

ART THERAPY IS AN EFFECTIVE PSYCHOLOGICAL WAY TO IMPROVE ADOLESCENT MENTAL HEALTH

Isakhanova Mokhidil Erkinovna

Teacher of Kokand DU

Annotation: *This article provides information on the origins and development of art therapy, its impact in psychological and pedagogical fields, practical methods of working with "difficult" adolescents, and its effectiveness.*

Keywords: *adolescent, art therapy, drawing therapy, music therapy, theatrical therapy, puppet therapy, bibliotherapy, dance therapy.*

Art therapy is a psychological method aimed at restoring mental health and helping personal development through the means of art. This method makes it possible to overcome stress and other psychological difficulties by harnessing the creative powers of a person. Art therapy is widely used in working with people of different ages and social strata, being especially important for young people with emotional-mental problems. Adolescents with "difficult" upbringing face various difficulties in the process of finding their place in society and overcoming their inner problems. This group of adolescents experiences complex conditions such as social isolation, depression, aggression, or family problems. Traditional psychological approaches sometimes do not have sufficient effect, therefore, a creative approach – art therapy – serves as an important tool for solving problems. The history of the development of Art therapy began in the first half of the 20th century. Its scientific basis was developed by Sigmund Freud, one of the founders of psychoanalysis, and his student Karl Yung. Freud believes that through creative activity, one can achieve the disclosure of repressions in the subconscious. Yung, on the other hand, studied the connection of art with archetypes, arguing that it could be applied to the observation of mental processes associated with the inner world.

From the mid-20th century, the use of art in psychotherapy began to spread widely in practice. It was during this period that scientists such as Margaret Naumburg and Edith Kramer played an important role in shaping the scientific foundations of art therapy. While Naumburg considered art therapy as a means of expressing the problems of the individual's subconscious, Kramer proved that the process of creation itself could become a process of bringing one into balance.

Art therapy works psychologically and pedagogically on the following principles:

Creative expression is an opportunity for a person to freely express their feelings through art.

Emotional state recovery-creative processes help reduce stress and restore mental balance.

Social adaptation-collective creative activity contributes to the development of social relationships of adolescents.

MODERN EDUCATIONAL SYSTEM AND INNOVATIVE TEACHING SOLUTIONS

With the help of personal development - art therapy, adolescents realize their abilities and form them.

Restoring psychological equality-helps to achieve inner balance and mental stability. Art therapy uses different creative directions, among which:

Drawing is the most common method, which helps a person to express his inner feelings.

Music therapy - effective in restoring emotional balance, helps to reduce stress and achieve relaxation.

Theater-gives adolescents the opportunity to express their feelings through their role. Puppet therapy - helps children and adolescents to express emotions freely. Dance-serves as an effective tool in improving physical and mental health.

Art therapy is an effective psychological method in improving adolescent mental health. This method helps to express the inner feelings of a person through creative activity.

Art therapy for adolescents helps to improve self-awareness, find new ways to solve problems, and communicate with others. This method is especially used in the identification and correction of neurotic and psychosomatic disorders among children and adolescents with difficulty in reading and social adaptation. Through Art therapy, adolescents are able to express their feelings, reduce stress, and increase self-confidence. This technique has been widely used by psychologists and plays an important role in improving adolescent mental health.

Studies conducted confirm that the upbringing of art therapy has a positive effect on "difficult" adolescents. With this method, the emotional stability, social relationships and personal development of adolescents have improved significantly. If we psychologically analyze the effects of Art therapy, we can see that it is reflected in the following directions:

1. Emotional stability. Adolescents with the use of Art therapy have learned to manage stress and tension better than before. This change is due to the following psychological factors:

Art therapy allows a person to express their inner feelings through creativity. This situation is explained by Freud, who can find a solution to a person's repressed emotions through creative activity.

Teenagers discover their abilities through creative activities and have the opportunity to use them. This will build self-confidence.

Studies show that creative activity contributes to the production of neurotransmitters in the brain that shape positive emotions. This stabilizes the mood of adolescents and increases stress resistance.

2. Improved social communication. Collective creative training has strengthened mutual trust among adolescents. Psychologically, this is explained on the basis of the following principles:

Social imitation: according to Lev Vigotsky's theories, children and adolescents assimilate social behavior in society through observation and imitation. Art therapy

promotes the social skills of adolescents by providing collective creative processes. The development of empathy: adolescents learn to understand the emotions of others while expressing their feelings through art. This helps increase their ability to empathize.

Verbal and nonverbal communication: in the process of Art therapy, adolescents learn to express their thoughts through the means of art. This may be more convenient for them than communicating through conventional speech. As a result, adolescents begin to express their feelings more and more.

3. Personal changes. Most adolescents with the use of Art therapy managed to discover new abilities in themselves. These personal changes are psychologically explained as follows:

Self-awareness: according to Carl Jung's theories, through art a person can become more deeply aware of his own identity. As adolescents engage in creative activities, they try to identify their inner problems and solve them.

The principle of alternative change: Art Therapy helps to form new thinking skills. Adolescents learn to approach their problems creatively, which comes to them in finding solutions in different areas of life.

Independent decision making: creative processes develop the skills of independent thinking and analysis of their own decisions. Adolescents get used to making independent conclusions as they express their thoughts through art.

4. Psychological stability and self-control. According to the results of the study, art therapy improves the overall mental health of adolescents. This result is explained on the basis of the following psychological factors:

Stress tolerance: through art therapy, adolescents learn to regulate their emotions. This will help them overcome various problems in life.

Internal balance and social integration: adolescents achieve identity through art therapy. This will help them adapt and find their place in society.

Conclusion. The results of the study show that art therapy training can effectively help "difficult" adolescents overcome emotional and social problems. This method helps to ensure psychological stability, increase the ability to empathize, develop independent thinking and form stress resistance. The results confirm that art therapy is one of the most effective tools for solving psychological problems through creative methods and restoring balance in the inner world of a person.

BIBLIOGRAPHY:

1. G.Orifjonova "Arterapiya". O'quv qo'llanma. Toshkent 2020. 17-23 b.
2. Скрыбина О.А., Матанцева Т.Н. "Арт-терапия как метод психолого-педагогической помощи детям с ограниченными возможностями здоровья – обучающихся высших учебных заведений" [Электронный ресурс] // Концепт. – 2016. – Т.
3. Е.А.Медведева "Артпедагогика и арттерапия в специальном образовании" учеб. для вузов /, Москва. ACADEMIA. 2001.