

Psychology of women of childbearing age.

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Abstract: This article examines research on the psychology of childbearing women and examines the emotional, cognitive, and behavioral patterns that characterize this demographic. This field examines how factors such as childbirth, child rearing, career choices, societal expectations, and personal identity shape women's mental health and well-being during their reproductive years. Understanding these dynamics is critical to providing appropriate care and promoting holistic health in this population.

Key words: Psychological factors, psychology, health, expertise, emotional endurance, state, stage.

The psychology of childbearing women explores emotional resilience, body image, parental expectations, relationship dynamics, prenatal and postpartum mental health, work-life balance, self-care, and coping strategies. Understanding and addressing these aspects is critical to supporting women's mental health and well-being at this critical stage of life. Childbearing women's psychology is a complex and multifaceted aspect of women's health and well-being. This important stage in a woman's life is characterized by a unique set of emotional, cognitive and behavioral changes that can affect their mental health and overall quality of life. Understanding the psychological aspects of women of childbearing age is critical to effectively addressing their needs and promoting their overall well-being. Women of childbearing age often experience a variety of emotions related to childbirth, pregnancy, and motherhood. These emotions can include excitement, anxiety, joy, fear, and stress. Building emotional stability to cope with these changing emotions is essential for maintaining mental health during this period. Changes in a woman's body during pregnancy and postpartum have a significant impact on her body image and self-esteem can reveal a secret. Women may struggle with accepting their changing bodies and adjusting to new physical realities, which can affect their mental health and self-confidence. face different social and personal expectations. Balancing these expectations with personal aspirations, career goals, and relationship dynamics can create internal conflicts and stress that affect their psychological well-being is very important for the psychological health of women of all ages. Pregnancy and the postpartum period is an important time to monitor and address mental health problems such as pre- and post-natal depression, anxiety and stress. Perinatal mental health support, counseling and education are essential to improve women's psychological well-being at this stage. Balancing work responsibilities, family obligations and personal well-being is a serious challenge for women of childbearing age. Striving for work-life balance, setting boundaries, and seeking social support are important strategies for maintaining psychological health during this period. Encouraging self-care practices, stress management techniques, and healthy coping strategies can improve the psychological well-being of women of childbearing age important to support. Relaxation, mindfulness, and engaging in activities that promote emotional expression can help women cope with the challenges of this life stage experience teeth. Understanding the psychology of women at this stage of life is critical to providing effective support and intervention to improve their well-being. This article examines the psychological aspects affecting women of childbearing age and provides insight into how to address and support their mental health.

Provide easy access to mental health professionals, counselors, and support groups specializing in women's reproductive mental health. Education on birth, pregnancy, postpartum mental health, and coping strategies to educate women offer information and resources. Create safe spaces, online forums, and community initiatives where women can share experiences, seek advice, and receive emotional support. Integrate psychological support into routine reproductive health services, including preconception counseling and postpartum counseling integration into health screening. Developing empathy, awareness, and nonjudgmental attitudes among health care workers, family

members, and the community regarding the psychological needs of women of childbearing age. The psychological well-being of women of childbearing age is a multifaceted and is an important aspect. By recognizing and addressing the unique psychological challenges women face during their reproductive years, we can create a supportive environment that promotes their mental health, resilience and empowerment. At this stage of life, it is essential to prioritize mental health support and interventions tailored to the specific needs of women, and to provide them with the care and understanding they deserve.

Conclusion:

In conclusion, understanding the psychology of women of childbearing age is essential to providing comprehensive care and support to improve their mental health and well-being. By recognizing the unique psychological challenges women face at this stage of life and implementing appropriate interventions and resources, health care providers, families, and communities can contribute to women's overall psychological health as they navigate the challenges of childbirth, pregnancy, and motherhood.

Foydalanilgan adabiyotlar:

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