



STRATEGIES FOR INCREASING PSYCHOLOGICAL LITERACY OF THE LOCAL POPULATION

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Abstract

This article analyzes the relevance of increasing the psychological literacy of the local population, the main strategies and effective ways to implement them.

Keywords: Psychological literacy, educational activities, strategy, neighborhood, online resources.

Introduction

Today, the development of society is closely related not only to economic and technological achievements, but also to the level of psychological literacy of the population. Psychological literacy is a necessary factor for a person to manage his emotions, overcome stress, and at the same time form healthy relationships. Therefore, the development of effective strategies to increase the psychological literacy of the local population is an urgent task; this article analyzes the topic in detail and describes scientific research in this regard.

Increasing the psychological literacy of the local population is one of the urgent tasks facing modern society. The formation of a psychological culture among the population not only ensures personal well-being, but also strengthens the stability of a healthy social environment in society.

Psychological literacy means people's psychological knowledge and skills, their feelings, thoughts, and the ability to communicate with others. Increasing the psychological literacy of the local population can help strengthen their mental health and solve social problems. Therefore, it is necessary to systematically organize work in the following areas.



The following strategies play an important role in increasing the psychological literacy of the local population:

- Educational activities: Conducting psychological trainings, seminars, and open dialogues is an important strategy that serves to increase the knowledge and skills of the population. It is recommended to regularly hold events among the population on the topics of family relationships, overcoming stress, proper communication, and conflict resolution.
- Integration in the education system: The inclusion of psychology in school and college programs is considered one of the important factors that contribute to the psychological maturity of the younger generation. This serves to develop emotional stability among young people, build mutual respect, and understanding.
- Use of media and digital resources: There is a wide opportunity to provide psychological advice to the population in simple and understandable language through television programs, radio broadcasts, psychological blogs on the Internet, and pages on social networks. Such resources help to cover a wide range of the population.

Programs, articles, and blogs that promote psychological literacy through television, radio, and the Internet can be an open source for the public.

- Neighborhood and community participation: Establishing psychological counseling centers in collaboration with neighborhood committees and activists will yield effective results and provide good service to the public.
- Online platforms: Given the capabilities of modern technologies, it is convenient to organize remote psychological counseling services for the population. For this, the opportunity to communicate with qualified specialists is created through mobile applications, websites and social networks. Distance courses and online counseling services serve as a convenient and quick source of assistance for the population.

The Importance of Psychological Literacy

1. Strengthening mental health: Psychological literacy helps people understand their emotions and respond to them effectively. This leads to improved mental health.



2. Solving social problems: Societies with high psychological literacy are able to solve social problems (for example, violence, poverty) more effectively.

3. Sustainable Development: Social stability is achieved by increasing the psychological literacy of the local population, which also supports economic development.

In addition, the following practices can be implemented to increase the psychological literacy of the population:

- Organize an open seminar on psychology every month.
- Develop special training programs for the younger generation.
- Regularly publish information on psychology on social networks.
- Offer family counseling services for family members.

Psychotherapy and consultation services: It is necessary to create opportunities for people to work with professionals who can help them solve their personal problems.

Increasing the psychological literacy of the local population has a positive effect not only on the psyche of the individual, but also on the stability of the entire society. As mentioned above, it is necessary to consciously develop the population using educational programs, seminars and modern media. This process also ensures the formation of a strong community in the neighborhoods.

CONCLUSION

In conclusion, increasing the psychological literacy of the local population is an important basis for the sustainable development of society. For this, the state, educational institutions, the neighborhood and the media must work together. In this way, the mental health of the population is strengthened and social stability is ensured. Increasing the psychological literacy of the local population has become an important necessity for the development of society today. A developed psychological culture teaches the population to understand each other, solve social problems through dialogue, and behave correctly in stressful situations.



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