

Psychological features of feelings of guilt in Uzbek women

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Annotation---*This article gives an overview of the feelings of guilt, the causes, psychological features and mechanisms of Uzbek women involved in various labor activities. The marital status and occupation of women is analyzed, and the degree of guilt of unmarried young girls and married women engaged in various types of work is examined using various methods. They find that the level of altruism and egotism is higher in women who have a higher level of altruism and are more likely to feel guilt and vice versa. The article deals with the peculiarities of the working mentality of women and the problems they face, and the topic is explored experimentally. The article also explores the relationship between age characteristics and gender differences in feelings of guilt, and theoretically and practically analyzes age and gender differences. The article deals with the psychological characteristics of feelings of guilt in Uzbek women and their peculiarities in human activities.*

Keywords---*feelings of guilt, shame, women, altruism, egoism, moral norms, neurotic guilt.*

I. Introduction

Whereas in ancient Uzbek family's men were regarded as pillars, superintendents, and economic dependents of women, women were housewives, as children. However, in today's modern society, women are involved in education and work alongside men, but they fulfill their traditional roles as mothers and housewives. Studies show that the demands placed on women by their families and businesses often do not match. While self-governance, fairness, and "individual behavior" prevail in the workplace, "family care" behaves with its own values, including self-esteem, sacrifice, altruism, and service to one's loved ones prevail. Professional work can also be considered a "male world" where those who have aggressiveness, initiative, competitiveness and, in particular, male traits will achieve greater success and gain dominance in the system. In order to succeed in this world, women need to deviate from their typical feminine behavior and develop masculine traits.

As we know, in the Uzbek people, women have long been formed as a housewife, a loving mother, a beloved wife, and mostly engaged in domestic chores. That is why in our nation today, many men want their spouses to do chores and work at home rather than work in a business or organization. The fact that spouses do not manage to do their homework on time and do not give them enough time to raise their children creates a sense of dissatisfaction which leads to a gradual culpability in women.

II. Literature Review

Guilt and shame are an integral part of human social life. That is why the study of this phenomenon in psychologists' work is rooted in socio-cultural conditions. The relevance of guilt and shame research is that foreign

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and Uzbek psychology is not sufficiently studied. Until now, feelings of guilt and shame are within the general theory of emotions and emotions (Yu. Sidorenko, 1971; GH.Shingarov, 1971; P.M Jacobson, 1998) or within the theory of spiritual education and development. have been studied in the context of self-awareness and self-esteem (IS Cohn, 1981; SR Panteleev, 1991; I.N Semenov, Yu Repetsky, 1999) ;).

Although the phenomenon of guilt and shame in various psychological concepts is perceived as a relationship, social and psychological research has not been explored as a particular issue, and young and gender differences in feelings of guilt have not been studied by Uzbek psychologists.

In life, women experience guilt often and intensely. In a number of studies (Merisca Bybee, 1994; Zahn-Waxler, Cole, Barrett, 1991), emotional disorders associated with feelings of guilt, including depression, anorexia, and more, are more common in women than in men. Russian researchers S.B Gornayeva and T.N Smotrov also agree with the above statement, suggesting that women are more likely to feel guilty about men. For example, women are more likely to feel guilty when they are offended by someone close to them (35% of women and 10% of men). Women are often regarded as emotional, eloquent, and yielding, while men believe that prudence and prejudice prevail among men. From this we can say that men tend to conceal or suppress this feeling even when they do something that causes them to feel guilty [1,115-117].

The main part:

Women often associate guilt with severe emotional experiences and emotional pain, which tend to blame themselves, justify their actions, and regret. In the same way, the majority of men try not to forget and forget about the situation that causes guilt.

Women often experience guilt when they do not pay enough attention to their loved ones, ignore them, upset their loved ones or disappoint them, and when others turn to them for help. . On the other hand, men often feel guilty when they realize their personal limitations and fail to behave in anger.

There are a number of conflicts and concerns that go hand in hand with family and occupational responsibilities, including the fact that a woman is emotionally abusive to her children, has to rely on her children to trust others, and is unable to devote enough time to their children because of their professional life. They are worried that their emotional and physical abilities are at full tension, resulting in problems in their relationship.

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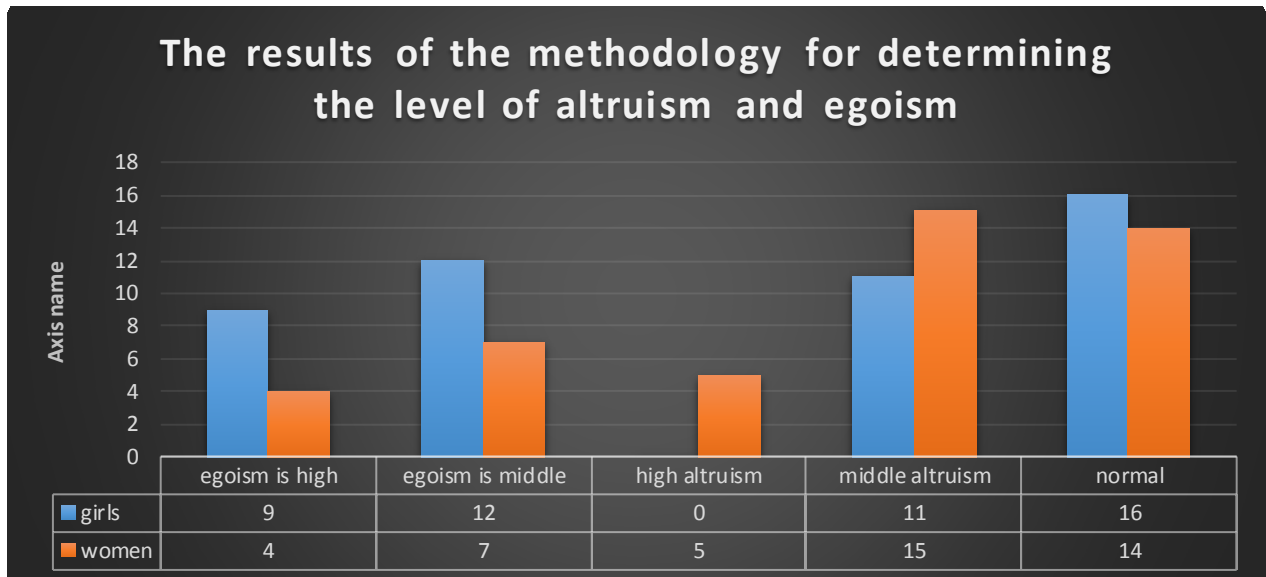
A woman's feelings of guilt towards her or her spouse are often manifested when they feel that a woman is inadequate to fulfill her family and family responsibilities. In addition, a woman may feel guilty for long hours at work, often returning home late at work, especially when her spouse is dissatisfied. causes an increase in the pressure. A woman who feels guilty about her family almost completely disregards her, because she has too much time to spend with her family and neglects to raise her children. When it is time, he wants to dedicate it to his family

immediately. That is why women are seen to be more self-sacrificing than others and the level of altruism grows from year to year.

Feelings of guilt and regret are the factors that cause a person's heart to cease, leading to altruism and self-sacrifice. An example of this is the image of Ikramjon in the trilogy of the great Uzbek writer Said Ahmad [4,288-436]. The work is described as one of the most respected and respected in the village of Ikramjon. During World War II, he was among the first to go to war, and soon returned with a single leg missing. When he returned from the war, it was known that his only child, Tursunbai, had gone to war, but soon Tursunboy's escape from the war would spread throughout the village. Having heard this, Ikramjon insults his son at first and accuses him of being a coward, but when he examines the cause, he realizes that he is guilty too. When he feels guilty, he tries to work hard for the desert and the desert, working day and night for the people, for the peace of his homeland, and to somehow ease his guilt.

Methods and Results:

To investigate the same situation, we used the N.P. Fetiskin, V.V. Kozlov, and G.M. We conducted a survey of 2-3-year students of psychology at Samarkand State University, as well as teachers of the Department of Pedagogy and Psychology, using the method of "Study of the level of altruism and selfishness in persons". The study was attended by 48 female students and 45 female teachers engaged in pedagogical activities. This method is designed to study the socio-psychological attributes of the individual and helps them to understand the level of altruism and egoism. There were 20 questionnaires in the methodology and, according to the results of the test results, the higher the score was more than 10 points, the higher the level of altruism and the desire to help people. Conversely, the lower the score is less than 10 points, the higher the tendency for the subject to egoism. According to our research, 9 out of 48 girls had a high level of egoism, 10 had a moderate egoism, 13 had a moderate altruism, the other 16 had a moderate level of egoism. it became known. In addition, the results of the same methodology were shown in 45 women engaged in pedagogical activity, with 4 out of 45 women having high levels of egoism, 7 with moderate and 16 truism is moderate, 5 is altruistic, and 13 are in the norm of altruism-egoism.



If we pay attention to the above results, we can assume that the level of altruism and egoism in individuals is directly related to their age. Because the average age of 2-3 year student girls we use as the object of our study is 18-25 years, and the vast majority are not yet married, and the average age of women engaged in pedagogical activities is 28-55. and most of them are married. According to the study, the level of egoism in our students is much higher than that of women, and on the contrary, the level of altruism is relatively low. Clearly, the level of egoism in girls / unmarried girls is much higher, and when they marry and have children, the level of egoism decreases and the level of altruism increases. As the main reason for this, we assumed that women, especially women involved in various occupations, may feel guilty about their spouses and their children after marriage.

Female guilt is often seen as a highly compensatory behavior in women, as Hoffman calls it "oppressive love" [1, 115 - 120]. High levels of compensation include a variety of situations, for example, in a case where the mother returns home from work late in the day to fulfill all the wishes of the child, to communicate with her overtime. It limits the freedom of the child, preventing the child from relaxing. Many children experience mental stress following this mother's care and have an impact on the child's behavior. Another form of high compensation, especially when a mother is away on a business trip or staying in business, is to buy a lot of toys for her child, even though the child does not need these toys. It is clear from this that the mother is only trying to soften and wash away her guilt. All of this leads to poor parenting, anxiety, anxiety and other personality disorders. When a child realizes that he or she feels guilty about it, he sometimes deliberately tries to influence and control that emotional experience in his or her mother.

Psychoanalyst G. Blum states that "when a woman returns to work after maternity leave, she misses her child during the day and may feel guilty for leaving her at home." From that moment on, her unintentional guilt begins to demand retribution, and she unwittingly undermines her success in work. He makes a lot of mistakes in his professional activities, and as a result he starts to feel unhappy and unfulfilled. When a woman begins to feel

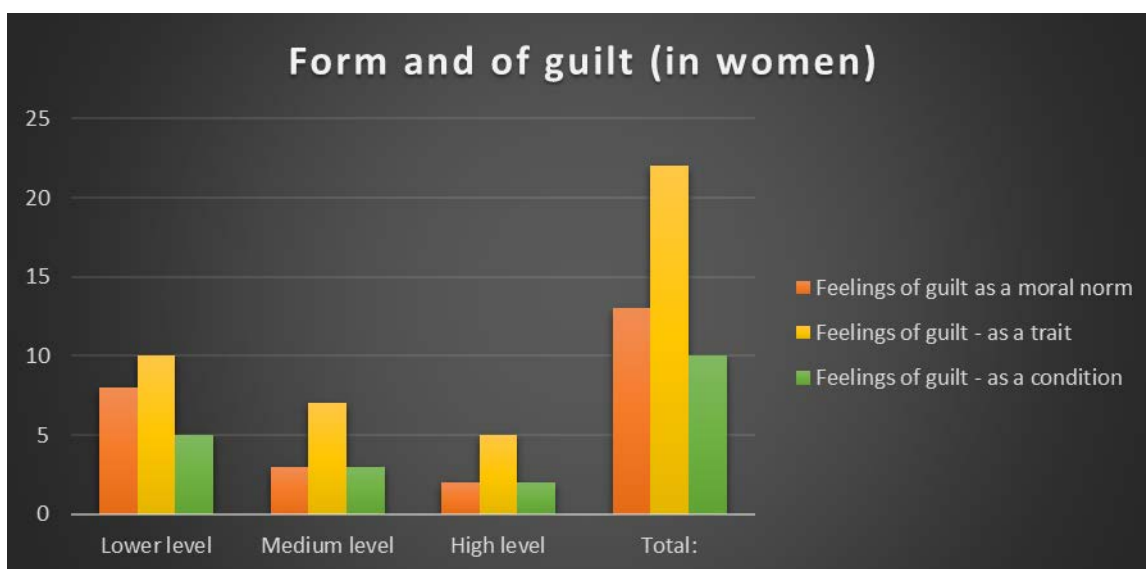
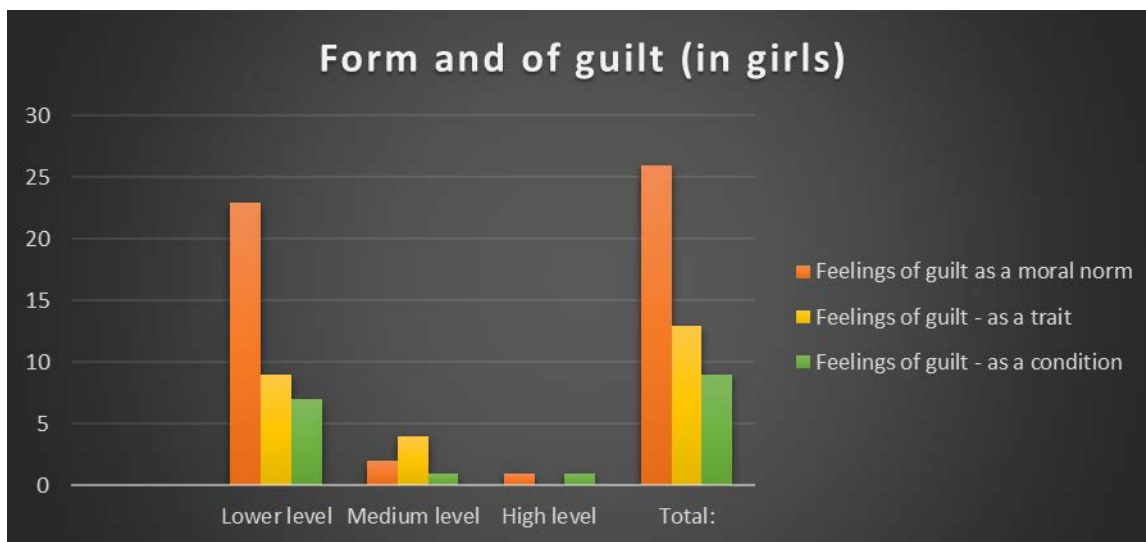
unlucky, her self-esteem diminishes, and her dissatisfaction with life and herself often leads to her children and spouse, and as a result, she becomes anxious. He feels more guilty. [5, 65-70]

Conflicts between motherhood and professional work can have a damaging effect on a woman's career, using guilt. M.A. Pinkstaf and A.B. Wilkinson has called this phenomenon "a fear of success" [6, 86]. I. Stiver notes that many women strive to reduce their abilities and creativity despite their full potential in professional activities.

In order to study and compare the feelings of guilt in working women, we also used the psychology of Samarkand State University in the 2-3-year-old female students and teachers of the Department of Pedagogy and Psychology. We conducted a study using the "Kugler-Jones Questionnaire for Feelings" adapted by Ilin. 48 psychology students from the 2-3 courses and 45 women engaged in pedagogical activity participated in the study. The test takers were given 45 validation questionnaires in pre-made special blanks and were evaluated on a five-point scale to determine whether or not they were included. Based on the results, it was concluded that:

Form and degree of guilt	Feelings of guilt as a moral norm		Feelings of guilt - as a trait		Feelings of guilt - as a condition	
	Girls	Women	Girls	Women	Girls	Women
Lower level	23	8	9	10	7	5
Medium level	2	3	4	7	1	3
High level	1	2	-	5	1	2
Total:	26	13	13	22	9	10

According to the results of the survey, 23 of our tested girls and 8 of our working women had a low level of guilt as a moral norm, 9 in girls and 10 in women as traits, 7 in girls and 5 in women. Except for 2 girls, 3 women as morality, 4 girls and 7 women as moderate, as well as 1 girl and 3 women It was revealed that women were highly moral as a norm, 5 as traits in women, and 1 in girls and 2 in women.



Comparing both of the above tables, almost 48% of our girls have a low level of guilt, which is 19% for women. However, we can see that the highest level of guilt was observed in 2 girls, 9 for women and 7 for women, and 13 for women. These analyzes show that women who are engaged in different types of work have a higher sense of guilt than married women. In addition, in our first study, we found that the higher the level of altruism among women, the higher the feeling of guilt and vice versa reflected.

Summary

How can a woman cope with this feeling of guilt and constant pressure on her? As we know, there are two types of feelings of guilt - real and neurotic. First of all, we will determine what kind of guilt is in the person, and then we will try to fight it. Real guilt is when the mother does not promise her child and does not do it for the child, even if she has no choice. For example, he asked his mother to come to the event, saying that his child would be hosting a sports event that would be important to him today at a sports school. The mother promised her child,

assured her, but she could not go to the race to do some work at her company. In this case the mother is truly guilty and at any time is able to apologize to her child. This can be done through words and actions, depending on the mother's relationship with the child and the state of the situation, thus avoiding guilt.

Neurotic guilt is when we feel guilty for our work, for no reason. Even if the child is already surrounded by other good people who feel well, his mother is worried about him. The problem here is not just the mother's relationship with her child, but the fact that she has some past problems in her life, and that she may be experiencing constant guilt. If you look deeper, you can see that the mother experiences this guilt often enough, both on and off the job.

The question is what to do in this situation. The mother's rejection of the thoughts that overwhelm her in the first place, with a realistic look at life: What's happening to me now? What can I give my child now? He should ask me when I am at home, at work or at work.

If the mother goes to work during the day, she will be required to sit with her child for at least 10-15 minutes before going to work and talk to her with all her heart and attention. .

In fact, if a child says that his parents are paying less attention to him, then it really is about quality, not quantity. Excess thoughts, telephones, and focusing on the child can take 10 to 15 minutes for a heartfelt, reliable conversation, hourly walks, long walks and more.

According to psychologists, forty minutes to an hour is enough for a child to receive enough encouragement and support from his or her parents. In fact, it is less than 40 minutes when taken during the day, because we asked the child what happened to the school ten times, why did you score so much, why didn't you leave the room, and then we will.

Therefore, it is important to use these times effectively and turn them into genuine, deep-seated relationships. Only in these cases can children voluntarily wash their dishes, clean up the rooms, and do their lessons on time. After all, they feel very happy and protected, and they feel their mother's affection even when she's not at home, and most importantly, she does not feel guilty.

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