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 Research Article

STRESS AND METHODS OF ELIMINATING IT, NEUROTIC DISORDERS IN THE PERSON

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ABSTRACT

Stress is a significant risk factor for the development and worsening of a number of pathological conditions and chronic diseases. For many people, emotional and other stresses interfere with normal physical functioning and disrupt psychosocial well-being. Stresses to which there is no adequate adaptation reduce the ability to self-control and also increase the risk of developing anxiety and depressive disorders, with a subsequent increase in the frequency of requests for psychological help.

KEYWORDS

Emotion, feeling, constructive, destructive, physiological stress, psychological stress, emotional stress.

INTRODUCTION

Stress is the human body's response to excessive tension, negative emotions, or simply boredom. During stress, the human body produces the hormone adrenaline, which stimulates the search

for a solution. A small amount of stress is necessary for everyone, because it forces a person to think, find a way out of the problem, life without stress would be boring. On the other

hand, if there is too much stress, the body weakens, weakens, and loses its ability to solve problems. Several scientific studies have been devoted to this problem. The mechanisms of stress have been studied in detail and are very complex: they are associated with our hormonal, nervous, and vascular systems. It should be noted that severe stress affects health. Stress reduces immunity and causes many diseases (cardiovascular, gastrointestinal, etc.). Therefore, it is necessary to learn to resist stressful situations and have a positive attitude towards life.

LITERATURE REVIEW

Psychological stress manifests itself in changes in various functional systems of the body, its intensity or strength can lead to anything from mood disorders to stomach ulcers or heart attacks. The manifestations of emotional stress can be classified in different ways. However, for psychology it is appropriate to classify them as follows:

1. Behavioral reactions.
2. Reactions in mental activity.
3. Reactions in the emotional sphere.
4. Changes in physiological processes.

A similar classification was originally proposed by D.Nutt was carried out to study the state of anxiety and worry that can lead to emotional tension or stress. D. Nutt distinguished the following four components that create a state of anxiety:

- mood (or excitement);
- cognitive sphere (bad memories, thinking about something in advance, making incorrect predictions);
- physiological signs (tachycardia - increased pulse, increased sweating, impaired movements);
- behavioral disorders. In experiments conducted by Yu. V. Shcherbatikh, stress and other emotional stresses also affect a person's handwriting. For example, under the influence of a bad mood, the distance between letters increases, causing the letters to become wider. In a good mood, a person's handwriting is written in small letters, beautifully. Disruption of the daily routine - manifested in reduced sleep, shift of working hours to night hours, abandonment of useful habits, inability to find appropriate ways to relieve emotional stress. Changes in professional activity are observed in the form of an increase in errors in performing routine actions at work, chronic lack of time, decreased work efficiency, impaired coordination of movements, loss of accuracy. Disruptions in social role-specific tasks - manifested in the form of insufficient time for relationships with loved ones and friends, increased conflicts, decreased sensitivity during communication, and signs of behavior that contradict social norms. Also, a person who is under prolonged emotional stress becomes indifferent to social norms and standards. He may even neglect his appearance. Breaking off relationships with others during times of deep emotional stress leaves the main problem unresolved, creating a feeling of guilt and

helplessness. According to adolescents, emotional stress inherent in academic activities is associated with a decrease in work capacity and increased fatigue.

The negative impact of emotional stress is also manifested in sleep disturbance, haste, and lack of time. The degree of decrease in working capacity and sleep disturbance depends on the influence of many objective and subjective factors. Some authors do not distinguish between the concepts of “emotional stress” and “emotional stress”. Changes in facial expressions, defects in the performance of movements, and disorders in speech pronunciation are characteristic of both conditions. The analysis of the situations presented by these authors shows that here we are not talking about long-term stresses of a classical nature, but about short-term emotional stress. They give the following classification of behavioral reactions that occur during emotional stress, which is also part of stress:

- impulsive form - excessive excitability, decreased inhibitory activity, errors and hasty actions;
- inhibitory form – increased protective inhibition due to a decrease in the reserve of the nervous system;
- generalizing form – unexpected actions.

During stress, all areas of intellectual activity, including memory and attention, can change. Disturbances in attention indicators are primarily associated with the dominance of the cortex of the cerebral hemispheres around the center

associated with the factor that caused emotional stress. In this case, it becomes difficult to concentrate attention on important objects, and rapid distraction is observed. The constant preoccupation of the mind with analyzing the causes of emotional stress, searching for ways out of it, narrows the scope of memory, makes it difficult to recall the necessary material. Also, during emotional stress, the interaction of the two hemispheres may change, that is, the “emotional” - right hemisphere prevails over the “logical” - left hemisphere. The weakening of mental activity makes it difficult to find ways out of the situation that caused the stress. According to V.L. Marishuk and V.I. Evdokimov, the characteristic disorders of mental processes during stress indicate that the dominant is a physiological concept. During emotional stress, according to the law of negative induction, the dominant turns off other sources of excitation. Signs of stress in intellectual activity: Attention - concentration becomes difficult, it is quickly distracted, its scope narrows. Thinking – impaired logic, disorganization, difficulty in decision-making, decreased creative abilities. Memory – deterioration of working memory, difficulty in recalling. Emotional stress affects all physiological processes in the body – the activity of the digestive, circulatory, respiratory systems. During stress, the following objective changes can be noted:

- increased pulse rate or its irregularity;
- increased blood pressure;
- impaired gastrointestinal tract;

- decreased skin resistance, etc. These objective changes, in turn, are also manifested in various subjective experiences:

- pain in the heart and other organs;
- difficulty breathing;
- muscle tension;
- unpleasant sensations in the digestive system, etc.

In a study conducted with adolescents, they assessed their emotional state and noted the following manifestations in physiological processes:

- headache - 5.7 points;
- rapid pulse or unpleasant sensations in the heart area - 4.2 points;
- muscle tension - 3.9 points;
- disorders in the gastrointestinal tract - 3.5 points;
- difficulty breathing - 2.8 points.

In timid, sociable, shy, pessimistic, with a weak nervous system, introverted people, psychosomatic changes associated with stress are more pronounced than in others. Emotional stress can cover various aspects of the human psyche. This is manifested, first of all, in the general emotional background, that is, it becomes sad, gloomy, pessimistic. Under the influence of prolonged stress, a person becomes less cheerful than in a normal state, less confident in success.

Against the background of such a mood, a person experiencing stress experiences strong emotional outbursts. These outbursts can be in the form of irritability, hatred, aggression, and affect. Prolonged or frequently repeated emotional stress can change a person's character and even create new character traits. These qualities are introversion, self-blame, low self-esteem, suspiciousness, aggression, etc. Sometimes, when there are strong tendencies, these changes can even deviate from the norm, turning into manifestations of psychopathology - asthenia, neurosis, etc.

Negative emotional states such as fear, anxiety, pessimism, negativism, high levels of aggression can simultaneously be both a consequence of stress and an opportunity for the occurrence of stress. Studies on the study of stress related to academic activities show that future situations can manifest themselves in the form of fear, high levels of stress, self-doubt, depressive mood, restless thoughts, and feelings of helplessness. Types of stress in professional activities. Stress related to academic activities. Stress related to exams is a central factor in the mental stress of secondary school students, especially high school students. In many cases, exams are recognized as a psychological shock factor in psychiatry as a factor that causes psychogenic and neurotic diseases. According to the results of research conducted in recent years, exam stress has a negative effect on the nervous system, cardiovascular system, and immune system of adolescents.

Another study found that exam stress, when combined with caffeine intake, can lead to a sharp increase in blood pressure in adolescents. Prolonged and intense emotional stress activates the sympathetic and parasympathetic divisions of the autonomic nervous system. Unfavorable factors during the preparation for exams include:

- intense mental activity;
- muscle tension;
- limitation of motor activity;
- sleep disturbance;
- emotional stress associated with the possibility of a change in the social status of adolescents.

CONCLUSION

All this leads to excessive strain on the vegetative nervous system, which ensures normal vital activity of the body. During the exam, the frequency of heart contractions increases. Arterial pressure increases. The level of emotional and psychoemotional stress increases. After passing the exams, these indicators do not immediately return to normal. This takes several days. As many researchers have found, exam stress poses a serious threat to the health of adolescents and students. In turn, exam stress does not always turn into a level of harmful distress. In some situations, psychological stress helps to mobilize the student's capabilities to solve the educational tasks set for him. Therefore, if it is necessary to reduce and correct its effect in some highly impressionable students, then it is

necessary to increase it in inert, poorly motivated students. There are many means of correcting the level of exam stress - these are: pharmacological drugs, mental self-management, optimization of work and rest, biofeedback methods. The main task of school practical psychologists is to predict the stress state of a particular student during the exam. It is advisable to solve this problem taking into account the physiological and psychological characteristics that constitute exam stress, as well as individual psychological characteristics.

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