
The Role of Psychology in the Treatment of Heart Failure in Humans

Egamberdiyev Oyatillokh Alisher o'g'li

3rd year student of the Faculty of pedagogy and psychology of Fergana State University

Jamoldinova Fotimahon Hayrillo qizi, Maxamadjonov Jakhongir Zokirjon o'g'li

1st year student of the Faculty of pedagogy and psychology of Fergana State University

Abstract: It is believed that the heart symbolizes the center of a person's life. His ability to enjoy life, to live in harmony with himself and the world around him. We live until our heart beats. Blood is a material sign of our spirit. Blood is joy and vitality, and veins give joy and strength to every cell of our body. Pain in the heart arises from an unsatisfied love: to himself, to his loved ones, to the surrounding world, from the difficulties cause in life, various heart diseases have been identified. In this article, opinions and opinions are made about the cause of heart disease in humans and the role of psychology in the treatment of these diseases.

Keywords: Human psychology, heart disease, treatment techniques, effects of human emotions.

I found that people with heart problems believe that they need stress and stress. They are dominated by a negative assessment of the surrounding world or any phenomena and phenomena in it. Almost any situation they see as stress. This is because they have not learned to take responsibility for their own lives. Personally, I divide all situations in my life into two categories: pleasant and useful. Pleasant situations are those that give me pleasant experiences. And those that are useful are those that you can learn something important and positive.

Interruptions in the work of the heart are a direct sign that you have lost your rhythm of life. Listen to your heart. This, of course, tells you yourself that you are wearing an unfamiliar rhythm. Hurry somewhere, do not rush, do not rush. Anxiety and fear begin to rule you, your feelings. An increase in the level of cholesterol in the blood is a blockage of the channels through which Joy enters you. And not eating fatty foods is the first place in the causes of this disease. Resistance and tension in life affect, which also leads to atherosclerosis. I found out that people with vascular sclerosis are very stubborn. They stubbornly refuse to notice the good in life, they constantly argue that this world is evil, life is heavy and unbearable. The heart provides blood circulation in the human body, acts like a powerful pump. Currently, more and more people die from heart disease than from other diseases, war, disaster, etc. This important organ is located in the very center of the human body.

Any problem with the heart is a sign of a dependent state, that is, the state in which a person perceives everything is very close to the heart. His efforts and experiences go beyond his emotional capacity, which drives him into excessive physical activity. The most important message of heart disease is this quote; “**Love Yourself!**”. If a person suffers from heart disease, it means that he tries his best to win over the forgotten own needs and affection of

others. He does not love himself enough. Heart problems immediately indicate that you need to change your attitude to yourself. You think that love can only be from other people, but it would be more reasonable to accept love from yourself. If you are connected with someone else's love, you must always win this love. If you understand your uniqueness and learn to respect yourself, then Love Is Love, Your love for yourself will always be with you, and you do not have to try again and again to get it. Try to say at least ten compliments a day to reconnect with your heart.

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Cardiovascular diseases, depending on the modern living conditions, their number is increasing dramatically, that permanently improves emotional stress from people. The most mild cardiovascular symptoms that occur against a background of short-term emotional stress: transient tachycardia, arrhythmia, arterial hypertension or hypotension. Functional disorders: a feeling of weakness in the region of the heart and precordial pain, short-term fainting of different depths, angina attacks without electrocardiographic and anatomical disorders, which in some cases can lead to death. All these symptoms are often accompanied by significant emotional disturbances in the form of fear and anger. Psychosomatic disorders, first of all, myocardial infarction and chronic arterial hypertension. By the way, scientists believe that hypertension is often associated with a conflict between high social control of behavior and the individual's need for power. Consider some of the personal characteristics of people suffering from chronic diseases that are caused by ischemic diseases.

Previously, doctors divided all diseases into mental (neurosis, etc.) and somatic, that is, syphilis. After a while, more and more people began to tend to the idea that most diseases are psychosomatic by their nature. Of course, except for Infectious Diseases. Karl Buler once said: there is a sign, and this is a signal that you are always doing something wrong. If you understand the cause of the symptom, why it happens, the disease disappears. All this, of course, is true, but it all depends on how long the patient was sick with this or that psychosomatic disease. If the disease has occurred for a long time, then it is better to combine two directions.

Feelings that affect the central nervous system, the accumulation of excitement, anxiety, internal tension that a person cannot react to. That is, negativity, negative emotions do not flutter out. Play a key role in the pathogenesis of cardiovascular disease, suppressed hostility, anger, aggression. If we take the emotional state of a person, then the violation of the cardiovascular system is associated with such feelings: anger, anger, fear, longing, sadness and other negative emotions. Of course, the heart also responds to positive emotions, but we will not consider this aspect now. The ability to adequately express your feelings, the ability to pronounce them, the ability to turn off the spiritual dialogue will help here.

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