

**THE IMPACT OF REPRODUCTIVE HORMONES ON WOMEN'S PSYCHO-EMOTIONAL STATE: SCIENTIFIC THEORETICAL AND METHODOLOGICAL APPROACHES**

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**Abstract** This study examines the impact of reproductive hormones on women's psycho-emotional states. Using the biopsychosocial model and psychoneuroendocrinological approach, the relationship between hormonal changes, stress, depression, and emotional stability is analyzed. The findings indicate that estrogen and progesterone levels play a significant role in women's mental health.

**Keywords:** reproductive hormones, psycho-emotional state, stress, depression, emotional stability, psychoneuroendocrinology.

**Introduction** Reproductive hormones, including estrogen and progesterone, play a crucial role in women's psycho-emotional stability. Changes in these hormones significantly affect stress resilience, susceptibility to depression, and emotional states. Research in psychoneuroendocrinology shows that fluctuations in hormone levels impact neurotransmitter systems such as serotonin, dopamine, and cortisol, which directly influence mood regulation [1]. This model is based on analyzing the interaction of biological, psychological, and social factors in human health, making it an essential methodological approach in understanding the connection between women's psycho-emotional processes and mental health.

**1. The Relationship Between Reproductive Hormones and Psycho-Emotional State**

Hormones are considered primary biological factors influencing psycho-emotional states. In reproductive-aged women, changes in estrogen, progesterone, and cortisol levels serve as fundamental determinants of stress resilience, depression susceptibility, and emotional stability [2]. Research findings indicate that a decline in estrogen levels may exacerbate depression and stress. Emotional fluctuations are particularly evident during ovulation, pregnancy, and menopause [3].

**2. Methodological Approaches** To analyze women's psycho-emotional stability and hormonal changes, the following methodological foundations are applied:

**Biopsychosocial model (Engel, 1977)** – analyzes the interaction between physiological, psychological, and social factors [1]. This model provides insights into the influence of physiological processes on human psychology.

**Psychoneuroendocrinological research** – studies the relationship between reproductive hormones and neurotransmitters (serotonin, dopamine, oxytocin, cortisol) [2]. Research findings show that hormones and neurotransmitters are closely interconnected and play a crucial role in mood regulation.

**Clinical psychology and psychophysiology methods** – psychological tests and physiological indicators are used to assess depression and stress conditions [3]. These approaches help clarify the link between women's mental health and hormonal changes.

**3. Research Findings and Conclusions** This study confirms that physiological changes in reproductive-aged women directly impact their psycho-emotional state. Specifically, a decline in hormone levels increases susceptibility to stress and depression. Additionally, understanding and applying psychoneuroendocrinological mechanisms can contribute to improving women's mental health. Future research in this field can further refine diagnostic and therapeutic strategies.

#### References

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