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PSYCHOLOGICAL PROCESSES AND WAYS TO PREVENT INFECTION IN ADOLESCENTS LIVING WITH HIV

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ABSTRACT

The article describes the causes of HIV infection, its routes of transmission, this infection in adolescents and changes in psychological processes in adolescents under its influence, stressful situations and measures to prevent them. A person's health and life are above all. Therefore, a person should not be indifferent to his health throughout his life, otherwise he may face disappointments. Because there are different types of people in the society we live in, ming unfortunately among them the presence of people being treated for or infected with a contagious disease constantly calls us to vigilance.

KEYWORDS: *HIV infection, adolescence, stress, remedy, correction, immunity, virus, mental processes, syndrome, cognitive.*

INTRODUCTION

A person's health and life are above all. Therefore, a person should not be indifferent to his health throughout his life, otherwise he may face disappointments. Because there are different types of people in the society we live in, ming unfortunately among them the presence of people being treated for or infected with a contagious disease constantly calls us to vigilance. We want to reflect below on this very HIV infection and its classification, ways of transmission and its impact on the minds of young people. We will first consider the nature of the content of this infection.

HIV infection is a chronic infectious disease caused by the human immunodeficiency virus, which remains in the body of a sick person throughout his life. The infection is initially latent, has been shown to be transmitted vertically through breast milk.

As HIV infects a person, it attacks his or her immune system. When an organism fights a disease, it is called an “immune response,” which is controlled by the human immune system. It is a very complex system of blood cells. HIV only targets one type of white blood cell called CD4 (you can see this in the picture below). These T-helper cells play a key role in protecting the body from disease. Their main role is to direct the army of "killer cells". CD4 cells instruct these "killer cells" on what to do. Without CD4 cells, "killer cells" cannot fight, and the body's immune response becomes less effective. In addition to attacking CD4 cells, HIV can also use them as a "factory" to create its own. In this way, HIV creates billions of new cells in the body, attacking more CD4 cells in the body. In response, the body fights and produces more CD4 cells, "killer cells" and more antibodies.

Unless specific treatment for HIV infection is started, over the years, HIV will slowly destroy so many CD4 cells that our bodies will not be able to regenerate them. At this stage, the amount of CD4 cells in the blood is 200 cells / mm³. This test is called a CD4 count and is an important measure of the immune response. The normal CD4 level in an HIV-free adult is typically 800–1200 cells / mm³. Therefore, when the amount of CD4 drops to 200 cells / mm³, the immune system is actually on the trail begins to exit. After that, the person loses the ability to fight other infections that cause the disease, and AIDS develops. People living with HIV have no symptoms for a long time. You don't know if he has HIV or not. People living with HIV can look healthy and feel healthy. They can study, work and continue their daily activities. They do not show any signs for a long time. This period is called the "asymptomatic" period, ie the period without any symptoms. It can also infect other people without their knowledge. Therefore, it is important to get tested and use HIV prevention methods. In general, HIV develops slowly in the human body and symptoms appear over a long period of time. In some people, it develops rapidly, but in most adults, the AIDS stage develops in about 10 years. In people living with HIV, a number of factors, including food quality, general health, physical and mental stress, and drug use affect the developmental stages of the AIDS stage. Treatment with antiretroviral drugs may also play a role in the development of HIV infection. People with AIDS die within 1.5-2 years if left untreated. However, people living with HIV who are under medical supervision and treated with the necessary antiretroviral drugs can live a full life for many years to come. These were the reasons for the origin, and it is natural that the question arises as to how to inform the young people suffering from this disease.

What exactly to tell a child or adolescent is his age and some issues (for example, certain functions of the body and the nature of the disease).determined by understanding. It's better to be a parent. If a child has HIV, it is best to let him or her know between the ages of 7 and 11. If a child learns about the human immunodeficiency virus through the media or school, he or she may have a number of questions and comments. Therefore, the parent should inform the child in advance. This allows the child to be told that one of the family members is infected with HIV. If a parent has someone who can advise them on how to tell them what to do with their HIV infection and what words to use, it's a great light upon light. To do this, play different role-playing games with the children, during the game the children can give written or oral answers to various questions, or read a book about HIV / AIDS to them. In this regard, it is advisable to organize psychological trainings. Parents need to make sure that their children are well-informed. Young children can understand simple concepts about HIV. For example, “All people have white blood cells in their blood. They help people stay healthy. And in my blood,

those cells are sick. That's why I'm often sick and tired. "Explanatory work should be carried out in the usual, simple cases, for example, when going to the doctor during the illness. The doctor may say that the child has the ORZ virus. Parents say that they are also infected with the virus, but they are not infected with the flu in children, but with a larger virus, so the parent may feel unwell and "can't play with you" or "so for your mother or father must be hospitalized for the doctors to correct them." Can be explained. Parents should also discuss with their children that this information should be kept confidential. Children need to be made clear that this secret should not be told to anyone under any circumstances. They need to find an explanation that is appropriate for their age and explain why they should keep it a secret. For example, it can be explained that others have a negative view of HIV, which can lead to frustration. Children react differently when they find out that someone in the family is infected with HIV. Given that children's reactions can be severe for adults, it is best for parents to consult with and seek help from professionals who have been working with children and young people for a long time. In children, as well as in adults, the reaction may appear over time. They may grieve the loss of a loved one, even though he or she is still alive. It is also possible that they think that their normal family life will end. Their whole mind may be occupied with a dying loved one, they may lose their mental stability, and they may not be able to relate to their HIV-infected relative as before. Some children may be relieved if someone in the family suspects that they are infected with HIV and they hear about it from themselves. There is no need for him to torture himself with suspicions and pretend he doesn't know anything. At times, the child may appear to have no reaction to the information. In that case, you need to give him time to think about everything. If a parent or other adult provides spiritual support to the child, he or she can share his or her feelings, ask questions, and express his or her feelings. In such cases, it is very important that the child's psyche is not broken, that he does not feel like a useless person, but that he looks at life differently. Unfortunately, the psychology of all parents or children living with HIV is not always as positive as we think, it takes on a negative mood and consciousness, for which life seems to have come to a standstill. In addition, because it is difficult for a teenager to suddenly become aware of the disease when he is already accustomed to both psychological and physiological changes. In such a complicated situation, it is better for parents to deal with their children individually, under the supervision of a psychologist. It is important for the psychologist to talk to the child and explain with good examples that life is not over with him, that he should not be addicted, and that he can live with this disease for many years.

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