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'HOUSEWIFE SYNDROME' AS A PSYCHOLOGICAL PROBLEM

Annotation. In Eastern families most women are housewives and are busy with housekeeping, raising children, taking care of their husbands and their parents. However, every-day life that consists of the same chores is most likely to affect the mental well-being of women in today's world of globalization. Taking into account the issues of gender equality in the society, developing mechanisms for providing them with not only legal, but also socio-economic and psychological support. They also try to alleviate the problem by keeping them occupied with other activities related to their interest and hobby. but even this cannot be a perfect solution to solve the problems of housewives in the society. This scientific work is devoted to the study of the socio-psychological characteristics of housewives, psychology-related problems of housewives and their solutions, the analysis of orderly methods of diagnosing and correcting the 'housewife syndrome'.

Keywords: housewife, gender equality, family and marriage relations, anxiety, guilt, resentment, financial dependence.

Annotatsiya: Sharq oilalarida ko'pchilik ayollar uy bekasi bo'lib, ular ro'zg'or yumushlari, bolalar tarbiyasi, erlari va qaynona-qaynotalariga g'amxo'rlik qilish bilan band bo'ladilar. Biroq har kuni bir xil ishlarni qayta-qayta bajarish bugungi globallashtirilgan dunyoda ayollarning ruhiy holatiga salbiy ta'sir ko'rsatishi mumkin. Jamiyatda gender tengligini ta'minlash masalalarini hisobga olgan holda, ularni nafaqat huquqiy, balki ijtimoiy-iqtisodiy va psixologik jihatdan ham ta'minlash mexanizmlari ishlab chiqilmoqda. Shuningdek, ular o'zlarining qiziqishlari va sevimli yumushlar bilan bog'liq boshqa mashg'ulotlar bilan shug'ullanishi orqali muammoni yengillashtirishga harakat qilishadi. Ammo bu ham uy bekalarining jamiyatdagi muammolarini hal qilish uchun ideal yechim bo'lmasligi mumkin. Ushbu maqola uy bekalarining ijtimoiy-psixologik xususiyatlarini, uy bekalarining psixologik muammolari va ularning yechimlarini o'rganish, "uy bekasi sindromi"ni tashxislash va tuzatishning soddalashtirilgan usullarini tahlil qilishga bag'ishlangan.

Tayanch so'zlar: uy bekasi, gender tengligi, oila va nikoh munosabatlari, tashvish, aybdorlik, norozilik, moliyaviy qaramlik.

Аннотация. В восточных семьях большинство женщин являются домохозяйками, и заняты ведением домашнего хозяйства, воспитанием детей, заботой о мужьях и их родителях. Однако повседневная жизнь, состоящая из одних и тех же дел, скорее всего, скажется на психическом благополучии женщин в современном мире глобализации. Принимая во внимание вопросы гендерного равенства в обществе, разрабатываются механизмы оказания им не только правовой, но и социально-экономической и психологической поддержки. Также они пытаются облегчить проблему, занимая их другими делами, связанными с их интересом и хобби. Но даже это не может быть идеальным решением для решения проблем домохозяек в обществе. Данная научная работа посвящена изучению социально-психологических особенностей домохозяек, психологических проблем домохозяек и их решений, анализу упорядоченных методов диагностики и коррекции «синдрома домохозяйки».

Ключевые слова: Домохозяйка, гендерное равенство, семейно-брачные отношения, тревожность, чувство вины, обида, финансовая зависимость.

Introduction. A housewife is a woman who is unemployed and does household chores and is financially supported by her husband. In particular, housewives perform tasks such as cleaning the house, shopping, cooking, looking after and raising children, keeping the house, clothes and rooms clean. 1930-1960 The number of housewives in Sweden increased from 930 thousand to 1148 thousand¹.

Robin Lakoff has shown that a woman's status is determined by a man's relationship with her. Therefore, the word housewife is pronounced differently in some languages (English housewife, Swedish *hemmafru*)². In Russian, the owner of the house is understood as the head of the family and the manager of his own household³. A woman who has lost her husband is usually not called a housewife, but depending on the circumstances, she is called unemployed, divorced, widowed, or single mother.

Speaking about the role of housewives in society, it is necessary to analyze the attitude of women towards this image. For example, 1 out of every 3 women in Turkey are housewives, these are modern women who have their own business and hobbies. According to statistics, every third girl in Japan thinks about becoming a housewife, keeping a family hearth and raising children⁴.

In German families over the past decade, the distribution of responsibilities and roles between partners and spouses has changed: although the 'male breadwinner' model still dominates, this situation is implemented in a somewhat modified form. Along with fathers, the number of working mothers in the family is also increasing. Most children in Germany grow up with fathers who work full-time and mothers who work part-time and do unpaid housework. Sociologists call this the "improved model of the housewife," because such a part-time job cannot support a family and does not generate income.

¹ Андропова, Ольга Ефимовна Особенности самосознания работающей и неработающей женщины // Вестник Томского государственного университета. 2008-01-01. Вып. 308. ISSN 1561-7793.

² Большой толковый словарь русского языка/Под ред. С. А. Кузнецова. – Санкт-Петербург: Норинт, 1998.

³ Christina Axelsson *Hemmafrun som försvann*. – Стокгольм, 1992. ISBN 91-7604-047-X.

⁴ «Wenn der Mann kein Ernährer mehr ist» Suhrkamp, 2015. <https://www.suhrkamp.de/buch/wenn-der-mann-kein-ernaehrer-mehr-ist-t-9783518127018>

German women, for example, consider themselves very liberal compared to their neighbors in Eastern Europe. They truly believe that they can balance family and career at a young age and that they have the freedom to choose. In fact, the situation is different, says Cornelia Coppach, professor of sociology, author of the book 'Gender Conflicts' entitled 'When a man is not a breadwinner'. At least after marriage, for many German women it becomes clear that a lot is expected of a woman in the family and that her maternity leave is not taken seriously in her career, the expert believes⁵.

The average father in Germany works 42 hours a week. His wife, on the other hand, officially works an average of 25 hours a week and, accordingly, performs less paid work. Also during the day, almost two-thirds (65%) of all unpaid work related to the household and children falls on her shoulders. According to Koppech, women have high demands for cleanliness and tidiness, and men rarely take the lead in the home.

In German families, the attitude towards the duties of mother and father has really changed. In 2002, almost half (46.6%) of the population of the West German federal states said that a woman should not work at all until her child reaches kindergarten age. Ten years later, only a fifth of West Germans think so.

The equality of women, established many years ago in developed countries, has radically changed their position in society. Women have taken a firm place in various spheres of public life, they have appeared in state bodies (albeit not much). Sociologists and psychologists also note a decrease in the proportion of women who prefer the role of a housewife.

Currently, in the literature, researchers studying the problem of working women and housewives express many conflicting opinions both about women's satisfaction with their position in society, and about their individual psychological characteristics and mental health.

In the West, it is widely believed that women's housework and the role of 'housewife' are not prestigious. According to some local authors, even women who dream of always being a wife

⁵ Шарапова Д.Б. Психологические особенности «синдрома домохозяйки». In Цифровые технологии на службе педагогики и психологии (2021). – С. 239-241.

and mother are dissatisfied with their position. Changing stereotypes and the role of the number of working women fueled the widespread perception that ‘homebodies’ lead an idle and indifferent lifestyle, which further fueled discontent with forced housewives.

The housewife is usually away from the most important events and therefore does not feel like a complete person. There is still a “conspiracy of silence” about how difficult it is to maintain a house. It is often said about a woman who runs a household and brings up children that she ‘does not work anywhere’⁶.

The housewife image became popular in the late 1980s. In the press, the ideal of a woman was a housewife, a friend of a man and a person who became the main male ideal. A business woman was presented as a unique and unusual situation or as a result of unfortunate circumstances in her personal life⁷.

In the 1990s, student surveys showed some change in attitudes towards non-working women and that girls began to talk more often about giving up their careers in favor of a successful marriage and the opportunity not to work. 41% of women agreed with the division of responsibilities in the family and put forward the opinion that if the husband earns money, then the wife should take care of the house and children, and 13% of women considered this an abnormal phenomenon. According to E. P. Ilyina, the difficult experience of mothers is associated with their double responsibility, but at the same time, the information given by political activists, disseminated by the media, emphasizes their statement as “the traditional mission of women”⁸.

Today, women make up 45 percent of workers and employees working in various fields and industries in Uzbekistan. Based on this information, it can be concluded that housewives and unemployed women make up about 55% of women in society⁹.

⁶ Абдурасулова Т.Д., Лими́на О.В. Ефимова Н.В. Индивидуально-психологические особенности неработающих женщин // Семейная психология и семейная терапия. 2006. — № 2. — С.114-126.

⁷ Ильин Е.П. Дифференциальная психология мужчины и женщины. — Санкт-Петербург: Питер, 2006. — 544 с.

⁸ Большой толковый словарь русского языка/Под ред. С. А. Кузнецова. — Санкт-Петербург: Норинт, 1998.

⁹ Sh.Abdullayeva. Issues of increasing socio-economic activity of women in the innovative economy. A collection of articles of the republican scientific and practical conference on

Purpose and justification. Based on the statistical information mentioned above, we decided to work with housewives as an object of research, and set the study of their psychological characteristics, the study of their problems, the development of proposals and recommendations for psychologists to provide psychocorrectional assistance as our main goal.

When they hear the word ‘housewife’, the image of a woman who spends most of her time at home, relaxing, watching TV shows at home, pampering herself, doing household chores in a beautiful dress and hairstyle comes to mind. Just like a woman sitting at home, housewives (like pensioners) are considered a happy category of the unemployed.

Housekeeping is actually a difficult job that can be compared to the activities of teachers, doctors, drivers and accountants. Cleaning, laundry, cooking, litigation and family budgeting are only partially replaced by the use of household appliances. Almost all work is done by hand. In addition, the working hours of housewives are not limited. That is, she does not have a standard 24/7 workday. As a result of psychological observations and research, we observe the appearance of the “housewife syndrome” in some housewives under the influence of an irregular working day, lack of attention, dissatisfaction with the need for communication and other similar psychological factors.

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the topic ‘Increasing the social and political activity of women - an important factor of the reforms implemented in our country’. Tashkent, 2019.

to some local authors, even women who dream of always being a wife and mother are dissatisfied with their position. As a result of the change in stereotypes, working women considered stay-at-home women to be 'idle and careless', which further fueled dissatisfaction among housewives.

In recent years, this syndrome has been used along with neurological depression, manifesting itself with the following symptoms:

- Negligence
- Feelings of worthlessness
- Excess weight
- Anhedonia (lack of enjoyment in life)
- Extreme fatigue and moodiness
- Low self-esteem
- Dissatisfaction with self and others
- Dissatisfaction with one's family and social

role

- Requiring attentiveness
- Suicidal thoughts

Description and solution of a scientific problem. 'Housewife Syndrome' is often observed in young mothers. They can be distinguished from most women by a sullen look, lack of a smile on their face, and slightly lowered shoulders. She may pretend to be happy with her life, but in fact she has far from ideal living conditions. She often begins to evaluate herself negatively. She wants to develop, get out of the house, talk to her husband and deal with her feelings. However, his desires and wishes, unfortunately, do not always bear fruit. Dissatisfaction with the need for communication causes a decrease in his self-esteem. Even if she tells others about her pain, they console her by saying that her life is going well and that she is fine.

The main causes of this syndrome and depression that may occur in young mothers include:

1. 'Housewife Syndrome' can also manifest itself in the form of postpartum psychosis or postpartum depression. Of course, this condition can also be associated with postpartum nerve compression and a decrease in the amount of magnesium in the body. Magnesium is the main anti-stress substance and plays an active role in the propagation of nerve impulses. With a lack of this substance, symptoms such as depressed mood, irritability, hand trembling, bone crunching, a feeling of fullness in the throat, sleep disturbance, and increased fatigue are observed. At the same

time, substances such as magnesium, omega-3 fatty acids and serotonin are very important for the brain. Because low serotonin levels can lead to depression and various other mental illnesses.

2. 'Perfectionism' or 'mastery complex' is the desire to perform all tasks perfectly. Often such women want to succeed in everything, that is, at work, and at home, and in raising children, and in relationships with their husbands... If some difficulties suddenly arise, this situation makes them blame themselves. As a housewife, she blames the whole environment for this, and when she feels guilty, aggression becomes directed at herself. She even blames herself for a small defect in her child;

3. Sudden changes. It is known that working women adapt to an active lifestyle even before giving birth. When they go on maternity leave, they take on the role of housewives and strict mothers. Problems with adaptation not only cause depression, but can also limit freedom. In this case, the financial issue is also important. Before that, a woman used her salary to support herself, and now she becomes dependent on financial incentives. Sometimes there may be reasons for a complete rejection of your favorite profession and activity. Because in most cases, the role of a woman as a housewife is relatively more favorable for family members.

4. Motherly love. As soon as a child is born in the family, parents are required to take great responsibility for his future. In inexperienced families, grandparents often interfere in the upbringing of children, accusing parents of neglecting upbringing. If parents themselves have grown up with psychological trauma since childhood, they pay serious attention to the psyche of their children and often begin to limit themselves in many ways.

It should be noted that most studies do not refer to voluntary housewives, but to forced ones, that is, to women who want to work, but cannot for some reason (unemployment, unwillingness of a husband, etc.).

In recent years, the number of career-oriented girls has increased. They believe that this will allow them to be independent and self-sufficient. Also, some of them have chosen the role of a housewife, but this choice is made by them by evaluating possible options for a life path, understanding and experiencing its future consequences.

Many studies show that the choice to be a housewife almost always belongs to a man. Their motives can be protectionist (we need to get rid of this routine), economic (kindergarten fees can be more than the mother's salary), or often child-centered (our youngest son does poorly in school and needs to deal with). In addition, men rarely talk about their wives' work. There may be the following reasons for this: 'He does not want his wife to work because of her reputation. "The husband has a good salary, the wife does not have to work'. Psychological comfort is also important for him: they work at a profitable job, sit with their legs on a chair, relax, order any household chores, because he provides economic support to everyone. This is probably a simple rare statement, but the implied thoughts are to make her comfortable... 'A man persuades his wife to be a housewife, leaving her all the housework and servants' [8].

The financial dependence of the wife on her husband becomes a stable cause of conflicts in these families. Many 'breadwinners' consider the money they earn to be their money and allocate it to their wives for 'household expenses'. The size of the wife's personal consumption depends on the will of the husband. This can often lead to conflict.

Another cause of conflict is the distribution of gender roles. All the well-being of a housewife depends only on the desire of her husband. A man feels his strength and creates the most strict patriarchal models of relationships in his family. Women take on the symbolic meaning of servants. She is deprived of psychological support, self-esteem, is not engaged in professional activities and, most importantly, becomes economically, socially and psychologically dependent on her husband. Husbands in business or other decent paid jobs work under really high stress, leave home early, come back late, and are nervous because of overwork. And they take out their grievances through the family.

According to psychoanalysts, half of the husbands of wives, who are engaged only in household chores, have very aggressive feelings towards them. They believe that because they get tired of work, they sacrifice themselves for the sake of the family, and for women who stay at home, life is much easier. This unconscious aggression often comes to the surface.

According to Western psychologists, even if non-working women find housework boring and isolate them from society, they do not experience psychological discomfort, since the role of a housewife leaves enough time for hobbies in various clubs and social life in organizations (Sheehan, 1984). Another scholar (Ferry, 1987) argues that housework rewards loved ones when they get satisfaction from a job well done.

In 1997, L.Yu. According to data obtained in the course of a study conducted by Bondarenko, two-thirds of men and half of women agree with the 'natural destiny of a woman' (that is, with the role of a housewife). 51% of men and 37% of women believe that their work affects the upbringing of their children. Almost the same number of respondents believe that there is a direct link between the work of women and the increase in crime in society. 50% of men and 25% of women do not approve of women working for a career.

K.Horney believes that the consequences of gender socialization create problems for the socialization of women¹⁰. He believes that among them lies the fear of failure, the fear of losing femininity, the fear of social rejection, self-doubt, indecision in achieving the goal. The above features affect the overall mental development, family relationships, life choices, professional self-realization¹¹.

Studies in the United States have shown that while some women are satisfied with their role as a housewife, overall life satisfaction, including self-esteem and a sense of self-efficacy, is higher among working women. Women who consider themselves only mothers and wives often suffer from the so-called housewife syndrome. It manifests itself in feelings of helplessness and hopelessness, frequent depression, low self-esteem. The American experience shows that years devoted only to the family deprive a woman of a sense of independence and ability, as a rule, lead to loss of herself and can lead to alcoholism, mental and sexual illnesses, suicide¹².

¹⁰ Попова Л.В. Гендерные аспекты самореализации личности. — Москва: Академия, 1993. —132 с.

¹¹ Абдурасулова Т.Д., Лими́на О.В. Ефимова Н.В. Индивидуально-психологические особенности неработающих женщин //Семейная психология и семейная терапия. — 2006. — №2. — С. 114-126.

¹² Нестерович О. О вынужденных и добровольных домохозяйках // Труд. 12 сентября 2001 года.

According to L.V. Popova, it is especially difficult for talented women who have to be content with the role of housewives. Often, talented women consider their career to be half of their life, and leave the other half to their future family. According to many years of research, talented women who refuse to receive higher education and devote themselves to the family often show dissatisfaction with life and psychological problems in relationships with others¹³.

In recent years, studies conducted by psychologists among working and non-working women have shown the following results:

- there are differences in the level of anxiety between housewives and working women: among housewives, the nature of anxiety is at a high level, and among workers - at an average level;

- housewives are less satisfied with the life process and its emotional content than working women;

- housewives are less satisfied with their lives and self-consciousness; they have increased internal conflict associated with disrespect for themselves, underestimation of their capabilities, knowledge, skills;

- in housewives, unlike working women, it was found that tolerance to grief is not fully formed, which indicates a person's unpreparedness for mature grief¹⁴.

It should be noted that in this study, not voluntary housewives, but forced ones, i.e. We are talking about women who want to work, but cannot for some reason (unemployment, unwillingness of a husband, etc.). A number of researchers argue that women who stay at home have more physical health problems than women who work in production. However, the health benefits of working are reported to be greater when a woman is single and childless, or when her husband helps around the house, and when she works in a supportive environment.

There are hypotheses that all personal-psychological and even physical parameters of housewives are lower than those of women engaged

in professional activities. However, E.P. According to Ilyin, working women often experience a special kind of mental stress called the 'business woman syndrome', which is more pronounced in working women with children and single mothers.

The need to restore the mental health of women by providing psycho-correctional assistance for the "housewife syndrome", strengthening the self-confidence of housewives, increasing their adaptability to the social environment, identifying depressed housewives, and helping to ensure peace and tranquility in families through the implementation of correctional activities is increasing day by day.

Result research activities. We conduct our research work in the Kashkadarya region of the Republic of Uzbekistan (Karshi city, Karshin district, Guzor district, Kasbiy district, Margilon city), Ferghana region (Fergana city, Fergana district, Kuvasoi district, Margilon city, Altyarik district), Andijan region (Andijan region, Altynkol region), Samarkand region (Samarkand city, Ishtikhon region, Kattakurgan city, Pstdargom region), Tashkent region (Zangiata region, Tashkent region, Kibray region, Chirchik city).

In the course of the study, the psychological characteristics of the housewife, depression and willpower were also studied.

Psychological characteristics of housewives and their problems were analyzed in the process of studying psychological characteristics of women suffering from 'housewife syndrome'.

I. Problems of housewives:

According to the results of surveys taken from the subjects during the study, the level of boredom with uniformity is higher by 31.7 percent. The level of self-confidence is low - 41.1%. The level of dissatisfaction with one's position in the system of family relations is lower by 10%, the level of frequent depression is 38.3% (high), the level of self-doubt is 6.7% (high), inability to adapt is 21.7% (high), satisfaction rate with household chores as a housewife 15 percent (high), fatigue rate 63.3 percent (high), self-dissatisfaction rate 35 percent (high), desire to change one's life rate 51.7% (high), 30% (high) anxiety about the social environment and communication with strangers, 48.3% (high) low self-esteem. According to these results, the

¹³ Ильин Е.П. Дифференциальная психология мужчины и женщины. – Санкт-Петербург: Питер, 2006. – 544 с.

¹⁴ Абдурасулова Т.Д., Лими́на О.В. Ефимова Н.В. Индивидуально-психологические особенности неработающих женщин // Семейная психология и семейная терапия. – № 2, 2006. – С. 121-122.

main problems of housewives include fatigue, desire to change their lives, inability to adapt, social environment and difficulties in communicating with strangers.

II. Willpower and depression in housewives:

According to the analysis of the will of the housewives who participated in the study, 13.3% have low rates, 20% have medium rates, and 11.7% have high rates. According to the depressive state of housewives, 31.6% had low indicators, 48.4% - medium, and 21.6% - high. Thus, the rate of depressed housewives can be expressed by the fact that it increases when they suffer from 'housewife syndrome'. Also, in terms of the number of children, it was noted that the voluntary state increased as the number of children increased, the highest rate corresponded to women with 5 children (4.2%). In the case of depression, the increase in the number of children, in turn, forced the housewives to face this problem. In particular, it can be seen that there are 2 children (6.9%), 3 children (4.6%), 4 children (5.7%), 5 children (9.9%). It can be seen that housewives with 2 children have higher rates of depression than housewives with 3 and 4 children. The main reason for this is that housewives with 2 children often have 2 small children and as a result of not being able to take care of themselves, the woman has more responsibilities.

III. The psychological state of housewives:

High rate of fear and stuttering (38.3%), low self-esteem (21.7%), high sexuality (46.6%), high friendship (60%), high rate of unrealized opportunities (53.4%). These results show that housewives are active in the household, have a high attitude and need for housewives due to the limited opportunity to meet friends (60 percent), as well as the rate of missed opportunities (53.4 percent).).

According to the social status of the subjects, the level of fear and panic in unmarried housewives is 31%, in married housewives - 26.1%, in housewives whose husband has died - 44.3%. The attitude towards friends among unmarried housewives is 27.5%, among married housewives - 33.7%, among housewives whose husband has died - 30.2%. Among housewives, the attitude towards friends is much higher among women living with their families and this situation can be expressed in most of them by the high level of 'housewife syndrome'

and the high need to talk with friends. . The attitude towards the past was 25.2% among unmarried housewives, 21.6% among married and 31.7% among housewives whose spouse died. The attitude towards sexual life among unmarried housewives was 27.8%, among married housewives - 32.2%, among housewives whose husband died - 32.1%. Analyzing the attitude of housewives to sexual life, it can be noted that unmarried girls have a low rate, since they have not yet experienced sexual life, married housewives have the highest attitude to sexual life, and women whose husband has died have a lower attitude to sexual life compared to married housewives. The index of attitude towards the family among unmarried housewives is 32.5%, among married housewives - 26.2%, among housewives whose husband has died - 32.7%. It can thus be seen that housewives who have not started a family and housewives whose husband has died have a much higher attitude to the family. For housewives with families, it is clear that the attitude towards the family is low due to boredom with household chores and the same daily routine.

In order to analyze the psychological characteristics of housewives and study the influence of the 'housewife syndrome' on the personality psyche, a survey was conducted on unmarried women living with their spouses and women whose spouses died, as well as a study of volitional states, a diagnosis of Zung's depression, unfinished phrases. According to the results of the survey received from the subjects during the study, the level of boredom with uniformity is average for 65% of the subjects, high for 31.7% of the subjects. 43.3% of the subjects have an average level of self-confidence, 13.3% of the subjects have a high level, 40% of the subjects have a good level of dissatisfaction with their position in the system of family relations, 10% of the subjects have a lower level, and the level of frequent depression has become a common condition. 43.3% of the subjects - medium, 38.3% of the subjects - high level, the level of self-doubt - average in 35% of the subjects in the subjects the high level in 6.7% of the subjects, the level of disadaptation is average in 16.7% of the subjects, in 21.7% of the subjects high level, like a housewife, household chores the level of satisfaction with their working capacity is average in 38.3% of the subjects, high in 15%

of the subjects, the indicator of rapid fatigue is average in 26.7% of the subjects, high in 63.3% of the subjects, degree fatigue is average in 48.3% of the subjects, subjects, high in 35% of subjects. The level of desire to change their lives is average in 26.7% of the subjects, high in 51.7% of the subjects. 43.8% of the subjects had a low level of the trait, 48.3% of the subjects had a high level. According to these results, the main problems of housewives are fatigue, the desire to change their lives, the inability to adapt, the social environment and difficulties in communicating with strangers (Fig. 1).

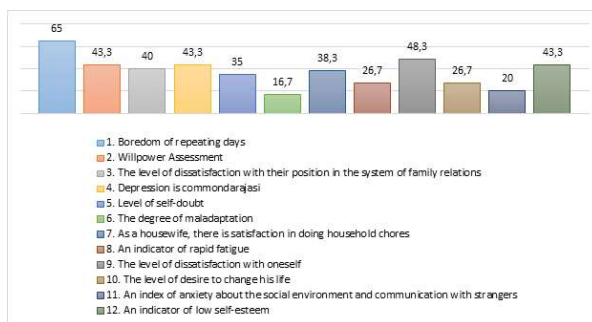


Fig. 1. Results of the questionnaire

According to the research analysis, an analysis of variance was carried out on the marital status of housewives, vol. 3). The results of the analysis of variance showed that there is almost a balance in the volitional characteristics of unmarried, married and deceased women, with unmarried girls having a stronger will (4.3%), and married housewives having a relatively low will (3%). It was found that in women whose husband died, the will indicator is higher than in women with a husband (3.4%). Also, according to the results of Zung's 'Diagnosis of Depression', the incidence of depression among unmarried girls were (4.5%), moderate (5.1%) among married housewives and high (6.9%) among women whose spouse has died. It can be seen that housewives whose husbands have died have a much higher level of depression than others, which indicates that their life is more difficult, and they have to play both the role of father and mother in the family. This seriously affects their morale. Unmarried girls (2.3%) and housewives whose husbands had died (2.2%) scored higher on the Incomplete Sentence Attitude Scale, and a difference was found compared to married housewives (1.4%). As a reason for this, it can be assumed that unmarried housewives whose

husbands have died feel embarrassed in front of a member of the opposite sex.

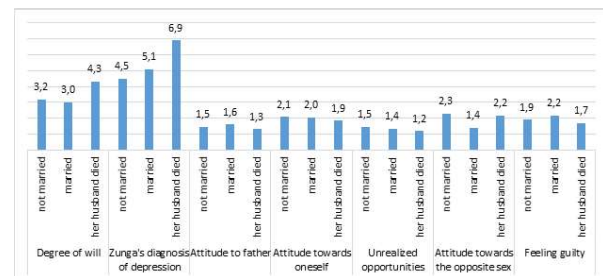


Fig. 2. Dispersion analysis between scales according to the social status of housewives

Analysis of variance was carried out by the number of children of housewives (Fig. 4). The analysis of the results shows that the Volunteer status increased as each child increased, the highest rate corresponded to women with 5 children (4.2%). it is also seen that an increase in the number of children diagnosed with depression, in turn, caused an increase in the level of depression in housewives. In particular, it can be seen that there are 2 children (6.9%), 3 children (4.6%), 4 children (5.7%), 5 children (9.9%). It can be seen that housewives with 2 children have higher rates of depression than housewives with 3 and 4 children. The main reason for this is that housewives with 2 children often have 2 small children and as a result of not being able to take care of themselves, the woman has more responsibilities.

Differences in the number of children according to the Kruskal-Willas criterion: attitude towards the future (34%), fear and anxiety (31%), attitude towards the past (30.5%), attitude towards sexual life (26.5%) among housewives in 1 child a high c was observed. Thus, housewives with 1 child have a higher irritability index than housewives with two or more children. In women with 3 children, it can be seen that the indicators of attitude towards the family (23.7%) and mother (26.6%) have a high result. Housewives with 3 children have a higher level of family care than others. They also have more empathy for their mothers. It can be seen that housewives with three (22.7%) and five (22.5%) children also rank second in frequency of fear and stuttering after housewives with one child. In relation to friends, it can be seen that the number of children is decreasing. Therefore, in families with

many children, family anxiety can be assessed as a consequence of a sharp decrease in the ability to communicate with friends.

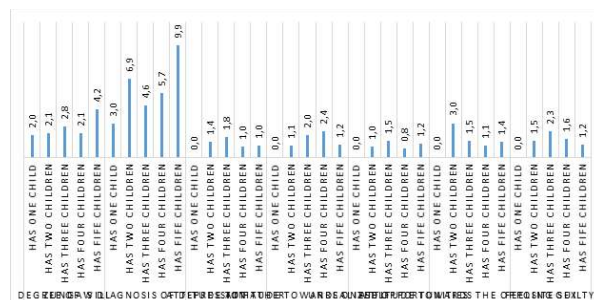


Fig. 3. Analysis of methods according to the number of children

A dispersion analysis was performed according to the age characteristics of the subjects (Figure 4). According to it, 60 participating housewives between the ages of 18-36 were compared in terms of all parameters. 19-year-olds (4.9%) and 20-year-olds (6.36%) have a high rate of self-confidence, which can also be evaluated by the qualities of self-confidence and future hope. it can also be seen that 24 years old (5.5%), 25 years old (3.6%), 36 years old (4.47%) are high with indicators. At the age of 22-23, due to the process of starting a new family and adapting to it, problems with willpower may arise. It can also be assumed that at the age of 30-35, due to the middle age crisis, changes in the will state will be observed. During the analysis of the will state, it can be seen that the age-related differences are different, that in each age period, specific psychological crisis and social influences affected the individual's emotional character and will.

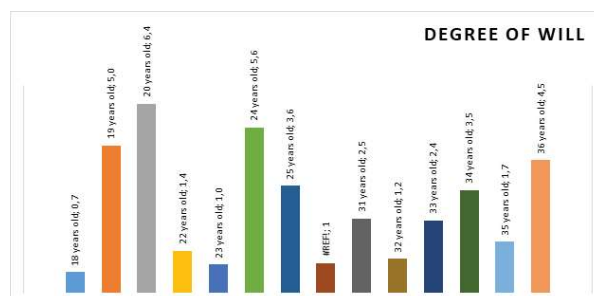


Fig. 4. Differences in the state of will according to age characteristics

During the analysis, the differences in the age characteristics of the subjects according to the Zunga 'Depression state diagnosis' method were studied using the Cruscall-Wells criterion:

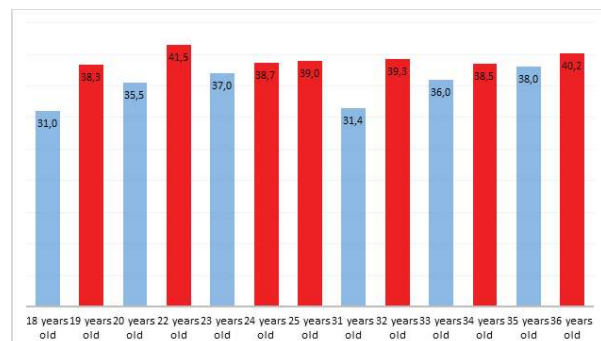


Fig. 5. Differences in the state of depression according to age characteristics

According to the characteristics of age, it can be seen that the scale of fear and stuttering in the method of incomplete sentences is higher at the age of 24 (45.3%), 31 (46.2%), 32 (46.6%), 35 (34%) (Figure 5) .

According to the correlation of the results obtained from the conducted methods, the attitude of high-willed people to themselves, their unfulfilled opportunities, and their attitude to sexual life are interrelated according to 99% reliability. A decrease in communication with strangers can be considered as the main factor in the development of depression in a person. According to the relationship with the father, it can be concluded that the psychological blow given by the father will cause fear and stuttering in the woman's psyche in the future, which can affect the relationship with her husband and friends. It can be said that situations related to satisfaction of sexual life or expectations in intimate life among housewives in relation to self are correlated with unfulfilled desires. It can be said that the relationship with the mother is related to the fact that the mother is strict with her child, especially her daughter, which in the future will cause the girl to feel guilty and lose her self-confidence. It can be said that the relationship with their mother also creates a peculiar fear and stuttering in them. Most of the housewives are successors of the image of their mothers.

Conclusions and recommendations. In conclusion, it should be noted that housewives have their own problems, dreams and desires. Often, they can't talk about their problems openly and become stressed and depressed. Eliminating their psychological problems will be a solid foundation for maintaining peace in the family, as well as achieving mental health of women. Of course, in this article, we are far from the opinion that all women should work in society. Our goal is to provide women with care and attention from family members, to establish appropriate incentives for their work and services, to achieve the development of special projects for housewives in society, because:

First, work and personal life are by far the most important processes in a person's life. In modern conditions, the correlation of their significance in a woman's life is not clear enough.

Secondly, we often come across a stereotypical idea that a woman's family is more important, and a man should work. On the other hand, studies show that the majority of women aspire to social work and do not want to be limited to housework.

Thirdly, it has been proven that limiting a woman's activity only to housework and children does not allow her to realize herself in life, and can lead to anxiety and depression.

Fourthly, a working woman still bears a double burden - professional and domestic duties, which can also lead to many negative consequences (feeling of guilt towards relatives or vice versa - a complete rejection of the family and raising children).

Fifthly, today women occupy a very large share in the field of social work. If all women were housewives, society would be in trouble without them. Undoubtedly, in families where a woman is a housewife of her own choice, and not by force (due to unemployment, the will of her husband), the house is usually clean, the food is in order, the children are under constant control.

When determining the housewife syndrome, it is advisable to take into account the emotional state of a woman, her connection with the past, social environment, and also a depressive state.

In order to reduce the risk of 'housewife syndrome' in the society, we offer the following recommendations:

– organization of special clubs for housewives in neighborhoods;

– organization of various competitions and events for families in order to increase attention and care for housewives;

– organization of corrective work according to a specially developed training program for housewives suffering from the "housewife syndrome";

– creation of special educational grants, online training and employment for talented housewives;

– organization of small trips together with tourist organizations in order to improve the status of housewives in the family, to give them a break from the monotonous lifestyle;

– organization of special field medical, psychological and cosmetic examinations for housewives in order to ensure the mental health of housewives, maintain the peace of mind of housewives in the context of family support (including cosmetic examinations, facial and skin care, as well as special free charity events for housewives on hair and makeup) appropriate to carry out);

– organization of free online vocational training courses for housewives, organization of special webinars on learning how to earn money while sitting at home;

– the introduction of special titles and honorary titles for housewives, taking into account the maturity of their children, family well-being, the opportunity to be socially active while sitting at home;

Based on the results of a study conducted by the Research Institute of the Republic of Uzbekistan "Mahalla and Family" within the framework of project No. JXBL-89 and the results obtained during the corrective measures "FOR HOUSEWIVES WHO WANT HAPPINESS" and "Methodological recommendations for psychological assistance to housewives", methodological manuals have been published.

A mentally healthy and calm woman is able to create an atmosphere of peace and tranquility in every home. But to achieve this state, a woman must work on herself and pay attention to her mental state.

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