

Psychological Aspects of the Reaction to the Stressogenic Situation in Adolescents

Aksakalova Nilufar Oybekna

Teacher of Tashkent University of Humanities

Abstract: This article talks about the stress that occurs in the activity of a teenager and its form of distress, its negative effects and consequences on human mental and medical health, and analytical information about the diagnosis of this condition.

Keywords: Stress, Adolescents, reaction, eustress, distress, psychodiagnostics, prognosis.



This is an open-access article under the [CC-BY 4.0](https://creativecommons.org/licenses/by/4.0/) license

INTRODUCTION

In the age of informational progress in the age of rapid development, a person has been affected by strong shocks, and now it is becoming an important issue to protect the psyche and mental health. The problem of reducing negative effects on mental health and medical health and developing measures to prevent it and widely applying it to life is under consideration.

In the 21st century, according to psychologists and doctors, there is an increase in the number of diseases called borderline disorders. It can be assumed that the constant stress experienced by many people is related to family and work problems, as well as economic problems of life. These stress factors of social importance are developing on the basis of microsocial stressors.

The word stress is derived from the English word - "tension", "tension", "pressure". The Canadian physiologist Hans G. Selye was the first to understand the concept of stress and united the factors that cause stress under the name of stressors.

Stress is mental strain that occurs in difficult or difficult conditions. According to the results of scientific research, it is confirmed that a small amount of stress is useful, it is an important motivation for the activation of a person. This kind of stress is called eustress. After all, a large number of factors that have a strong effect and last for a long time create a state of distress in a person. The state of distress has a negative effect on the mental and medical health of a person, it causes significant changes in the activity of a person. In particular, the state of distress is manifested by a number of its symptoms. After all, it causes a number of changes in a person's intellectual activity. In this case: difficulty concentrating, inability to attract attention to important things, scattered thoughts, which in turn causes difficulty in decision-making, as a result, the scope of work, and a sharp decrease in personal productivity. In addition, the state of distress does not leave its negative impact on memory processes, as a result of which it becomes difficult to remember and recall stored information.

Depression, which is very common today, can be observed not only in adults, but also in children and infants.

The rate of depression in children is about 3-5%, and in teenagers, this indicator increases to about 4-8%. Symptoms of depression may also differ by gender. According to research, girls deal with problems internally rather than externally. Due to this reaction, they are more likely to show symptoms of depression compared to men. Children who are under stress, have attention deficit, learning or behavioral disorders are at higher risk of experiencing depression. Reasons that increase the likelihood of depression in children: There may be depressed family members, problems within the family, constant conflicts between parents, problems in interpersonal relationships, fear of abandonment and loss, etc.

Once it was realized that depression can occur in children, the differences between childhood depression and adult depression were highlighted. Children usually do not verbalize when they feel sad, unwanted, worthless, or unhappy. Instead, the person may appear unhappy all the time, withdraw from friendships, and experience less creative success. Traces of childhood depression can manifest as hypersensitivity, depressive personality disorder, and alcoholism in adulthood.

The state of distress not only disturbs the mental balance of a person, but its medical effects are also manifested in physiological systems with significant symptoms. In a state of stress, several changes are observed in the body's cardiovascular, nervous, digestive, respiratory, and endocrine systems.

This is the case:

- ✓ increased blood pressure - hypertension; - acceleration of heartbeat - tachycardia;
- ✓ changes in the digestive tract: lack of appetite-anorexia, disturbance of gastrointestinal secretion;
- ✓ changes in respiratory movements;
- ✓ nervous habits (hand tremors, tremors, fluttering eyes, eyelids, finger twitching)
- ✓ poor sleep is observed;

There are physiological, psychological, personal and medical symptoms of stress, any type of which is always accompanied by emotional arousal. Experts distinguish the signs of stress as follows:

- Physiological symptoms: increased heart rate and breathing, redness or paleness of the skin of the face, sweating, increase in the amount of adrenaline in the blood;
- Psychological symptoms: changes in the dynamics of psychological and functions, slowing down of thinking, divided attention, memory loss, slowing down of the decision-making process;
- Personal symptoms: complete loss of will, decreased self-control, stereotypic behavior and sluggishness, fear, anxiety, unreasoned restlessness, lack of creativity;
- Medical symptoms: increased neurosis, fainting, affectations, headache, insomnia.

Initially, stress was used as a physiological term and expressed the non-specific reaction of the organism to any unpleasant effects ("general adaptation syndrome") (G. Selye). Later, this word was used to explain the physiological, biochemical, psychological conditions and behavior of an individual in extreme situations.

In modern literature, the term "stress" has three different meanings

is being used. First of all, the concept of stress means any external influences (events or triggers) that can cause excitement or tension in a person. It is not for nothing that the terms "stressor" and "stressor" are frequently used in this sense in current literature.

Secondly, stress is used in the sense of relating to a person's subjective reaction. In this case, it represents the state of internal mental excitement or tension of a person; again, this condition is also interpreted in terms of eliminating emotions, protective reactions and stressogenic effects experienced by a person. This process can lead to the perfection and development of the functional system, as well as to the creation of mental tension.

Thirdly, stress can be a physiological reaction of the body to the manifested demands or harmful effects. In this sense, the manifestation of stress, the study of its effects on health and activity shows that any person will experience this condition several times during his life.

Families often don't notice a child's depression. Their introverted nature can be taken as their character. Family conflict, neglect, abuse, violence, illness, and grief are the most important factors that cause childhood depression.

In troubled families, when a child causes problems, they blame him and cause them to become even more introverted. The child's needs are not met, affection is not shown. Children feel unhappy because they cannot leave the family. They are forced to continue living with indifferent and troubled families. A child with a learned sense of helplessness begins to feel powerless in front of life. His hope and confidence in life begins to decline. When he grows up, he no longer wants to fight with difficulties. He can choose to be an introvert in any negative situation he experiences. Therefore, childhood depression is more dangerous and characteristic than adult depression.

SUMMARY

Forecasting reactions to stress situations, making correct diagnosis is of great scientific and practical importance. In diagnostic analyses, it will be possible to identify in advance persons who may lose their control in psycho-emotional, extreme situations, and have mental and physiological disorders. This allows prevention and prevention of both medical and psychological disorders. In conclusion, we can say that there are no specific drugs for the treatment of distress, but physical activities can help us, especially sports, meetings with close relatives, heart-to-heart conversations, watching favorite art films, going to the theater and trips are also recommended. will be done. Engaging oneself in other activities, taking time for oneself, forgetting various unconsciousness and problems, following a diet, protects a person from any negative effects of stress.

We define depression as a condition in which feelings of sadness are persistent and affect a child or adolescent's life. Depression is a serious but treatable illness. Children and teenagers can be depressed just like adults.

Your child may also experience depression. Watch over them and remember to meet their spiritual needs (unconditional love, acceptance, understanding, etc.) as well as their physical needs. Don't forget to see a specialist if your child's symptoms of depression are severe, long-lasting and effective enough to reduce quality of life.

Depression is a disease that can be repeated due to the child's genetic predisposition to depression, the continuation of negative life experiences. When left undiagnosed and untreated, depression can disrupt a person's daily life and cause other side effects. That's why it's so important to diagnose and treat depression. In the case of depression in children, parents and teachers should study the mental state of their children and be good observers of their children's behavior.

USED LITERATURE

1. Mirziyoev Sh.M. We will build our great future with our brave and noble people. - T.: Uzbekistan, 2017.
2. Ghaziev E.G. General psychology. Tashkent. 2002.1-2 books.
3. Ismailova N.Z. Psychological determinants of students' resilience to stress (PhD) dissertation.
4. Lazarus R. Theory of stress and psychophysiological research // Emotional stress / Ed. L. Levy. L.: Medicine, 2210.
5. Asrarovna M.N., Sanakulovna S.S. THE SIGNIFICANCE OF PSYCHOLOGICAL KNOWLEDGE FOR MEDICAL STUDENTS //Journal of Innovation, Creativity and Art. - 2023. - S. 95-99.
6. Elov Z.S. Berdiyeva D.Sh. Psychological reasons for suicide motivation in adolescents with deviant behavior. Oriental renaissance: innovative, educational, 501 TDPU natural and social sciences scientific journal named after Nizami. volume 2, issue 2 February 2022 1003-1009.
7. Gamezo M.V., Domashenko I.A. Atlas of psychology. M., 2002.