

PSYCHOLOGICAL FACTORS OF ENSURING STABILITY TO STRESS IN ADOLESCENTS

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Abstract: Stress affects the daily life of teenagers, impairs their ability to work and causes diseases. This study aimed to assess the prevalence of stress symptoms and factors associated with these symptoms among adolescents.

Keywords: adolescence, stress, crisis, recognition, attention, belonging, support, love.

Today, stress affects not only our mental and physical condition, but also our work. The changes taking place today, the acceleration of development, the variety of information, the peculiarities of the economy and various types of stress are manifested in the psyche of people in different ways. . [1]

Many diseases are caused by stress. It is being determined by scientists that it causes heart diseases, neurotic conditions, psychological disorders and various diseases. The occurrence and increase of stress causes the appearance and growth of malignant tumors.

Correct understanding of stress during adolescence, being able to distinguish between harmful and beneficial stress is important for the adolescent's development.

Ignorance of the harmful and beneficial aspects of stressful situations causes various negative situations and diseases in teenagers.

Psychological stress is one of the most complex problems at the intersection of psychology, psychophysiology and physiology. . [2]

It is difficult to imagine a person who is not exposed to factors that cause stress. With a stressful situation, people constantly collide. At the same time, on the one hand, stress stimulates human activity, allows us to use our capabilities more. In addition, stress can have many harmful effects. Serious internal diseases and neurotic conditions are examples of this.

To date, a rich empirical research base has been collected in psychology about the description of stress as a dynamic, continuous and intensive psychological phenomenon, and it has been shown that stress is multifaceted, multi-level. . [3]

In medicine, physiology and psychology, positive (eustress) and negative (distress) forms of stress are distinguished. Stress is the body's abnormal response to any changes. The human immune system suffers from stress. During mental stress, the production of immune cells is significantly reduced. In modern scientific literature, the term "stress" is used in different meanings. First, stress is understood as a strong negative effect that has a negative effect on the body. [5]

Secondly, subjective reactions that reflect the inner mental state of excitement belong to the category of stress.

A teenager's school life gives enough reasons to experience stress, anxiety and tension. The stressful factors of the educational environment are the source of many disorders in the personal and emotional development of adolescents, and affect the process of learning motivation and socialization. The level of psychological safety of the educational environment affects the indicators of the subjective well-being of schoolchildren, that is, the need for creative self-realization, the state of tension, self-esteem, activity, etc. ability to perform, cognitive motivation. [6]

Adolescence, which is defined as the period of 11-15 years, is an important stage of human growth and development, and it is a period of transition from childhood to adulthood. During this time, the psychological and physiological changes experienced by adolescents cause stressful situations in them. Considering the complexity of this age period, this period is often described as a crisis, stressful period of life. . [4]

Identified teenage stressors include physiological changes in their bodies, sexual awakening, social media, internet interactions, and more. All this has a negative impact on the development and mental maturity of a teenager. Psychological problems and diseases occur in adolescents who feel strong stress. These are depression, suicide, drug use, drinking alcohol, joining a group of teenagers who are difficult to educate. When stress levels are high, teenagers tend to indulge in harmful habits, sleep poorly, eat irregularly, physical passivity, and depression. Physical passivity, fatigue, mental problems, health disorders are the result of stress. In adolescents, the educational process, social influences, family problems, parents' demands and the needs of adolescents are considered as stress factors. Much of the stress research has focused on stress levels. However, little research has been done to identify stress and its factors. Because identifying stressful factors and eliminating them is one of the important and urgent problems. As a result of stress factors during the developing age, in adolescence, anxiety, heart disease, depression, and mental health disorders are caused. . [2]

Adolescence is a period of physical, psychological, social and moral identity and change. Today, adolescents are faced with various stressors during the period of complex development. During the period of adolescence, attention should be paid to several important aspects for successful development. A teenager's formation of his personality, a teenager's desire for independence and the lack of positive management of this stage cause feelings of hopelessness in the future. Failure to meet the needs observed in teenagers also causes stress in them. Satisfying the needs for recognition, attention, support, love, and belongingness motivates adolescents to have a positive attitude towards the environment. In the process of striving for independence, a teenager's inability to solve problems and difficulties in relationships increase the level of stress in him. Adolescents face family, social and personal stress during their development. Adolescents' negative relationships with peers and adults are also stress factors. These relationships work in teenagers. . [1]

Causes of teenage stress

Why do teenagers get stressed? Common factors that cause stress in teenagers:

- homework and school (especially exams)
- expectations and pressure from parents and family to do well in school
- the issue of social relationships and sex with friends and boyfriends/girlfriends
- extracurricular responsibilities
- life challenges such as dropping out of school or getting into college or getting a job
- lack of time - too much to do, lack of preparation or overload
- Lack of sleep.

Another cause of stress in a teenager can be failure at school. Excessively high demands of teachers also put pressure on morale. In addition to all this, the reason is an overload in sports, creative activities. [2]

Adolescent stress can lead to poor physical and mental health. Stressed teenagers have very low immunity and are more likely to get sick. Stress can turn into depression. Adolescent depression can lead to suicide.

One of the signs of stress in teenagers can be distance from their peers. The child withdraws. He does not believe in his abilities, he has low self-esteem. . [3]

From a psychological point of view, stress can cause a bad mood or a feeling of insecurity. Its long-term effects can cause nervous disorders. Adolescent emotional problems can lead to mental illness, alcoholism, drug addiction, suicide, murder, vandalism, and many other deviant behaviors.

Symptoms of stress in adolescents can be manifested in several ways:

Bitterness and anger: Manifested by tension, bad mood and negative situations. Stressed teenagers may be more angry than usual.

Behavioral changes: A teenager who was a great listener suddenly notices a change in behavior. The once active teen no longer wants to leave the house. Sudden changes can indicate high stress levels.

Sleep problems: A teenager may complain of being tired all the time, sleeping more than usual or not being able to sleep at night.

Irresponsibility: Stress may be a factor if a teen suddenly becomes involved in other activities than homework, forgets about responsibilities, or starts procrastinating more than usual.

Changes in eating: Eating too much or too little can be a sign of stress.

Getting sick often: Stress often manifests as physical symptoms. Children who feel stressed often complain of headaches or stomachaches. . [4]

No matter how stressful, "good" or "bad", they always affect the emotional and physical state of the child, and also increase the risk of developing chronic diseases in adulthood. During adolescence, all emotions become heavy and it becomes very difficult to control emotions and one's behavior, so any conflicts and misunderstandings turn into tragedy. A teenager faces many problems, the negative effects of which lead to a stressful situation. Problems at home (conflicts in the family, cruelty of parents, etc.) also contribute to stress. All this affects the student's development, his relationships with peers and teachers, so more and more stressful situations arise.

Adolescence is one of the most difficult periods in a person's life. A teenager is very impressionable and any conflict can turn into emotional trauma. That's why teenage stress is so common. . [2]

Adolescence is a period of biological and social change that makes this period vulnerable to stress and frustration. Deficits in maladaptive stress coping strategies, avoidance preferences, and problem-focused behavior are more likely than peers to engage in suicidal and self-injurious behavior. significantly more frequent in smears[6]

Stress in teenagers can occur as a result of both serious problems and minor dissatisfaction. The most severe stress occurs as a result of an extremely dangerous situation (violence). Undoubtedly, such severe stressful situations occur in any person, but most importantly, they damage the psyche of a teenager. At this age, the psyche of the child changes completely, and the child is on the path to adulthood. If the child's psyche is stressed during this difficult, transitional period, it is difficult for him to become a well-rounded and benevolent person. Due to constant stress, an inferiority complex, various phobias or isolation may develop. A child of this age takes all conflicts in the family to heart.

Prevention of stress in teenagers is an important task of parents, teachers and psychologists. Stress is a part of everyone's life. Life without stress is impossible. Small stresses are not dangerous for a person's health, but if the stress has a significant impact on health, well-being, causes a lot of unpleasant feelings, then a person needs help.

In teenagers, around 12 years old, active hormonal changes begin. Therefore, even the slightest stress can cause a violent reaction. Most adults know how to deal with stress. Teenagers do not have enough experience and willpower to fix the situation on their own, so adults should help. If you do not teach a child at this age to overcome emotional and psychological difficulties, he cannot become an independent and mature person.

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