

A PERSON

I WILL GO TO A PSYCHOLOGIST OR I CAN DO IT MYSELF

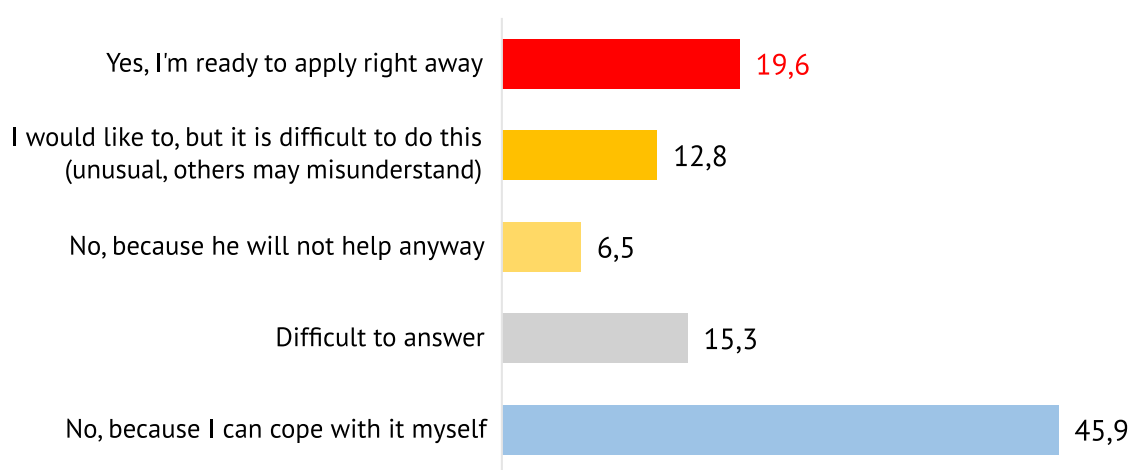
We present the results of a sociological survey on what Kazakhstan people think about the need to consult a psychologist.

Having a personal psychologist is considered good practice all over the world. For example, people in Europe and the United States have been seeking psychological help for a hundred years now in order to become even better, stronger in spirit, more confident and happier. We started this practice relatively recently, but already all the leading universities in the country train certified psychologists. We decided to find out what Kazakhstan people think about it.

According to the survey, **4.8% of respondents have ever sought help from a psychologist.**

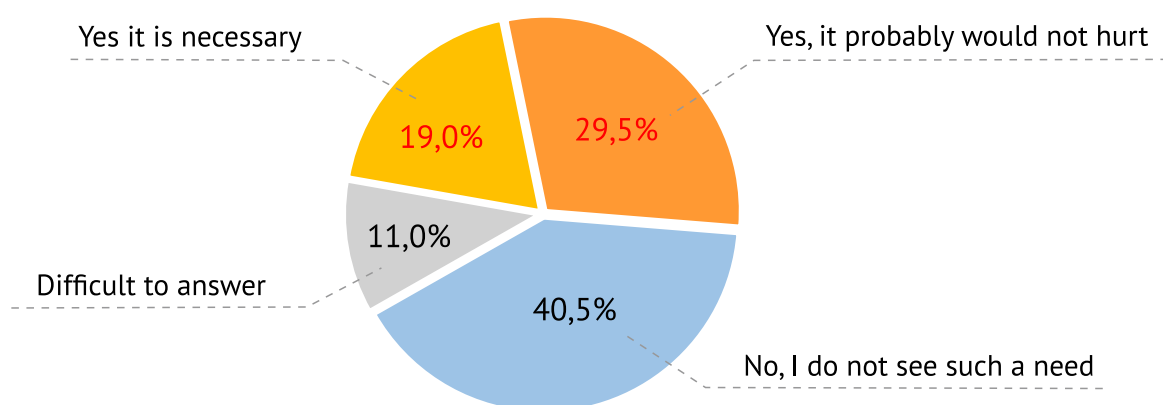
If necessary, **every third respondent is ready to get psychological help from a specialist.** At the same time, every fifth respondent will be able to immediately contact a psychologist, and 12.8% of respondents note the presence of difficulties in contacting a psychologist, since it is unusual and others around may misunderstand.

6.5% of respondents do not believe in the help of a psychologist, and 45.9% believe that they can cope with all life's difficulties on their own, so they do not need a psychologist.



Pic 1. Are you ready to get help from a psychologist if necessary? (in %)

Almost half of all respondents (48.5%) expressed the opinion that the services of a psychologist **should be available at their place of residence.** Moreover, every fifth respondent considers it necessary. While 40.5% of respondents said they did not see the need for it.



Pic 2. Would you like the services of a psychologist to be available at your place of residence? (in %)

Research methodology:

The survey method is an interview of a respondent at the place of residence using a route quota selection.

Selection – 2000 respondents aged 18 and over in 59 settlements of urban and rural areas in 14 regions and 3 cities of republican significance. The statistical error does not exceed 3.5%.

Duration – May 2019.