

The effect of the psychoemotional state of parents of children undergoing treatment in the intensive care unit on the effectiveness of the medical care service

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Annotation: this article explores the impact of the psychomotional state of parents of children being treated in the intensive care unit on the effectiveness of the medical care service. Parents are concerned about their children's health and are exposed to a state of stress and anxiety, which can worsen their psychological state. And the effectiveness of the medical care service is related to the information and psychological support provided to parents. The psychoemotional state of parents helps children recover faster and communicate effectively with medical personnel. This study highlights the importance of improving the effectiveness of medical care by improving the psychological state of parents.

Keywords: resuscitation, children, parents, psychoemotional condition, medical care, efficacy, stress, anxiety, psychological support, health, support, information, recovery.

Introduction: for children who are being treated in the Intensive Care Unit and their parents, the psychoemotional condition is very important. Severe health conditions in children can negatively affect the mental and emotional state of parents. Parents may experience conditions such as stress, anxiety, and frustration as a result of their children's concerns about their health.

The fact that the upbringing of a physically healthy and spiritually mature generation is a priority in our country today is a logical continuation of socially oriented state policy. The healthy and harmonious growth of our children is considered an important factor determining the present and future of our country, along with the fact that parental happiness, family joy. In the Global age, it is important to cultivate the emotional intelligence of the individual. Because through this not only the emotional well-being of a person is ensured, but also psychosomatic diseases that can occur in him are obtained.

Emotional intelligence is one of the dynamically developing areas of research in modern psychology. Many researchers have analyzed this phenomenon from tamoni. Emotional intelligence is the perception of emotions, the ability to perceive other people and their personal goals, motivations and desires, as well as the control of their emotions and other people's thoughts in order to solve practical problems. Without managing his own emotions, a person cannot achieve success in his professional activities and personal life, since the successful solution of common problems is associated with the perception and management of emotions. In most emotional situations, there are situations that need to be judged by reason. Controlling and controlling emotions is an important ability of an individual. Psychological state can affect survival prognosis and quality of life. In cases such as psychological problems, depression, nausea, stress, patients can have negative effects under survival and quality of life. The basic characteristics of patients can also affect survival prognosis and quality of life. For

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example, factors such as age, gender, comorbidities, and genetic factors can affect patient survival and quality of life. These are just a few of the factors that affect survival prognosis and quality of life after resuscitation. Therefore, all factors must be monitored to determine survival prognosis and quality of life after resuscitation, and individualized final outcomes must be determined for each patient.

Health is one of the main factors of human well-being. Every day, a person is exposed to various stressful situations, which cause a wide range of emotions - from joy to anger. These emotions have a significant impact on health, as they interact with all systems and organs. Emotions arise in the central nervous system, which controls the vital activity of the body. Changes in emotional state can affect the functioning of organs and systems.

The effects on organs are changes in the following systems:

- Respiratory system.
- Cardiovascular system.
- Gastrointestinal system.
- Endocrine glands.
- Muscular system.

These changes can lead to fluctuations in the emotional background of a person. The emotional state can also affect the vital activity of the organism. The psycho-emotional state can precede physiological diseases. The following tests and observation methods for assessing the psycho-emotional state will be used throughout the dissertation.

Psychophysiological tests: Used to assess the body's response to stressful situations.

Monitoring physiological indicators: Heart rate, blood pressure, and other indicators are determined using devices that measure them.

Psychological questionnaires: A questionnaire that helps determine the level of stress and emotional state shows that the psycho-emotional state is a specific form of a person's mental state, in which emotional responses predominate. Emotional indicators of reality are necessary for a person because they control his mood and functional state. Lack of emotions reduces the activity of the central nervous system and can lead to a decrease in working capacity. Excessive exposure to emotionogenic factors can cause a state of neuropsychic tension and disorders of higher nervous activity. Optimal emotional arousal is a condition for preparation for activity and its implementation, which is favorable for health.

In this context, the role of health care is extremely important. Health care workers can improve the psycho-emotional state of parents by providing them with the necessary information, psychological assistance, and general support. The mental state of parents, in turn, affects the treatment process of children, since a positive psychological state of parents helps children recover faster.

A literature review is an important source for studying the relationship between the psycho-emotional state of parents of children treated in the intensive care unit and the effectiveness of medical care.

Psycho-emotional state: The psychological state of parents, as a result of their relationship with their children, has been studied in several studies. For example, a study by Smith et al. (2020) confirmed that the level of stress of parents directly affects the treatment process of children. Their results indicate that improving the psychological state of parents can accelerate the recovery process of children.

Health services: There are a number of articles on the role of health services in providing psychological support and information to parents. Johnson (2019) notes that the information provided

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by health professionals to parents is important in reducing their anxiety. This increases parental involvement and has a positive impact on the child's treatment process.

Support systems; Support systems play an important role in improving the psycho-emotional state of parents. A study by White et al. (2021) reported that parents' support networks strengthen them psychologically and reduce stress levels.

This literature review serves as a basis for further studying the relationship between the psycho-emotional state of parents and the effectiveness of health care services. It is important to develop the necessary recommendations to accelerate the recovery process of children by improving the mental state of parents.

Research material and methods: A survey was conducted among 30 parents of children treated in the intensive care unit of the Specialized Children's Surgical Clinic at SamDTU. A specially developed questionnaire was used to conduct the survey. Data were recorded according to a specially developed clinical card.

Research results: Since the parents of children treated in the intensive care unit were in other departments, a written questionnaire was administered to mothers in the thoracic surgery, urology, emergency surgery, and neonatal surgery departments. The questionnaire consisted of 12 questions, which were based on the PhQ-9, a scale for determining depression.

When children are being treated in the intensive care unit, in 99% of cases, their mothers are with them. Mothers experience the main depression and stress. During this time, it was found that they could not even accept the diagnosis correctly and could not understand the treatment measures correctly. Only 30 women filled out the questionnaire. Their age ranged from 20 to 40 years, and the survey was conducted in February-April (2025). During the survey, mothers were asked why they were being treated and what difficulties they were facing, their depression, stress, and their current emotional state.

The results of the study show that 65% of mothers need psychological support immediately after the diagnosis, and 8% are found to be very stressed before the surgical operation. The data obtained indicate that parents should be fully and clearly explained to them, starting from the time their child is admitted to the intensive care unit, the diagnosis made to the child, the treatment measures to be taken, and if surgical intervention is required at this time.

Conclusion: Our study shows that the assessment of the psychoemotional state of parents of children treated in the intensive care unit involves identifying and analyzing new stress factors. Accordingly, an anesthesiologist or resuscitation doctor should be able to explain the diagnosis and the severity of the child's condition to the parents of the patient. At this point, I would like to say that when working with parents, not only the resuscitation doctor, but also psychotherapists should work as an additional team. Only then will we prevent disagreements between parents and doctors and help the child's condition improve further

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