

STRESS AND ITS CAUSES AND STUDY

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Abstract

The article discusses stress and its application in psychology, views on emotional experiences, feelings, types of stress and its causes.

Keywords: Stress, feeling, world, emotion, science, era, life, situation, problem, state, level, assessment.

Introduction

Every person experiences stress to a certain extent in his life. The causes of stress vary depending on the activity being performed, emotional experiences, workload, low self-esteem, etc. Translated from English, stress is a state of burden, tension, increased tension. Stress is the body's response to excessive tension, negative emotions, or simply monotonous noise. This condition occurs in certain situations that are difficult and out of control. During stress, the human body produces the hormone adrenaline, which forces us to look for a way out of a particular situation. A small amount of stress is necessary for everyone, because it makes you think, look for a way out of the problem, and helps a person overcome obstacles. If we talk about the negative side of this condition, then increased stress leads to loss of strength, general weakening of the body, and low performance. According to the effect on the human body, there are two types of stress: eustress and stress. Stress has a positive effect, mobilizes it, improves attention, reactions, mental activity, and increases the body's adaptive capabilities. Distress is a pathological type of stress syndrome that negatively affects the human body, mental activity, and behavior, up to complete disorder. The problem of stress is very relevant in our time. Stress is not without reason called the "disease of the 21st century." Today, the number of people experiencing stress is increasing. Every day you can observe situations when people are in the hustle and bustle of everyday life, tired and lethargic from the workload, not noticing everything that is happening around

them, according to statistics, 93% of Russians experience stress at work. First of all, this is due to living conditions, the influence of the external environment and the body's reaction, and in most cases the answer is negative. Russian psychophysiologicalist Yu. I. Alexandrov writes about stress problems: "Stress has become one of the most modern medical and psychological diagnoses. This diagnosis is made when a person encounters any problems in his personal life, at home or at work that lead to a deterioration in his mental and physical health"[1]. This is due to the increase in the number of reasons that negatively affect the human condition. Stress is a psychological and physiological state that occurs in a person as a response to various influences in the environment (for example, physical, emotional or social). Stress affects the mental state, thoughts and behavior of people. The study of stress and all aspects related to this state of the body was carried out by scientists such as Hans Selye, R. Lazarus, Yu.V. Shcherbatykh, R. Lanier, Folkman, Pavlov and others. They made a great contribution to the development of this area of science. Special attention should be paid to Hans Selye, since he is the founder of the theory of stress. The concept of stress was first formulated by him in 1936. He developed it, tested it in experiments on animals and tried to create a new unified theory of medicine. A prerequisite for the emergence and widespread dissemination of the doctrine of stress was the urgency of the problem of protecting a person from the effects of adverse environmental factors. Stress has many faces in its manifestations. It can provoke the onset of almost any disease. Therefore, at present, there is an increasing need to expand our knowledge about stress and its prevention and overcoming. Stress, as G. Selye noted, is "not only evil, not only misfortune, but also a great blessing, because without various types of stress our life would resemble some kind of colorless vegetation". Stress, according to G. Selye, is not only harm and disease, but "perhaps the most important means of education and hardening, because stress helps to increase the body's resistance and trains its defense mechanisms". This, of course, is the positive role of stress, its important social significance. Stress is our reliable ally in the constant adaptation of the body to any changes in our environment. Studying the mechanisms of stress, G. Selye identified the role of hormones in stress reactions, thereby determining their involvement in non-endocrine diseases. Experiments on animals have shown that the changes in internal organs caused by injections of gland extracts are similar to those observed

in infections, injuries, bleeding, nervous excitement, exposure to cold and heat, and many other irritants. This reaction was first described in 1936 by G. Selye as a “syndrome arising from exposure to various harmful substances,” which later received the name general adaptation syndrome or biological stress syndrome.

The main psychological mechanisms of stress are:

1. Stress Response Mechanisms: The stress response process typically occurs in two stages:

- Physiological Response: This includes increased heart rate, increased blood pressure, and hormonal changes (e.g., increased adrenaline).

- Psychological Response: A person responds to stress through their feelings and thoughts. This includes feelings such as anxiety, fear, or depression.

2. Cognitive Appraisal: The stress appraisal process occurs in two stages:

- Primary Appraisal: The person determines how they perceive the situation (e.g., whether the situation is threatening or not).

- Secondary Appraisal: The person evaluates their resources and capabilities (e.g., what tools are available to them to deal with the stressful situation).

3. Coping and Adaptation: There are many ways to cope with stressful situations. Some people choose positive strategies to cope with stress (such as exercise or meditation), while others may use negative strategies (such as alcohol consumption or smoking).

4. Social support: Social networks and close relationships help reduce stress levels. People find emotional relief by sharing their problems with others.

5. Emotional regulation: People use various methods to manage their emotions in stressful situations. These methods include breathing exercises, meditation, or other relaxation techniques.

Although stress is a natural state, its long-term effects can have negative effects on health. Therefore, it is very important to develop effective strategies to manage and cope with stress. Stress is the body's response to external or internal factors, which includes physiological, psychological, and behavioral changes. There are various causes, symptoms, and ways to cope with stress.

Causes of Stress

1. Internal Causes:

- Self-deprecation

- Fear of failure
- Health problems

2. External Causes:

- Work Pressure (e.g., Deadlines, Workload)
- Personal Relationships (e.g., Family Conflicts)
- Financial Problems
- Life Changes (e.g., Moving, New Job)

Stress Symptoms

1. Physical Symptoms:

- Headache
- Muscle Tension
- Fast Heart Rate
- Insomnia or Excessive Sleep

2. Psychological Symptoms:

- Anxiety
- Feelings of Depression
- Difficulty Concentrating

3. Behavioral symptoms:

- Social isolation
- Behavioral changes (e.g., irritability)

Stress management techniques

1. Physical activity: Sports and exercise can help reduce stress.
2. Meditation and breathing exercises: These techniques can help calm the mind.
3. Healthy eating: Eating well is important in dealing with stress.
4. Social support: Support from friends and family can reduce stress.
5. Time management: Proper time management can reduce stress levels.

If stress affects your daily life or if any of the symptoms listed above persist, it is recommended to consult a psychologist or psychiatrist.

Stress can be a normal human experience, but it is important to learn to manage it. Everyone responds to stress differently, and effective strategies vary for everyone. Many psychological scientists have conducted research on stress and its types. Here are some of them and their work:

1. Hans Selye - One of the first scientists to study the physiological effects of stress. He was the first to use the term "stress" in a scientific context and explained it through the theory of the "general adaptation syndrome" (GAS). Selye divided stress into three stages: alarm, resistance, and exhaustion.
2. Richard Lazarus - Made a significant contribution to the psychological study of stress. He saw stress as a process determined by the individual's appraisal of a particular situation. Lazarus divided stress into types such as "emotional stress" and "physical stress".
3. Aaron Antonovsky - He developed the "health and disease" model and considered the impact of stress on health. Antonovsky introduced the concept of "sense of coherence" (SOC), which determines the ability of people to cope with stress.
4. Martin Seligman - He is one of the founders of positive psychology and has conducted research on stress, depression, and well-being.
5. Kelly McGonigal - His work emphasizes seeing the positive aspects of stress and provides information on how people can effectively cope with stress.

Based on the work of these scientists, stress can take many forms: it can be divided into types such as emotional, physical, social, or environmental stress. Each type has its own causes and mechanisms of action.

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