
STRESS, EMOTION AND PSYCHIC TENSION IN MODERN PSYCHOLOGY.

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Abstract: This article explains the need to prevent stress, emotions and mental strain in modern psychology and to properly approach them.

Key words: emotion, mental strain, emotion, mood, stress.

Introduction.

Emotion is the experiences of a person arising from things and phenomena in reality, from relationships with people and with oneself. In addition to being a living being, the individual is also a member of society, and as a single person, tevarak-objectively reflects his attitude to things and phenomena around him.

The reflection of human relationships in the way of emotions, emotional states, elevated internal experiences in his brain causes emotion. The concept of emotion is used in everyday gourmets and in scientific sources in different meanings. In everyday life, instead of the concept of feeling, the terms sensations, anglan-magan miles, desires, wishes, requirements, goals are used. In scientific sources, on the other hand, it is used in the sense of reflecting in the brain its attitude towards what satisfies the individual's need and makes him moneylogical. There have also been instances of emotional emotionality being used in the same sense[1].

A person is considered an expression of color change in body parts, trembling lips, laughter, crying, sadness, hesitation and other emotions, patriotism, responsibility, responsibility. it was considered unnatural hodi-sa to include such high qualities as conscience, love in the composition of the emotion. These emotional experiences differ sharply from each other in their essence, strength, duration, effectiveness, orientation. Therefore, their important difference is that the first (emotion) is of social importance, the second (emotion) is of private importance. The attitude of the individual, reflecting the activity, behavior, muo-malasi and what and events are considered significant for society, is embodied in emotion. Emotion is a mental state that applies not only to humans, but also to beings.

Emotion is the process of the emergence of perceived emotions, complex experiences that reflect

ideas, norms, laws, statutes, values absorbed by people in the social environment. In emotion, the load-sac histuygues are carried out in a complex composition of the state of the individual, which is harmonized with the content of the performance of conscious actions. Mas, feelings of pleasure from work, moral, mental, feelings of sophistication are considered the core of emotion. Animals, on the other hand, do not have such opportunities. The physiological basis of sensation is the nerve processes that occur in the trunk of the large hemispheres of the brain and in the lower part of the trunk. Emotion is also considered to be appetite.

It is the process of self - reflection of our emotions, in which the internal experiences and relationships that are born in us are expressed in the process of reflecting things and phenomena. Emotions are pleasant or unpleasant experiences that arise from an individual's perception of his own attitude to reality, associated with his needs and interests. Affect is a strong and relatively short-term emotional state in which an action visceral (internal organic) manifestation appears and is clearly expressed in connection with a sharp and unexpected change in life circumstances that are relevant for the subject. Mood is a stable alternation of one or another emotion. A long-lasting, emotional state that adorns the Hulk. Stress is a process of tension that occurs as a result of overexertion of the human body. Since a person perceives various things and phenomena in the external environment, he will never be completely indifferent to these things. The process of human reflection always has an active character. The reflection process covers: (a) that an individual has the capacity to satisfy a need; b) participation as a subject in objects that help or resist satisfaction; C) relationships that strive for the knowledge that drives it, etc. Because as a person perceives and reflects every different thing around him, he has a certain attitude towards these things. For example, when we like certain things, that is, raise our mood, something else doesn't like it and distorts our mood, leaving our language dim. Some food is very much liked by a person, and another food is absolutely not seen, or some people are welcome to us, or some other people are unpleasant. In general, a person treats everything around him, and[2].

Emotion is a kind of reflection process of our feelings, in which, in the process of reflecting things and phenomena, the internal experiences and attitudes that are born in us are reflected. Therefore, emotions arise in relation to the influence of things and phenomena in the outside world, without occurring on their own. Emotions are pleasant or unpleasant experiences that arise from an individual's perception of his own attitude to reality, associated with his needs and interests. From the presented definitions, it can be seen that the concept of emotion is a broader concept in relation

to emotion, covering all aspects of an individual's daily life, lifestyle. Emotions from the point of view of their occurrence will be associated with the needs, interests and aspirations of a person. For example, emotions associated with the satisfaction of a person's organic needs create a feeling of pleasure, satisfaction in a person.

Emotions are a system of signals that indicate that events and things happening in a person are important for a person as a person. In this case, it is clearly separated from the infinite number of stimuli affecting the sense organs, some of which merge with each other and merge with the resulting sensation. As a result, it evokes an impression and is preserved in the form of memory images expressed by an emotional name. Physiologically, this can be explained as follows: certain stimuli become calm signals for living beings. Emotional experiences are manifested as a strengthening of the system of reflexes, which is part of a person's personal experience. This expressive function of emotion is called the impressive side of emotion in psychology. Emotions, like all other mental processes, are related to the activity of the cerebral cortex. The brain controls the strength and stability of emotions. Unlike other cognitive processes, emotions are also related to the activity of the internal organs of the body, in other words, emotions are also related to the activity of the vegetative nervous system. For example, a person blushes when he is very shy, and when he is very afraid, his color fades and trembles, and even a change in the voice of a person appears. When such an emotional state occurs, a person's heart starts to beat faster, and breathing becomes faster[3].

So, when a person is experiencing a certain emotional state, his blood circulation system, respiratory organs, speech apparatus and endocrine glands are also involved. For example, a student who doesn't know the material well sweats while taking an exam, something gets stuck in his throat and he can't speak. The use of expressions such as "Heart pulled back" and "Cold sweat broke out" during a person's intense fear indicates that the person's internal organs are involved during the emotion.

Many emotional states are also related to the range of nearby subcortical parts of the brain. For example, the so-called visual cortex is the center of involuntary movements that express certain feelings.

High spiritual feelings found in a person should also have their own neuro-physiological basis (such as intellectual, moral, aesthetic feelings). In this regard, academician I.P. Pavlov's theory of dynamic stereotyping is very important. Academician I.P. Pavlov wrote about this: "I think that it is often a habit at the time of changes in the usual way of life, and when one of the remaining activities is separated from a loved one, the heavy emotions that are experienced during mental

anguish the physiological basis is probably the change of the old dynamic stereotype, its disappearance and the persistent formation of a new dynamic stereotype".

It is obvious that some complex emotions are based on a dynamic stereotype. For example, if we take an aesthetic feeling, enjoying a beautiful lake or looking at the wonderful pictures of a famous artist is considered an aesthetic feeling. If we analyze the neuro-physiological basis of these emotions, we can see the following. For example, a song that we like very much may not be liked by a person of another nationality. There is no room for surprise. As a result of hearing this melody several hundred times since childhood, an extremely complex dynamic stereotype is formed in relation to this melody, which is almost indestructible. That's why we like some tunes and some don't. When it comes to pictures, it should be said that ancient classical works surprise us with their realism. On the contrary, the paintings made by modern artists create some unpleasant feeling in a person. So, the dynamic stereotypes formed over many years form some complex feeling[4].

Thus, even though the emotion is related to the activity of an internal organ controlled by the autonomic nervous system, it is controlled by the cortex of the brain. Because according to Academician I.V. Pavlov, all the events that happen in the body of a person are controlled by the neurons in the cortex of the brain. In this respect, the neuro-physiological basis of emotion is related to the cortex of the brain.

For a long time, psychologists have tried to solve the problem of the nature of emotions. In the 18th and 19th centuries, there were no views on this problem. From the widespread view that organic expressions of emotions are the intellectualization point of view that arose on the basis of the argument about the consequences of psychic phenomena. I.F., who believed that imagination is a fundamental psychological evidence, and our feelings correspond to the connections established between different imaginations, and the conflict between imaginations is considered as relative influence. Herbart gave a clear expression of this theory. W. Wundt was also a supporter of this theory. Thus, in the research of emotions, ideas about their subjective, that is, the psychic nature of emotions, according to which mental processes cause certain organic changes, have been confirmed. In 1872 ch. Darwin published the work "Expression of Emotions in Man and Animals". According to him, there are commonalities between animal and human behavior. He based his opinion on the observation of the external expression of different emotional states of animals and people. The information obtained from these observations was the basis of the theory of emotions, which is called the evolutionary theory, according to which emotions arose as adaptive mechanisms that

ensure adaptation to the living conditions and situations of the organism, which are vital in the process of evolution of living beings.

Modern History of Emotions In 1884 he. James's "What is emotion?" starts with the publication of the article. W. James and independently of him g. Lange developed a theory of emotions, according to which the emergence of emotions is related to changes in the field of external influences, voluntary action and systems. These are the emotions and emotional experiences associated with these changes. According to James, "we are sad because we cry; we are afraid because we tremble; we will be happy because we laughed." This sensory message acts on the brain to fire a certain behavior, and reverse somatosensory and viscerosensory afferent signals produce the emotion[5].

Another kind of reflection of emotional processes is arousal and relaxation. An excited emotional state is usually of an active nature and is associated with an activity or preparation for it. Although relaxation is associated with a decrease in activity, it serves as a basis for its appropriate use.

Depending on the effect on motor activity, emotions are divided into sthenic and asthenic types. Stenistic emotions and feelings encourage active action, gather human strength. Similarly, feelings of joy and inspiration motivate a person to energetic activity. Asthenic emotions relax a person, reduce his activity, stop his activity.

Mood is a stable experience of one or another emotion. A prolonged, disruptive emotional state. It is caused by influences that cover the individual's personal aspects, basic life emotions, success or failure in relation to work, favorable or unfavorable conditions, the level of culture in human relations, and internal conditions. Mood shows the stimulating function of emotions and sensations, their influence on human activity. Mood can be positive or negative, have a certain intensity, expressiveness, tension and stability.

The highest level of mental activity under the influence of emotions and sensations is called euphoria, and the lowest is called apathy. Derailment is the imperceptible change in mental activity caused by negative influences. The emotional stability of a person is expressed in the stability of his behavior in relation to various emotional influences. Stability in relation to difficulties, tolerance in relation to other people's behavior is called tolerance[6].

There are several definitions of the concept of stress. In particular, it is defined by A. V. Petrovsky as a special form of experiencing emotions that are close to the stress-affective state, but are close to moods according to the duration of their experience. According to Professor E. Gozиеv's book of general psychology, stress-heavy physical and complex mental loads are shown as emotional

tensions that arise when dangerous situations arise, when urgent measures are taken. .

Stress is a process of tension that occurs as a result of overexertion of the human body.

Depending on the appearance of stress, it is divided into two types:

Constructive - of our type (among many);

Destructive is an ego process.

The concept of stress was introduced by the Canadian scientist Hans Seele, who defined stress as a set of adaptation-protective reactions of the organism to the effects that cause physical or mental injury. In the development of stress g. Sele distinguished three stages: a) anxiety, b) resistance, c) derailment.

Although stress is dangerous for life, it is necessary for the organism: in austress ("useful" stress), adaptation mechanisms of the individual are developed. There are types of informational and mental stress (emotional stress).

Summary.

Emotion, stress means the impact of emotions that lead to changes in the functions of the organism and human life. This article explains the need to prevent stress, emotions and mental tension in modern psychology and to approach them correctly.

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