

THE ESSENCE OF THE CONCEPT OF STRESS AND PROFESSIONAL STRESS

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Abstract

Physiological and psychological types of stress are distinguished in the article depending on the essence of the concept of stress and professional stress. In psychological studies, the mechanism of manifestation of informational and emotional stress types of psychological stress is justified.

Keywords: Stress, adaptation ,worry ,encourage.

Introduction

The socio-economic changes taking place in the world, the increase in labor intensity, the increase in the flow of information, new technologies, all of these are factors that contribute to the deterioration of human ecology. The excessive flow of information affecting human intelligence and the lack of time spent on processing it cause various stresses in the human psyche. One of such psychological stresses is stress.

Stress - derived from the English word "stress", is a set of unusual adaptive reactions of the body to various adverse factors. The concept of stress was first used by Walter Cannon in his scientific research aimed at studying the "fight or flight" reaction in humans to various situations.

Psychological stress is always considered as a result of the physiological adaptation mechanism in the human body, while its biological mechanisms have their own specific nature and content. Without clarifying the concept of these two mechanisms, it is impossible to explain the complex and contradictory reactions of a person to stressful influences.

The famous Canadian physiologist Hans Selye published his first scientific work on the "General Adaptation Syndrome" in 1936, but for a long time he did not use the concept of "stress", but instead used the concept of "neuropsychic strain". Only in 1946 did he use the term "stress" for the state of general adaptive strain.

G. Selye distinguishes three stages of stress as an adaptation syndrome:

1. Anxiety reaction;
2. Resistance stage;
3. Strain threshold.

The above stages are a unique way for a person to adapt to the environment. G. Selye's work "Life Stress", which includes many years of observations, appeared as one of the first major works in the study of the problem of stress. According to the author, the word "stress", like the words "luck", "success", "happiness", has different meanings for each person. "Therefore, although stress is entering our lives, it is impossible to give it a precise meaning, it is very difficult," says the author. At this point, he asks the question: "Isn't stress a synonym for distress?" The word distress is derived from the English word and means sadness, unhappiness, anxiety, need. Perhaps it is tension, fatigue, exhaustion, pain, fear, scolding and humiliation among the crowd, or, conversely, an unexpected great achievement that will dramatically change your whole life.

Any of the listed situations can cause stress, but we cannot choose exactly one of them and say, "This is stress."

In this work, the author mainly put forward the following ideas: "From the point of view of stress reactions, it does not matter whether the situation we encounter is pleasant or unpleasant. Only the need for adaptation or restructuring of the organism is important. The term "stress" is often used by scientists in incorrect and vague forms. Therefore, it is more useful to talk not about what stress is, but about what stress is not.

Stress is not just nervous tension (although nervous tension is stress). This fact should be emphasized. Most specialists and even some scientists consider biological stress to be the same as strong emotional arousal. Emotional arousals that affect a person's higher nervous system are in practice the most common stressors, and of course, such stressors are usually more common in clients who consult psychiatrists.

Stress does not always lead to damage. As we have already discussed above We have already mentioned that it is not so important whether a stressor is pleasant or unpleasant. Its stressor effect (benefit) depends on the intensity of the demand on the body's adaptive capacity. Any normal activity can cause a certain level of stress that is not harmful.

The dictionary of psychological terms defines the word “stress” as follows: stress (from English stress - pressure, strain) is a term used to describe a wide range of human conditions that arise in response to various extreme influences (stressors). Initially, the concept of “stress” was explained in physiology as an unspecialized reaction of the body in response to various unpleasant impressions. Later, it began to be used to describe the physiological, psychological and behavioral state of an individual in emergency situations. Depending on the appearance and nature of the stressors, several types of stress are distinguished. In particular, according to the most general classification, physiological stress and psychological stress can be distinguished.

Physiological stress is an unusual reaction of the body to random internal and external stress factors. Under the influence of these stress factors, the neurohumoral and vegetative systems of the physiological control process change. Physiological stress usually occurs under the influence of sudden changes in climate, excessive noise, physical injuries, pungent odors, physical exertion, and abdominal distension. During physiological stress, people experience increased excitability, aggression, sleep disturbance, memory and concentration impairment, apathy, and unreasonable anxiety.

Psychological stress is a functional change as a result of various mental stresses when trying to resolve unexpected social, psychological, environmental, or professional situations. It is divided into two types: informational stress and emotional stress.

Informational stress occurs as a result of an excessive flow of information, lack of time to process it, or a lack of personal cognitive capabilities of the individual. In a broader sense, information stress manifests itself in situations of excessive strain on both the body and psyche, such as when a subject works too hard to complete a task assigned to him in the process of performing a certain activity, loads himself with loads that are beyond his capabilities, feels a high sense of responsibility in this process, and is unable to make the right decisions when solving and resolving situations that arise.

Let's consider the factors that lead to the emergence of information stress. One of the most important aspects of a modern lifestyle is the presence of excess information that disrupts a person's psychological ecology and leads to information pollution of his life. These include not only the reception of information that a person actively encounters in a narrow circle and related to his

professional activities, but also information that is distributed through the mass media that is generally accepted and used.

Most of the research conducted on the study of information stress was conducted in connection with those working in the field of computer technology. All of them also consider the individual's behavioral reaction to extreme situations.

According to the results of many studies, if a person is forced to perceive information too quickly and responsibly and work with it, then information neurosis develops in that person. In this case, the factor of responsibility reflects a state of mobilization or mental stress associated with the value of information and attention to avoiding mistakes. Taking into account the fact that this state is situationally conditioned, it can be said that it can be carried out without mental stress.

According to N.M. Sandomirsky, if until recently we talked about the effect of information stress on the brain of an adult person, now information has begun to appear that information stress begins to haunt the human brain from the moment a child learns to speak.

A number of publications indicate that the functional reliability of a person's activities directly depends on how correctly and timely he can make changes to the state of the object he controls.

The success of the activity is determined by its usefulness and functional reliability, adequacy of the real content of this activity process, completeness, level of development. If a violation occurs in these cases, difficulties will certainly arise in the management and execution of activities.

The concept of the information base of the activity is understood as a set of data that describes the objective subjective conditions of the activity and allows to organize the activity in the goal-result state.

The information basis of activity is formed at three levels:

- 1) sensor-perceptual level;
- 2) cognitive level;
- 3) figurative-operational level.

The information basis of activity is formed by stresses and overloads that prepare the ground for the development of stress.

Information stress depends on how the subject assesses the danger of the stress effect during an extreme signal or situation. It should be noted that not only the

real stressful situation itself, but also its perception is perceived as threatening, and this also causes information stress.

V.A. Bodrov studied the factors that cause information stress in the activity of an operator. The study emphasizes that information stress in the activity of an operator is, by its nature, a type of professional stress. The causes of its occurrence are primarily related to extreme effects, stress-producing factors of work processes, as well as the influence of organizational, social, environmental and technical characteristics of labor activity. According to the mechanism of development, information stress in the operator can be classified as a psychological stress associated with a violation of the information-cognitive processes of the process of establishing activity. Any life events accompanied by mental stress can be a source of information stress or affect the development of his operator activity, regardless of the field of work of a person.

Thus, the development of information stress in the operator is not only associated with the characteristics of his work process, but also with various events in his life, various aspects of his activity, worldview, and the circle of communication. Therefore, when determining the causes of information stress in the operator's activity, it is necessary to take into account the characteristics of the impact of various life events that can be a source of this stress.

The data collected from the literature show that the main causes of the development of information stress in the operator can be divided into the following types:

1. Direct causes - adverse factors in the information relations of man and technology serve as the main cause, the source of extreme events at work is the starting point for the development of stress.
2. The main reasons - reflect individual characteristics that determine the likelihood of a stressful situation in the same individual, do not know the mechanisms of its management, methods of overcoming it.
3. Additional reasons - directly contribute to the emergence and manifestation of the main causes of stress and adapt the subject to the development of this condition.

However, one of the main reasons for the development of information stress is low control over the situation in question. A number of studies have studied the relationship of information stress with the characteristics of a person's personality. The basis for studying this problem was data on personal differentiation in terms



of the degree of endurance and manifestation of mental stress and psychological activity in extreme conditions of activity. According to the results of a number of studies, a person's response to extreme influences is related to the quality of the individual's characteristics, which determine the type of individual psychological reaction of a person.

Many studies have shown that the specific reaction to stress is not only related to the stimulus, but also to the psychological characteristics of the subject. Individual psychological differences that are clearly manifested in the response and behavior of an individual to the same stressor have been studied. Attention has been paid to the fact that a person's emotional reaction is an internal condition that determines his mental activity. That is why the individual's individual, personal reaction to external influences plays a significant role in the subsequent manifestation and development of a stressful reaction. A person responds to external influences through the structure of his psyche, in particular, his emotionality.

It has been established that the specific typological characteristics of a person play a large role in the individual's reaction to extreme influences. As is known, the activity of emotionally reactive individuals is characterized by a noticeable change in their psyche in extreme conditions. In particular, emotional stress manifests itself in different degrees, depending on the typology of the person. In extroverts, as a result of the influence of stress, the processes of inhibition develop faster and normalize more slowly than in introverts. In introverts, the opposite is observed.

J. Rotter substantiated the different perception of stress by people in the external and internal locus of control.

Emotional stress occurs in situations of threat, danger, frustration and other situations. In this case, its various forms (impulsive, inhibitory, diffuse) can lead to changes in mental processes, emotional arousal, motivational shifts in the structure of activity, and disorders in movement and speech, as well as behavior. In general, stress is divided into eustress and distress types, depending on the involvement of emotions. Eustress has a positive effect on a person, increases his motivation for activity, and increases his adaptation. Stress can be positive, mobilizing, but also have a negative effect on activity - distress. Therefore, in order to optimize any type of activity, it is necessary to develop a set of measures that will warn in advance about the causes of stress. In the social study of stress,

the studies of J. Vitkin are of particular importance. In her work "Woman and Stress," she tried to shed light on the causes of psychological stress and stress based on the results of her research. The author includes the loss of a loved one, various worries and chores of the "motherhood profession", family, as well as career, work and personal interests of women, observing them through life situations. Based on her experience over more than ten years, the author has identified several types of stress that women experience.

1. Stress associated with women's physiology.
2. Life changes - material and psychological difficulties of marriage, motherhood, divorce and the subsequent, difficulties associated with widowhood, full of worries after the death of a spouse, stress associated with the departure of children from the family.
3. Psychological stress - women who are unmarried and feel lonely; housewives who need a break from boring household chores; businesswomen who need to be at home more often in order not to lose their families, but cannot do so; ordinary working women who have never had a good salary and the opportunity to sleep, are experiencing stress related to their worries.
4. Suffering stress - stress that arises as a result of hidden crimes, personal infertility, events, meetings, conversations that cannot be forgotten for a long time and cannot be told to others, and which are forced to hide from others for several years, even a lifetime, and for this, to lie, cheat, and be cunning, and to be in a constant state of tension in order not to lose their minds.
5. Life crises - life crises that are usually burdened by women: caring for sick parents or disabled children, heartache from watching the depressed state of their parents or children after some life blow, and unpleasant thoughts about what to do to prevent their life from stopping after their own family divorce.

The extreme intensity of such stress states observed in women leads women to a state of depression (extreme mental stress).

The author is also one of the researchers who conducted research on stress in men, and as a result of his research, he gives the following opinions: men are more sensitive than women, especially in critical situations. They respond to stress not with words but with actions, they are more likely to focus their full attention on critical situations, and they expend more energy than women, paying less attention to the feelings of helpless pain. They are more balanced and respond to events without delay. In the 1960s and 1970s, researchers turned their attention

to studying the psychological mechanisms of stress, that is, to studying the extent to which stress affects the development of diseases called "stress diseases" that arise as a result of excessive emotional stress. Many researchers have noted that when it comes to humans, the main cause of stress is observed to be psychological and emotional events. Their role in the development of stress is so great that we can see the emergence of the concept of "emotional or psychological stress" as evidence of this. Thus, stress is always a psychophysiological reaction of a person (not of the body, as mentioned above, based on the ideas of G. Selye). The factors that trigger it can be not only, as mentioned above, cold or heat, hunger or pain, life-threatening situations or deterioration of health, but also feelings such as emotional pain (hurt, suffering, hurt), guilt, jealousy, shame. During the emergence and course of stress, it manifests itself in 3 interrelated systems:

1. Assessment of the stressful event;
2. Physiological and biological reaction to the event itself or its assessment;
3. Actions, behavioral reactions aimed at eliminating the causes and consequences of stress.

Assessment. The most important thing is how the event is assessed. The situation that influences the emergence of stress - the more unfair, excessive and unbearable the event or incident is perceived, the greater the feeling of stress. Also, the experience of failure, that is, a firm belief in one's own failure, is one of the factors that cause stress. Thus, the initial reaction to stress is an assessment, which is always a reaction of the person, not the organism.

The physiological and biological reactions in the 2nd system of stress are not given by themselves, but through the person's perception and assessment of the event. It is at this time that the unity of the soul and body appears. The effect of the influencing factor on the organism is also felt.

The 3rd system is emotional and behavioral responses to stress. It expresses the degree to which a person experiences stress through his behavior.

From the above, it can be seen that the psychological, physiological and biological responses given by a person to stress are interconnected. At the same time, a "remote control" is hidden behind them, the "operator" of this remote control is our attitude and worldview towards life and the demands of life.

Some authors show that there is a connection between intrapsychic characteristics and personal reactions in the occurrence of stress. These include works related to



humanism (L. Nigel, M. Talygin, M. Shoks, N. Kurtex), a state of frustration (A. Killer), a sense of guilt (J. Henelin), etc.

The concepts considered above show that stress (mental distress, nervous tension) is due to a complex interaction of socio-psychological, situational and personal factors. At the same time, they help to more clearly clarify the causes of stress and, based on this, to develop measures to prevent this condition.

Conclusion

1. Is an unusual reaction of a person to external and internal adverse situations, and the psychological essence of stress was scientifically substantiated by G. Selye and his followers;
2. Depending on the manifestation in a person, physiological and psychological types of stress are distinguished. In psychological studies, the mechanism of manifestation of informational and emotional types of psychological stress has been substantiated.

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