

## STRESS PROBLEM IN PERSONALITY FORMATION

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**Annotation:** *This article examines the problem of stress in the formation of personality. Stress is the body's response to excessive stress, negative emotions, or simply boredom. During stress, the human body produces the hormone adrenaline, which stimulates the search for solutions. A small amount of stress is necessary for everyone, because it encourages a person to think, to find a way out of a 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.*

**Keywords:** *stress, relaxation, cluster, trap, constructive approach, stress problem.*

Stress (translated from English - tension, pressure) - a constant and frequent condition. Stress is not a disease condition, the human body struggles with unwanted conditions. Sometimes stress can be helpful. Wrong thinking only leads to unpleasant situations. Excessive joy can lead to stress. For example, winning the lottery can be a change in the human body, described as the result of stress from intense joy. Often people complain to the doctor about physical stress, in fact, the cause is stress.

Often people rush to alcohol or medication to relieve stress, but these things only give relief for a while, which only makes the person's general condition worse. Stress is the cause of all diseases. Stress also leads to positive results - a person who experiences stress learns to overcome difficulties and become stronger by overcoming them. Everyone begins to feel happy, solving all the difficulties and problems around him, so that he feels alive and well. In this training lesson, we will learn how to overcome stress in a constructive way.

\* Cluster "Stress" - Participants' verbal or written stress binds their thoughts together. The facilitator then invites Scheme 1 for analysis along with the participants.

\* Question to others - "How do I feel in a very emotional situation?"

Participants describe how they feel in influential, difficult situations. Some feelings are different from others, and adolescents experience the following during times of stress: grief, fear, exposure, insecurity.

\* Relaxation - Now we are talking about exercises that affect the nervous system. This exercise helps to get out of deep depression, to avoid bad results. Such exercises relieve tension in the nervous systems throughout the body.

Punch your hand hard and then release. The fingers are straightened, the waves propagate, and a pleasant pain spreads. Exercises performed on the muscles of the legs, abdomen, chest, arms, waist, neck, face for 15-20 minutes. In humans and animals, where the nervous system is highly developed, emotions often act as stressors, and this leads to the effects of physical stressors. Stress of the same intensity in a person can be both dangerous and positive. Therefore, it is impossible to live without a certain level of stress, because the absence of stress is the same as death, said G. Seyle. This means that stress can be not only dangerous but also beneficial for the body (autstress), which activates the body's capabilities, increases its resistance to negative impressions (eg, infections, blood loss, etc.), alleviates the course of certain diseases or the patient's helps to get rid of them.

The following can be recommended as ways to deal with stress:

Avoid black-and-white thinking.

Take stress as a positive experience.

Get used to the fact that you can't control everything.

Forget the past.

Communicate.

Conclusion: - What news did you learn? - Did the lesson benefit you? Analyze that.

The following training sessions can be recommended for the proper organization of interpersonal relationships. Objective: To develop ways to cope with stress.

Main work:

Stress can be both negative and positive. For example: the birth of a child, winning competitions, winning lotteries, entering the institute. These are also winning the lottery, entering the institute. These are also stressful, but positive stressors.

Stress activates a person. Life without stress would be boring. However, longterm stress can lead to fatigue, insomnia, headaches, nausea and crying. As a result, it leads to ulcers, diabetes, heart disease. Let's draw a stress tree: body stress, the consequences of the horns (insomnia, tears, depression) Positive effects on the right side, negative effects on the left side, vascular diseases. What to do to deal with the effects of stress?

1) What happens when a person is under stress? Trapped (L.Khokhlova) Trapped №1 Common among children - cries. I am unhappy, no one loves me. I'm going to get sick and die! You can cry and be relieved. But who will solve the problem? Trap №2 Everyone around him is to blame. If you take two teachers, if a chair falls down, then someone is to blame for all the troubles. Trap №3 Hiding your feelings. For example, pulls the hair of a favorite classmate, makes him angry. She is polite to the person she doesn't like. Trap №4 Jizzakilik. Screaming, beating, throwing objects, subordinates, spouses "take pain" from each other. In some cases, it can "take its toll". This can lead to suicide. Trap №5 Taking various medications or drugs, cigarettes, alcohol. This enslaves these issues. Trap №6 Everyone finds a reason for failure. He does not admit his shortcomings. Criticizes others. Trap №7 Forgetting. forgets his guilt. Just as a young child closes his eyes with his hand, he turns a blind eye to everything and forgets everything.

#### CONCLUSION:

##### Stress management:

- Escape
- Situation analysis
- Constructive approach
- Attack
- Planning 1053
- Thinking of the good side Ways to deal with stress

##### Don't use the word "I can't."

- Make the most of your free time.
- Learn to say no.
- Maintain a moderate weight.
- Exercise.
- Relax.
- Do not smoke, do not drink alcohol.
- Do not eat fatty, sweet, salty foods.
- Believe in yourself.
- Move towards the goal.
- Chinese medicine recommends getting a massage. Proper breathing exercise - Take a deep breath and exhale slowly. This exercise lasts 3-5 minutes. Conclusion Discuss how the exercise benefited the participants.

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