to the problems of moral and family education, mental development [8].

In 1970-80, psychologists of Tashkent State University carried out scientific and practical work on the introduction of psychological services [6].

Today, psychological services are provided in a variety of settings, including private practice, hospitals, clinics, schools, and government agencies. Psychologists are licensed and regulated by state and national professional organizations, such as the APA and the National Association of School Psychologists (NASP) [7].

The field of psychology continues to evolve, with new research and therapies being developed to address the changing needs of individuals and society. Psychological services have become an integral part of modern healthcare, helping people to overcome mental health issues and improve their quality of life.

Research has shown that psychological services, such as psychotherapy, counseling, and other forms of mental health treatment, can be highly effective in improving mental health outcomes. Studies have demonstrated that individuals who receive psychological services for mental health concerns experience significant reductions in symptoms and improvements in overall functioning and quality of life.

Psychological services can also be helpful for individuals who are experiencing stress, relationship problems, or other life challenges. Research has shown that counseling and psychotherapy can be effective in helping individuals to develop coping strategies, improve communication and problem-solving skills, and increase resilience and overall well-being.

Psychological services have been researched by many individuals over the years, including psychologists, psychiatrists, social workers, and other mental health professionals. Some of the notable researchers in the field of psychological services include:

Carl Rogers - known for his work on client-centered therapy and his emphasis on the importance of the therapeutic relationship in psychological services [8].

Sigmund Freud - known for his development of psychoanalysis, which focuses on exploring unconscious thoughts and feelings to understand psychological issues [9].

Aaron Beck - known for his development of cognitive therapy, which focuses on identifying and changing negative thought patterns that contribute to psychological problems [10].

Albert Bandura - known for his work on social learning theory, which emphasizes the role of observation and modeling in behavior change [11].

Martin Seligman - known for his work on positive psychology, which emphasizes the importance of focusing on strengths and positive emotions in psychological services [12].

Albert Ellis: Ellis was an American psychologist who developed rational emotive behavior therapy (REBT), a form of cognitive-behavioral therapy that emphasizes identifying and changing irrational beliefs that contribute to emotional distress [13].

Irvin Yalom: Yalom is an American psychiatrist who developed existential psychotherapy, which focuses on helping individuals to confront the existential challenges of life, such as death, meaninglessness, and isolation, and to live more fully and authentically [14].

These researchers and many others have contributed to our understanding of how psychological services can be used to help individuals overcome mental health issues and improve their overall well-being.

However, it is important to note that not all psychological services are created equal. Research has found that the quality of the therapeutic relationship between the client and therapist is a critical factor in the effectiveness of psychological services. It is important to find a qualified and experienced therapist who is a good fit for your individual needs and preferences.

Overall, research supports the use of psychological services for improving mental health and overall well-being. If you are considering seeking psychological services, it is important to do your research and find a therapist who can provide high-quality, evidence-based treatment.

Psychological service in education is a system of providing psychological assistance to students, teachers and parents in an educational institution. This is an important component of the educational process, which helps to solve psychological problems and obstacles that may arise in the learning process.

The psychological service includes a wide range of activities, including diagnosis and counseling of students, organization of psychological trainings and classes, support for children with learning difficulties, as well as support for teachers and parents.

The main goal of the psychological service in education is to help students achieve optimal results in their studies and development, as well as to create a favorable educational environment. At the same time, the psychological service is also engaged in the prevention and prevention of mental health disorders of students, their adaptation at school and among peers, and also works with parents, helping them in raising children and resolving conflicts.

Psychological service in education is an integral part of the educational system and helps to create conditions for the development of psychological readiness of students for life and social activities.

Also, psychological services refer to a range of services and interventions that aim to improve the mental health and well-being of individuals. Researchers have studied various aspects of psychological services, including their effectiveness, accessibility, and the factors that influence their use.

**Effectiveness of Psychological Services:**

Researchers have conducted numerous studies on the effectiveness of psychological services, such as psychotherapy, counseling, and psychiatric medication. Overall, the research suggests that psychological services can be effective in treating a wide range of mental health conditions, including depression, anxiety, and post-traumatic stress disorder. However, the effectiveness of these services can vary depending on the individual, the type of treatment, and other factors.

**Accessibility of Psychological Services:**

Researchers have also examined the accessibility of psychological services, including factors that may prevent individuals from accessing the services they need. Some of these factors include cost, geographic location, stigma, and lack of availability of trained mental health professionals. Studies

have shown that individuals from marginalized or disadvantaged populations may face additional barriers to accessing psychological services.

### Factors That Influence the Use of Psychological Services:

Researchers have also studied the factors that influence whether individuals seek out and utilize psychological services. Some of these factors include perceived need, attitudes toward mental health treatment, and social support. Studies have shown that individuals who perceive a greater need for mental health services and who have more positive attitudes toward treatment are more likely to seek out and utilize these services.

Psychological services are an important aspect of mental health care, and researchers have studied various aspects of these services to improve their accessibility and effectiveness. Ongoing research is needed to better understand the factors that influence the use of psychological services and to develop more effective and accessible interventions for individuals in need.

### Conclusions

In conclusion, psychological service is a critical component of promoting psychological well-being and addressing psychological concerns. Through assessment, therapy, counseling, group therapy, support groups, and consultation, psychologists can help individuals, groups, and organizations address a range of psychological challenges. If you are experiencing psychological concerns, seeking the help of a licensed psychologist can be an important step towards improving your psychological well-being.

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