

MANIFESTATIONS OF STRESS IN PROFESSIONAL ACTIVITY AND WAYS TO ELIMINATE IT

Asranbaeva Munojatxon Xalimjanovna
Namangan State Pedagogical Institute

ANNOTATION

The article discusses the stress that manifests itself in professional activities, its causes, main sources and methods of correction

Keywords: methods, stress, professional, activity, regions.

When performing any activity, a person experiences physical and psychological tension of one degree or another. In accordance with the purpose of the activity, motives, personality skills and individual psychological characteristics, these strains are nameless in different forms and forms.

The phenomenon that arises in a person's labor activity in relation to a tense situation, manifested in his psychic and physical reactions, is called professional stress or tension. According to experts, tension in professional activity arises under the influence of circumstances such as over-employment of a person, limitation of powers, incorrect attitude of colleagues, spending a lot of time on the road to come and go to work, low wages, monotonous (uniform) work, lack of opportunity to achieve a high position, sometimes insufficient employment, insufficient assessment of abilities and opportunities. Also, emotional tension in professional activities can arise due to working conditions, lighting, ventilation, narrowness of the room, lack of information, and improper distribution of time, etc.

A.El'kin believes that an increase in the level of stress in the workplace occurs under the influence of two different factors: poor psychological mood and lack of freedom in decision-making. Among these factors, one can Note material and moral satisfaction with work. N.V.Samoukina divides stresses in professional activity - into informational, emotional and communicative stresses. However, this classification is not so successful. Because the first and third are related to one, and the second can be said to be their manifestation or expression. Any stress has an emotional nature in its essence.

In turn N.V.Samoukina classifies the causes of production stresses as follows:

1. Stress of achieving maturity;
2. Competitive stress;
3. Stress of fear when you make a mistake;
4. Stresses associated with the lack of compatibility in the relationship of employees.

Western experts have listed the following main sources of stress in professional activities:

1. Mode of labor activity (poor working conditions, excessively intense pace of work, lack of time)
2. The role of employees in the organization (role conflicts, high level of responsibility, lack of authority, role uncertainty);
3. Communicative factors (interaction with the leader, relations of employees hamkasb, errors in the distribution of powers);
4. Difficulties in gaining the peak of Service, incompatibility of the level of aspiration,

professional incompetence, too fast or slow rise from the service ladder, fear of dismissal);

5. Factors related to psychological anxiety and cultural work;

6. Non-organizational sources of stress (family conflicts related to tasks above the norm from work, misuse of roles in the family and at work, conflicts in the family);

factors affecting the origin of stresses in professional activity can be divided into objective and subjective factors.

Objective factors, in turn, are factors in the production environment (noise, dust, exposure to chemicals, emergency situations accident, disruptions in product delivery, working conditions (unfavorable work tools, risk of trauma), form of activity (intensive and intensive work, night shift, abundance of information flow, monotony, unfavorable posture, etc.).

Subjective factors include circumstances related to the internal characteristics of the individual (low self-confidence, fear of bad luck, mistakes, low motivation, patsy of confidence in the future), health problems, lack of qualifications, lack of experience, interpersonal relationships.

The observed stress in professional activity is recognized in psychiatry as a psychogenic and causing neurosis disorders. According to the results of the study conducted in recent years, stress shows a negative effect on the functioning of the nervous, cardiac circulation and immune systems of people. Prolonged and intense emotional tension activates the sympathetic and parasympathetic sections of the autonomic nervous system. Unpleasant factors during periods of intense emotional tension include;

- Intense mental activity;
- Strains in the muscular system;
- Restriction of activity
- Sleep disorders;
- Emotional tension associated with the possibility of a change in social status.

All this leads to the fact that the vegetative nervous system, which provides normal life activity of the body, strains more than had. During Stress, the frequency of heart contractions increases, arterial pressure changes, the level of emotional and psychoemotional tension increases.

In some situations, psychological tension helps a person mobilize opportunities to hone the tasks set for him. Therefore, in some highly impressionable people, it will be necessary to reduce its effects, strengthen it in inert, less motivated people if they have to correlate.

There are many methods of correcting psychoemotional stresses, when choosing which, first of all, attention should be paid to the individual characteristics of people taken separately and methods suitable for these conditions. K.V. Sudakov in his book "individual stability to emotional stress" listed several anti-tension activities. They are:

- Autogenic exercises;
- Various methods of relaxation;
- Biological feedback system;
- Respiratory Gymnastics;
- The introduction of positive emotions into a person's life;
- Music;
- Exercise;
- Psychotherapy;
- Physiotherapeutic measures (slimming, sauna, Electric Sleep);

- Needle prick and so on.

To choose one or another method of proofreading, attention is paid to how much the indicators in this organism differ from the normative value. Here, not the average arithmetic value typical for a group of people is taken into account, but the average characteristic for each person.

In addition to the techniques developed by psychologists, it is possible to apply tools that are traditionally used to relieve emotional tension. In one of the seminar-training sessions dedicated to the Prevention of emotional tension, its participants listed the following methods: communication with nature, music, sleep, looking after pets, communication with friends, engaging in an interesting activity, taking a shower, watching a good movie, reading a book, playing sports, etc.

Along with these vital methods, a few more techniques called " Psychological " have been shown:

- It is necessary to keep oneself busy with work in such a way that there is no time left for experiences;
- Change the attitude towards the situation;
- To think of those who are in an even worse position;
- Pouring the experiences in his heart into his friend or friend;
- It is necessary to look at the situation with a sense of humor;
- It is necessary to follow the advice of a person with knowledge and experience in this field.

As can be seen from this example, people still experience stress and emotional tension in life without having some knowledge necessary to get rid of emotional tension. This is because, in many cases, these methods may not give a high result due to the fact that they are used in chaos.

The use of various techniques to control the level of emotional tension also gives a good effect:

- Tape recorder recordings with autogenic training;
- Video recorder to recreate the scenery of nature;
- Computer programs for relaxation;
- Various devices of biological feedback.

In the production process, anti-stress methods can be divided into organizational and psychoprophylactic ones.

Organizational methods are aimed at reducing the influence of influencing factors, improving the production environment. Such an approach is widely used in labor psychology, engineering psychology, ergonomics. Its main areas are:

1. Optimization of the labor process by developing the most effective ways of Labor algorithms.
2. Improving the weapons and means of labor, taking into account the psychophysiological capabilities of a person.
3. Correct development of the labor regime and rest regime.
4. Proper organization of the workplace.
5. Improving the socio-psychological environment in the team.
6. Increase in material and spiritual interest from the result of Labor.

The psychoprophylactic method is aimed at influencing the psyche and functional state of the worker-employees, which consists of:

- Exposure through flowers and functional music;
- Exposure to biologically active points;

- Wellness exercise;
- Belief and persuasion;
- Self-persuasion and autotraining;
- Respiratory Gymnastics;
- Meditation.

It is possible to distinguish two directions of overcoming psychological tension, namely – preventive and therapeutic.

The first is aimed at developing the protective forces of the body, changing the attitude to the psychological shock factor, developing creative thinking.

The second is to neutralize the tension that has arisen, to influence its specific manifestations in the human body and in the emotional sphere.

Of course, there is no border between these two directions. For example, exactly the same autotre can be used for preventive and therapeutic purposes. Not only does the body need to be affected through muscle relaxation or exercise when the tension is overexcited, but the need to influence one's emotions and thoughts also arises.

Remember, a person has the opportunity to control not only his body, even his psyche. Any problem can be solved if there is a strong confidence, strong will, a great goal, mental mobilization. Although it is impossible to live without emotional tension, reducing them, being free from the effects, is within the reach of every person.

REFERENCES

1. “Василюк И.П. Психология переживания: анализ преодоления критических ситуаций. –М. –М.
2. Г. Селье. Стресс без дистресса. –М., 1998.
3. Щербатых Ю.В. Психология стресса и методы его коррекции. –П., 2006.
4. Ғозиев Э. Умумий психология. –Т., 2003.
5. Хайдаров Ф., Жўраев Н. Стресс ёки рухий мувозанатни сақлаш осонми? –Т., 1997.
6. ILKHAMOVA E. S., SRIMBETOVA D. A. E-COMMERCE AS A MODERN TREND IN THE DEVELOPMENT OF THE DIGITAL ECONOMY IN UZBEKISTAN //THEORETICAL & APPLIED SCIENCE Учредители: Теоретическая и прикладная наука. – 2022. – №. 2. – С. 269-274.
7. Anvarovna S. D. Digital Transformation of National Postal Operators //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 5. – С. 251-254.
8. Habibiloyevna M. D. The Semantic Analysis of Slang in The Movie “School” //Journal of Pedagogical Inventions and Practices. – 2021. – Т. 3. – С. 83-85.
9. Sabirjanovna P. Z. Modelle der Vermittlung interkultureller Kommunikation //Berlin Studies Transnational Journal of Science and Humanities. – 2022. – Т. 2. – №. 1.5 Pedagogical sciences.
10. Sabirzhanovna P. Z. CRITERIA FOR THE PRESENTATION OF MATERIALS FOR INTERCULTURAL DIALOGUE AND TEXTBOOK ANALYSIS IN TEXTBOOKS //Archive of Conferences. – 2021. – Т. 22. – №. 1. – С. 90-92.