

## THE DEVASTATING EFFECT OF STRESS ON THE LIFE OF AN INDIVIDUAL

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**Bazarbayeva Aynura Raximnazarovna**

*1st year of Master's degree*

*Nukus state pedagogical institute named after Ajiniyaz*

*(Republic of Karakalpakstan, Nukus)*

### **Abstract**

This article deals with the concept, impact and occurrence of stress.

### **Keywords**

Stress, person, organism, the problem of stress, stages of stress, the impact of stress.

Modern life of each person is accompanied by stress. Today few people can boast of a stable nervous system. According to WHO, 65% of all diseases in the world are due to stress and nervous tension. Constant, fast-moving changes in the world, which are associated with the occurrence of stressful situations, increase the importance of studying this topic.

Stress (from English stress - load, pressure, tension) is a non-specific reaction of the organism to the impact that disturbs its homeostasis, as well as the corresponding state of the nervous system of the organism (or the organism as a whole). Stress occurs at the moment of the strongest reaction out of control. The problem with stress is that such a manifestation can be expressed in an uncommon, restrained or not at all. At the same time, stress is one of the most common causes of social maladaptation, and failure of any person, because modern lifestyle is a constant rush, nerves and emotions.

Stresses can arise:

at work: unloved work, quarrels and disputes in the team, conflict with superiors, work overload, external factors;

in personal life: quarrels and conflicts in the family, death of loved ones;

uncontrollable stress: psychological problems.

Depending on the severity of the impact of stressors, the impact can be both positive and negative. The positive ones may include 'memorising reaction of the psyche', i.e. a kind of protection, which adapts a person to the social environment,

helps him to develop protective reactions, which will undoubtedly help for further interaction with society, in our case, for socialisation. A lot of people cannot work without emotional stimulation, for example, when it comes to high responsibility at work. A person needs to be necessarily aware of the level of responsibility just to complete a task. Yes, it helps one to cope with the responsibilities and subsequently gives a person relaxation. However, one needs to consider the negative effects on the emotional and personal sphere of the employee, which brings prolonged and sustained exposure to a destructive factor. Stress has an accumulative effect and one cannot fully adapt to it. Stress is one of the main sources of a wide range of psychosomatic diseases. Experiencing and managing stress is at the centre of many human problems. However, prolonged, protracted stress is detrimental to health.

There are three stages of stress: the anxiety stage, the adaptation stage and the exhaustion stage.

At the first stage of anxiety, the person is able to independently buy the harmful effects of external and internal factors, but can no longer ignore them. At the second stage, a person tries to adapt to the conditions, but if he fails, this stage will move to the next - the stage of exhaustion, which is the most dangerous, as it can develop into a disease.

Stress can negatively affect the functioning of all organs and systems, leading to complex biochemical and psychosomatic disorders, such as increased fatigue, decreased immunity, changes in body weight, frequent manifestations of ailments. Very often during this period people experience breathing difficulties, heart pain, muscle tension, unpleasant sensations in the digestive organs, etc. It should always be remembered that emotional manifestations of stress are especially dangerous, as they affect various aspects of the psyche, emotional background and give a pessimistic tone. With prolonged action of stress can develop depression, irritability, aggression, anger, appearance of affective states.

The stresses that a person experiences can be categorised as follows:

Emotionally positive stresses and emotionally negative stresses.

Short-term stresses and long-term stresses.

Physiological stresses and psychoemotional stresses.

A number of publications of both domestic and foreign authors are devoted to solving problems with stressful situations in the current conditions. Thus, Hans Sellier and A.M. Stolyarenko in their work analyse stress on human health. G. Sellier, considers physiological stress as the organism's response to any demands made on it. Scientists have learnt the fact that stress is contagious. People who stay

constantly surrounded by stressed and nervous people are most susceptible to stress.

The cognitive theory of psychological stress by R. Lazarus draws attention, which is based on the position on the role of subjective cognitive assessment of the threat of unfavourable impact and one's ability to overcome stress. R. Lazarus said that adaptation to the environment is determined by emotions, and cognitive processes determine the quality and intensity of emotional reactions. The author defined human anticipation of possible dangerous consequences of a situation affecting him/her as threat assessment. Threat assessment processes related to the analysis of the meaning of the situation and attitude to it are complex: they include not only relatively simple perceptual functions, but also memory processes, the ability to think abstractly, elements of the subject's past experience, his learning, etc.

People respond to stress in a variety of ways:

'Hit.' People are aggressive, ready to fight.

'Run'. People run away from the problem, depression arises, the person closes in on himself.

'Freeze'. The person cannot answer anything, he is silent and as if paralysed.

In order to make your nervous system more stable, you can consult either a psychologist or a psychiatrist, who will prescribe special procedures. To date, special procedures include: selection of medications, colour therapy, music therapy, aromatherapy, wellness exercises, breathing techniques, meditation, relaxing massage, exposure to special points, hypnosis. When consulting a psychologist, other methods of mental health correction are applied: detailed analysis of problems and search for an answer, meditation, professional view from the outside and advice on minimising stress in a person's life.

There are general tips for getting rid of stress in a stressful moment:

Calm breathing for a few minutes.

Try to concentrate on your breathing, on relaxing your body.

Try to tense each muscle in turn and then relax.

Analyse the situation and understand what the cause of the nervous tension is.

Find ways out of a stressful situation and choose the best one.

Summarise the results of the work done on oneself.

**Conclusion:** Thus, stress negatively affects both mental and physical state of a person, so it is necessary to prevent its occurrence and further development. A person should not be ruled by stress, one should not be subjected to the slightest changes, which then in the aggregate will cause great harm to both mental and physical health. When choosing the best strategy for responding to stress, it is

necessary to prioritise. Complete elimination of anxiety significantly reduces the ability of a person to maximise their professional performance, while excessive stress causes serious disorders in the body. In order to control your own mental state, you need to love yourself, treat your body and soul with unconditional respect. Those who have mastered the basics of self-regulation on the examples of controlled harmonisation of mood and arbitrary control of well-being, certainly go further, in the direction of comprehending the miracle of transforming creativity of conscious development. A person who knows himself, his needs and the ways to fulfil them always has the choice to systematically replenish his energy.

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