

## **SOCIO-PSYCHOLOGICAL FACTORS OF THE FORMATION OF PSYCHOLOGICAL STABILITY TO STRESSFUL SITUATIONS**

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***Annotation:** in this article, the socio-psychological factors of the formation of psychological stability to stressful situations as well as studies carried out to study the manifestation of psychophysiological reactions in Stress disorder are Applied Psychology, General Psychology, Social and medical psychology, psychoprophylaxis, psychocorrection, the results of the study carried out on the diagnosis and psychocorrection of stress, aimed at practicing psychologists for use in practical psychological purposes in psychological training, have theoretically studied the fields of psychology. In addition stress has been studied as a psychological problem, identifying the main characteristics, classification, and ways to overcome stress, and researching the relationship of stress to personality traits.*

***Key words:** Stress, personality, management, motivational, ability, mind, cognitive process, psychic trait, thinking, upbringing, teaching methods, Information communication technology.*

## **СОЦИАЛЬНО-ПСИХОЛОГИЧЕСКИЕ ФАКТОРЫ ФОРМИРОВАНИЯ ПСИХОЛОГИЧЕСКОЙ УСТОЙЧИВОСТИ К СТРЕССОВЫМ СИТУАЦИЯМ**

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***Аннотация:** В данной статье Социально-психологические факторы формирования психологической устойчивости к стрессовым ситуациям а также проведенные исследования по изучению проявлений психофизиологических реакций в стрессовых ситуациях Практическая психология, Общая психология, социальная и*

*медицинская психология, психопрофилактика, психокоррекция, результаты проведенных исследований по диагностике и психокоррекции стрессов, предназначенных для практических психологов для использования в практических психологических целях по психологическому тренингу теоретически изучены в областях психологии. Помимо стресс как психологическая проблема, были изучены основные характеристики стресса, классификация и определение способов их преодоления, а также связь стресса с личностными качествами.*

***Ключевые слова:** стресс, личность, контроль, мотивация, способности, разум, познавательный процесс, психическая характеристика, мышление, воспитание, методы обучения, информационно-коммуникационные технологии.*

**Enterance.** Enter. Stress is a mental shock, and it is considered an adaptive reaction of the body in response to various unpleasant factors. As other mental characteristics, human behavior in a state of stress depends on its individual psychological characteristics.

It has been proven in psychology and medicine that ischemic heart diseases, high blood pressure, atherosclerosis, neuroses, gastric and duodenal ulcers, tumors, diabetes, thyrotoxicosis and many similar diseases are caused by severe stress. In a state of stress, nerve fibers become strained and strained, as a result of which there is a disturbance in the distribution of mental and physical energy. Conflicts in the family, work and society - negative emotional stress disturb this balance. In modern society, the increase of human capital and the need to focus not on strong will, but also on the aspects related to the process of relations, dictate the requirements of today. Researching the manifestation of psychophysiological reactions in this state of stress is considered a problem. Stress is a strong and long-lasting state of psychological tension caused by strong emotional tension of the nervous system. Stress creates a state of pressure, tension, and strong tension in the human body. The word "stress" means "pressure", "tension", "tension" in English. Canadian physiologist Hans Selye first defined stress. If stress has a positive effect on a person, it is called eustress, and if it has a negative effect, it is called distress. Eustress

gives a person mental strength, encourages activity. Distress affects a person negatively. Its consequences can lead to mental, physical, emotional and spiritual stress, exhaustion of the body and increased blood pressure, heart failure, stomach inflammation.

**Literature analysis.** Consistent study of mental states began in India 2-3 thousand years ago. Ancient Greek philosophers also dealt with the problem of mental states. The concept of "state" as a philosophical concept is also mentioned in the works of Kant and Hegel. In psychology, the problem of stress has been widely studied. In particular, Yu.L. Khanin explained ways to study, measure and control stress, V.E. Milman, B.A. Vyatkin, V.L. Marishuk, A.V. Malchikova, Yu.Ya. Kiselev, G.D. Gorbunov, S.Ye. Pavlov, T.N. Kuznesova, world scientists R.M. Naydiffer, R.M. Swinn, Y.K. Mosk et al.'s research on stress research is highlighted. Among Uzbek psychologists, E.G'oziyev, E.Z.Usmanova, V.M.Karimova researched. V.S. Merlin, "When a person tries to realize a motive, he faces a contradiction. A difficult situation arises as a result of various external and internal conflicts. A situation in a difficult situation is interpreted as nervous and mental tension or stress. Researchers such as foreign and Russian psychologists R.Lazarus, L.Murphy, S.Folkman, D.Amirkhan, N.Sirota, D.A.Leontyev, Ye.I.Rasskazova, B.B. Velichkovskiy are necessary in order not to lower or destroy the activity of a person in stressful situations. the need to have resilience to stress, the resilience of a person to stress is the ability to manage one's emotions, control oneself and overcome difficulties while having a certain tactic analyzed thoughts. Information about the study of issues close to the problem by Uzbek psychologists M.G.Davletshin, G.B.Shoumarov, E.G.Ghoziyev, V.M.Karimova, Z.T.Nishanova and their students was analyzed.

**Conclusion.** The general conclusion is that the low stress Stability Index in students showed 21.1% in the 3rd year and 29.1% in the 1st year can be substantiated by the occurrence of stable and flexibility relationships in the 3rd year examiners with regard to educational activities, as well as specific skills and qualifications in solving problems in educational processes.

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