

INFLUENCE OF STRESS ON HUMAN LIFE IN THE PROGRESS OF GLOBALIZATION

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Annotation

This article provides valuable information about the opinions of scientists about stress, the concept of stress, the factors that cause stress, their causes, the effects of stress on human life, the factors of increasing stress tolerance, and ways to overcome stress.

Key words: stress, behavior, resilience, nervous system, adaptation, trauma, crisis, adequate, inadequate, reaction.

Human life cannot be imagined without the influence of various stress factors. Is stress good or bad? It is impossible to answer this question with "yes" or "no", because the influencing stress factors are not too exhausting of the body, that is, if they do not deviate from the norm of the basic physiological processes and functional states in it, then such stress is harmless, but the training of the body, may be useful for adaptation.

For example, an athlete constantly faces such stress during training and competition, as a result of which his body is trained, becomes more and more powerful, and his agility and endurance increase. If these conditions are not observed, the exercises performed will not be enough as a stress factor, or will exceed the norm. These stress factors can affect the body sufficiently to increase the resistance of the body to hot or cold conditions. It is difficult for a scientific researcher or a designer to do anything useful if he does not work for a long time and spares his nervous system. During these times, stress does not have enough strength, as a result, the body does not want to use its capabilities. The concept of stress currently includes mostly negative changes. Actually, according to the teaching of Hans Selye, stress is not only a natural condition encountered in the life

of every living organism, but also a correct reaction to various life events, prevention of their harmful consequences, in a word, it makes us It is a vital process necessary to adapt to the prevailing environmental conditions. Therefore, knowing the specific physiological characteristics of the stress state and understanding its mechanisms helps to reduce some of the harmful effects of stress. Stress is a non-specific reaction of a living organism to any extraordinary and strong stimulus. Arousal can be caused by biological, chemical, physical, psychological and other triggers. One of the most important things is that during stress, the nervous system has a special characteristic. With the emergence of the doctrine of stress, it is currently in science along with concepts such as nuclear energy, computers, and the Internet.

Hans Selye began his theory of stress in his teenage years. As a physician, he paid attention to two different characteristics of all diseases:

The first is the characteristics of all patients;

The second is the general characteristics of all diseases.

He explains specific features as specific changes, and general features as non-specific changes. Non-specific changes began to attract his attention more than specific changes.

A non-specific reaction, a generalized response to all stimuli, occurs in the form of a reaction. Its comprehensive analysis is of great importance in eliminating the negative consequences of one or another exceptionally strong impact. With this theory, Hans Selye proved that the organism uses all its capabilities and even its current capabilities against the life-threatening factor. The body's reaction to such a strong external impression is called general adaptation syndrome or stress reaction. The main reason for the so-called general adaptation syndrome is that in order to consciously adapt to the conditions, the organism uses all its strength at such a time and prepares the ground for survival. The main reason for the so-called general adaptation syndrome is that in order to consciously adapt to the conditions, the organism uses all its strength at such a time and prepares the ground for survival. The reason why it is called a syndrome is that such reactions are given to the whole

organism or certain organs or systems of the body. As Hans Selye mentioned, complex reactions to external stimuli are divided into three per unit of time.

It is a period of strong excitement, when all the possibilities of the body are used. The above-mentioned stages of stress cause special physiological and biochemical changes in the nervous and endocrine systems of the body. Hans Selye divides stress reactions into two large groups in order to clearly distinguish the positive and negative features of stress reactions on the body.

Currently, there are a lot of stress-inducing factors, and a comprehensive study of the mechanisms of their influence is important in protecting against various types of distress. Below we will discuss the factors that cause stress in people's lives. In our opinion, analyzing them is important in preventing people from encountering stress factors during their life. As we have already noted, getting into a state of distress at a young age strongly affects all physiological indicators of a growing organism. Such changes play a negative role in the formation of future specialists. In addition to their education, timely prevention and elimination of stressors, as well as full training of specialists, will contribute to their future health and education as well-rounded human beings. We would also like to mention that, as mentioned in the article, we do not conduct a separate study on stress situations in people, but we provide information from websites that have been conducted in this field and are useful for all people. In the occurrence of the disease, stress factors have a special place due to other reasons.

Factors that cause stress include:

Mental injury;

Getting into a crisis situation;

Cases of death of loved ones include;

Everyday petty disagreements, quarrels;

Dealing with or arguing with people you don't like;

Facing obstacles that will destroy you on the way to your goal;

Constantly experiencing a state of pressure;

Making too high demands on oneself and thinking about unfulfilled intentions. Among the considered causes of stress, women and girls, elderly people, children and people with a very tired nervous system are often given. Economic damage as a result of stress is present in every country, and stress plays one of the main roles in the origin of the current crisis. Studies conducted in the United States of America (USA) estimated that the cost of stress was \$300 billion last year due to reduced productivity and higher health insurance premiums. According to estimates, this number will increase even more if stress is not prevented. The above-mentioned information and similar materials cause great harm not only in the life of everyone, but also in the organization of production on a national scale. Therefore, it can be clearly said that the study of stress, its causes, and the complications of stress is a priority issue in every country, which is of great importance in ensuring its economic development and improving the health of its population. In fact, stress is not only a natural but also an important normative reaction of the organism, its absence at all or not getting into a state of stress at all leads to loss of normal life or death. It should be clear that the negative reactions caused by stress are not caused by the stress factor itself, but by the stress reactions observed in the body in relation to the stress factor. The important thing is that no matter how strong the stressors are, how people react to them creates the final result. If a person who is under stress analyzes the situation in a comprehensive way and starts to solve the problem without haste, the damage caused by stress will not be so strong. On the contrary, if a decision is made in haste without getting to the bottom of the matter, the final result can be very worrying. Therefore, every stressed person should have at least a general understanding of the stress situation. Strong stress factors cause an inadequate (inappropriate) reaction of a person to it.

In general, it is impossible to live without stress. The fact that stress has the appropriate force and does not pass into a state of distress increases the body's resistance to various unfavorable factors, strengthens health, protects against various infectious diseases, etc.

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