

THE PROBLEM OF STRESS IN MODERN SOCIETY AND ITS PSYCHOPHYSIOLOGICAL CONSEQUENCES

Dzhumanova Gulnur Almasovna
Master-Teacher, Khoja Ahmed Yasawi
International Kazakh-Turkish University
Turkestan, Kazakhstan

Akhat Bekzada Samatkyzy
5th Year Student Khoja Ahmed Yasawi
International Kazakh-Turkish University
Turkestan, Kazakhstan

Abstract

This article examines the phenomenon of stress in modern society, the causes of its occurrence, and the psychological and physiological effects on the human body. The types of stress are analyzed, including short-term (eustress) and long-term (distress) forms. In addition, stress management methods and prevention methods are scientifically described. The results of the study show that integrated approaches are effective for reducing stress levels.

Keywords: stress, distress, eustress, psychological health, adaptation, cortisol

Introduction

In the modern era of globalization, stress has become an integral part of human life. A person's mental state is directly affected by factors such as increased information load, social pressure, and economic instability. The concept of stress was first introduced into scientific use in the twentieth century and is now widely studied in the fields of medicine, psychology and pedagogy.

Stress is one of the urgent problems of modern society. It has a significant impact on human health and requires timely management. To cope with stress, it is important to increase a person's psychological stability, lead a healthy lifestyle, and strengthen social support. Scientific research shows that integrated stress management significantly reduces its negative effects.

Stress is an adaptive reaction of the body to various adverse effects of the internal or external environment. The Canadian scientist Hans Selye, who first introduced this concept into science, defined stress in the middle of the twentieth century as "a non-specific reaction of the body to any demands."

From a scientific point of view, stress is not only a psychological condition, but also a complex psychophysiological process. It is mediated by the interaction of the central nervous system, the endocrine system, and the immune system. During stress, the body's "fight or flight" mechanism is triggered, releasing hormones such as adrenaline and cortisol.

The main features of stress:

- it serves as an adaptation mechanism;
- triggers a protective reaction of the body;
- it can be beneficial (eustress) in the short term and harmful (distress) in the long term.

In modern scientific research, the concept of stress is considered in close connection not only with biological, but also with psychological and social factors. In this regard, stress is characterized as a multilevel phenomenon that occurs as a result of human interaction with the environment.

Since Stress is a complex and multifaceted phenomenon, it can be divided into several types according to different criteria. In the scientific literature, stress is considered depending on the duration, nature of exposure, source of occurrence, and characteristics of human perception.

In the scientific literature, stress is divided into two main types: eustress – positive stress, which contributes to human development, and distress – stress, which lasts for a long time and negatively affects health.

During stress, a number of physiological changes occur in the human body. The hormonal system is activated, and cortisol levels rise. This, in turn, puts a strain on the cardiovascular system, leads to a decrease in immunity, and causes fatigue of the nervous system.

Results and Discussion

Psychologically, stress can cause depression, distress, and burnout.

Eustress (positive stress) is a positive state that motivates a person and increases his activity. Under such stress, a person gets energy, inspiration, which pushes them to achieve their goals. For example, preparing for exams, participating in competitions, starting a new job.

Eustress:

- improves productivity,
- concentrates attention,
- promotes personal development.

Distress (unpleasant stress) is a condition that lasts a long time and harms the human body. This leads to mental and physical fatigue. Distress often occurs in situations that cannot be controlled.

Symptoms of distress:

- anxiety, anxiety,
- sleep disorders,

- chronic fatigue,
- depressive state.

By duration, it is divided into acute stress. This is a short-term stress that arises from a specific situation. For example, unforeseen circumstances, an important meeting, or a threat. Features: it appears quickly and is quickly suppressed, puts the body in a "protective mode", in most cases it is harmless.

Chronic stress is a type of stress that lasts for a long period of time. This is caused by problems that constantly arise in a person's daily life.

It is divided into two parts depending on the level of controllability.

Controlled stress is a type of stress in which a person can change or influence their condition. For example, stress caused by incorrect time planning.

Uncontrolled stress is caused by situations that a person cannot influence. For example, natural disasters, the loss of a loved one. This type of stress makes the strongest psychological impression.

The following methods are recommended for effective stress management:

- Physical activity: playing sports
- Relaxation techniques: meditation, breathing exercises
- Time management: proper agenda planning
- Social support: family and relationships with friends

The ability to correctly distinguish between types of stress is the first step to effective stress management. In particular, the deprivation of eustress and distress, as well as acute and chronic stress, allows a person to correctly assess their condition. This, in turn, contributes to maintaining psychological health and improving the quality of life.

Stress is caused by various factors. They can be divided into three main groups:

Stressors are internal and external influences that cause a stress reaction in the human body. These factors are perceived differently depending on a person's age, life experience, social status, and psychological characteristics. A situation that doesn't seem important to one person can cause severe stress to another.

Materials and Methods

From a scientific point of view, stress factors can be divided into several main groups:

1.1 physiological factors. Physiological stressors directly affect the state of the human body. They disrupt the body's natural balance (homeostasis). The main causes are lack of sleep or poor quality sleep, chronic fatigue, poor nutrition, illnesses and injuries, hormonal changes.

During physiological stress, the body's defense mechanisms are activated and hormones (especially cortisol and adrenaline) are released. With prolonged exposure, this can lead to a weakening of the immune system and the development of chronic diseases.

. 1.2 psychological factors. Psychological stressors are related to a person's inner emotional state. The main reasons are fear and anxiety, insecurity (lack of confidence in the future),

low self-esteem, perfectionism (excessive self-demand), internal conflicts (contradiction between desires and opportunities).

These factors largely depend on how a person perceives a situation. The same event causes a different reaction from each person.

1.3 social factors. The social environment is one of the most important stress factors. The main reasons are misunderstandings in the family, problems with relationships with friends or colleagues, social pressure (stereotypes, expectations), financial difficulties, unemployment or instability.

Social stress can affect a person's emotional stability and worsen feelings of loneliness and depression.

1.4 Professional and academic factors. These factors are one of the most common causes of stress in modern society. Academic stress (among students and students): examination and testing, heavy academic load, lack of time, high demands of teachers and parents.

Occupational stress: high responsibility, heavy workload, time pressure (deadline), workplace conflicts.

1.5 environmental factors. The environment also has a significant impact on stress levels. The main causes are noise (urban noise, traffic noise), polluted air, densely populated areas, natural disasters (earthquakes, floods), and climate change. These factors are especially relevant for people living in large cities.

1.6 information factors. In the modern digital age, the information load has acquired special importance. The main reasons are the abundance of information on social networks, disinformation (fake news), the need for constant contact, and information overload. These factors cause excessive stress on the human brain, which leads to decreased concentration, anxiety, and emotional exhaustion.

1.7 personal (individual) factors. The level of stress perception in each person depends on his personal qualities. Key features: temperament (for example, choleric people may have high stress levels), emotional stability, life experience, ability to self-regulate. Personality factors can enhance or weaken the effects of stressors.

Stressors are multifaceted and closely interrelated. In most cases, not one, but several factors act simultaneously. Therefore, in order to effectively manage stress, it is necessary to identify its specific causes and apply an integrated approach. The correct analysis of factors is the main condition for the prevention and preservation of psychological health.

Stress is a complex adaptive response of the human body in the era of modern globalization and information flooding to internal and external stimuli. It has been proven that stress is not just a psychological discomfort, but a deep psychophysiological process involving the central nervous system, endocrine and immune systems. While short-term, motivational eustress has a positive effect on personal development and productivity, long-term distress is the main factor that disrupts the body's homeostasis and leads to chronic diseases and emotional burnout.

It has been found that the stressors that cause Stress are complex rather than one-sided. Along with physiological and psychological factors, information load and digital pressure occupy a special place in modern society. It turns out that excessive amounts of information and virtual pressure on social media deplete the cognitive resources of the human brain and increase anxiety levels.

Prolonged maintenance of high levels of the hormones cortisol and adrenaline released during stress weakens the immune system and damages the cardiovascular system. This directly interferes not only with the physical health of the individual, but also with his social and professional activities.

To reduce stress levels and effectively manage it, it is necessary to implement the following comprehensive strategies::

- Control anxiety levels by making relaxation, meditation, and breathing exercises a daily habit.;
- Limit the time you use social media and rely only on reliable sources of information to reduce the information burden;
- Effective time planning and reduction of deadline pressure to reduce professional and academic stress;
- Natural regulation of cortisol levels by maintaining regular physical activity and a high-quality sleep regime.

<i>Level</i>	<i>Fixed assets</i>	<i>Expected result</i>
<i>Biological</i>	<i>Sports, Sleep, Diet</i>	<i>Maintaining homeostasis</i>
<i>Cognitive</i>	<i>Planning, critical thinking</i>	<i>Cognitive load reduction</i>
<i>Emotional</i>	<i>Meditation, Hobby</i>	<i>Emotional balance</i>
<i>Social</i>	<i>Support, Psychologist</i>	<i>Increased resistance</i>

Conclusion

To summarize, stress is a phenomenon that cannot be completely eliminated, but which can be managed using scientifically sound methods. Proper diagnosis of the types and factors of stress is the main guarantee for maintaining mental health and improving the quality of life of members of society.

References

1. Selye G. Stress without distress. Moscow: Progress Publ., 1982.
2. Lazarus R. Psychological stress and the coping process. St. Petersburg: Peter, 2001.
3. Folkman S., Lazarus R. Stress, assessment and overcoming. – New York: Springer, 1984.
4. McEwan B. The end of stress as we know it. Washington, D.C.: Joseph Henry Press, 2002.
5. Kasymov J. fundamentals of psychology. Almaty: Obrazovanie Publ., 2015.
6. Sapolsky R. Why Zebras don't have ulcers. New York: Holt Paperback, 2004.