

# The Essence Of Improving Social Rehabilitation Activities In Students

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## Annatatsion

The article reveals the goals and objectives of social rehabilitation, methods of providing psychological and social assistance to students, directions and practical methods of supporting their professional development. Attention is also paid to showing the role of the state, educational institutions and society, the importance of their mutual cooperation in ensuring the creation of a system for conducting social rehabilitation activities.

The article also considers the possibilities of improving the social rehabilitation of students through new technological, spiritual and social approaches.

**Keywords:** social, pedagogy, activity, society, rehabilitation, cultural.

## INTRODUCTION.

Students are the future of society, important forces in the field of science and production. Along with receiving education, they must be prepared to respond to changes in social life, social problems, as well as modern trends and professional requirements. This requires strengthening and developing a system for conducting social rehabilitation activities in students. The process of social rehabilitation is aimed at increasing their social and personal abilities, integrating them into society and ensuring a sense of responsibility in the professional sphere.

The goal is to organize a system for conducting social rehabilitation activities of students and to study its content, essence, as well as the methodologies necessary for the effective implementation of such a system. Social rehabilitation requires the active involvement of students in social life, support for their professional and personal development, and the development of special programs and methods aimed at this [1].

## Main part.

Social activity is any action, set of actions of an individual or group aimed at actively and positively influencing social relations, social changes and innovations in society. Social activity includes participation in the social, cultural, economic and political life of society, human interactions with others and actions aimed at developing society.

The main characteristics of social activity.

Goal orientation: Social activity is aimed at solving social problems in society, improving people's lives and developing the social system.

Action and participation: An active and constructive attitude of an individual or group to the life of society is important in social activity. These actions include participation in work, voluntary assistance, volunteering, participation in various community activities, and providing moral support.

Social roles of a person: Social activity is based on the individual's own social role, that is, being a parent, teacher, partner, student, etc.

Impact on social issues: Social work is aimed at influencing important social issues such as human rights, freedoms, equality, education, health care, and environmental issues [2].

Forms of social work.

Spiritual and moral work: urging people to follow moral rules, promoting spiritual values.

Social and political work: protecting social and political rights, participating in democratic processes, drawing attention to any sensitive issues in society.

Cultural work: organizing and participating in cultural events, festivals, art, and literature.

Social work is important for determining the place of people in society, for the stability and development of society.

Rehabilitation in social work is a set of activities aimed at reintegrating individuals or groups into society and restoring them socially, psychologically, spiritually, and physically. The goal of social rehabilitation is to reintegrate individuals into their social and community roles, help them solve their problems, and ensure their active participation in life [3].

The main goals and objectives of rehabilitation in social work are:

### **1. Goals of social rehabilitation:**

Integration into society: Social rehabilitation aims to guide individuals to work as active and engaged members of society, to return them to social relationships, work activities and responsibilities in everyday life.

**Psychological recovery:** Social rehabilitation also helps to restore the psychological state of the individual. This includes improving the feelings of individuals suffering from stress, anxiety and depression, and reintegrating them into their lives.

Spiritual recovery: People strive to restore respect for their spiritual values, self-esteem and an active attitude to social issues in society.

### **2. Forms of social rehabilitation:**

Psychological and social support: In social rehabilitation activities, it is important to help the individual and develop their social skills. For example, working with psychologists, providing support with groups and organizing social training.

Education and professional development: Social rehabilitation is often aimed at restoring education and professional skills. This helps people who are unemployed or have various social problems to learn new professions or receive training.

Cultural and community activities: Social integration of individuals can be ensured through cultural activities, art and sports. This helps individuals to restore their contribution to social obligations and improve their sense of self.

### **3. Volunteering in social rehabilitation:**

An important form of social rehabilitation is volunteering. Participation in volunteering allows individuals to actively and positively influence society. This helps them to learn self-esteem, a sense of social responsibility and to help others.

### **4. The role of the state and society in social rehabilitation:**

The role of the state, educational institutions and society in social rehabilitation activities is invaluable. The state, through its social programs, tries to support rehabilitation and provide people with jobs, psychological assistance, education and social services. Society, in turn, implements measures aimed at creating a supportive environment for the integration of individuals into social relations [4].

Rehabilitation in social activities is an important activity aimed at restoring the position of individuals in social relations, ensuring their integration into society, and improving their psychological and spiritual state. Social rehabilitation is important in creating new opportunities for individuals, restoring their active and supportive role in life.

Social rehabilitation is a set of various activities aimed at restoring a person to society, ensuring his social integration, and solving his problems. Improving social rehabilitation activities in students is important in strengthening their position in society and finding solutions to various social problems [5].

#### The importance of social rehabilitation

Students are an important part of society, and their social and cultural rehabilitation plays an important role in ensuring social stability. The purpose of social rehabilitation activities is to increase the social activity of students, teach them social skills, provide psychological and emotional support, and integrate them into society [6].

#### Main methods of social rehabilitation

The social rehabilitation method includes various methods of supporting students. They may include the following:

1. Psychological support: Psychological support is provided to improve the emotional state of students, reduce stress and mental distress. Through conversations, trainings, and seminars with psychologists, students can increase their self-esteem and help restore confidence.

2. Development of social skills: It is important to teach students social relationships, teamwork, and communication. For this, group trainings, seminars, videos, and debates can be organized.

3. Vocational rehabilitation: Rehabilitation areas based on students' professional skills and knowledge are also important. Professional experience, internships, and participation in collaborative work help students achieve their goals.

4. Social equality and inclusion: Creating equal opportunities for all students and ensuring their active participation in social life requires combating all forms of discrimination and violence in society [7].

#### Conclusion

Improving social rehabilitation activities in students is an important factor in ensuring their readiness for life, success in social relationships, and active participation in society. Education, psychological support, the development of social skills, and the use of innovative technologies are important in this process.

Social rehabilitation of students contributes to the stability and development of society.

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