

## STUDY OF THE QUALITY OF LIFE PATIENTS SUFFERING FROM NERVOUS DISEASES AT DIFFERENT AGE PERIODS IN RESEARCH

Atajanova Laylokhon Uktamovna

Urganch State University Department of Pedagogy and  
Psychology Teacher of Psychology  
leylaatajanova99@gmail.com

### Abstract:

The article provides information on the results of research conducted by foreign scientists on the quality of life of stroke patients at different ages.

**Keywords:** stroke, quality of life, depression, ischemic stroke, psychoemotional sphere, intellectual sphere, physical activity, neurology, apathy, cognitive disorders, memory.

### Introduction

Today, the increasing number of stroke patients encourages scientists to conduct research to study their various aspects. For example, approximately 30,000 people suffer from a stroke in Sweden every year. To study this, scientists conducted a study with patients diagnosed with a stroke. Aspects such as the effect on the quality of life were studied. In the study, it was found that the quality of life and personal characteristics of the patients before the stroke and the patients after the disease improved significantly.[1]

In addition, "We're seeing more and more evidence that physical activity protects the brain from disease and impairment. We need more observations and experiments to better understand the relationship between physical activity and stroke outcome." Katarina Sunnerhagen, a scientist at the University of Gothenburg in Sweden, says. Sunnerhagen and his colleagues looked at data from about 2,300 stroke patients who were treated at a university clinic over several years. While treating the patients, the doctors studied their diet, lifestyle and other factors related to the work of the blood vessels in the brain. It turns out that the main reason for the development of a severe form of stroke is not being physically active and sitting a lot. Those who live such a slow life are 1.2 times more likely to have a brain hemorrhage than those who regularly do physical education.[5]

Russian candidate of medical sciences Irina Sorokina conducted research on "Depression in patients with ischemic stroke". The purpose of her research is to identify depressive disorders in patients with ischemic stroke, analyze their psychological characteristics, and analyze the cognitive state of patients with post-stroke depression. lib, according to the results obtained, depression makes it difficult to fully assess the patient's neurological condition in the clinic, changes in the psychoemotional field and higher mental functions are among the frequent factors that have a negative impact on the rehabilitation of stroke

patients. It has been found that, even a moderate decrease in the intellectual sphere, patients suffering from ischemic stroke are often diagnosed with apathy, memory loss, cognitive disorders, and it significantly worsens the quality of life. All of the above explains the relevance of clinical and psychological research of ischemic stroke patients with depressive disorders. [2]

Foreign scientist C.D. Bushnell conducted a study to compare the quality of life in women and men after ischemic stroke and to determine the specific effects of demographic, socioeconomic, clinical and psychological characteristics on stroke. 1370 male and female patients diagnosed with ischemic stroke, 53.7% of them were male, patients with an average age of 65 years (interquartile range 56-77 years) participated in the study. According to the results of the study, women from stroke It has been found that despite treatment for up to 12 months, it affects the social and personal characteristics of men, and significantly impairs the quality of life. [3]

Stroke is the leading cause of disability and the third cause of death worldwide, including in Turkey. Annual morbidity and mortality statistics in Turkey show that there are increasing trends in mortality and morbidity. Stroke-related disability has been found to affect the health of a stroke survivor over a period of time. For this purpose, it was conducted in 70 patients who were in the neurology polyclinic of the Yakutiya Hospital in Erzurum from February to June 2005. A 3-part questionnaire was used to collect information in the study. The questionnaire included (a) a section related to demographics, (b) the SF-36 quality of life scale, and (c) the perceived social support from the family scale (PFS). In this study, the relationship between global and specific quality of life, as well as clinical factors, socio-demographic factors was studied in patients with a first episode of ischemic and hemorrhagic stroke lasting 3 months or more. It has been found that the quality of life of patients with the disease is poor, and patients aged 61 to 71 years have the lowest indicators of functional status, well-being and general sense of health. [4]

Therefore, based on the above, it can be said that nervous diseases are widely studied not only in the field of medicine, but also in psychology. Patients suffering from nervous diseases need not only medical treatments, but also psychological support. it is desirable to serve to improve the quality.

## REFERENCES:

1. Nazarova, Z.R. "Kasallikka munosabat tiplari va ularning tahlili" Международный научный журнал № 5 (100), часть 1 «Научный импульс» Январь, 2023 439 b
2. "Депрессия у больных с ишемическим инсультом" тема диссертации и автореферата по ВАК РФ 14.00.13, 2019 кандидат медицинских наук Сорокина, Ирина Борисовна
3. Bushnell, C. D. Sex differences in quality of life after ischemic stroke / C. D. Bushnell, M. J. Reeves, X. Zhao [et al.] // Neurology. – 2014. – Vol. 82, № 11. – P. 922-931.
4. Dayapoglu, N. Quality of life in stroke patients / N. Dayapoglu, M. Tan // Neurol. India. – 2010. – Vol. 58, № 5. – P. 697-701.
5. (<https://www.medlink.com>)