

WAYS TO ELIMINATE THE PROBLEM OF STRESS IN THE FORMATION OF A CHILD'S PERSONALITY

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Annotation: This article examines the problem of stress in the formation of a child's personality. The concept of stress, negative, painful experiences or disappointments caused by difficulties, insurmountable obstacles, unfulfilled expectations, and the theory of Hans Selye, the originator of stress theory, are described.

Keywords: relaxation, stress, cluster, trap, constructive approach.

INTRODUCTION

The process of transient stress in children is currently an area that requires more research. Although children are generally less stressful than adults, they can experience stress in certain environmental situations, and they are not as resilient to stress as adults in some situations. Sometimes stress can also be caused by air and atmospheric pressure. This type of stress in a child is observed in very rare cases, the reason may be a person's childhood. A child can be observed quickly, because he is emotionally volatile. It is natural to observe cases of rapid laughing and rapid crying during childhood and can be caused by injuries. Such stress can sometimes occur in children in connection with various diseases. For example, we can cite the effect of all toxic substances. It can be caused by a stimulus. have trouble fitting in properly. Stress can be caused by external and internal factors, primarily the interaction of both factors. In this way, the causes of stress in childhood are from stress experienced by adults to environmental demands or internal mental demands. When we talk about bad internal factors, we mean the characteristics that are part of the mental and psychological functioning of a child suffering from stress. As internal factors that can participate in the development of stress, we find the child's character, thoughts and views. Thus, when a child is faced with difficult situations, it depends on the process of perception of himself and the world that the child does not have the necessary resources to adapt and respond to them with stressful emotions.

It is known that stress is not a disease, but the human body fights against unwanted conditions. When the word "stress" is translated from English, it means tension, pressure - a constant and frequent condition. Sometimes stress can be beneficial. Wrong thinking only causes disappointment. Excessive joy can lead to stress. For example, winning the lottery can cause changes in the human body, and it is described

as stress arising from intense joy. Often people complain to the doctor about physical strain, in fact, the reason for this is stress. Stress causes all diseases. Stress also leads to positive results - a person who has experienced stress learns to overcome difficulties and become stronger after overcoming them. In order for any person to feel that he is alive and complete, he solves all the difficulties and problems around him and begins to feel happy. In this training class, we will get acquainted with ways to overcome the stress situation in a constructive way.

1.Question to others - "What do I feel in a very emotional situation?". Participants say 1049 what they feel in stressful, difficult situations. Some feelings are different from others, adolescents experience the following during stress: sadness, fear, affectation, distrust.

2.Conducting relaxation - Now we will talk about exercises that affect the nervous system. These exercises help to get out of deep depression and avoid bad results. Such exercises relieve the tension of nervous systems in all parts of the body.

3.Cluster "Stress" - The verbal or written stress of the participants connects their thoughts to each other. The facilitator then presents diagram 1 with the participants for analysis.

The following can be recommended as ways to cope with stress:

Avoid black and white thinking.

Treat stress as a positive experience.

Get used to the fact that you cannot control everything. Forget the past.

Communicate. Make a fist and then release it. The fingers straighten, the wave spreads, and the pleasant pain spreads. Regular 15-20 minute exercises for leg muscles, abdomen, chest, arms, waist, neck, and face will help relieve stress. In humans and animals with a highly developed nervous system, emotion often acts as a stressor, and this creates the basis for the effect of a physical stressor. In a person, stress of the same intensity can be both dangerous and positive. Therefore, it is impossible to live without a certain level of stress, because the absence of stress is equal to death, G. Seyle said. therefore, stress is not only dangerous, but can also be beneficial for the body (outstress). helps to get rid of them. The following training sessions can be recommended for the correct organization of interpersonal relations. Purpose: To develop ways to overcome stress. Main work:

Stress can be both negative and positive. For example: the birth of a child, winning competitions, winning lotteries, entering an institute. These are also winning the lottery, entering the institute. These are also stress, but positive stress. Stress activates a person. Life would be boring without stress. But long-term stress exhausts the body, causes insomnia, headaches, irritability, crying. As a result, it leads to stomach ulcers, diabetes, and heart disease. Let's draw a stress tree: the body is stressed, the results of

its kings (insomnia, tears, depression). What should be done to deal with the effects of stress?

The problem of how a child's mental development is, how it is formed, and what are the factors affecting it, has attracted the attention of psychologists and pedagogues since ancient times. Since the main issue of the science of child psychology is to study the child's mental development, it is important to study and analyze different views when solving this issue and explaining it. The first theory that tried to explain the development of children's psyche is defined by the idea that "a child is a small copy of an adult". Supporters of this theory do not differentiate a child from an adult in terms of quality. Children try to pretend that they are adults who are much smaller in height, imagination, memory, attention, thinking and other processes. But they cannot explain the qualitative uniqueness of the child's psyche and explain the main reasons for development. Since the 17th century, there has been a struggle about the development of the child in philosophical and psychological directions: supporters of the psychological direction say that mental development depends entirely on the environment and life experience. So, what connects the specific characteristics of the human psyche and behavior - natural, innate characteristics or characteristics acquired during life? different views on the problem have come to the fore.

Descartes (1596-1650) was a vivid example of the theory that "ideas are innate". According to him, innate ideas are in an initial state in the intellect, these ideas as tendencies are "innate and only later develop slowly until they are fully realized, while external experience is only an impetus for the activity of ideas. It was shown that it serves as a material for their further improvement. Later, such views left the sphere of philosophy and began to be widely used by bourgeois ideologues.



A little boy takes a brush in his hands, enthusiastically runs across the sheet, smears the paint with his finger and takes care of his masterpiece. He doesn't care if he does it right or not, the main thing is the pleasure of the process. As an adult, a person is filled with more conventions and certain stereotypes. The love of childhood is gone, and in its place is the fear of doing something wrong. Right-brain drawings help to

overcome anxiety and heal one's attitude to quality creativity. The technique of ush appeared in the middle of the 20th century, and since then it has regularly followed the world. Each generation brings something new, providing progress in accordance with unchanging realities.

What happened to the left? Scientists for a long time have proven the right and left hemispheres of a person to check for different methods and tools. Left - Formal perception, logic, symbols and reason. True - this is our intuition, feelings, emotions, inspiration. Modern life is designed in such a way that people rely more on the left hemisphere. Always learn to listen to your mind, not your emotions. The production of classic paintings is designed for a long time. Learning progresses from simple to complex. With time and boredom, you need to identify different cubes and balls with a long pencil, you need to learn perspective. It takes a lot of time to listen to lectures about color, its combination, the direction of light and shade. Gradually, the student moves to more complex forms, and only after a few months the teacher allows more complex landscapes and still lifes with ease.

Before starting to work on a complex picture, you must first plan everything in the focus, background and central plans. Make some sketches, work on the sketches and then the masterpiece is born. O' 'hemisphere analytical thinking n creative recovery. Analysis helps to calm down and removes stress from the picture, removes it. Creativity comes with relaxation and enjoyment of the process, not the result.

For children, the right brain is a natural activity. Little children are intuitive and creative creatures until we start to overwhelm them with teaching and nurturing. Children do not need to dream on purpose, because for them it becomes an integral part of the dream. The first drawings are unique in their own way. It doesn't matter what comes out and what happens, the creative process itself and the fact that the brush or pencil leaves a mark on the paper is not very important. An ordinary kaliaka-malika can be in the winter night, in the wind, and after 5 minutes it will turn into a portrait of the mother. Emotional trauma is very difficult for adults. Often they become symbols: love is a heart, hope is a dove. The peculiarity of children's drawing is that symbols are not characteristic of children until adults tell them about it. The child's head is round and eyes can be determined by the situation, the color space can turn out to be a portrait. The work of parents does not destroy the original creative perception of the outside world. You should never tell a young artist that he has drawn incorrectly, it can completely set his painting. You don't have to force your symbols and views on yourself. A child often puts on paper not a picture of an object, but his perception or feelings about it. No child has ever drawn the sun until he was shown a yellow circle with a smile and eyes.

CONCLUSION. In conclusion, it should be noted that some of the causes of stress in children are: Major changes in the family. Changes that can cause stress in children include divorce, death in the family, moving, and even the birth of a new family member. These seismic shifts disrupt the child's world and create great stress in the child's life. Major life changes can shake your child's sense of security and make him anxious and worried. For example, a new family member can cause a child to feel intimidated and jealous. In the family, the death of someone else can cause confusion and grief, as well as anxiety and stress.

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