

PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT AND TEACHERS' OCCUPATIONAL STRESS.

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Abstract

The profession of a teacher is a type of activity of specialists working in the field of education and upbringing, aimed at the development of students through providing them with knowledge, teaching them moral and educational values, and through an individual approach. The tasks of a teacher are to provide students with knowledge in various subjects, to organize an educational process based on moral values and social norms, which contributes to their educational development.

A responsible member of society who approaches the organization of learning methods based on the abilities and needs of each student, and who helps to make adjustments in necessary situations.

Each student is considered a responsible member of society who approaches the organization of learning methods based on their abilities and needs, and helps to make adjustments when necessary.

In order to ensure the implementation of the Resolution of the President of the Republic of Uzbekistan No. PQ-3907 dated August 14, 2018 "On measures to raise young people spiritually, morally and physically, and raise their education system to a qualitatively new level", and to further improve the system of psychological and pedagogical support for students, the Cabinet of Ministers' resolution sets out a number of tasks. The main task of these measures aimed at improving the psychological and pedagogical support and service activities of students in higher and secondary specialized educational institutions is to focus on improving the psychological and pedagogical knowledge of pedagogical staff, parents, and students, to provide them with assistance, to ensure cooperation, and to organize

events aimed at implementing various corrective measures in the social environment of our activities.

Through this, we will prevent the threat of various information attacks, the negative impact of the global information network on the education of young people. In this regard, it is worth noting that the teacher must have patience, effective communication with students, be able to see their needs and shortcomings in learning, and conduct lessons interestingly through new approaches.

Currently, many psychological researchers are paying special attention to the types of stress associated with work. Occupational stress is a psychological condition that occurs as a result of a person's loss of interest and motivation in their work, constant stress, and excessive fatigue.

A.B. Leonova classified the types of professional stress, including informational, emotional, and communicative types.

Nowadays, the abundance of information collected through the Internet, telephones, and social networks, where there is an excessive flow of information, places a heavy load on mental resources, as a result, the disorganization of information in the sources, and the abundance of false information in some, distracts a person and increases stress.[4.B-25]

Emotional stress is a type of stress that affects a person through positive and negative emotions. According to L.I. Antseferova, emotional stress is a real or perceived threat, which arises as a result of guilt, anger, humiliation, and conflicts with colleagues, conflicts with management in work relationships.

Communicative stress is the stress that manifests itself in social situations during communication between people, when there are uncertainties and misunderstandings, and difficulties in communication. Communicative stress is manifested by the inability to defend oneself from aggression in communication, irritability, inability to reject the opinions of others at the right time, inability to respond to criticism in appropriate ways, and inconsistencies in social work with people.

A teacher not only provides education to students, but also educates them. During their work, they encounter specific difficulties and problems. As a result, professional emotional stress occurs. It is important to say here that solving stressful situations that arise for various reasons in advance is associated with positive perception. [3.B-18]As we have mentioned above, if we talk about the various manifestations of stress and the reasons for their occurrence in different situations, we can cite misunderstandings or mistakes, when a person has difficulties in conveying his thoughts clearly and intelligibly, inability to express his

thoughts under pressure, withdrawal from social contacts, inability to ask for help from them or withdrawal from asking for help, not devoting time to personal rest and physical activity, healthy sleep, and various other emotional states.

A.M. According to Vodopyanova, prolonged stress, even with a chronic effect of negative factors, is much more tolerable, even if its intensity is low, and this is where the person's stress tolerance is taken into account.[8.B-95-96]

Occupational stress affects employees both directly and indirectly, causing occupational stress in the form of increased workload, lack of time, excessive tasks, and alienation from others.

While some people are bothered by occupational fatigue, positive emotions related to a person's work are manifested in the form of a decrease in personal.

While stress occurs in all professions, stress also occurs in the teaching profession. In such situations, maintaining a personal life balance, for example: spending leisure time productively, avoiding stressful situations after a long work process, having direct and open communication with colleagues, organizing and completing daily tasks in a timely manner, improving the work environment, simplifying it, using technology in comfortable conditions, engaging in hobbies that are interesting to a person, reading various literature, etc.

If professional stress becomes serious, its timely elimination will prevent the severe consequences of stress

Acquiring new skills in the professional field, motivating a person with new goals, prevents and reduces professional stress.[10.B-54.] Identifying the causes of professional stress, if it arises from management or the work environment, trying to improve communication or management, rejoicing in successes at work and encouraging oneself, this increases interest and motivation in the profession and serves to prevent and overcome stress.

Professional stress makes a person emotionally inactive, because as a result of stress, thoughts are scattered, and there is a loss of self in emotional experiences. A person cannot understand his own "I". Involuntarily, a sense of empathy for others is lost. Also, confusion and sluggishness begin to be felt in creative and critical thinking.

If a person does not support himself psychologically, he becomes dependent on the opinions and views of people in the external environment. If he does not control his subconscious thoughts, as a result of subordination to the opinions of others, subordination becomes more noticeable. Constant fatigue, avoidance of work, irritability, lack of concentration, loss of motivation are observed. As a result,

peace of mind is lost, health is damaged, peace of mind decreases, and well-being is unstable.

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