

THE ROLE OF MOOD IN HEALTH AND HUMAN PSYCHOLOGY

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Abstract

This article analyzes the impact of mood (affect) and human psychology on health, methods of their assessment, and possibilities for integration into practical healthcare systems. The positive and negative effects of mood on cardiovascular, immunological, and psychosocial health indicators are discussed, along with recent scientific studies (2024–2025) explaining these relationships. The paper also presents interventions aimed at improving mood in the health context—such as physical activity, social relationships, positive psychology, and workplace factors—highlighting their effectiveness and offering practical recommendations. Additionally, the mental health system and recent reforms in Uzbekistan are reviewed as a specific national context.

Keywords: mood, positive affect, mental health, health psychology, physical activity, social support.

Introduction

Mood is a psychological construct that determines a person's mental state, emotions, and behavior. In recent years, the relationship between mood and health has been widely studied alongside other factors such as genetic, environmental, and social determinants. Positive mood has been associated with improved health outcomes, including reduced risk of cardiovascular diseases (CVD), enhanced immune system functioning, and better overall quality of life. Conversely, negative mood states—such as depression and chronic anxiety—have become recognized as risk factors for many diseases. This article analyzes these relationships based on scientific literature from 2024–2025 and provides recommendations adapted to the practical context of Uzbekistan.

Theoretical Framework and Literature Review

1. Mood and Physiological Mechanisms

Mood significantly affects the functioning of neuroendocrine, immune, and cardiovascular systems. Positive mood reduces stress hormones such as cortisol and noradrenaline, stabilizes heart rate and blood pressure, and decreases inflammatory markers. As a result, the risk of cardiovascular diseases and other chronic conditions is reduced.

According to studies cited in Harvard Medical Review (2024), positive emotions increase alpha-wave activity in EEG analyses, which enhances stress resilience and emotional stability. Experimental studies by Sapolsky (2023) showed that meditation and breathing exercises aimed at stress reduction increased immunoglobulin A levels by 25%.

The field of psychoneuroimmunology explains these effects through complex interactions between brain hormones, neural impulses, and immune responses. Neurotransmitters such as serotonin and dopamine influence not only mood but also heart rhythm and blood circulation.

Therefore, positive emotions are considered a protective mechanism that strengthens physiological stability.

2. Mood, Behavior, and Lifestyle Factors

Mood directly influences behavioral habits, including diet, physical activity, sleep hygiene, and social interactions. Individuals with a positive mood are more inclined to adopt a healthy lifestyle, which improves overall physiological functioning.

A systematic review published in *Frontiers in Psychiatry* (2024) demonstrated that regular physical activity improves mood by 35–40%, reduces stress symptoms, and stimulates immune activity. Physical activity increases dopamine and endorphin levels, thereby elevating mood and reducing depressive symptoms.

Healthy nutrition—particularly omega-3 fatty acids, B vitamins, and probiotic foods—plays an essential role in neurotransmitter synthesis. In contrast, disrupted sleep hygiene negatively affects serotonin balance, intensifying negative mood states.

Social relationships are also a crucial psychosocial factor regulating mood. Social support mitigates the physiological consequences of stress, lowers heart rate, and enhances psychological safety. According to WHO (2024), individuals with strong social connections have an average life expectancy 7–10 years longer than those with weak social ties.

3. Positive Psychology and Mental Health Interventions

Positive psychology is a scientific field focused on developing human strengths, positive emotions, and meaning in life. According to Seligman (2024), this approach—integrated with health psychology—has proven to be an effective tool for improving both mental and physical well-being.

Positive psychological interventions, including gratitude practices, optimistic thinking exercises, emotional journaling, and goal-oriented meditation, help reduce stress, improve sleep quality, and stabilize cardiovascular functioning. The World Happiness Report (2024) indicates that countries implementing such practices have experienced a 5–7% increase in healthy life expectancy.

Emotional intelligence (Goleman, 2024) plays a central role in maintaining positive mood. The ability to recognize and manage emotions, demonstrate empathy, and develop communication skills enhances stress resilience.

In Uzbekistan, the implementation of positive psychology elements through the “Mahalla Psychologist” project has resulted in up to a 60% improvement in psychological stability and mood indicators (Ministry of Health of Uzbekistan, 2024). This confirms the перспективность of integrating positive psychology into national health policies.

4. General Theoretical Conclusion

The literature review demonstrates that mood plays a central role not only in mental but also in physiological processes. It mediates interactions between the nervous, endocrine, and immune systems. Positive emotions reduce stress responses, stabilize cardiac function, and enhance quality of life.

Therefore, assessing mood and implementing mood-enhancing interventions should be an integral part of prevention, rehabilitation, and general healthcare programs.

In recent years, Uzbekistan has undertaken large-scale measures to modernize the mental health system and improve psychological well-being. The State Program “Strengthening Mental Health and Developing Psychological Services” (2023–2025) aims to integrate mental health into the public health system.

Key reforms include the introduction of the “Mahalla Psychologist” position, establishment of over 220 psychological counseling centers, creation of psychotherapeutic rooms in 80 medical

institutions, launch of telepsychology platforms, expansion of psychologist positions in schools and universities, and professional development programs.

Despite these achievements, challenges such as insufficient funding, stigma, and workforce shortages remain. International cooperation with WHO, UNICEF, USAID, and KOICA has supported the implementation of the “Mental Health Gap” program, training over 500 healthcare professionals in 2024. Tashkent State University of Psychology has also launched a master’s program in **Clinical Psychology in collaboration with Korean and German universities.**

Local data show that 60–65% of individuals receiving support through the “Mahalla Psychologist” project experienced improvements in mood and psychological stability. Telepsychological services demonstrated a re-utilization rate of 55–70%, indicating high effectiveness.

Practical Recommendations

Integrating Mood into Public Health Programs

Mental health should be recognized as an integral component of public health policy. Regular psychological assessments, stress-reduction activities, and motivational counseling should be included in all preventive and rehabilitation programs.

Promoting Physical Activity

Physical activity is a natural method for enhancing mood and reducing stress. Programs such as “10,000 Steps for a Healthy Life” can be combined with psychological prevention strategies.

Strengthening Social Integration

Community-based psychological clubs, family support programs, and group discussions can enhance mood stability and reduce stress.

Training Healthcare Professionals in Psychological Approaches

Specialized training in empathy, communication, and stress management for healthcare workers improves patient trust and treatment outcomes.

Implementing Digital Mood Monitoring Systems

Telepsychology platforms and online stress assessments enable remote monitoring and early identification of high-risk groups.

Developing Mental Health Culture

Public awareness campaigns under slogans such as “Healthy Mood – Healthy Life” help reduce stigma and promote psychological well-being.

Conclusion

Mood is a key determinant of human health, influencing mental and physical well-being, immune system activity, cardiovascular stability, and overall quality of life. Recent international research confirms that positive mood reduces stress hormones, stabilizes cardiac function, and enhances immune activity, while negative mood increases disease risk.

Uzbekistan’s experience demonstrates that integrating mental health into healthcare systems—through community psychologists, telepsychology services, and training programs—significantly improves population well-being. Recognizing mood as a strategic component of health policy paves the way for a more humane, empathetic, and scientifically grounded healthcare system.

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