



**STRESS IN PERSONAL DEVELOPMENT AND FEATURES OF ITS
MANIFESTATION**

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ABSTRACT

In this article, the theoretical analysis of stress in the development of personality and the characteristics of its occurrence is studied, and conclusions and recommendations are given based on the results of the study.

Key words

Individual, stress, maturity, depression, group, distress, eustress.

Introduction. A person matures as a result of the interaction of the material and social environment. Where there is no social relationship, there is no solution and development of the individual. Social relations, active participation in the life of society, group and communities in various aspects appear as important factors of personality formation. The influence of social and biological factors on the growth and development of a person is not always the same. Because age, knowledge, life experience, habits, and finally, the situation affect a person's behavior, attitude, and relationships. In the process of overcoming these effects, you may encounter stressful situations. In order to properly deal with stress, it is necessary to know the factors that cause it.

"Stress" is an English word meaning tension, tension, pressure. In layman's terms, it is called depression. Sometimes it may take a short time, sometimes it may take a long time. In both cases, it harms the person. That is, it causes a decrease in mental activity, an increase in heart rate, dilation of blood vessels, internal diseases - inflammation in the stomach. One of the negative aspects of stress is that it can slow down the brain and reduce it to the level of meaningless thinking. If a person often experiences depression, he becomes unable to talk to the people around him. As a result of stress, a person begins to underestimate himself. As a result, he feels alone and useless to his loved ones. Gradually, mental freshness begins to disappear.



Stress is the human body's response to excessive tension, negative emotions or simply boredom. During stress, the human body produces adrenaline, a hormone that prompts the search for a solution. A small amount of stress is necessary for everyone, because it encourages a person to think, to find a way out of a problem, without stress life would be boring. On the other hand, if there is too much stress, the body becomes weak, weak and loses its ability to solve problems. A number of scientific studies have been devoted to the problem of stress. Mechanisms of stress have been studied in detail. It is a very complicated process. It is related to 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 cope with stressful situations and to look at life positively.

In order to understand stress from a practical point of view, it is necessary to consider its main symptoms. They consist of:

- Constant restlessness, walking in a depressed state, sometimes these situations occur without any reason;
- Bad, restless sleep;
- Depression, physical weakness, headache, fatigue, lack of desire to engage in any activity;
- Decreased attention, which makes it difficult to study or work. Memory problems and slowing down of the thinking process;
- Inability to put aside rest, work and problems;
- Lack of interest in others, even best friends, family and loved ones;
- Constant crying, shedding tears, sadness, despair, feeling of self-pity;
- Loss of appetite - sometimes the opposite: overeating;
- Nervous habits often develop: a person bites his lip, bites his nails, etc.;
- A person develops indifference, mistrust of people.

Stress is deeply studied in the field of psychology, and the following types of stress are distinguished:

1. Eustress ("useful" stress). Everyone needs a certain amount of stress to live a successful life. It is considered the main factor in the development of the person. This condition can be called "awakening reaction". It is like waking up from sleep. To go to work in the morning, you must first get out of bed and wake up. To achieve work activity, you need motivation - a small dose of adrenaline. Eustress performs exactly these tasks.

2. Distresses (harmful stresses) occur in acute stress. This type of stress represents the stress that everyone understands. The cause of stress can actually be anything that affects and disturbs a person. For example, external reasons can include anxiety caused by something (change of workplace, death of a relative).



Internal causes of stress include life values and beliefs. This includes a personal assessment. Stress and depression can occur in approximately equal proportions in women and men. However, each organism has its own characteristics. If you notice symptoms that may indicate stress, you should first identify the cause of the condition. It is much easier to eliminate the causes of stress than the consequences. It is not a lie that "all diseases are caused by nerves". Clinical observations have shown that small stresses are not harmful to the body, even beneficial. They encourage a person to find a way out of the current situation. So that depression does not turn into a more severe, long-term form, each person should educate himself and develop his will. Many people are used to fighting stress with the help of antidepressants and alcohol. However, choosing such a path leads to getting used to them and not being able to give them up without expert help. Everyone knows that there is no better medicine than good sleep. Therefore, you should think about how you sleep.

Summary. It can be concluded that stress has both positive and negative aspects. In moderation, it does not cause problems. On the contrary, in some sense, it motivates a person to act. It is a motivation to get out of different situations. It is only required of a person not to be too depressed in stressful situations, to use it wisely and intelligently. After all, stress is not a person, but a person needs to manage stress and own it. Because a person cannot live under stress. However, it is not possible to be completely free from stress.

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