# PSYCHOLOGICAL ASSISTANCE TO YOUNG PEOPLE IN NEED OF SOCIAL SUPPORT

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**Annotation**
It is marked by the growing role and importance of building a just society in the world. Today, we have managed to maintain socio-political stability and civil harmony in Uzbekistan by eliminating the negative situation in the field of social life, preventing a sharp decline in living standards and providing social protection to vulnerable groups and groups of the population. This article theoretically and practically covers the state policy on youth of our country and the psychological system of support for young people in need of social protection today.

**Keywords:** Psychological activity, worldview, sources of support, research processes, unorganized youth.

The thinker applied the idea of justice to the basic periods of society. At the same time, he stressed that the origin of human society lies in natural needs, and the combination of these needs creates a sense of justice. Continuing the ideas of the Eastern thinker Confucius, Farobi argues that the concept of "justice" coincided with the Enlightenment of mankind.

During this period, private property is established and it creates inequality between people. Importantly, the notion of justice, which represented equal distribution, now begins to express inequality under the influence of property. This concept is involved in the establishment of private property.

This means that the notion of justice has become more fully formed as a result of the fact that humanity has risen above the level of simple egalitarianism, that is, all are equal. The notion of 'justice', which has established the equality of claims as a means of co-ordinating violence with the counter-violence, has taken on a new meaning in a society based on private property. Now society began to feel the need for a new system of balancing social relations.

The great social changes that have taken place have led to the decisive formation of the idea of social justice in the minds of people, in their worldview, in political and legal thought, in moral norms. Another thinker of the East, Abu Ali ibn Sina, made some interesting remarks about this. According to him, in the process of interdependence and exchange, people free each other from any need. This requires mutual agreement between people, and this agreement establishes the rules and laws of justice.
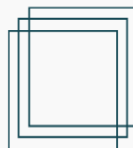
One of the doctrines that firmly defended justice in social life is the philosophy of mysticism. Sufis, like other Eastern thinkers, place their hopes on an enlightened and just king, through whom all social evils can be eliminated.

Sufis raise social issues such as the wise and just conduct of relations between the ruler and the people, the king and the kingdom, the rule of the state through just laws, and the application of the measures taken by the people, which glorified the ideals of the people's system.

Many mystics did not expect justice from kings, rulers, and officials, but set an example by following it in their practical activities. Hasan Basri, Abdullah Ansari, Abdulhasan Haraqani, Bahauddin Naqshband, Abdurahman Jami, Alisher Navoi, Khoja Ahror Wali, Mahdumi Azam Qasani often stood up against the injustices of kings and rulers, defended the oppressed and fought for the truth.

Thus, for young people, all of these arguments emphasize the importance of positive and supportive attitudes for sustainable psychological activity, as well as the ability of these young people to form positive social relationships and thereby increase their social competence.

Despite this evidence of the protective role of social support for mental health in young people, more theoretical and multidimensional research is needed. A multidimensional approach is needed to conceptualize and measure social support and mental health outcomes.

Indeed, many studies involving at-risk youth (e.g., in residential care) are focused on psychopathology, with positive activity, and optimal development is a relatively recent and unexplored area of research in this population. Thus, a holistic and comprehensive system of mental health that includes both positive and negative indicators at the same time is needed. Finally, an in-depth approach to young people's worldviews and experiences will be useful using quality methods to understand the role of different sources and contexts in supporting their psychological activities.

Through this quality empirical research and based on the example of at-risk youth in residential settings, we strive to explore youth concepts and the value of social support through a multidimensional, inclusive, holistic and theoretically oriented approach.

In addition, we seek to assess the impact of social support on their mental health outcomes in terms of psychopathology and well-being. Through this approach, this research gives us the opportunity to actively participate in the research processes of these vulnerable youth. The practical results of this study are clearly defined for professionals and researchers working with vulnerable youth in the field of legal psychology.

The results showed that youth social networking is not limited to group home, which contradicts some previously reported data, but is consistent with other arguments that reinforce informal supportive relationships, especially in the context.
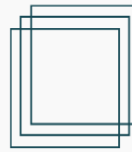
In fact, sources of support provided by foster youth can emerge both in the family and in the living environment. In line with previous evidence, this study describes residential care professionals as an important environment for young people who see it as an important source of social support.

In particular, and in support of previous evidence, home care professionals and family members are the most important sources of information and emotional support. In addition, young people were generally satisfied with social support and reported mostly positive ratings in this study.

These results are consistent with other studies that show that young people in residential institutions generally receive satisfactory social support, despite the low level of social support (compared to young people in normative developmental conditions). .

In addition, the majority of young people who participated in this study acknowledge that social support sources are available when they need support. Given the impact of social support on psychopathology, young people recognize the positive impact of social support on minimizing psychological functional problems, which reinforces previous findings from quantitative research.

Indeed, previous research has shown an important role for social support in mental health, with higher levels of social support associated with lower levels of emotional and behavioral problems. In this sense, social support can be a factor in protecting young people from psychological problems in boarding schools.

An important and innovative finding from this study is the impact of social support on well-being. According to our members, a high level of social support contributes to positive psychological activity, i.e., the effectiveness of self-awareness, the acquisition of new skills (both personal and social), well-being and quality of life.

Thus, the important role of social support is seen not only as a protective factor against psychological problems, but also as an enhancer of personal growth and optimal performance.

This is theoretically plausible because supportive relationships can be associated with increased individual dignity and the adoption of a flexible coping strategy, as well as the acceptance of individual emotions.

Similarly, most young people thought about using support from their networks, emphasizing how their support sources could effectively help them when they needed it most.

In addition, we found that young people see themselves as a source of social support for important people. This reflects the active role of young people as sources of social support, given that their support can be beneficial to people they know are important.

These results may indicate well-documented mental health of social support. In addition, this reinforces the evidence that a person's support and affiliation to a group can strengthen his or her personal control.
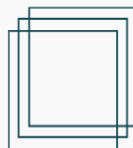
Given the emotional and social needs of unorganized youth, psychological interventions should take into account both legal and psychological issues. Although they are simply viewed (from a legal point of view), these adolescents can also be viewed as needy young people and their mental health needs need to be met.

Professionals working with unorganized youth need to be aware of their current problems in order to be able to assess their formal social support needs. Challenges that emphasize the importance of specialized training in this area. Measures for juvenile justice should be comprehensive to prevent both inciting factors and chronic social exclusions of disruptive behavior. .

In addition to these practical results, we can also identify impacts for future research. Thus, if this study emerges as the first research approach to addressing a range of problems identified in the literature, it is also more theoretically oriented and more likely to address problems arising from conceptual inconsistencies in the social support literature. indicates the need to develop dimensional research.

It is also important to develop research focused not only on psychopathology but also on positive activities, as these results show that social support received by young people is a key factor in mastering their skills and adaptive development processes.

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