

## Stress And Its Effects

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**Annotation:** the article describes the concept of stress that occurs in personal activity, its negative effects on human mental and medical health, its consequences, the factors of identifying and eliminating harmful stress factors.

**Key words:** stress, grief, physiological processes, functional states

In the age of rapidly developing technical and informational progress, people have been affected by strong shocks, and now it is becoming a trend to protect the psyche and mental health. The issue of reducing the negative effects of psycho-emotional conditions on human mental and medical health and developing and widely implementing measures to prevent it is being discussed. Among the psycho-emotional conditions that occur in human life, stress has a special place.

Currently, the concept of stress is a widespread term, and it is not always interpreted correctly, it is specific to the influence of natural and social factors of the organism in biology, medicine, psychology, exact sciences, economics and social sciences. is used to reflect the characteristics.

Stress is the reaction of the human body to the external environment. The human brain sends many hormones to all parts of the body. As a result, the heart beats more often, the blood pressure increases, the lungs contract or expand, and the muscles tense up. Before a person fully understands what is happening, the body is ready to act. After the stressful situation passes, the body leaves the state of high readiness and returns to normal activity.

The study of psychological knowledge by a person is important because people's knowledge is not only about having a set of knowledge related to the nature of objective phenomena occurring in the external world, but also about taking a worthy place in life, effective from their internal capabilities and potential. means to be aware of all the secrets of rational organization of activities, to know the methods and means of influencing oneself and others and to use them effectively.

Daily life is becoming more and more intense, there is a lot of information onslaught on a person, tension of nerves as a result of excessive conflicts of social problems puts a lot of people in a state of stress.

It is impossible to imagine a person's life without the influence of various stress factors. Is stress good or bad? It is not possible to answer "yes" or "no" to this question, because the stress factors that affect the body do not exhaust the body too much, that is, if they do not disturb the basic physiological processes and functional states in it, then such stress is harmless, but it is the training and adaptation of the body. may be useful for 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 as a stress factor will be insufficient or exceed the norm. These stress factors can affect the body sufficiently to increase the body's resistance 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, if he spares his nerves. During these times, the stress factor does not have enough power, as a result, the body does not want to use its capabilities. That is why stress factors must have a certain strength, only then can the specified success be achieved in every field. So, such a certain normal stress reaction increases the body's resistance, creates protective mechanisms and trains it. That is the importance of stress.

As I mentioned above, the concept of stress currently includes mostly negative changes. According to the teachings of Hans Selye, stress is not only a natural condition that occurs in the life of every living organism, but also the correct reaction to various life events, preventing their harmful consequences, in a word, makes us It is a vital process necessary to adapt to the surrounding environment. Therefore, knowing the specific physiological characteristics of the stress state and understanding its mechanisms are used to reduce some harmful effects of stress. Stress is a nonspecific reaction of a living organism to any extraordinary and strong excitation. , can be called as a result of ticklers such as chemical, physical, psychological. The most important thing is that during stress, the nervous system has a special characteristic. With the introduction of the doctrine of stress to the organism, it is now known in science as nuclear energy, ge stands alongside concepts such as name, computer, internet.

Another method of physiological analysis of stressful situations is the temperament of a person, if he is melancholic and pessimistic, such people will not tolerate stress very well, it will bring the body to the point of depression. Therefore, it is necessary to avoid stressors and get out of the situation. Getting out of stress can take 25-50 minutes for people with choleric and sanguine temperaments, because they are aptemists, sometimes you can get out of stress and depression independently, and sometimes you need the help of a specialist and loved ones.

Just as the factors that cause depression are different, there are also different ways to get out of it. The occurrence of stress, its transformation into a depressive state, changes in both vegetative and mental states of the human body depend on the ability of a person to overcome stressors, to get out of a stressful state, either by himself or with the help of a doctor, a specialist, or with the help of relatives. Let's deal with stress with a correct interpretation of its consequences, or get out of the environment that is affected by this factor, get rid of it, treat stress, or treat the diseases caused by it, but eliminate the factors that cause stress and their causes. should be done, only then a person can easily get out of the stressful situation.

Stress accompanies almost everyone in human life every day. Permanent depressed mood causes changes not only in the person himself, but also in all his vital indicators. Literally, it burns the body alive. Since the human body is habituated, it gradually gets used to this state, and the result is forgotten by drinking drugs, sweets, and alcoholic products. As a result, the problem will not be solved, but on the contrary, it will deepen, and if the above measures are taken in frequent stressful situations, it will in turn cause other diseases. A person who knows what happens in the body during stress can lead a proper lifestyle. Prolonged stress reduces immunity, and the system, which is aimed at quick action against emerging infections, is always on the attack.

In conclusion, it can be said that if a person eliminates the factors that cause stress, not the consequences, the consequences of stress will not be very negative. Stress is an integral part of our daily life. Being able to interpret it correctly is the key to health.

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