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Research Article

Stress And Its Impact On Human Health

Submission Date: August 12, 2025, **Accepted Date:** September 08, 2025,

Published Date: October 11, 2025

Crossref doi: <https://doi.org/10.37547/ijasr-05-10-02>

Askarova Nargiza Abdivaliyeva

Associate Professor of Tashkent State Medical University, Uzbekistan

Izzatullayeva Mexruza

A student of Tashkent State Medical University, Uzbekistan

ABSTRACT

In this article, a common problem in society is studied the negative impact on stress and its impact on human health. The types of stress, the causes of origin and influencing mechanisms are considered to the body. The adverse effects of chronic stress leads to the mental and physical health of chronic stresses, including cases, leading to catastrophic disease, insomnia, decline in immune systems. The article also describes useful ways to reduce and prevent stress. The results of the study show that stress is one of the important health factors and based it should be managed. The article also envisages the stress of people of different ages, especially persons and students in labor activities, as well as how they treat this situation. The annual growth tendency of stress is also analyzed, based on the results of statistics and research, will also be analyzed.

KEYWORDS

Stress, Act stress, epicotic stress, chronic stress, depression, cortus, mental health, cognitive function, innovative approach.

INTRODUCTION

ACCESS

In our community, human life is increasingly complex and different spiritual pressures are sharply in daily activities. Fast-growing technologies, loss of balance between constant

competition, work, and privacy, is having a strong impact on people's psyche. As a result, the state of stress has become a situation in almost every human life. If it is short-lived, it can raise the problem, find solutions to the problem, or give positive results such as mobilizing physical force. But if stress lasts long, it will harm psycho and physical health. Chronic stress is tired, weakens the immunity, causing the immune disease, not only a personal problem, but a factor in the health of society, productivity and social stability. In particular, young people, students, teachers, medical staff and workers are considered to be the most sensitive layers against stress. This article will cover the main types of stress, its effects of health, the most diverse reasons, and strategies management strategies.

REFERENTIAL ANALYSIS

The concept of stress and its types. stress is the body's response to changes in the internal and external environment, which appears in response to any difficulty or psychological pressure. The main types of stress are:

Akut stress is a short-term stress, usually occurs as an answer to emergencies in life. Stress of this type is usually causing a person to be vigilant and help overcoming the situation.

Episodic stress is the states of this stress are often repeated. For example, as a result of constant pressure and problems in work or study.

Chronic stress is a long-term stress, which is the most dangerous. He can cause deep damage to the physical and mental health of man.

The reasons for the stress are one of the main reasons for stress in living conditions - high requirements and time pressure. Requirement of high qualification in the workplace, constant competition for results, family and personal life, economic hardships strengthen stress. In addition, conflicts, social insulation, social isolation, environmental problems also lead to stress.

A number of physiological processes will take place in the body in the body of stress. Basically, these changes apply to the central nervous system and hormone system. At the time of stress, adrenaline and cortisol accelerates the heartbeat, increases blood pressure and enhances breathing. This answer is called a "fighting or running" mechanism, which prepares the body to a dangerous situation. Chronic stress leads to problems such as immunity, insomnia, disinfection, dyspeps, diskne, dyspeps, diskle, fatigue, headache and depression, (stomach ulcers). Having affecting mental health, stress can lead to depression, anxiety disruption and the development of neevrosis.

Methods of measuring the effects of stress on health.

In determining the level of stress, psychological tests, health status and biological indicators are analyzed. For example, cortisol levels, heart beat and the physical effect of stress is determined by measuring blood pressure. Psychological tests are used in studying human spirituality and flexibility to stress. Methods of reducing and preventing stress, there are many ways to control and reduce the following, including:



Physical activity: Regular sports increases the production of endorphins (happiness hormones) in the body, which reduces stress.

Healthy nutrition: balance rich in balance and vitamins increases the immune system and improves the general condition.

Quality Sleep: Sufficient and quality sleep play one of the important roles in reducing stress hormones.

Psychological help: Interviews with psychologists or psychotherapists to manage stress, anti-stress trainings show a positive result.

Meditation and breathing exercises: Calving the mind, respiratory controls significantly reduce the level of stress.

Social Support: Interview with close people, to share problems strengthens mental health.

Time Control and Planning: Creating the Agenda, Singup Important Works help reduce stress. This phenomenon is called the Phi phenomenon, which refers to the illusion of two light sources that are turned on alternately moving from one place to another. This experiment proved that perception is not a set of separate sensations. It also shows that phenomena such as proximity, similarity, complementarity and symmetry are perceived, as a rule, because the mind imposes certain organizing principles on sensations.

The role of society and work in the prevention of stress. Stress should also be seen as a social problem not only in private. Improving the working environment in the workplace, standardization of work load, the development of

the psychological support of students in educational institutions is important in reducing stress. The level of society can also reduce stress by creating a healthy lifestyle, sports and culture. The effect of stress depends variant in everyone, and its impact is really related to young, sex, personal features and living conditions. Young children and adolescents are strongly sensitive to stress, especially when studying pressure and family issues negatively affect their mental development. Among adults, the pressure of the work, financial problems and family conflicts are the main reasons for stress. In women and men, the response mechanism may vary - women are executed in more inner mental cases and in physically illnesses.

Stress and chronic diseases. Chronic stress is one of the most common cases that cause violations of a cardiovascular system. Hydrous, atherosclerosis, heart attacks, develops blood pressure under the influence of permanent stress, the damage of arteries. At the same time, diseases such as stress violates the operation of the gastrointestinal tract, diseases such as stomach ulcers, dyspeps, diarrhea or constipation. The degradation of the immune system reduces the ability to combat infections, resulting in more prone to human diseases.

The effect of mental health. Stress is also a great threat to mental health. The case of long stress creates psychological problems such as anxiety, depression, discomfort, insomnia. These cases restrict social activities, weakening the ability of a person self-government. Stress can also cause psychosomatic diseases, i.e. mental problems cause various diseases. Emergency psychological assistance is provided to people in acute stress.

This state is an experience of emotional and mental disorganization.

Psychodiagnostics, psychotechniques of influence and the procedure for providing psychological assistance in extreme situations have their own specifics. In particular, psychodiagnostics in extreme situations has its own distinctive features. Under these conditions, due to lack of time, it is not possible to use standard diagnostic procedures. Actions, including those of a practical psychologist, are determined by the contingency plan.

Cognitive functions and stress. Stress also affects a person's intellectual potential. The state of strong and long stress reduces cognitive functions, such as attention, memory, decision-making, solving a problem. For example, during the exam, the students who suffer from stress are sometimes difficult to find answers to simple questions. At work, employees can make mistakes in making important decisions. Dario is a natural situation that working under psychological pressure is a reduction in its ability to find creative thinking, initiative and find innovative solutions. This leads to loss of competitiveness in the modern labor market.

The impact on family relationships. There is also a direct impact of stress to family life. The stresses are more nervous, impatient, inclined to dispute, which will increase disputes, disagreements and even the number of rulings in the family environment. The condition of the stress in parent also affects the mental state of the children, which leads to negative consequences in their behavior,

study, and social relations. Also, if women are stressed during pregnancy, it can also damage the development of the fetus. Some studies show that Prenatal (before birth) can lead to neurological problems or emotional balance in infants.

The role of cultural and religious values. The cultural values of the people, religious beliefs and traditional practices also have an important role in overcoming stress. Participation in prayer, remembrance, prayers, mosques and public events in many societies will serve to restore the spiritual tranquility. Therefore, not only medical or psychological but also cultural approaches are important in reducing stress. Social factors of school adaptation. The most important factor ensuring a child's adaptation to school is the teacher's attitude towards him. It is well known that the position of a junior schoolchild in a group is determined to a decisive extent by the teacher's attitude towards him. Psychosomatic reactions included reactions that occur when exposed to stress, which were manifested by dizziness, tachycardia and lack of appetite. The same group of disorders includes mental asthenia provoked by a somatic condition and hospital regimen. The clinical picture of the latter is manifested by increased fatigue, daytime sleepiness, weakness, affective lability, irritability, irascibility, hyperesthesia, weakening of attention and memory, headache, tinnitus, autonomic manifestations

The necessities of prevention and early intervention. A prophylactic approach in the fight against stress is very important. It means that before man is fully stressed, it is necessary to take



advantages, notice its signs. Trainings on stress management skills in educational institutions, the development of mental health programs in the workplace, the promotion of healthy lifestyles through the media are effective forms of early intervention. Psychological stimulation and late sleep. Regular news, messages and visual content on social networks are mentally stimulated by the user. This prevents the activity of the brain and prevent a person from calming down. Excessive dependence on technology can also increase stress and discomfort, which causes sleep disorders.

Personal approaches in stress management.

Anyone can apply specific methods in fighting stress. Some people reduce stress by spending time for hobbies, of course hugs, art, sports, music, Literature, sports, have a positive effect on human stress, and man will achieve a positive impact on human development. Importantly, finding individual methods to manage stress is to regularly introduce into practice.

Innovative approaches and technologies. New technologies are also widely used in the identification and reduction of stress during our day. For example, mobile apps and wearables tracks are monitoring indicators such as heart beat, respiratory rhythm and evaluates the level of stress. There are also online psychological counseling services, virtual meditation exercises create new opportunities in stress management. The name of the disorder contradicts its essence: as a rule, appetite disappears only at its late stage; typical for patients is just an all-consuming passion for food, indicating a single mechanism for anorexia and bulimia as two forms of food

addiction. The classic triad of symptoms of anorexia nervosa is amenorrhea, body image distortion, and strenuous struggle for thinness.

CONCLUSION

In our modern community, stress is seen as a current problem that has significantly affected human quality and health. The article analyzed the concept of stress, its types, causes of origin, and mechanisms on the body. It is also highlighted effective ways to reduce and prevent stress. The jobs, educational institutions and families have been shown to play an active role in the fight against stress. In modern technologies and psychological counseling services, additional opportunities are being created for stress management. Therefore, measures to be taken to stress management and prevention are an important factor in improving human health and improving the quality of life. Scientific research and practical work carried out on this topic should be developed in the future.

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