



## TO STUDY THE PROBLEM OF STRESS IN THE PSYCHOLOGY OF FOREIGN COUNTRIES

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### **Annotation:**

The problem of stress in the life of society today has become one of the most important issues of modern psychology. This problem has been widely studied in foreign and Russian psychology since the beginning of the twentieth century, and even today this problem has not lost its relevance.

**Keywords:** stress, affect, depression, frustration, frustration tolerance, mental crisis, extreme situations.

Although the subject of our study is the study of stress experiences in sports activities, given that this issue is directly related to the problem of stress, it is expedient to first focus on the analysis of the concept of stress.

If we look at the history of the use of the concept of "stress", according to VI Petrushin, the term was first used in 1303 by the poet R. Mann, who used this term in his poetry. In the poem, the term is expressed as "This torment was sent by Allah to people who had spent forty years in the desert in the winter and were experiencing great stress." The first study of stress as a scientific term belongs to the Canadian scientist G. Sele. In the July 4, 1936 issue of the journal Nature, G. Sele's article entitled "Syndrome of various traumatic factors" was published, which provided information about the standard reactions of the organism to various pathogens. It is natural that this information was the basis for the beginning of the doctrine of stress.

Although the problem of stress was originally studied by G. Sele as a subject of special scientific research, a lot of work has been done on this problem to date. In particular, the concept of stress in sports, its types, stages of development and the factors that cause it (stressors) have become a source of research for many researchers. In the context of this problem, foreign scientists G. Sele, D. Richardson, F. Milman, R. Lazarius, C. Folkman, V.S. Merlin, E. Feidenberg, DJ W. Rotter, R. McCray, DJ





Parker, B.H.Vardanyan, P.B.Zilberman, in Russian psychology L.M.Abolin, A.Yu.Malenova, A.A.Baranov, V.A.Bodrov, M.Yu.Denisov, L.V. .Kulikov, A.V.Libina, Yu.G.Chirkov, Dj.Vyatkin, L.A.Kitaev-Smyk, L.I.Bojovich, V.L.Marishchuk, V.V.Suvorova, Yu.M.Gubcheva , We can see that many researchers such as A.A.Rean, S.V.Subbotin have done the work.

If we look at the analysis of the psychological literature today, there are many and different interpretations of the concept of "stress". Translated from English, the word "stress" means "squeezing, pressure, tension." The Glossary of Psychological Terms defines stress as "... a state of stress in a person or animal that occurs under strong influence."

Also published in Uzbek, psychological terms in the Russian-Uzbek dictionary: Stress - (visual stress - tension, tension, Latin stress - tension); 1. A set of adaptive-protective relations that express the body in relation to the effects that can cause physical and mental damage; 2. A state of stress is a set of physiological protective relations that occur in response to the influence of various adverse factors affecting the human body. A state of tension under strong influence. "

According to G. Sele, "... stress is a nonspecific (unusual and non-specific) response of the organism to any demand placed on it." G.Sele distinguishes the three-stage manifestation of stress. The first is the panic reaction, which occurs as soon as a person collides with a stressor and is manifested in the activation of all the reserves in the body. Then begins the phase of resistance, which is explained by the ability of the organism to successfully withstand external influences. If the elimination or elimination of stressogenic factors takes a long time, then the third stage - the end - begins. The body's adaptive capacity dwindles and it is no longer switched to depleting non-renewable reserves. At this stage, the body does not have the strength or ability to resist new influences, which increases the risk of various diseases.

R. Lazarus was the first scientist to try to classify stress as a physiological and psychological concept. According to the concept he put forward, "Physiological stress occurs under the influence of real stimuli, while psychological stress results from a person's assessment of the current situation as dangerous and difficult based on their individual knowledge and experience." Based on this idea of R. Lazarus, in recent years it has become customary to divide stress into two types - physiological stress and psychological stress. It should be noted that there are always mental elements in physiological stress, and physiological elements in psychological stress.

Although scientific research on the problem of stress has not been sufficiently conducted in our country, a number of studies conducted in foreign and Russian psychology in the context of this problem allow to adequately analyze this term.





Researcher BB Velichkovsky acknowledges that the term "individual resilience to stress" should be introduced into science. He explains the term as follows: "... individual resilience to stress is a systemic trait that ensures a person's successful adaptation to various psychosocial stresses, short-term or long-term adverse effects of the environment without compromising their mental and physical health."

According to B.B. Velichkovsky, any external stimuli or events that cause arousal or tension in a person can be called stressors, and each person must have the knowledge and experience to withstand a certain level of stress in order not to lower or disrupt work mood in such conditions. The author also describes a person's resilience to stress as the ability to manage their emotions, control themselves, and overcome difficulties while gaining a certain tact. According to him, stressful experiences are defined by the presence of a number of personality traits that allow a person to overcome important intellectual, volitional and emotional stresses that arise during professional activity without negative consequences for the activity, both for others and for their own health.

According to BH Vardanyan, one of the researchers who studied this problem, "Stress is a personality trait that maintains a harmonious relationship between all the mental components of the person in emotional situations and helps to successfully perform activities." P.B. Zilberman defines the concept of stress as follows: stressful experiences are "an integrative feature of a person, which characterizes the interaction of emotional, volitional, intellectual and motivational components of mental activity and allows to choose the optimal way to achieve success in complex emotional situations gives."

Sh.E. Melnik understands stress resistance as "emotional stability and emotion control".

Researchers such as D.Amirkhan, V.Ya.Apchel, R.Lazarus, S.R.Maddi, S.Folkman, T.O.Gordeeva, P.A.Ivanov, Z.B.Kuchina, E.V.Sukhova sees this concept as emotionally conditioned mechanisms (coping mechanisms) and psychological defense mechanisms that help to overcome stress. These mechanisms serve as a mechanism for various coping strategies in the cognitive, emotional, and behavioral areas of the individual, i.e., coping with stress, maintaining distance, self-control, seeking social support, feeling responsible, avoiding problems, and solving problems systematically. action is analyzed as a mechanism of coping strategies such as positive assessment of the problem [87,183,184]. Coping-strategy is also analyzed separately as problem solving, seeking social support, problem avoidance [54, 181].

Another psychologist, V.A. Ponomarenko, who studied the problem of stress, said that the physiological mechanisms of the orientation reaction in stress emergencies,



dominants, stereotypes, operative memory, etc., hinder the solution of the problem. emphasizes that a profession can create a new perceived goal based on a sense of duty and honor towards oneself - a goal to overcome a problem and achieve success. The author also emphasizes that the state of readiness and speed of transition from one level of management of human behavior to another is the basis of psychological stability.

In the works of LI Antsyferova and LG Dikaya, stress is interpreted as stability, the maturity of the person, the ability of a person to focus on specific goals, the nature of the prospects of time, the possibility of connection with the organization of their activities.

To the problem of the influence of the personality factor in coping with stress, V.I. It can be admitted that the works of Medvedev, V.E.Milman, V.D.Nebylitsyn, G.S.Nikiforov and others are dedicated. Their work highlights the problem of an individual's behavior in relation to the difficult life situations that arise in the process of struggle, called strategies for overcoming behaviors of particular interest.

It can also be considered as a phenomenological aspect of stress tolerance. Currently, various definitions of the concept of "stress tolerance" have been developed in psychology. In particular, under the term "stress tolerance" S.V. Subbotin understands the specific components of emotional stability, psychological resistance to stress, stress tolerance, tolerance to despair. This view of the stress tolerance phenomenon is very common. In engineering psychology, the problem of stress tolerance is considered as the stability of the operator person in extreme (special) conditions, where it is analyzed in three aspects: objective, physiological and psychological: VA Bodrov , reflects the outcome parameters of the activity that characterize its effectiveness and quality, in which case physiological and psychological approaches explain the process of supporting and ensuring sustainable activity. B.H. Vardanyan defines stress tolerance as a special interaction of all components of mental activity, including emotional activity. "Coping with stress can be defined as a personal trait that ensures a harmonious relationship between all components of mental activity in an emotional state, and thus contributes to the success of the activity." As P.B. Zilberman points out about one of the important aspects of stress tolerance, stability can be an incomprehensible phenomenon, indicating a lack of flexibility, a lack of reflection in response to a changing situation. He describes stress tolerance in his commentary as follows. When characterized by such an interaction of emotional, voluntary, intellectual, and motivational components in a person's mental activity, it is the person's optimally successful achievement of their goal in a complex emotional environment.





In VS Merlin's close description of stress tolerance from the point of view of the theory of integral personality, S.V. Subbotin states: and leads to the optimal (optimal) interaction of the subject with the environment in different conditions of life and activity.

From all the above definitions of stress resistance, it can be recognized that this phenomenon (quality, feature, property) is considered from a functional point of view, mainly as a feature that affects the efficiency (success) of the activity. Only in the descriptions of B.H. Vardanyan and S.V. Subbotin can the idea of the secondary nature of stress resistance be observed. This trait is manifested in the consideration of stress resistance as a trait that affects performance (success-failure) or as a system, a trait that ensures human homeostasis. From these positions, stress resistance can be considered as active (external) and personal (internal) indicators.

The “internal” personal component of stress tolerance is active if the subject’s capabilities do not meet the conditions and requirements of a particular activity. The role of this component is to develop such a system to protect a person from stressors, which protects a person’s stability (safety) from the development of a depressive condition.

It can be said that extreme work, saturated with unexpected, very complex, low-stereotypical tasks, has great potential for people with a strong, mobile and balanced nervous system that provides high noise immunity and stress resistance. However, this situation is not tolerated for all types of occupational activities that have stress genes, in which the effectiveness of the activity and the fight against occupational stress factors is carried out through the personal and operational characteristics of the subject of activity.

AP Katunin, who studied the problem of stress as a subject of special psychological research, studies the resistance to stress by dividing it into the following components:

- a) psychophysiological component - the relationship with the characteristics of the nervous system;
- b) emotional component - the connection of a person with the experience of emotion accumulated in the process of overcoming the negative effects of extreme situations;
- c) the motivational component is related to the strength of the motives that determine emotional stability (e.g., a person may exhibit different levels of emotional stability depending on what motivates him or her to act. Emotional stability can be increased or decreased by changing motivation);
- g) volitional component - manifested in the conscious management of its behavior and its adaptation to the requirements of the situation;



d) information component - a person's professional training and willingness to perform certain tasks and knowledge in this regard;

e) the intellectual component - the ability to evaluate, predict and make decisions on how to perform actions.

Some authors have argued that stress resilience is consistent with the concept of "life tolerance". For example, D.A. Leontev notes in his comments that the most accurate and complete explanation of the concept of "life tolerance" was given by S. Maddie, and he himself fully agrees with S. Maddie's views. According to D.A. Leontev, "... life tolerance, expressing beliefs about man himself, the world and his relationship with it, consists mainly of three components: involvement, control, risk-taking. This will help you cope with stress successfully and with a little less trauma.

From foreign psychologists Dj. Atkinson (1999) puts forward a first-tested (reliable) model of motivation for success, which serves as the basis for subsequent models developed in this field. The sources of J. Atkinson's approach go back to K. Levin's field theory. Dj. Atkinson takes a more important step in this regard, i.e. he adds a third motivational variable to the unexpected-value variables. This makes it possible to take into account the effect of individual differences in motives on behavioral dynamics. According to Dj. Atkinson, goal-oriented behavior is defined by the resultant tendency to achieve, a tendency that occurs in the combined interaction of the tendency to strive for success and the tendency to avoid failure. Coping

conditioned stress is an unconventional response at the physiological, psychological, and behavioral levels that occurs in response to adverse effects on the human condition.

Consequently, coping is an individual way of interacting with a case situation, a variable and three-factor coping force that is related to the subject's personality, real situation, and support.

Although there is no consensus among different scholars on the interpretation of the concept of stress, this concept expresses the power of a set of personality traits that help to overcome stress as a result of stress that is intellectually, voluntarily and emotionally significant. Through this feature, a person is able to overcome not only the stresses of professional activity, but also the specific stresses of everyday life without harming their activities, health and those around them. In our view, based on the above analysis, stress resilience can be defined as follows: Stress resilience is the analysis of an individual's stressogenic situation not only in terms of willpower (endurance and resilience) but also emotionally (self-confidence, self-esteem), intellectually (stressogenic reality). and decision-making), behavioral



(implementation of the decision) and social (reliance on previous experience and asking for help from others), which helps a person to cope with stress. possible.

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