
Some Features of Neurosis in Adolescents

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Abstract: The main part of society is made up of teenagers, the main role of parents, community and educators is important in their future upbringing in a scientific, healthy, psychologically harmonious way. Currently, most adolescents in the transitional period are observed neuroses. In this article, we provide information on the interpretation of the psychological characteristics and neurotic states of adolescents.

Keywords: neurosis, neurotic mechanisms, psyche, psychoanalysis, nervous.

Various studies show that about 20% of the world's population suffer from neurosis, and their number is growing every day. That neuroses in some cases begin in childhood is reflected in many studies. If we analyze the age of a person from a psychological point of view, many psychological, physiological and psycho-emotional processes occur precisely during the crisis of adolescence. As a result of such processes, the emergence of neurotic conditions and symptoms in adolescents is determined by psychological counseling.[1]

Neurosis is studied by many scientists, including psychologists, neurologists and physiologists. With regard to neurosis, Sigmund Freud described neurosis as a product of internal conflict, Alfred Adler said: "Neurosis is not a disease, but a wrong way of life", and Karen Horn said: "Neurosis is the result of wrong relationships between people" In the book, Professor Z.R. .Ibodullaeva "Asab va ruhiyat" (Nerves and psyche) neurosis is a functional disease of the nervous system, which develops as a result of the action of external and internal factors that cause mental trauma. So neurosis is a neurological disease." Neurosis was also carefully studied by the sultan of medical science, the thinker Abu Ali ibn Sina. In those days, neurosis was defined as follows: "In this disease, the body temperature does not rise, not a single organ is damaged, there are no bruises on the body, but the patient's nerves are damaged." [2]

The National Encyclopedia of Uzbekistan lists several neuroses: neuroses - neuropsychiatric disorders caused by disorders of the nervous system as a result of a long-term mental disorder; mutually close functional mental illnesses (neurasthenia, hysteria, psychasthenia) as a result of emotional or mental exhaustion often arise under the influence of infectious and other diseases.

According to UNICEF, neurosis is a special form of mental protection that helps to isolate oneself from a traumatic reality [3]. Its development is necessarily preceded by some kind of internal conflict. The reason for this conflict can be:

- suppression in a child of his innate nature (a soft, "feminine" boy is scolded by his father, who wants to see a "real man" in his son);
 - psychophysical defect (the child feels that he does not meet the requirements, he seems to himself worse than others, even if this is not so);
 - discrepancy between the conscious assessment of oneself at this particular moment and
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the subconscious self-assessment embedded in the psyche on the basis of personal experience and assessment of the personality by others. The condition preceding neurosis, which is much more common, is called predneurosis.

Teenage neurosis, just like adults, teenagers can react very actively to stresses that are the result of difficult life situations. Often the first signs of the development of neurosis go unnoticed, since a teenager spends a significant part of his time outside the home (at school or in the company of friends). A child in the pubertal period should be monitored especially closely, since the likelihood of developing nervous disorders is very high, and the treatment of neurosis in adolescents should be started as early as possible.

Causes of adolescent neurosis The vast majority of adolescents have not yet fully formed an even attitude towards the norms accepted in society. In this regard, they quite often have conflicts at school (with peers or even teachers) and on the street.

The main causes of nervous disorders in adolescence are traumatic situations and hormonal changes in the body, which are characteristic of puberty.

Symptoms of neurosis in adolescents, the consequences of excessive stress on the nervous system, are determined by personality characteristics. As a result of mental trauma, some develop a depressed state and sleep disturbances, others develop obsessive restless thoughts and an unmotivated feeling of fear, and still others develop teenage hysterical neurosis.

The most common in adolescents are:

- neurasthenia;
- neurosis of the heart;
- gastric neurosis;
- hysterical neurosis;
- obsessional neurosis.

Important: Neurotic disorders often lead to the formation of a deviant behavior model.

The main symptoms of neurasthenia and other types of teenage neurosis include:

- problems with studies;
- rapid fatigue during mental stress;
- depressed state;
- increased irritability;
- dizziness;
- headaches;
- insomnia;
- low self-esteem;
- hypochondria.

Treatment of neurosis in adolescents is the task of a qualified psychotherapist. In no case should you leave the symptoms unattended or try to cope with the problem that has arisen exclusively in the family circle. Only a specialist will be able to establish the type of neurotic disorder, identify the true cause of its occurrence and prescribe adequate treatment.

In adolescent neurosis, treatment as a whole does not differ from therapeutic methods for

nervous disorders in adults. Psychogenic disorders are reversible!

It is necessary to treat the disease with the help of the following specialists:

1. Neurologist. It will help cure neurological disorders. If necessary, he will prescribe special sedative drugs, conduct the necessary diagnostics.
2. Child and family psychologist. It will help restore the psychological health of a teenager and a favorable climate in the family, choose the most appropriate model for raising a child in each individual case.
3. Psychotherapist for the psychotherapy of neuroses in adolescents. This doctor treats obsessive-compulsive disorders, can conduct several sessions of hypnosis if necessary. In the treatment of adolescent neurosis, it is the psychotherapist who plays the most important role.
4. Other specialists of a narrow profile. You may need to consult a psychiatrist or endocrinologist. You can treat neurosis with the help of an acupuncturist, masseur, reflexologist.

If you approach the treatment of teenage neurosis in a complex way, you can completely get rid of all the symptoms present. But you should always remember that the vulnerability of the nervous system is a property that will haunt the child throughout his life. Psychotherapy of neurosis in children and adolescents can effectively get rid of this disease.

Prevention of neurosis: A huge role is played by preventive measures in relation to neuroses at a young age. So that the symptoms and treatment of neurosis in a teenager do not become part of his life, it is necessary to prevent the occurrence of this disease. Parents have an important role to play in this situation. To maximize your child's mental health, you should always try to follow these very simple guidelines.

1. A teenager should have the most clearly defined daily routine. Thanks to this, it will be possible to stabilize the work of an unbalanced nervous system.
2. It is worth carefully monitoring the load on the child. If you have just noticed the first symptoms of a neurological disorder, you should immediately seek the advice of a neurologist. He will help you choose a special supportive course of treatment. It is also worth discussing the issue with teachers in order to slightly reduce the daily burden on a teenager.
3. Be sure to make sure that the child is involved in a feasible sport or simple exercise. This will quickly relieve psychological stress.
4. If your family has psychological problems, then you should not postpone a visit to a family psychologist.
5. If possible, have the child visit a child psychologist. Also pick up some options to deal with stress. It can be fairy tale, art or game therapy.
6. It is advisable to use improvised means of relaxation at home. You can do yoga with teenagers. This will allow you to relax and relieve nervous tension.

There are many medicines for the treatment of neuroses. But you don't have to use them often. The most appropriate remedy is chosen by the doctor and recommended to the patient. Since most of the drugs used to treat patients are highly sedative, they cannot be recommended to patients who work with them. If a small amount is recommended, the result will be low. At this time, medications with minimal side effects are used. The same method of psychoanalysis that is used in the treatment of psychosomatic syndromes is widely used to

eliminate neurotic symptoms. It is also recommended to engage in general massage acceptable to him, acupuncture, morning exercises and sports. It is also very useful to relax in sanatoriums once a year.

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