

# THE CONCEPT OF STRESS AND MODERN APPROACHES TO ITS STUDY

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## Abstract

This article describes cases of their deep stress and depression in the activities of the individual's hardships in professional activities and in various contentious processes. In educators, methods of reducing stress are considered and various recommendations are given.

**Keywords:** Stress, depression, resource, socio-emotional load.

## Introduction

One of the most important requirements of the doctrine of the development of human capital of an organization for any employer is the need to constantly take into account the role of the human factor. The influence of the human factor is always manifested unexpectedly for the employer, usually for no apparent reason. For example, an employee who has not complained in any way to his superiors for many years suddenly grossly violates the technological rules for the use of equipment. As a result, this equipment fails. After the pre-accident cases have been studied, it is revealed that a severe illness of one of the closest relatives of the worker was the cause. Indeed, conflict between colleagues that occurs in a team can also be a cause, an unfair distribution of responsibility, or another cause. "It can be a conflict with the employer, which affects the work in a moment or some time. Perhaps the accumulated fatigue syndrome plays its role. Always a responsible employee suddenly "stumbled" under the attack of fatigue that fell on him and makes a fatal mistake that leads to failure at work[1].

Nobel Prize - winning physiologist Gans Sele (1907-1982), the founder of the doctrine of Stress, researched the first observations in patients with diseases of various body systems in 1936. In all such patients, loss of appetite, muscle weakness, high blood pressure, interest in achievement were lost. G.Selye defined these symptoms as "just Disease Syndrome", showing that many people have monotonic disorders at the same time: changes in the cortex of the adrenal gland (enlargement, bleeding), lymphoid tissue (lymph nodes, thymus), ulcers, etc. To describe the totality of all non-specific (unusual for the body) changes in the body, he introduced the concept of "stress".

Any stimulus that affects the body causes a number of adaptive reactions of the body and has both specific (tremors in the Cold, increased sweating during heat) and non-specific (activation of the adrenal glands and the release of biologically active substances into the blood) effects. Thus, all active tools (stressors), in addition to a certain effect, cause an uncharacteristic need



to perform adaptive functions and thus restore normal. Therefore, at the moment, the concept of "stress" is usually defined as the body's nonspecific attitude to any demand for it.

It would be a mistake to believe that Stress is always an enemy force that needs to be avoided. Any stress is not harmful. Stress activation can be caused by positive events that cause positive emotions (events, moving to a new home). Such conditions are called eustress. "In order to make our life dynamic and fulfilling, it is necessary to always encourage us not to be afraid of non-standard situations, not to give up new opportunities and, most importantly, to achieve our goal. Eustress is a charge of vitality, which helps us to deal with work on time. Without it, our lives would be boring and tasteless"[2].

All emotional and stressful situations associated with and weakening negative experiences, with destructive power, are defined as "resentment" (unresolved conflicts, loss of a loved one). But stress in this situation cannot be called harmful. In fact, it is a stressful reaction that gives a person forces that can take advantage of a difficult situation (an emergency at work, to escape from a pirate). Therefore, we cannot say that stress in good events is beneficial, and bad events are harmful. The line between beneficial and harmful stress sometimes vibrates very strongly. Excessive amounts of positive emotions can also lead to incompatibility if left unchecked.

G. The most important drawback in Selye's theory is the rejection of the central role of the central nervous system in the occurrence of stress.

G. Selye and his followers showed that stress physiological response syndrome represents a universal model of protective reactions aimed at maintaining the integrity of the body and is the same for both humans and animals. But unlike animals, the physiological reaction in humans can be determined not only by the direct presence of stress, but also by its psychological effect on a person.

Thus, a characteristic feature of stress on a person is the processing of the individual consciously in the presence of psychological defense mechanisms.

G.A natural continuation of Selye's theory is R, which distinguishes systemic (physiological) and mental (emotional) stress. Lazarus 'theory of' emotional stresses".

"Emotional stress acts as the body's response to internal and external processes, in which physiological and psychological abilities fall to levels that are limited or exceeded. Within the framework of this theory, the differences between physiological and emotional stress are explained by the direct influence of unfavorable factors in the body during physiological stress and the indirect (through the study of a person's attitude to the situation) negative influence during emotional stress. Thus, there may be no direct harmful effect on the body under emotional stress " [3].

"In the case of emotional stress, the factor that causes tension in the body to rise above normal adaptive reactions is the prediction of damage due to a negative factor that has been initiated or predicted. Thus, the condition for the development of psychological stress is the perception of a threat. If the situation is not perceived by a person as dangerous, there will be no emotional stress. The perception and assessment of the situation as a threat is closely related to cognitive processes, personality traits (anxiety, emotional stability, etc.) and its previous experience. Therefore, there are no factors and circumstances that cause the same stress for all people."



An obligatory feature of emotional stress is alarm - anxiety, which indicates a lack of functional reserves of a person in order to eliminate the threat. It is characterized as a feeling of fear or expectation that depends on the emergence or prospect of blocking a person's current needs (frustration) and carries out the most important integral mechanism of emotional stress.

"Associating anxiety with a threat of a certain content is called fear. In general, anxiety and fear are the main signs of the tension of mental adaptation mechanisms, activating adaptive mechanisms to find a way out of the stressful situation"[4].

J.Everly and R.Rosenfeld believed that emotional and mental evaluation of these stimuli plays a specific role in transforming most stimuli (triggers) into stress. If the stimulus is not interpreted as a threat or challenge to the individual, then the stress reaction is not at all. Thus, according to Everly and Rosenfeld, most of the stress reactions people experience are actually created by themselves and will continue as long as possible.

At the level of biological changes in the body, emotional stress occurs primarily as a central neurogenic process, and all peripheral functional disorders re-develop a second time and are actually the result of emotional emergency tension. Hormonal mechanisms play a leading role in the implementation of emotional arousal.[5]

Physiological stress manifests itself as follows: in the early stages of emotional stress, information connections between different functional systems of the human body are severed, and they begin to work independently, intensively, trying to maintain their regulatory parameters at an acceptable level. With constant exposure to stress, the mechanism of self-control of some weakened functional systems of a person is disrupted. After that, its function changes constantly: for example, blood pressure rises steadily, immunity decreases, etc. In this case, the regulation of the corresponding physiological parameter is carried out by local mechanisms up to a certain time, the stable balance of which leads to the onset of the disease. Modern views on Stress are characterized by the regularity of the complete separation of physiological stress and emotional stress. Physiological stress always has psychological elements and vice versa. "No matter what Stress is: emotional or physiological, one species often serves as a source of another species. Emotional stress causes physiological stress, and intense physiological stress can affect the emotional state."[6]

Thus, we can conclude that even one, short-term stress is an extremely complex phenomenon that affects all levels of body activity, from physiological to mental. The success of a person in overcoming stress depends on the functioning of the body at each of these levels.

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