

## 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.

\* 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.

\* 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.

\* 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?

What state does a person fall into under stress? Trapped (L. Khokhlova) Trap #1 Common among children - crying. I am unhappy, no one loves me. I will get sick and die! Crying is easy. But who will solve the problem? Trap No. 2 Everyone around him is to blame. Trap No. 3 Hiding one's feelings. He is polite with the person he doesn't like. Trap #4 Jizzakilik. Yelling, fighting, throwing objects, subordinates of the boss, spouses "take pain" from each other. In some cases, he can "take pain" from himself. This can lead to suicide. Trap No. 5 Taking various drugs or drugs, cigarettes, alcohol. This makes him a slave to these issues. Trap #6 Everyone finds a reason in bad luck. He does not admit his shortcomings. Criticizes others. Trap #7 Forgetting. He forgets his sins. To close your eyes and forget everything, like a young child covers his eyes with his hand.

### 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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