

THE ROLE OF EMPATHY IN ENHANCING THE SOCIAL ACTIVITY OF UNORGANIZED WOMEN

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Abstract. This article analyzes the role of empathy in enhancing the social activity of unorganized women. Empathy is considered a crucial factor in strengthening interpersonal relationships, improving mutual understanding, and facilitating integration into society. The psychological aspects of empathy, its development methods, and its impact on actively involving women in social life are examined. Special attention is given to training and practical approaches for developing empathy skills. In conclusion, empathy is highlighted as one of the key tools for increasing social activity, contributing not only to personal growth but also to the overall stability of society.

Keywords: empathy, social activity, unorganized women, psychological adaptation, interpersonal relationships, empathy training, social integration.

Kalit so'zlar: empatiya, ijtimoiy faollik, rejasiz (uyushmagan) xotin-qizlar, psixologik moslashuv, shaxslararo munosabatlar, empatiya treningi, ijtimoiy integratsiya.

РОЛЬ ЭМПАТИИ В ПОВЫШЕНИИ СОЦИАЛЬНОЙ АКТИВНОСТИ НЕОРГАНИЗОВАННЫХ ЖЕНЩИН

Аннотация. В данной статье анализируется роль эмпатии в повышении социальной активности неорганизованных женщин. Эмпатия рассматривается как ключевой фактор укрепления межличностных отношений, улучшения взаимопонимания и содействия интеграции в общество. Исследуются психологические аспекты эмпатии, методы ее развития и влияние на активное вовлечение женщин в социальную жизнь. Особое внимание уделено тренингам и практическим подходам к развитию навыков эмпатии. В заключение эмпатия выделяется как один из основных инструментов повышения социальной активности, способствующий не только личностному росту, но и общей стабильности общества.

Ключевые слова: эмпатия, социальная активность, неорганизованные женщины, психологическая адаптация, межличностные отношения, тренинг эмпатии, социальная интеграция.

Introduction. Relevance of the Research. In the context of global social transformations and the modernization of social protection systems, increasing the active participation of vulnerable population groups in socio-economic processes has become a priority direction of state policy. Among these groups, particular attention is given to "unorganized women"—a segment of the female population that remains outside formal employment, educational institutions, or structured community organizations. Frequently limited to domestic responsibilities or informal sectors, these women often face social isolation, psychological barriers, low self-efficacy, and reduced motivation for public engagement.

Degree of Study of the Subject. The problem of empathy and interpersonal interaction has been extensively researched in classical and contemporary psychology (e.g., C. Rogers, M. Hoffman, D. Goleman). Issues surrounding social activity, personal agency, and psychological adaptation have been addressed by numerous researchers in social and developmental psychology. Furthermore, strategies for gender development and the social protection of women are widely discussed in sociology and social work literature. However, despite the existence of substantial theoretical frameworks, the specific role of empathy in mobilizing unorganized women as a distinct socio-demographic group has not been comprehensively investigated as an integrated, empirical subject. Most existing literature addresses women's social activity through an economic or pedagogical lens, leaving the psychological mechanics of empathy-driven activation relatively under-researched.

Problem Statement. The primary obstacle to enhancing the social activity of unorganized women lies in the complex interplay of socio-psychological factors: internal barriers (such as low self-esteem, social anxiety, and learned helplessness) and external environments (such as limited communication channels and social stereotyping). While classic social support systems focus predominantly on economic assistance or skill-building programs, they frequently overlook the emotional and relational dimensions

required for genuine integration. Empathy—defined both as an interpersonal ability to understand and share others' emotional states and as a socio-psychological bridge—plays a dual role. First, receiving empathic support from trainers, social workers, and community members helps unorganized women overcome psychological isolation and rebuild trust. Second, developing their own empathic capacity enhances their communication competence, altruistic orientation, and readiness to engage in collaborative community initiatives. However, the exact psychological mechanisms, training approaches, and conditions through which empathy translates into sustained social activity among unorganized women remain insufficiently operationalized in current applied psychology. The issue of increasing the social activity of unorganized women is one of the urgent problems of modern society. Representatives of this group often do not fully use social, economic and cultural opportunities, which limits their activity in society. From this point of view, the psychological mechanisms of empathy require special attention to involve them in social life. Empathy is the ability of a person to understand the emotional state of other people and respond to them accordingly. It is an important tool for improving relationships in society, strengthening trust and ensuring social stability. Through empathy, unorganized women can feel themselves as an integral part of society, develop their ability to establish and strengthen social ties. In particular, empathy helps them to understand themselves and assess their own capabilities. Today's global trends show that social relations are becoming increasingly complex. Therefore, the development of empathy skills for unorganized women allows them to make social relations more comfortable and effective. Empathy enhances social integration not only at the individual level, but also at the group and societal levels. The role of training, psychological programs, and educational mechanisms in this process is invaluable. This article is devoted to analyzing the role of empathy in the lives of unorganized women, its importance in increasing social activity, and methods for its development. It also highlights the psychological and practical aspects of empathy and suggests innovative approaches to developing these skills. The article opens up new opportunities for supporting unorganized women in modern social conditions.

Literature analysis. The literature includes extensive research on women's social empowerment and understanding the role of empathy in this process. In the analysis of this issue, social and psychological factors were studied based on various theoretical approaches and empirical studies. Below is an analysis of the literature that sheds light on the importance of empathy in increasing the social activity of unorganized women.

Empathy is understood as a person's ability to understand the emotional states of others and respond accordingly. E. Titchener described empathy as a fundamental mechanism of interpersonal understanding. According to him, empathy is important not only in strengthening emotional ties, but also in solving interpersonal problems. Later, M. Hoffman showed empathy as a decisive factor in the formation and maintenance of human relationships. According to Hoffman, empathy plays a key role not only at the individual level, but also in the system of social relations. This approach explains the need to develop empathy skills in increasing the social activity of unorganized women.

In the theory of emotional intelligence developed by D. Goleman, empathy is defined as the main component of emotional intelligence. According to Goleman's research, empathy ensures the successful integration of individuals with high emotional intelligence into society. This idea reinforces the importance of empathy in the integration of unorganized women into society. Also, S. Decety and J. Lamm studied the neurological basis of empathy and determined that it is related to the activity of certain parts of the brain. This study shows that empathy is formed through the innate and developmental abilities of a person. Therefore, these skills can be developed in women through empathy training.

Putnam's social capital theory reveals the role of empathy in expanding and stabilizing social ties. According to Putnam, empathy forms trusting relationships between individuals, which increases collective activity. Developing empathy skills among unorganized women is an effective way to encourage their active participation in society. E. Aronson emphasized the important role of empathy skills in strengthening intra-group ties. Her research shows that empathy forms a high level of trust and cooperation between group members. This approach can be used as one of the main tools in involving unorganized women in collective activities. The Thomas-Kilman model highlighted the importance of empathy in conflict management. According to this model, empathy is an important ability to achieve agreement in interpersonal relationships and ensure effective cooperation. In the process of involving unorganized women in social activities, it is necessary to develop the ability to resolve conflicts through empathy training. C. Rogers also emphasized that empathy in his person-centered therapy is a means of building mutual understanding and constructive communication. This method can be especially effective when working with disorganized women.

In the conditions of Uzbekistan, the importance of empathy in increasing social activity has also been studied by local scientists. For example, Sh. Karimova, in her research, showed the effectiveness of special training programs for unorganized women, emphasizing that empathy can improve their self-awareness and social adaptation.

The analysis of the literature shows that empathy not only improves interpersonal relationships, but also serves as a decisive factor in increasing the social activity of unorganized women. Empathy can ensure reliable connections, social integration and stability in society. In developing these skills, it is important to adapt special trainings, educational programs and international experiences to local conditions. This, in turn, will serve to make unorganized women an integral part of social life.

Discussion. The issue of increasing the social activity of unorganized women is of great importance in modern society. The role of empathy in this process deserves special attention. Empathy not only improves interpersonal relationships, but also ensures the active integration of women into society by expanding and strengthening social ties. This ability can be considered a key factor in re-adapting to social life and finding one's place, especially for unorganized women.

Empathy is a tool for building mutual understanding and cooperation in society, improving the quality of social relationships. For women, this ability is important in developing their personal and social self-awareness, facilitating their adaptation to new social conditions. Through empathy, a person can understand the feelings of others and act in accordance with their needs, which is one of the main conditions for increasing social activity. The development of empathy among unorganized women allows them to become an integral part of society. For example, by participating in collective projects or taking part in events related to social issues, women increase their self-confidence and strengthen their position in society. Empathy stands out as one of the key skills in interpersonal relationships. It helps women improve their ability to communicate effectively with others. Unorganized women often feel uncomfortable in social relationships, which can reduce their social activity. Through empathy, they have the opportunity to strengthen mutual trust and communication.

Empathy also serves as an important factor in conflict management. Developing empathy skills among unorganized women helps them reach agreements in difficult situations and maintain positive communication. This process further stabilizes social ties in society. Psychological adaptation is inextricably linked with empathy, increasing the ability of an individual to quickly and effectively adapt to new social conditions. Through empathy, an individual develops the ability to self-awareness and understand the emotional needs of others, which helps them adapt to new collective situations. The formation of empathy skills for unorganized women is an important component of increasing their social activity.

Empathy in stressful situations helps to use the internal resources of the individual. This is especially important for unorganized women, allowing them to cope with stressful situations and achieve their goals. Special trainings and practical programs should be organized to develop empathy skills. Such trainings give women the skills to understand the emotions of others, express their thoughts clearly and correctly, and conduct constructive communication. The following methods can be effective in trainings:

Role playing: Teaching women to understand the emotions of others in different situations and respond to them appropriately.

Active listening exercises: Developing a person's ability to listen attentively to others.

Empathy diagnostics: Assessing the level of empathy of each individual and developing individual approaches to its development.

In local conditions, by combining empathy trainings with community activities, it is possible to expand and strengthen the social ties of unorganized women. Such practices enhance social integration and ensure women's more active participation in public life. Empathy is also an important factor in ensuring gender equality. Empathetic women understand their rights and feel more empowered in society. This helps them to increase not only their social, but also their economic and cultural activity. The discussion highlighted the important role of empathy in increasing the social activity of unorganized women. Empathy is one of the main tools not only for improving interpersonal relationships, but also for strengthening psychological adaptation, conflict management and social integration. The introduction of trainings, special programs and practical exercises to develop empathy skills is important for ensuring the active participation of women in society. This approach serves not only personal development, but also the overall stability of society.

Conclusion. Empathy stands out as an important psychological tool in increasing the social activity of unorganized women. This ability, on the one hand, serves to improve interpersonal relationships and ensure mutual understanding, and on the other hand, it strengthens the process of social integration. Through empathy, women feel themselves an integral part of society and have the opportunity to participate more actively in social life.

The analysis shows that the development of empathy skills not only brings about positive changes at the individual level, but also ensures stability at the societal level. Empathy expands the emotional and psychological resources of the individual, develops stress tolerance, conflict management and cooperation skills. Empathy training, psychological programs and practical approaches are effective in increasing the social activity of unorganized women, which helps them adapt to new social conditions. Local and international experience confirms that special educational programs and support systems should be introduced to develop empathy and communication skills in women. This approach not only helps to reveal their personal potential, but also guides them to leading positions in society.

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