

SOCIAL - PSYCHOLOGICAL CHARACTERISTICS OF INTERPERSONAL RELATIONSHIPS IN WOMEN AFTER CHILDHOOD

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Prenatal stress in women, individual psychological characteristics, motherhood problem, psychosocial phenomenon, interpersonal relations, socio-psychological conditions.

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Abstract

This article is devoted to the study of social and psychological characteristics of women before and after childbirth, and the psychological condition of women preparing for motherhood, marital relations, socio-psychological conditions for supporting productive communication between mother and child. The article analyzes thoroughly and explains that the problems of motherhood and childhood are the most important and one of the main strategies of society's development.

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INTRODUCTION

The relevance of studying social psychological characteristics of women before and after childbirth is related to a number of problems. We will give some examples of these problems, including the social status of women preparing for motherhood, marital relations, maintaining a good communication between mother and child. The problems of motherhood and childhood have been and remain one of the most important and basic strategies of society's development. Thus, the presence of problems in the social psychological characteristics of a woman before and after the birth of a child depends not on the problem itself, but on actual approaches to solving it. In our work, the main focus was made to study the social psychological characteristics of a woman in interpersonal relationships before and after the birth of a child. Many theoretical and practical studies are devoted to the problem of motherhood, in which a woman's satisfaction with the role of mother is studied.

Family is the most important social institution that accompanies a person throughout his life. Many different approaches to the study of the family determine its importance, impact on the individual, its versatility and complexity. As our President Sh.M. Mirziyoev said, "The cultural level of any society on Earth is determined by its attitude towards women." demands attention. The important part of studying "Social and psychological characteristics of interpersonal relations in women after having a child" is that it helps to protect women's mental health, to eliminate depression in women, to ensure peace and tranquility in families, and to make women feel satisfied with their roles in the family provision, increased attention and care of family members towards women, and self-esteem and interpersonal relationships of women with children and women without children are compared and studied. Women have their own problems, dreams and desires. Often they can not talk openly about their problems, they get stressed and depressed. Decreasing their psychological problems will be a solid solution for maintaining peace in the family, as well as achieving mental health of women. In recent years a new term syndrome, has appeared in psychotherapy. This syndrome is based on neurotic depression, and in this case - constant moodiness, low self-confidence, feeling of dissatisfaction with oneself, feeling of insignificance of family role are observed.

According to K. Horney, the consequences of gender socialization reveal the problems of women's socialization. This causes fear of failure, fear of social rejection, loss of self-confidence, indecision, and affects women's mental development and family relationships. The book "Why Young Mothers Feel Trapped" was created in the family magazine Redbook. Readers were asked to submit their life stories for this book and over 20,000 responses were received. Based on these letters, Redbook commissioned a documentary called "Why Young Mothers Feel Trapped." Research has found that stay-at-home moms are more likely to suffer from depression, anxiety, depression, and anxiety than 60,000 moms surveyed. The main causes of this syndrome and depression that can occur in young mothers include:

1. In women, it can also appear in the form of postpartum psychosis or postpartum depression. Of course, this condition can also be related to postpartum nerve compressions and a decrease in the amount of magnesium in the body. Magnesium is the main anti-stress substance and plays an active role in the relaxation of nerve impulses. In the case of deficiency of this substance, symptoms such as depressed mood, irritability, trembling of hands, creaking of bones, feeling of congestion in the throat, sleep disturbance, and fatigue are observed. In this case, substances such as magnesium, omega-3 fatty acids and

serotonin are very important for the brain. Because low levels of serotonin can lead to depression and other mental illnesses.

2. "Perfectionism" or "excellence complex" - the desire to perform all tasks perfectly. Often, such women want to succeed in everything, that is, at work, at home, in raising children and in relationships with their husbands. If some difficulties suddenly arise, this situation will cause her to blame herself for them. She even blames herself for a small defect in her child;

3. Sudden changes. It is known that working women are adapted to an active lifestyle before giving birth. When they go on maternity leave, they suddenly take on the role of mother. In addition to causing depression, an adjustment problem can also limit a person's freedom. In this case, the financial issue is also important. Before that, a woman used her salary to support herself financially, but now she becomes dependent on financial incentives. Sometimes there may be reasons for completely abandoning a favorite profession and performance.

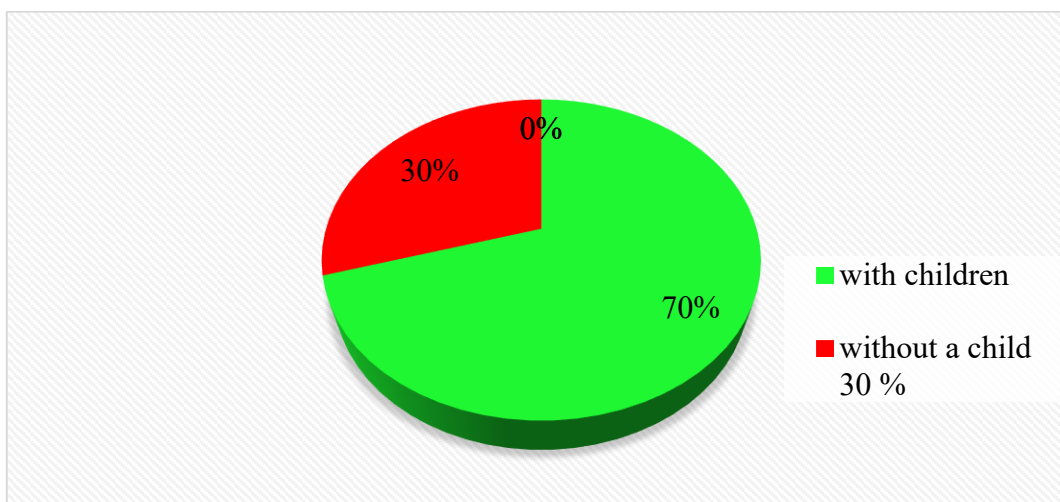
4. Mother's love. As soon as a child is born in the family, a great responsibility is required from the parents for his future. Grandmothers and grandfathers' interference in children's upbringing, accusing parents of neglecting education, are often observed in some families. If the parents themselves grown up with psychological trauma from childhood, they pay serious attention to the psychology of their children and often begin to limit themselves from many things.

This syndrome is often observed in young mothers. They can be distinguished from most women by moody looks, lack of a smile on the face, slightly lowered shoulders. Maybe she can behave as if she is happy with life, but in reality, her heart is far from perfect living conditions. She often begins to evaluate himself negatively. She wants to develop, get out of the house, talk to her husband and deal with her feelings. However, her desires and wishes, unfortunately, do not always work. Failure to satisfy the need for communication causes a decrease in her self-esteem. Even if she tells others about her pain, listeners support her by telling her that her life is going well and that everything is fine with her. In psychology, the problem of motherhood, how the mother's personality changes, and the state after childbirth have been studied for many years. Within this study, the study of the psychological characteristics of the mother, i.e., the mental state after childbirth, and therefore, together with the method of dealing with the child, the role of motherhood, accommodating the child's needs and giving great importance to the child's health. All studies show that childbirth is a major transition period in women's lives, and it has an impact on women's psychological state. All the above considerations show that psychological support for mothers, the role of psychology in motivating mothers in the culture of interaction between mother and child.

As noted by our Honorable President Sh.M. Mirziyoev, "Respecting women is a noble value characteristic of our people. All of us, no matter what profession or position we acting in, for all the good qualities in our hearts, we are forever indebted to kind women. We are ready to support so that women can live happily. The cultural level of any society on earth is determined by its attitude towards women", therefore, the attention paid to women today requires paying serious attention to their physical health as well as their mental health.

The main part

Diagnostics and primary analysis of socio-psychological characteristics of interpersonal relations in women after childbirth. Based on the goals and objectives of our research, 76 (70%) of the 108 participants with children and 32 (30%) without children participated as the subjects of our study (Fig. 1).



Picture 1. Group distribution of women

Based on the aims and objectives of our study, we performed group analysis among women according to the Mann-Whitney U-criterion. Women with children and women who have not yet had children took part in it. Our results were determined and reflected in the table (Table 1).

Table 1

According to the Mann Whitney U-criterion K. Leongard's method of diagnosing character accentuation types in a person and Ch.D. Spielberger, Yu.L. Hanin's self-assessment diagnostic methodology, analysis of indicators

According to our results according to the Mann-Whitney U-criterion, it can be seen that the affective type scale of K. Leongard's method of diagnosing the types of character accentuation in a person has significant differences between groups. ($U=-2.417$; $p<0.05$) observed. Individuals of this type are characterized by high communication, conversational and interpersonal abilities. Women of this type often argue, express their opinions, but do not lead to open conflicts. Women can be both active and passive in interpersonal conflicts. They value their relatives and friends, and are very adapted to them and are attentive to them. They have a kind, altruistic character and are able to show sincere feelings. From our results, it was found that characteristics of the affective type prevail in childless women. Because they have not yet had children, altruistic traits prevail in them, while their negative traits are: following a momentary mood, anxiety. The negative side of women of this type can be called "readiness for disappointment". This anxiety they have is related to having children. After several years of marriage, they take every situation tragically, and as a result, they are capable to neurotic depression.

Table 2

Kruskoll Wallis distribution of indicators among age groups of women

Indicators	19-23 N=34	24-29 N=49	30-36 N=25	H	P
Backward	53.03	56.60	52.38	0.424	0.809
Pedantic	55.46	55.32	51.60	0.289	0.865
Excitable	63.99	50.14	50.14	4.695	0.096
Hypertension	63.54	45.72	59.40	7.630	0.022*
Distim	42.44	61.73	56.72	8.170	0.017*
Concerned	54.78	56.48	50.24	0.705	0.703
Affective	59.44	53.92	48.92	1.785	0.410
Emotive	60.65	49.05	56.82	3.141	0.208
Cyclothym	58.81	53.55	50.50	1.153	0.562
Situational Anxiety	51.34	57.35	53.22	0.795	0.672

Our study is based on the analysis of the results obtained by the age distribution of the test subjects. Significant differences according to the Kruskoll-Wallis N-criterion hyperthymic scale ($N=7,630$; $p<0.05$) was observed. According to our research, the hyperthymic type is higher in women between the ages of 19-23, because they have a high level of extroversion in interpersonal

relationships at this age, because they have built a new family and in the process of adapting to the family, they need to communicate and exchange information, share different situations in their families with their relatives, peers and married women in the neighborhood, and they tend to compare. During this age range, most women have children, and because

According to this analysis, the type of situational anxiety has significant differences between women without children and women with children ($U=-2.273$; $p<0.05$) observed. Anxiety is an individual psychological trait that reflects the experience of emotional discomfort and anticipation of impending danger. The cause of anxiety can be personal conflict that is formed in the process of education and life. It was found that this type of anxiety in women is especially high in childless women. Situational anxiety is characterized by the state of a person at a certain time and is associated with external factors that cause a "life" or social threat. Such anxiety is a response to changes in situations considered stressful by the subject. When the anxiety disappears and interpersonal and family problems disappear, the person's condition returns to normal. This type of anxiety can occur in all people, including women, for various reasons: difficult political and economic situation, natural disasters, negative news, family and work problems, bad experiences, fears. It has been observed that this anxiety in women occurs when the topic of child upbringing is raised in interpersonal relationships in the problems related to having a child. At the physiological level, situational anxiety is manifested by increased heart rate, increased breathing, increased blood pressure, decreased threshold of sensitivity, and increased general excitability as a desire to change a difficult life situation.

In our next analysis we performed the Kruskoll Wallis N-criterion age analysis. We divided the age of women into 3 groups. Women aged 19-23, women aged 24-29, and women aged 30-36 participated in it, and significant differences were observed in our results (Table 2).

of the experience of parenting and the fact that they have not yet had a few children, they feel more inclined to engage in interpersonal relationships. Hyperthymic people always look at life optimistically, overcome sadness without difficulty, in general, it is not difficult for them to live in the world. Due to their thirst for activity, this species easily succeeds in production. Hyperthymic people are great conversationalists, they are always in the center of attention and interest everyone. They are women who can talk endlessly. Such women are never bored, they are interesting, they deliver the speech with jokes, these type of women never sit on one topic for a long time, they do not bore their interlocutors by constantly changing the topic. We can see that the next indicator on this type scale is dominated by women aged 30-36. At this age, most women had children and raised them, giving advice to young mothers and brides based on their own experience. They find time to build interpersonal relationships. This age is the first stage of adulthood, in which family, work, informal roles are selected and women with more or less life experience. They have fully adapted to their family and fully occupied their status in the family.

In the hyperthymic type, 24-29-year-old women showed a low index, and the fact that having children, raising them, and having to do homework at this age has to perform several tasks at the same time reduces their desire for communication and interpersonal relationships and less likely to satisfy.

According to the Dystim scale (N=8,170; $p<0.05$) significant differences were found in the age distribution of women. A high indicator of this type scale was reflected in 24-29-year-old women. Women of this type often exhibit low mood, silence, pessimistic behavior, sometimes they are indifferent to certain situations. In this type of woman, events that deeply shock her can lead her to a state of reactive depression. Dysthymic individuals have a weakened motivation for activity, and the

mind works slowly. Dysthymic women and individuals are responsible, they take their work seriously, but lack of activity always prevents them from organizing their lives in a way that gives them a sense of satisfaction. At this age, they have many interpersonal problems in the family and the lack of experience in building a family can be seen in these characteristics. Rarely enters into conflicts, often has a passive side. Such women value those closest to them and those who are friends with them and tend to obey them. We can see the average indicator on the Dystim scale in women aged 30-36. Since they are women with a lot of life and psychological experience in the process of socialization, as we explained above, they choose dysthymic type characteristics depending on the acceptance of them by the people around them. A low indicator was found in women aged 19-23, because women of this age have high expectations for communication, information exchange, interpersonal relationships, and new circles, and the dysthymic scale reflected a low indicator in them. In our next analysis we performed the analysis in groups of women with and without children according to the Kruskal Wallis N-criterion.

Correlational analysis of socio-psychological characteristics of interpersonal relationships in women after childbirth

K.Leongard's method of diagnosing character accentuation types in a person and Ch.D. Spielberger, Yu.L. We determine the laws of interdependence of the diagnostic methods of Khanin's self-evaluation and analyze the aspects of their dependence.

To perform this correlation analysis, we used the Spearman test using the nonparametric criteria explained above.

Table 3.

K.Leongard's method of diagnosing character accentuation types in a person and Ch.D. Spielberger, Yu.L. Diagnostic methods of Khanin's self-assessment correlation analysis

	inconvenient	Backward	Pedantic	Excitable	Hypertension	Distim	Concerned	Affective	Emotive	Cyclothym	Situational Anxiety	Personal concern
Demonstrative	1	,144	,116	,027	,261**	-,158	-,170	,086	,035	,177	-,172	-,060
Backward			,046	-,038	-,085	,176	,005	-,189*	,014	,100	-,181	-,001
Pedantic			1	,140	-,007	,122	,089	,016	-,052	,184	,121	-,062
Excitable				1	-,016	,053	,046	,248**	,155	,280**	,207*	,065
Hypertension					1	-,259**	-,122	,096	,003	,119	-,083	-,118
Distim						1	,115	-,068	-,116	,098	,092	,167
Concerned							1	-,070	,223*	,078	-,120	,027
Affective								1	,106	,124	,104	,105
Emotive									1	,035	,076	,128
Cyclothym										1	,073	,043
Situational Anxiety											1	,192*
Personal concern												1

According to the analysis of the results, we can see the patterns of dependence on a number of scales. K. Leongard's method of diagnosing types of character accentuation in a person

A positive correlation ($r=0.207$; $r<0.01$) was shown between situational anxiety and impulsive types. From the analysis of our results, it became clear that in women, the anxiety arising due to the demands of a certain situation generally occurs together with the agitated type. They tend to quarrel over small problems. Anxiety as a condition is common to all of us and it is our physiological (normal) response of the body to a threatening or stressful effect. A certain level of anxiety is necessary to mobilize one's emotional, intellectual and volitional resources. The level of anxiety varies from person to person depending on the individual characteristics of the person. Usually, anxiety symptoms are well controlled and therefore resolved quickly. And in women, the level of mobility of the nervous system, the higher the arousal process, including anxiety-related arousal, occurs faster. According to the results of our correlation

analysis, the types of hyperthymia and dysthymia have a negative relationship ($r=-0.259$; $r<0.01$).

The characteristics of these two opposite types negate each other. Hyperthymic women are distinguished by their tendency to kind, sensitive humor. They do not tolerate the restriction of freedom because they are always in a spring mood. Does not take criticism well. Hyperthymic type women are able to quickly adapt to the family and new environments, as well as to the difficulties that arise in the family. Even when women experience failures in the characteristics of this type, but they do not bother him. They love themselves more and often give themselves the freedom to love themselves. Women of this type look for new companies, easily adapt to an unfamiliar society. Aspires to be a leader in the family, in public places and in the group.

Dysthymic women and individuals are constantly in a low mood, analyzing their mental and motor activities. In society, such women hardly participate in the conversation, only occasionally

making comments after long pauses. Their timidity and indecisiveness are clearly visible in the family and in the community. Pessimism is seen in passivity, inertia, lack of desire to support loved ones, low ability to be happy with others, and lack of practical skills, physical dexterity, which are not characteristic of the hyperthymic type. A high level of one of these types leads to a low level of the other.

A positive correlation ($r=0.223$; $r<0.05$) was found between emotional type and anxious types. Women belonging to the emotional type are distinguished by the subtlety of emotional reactions, perception, sensitivity, anxiety and deep reactions in the field of sensitive feelings. The most obvious characteristic is humanity, sympathy for other people or animals, sensitivity, kindness. They are characterized by femininity, motherhood, a sense of duty and hard work. The anxious type is characterized by a constant feeling of anxiety, inner tension and emotional response to everything and events. This type is characterized by constant doubts about the correctness of their actions and thoughts, emotional view of whether they are performing their actions correctly. They are not very active in interpersonal relationships. They have a sense of duty, responsibility, and high moral and ethical requirements. Affection, sensitivity, shyness are characteristic of women of this type. Due to their inner anxiety, they are prevented from getting closer to the people they want.

Situational anxiety and personal anxiety in women have a positive relationship ($r=0.192$; $r<0.05$). , problems and conflicts in the relationship between the mother-in-law and the daughter-in-law. A state of constant fear and anxiety in women usually occurs during certain difficult life periods - job loss, financial difficulties, after the birth of a child and other circumstances. Usually, patients overcome their fear, calm down and look for a way to relax. However, in some cases, anxiety can be a constant companion of life, and increased anxiety leads to insomnia and a number of somatic diseases.

This is often observed in women. The reason for this is that women, unlike men, are often guided by emotions rather than logic, in addition, they are subject to hormonal changes. They worry more and there are many reasons for this worry - children and their future, career, family relationships, health, appearance, dissatisfaction with their appearance after childbirth and life. worry about staying that way, worry about losing their husbands as a result, and so on. The development of anxiety can be affected by the failure to fulfill the duties of one of the social roles - mother, wife, housewife, daughter-in-law.

Constant anxiety can become a chronic condition and lead to a decrease in the quality of life not only for the woman herself, but also for her loved ones. Common symptoms of anxiety disorder in women include irritability, sleep disturbances, and difficulty concentrating. The most common manifestations of anxiety are tension, doubt and fear. Anxiety occurs in a deep depressive state in women without children, more strongly than in women with children.

CONCLUSION

A review of the theoretical foundations of the problem of socio-psychological characteristics of interpersonal relations in women who have given birth in the science of psychology allows us to draw the following conclusions: The analysis of scientific literature on the studied problem is related to family life in women after giving birth showed the high relevance of studying the issues, as well as couple cooperation, family communication process, socio-psychological adaptation emerges as one of the main problems of modern social psychology. Women also have their own problems, interests and desires. Often they are not able to talk about their problems openly, they get stressed and depressed. Eliminating their problems, along with keeping peace in the family, will be a priority for women to achieve mental health.

Thus, the state of motherhood is considered both in terms of objective parameters and subjective aspects. Social situation is interrelated with parameters of social identity. During pregnancy and in the post period, the social-role component of a woman's social identity is determined by the state of motherhood, which in turn determines the value of the child and the structure of

social identity. According to the results of the empirical analysis of social-psychological characteristics of interpersonal relationships in women who had their first child, significant differences between groups were observed in the analysis of the scales of affective type and situational anxiety. A group of women with and without children was analyzed, and it was found that the affective and situational anxiety scales were higher in women without children.

Significant differences were also observed between the age groups of women. According to the hyperthymic scale, a high index in women aged 19-23, an average index in women aged 30-36, and a low index in women aged 24-29 were determined and explained.

The dysthymic type scale of the character accentuation scale revealed a high score in women aged 24-29, a medium score in women aged 30-36 and a low score in women aged 19-23. According to the results of empirical analysis of socio-psychological characteristics of interpersonal relations in women after childbirth, significant differences between groups were observed in the analysis of scales of affective type and situational anxiety. A group of women with and without children was analyzed, and it was found that the affective and situational anxiety scales were higher in women without children.

According to the results of the correlation analysis, the method of diagnosing the types of accentuation of character in a person by K.Leongard and Ch.D. Spielberger, Yu.L. Interrelationships between the indicators and scales of Khanin's self-assessment diagnostic methodology were analyzed and the scientific hypothesis was confirmed.

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