

THE EFFECT OF STRESS ON PERSONALITY

Ilyasov Islam Yaxiya uli

3 years students, Undergraduate degree

*Nukus State Pedagogical Institute named after Azhiniyaz
(Nukus, Republic of Karakalpakstan)*

Seytniyazova Alfiya Bekpolat qizi

3 years students, Undergraduate degree

*Nukus State Pedagogical Institute named after Azhiniyaz
(Nukus, Republic of Karakalpakstan)*

Palvasheva Mubarek Xazilbekovna

3 years students, Undergraduate degree

*Nukus State Pedagogical Institute named after Azhiniyaz
(Nukus, Republic of Karakalpakstan)*

Jiemuratova Sharigul Qutlimurat qizi

3 years students, Undergraduate degree

*Nukus State Pedagogical Institute named after Azhiniyaz
(Nukus, Republic of Karakalpakstan)*

Abstract: This article presents the data of information about stress and its impact on personality.

Keywords: Stress, psyche, personality, human nature.

Modern life of every person is accompanied by stress. Today, few people can boast of a stable nervous system. According to WHO, 65% of all diseases in the world occur due to stress and nervous tension. Constant, fleeting changes in the world, which are associated with the occurrence of stressful situations, increase the importance of studying this topic.

Stresses can occur: at work: unloved work, quarrels and disputes in the team, conflict with superiors, work overload, external factors; in personal life: quarrels and conflicts in the family, the death of loved ones; uncontrolled stress: psychological problems.

Depending on the severity of the impact of stressors, the impact can be both positive and negative. The positive ones may include a "remembering reaction of the psyche", that is, a kind of protection that adapts a person to the social environment, helps him to develop protective reactions that will undoubtedly help for further interaction with society, in our case, for socialization. Many people cannot work without emotional stimulation, for example, when it comes to high responsibility at work. A person must necessarily be aware of the level of responsibility in order to simply solve any task. Yes, it helps to cope with responsibilities and subsequently gives

a person relaxation. However, it is necessary to take into account the negative consequences for the emotional and personal sphere of the employee, which brings a prolonged and sustained impact of a destructive factor. Stress has a cumulative effect, and it is impossible to fully adapt to it. Stress is one of the main sources of a wide range of psychosomatic diseases. Experiencing stress and managing it are among the central, key phenomena of many human problems. However, prolonged, prolonged stress is detrimental to health.

There are three stages of stress: the anxiety stage, the adaptation stage and the exhaustion stage.

At the first stage of anxiety, a person is able to independently stop the harmful effects of external and internal factors, but can no longer ignore them. At the second stage, a person tries to adapt to the conditions, but if he does not succeed, then this stage will go to the next - the stage of exhaustion, which is the most dangerous, since it can develop into a disease.

Stress can negatively affect the functioning of all organs and systems, lead to complex biochemical and psychosomatic disorders, for example, increased fatigue, decreased immunity, changes in body weight, frequent manifestations of ailments. Very often during this period, people experience breathing difficulties, heart pain, muscle tension, unpleasant sensations during the work of the digestive organs, etc. At the same time, we must always remember that emotional manifestations of stress are especially dangerous, since they affect various aspects of the psyche, the emotional background and give a pessimistic shade. With prolonged stress, depression, irritability, aggression, anger, and the appearance of affective states can develop.

The stresses that a person experiences can be classified as follows:

Emotionally positive stresses and emotionally negative stresses. Short-term stress and long-term stress. Physiological stresses and psychoemotional stresses.

A number of publications by both domestic and foreign authors are devoted to solving problems with stressful situations in the current conditions. So, Hans Selye and A.M. Stolyarenko in their work conduct an analysis of stress on human health. G. Selye considers physiological stress as the body's response to any demands made to it. Scientists have found out that stress is contagious. People who are constantly surrounded by stressful and nervous people are most susceptible to stress.

The psychodynamic direction in the explanation of stress is based on the theory of Sigmund Freud, where he described two types of the origin and manifestation of anxiety, anxiety: a) signaling anxiety occurs as a reaction of anticipation of a real external danger; b) traumatic anxiety develops under the influence of an unconscious, internal source.

Attention is drawn to the cognitive theory of psychological stress by R. Lazarus, which is based on the position on the role of subjective cognitive assessment of the

threat of adverse effects and its ability to overcome stress. R. Lazarus said that adaptation to the environment is determined by emotions, and cognitive processes determine the quality and intensity of emotional reactions. A person's anticipation of possible dangerous consequences of a situation affecting him was defined by the author as a threat assessment. The threat assessment processes associated with analyzing the meaning of the situation and attitude to it are complex: they include not only relatively simple perceptual functions, but also memory processes, the ability to abstract thinking, elements of the subject's past experience, his training, etc

. People react to stress in various ways:

"Strike." People are aggressive, ready to fight."Run." People run away from the problem, depression occurs, a person closes in on himself."Freeze." A person cannot answer anything, he is silent and word-paralyzed.

In order to make your nervous system more stable, you can contact either a psychologist or a psychiatrist who will prescribe special procedures. To date, special procedures include: selection of medicines, color treatment, music treatment, aromatherapy, wellness gymnastics, breathing techniques, meditation, relaxing massage, exposure to special points, hypnosis. When contacting a psychologist, other methods of mental health correction are used: a detailed analysis of problems and the search for an answer, meditation, a professional view from the outside and tips on minimizing stress in a person's life.

There are general tips for getting rid of stress in a tense moment:

Calm breathing for several minutes. Try to focus on your breathing, on relaxing your body. Try to strain each muscle in turn and then relax. Analyze situations and understand what is the cause of nervous tension. Find ways out of a stressful situation and choose the optimal one. To summarize the work done on yourself.

Thus, stress negatively affects both the mental and physical condition of a person, therefore it is necessary to prevent its occurrence and further development. A person should not be controlled by stress, it is impossible to be subject to the slightest changes, which then together will cause huge harm to both mental and physical health. When choosing the optimal stress response strategy, it is necessary to prioritize. The complete removal of anxiety significantly reduces a person's ability to realize himself as much as possible in professional activity, while excessive stress causes serious disorders in the body. In order to control your own mental state, you need to love yourself, treat your body, soul with unconditional respect. Those who have mastered the basics of self-regulation using examples of controlled mood harmonization and arbitrary control of well-being will certainly go further, in the direction of comprehending the miracle of transforming creativity of conscious development. A person who knows himself, his needs and how to satisfy them always has a choice in the systematic replenishment of energy.

References

1. Shcherbatykh Yu.V. Psychology of stress and methods of correction. - St. Petersburg: Peter, 2015. – 256 p.
2. Nemov R.S., General fundamentals of psychology. Book 1, Enlightenment. - M., 1994. – 231 p.
3. Selye G. Essays on the adaptation syndrome. - M.: Medgiz, 1960. - 255s. – 84 p.
4. Kitaev-Smyk, L. A. Psychology of stress / L. A. Kataev, Smyk. M. : Nauka, 1983. – 368 p.
5. Serebryakova T.A. Psychology of stress: A textbook. – N.Novgorod: VGIPU, 2007. – 143 s