

EMOTIONAL STATES OF THE INDIVIDUAL AND THE PROBLEM OF ANXIETY

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ABSTRACT

This article talks about the essence of the concept of anxiety as a mental state. It also includes the views of several psychologists.

Keywords: Anxiety, danger, stress, emotional states, shyness, danger, stress, neurotic anxiety, objective anxiety, cognitive anxiety, stages of prevention and correction of anxiety.

A person has the ability to worry about various things, which indicates that he is not indifferent to life. However, this anxiety is sometimes in an inadequate form, that is, a person experiences this situation without justification. The versatility of the concept of anxiety as a mental state comes from the fact that different researchers use the concept of "anxiety" in different ways. According to C. D. Spielberger (1968), the main reason for the vagueness and versatility of the concept of anxiety. This term is used in two main senses. But they are related to each other. At the same time, they are used as different concepts. Often the term "anxiety" is seen as an unpleasant internal emotional state. This condition is physiologically described as the activation of the autonomic nervous system as a feeling of tension, restlessness, sadness.

The state of anxiety arises as a result of a person's perception of a certain trigger as elements of danger, pressure, and damage. Anxiety changes over time and intensity as a function of the level of stress that can occur in a person. Also, the term "anxiety" is used to express a relatively stable individual difference, such as a person's tendency to experience this state. In this case, anxiety is a personality trait, that is, in the form of anxiety of a person, and it is not directly manifested in behavior. Personal anxiety as a personality trait can be determined by how often and intensively it occurs. A person with a clearly expressed state of anxiety has a tendency to perceive the world around us as dangerous, fearful, dangerous. There is a conceptual difference between emotional anxiety and anxiety as a relatively stable personality trait. Kettall and Sheyer (1961) also clarified this difference in their research. Until now, more attention has been paid to this aspect of the problem.

The separation of anxiety into state and trait is clearly reflected in the work of Kettall and Spielberger. This problem occupies one of the central places in the works of I. G. Serazan. According to the scientist, anxiety manifested in the process of controlling knowledge is reflected in individual differences, such as the tendency of a person to feel anxiety in such a situation. Separation of anxiety into a state and characteristic is also reflected in the assumption that a personality trait such as sensitivity to stress is an important factor in the development of psychosomatic symptoms. It can lead to the development of psychophysiological disorders related to the state of anxiety. Therefore, many researchers believe that it is stress that creates a state of anxiety. In addition, cognitive factors are crucial in the activation of anxiety and other emotional states. If the cognitive assessment of the risk of the occurrence of anxiety states is the primary link, cognitive overestimation of the risk assesses the intensity and stability of such conditions over time.

Stress is a state of anxiety about the perception of danger. The resulting anxiety goes through the process of overestimating stressful situations. And overestimation of the situation helps to choose certain mechanisms that allow to mitigate stressful experiences. It also activates the mechanisms of escape from the situation that creates anxiety. If it is not possible to avoid stress or eliminate it, psychological defense mechanisms are activated to reduce the state of anxiety. Components of this mechanism include coping, denial, projection, and the like, which distort the perception of anxiety. The state of anxiety creates the following directions of reactions.

According to psychologist Z. Freud, the concept of objective anxiety includes the real situation of danger in the outside world. This situation is perceived by a person as a danger. Perception of danger creates an emotional response. Neurotic anxiety differs from objective anxiety in that the source of danger is not in the external world, but in the person himself, in his inner world. According to Freud, the source of this danger is the aggressive and sexual tendencies experienced in childhood. When describing anxiety as a process, it is important not only to clearly distinguish between stress and anxiety, but also to consider the concept of danger as a psychological reality. The concept of anxiety should be used to determine the interaction of stimulus conditions that cause stress reactions, factors that cause emotional reactions, as well as changes in motor behavior.

Yu.L. Khanin suggests using the term "stress" to express the intensity of the objective danger associated with the nature of the stimulus in a specific situation or its level of spread. The term "stress" is used only to describe environmental conditions characterized by a certain level of psychological and physical danger. Conditions that are objectively perceived as a state of stress are evaluated by most people as dangerous. It depends on the subjective assessment of the situation. Sometimes situations that are not related to stress can be evaluated by the subject as a danger. Contrary to the concept of stress, the term danger should be used in the subjective assessment of a physical or psychological danger situation by a person. Assessing the situation as a threat depends on the individual characteristics, abilities, skills and personal experience of the person in similar situations. The state of anxiety is considered to be a factor that appears in certain aspects of a person's suitability for one or another type of work and plays a major role in his adaptation to the rapidly changing environment.

In our opinion, the need to study the state of anxiety is that choosing a profession is an important stage in a person's life. The correctness of this choice is determined not only by the physical qualities of the person, but also by his psychological characteristics. The very situation of choosing a profession can cause anxiety. Its incorrect selection - its incompatibility with the personal abilities and qualities of a person - becomes an obstacle in mastering this profession, and in some cases leads to neurotic disorders.

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