

PSYCHOLOGICAL CONDITIONS THAT OCCUR IN TRAFFICKED WOMEN

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ABSTRACT	KEYWORDS
This article will analyze briefs on psychological tactics used by individuals engaged in trafficking in women affected by trafficking, the problems faced by women affected, and their social, psychological state. The focus is on sexual exploitation and the forced labor of women and other forms of exploitation. Recommendations have also been made on how to approach victims psychologically.	Human trafficking, forms of women affected by human trafficking, psychological characteristics

Introduction

Human trafficking is the recruitment, transportation, transfer, harbouring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability, or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation. **"Sexual exploitation-** is the most prevalent form of human trafficking, in which women are forced into providing sexual services through violence, deception, threats, or financial dependence."

More than 80% of victims of human trafficking, which is a transnational crime, are women and children, 70% of whom are trafficked to another country for the purpose of sexual exploitation. Victims of human trafficking are of all genders and ages. Trafficked persons, especially women, are subject to the psychological tactics of traffickers. Psychological manipulation tactics are crucial to the success of traffickers. While human trafficking sometimes involves violence, direct aggression can attract unwanted attention. For example, if a medical professional sees signs of physical abuse in a person, they are obligated to call the authorities. Psychological abuse is often a more powerful weapon than physical abuse. Traffickers use degrading tactics to enslave their victims. Psychological abuse is a cost-effective, low-risk approach that often does not attract the unwanted attention of law enforcement. In addition to preying on vulnerable women, the trafficker is also adept at using psychological tactics to keep his victims quiet and submissive. These strategies help explain why trafficked women do not try to escape their traffickers even when they have the opportunity. Traffickers often tell their victims that they are insignificant and forgotten in society, that they are not needed by their loved ones and family. This, in addition to the negative experiences that the victims have had in their lives, “reinforces” their sense of helplessness, of being useless, of being uncared for. Victims are subjected

to high levels of emotional distress due to constant threats, fear, and psychological violence. Perpetrators repeatedly remind victims that they have no control over their lives and that they are abroad, that they have no documents or passports, family, money, or other options. This is done to undermine their psychological state, to make them feel helpless and helpless, and that they have no choice but to be at the mercy of the perpetrators. Victims believe that they are helpless and cannot survive without the help of their traffickers. Such situations instill in victims a sense of dependence on their traffickers. Over time, this psychological violence contributes to a low self-esteem. Victims may even believe that they are to blame for their abusive situation, since they are the ones who were first deceived. The organization of psychosocial support for victims who have survived such situations and circumstances and returned to their country of residence begins with an individual approach, taking into account their age and gender. First of all, it is most important for them to understand that the state is a safe haven for them and to believe that there are opportunities for them to be helped here. Sometimes they are placed in rehabilitation centers or specialized centers right at the airport with the help of authorized body officials. This is because they are at risk of acquiring diseases, which will be important in their later stages. Individual psychological therapies and interviews with a social worker are also organized taking into account the wishes of the victims. When working with victims of human trafficking, they should not be discriminated against on the basis of nationality, gender, status, or ethnic origin.

When working with men, women and minors who are victims of human trafficking, it is important to understand the uniqueness of each situation. The characteristics of victims of human trafficking include;

- age, gender, status (worker, student, pensioner);
- religious beliefs;
- family status (guardians and sponsors in the absence of a family);
- existing traumatic situation;
- assistance is provided taking into account the psychosocial situation of the exploitation.

When working with women who are victims of human trafficking, recognize that the psychological approach to them is unique, and that each woman may be troubled by different questions and that her views may differ from how others perceive her. For example, discussing issues such as avoiding trafficking, contacting law enforcement, or discussing issues that the woman is not yet ready to discuss openly can have negative consequences if done without a detailed discussion of the woman's situation. Before making any recommendations and implementing interventions, it is important to discuss how the woman perceives her situation, what choices she believes she has, how she assesses the potential risks and benefits of different options, and when she thinks the proposed changes would be best implemented. If possible, it is also helpful to consult with professionals who have experience working with women who have been trafficked. In addition, finding out what integration and coping strategies the woman has used so far to avoid being harmed will help the interviewer better understand the practical realities of the woman's situation. Such questions also serve to remind the woman of her strengths. If the professional thinks she can make recommendations to the woman, the options for help should be described in a neutral way and the worker should not exaggerate the level or likelihood of this help.

Women who are victims of sexual violence are particularly characterized by feelings of shame, embarrassment, guilt, and depression and hopelessness due to the negative opinions of those around them. Frequent exposure to “slander” from those around them also creates complications in their mental state. During psychological consultation, attention is paid to working with their personality and an adequate approach to themselves, and it is explained that all information related to them will be listened to in accordance with the “secret” rule and the principle of personal confidentiality will be observed. When working with them, it is necessary to take into account the risk of developing a number of diseases (HIV, AIDS, skin and venereal diseases) and the level of harmful habits. Not only psychological assistance, but also the implementation of professional medical and social assistance, treatment and rehabilitation measures, the formation of the ideology of a healthy lifestyle, and getting rid of bad and harmful habits are also promoted.

Conclusion

An individual approach is very important in providing assistance to victims of human trafficking. Criminals try to keep victims in their power through psychological manipulation and violence. They undermine the psychological state of the victims, causing them to doubt their own worth and even feel guilty. Therefore, in the rehabilitation process, first of all, victims need to feel safe and believe that they will be helped. Individual psychological therapies, social support and reintegration processes are important for victims to return to life and find their place in society. At the same time, protecting them from discrimination and respecting their personal freedoms should also be one of the main principles. Working with victims of human trafficking must be systematic and carried out by specialists. They should be given the opportunity to recover and live independently by providing them with qualified psychological, medical and social assistance.

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