



Causes Of Stress and Modern Psychological Solutions

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ABSTRACT

This article discusses the mental problems of people, stress, which is one of the main problems of today. However, the article also cites a number of solutions based on the general information obtained.

Keywords:

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At the turn of the century, the common phrase “all diseases of the nerves” was changed to “all diseases caused by stress”. According to the World Health Organization, 45 percent of all illnesses are related to stress, and according to some experts, this figure is twice as high. According to a study conducted in the 1980s in the USSR, 30-50 percent of polyclinic visitors are practically healthy people who only need to improve their emotional state.

The situation is slightly better in developed, relatively stable countries far abroad. For example, according to the American Journal of Psychology Today, about 40 percent of Japanese teachers, one-fifth of workers in the UK, and 45 percent of workers hired in the United States suffer from stress. Frequent complaints are depression and anxiety, headaches. Maybe in any case it is necessary to beware of negative emotions and avoid stress? Leave big cities as much as possible, get less worry and anxiety, don't set yourself serious goals? After all, it's always about search, uncertainty, and risk - so it can be stressful. Maybe to protect your health, should you live in peace? But Hans Seli, author of the Doctrine of Stress, believes that stress can be beneficial by increasing the body's strength, even calling it a

“bitter spice for everyday life” and arguing that stress is only pathogenic under certain conditions. .

Everyone has experienced it, everyone talks about it, but almost no one understands what stress is. Many words become fashionable if scientific research leads to the emergence of a new concept that affects our daily behavior or our thinking about the main issues of life. The terms "Darwin's evolution," "allergy," or "psychoanalysis" have already reached their peak in living rooms and cocktail conversations. However, the views expressed in such conversations are rarely based on the study of the work of scientists who have introduced these concepts. There is a lot of talk these days about the stress of administrative or dispatching work, environmental pollution, retirement, physical stress, family problems, or the death of a relative. But many ardent debaters defending their beliefs seek the true meaning of the term “stress” and its mechanisms. Have many people never thought that there is a difference between stress and sadness? The word stress, like success, failure, and happiness, has different meanings for different people. Therefore, it is very difficult to give a description of it, even though it is

included in our daily speech. Is “stress” simply synonymous with “grief”? This movement, fatigue, pain, fear, the need to concentrate, discrimination against the public, blood loss, or even unexpected great success can all lead to disruption of the path. Each of the conditions listed can cause stress,

Stress is a non-specific response of the body to any demand. To understand this definition, we must first explain what we mean by a non-specific word, that each requirement placed on the body is in some sense unique or specific. In the cold, we tremble to release more heat, and the blood vessels in the skin constrict, reducing heat loss from the surface of the body. We sweat in the sun and the evaporation of sweat cools us. If we have consumed too much sugar and the blood sugar level exceeds the norm, we remove some of it so that the blood sugar level returns to normal, and burn the rest. Muscle movements, such as running up stairs at maximum speed, place great demands on the muscles and the cardiovascular system. Muscles need an additional source of energy for this abnormal work, so the heartbeat speeds up and intensifies, high blood pressure dilates blood vessels, and improves blood flow to the muscles. Each drug and hormone has a specific effect. Diuretics increase urine output, the adrenaline hormone increases heart rate and raises blood pressure, and the insulin hormone lowers sugar. However, no matter what changes they cause in the body, all of these agents have something in common. They are in need of restructuring. This requirement is not specific, it is about adapting to the challenges that arise, no matter what.

In terms of our response to stress, it doesn't matter if the situation we face is pleasant or unpleasant. The intensity of the need for reconstruction or adaptation is important. However, such quantitative biochemical measurements indicate that some reactions are not specific and are the same for all types of exposure. For a long time, medicine did not recognize the existence of such a stereotypical response. It seemed ridiculous that different tasks, in fact, all tasks require the same dedication. But if you think about it, then in everyday life there are a lot of similar situations where specific events have common

non-specific features at the same time. To start the exercise, you need to assume a starting position: lying on your back, legs spread apart, toes turned outwards, arms lying freely across the body (palms up). The head is slightly tilted back. His whole body relaxes, his eyes close, he breathes through his nose. Examples of stress relief and relaxation exercises are given in the following situation:

1. Close your eyes and lie still for about 2 minutes. Try to imagine the room you are standing in. First, try to mentally walk the entire room (along the walls), then along the entire perimeter of the body - from head to toe and back.

2. Watch your breath carefully, passively realizing that you are breathing through your nose. Note that the air you breathe is slightly colder than the air you exhale. Focus on your breathing for 1-2 minutes. Trying not to think about anything else.

3. Take a shallow breath and hold your breath for a moment. At the same time, try to feel the tension in the whole body, squeezing all the muscles sharply for a few seconds. Rest while breathing and repeat 3 times.

Under normal circumstances, no one thinks or remembers about breathing. But, for some reason, when a deviation from the norm occurs, it suddenly becomes difficult to breathe. Breathing becomes difficult, heavy, and accompanied by stress or stressors. And conversely, with strong fear, a sudden anticipation of something, people involuntarily hold their breath (hold their breath). One can consciously control the breath and use it to calm, relieve tension - muscular and mental, so autoregulating the breath can become an effective means of combating stress along with relaxation and concentration. Anti-stress breathing exercises can be performed in any position. Only one condition is required: the spine The smell should be in a vertical or horizontal position. This allows for natural, free, tension-free breathing, full stretching of the chest and abdominal muscles. The correct position of the head is also very important: it should sit flat and free on the neck. The loose, upright head extends the chest and other parts of the body up to a certain level. If everything is

in order and the muscles are relaxed, you can always control your breathing freely. We will not go into detail here about what breathing exercises are (they are easy to find in the literature), but we will give the following conclusions. The position of the settings is also very important: it should sit flat and free on the neck. The loose, upright head extends the chest and other parts of the body up to a certain level. If everything is in order and the muscles are relaxed, you can always control your breathing freely. We will not go into detail here about what breathing exercises are (they are easy to find in the literature), but we will give the following conclusions. The position of the settings is also very important: it should sit flat and free on the neck. The loose, upright head extends the chest and other parts of the body up to a certain level. If everything is in order and the muscles are relaxed, you can always control your breathing freely. We will not go into detail here about what breathing exercises are (they are easy to find in the literature), but we will give the following conclusions. Experts have identified a number of factors in psychological resilience, including previously noted control and self-esteem, as well as the level of criticality, optimism, the presence of internal contradictions, beliefs that affect personal meaning, and moral values. depending on. stressful situation.

Everyone has a unique ability to cope with stressful situations. Everyone has their own "threshold level" of stress. Criticism reflects the level of importance of security, stability, and event prediction for a person. The more important a person's sense of security, stability, and predictability is, the more painful it will be for a stressful event. It was also noted that optimistic and cheerful people are more psychologically resilient. A person's personal understanding of the meaning of a stressful event is of great importance. The famous psychiatrist W. Frankl in his works (especially in the book "The Man Who Seeks Meaning") convincingly showed that a person can tolerate anything if he sees the meaning in it.

Self-assessment is an assessment of your capabilities. If people value themselves and, accordingly, their abilities high enough, they are more likely to be able to overcome stressful

situations and therefore find it less difficult in terms of emotional attitudes. Thus, when stress occurs, people with low self-esteem struggle better than those with high self-esteem, which gives them more information about their abilities and, in turn, self-esteem. helps to further strengthen self-esteem. A person facing difficult situations adapts to the physical and social environment around him every day. Psychological stress is a wide range of symptoms that occur in response to various extreme effects (stressors). a term used to refer to lame emotional states and human actions. The development of psychological stress is influenced by many factors, including the characteristics of the stressful event, the person's interpretation of the event, the impact of the person's past experience, awareness (awareness) of the situation, individual and personal characteristics. of a person. In turn, stress affects a person's mental processes, especially higher mental functions. individual and personal characteristics. of a person. In turn, stress affects a person's mental processes, especially higher mental functions. individual and personal characteristics. of a person. In turn, stress affects a person's mental processes, especially higher mental functions.

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