

The Study of the Problem of Stress in Psychology

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ABSTRACT

About the study of the problem of stress in three psychologies

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Everyone faces many obstacles every day, whether they are small household problems or significant obstacles to achieving a goal. Stressful situations affect each organism in different ways: some face problems, while others optimize their strength, overcome obstacles and achieve their goals due to stress.

Since ancient times, stress has been a factor in human development. It directly affects the body and thus helps a person. Today, stress is the main factor of both physical and mental health. Stress occurs at every step: you cross the road and a car honks, you suddenly hear a loud noise in your quiet voice - stress and daily stress can be listed endlessly. . For this, the problem of stress in the modern world is one of the problems.

Stress, as a psychological term, is derived from technology, and its direct definition is "determination of an external force applied to a physical object and causing its tension, that is, a temporary or permanent change in the structure of the object"[3]. Due to its versatility, this term is very common in various fields of scientific knowledge, including medicine, psychology, sociology, physiology, and others. In these sciences, phenomena are called human states that appear in response to external stimuli. One of the first signs of stress was identified in physiology, where it was considered as a non-specific reaction of the body to any stimulus. The encyclopedic dictionary defines stress as "a state of tension that occurs in a person or animal under the influence of strong influences and adaptation syndrome (general adaptation syndrome) - protective reactions of a person or animal (mainly endocrine system) under stress" [6].

Many scientists of the last century studied the problem of stress, but the main name in this direction is certainly G. Selye, because this scientist was the first to propose the theory of stress in 1936. From this, it is necessary to study the last name of Pogodaev, who considers stress as "a state of tension in or out of the metabolic adaptation processes of the brain" [3]. In addition, R. Lazarus and S. Volkman, L.V. In his works, Kulikov presents stress as an important relationship between the environment and man. In the works of E. Fromm, stress is a type of emotional situations in which adaptation is disturbed. Yu.S. Savenko defines psychological stress as a condition that a person finds in conditions that prevent self-realization. In addition to the above scientists, psychologists A.V. Alekseev, L.P. Grimak, L.V. Kulikov, A.O. Prokhorov, M.S. Yanitsky and others [2], at this stage of the study of stress, there is no clear description of this phenomenon, so in the literature it is defined in at least three senses. Stress as a result of tension or emotional arousal caused by external factors to a person. Now they are called "stressors". Stress is considered as a personal reaction to

external manifestations, in the sense that it is a reflection of the internal state of a person, and it manifests itself in the form of feelings and behavior.

Stress as a physical response of the body to environmental influences From the above material on the definition of stress, we can conclude that there is no clear description of this concept at the current stage of development, therefore there is a lot of talk about approaches to the study of stress in psychology. At present, 3 approaches to the study of stress are more relevant. The first approach: reflected in the concept of adaptation syndrome proposed by G. Selye, where the phenomenon is neuropsychic stress, negative manifestations of behavior, a state of maladaptation and considered as a response to external stimuli manifested in etc. The concept of the founder of stress theory consists of 3 basic rules that are important and important in managing stress.

Posture is a physiological response to stress, independent of its nature. Regardless of the severity of the stress, there is a "general adaptation syndrome" as the body's own protective response. The position lies in the development dynamics of the adaptation syndrome, in which the 3 main stages of adaptation proposed by G. Selye are presented. The anxiety stage is the adaptation of the body to the primary impact of a stressor on a person, during which a decrease in resistance is observed. The second stage is the stabilization of the body and its adaptation to changing environmental conditions, in addition, immunity to the effects of the stressor develops, the moment of reducing anxiety and fear comes, the pulse usually returns to normal, and the body is optimized. The condition occurs only with long-term exposure to a stressor in the body, this is a certain stage of the immune system's exposure to a stressful situation, irritability, and anxiety and fatigue begin to increase. If a person is in this stage for a long time, it turns into illness, depression, etc. After some time, A. Kagan and L. Levy continued to study G. Seeley and studied stress factors in the form of mediators in their works, the interaction of external influences and genetic factors in their work learned the secret and thereby formed a certain psychobiological state. A program that induces a tendency to react in a certain pattern. This program predetermines the body's response to stress, which can lead to a person's premorbid state and, as a result, to the disease itself. At any time, various "barriers" can intervene in this process that can change the effect of the causative factors. The psychosocial model of the first approach made an important contribution to the development of the study of stress, because thanks to it, this phenomenon began to be considered as a process of interaction with an integral connection between all causal factors. Stress began to have a special effect on human productivity.

The second approach to the study of stress includes names such as J. Weitz, M. Frankenhauser, R. Lazarus, and others. Within this approach, stress is considered as a characteristic of the external environment and, in addition, as a process of stress factors. The progressive reaction to the event is considered as a U-shaped function, which describes the relationship between the efficiency of the activity and the demands of society. Here, stress is considered as a number of reasons that affect the body, in addition, research within the framework of the research approach is aimed at identifying and diagnosing environmental stressors and the internal state of the body [1]. Stressful situations occur when there is a discrepancy between the external environment and the internal state of the body, in addition, too high or too low demands on the individual in society have a significant impact, which in turn leads to an imbalance. Thus, we believe that the main task within this approach is to determine a person's subjective reaction to a stressful situation, in addition to objective

parameters that cause certain consequences of a stressful situation (reactions, conditions, syndromes, adaptation disorders).

Based on the analysis of two approaches to the study of stress, we can conclude that they have a lot in common; the third is significantly different from these approaches, because within this approach, stress is a "fit" between human abilities and environmental requirements. The most famous concept of this approach is the concept of stress by Cox and Mackay, the essence of which is that stress can be studied as a part of a transactional model of the system of interaction between an individual and society. The approach differs in that this model focuses on the presence of feedback between systems, i.e. the phenomenon is not considered as a reaction, but as a closed system.

T. Cox and J. McKay identified 5 stages within this approach:

1. the influence of the external demands of society on the individual
2. to know the demands themselves and the possibilities of resisting them
3. changes in the psychological and physiological state of the organism
4. response to a stressful situation
5. Feedback affecting all other stages of the dynamic stress system and forming the result of each of them.

According to the authors, the developed stages, in turn, represent a system that optimally describes the stress process. According to this model, stress is considered as a process-obstacle, a reflection of the interaction between a person and his environment [1]. belongs to. This theory: "Stress develops when the demands placed on a person become a test for him or exceed his ability to adapt." According to the author, the emergence and development of the phenomenon directly depends on the environment and the objectivity of human protection mechanisms. In addition, an important point in the emergence of stress is the ability to assess the situation, and the stress reaction is directly related to the feeling of power or helplessness in the current situation. From the above, we can conclude that this approach, unlike previous models, refers more to psychological factors. The advantage of the approach is that it allows you to identify ways to prevent stress. But, according to T. Cox, the third approach is not suitable in situations where a person is suddenly physically exhausted; such situations well describe the first approaches to the study of stress.

According to the results of the analysis of psychological literature, stress is a problem today we can conclude that it is not fully studied, moreover, modern studies consider this phenomenon from the point of view of their disciplines, but the presented research approaches are largely descriptive. Stress exposure and all areas of learning. To understand how people learn to cope with stress, it is first necessary to consider the various conceptualizations of stress and how research on coping with stress has evolved. Stress has been considered as a response, a stimulus, and a transaction. How a person conceptualizes stress determines their response, adaptation, or coping strategies. Stress as a response model was originally introduced by Hans Selye (1956) who describes stress as a physiological response model and is captured in his General Adaptation Syndrome (GAS) model.

This model describes stress as a dependent variable and includes three concepts:

Stress is a defense mechanism. Stress consists of three stages: signal, resistance, and fatigue.

If stress is long or strong, it can lead to adaptation diseases or even death. Later, in *The Concept of Stress: Past, Present, and Future* (1983), Selye introduced the idea that the response to stress can lead to positive or negative outcomes based on physical symptoms or cognitive interpretation of physiological experience (Figure 16.3, "General Adaptation" To the stress model"). Thus, stress can be experienced as eustress (positive) or distress (negative). However, Selye always considered stress to be a physiologically based construct or response. Gradually, other researchers expanded their thinking about stress to include and incorporate earlier psychological concepts into the stress model.

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