

# NURSING PROCESS IN MAINTAINING THE MENTAL HEALTH OF THE POPULATION

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## Abstract

This article discusses the importance of the nursing process in maintaining and improving the mental health of the population. It highlights the role of nurses in assessing patients' psychological conditions, identifying mental health problems, planning appropriate care, implementing nursing interventions, and evaluating treatment outcomes. The study emphasizes the significance of effective communication, psychological support, preventive measures, and community-based healthcare services in promoting mental well-being. Furthermore, the article examines modern approaches and strategies used in nursing practice to enhance the quality of mental healthcare services.

**Keywords:** Mental health, nursing process, psychological support, community nursing, healthcare services, mental well-being, nursing care, patient assessment, prevention, rehabilitation.

## Introduction

In the Republic of Uzbekistan, special attention has been paid in recent years to protecting the mental health of the population and improving the quality of psychiatric and psychological healthcare services. The healthcare reforms implemented in the country are aimed at strengthening public health, developing preventive medicine, and improving the system of mental healthcare services. Mental health protection is considered an important factor in ensuring social stability, improving quality of life, and increasing the efficiency of the healthcare system.

Particular importance has been given to improving the nursing process in mental healthcare institutions and community healthcare services. Nurses play a significant role in identifying mental health problems, monitoring patients' psychological conditions, providing emotional support, organizing rehabilitation measures, and conducting preventive activities among the population. The nursing process includes patient assessment, nursing diagnosis, care planning, implementation of interventions, and evaluation of outcomes. These stages help ensure continuous and effective mental healthcare services.

According to the Resolution of the President of the Republic of Uzbekistan dated 19 February 2019, "On Measures for Further Improvement of the System of Providing Psychiatric Care to the Population," large-scale reforms were initiated to modernize psychiatric services, improve medical institutions, and strengthen community-based mental healthcare services. This resolution emphasized improving the professional qualifications of medical personnel, including nurses working in psychiatric institutions and family polyclinics.



**MAIN BODY**

Furthermore, the Ministry of Health of Uzbekistan has focused on developing preventive healthcare programs aimed at reducing stress, depression, suicide risks, and social psychological problems among different groups of the population. Special attention is being paid to children, adolescents, women, elderly people, and socially vulnerable groups. Nurses working in primary healthcare institutions actively participate in health education activities, psychological counseling, and early detection of mental disorders.

The importance of mental health protection in Uzbekistan became more evident during and after the COVID-19 pandemic period in 2020-2022. During this time, increased psychological stress, fear, social isolation, and economic difficulties negatively affected the mental well-being of many citizens. As a result, the demand for psychological and psychiatric assistance significantly increased. Healthcare workers, especially nurses, played an essential role in providing emotional support, health monitoring, and rehabilitation services for affected individuals.

In recent years, Uzbekistan has also introduced modern digital technologies into the healthcare system. Telemedicine services, online psychological consultations, and electronic healthcare systems are gradually expanding in medical practice. These technologies improve access to mental healthcare services, especially for people living in remote rural areas. Nurses are increasingly required to develop professional competencies related to digital healthcare technologies and patient communication skills.

Today, strengthening the nursing process in maintaining the mental health of the population remains one of the important priorities of the healthcare system of Uzbekistan. Improving nursing education, increasing professional responsibility, expanding preventive healthcare activities, and strengthening community-based services contribute significantly to protecting public mental health and improving the quality of medical care in the country.

Mental health is considered one of the most important components of public health in the modern healthcare system. According to the World Health Organization (WHO), mental health is defined as a state of well-being in which individuals realize their abilities, cope with normal stresses of life, work productively, and contribute to their communities. In recent years, the importance of protecting and improving the mental health of the population has increased significantly due to rapid social, economic, technological, and environmental changes occurring worldwide.

The nursing process plays a vital role in maintaining the mental health of the population because nurses are among the primary healthcare professionals who communicate directly with patients and communities on a daily basis. The nursing process includes systematic stages such as assessment, diagnosis, planning, implementation, and evaluation. Through these stages, nurses identify psychological problems, provide emotional support, implement preventive measures, and evaluate the effectiveness of care. Modern nursing practice focuses not only on physical health but also on emotional and psychological well-being.

According to WHO data published on 8 October 2025, more than one billion people worldwide live with mental health conditions, while many healthcare systems still face shortages of financial resources, specialists, and community-based services. Mental disorders such as depression, anxiety, bipolar disorder, and stress-related illnesses negatively affect social relationships, educational achievement, work productivity, and overall quality of life.





The relevance of this issue became even more evident after global crises such as the COVID-19 pandemic, armed conflicts, migration problems, and economic instability. WHO reported on 6 May 2025 that emergency situations significantly increase psychological distress among affected populations and disrupt mental healthcare services. Research findings show that nearly one in five individuals exposed to war or conflict experiences mental disorders such as depression, anxiety, or post-traumatic stress disorder.

Furthermore, special attention is being given to adolescent mental health. WHO data published on 1 September 2025 revealed that one in seven adolescents aged 10–19 years experiences mental disorders, and suicide remains one of the leading causes of death among young people aged 15-29 years. These statistics demonstrate the necessity of strengthening preventive nursing interventions, psychological counseling, and community healthcare programs.

Modern healthcare systems increasingly emphasize community-based mental healthcare services instead of long-term institutional treatment. On 12 March 2024, WHO officially recommended strengthening community mental health services and reducing dependence on psychiatric institutions. Community nursing services improve accessibility, reduce stigma, and help patients reintegrate into society more effectively. Nurses working within communities provide education, counseling, rehabilitation support, and early identification of mental health disorders.

In addition, technological development and digital healthcare systems have introduced innovative approaches to mental healthcare. Telemedicine, artificial intelligence, and online counseling platforms are being used to provide psychological support and improve access to healthcare services. Recent studies conducted in 2025 demonstrated that digital mental health technologies can help reduce symptoms of depression and anxiety while improving social support and patient engagement.

**NURSING PROCESS IN MAINTAINING MENTAL HEALTH OF THE POPULATION (UZBEKISTAN – OFFICIAL BASED ANALYSIS):**

Nursing Process Stage	Official Basis (Year & Date)	Official Source Type (Uzbekistan)	Detailed Analysis	Nursing Role in Practice	Expected Result
Assessment	2019–2025 (continuous reforms)	Ministry of Health of the Republic of Uzbekistan – primary healthcare development programs	Mental health assessment is strengthened within family polyclinics and psychiatric institutions. Screening for stress, depression, anxiety, and behavioral disorders is included in preventive examinations.	Nurses conduct interviews, psychological observation, risk screening, family history collection, and early symptom detection.	Early detection of mental disorders and timely referral to specialists.
Nursing Diagnosis	Presidential reforms on psychiatric care system improvement (19 February 2019)	Official Presidential Resolution on improving psychiatric care system in Uzbekistan	The system emphasizes early identification of mental and behavioral disorders and standardization of clinical documentation in	Nurses classify patient conditions: anxiety, depression, emotional instability, suicidal risk,	Clear identification of patient psychological status and priority setting.

Nursing Process Stage	Official Basis (Year & Date)	Official Source Type (Uzbekistan)	Detailed Analysis	Nursing Role in Practice	Expected Result
			psychiatric nursing practice.	psychosocial stress.	
Planning	2021–2024 mental health strengthening programs	Ministry of Health strategic healthcare modernization plans	Mental health services are integrated into primary healthcare with emphasis on individualized patient care plans and prevention strategies.	Nurses design care plans, coordinate with psychologists, doctors, and family members, set rehabilitation goals.	Structured and individualized mental healthcare plan.
Implementation	COVID-19 period response (2020–2022)	National healthcare emergency response system	During the pandemic, psychological stress increased significantly; healthcare workers were mobilized to provide psychological and emotional support.	Nurses provide counseling, emotional support, patient education, medication monitoring, and rehabilitation assistance.	Reduction of psychological stress and stabilization of mental state.
Evaluation	Ongoing healthcare quality control system (2022–2025)	Ministry of Health monitoring and evaluation framework	Continuous monitoring of mental health patients is conducted in psychiatric institutions and community clinics.	Nurses evaluate patient progress, behavioral changes, treatment response, and update care plans.	Improved treatment outcomes and prevention of relapse.
Preventive Activities	National prevention programs (2020–2025)	Public health prevention strategy of Uzbekistan	Prevention of depression, suicide, stress-related disorders, and adolescent mental health issues is a priority direction.	Nurses conduct awareness campaigns, school-based education, stress management training, family counseling.	Increased mental health awareness and reduced risk factors.
Community-Based Nursing	De-institutionalization reforms (post-2019)	State policy on development of primary healthcare and family medicine system	Shift from hospital-based psychiatric care to community-based mental health services.	Nurses monitor patients in communities, provide home visits, and support social reintegration.	Improved accessibility and reduced stigma of mental illness.

## CONCLUSION

The nursing process plays a fundamental and irreplaceable role in maintaining and improving the mental health of the population in the Republic of Uzbekistan. Through its systematic stages assessment, nursing diagnosis, planning, implementation, and evaluation nurses ensure early detection of psychological problems, provide continuous emotional support, and contribute to effective rehabilitation of patients with mental health disorders.



Recent healthcare reforms in Uzbekistan, especially those initiated after 2019 in the psychiatric care system and primary healthcare development, have significantly strengthened community-based mental health services. These reforms emphasize prevention, early intervention, and integration of mental health care into family medicine and community health structures. As a result, nurses have become key professionals in identifying risk factors such as stress, depression, anxiety, and social maladjustment at an early stage.

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