

STRESS AND PSYCHOLOGICAL METHODS OF OVERCOMING IT

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Abstract. *This article examines the concept of stress, the causes of its occurrence, its impact on the human psyche, as well as psychological methods for overcoming stress. In addition, the effectiveness of cognitive, emotional, and behavioral approaches in coping with stress is analyzed.*

Key words: *stress, psychological tension, coping strategies, relaxation, cognitive therapy.*

Today, stress has become one of the most pressing problems of modern society. Every person faces various stress factors in their daily lives: work pressure, family problems, economic difficulties, and conflicts in personal relationships. If stress lasts for a long time, it negatively affects a person's mental and physical health. Throughout their lives, a person faces various mental pressures, worries, and difficulties. The state of mental and physical tension that arises as a result of such situations is called stress. Stress is a natural response of any human organism, and its proper management plays an important role in maintaining a person's mental health. Due to the acceleration of the pace of modern life, the abundance of information flow, stress occurs throughout everyone's life as a result of pressure at school and work. Therefore, it is necessary for everyone to learn about stress and know psychological methods for overcoming it. There are many factors that cause stress: academic failures, lack of time, social pressure, family problems, low self-esteem, fear or insecurity. Stress is especially common among students during exams. This negatively affects the effectiveness of the learning process. During stress, a person's mental processes such as attention, memory, and thinking weaken. Emotionally, irritability, anxiety, depression, and insecurity appear. Prolonged stress harms not only a person's mental but also physical health, and insomnia, increased heart rate, and loss of appetite are observed. People consider the

concepts of stress and depression to be the same concept. In fact, these concepts are different. Usually, stress can turn into depression if it lasts for a long time. Stress quickly leaves the human body. Everyone overcomes this stress in different ways. Some people eat while others starve themselves. This can lead to illness. These are anorexia and bulimia. Anorexia is a long-term refusal to eat, accompanied by severe weight loss. Anorexia is a state of exhaustion from hunger, which, in particular, leads to the suppression of menstruation. This is a negative social and psychological change associated with their early postpubertal puberty. . At this time, overcoming the psychosocial maladaptation of adolescents requires, first of all, great pedagogical skills, tact from adults, teachers and parents, and in some cases, the use of special psychosocial and psychotherapeutic techniques to improve self-esteem, form communicative skills, eliminate negative influences, develop an emotionally positive environment, etc. Bulimia is uncontrolled eating to the point of taking laxatives or emetics. Such people have lost their self-control system. Such people need to be given explanations about social norms and self-awareness. There are psychological, social and physical signs of stress. These include psychological signs of stress; decreased attention, anxiety, depression, irritability and thought disorder. Physical signs of stress; Rapid heartbeat, headache, high blood pressure, nausea and lack of pleasure Social signs of stress; decreased performance, conflicts with people, withdrawal from communication, difficulty starting a business.

If we look at the positive aspects of stress, stress also motivates a person to look for other ways to solve problems. If there were no stress in a person's life, he would not be able to find solutions to problems. Not everyone has this ability. When a person experiences a disaster, he immediately becomes depressed and loses himself or learns to deal with it properly by taking this disaster as a lesson. Not everyone can easily get out of stress in life. Because if we look at this from a young age, many parents immediately help their children and solve it themselves when a disaster occurs. That is why when a child grows up and becomes independent, he has difficulty solving his own problems in life. We can assume that this also depends on the adults in the family. In foreign countries, many problems are given to children from a young age, and even if they make a mistake, parents create a situation for them to observe. The child grows up knowing black

and white from a young age and thinking operations are formed in him. Developed countries are developing rapidly for the sake of the soul, and this is also due to the correct upbringing of the child psychologically and socially.

Conclusion Every person should be able to correctly predict the stressful situations that will occur in life. This will make them psychologically and socially healthy. In order not to get stressed or when they get stressed, they should distract themselves with some other activity, then they should do sports and talk to their loved ones. One solution to overcome stress is traveling, walking in nature is also beneficial.

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