

STRESS AND ITS INFLUENCE ON HUMAN PROFESSIONAL ACTIVITY

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Annotation: This article describes stress and its stages, as well as types of stress and ways to overcome them. The increasing intensity of daily life, the abundance of information attacks on people, and the excessive conflict of social problems lead to nervous tension that puts many people in a state of stress. Therefore, the article examines stress as one of the issues affecting many people and the content of psychological support for it.

The study of psychological knowledge by humans is important because people's erudition implies not only possessing a set of knowledge related to the essence of objective phenomena occurring in the external world but also finding a worthy place in life, being aware of all the secrets of rational organization of activities while effectively using one's internal capabilities and potential, knowing methods and means of influencing oneself and others, and using them effectively in their proper place. The previously popular belief that all diseases stem from the nervous system is now becoming increasingly clear. This is not without reason, of course, according to the World Health Organization, 45% of all diseases are associated with stress.

Stress is derived from the English word "stress," meaning seriousness, tension, strain. Stress is derived from the English word stress, meaning seriousness, tension, strain.

Stress is not a harmful state in itself, but rather the body's response to changes in the external environment. In other words, it is a reaction of struggle and flight, formed in the process of evolution of the human organism.

There are a number of definitions regarding the content and essence of the concept of stress. In particular, A.V. Petrovsky defines stress as a special form of experiencing emotions close to the stress-effective state, but similar in duration to moods. According

to Professor E. Goziev's book "General Psychology," stress is shown as severe physical and complex mental loads, emotional strain that occurs when dangerous situations arise when work exceeds the norm, and when striving to find necessary measures immediately. [1]

Stress is a natural instinct of the body. In an organism ready to fight or flee, the adrenal glands begin to produce adrenaline and noadrenaline. It is as a result of this instinct that certain physiological and psychological changes occur in all systems and organs.

At this point, we will consider the aspects that cause a state of stress in a person based on various psychological theories. The state of an organism prepared to fight and flee as a result of need should be explained through the pyramid of the hierarchy of needs of the French psychologist A. Maslow. A. Maslow asserts that a person always carries out activities as a result of satisfying the following needs and explains it in the form of a pyramid:

- nutritional needs;
- needs for protection;
- needs for closeness;
- needs for respect;
- cognitive and aesthetic needs;
- needs for self-awareness.

External obstacles arising from the satisfaction of these needs create a feeling of insatiability in the individual and cause a state of stress in the body. In addition, in explaining and analyzing mental disorders in the individual, it is impossible not to dwell on the psychodynamic theory of the Austrian psychophysicologist Sigmund Freud. Instead of placing consciousness at the center of a person's mental life, Freud introduced a completely new approach to psychology, comparing it to an iceberg, a small part of which rises above water. Freud says that people are always in a state of conflict, and the cause of these conflicts lies in a completely different, broader sphere of mental life - unconscious sexual and aggressive desires. He was the first to present the psyche as a battlefield between the forces of instinct, reason, and consciousness, which can never reconcile. The term "psychodynamic" refers precisely to the constant struggle between different parts of this personality. [3]

In the human psyche, Freud initially distinguished two relatively autonomous, but interacting structures: the unconscious "I" ("Ono," "Id") and the conscious "I" ("Ya,"

"Ego"), to which he later added the "Super-I" or Super-Ego. According to Freud, the main cause of mental disorders is the conflict between "He," "I," and "Higher-I." The internal "He" is a system of instincts, the "I" is a system that controls the mind, the "Upper-I" is a system of all social relations. Consequently, humans have two basic instincts: self-preservation and procreation. The self-preservation instinct includes the following instincts: all vital functions that ensure the survival of any organism, such as nutrition, growth, respiration, and movement. Over time, fewer and fewer times are spent on satisfying these needs, on security, and the self-preservation instinct begins to lose its significance in human life - the reproductive instinct, psycho-sexual desires come to the forefront. The "I," as a shell, constantly monitors the outflow of psycho-sexual desires into the external world, and the activation of these desires leads to the conflict between "He" and "I." In other words, "He" is the subconscious or unconscious sphere, a set of instinctive inclinations, "I" is a person, consciousness. "Higher-I" social morality, norms of behavior, social consciousness, behavior.

The struggle between "He," "I," and "Higher-I" leads to a state of stress in the individual.

In addition, the degree of formation of individual-typological characteristics in a person also determines a person's susceptibility to stress.

Based on the above theories, since the stress state arises as a reaction of struggle and flight in terms of hierarchical needs, we analyze the stress state, taking into account that today the stress state is caused not by a specific threat coming to the body from the outside, but by family conflicts, interpersonal relationships, and natural stress takes the form of emotional tension, taking into account that it occurs differently in different individuals from an individual-typological point of view.

People who live a fast-paced life and don't know how to cope with stress can develop the following conditions:

1. Cardiovascular disease
2. High blood pressure
3. Gastrointestinal diseases
4. Rheumatism, arthritis
5. Various colds
6. Diabetes
7. Nervous disorders

First of all, a person should be able to form a conscious attitude (psychological

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immunity) to psychologically external influences. To overcome any stressful state, it is necessary to identify and objectively assess the causes that cause it.

It is necessary to find a clear way to overcome the stressful situation that has occurred.

2. If you are faced with any problem or worry, try to think about it less and always be busy with something. Work pushes out the feeling of restlessness from your soul.

3. Don't get on your nerves over trivial things. Understand what is important and what is not in life. Most trifles shorten your life.

When a person is under stress, applying the following methods and tools against the same stress gives good results:

- a) formation of an anti-stress mood in relation to a stressful state (changing one's mental attitude towards the situation, state, emotions that occurred);
- b) engage in more physical exercises (physical education, sports, physical labor);
- c) self-relaxation (relaxation) - achieving relaxation from the toes of the body to the fingers of the hands;
- d) autotraining (self-suggestion);
- e) Stress can be eliminated through relaxation (self-relief).

It should be noted that a person who regularly engages in physical exercises can overcome stress in any situation. Conversely, a person prone to depression and lack of self-confidence easily falls into a state of stress. What is stress from a practical point of view? To understand this, let's look at the main symptoms of stress:

- Constant anxiety, walking in a depressed state, sometimes these states occur without any reason.
- A bad, restless sleep.
- Depression, physical weakness, headache, fatigue, dislike of doing anything.
- Decreased attention, which makes it difficult to study or work. Memory problems and slowing of the thinking process.
- Inability to put aside rest, work, and problems.
- Lack of interest in others, even the best friends, family, and loved ones.
- A constantly occurring feeling of crying, tears, sadness, despair, self-pity.
- Decreased appetite - and sometimes vice versa: overeating.
- Nervous habits often develop: a person bites their lip, bites their nails, and so on. Indifference and distrust of people develop in a person.

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If you are in a state of stress, it means something: your body has responded to some external stimulus.

In some cases, the definition of "stress" refers to the stimulus itself. For example, physical is a severe cold or unbearable heat, a decrease or increase in atmospheric pressure.

The concept of chemical stress refers to the effects of all toxic substances. Mental stress can be the result of extremely negative or positive emotions. Injuries, viral diseases, and muscle overload are biological stress.

Depending on the result, the following types of stress are distinguished in psychology:

Eustresses ("useful" stresses). For a successful life, each of us needs a small amount of stress. This is the main factor of our development. This state can be called an "excitation reaction." This is like waking up from sleep. To go to work in the morning, you first need to get out of bed and wake up. To achieve work activity, you need an impulse - a small dose of adrenaline. Eustress performs precisely these functions. Distress (harmful stresses) occurs during intense stress. This type of stress represents stress that everyone understands.

In conclusion, it should be noted that to prevent stress, involving oneself in other activities, allocating time for oneself, following a dietary regimen helps a person get rid of any negative stress effects.

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