

## The Relevance of The Study of The Problem of Modern Human Stress

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### Abstract

The article is devoted to the theoretical study of the problem of stress, updating and generalizing the accumulated knowledge in the field of psychology of stress study. The article discusses the main classifications of types of stressors, as well as approaches to their study. The problem of studying overcoming difficulties in stressful situations is touched upon.

**Keywords:** stress, stress factor, stress problem, overcoming stress, stressors, study.

### INTRODUCTION

The problem of stress is one of the most studied problems in psychology and related sciences. External stimuli constantly affect the human body. Despite the fact that stress factors contribute to the development of the body through adaptation and overcoming obstacles, stress can also cause negative consequences, as it is the main factor in physical and mental diseases. Since stressors constantly affect a person and their number can be listed indefinitely, the problem of stress does not lose its relevance to this day.

For many years of studying the phenomenon of stress, a large number of studies, both theoretical and empirical, have accumulated. The purpose of this study is to update and generalize the accumulated knowledge in the field of stress study.

The term "stress" has gone far beyond the limits of psychological knowledge. This term is widely used and its use is not always justified. Along with many psychological phenomena, the concept of stress has many definitions. This is primarily due to the fact that "stress" will have a different meaning for different areas of research. It is necessary to give a clear definition of stress, which will become a reference in the study of the problem.

In medicine, stress is understood as a non-specific response of the body to any stimulus presented to it. This definition considers stress as the body's need to adapt and restore homeostasis. The stress

response, therefore, does not have a plus or minus sign. The necessary bus leaving the stop before a person has time to get on it will have the same stressful effect as a sudden bonus at work, since both events bring the body out of the "normal" state [5, p.7-8].

## MAIN PART

The definition of stress described above is considered to be biological. It is in this way that stress was first identified by the Canadian pathologist and endocrinologist Hans Selye. The concept of psychological stress was first put forward by the American psychologist Richard Lazarus. He proposed to distinguish between the psychological and physiological understanding of stress. The basis for the separation of the two concepts in the concept of R. Lazarus was stimuli. Physiological stimuli (temperature, noise, light, etc.) caused physiological stress. Psychological stress could be caused by a reaction to the interaction between the individual and the environment, based on cognitive processes [7]. This division is currently considered conditional, since physiological stress includes, among other things, parts of the mental, and mental stress can cause physiological changes.

Psychological stress currently implies an aspect of one phenomenon, that is, stress. Unlike biological stress, psychological stress can be caused not only by real events affecting a person, but also by cognitive processes. Remembering or imagining an emotionally charged event also triggers the body's autonomic responses, just like what is happening in the present.

So, taking into account the above-mentioned features of the phenomenon of stress, it is most appropriate to use the following definition of stress as a working or reference: "Stress is a complex of physiological and psychological reactions of the body that develop as a result of the impact on it of extreme physical or psychological overloads" [4, p. 8]. The above concept of stress includes both psychological and physiological aspects of a single phenomenon.

Factors that cause a state of stress are referred to as stressors. Stressors entail a reaction of the body, in which there is a mobilization and acceleration of a number of processes. These factors are extremely diverse and difficult to classify. In the most general form, stressors are divided into physiological and psychological.

In order to have a general understanding of stressors, it is necessary to consider approaches to their study. Jones distinguishes three approaches to the study of stressors. The first is the so-called "life event-based approach". The key idea is that any changes require adaptation and are stressful. As part of the approach, the famous Holmes and Rahe study was conducted. The authors compiled a list of 43 events and asked a sample of 394 people to evaluate the degree of "social adaptation" required for these events. The Holmes-Rahe stress Event assessment scale has allowed researchers to advance in measuring and evaluating events in a person's life. However, this approach is also criticized, since it

considers every event as harmful to health (illness and marriage are equally stressful events), while a significant part of researchers claim that the most important and decisive point in determining the impact of an event is its quality. It has also been criticized that the approach does not take into account individual differences. Different events are perceived differently by people depending on the system of values and the style of overcoming stressful events [3, p. 36-37].

Another approach to understanding stressors is called transactional. Criticism of the previous approach led researchers to develop a new one based on "troubles and ups". "Nuisances" are requirements that cause anxiety, irritation, and frustration when interacting with the environment. Uplifts are positive moments that do not have a high significance in everyday life. Researchers suggest that the so-called "troubles" are more closely related to the occurrence of diseases than life events, since "troubles" are evaluated by a person as harmful, causing harm, and in the case of events, they note only the presence of an event. For example, divorce is an event, but the unpleasant consequences of divorce will already be perceived as "troubles" [3, p.40-41].

As mentioned earlier, stressors are difficult to classify. We will give the most general of them. The stress response can be either positive or negative, depending on how the individual perceives an event. Depending on the duration of the stress reaction, researchers distinguish between short-term and long-term stress [6]. In contrast to the first, the second type of stress has more serious consequences for the body, since it drains its resources over a long period of time.

Based on what factors affect the individual, the following types of stress are distinguished::

1. Informational. This type of stress is characterized by a state of information overload or lack of information. In this state, a person can not make decisions at a given pace and complete the task.
2. Emotional stress. Emotional stress can occur both in life-threatening situations and in situations that bring positive emotions. It is characterized by the experience of strong feelings.
3. Physiological stress-the result of constant strong physical exertion affecting the body, sleep disorders, nutrition, etc.
4. Psychological stress. This type of stress occurs when experiencing intense stress due to experiences.
5. Management stress. The presented type of stress occurs in conditions of increased responsibility before making a decision [2].

In addition to these types of stress, V. A. Bodrov identified the following: intrapersonal stress, interpersonal stress, family, personal, work, financial and environmental stress [1].

Since many factors can contribute to the occurrence of stress, there is another problem associated

with overcoming it. The problem of coping with stress is one of the most significant, since it determines the methods by which an individual can cope with the negative consequences of stress.

One of the first researchers to study ways to cope with stress is Z. Freud identified the mechanisms of psychological defense that allow you to cope with unpleasant feelings and emotions. Freud's ideas influenced the subsequent study of coping with stress. For example, E. Kubler-Ross found that people who are faced with the threat of death go through a number of stages. However, in psychology at the moment there are two dominant approaches to coping with stress: dispositional and situational. In the dispositional approach, the key is to find an answer to the question of whether there are special styles of coping with stress, which individual characteristics contribute to this. In the situational approach, researchers focus on the process of overcoming stress and studying specific processes.

However, despite the number of studies in one and the other approaches, the provisions set out in them have rarely been tested using modern research methods. Almost all research conducted in the field of coping with stress is criticized, because despite their number, there is still a shortage of information that could become the basis for psychotherapeutic help.

## CONCLUSION

Thus, the problem of overcoming stress does not lose its relevance for a long period of time. Moreover, the relevance of this problem is steadily increasing over time. This is primarily due to the lack of stability in society. According to the forecasts of sociologists, instability in the world will only increase. There is no clear answer to the question of how to overcome stress, and there is no single definition of stress. All recommendations of psychologists are individual, since psychological stress largely depends on the individual characteristics of the individual. In this regard, the study of coping with stress at the moment requires special attention from researchers.

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