

PSYCHOTROPIC DRUGS AND THEIR IMPACT ON THE MENTAL HEALTH OF ADOLESCENTS, AND PREVENTION

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Psychotropic medications have a wide range of effects on the psychological state of adolescents. During adolescence, a period of personality formation and psychological stability, the use of psychotropic substances can have both positive and negative outcomes. This article examines the impact of psychotropic medications on adolescent psychology, their expected and unexpected side effects, as well as preventive measures and safe usage practices. The paper is relevant for parents, educators, psychologists, and healthcare professionals

INTRODUCTION. In recent years, there has been an increasing trend in the use of psychotropic drugs among the youth of Uzbekistan, which has become a particularly pressing issue among adolescents. Improper use of psychotropic substances, which are being taken for various reasons, leads to serious physical and mental health consequences. In the age of information flow and globalization, it is essential to examine how the mental states of young people are being heavily influenced by the external environment. Due to socio-economic factors, family conditions, and changes in the education system, Uzbek youth are becoming more susceptible to mental stress. As a result, the increasing use of psychotropic drugs among young people has exacerbated their negative impact, further aggravating psychological problems among youth. The aim of this article is to analyze the effects of psychotropic drugs on adolescent psychology and introduce psychological and educational preventive measures to protect against these effects.

Throughout this article, the mechanisms of action of various psychotropic drugs, the interest of young people in them, and the psychological and social consequences of their misuse will be widely discussed. Additionally, recommendations will be provided as preventive measures, including encouraging a healthy lifestyle, psychological counseling, and educational programs. The relevance of this article lies in the development of effective strategies for the prevention and promotion of a healthy lifestyle among Uzbek youth.

Chapter 1: Psychotropic Drugs and Their Mechanisms of Action

Psychotropic substances, which affect the mental state, are often used for treating mental disorders, reducing stress, and managing emotional states. Several types of psychotropic drugs are widespread in the Uzbek market, including antidepressants such as Amitriptyline, Fluoxetine, and Sertraline, antipsychotics like Risperidone and Haloperidol, and stimulants like Methylphenidate. These drugs influence the psyche through various mechanisms, which may result in serious negative consequences for adolescents.

1.1 Antidepressants and Their Mechanism of Action

Antidepressants help improve mood and reduce stress by increasing serotonin and norepinephrine levels. Drugs such as Amitriptyline, Fluoxetine, and Sertraline are available in the Uzbek market and are used to treat depression and other mental disorders. Although these drugs are viewed as a treatment for depression among young people, prolonged use can lead to psychological and physical dependence. As a result, young people may become accustomed to managing their mood with medication, failing to achieve true emotional stability.

1.2 Antipsychotics and Their Effects.

Antipsychotic drugs such as Risperidone, Haloperidol, and Quetiapine are primarily used to treat severe mental disorders, including schizophrenia and bipolar disorder. These drugs stabilize the mental state by inhibiting dopamine activity in the brain. However, improper or long-term use of antipsychotics can negatively affect adolescent psychology, leading to emotional dullness, loss of interest, and problems in social interactions. Among the youth of Uzbekistan, these drugs are sometimes used for self-medication, posing serious risks and requiring professional medical oversight.

1.3 Stimulants and Attention-Enhancing Drugs

Stimulant drugs are used to activate the central nervous system and improve attention. Stimulants like Methylphenidate are used to treat Attention Deficit Hyperactivity Disorder (ADHD); however, misuse of these drugs is common among young people. In some cases, these drugs are incorrectly used as a way to enhance focus in academic activities, which can

damage mental and emotional well-being. Prolonged use of stimulants can create a chemical imbalance in the brain, which can be harmful to young people, weakening self-confidence and mental stability.

The growing demand for psychotropic drugs among youth in Uzbekistan is influenced by a number of social and psychological factors. Below, we analyze the main factors and their role in drug use.

2.1 Increase in Psychological Stress

Currently, the level of stress is rising among adolescents due to factors such as the educational process, family pressures, and social media influence. The desire to pursue higher education, self-development, and the constant need to use modern technologies are creating a significant psychological burden. This, in turn, leads young people to experience depression and mental fatigue. Psychotropic drugs are seen as a short-term solution, but they can lead to addiction and exacerbate psychological issues in the long run.

2.2 The Impact of Social Media and Advertising

Currently, there is widespread advertising of psychotropic medications for mental illnesses on social media platforms. Some studies show that young people, inspired by the experiences of their peers or popular figures on social media who use these drugs, are becoming interested in psychotropic drugs. Often, the recommendation to use such drugs is made without scientific evidence, leading to negative consequences among young people.

2.3 The Impact of Family and Educational Environment

In some cases in Uzbekistan, the family environment and the education system directly influence the use of psychotropic drugs. Strict parental control or excessively high expectations can negatively affect the mental health of young people and lead them to feel the need to resort to psychotropic drugs. The high demands in school and university environments also contribute to mental exhaustion.

Chapter 3: The Negative Effects of Psychotropic Drugs on Youth Mental Health

The use of psychotropic drugs leads to emotional, intellectual, and social changes in young people's mental health. Below, we analyze the impact of these drugs on the mental health of youth in detail.

3.1 Emotional Changes

Psychotropic drugs lead to emotional changes among young people. For example, antidepressants may sometimes increase resilience to difficulties, but on the other hand, long-term use may reduce emotional adaptability and perseverance. The use of psychotropic drugs among young people in Uzbekistan is associated with strong emotional changes and a

weakening of mental stability, leading to a loss of resilience to stress and difficulties in managing grief or stress.

3.2 Intellectual and Social Changes

Improper use of antipsychotics and stimulants can lead to serious changes in intellectual abilities and social relationships among youth. For instance, the improper use of stimulants can disrupt the chemical balance in the brain, slowing down mental and intellectual growth among adolescents. This leads to difficulties in the social environment: young people may lose close relationships with their peers or experience conflicts in self-awareness.

3.3 Research and Statistical Data

Recent research conducted in Uzbekistan and other countries indicates that improper use of psychotropic drugs among young people has a negative impact on their social and emotional development. Studies on the misuse of psychotropic drugs among youth in Uzbekistan show a significant decline in their social adaptability and emotional stability. Therefore, there is a high need for preventive measures among youth, which is an especially urgent issue in the context of Uzbekistan.

Chapter 4: Psychological Preventive Measures

Psychological preventive measures are of great importance in protecting young people from the dependence on psychotropic drugs. Below, we will focus on preventive measures aimed at maintaining and developing a healthy psychological state among young people.

4.1 Individual and Group Psychological Counseling

In the context of Uzbekistan, psychological counseling services are considered an effective method of protecting young people from psychotropic drugs. Psychological counseling for young people helps to develop self-awareness and stress management skills. Additionally, group therapy allows young people to exchange ideas with their peers and receive emotional support.

4.2 Family Support

The family environment plays a crucial role in the psychological stability of young people. In Uzbekistan, parents need to enhance their psychological support and emotional backing for their children. Open communication and understanding of their children's psychological condition by parents can help reduce the need for psychotropic drugs.

4.3 Psychological Prevention Programs

Psychological prevention programs aimed at preventing the use of psychotropic drugs should be implemented in Uzbekistan's education system. Establishing psychological

support centers in educational institutions and introducing specialized programs on mental health will contribute to supporting a healthy lifestyle among young people.

Chapter 5: Educational Preventive Measures

Educational preventive measures are of vital importance in protecting young people from psychotropic drugs and in shaping a healthy lifestyle through the education system in Uzbekistan. Activities conducted in educational institutions help stabilize the mental state of young people, enhance their self-confidence, and develop skills for a healthy lifestyle.

5.1 Introduction of Specialized Educational Courses in Schools and Universities

In Uzbekistan, the organization of special courses on psychological health in schools and universities will help increase young people's awareness and prevent drug use. These courses will raise awareness of the negative consequences of psychotropic drugs and teach healthy ways of coping with stress and problems. In this area, educating young people about the mechanism of action of drugs and the risks of improper use is an essential preventive measure.

5.2 Inclusion of Mental Health Topics in Educational Curricula

Incorporating topics on mental health, stress management, communication skills, and conflict resolution into the educational curriculum in Uzbekistan will have a positive impact on protecting the mental health of young people. Through such programs, young people will gain skills in self-awareness and managing their emotional and psychological states.

5.3 Encouraging Young People to Lead a Healthy Lifestyle

One of the effective ways to prevent the use of psychotropic drugs is to engage young people in sports and other healthy activities. Organizing sports competitions, art events, and other cultural activities in schools and universities can motivate young people to adopt an active lifestyle. Moreover, physical activity serves as a means of maintaining psychological stability and reducing emotional stress.

Chapter 6: Special Recommendations for Preventing the Use of Psychotropic Drugs in Uzbekistan

In Uzbekistan, special recommendations have been developed to protect young people from psychotropic drugs and prevent addiction to these substances.

6.1 Strengthening Control in Pharmacies

There is a need to strengthen control over the distribution of psychotropic drugs through pharmacies. Pharmacies should operate under strict supervision to prevent improper use

among young people, with certain drugs only being dispensed upon a doctor's prescription. This will be an effective measure to prevent the unauthorized use of psychotropic drugs.

6.2 Information Campaigns in Social Networks and Media

It is essential to regularly raise awareness in social networks and media about the negative consequences and the risks of improper use of psychotropic drugs. This will increase the level of awareness among young people and ensure they have the necessary knowledge to protect themselves from these substances.

6.3 Expanding the Network of Psychological Support Centers

Establishing specialized psychological support centers for young people across Uzbekistan plays an important role in distancing them from psychotropic drugs. These centers will provide young people with psychological support instead of relying on drugs, offering help in managing stress and solving personal problems.

Conclusion. The negative impact of psychotropic drugs on adolescent psychology is especially urgent in the context of Uzbekistan, as the use of these substances can lead to serious mental and social issues among young people. This article has detailed the mechanisms of the impact of psychotropic drugs, analyzed the reasons for their use among youth, and discussed psychological and educational prevention measures. As preventive measures for youth in Uzbekistan, the implementation of special courses on mental health in the education system, strict control over pharmacies, and strengthening family and social support are recommended. These measures will help reduce the level of psychotropic drug use among young people and protect their mental health. In this way, the conditions for the healthy development of youth will be created, which is crucial for the overall social stability of the country.

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