

PSYCHOLOGICAL STRESS AND CONFLICTED SITUATIONS AS A INDISPENSABLE PART OF PERSONS LIFE

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Abstract : This in the article psychological and physiological stress human of life indispensable part stress stages to lighting focused. Population spiritual stability in providing psychologists work, psychological under stress a person in the body happen divisor physiological changes showing to give directed .

Key words : Psychological stress, physiological stress, human ontogeny, adaptation syndrome, information stress, emotional stress, professional stress.

Uzbekistan Republic of development the same in time status the world scale place , his stability, great the future his monomer counted each one of the citizen spiritual to the situation depends is counted . So it is of the population spiritual stability learning , to stress endurance provide on from psychologists serious work , sweat requires shedding . _

Man in ontogeny different young periods pressing pass that 's it periods during new to the roles face coming natural is a process. Man in his life news concept while own in the sense of to difficulties face coming with described. New to the environment to adapt movement, atmosphere on the surface ignorance, interests collision as a result conflicted situations , new to the environment adaptation complexities structural part is counted. Our cave our thoughts with did our conclusions error judgments based on face that he came time past knowledge and experience increase as a result right to the conclusion to arrive face is coming. That is of our people younger layer in his mind big generation representatives relatively one how much stereotypes and requirements available. To these the following we bring can , " Adults error does not ", " Man in his life young added freedom _ and reliefs comes ", " Bigger, himself each how in the situation catch to know need ". But man in ontogeny of a person different new to fronts come in arrival time new as it goes roles mastery process very complicated being different without conflicts, without conflicts , passive and asset without stress not pass simple lively life cycle organize is enough. Man while systematicity, one diversity, constant peace of mind wants and waits. But stress and conflicted situations a person of life indispensable part is counted, u different activity in the process surface came complexities overcame transition as a result new experiences increases, error conclusions corrects. This complexities in man passive and asset stress surface brings _

Currently, along with the term stress, "emotional stress", "psychological stress", "informational stress", "occupational stress", "post-traumatic stress" and The fact that such terms are used a lot is a proof of this.

Stress (derived from the English word stress means seriousness, tension, means tension). From the second half of the 20th century, the research of emotional states that arise due to a tense situation began to be carried out on a large scale in the sciences of psychology, physiology,



and medicine. Stress is a serious physical and mental strain, emotional tension that occurs when things go beyond the norm, when dangerous situations arise, and when you try to find the necessary measures immediately. Here it is all such conditions and situations are realized by some kind of emotion emits Determining the psychological characteristics of the emergence and passing of the emotional state of stress is of special socio-psychological importance not only for pilots, astronauts, dispatchers (the English dispatcher means production coordinator), but also for judges, enterprise managers, and employees of the educational system. enough.[1] Stress is excessive tension of the human body, negative emotions or is simply a response reaction to boredom. The human body during stress it produces the adrenaline hormone that prompts the search for a solution. A small amount of stress is necessary for everyone, because it encourages a person to think, to find a way out of a problem, without stress life would be boring. On the other hand, if there is too much stress, the body weakens, weakens and loses its ability to solve problems. Several scientific studies have been devoted to this problem. The mechanisms of stress have been studied in detail and are very complex: they are related to our hormonal, nervous and vascular systems.

Psychological stress as a type of stress is understood differently by different authors, but most authors define it as stress caused by social factors. Neuropsychic, heat or cold, light and other stresses differ according to the nature of the effect.

Adaptation syndrome - a set of adaptive reactions of the human body that have a general protective character and occur in response to stress factors - is important in terms of the strength and duration of negative effects. Adaptation syndrome is a process that naturally occurs in three stages, which are called the development stage of stress:

"Anxiety" stage (signal reaction, mobilization stage) - mobilization of adaptive resources of the organism. It lasts from several hours to two days and includes two phases:

1) shock phase - a general disruption of body functions as a result of mental shock or physical injury.

2) "backlash" stage. With sufficient strength of the stressor, the shock phase ends with the death of the body in the first hours or days. If the adaptive capacity of the organism can withstand the stress factor, then the anti-shock phase begins, in which the protective reactions of the organism are mobilized. A person is in a state of tension and vigilance. No organism can always be in a state of anxiety. If the stress factor is too strong or continues to act, the next stage begins.

Resistance phase (resistance). It includes the balanced use of adaptive reserves, the existence of the organism is maintained in conditions of increased demands on its ability to adapt. "The duration of the resistance period depends on the innate physical fitness of the organism and the strength of the stress factor." This stage or condition leads to stabilization and recovery, or if the stressor continues to act longer, it is replaced by the last stage - exhaustion. Fatigue stage - loss of resistance, loss of mental and physical resources of the body. There is a mismatch between the stress-causing effects of the environment and the body's responses to these demands. The mechanisms of adaptation to the influence of stress factors are not specific and are common to any stressful effects, which is the general adaptation syndrome (or stress reactions). In modern literature, the mechanisms that respond to stress are called stress-implementing systems. The first step in the stress response is to activate the sympathetic and parasympathetic connections of the autonomic nervous system. [2]

Physiological changes in the body during the first stage of the stress reaction:



- 1) increased heart rate;
- 2) increased heart rate;
- 3) expansion of heart vessels;
- 4) narrowing of abdominal arteries;
- 5) dilated pupil;
- 6) expansion of bronchial tubes;
- 7) increase the strength of skeletal muscles;
- 8) production of glucose in the liver;
- 9) increase the efficiency of mental activity;
- 10) expansion of arteries passing through the thickness of skeletal muscles;
- 11) acceleration of metabolism.

It should be noted that severe stress affects health. Stress reduces immunity and causes many diseases (cardiovascular, gastrointestinal, etc.). [3]

At the end of our opinion, we should say that the concept of stress is not only the result of negative events that occur in our lives, but also positive events that occur in our lives (a person who has been homeless for years buys a new house, his mother welcomes his son back from a business trip) was determined based on the research conducted on patients by the Nobel laureate physiologist Hans Selye and his students in 1936. It was revealed in the research that the physiological process occurs in the same way during the stress caused by a negative and positive situation in a person. Also, passive stress is very useful for a person, it is stress that gives courage to a person's steps in various complex processes, gives universal speed in necessary situations. Therefore, it is not only harmful, but also very useful. we can reduce the mystery.

List of used literature.

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