

THE EFFECT OF EMOTIONAL STRESS ON ADOLESCENTS' MENTAL AND PHYSICAL HEALTH, INTERPERSONAL RELATIONSHIPS AND PERFORMANCE EFFICIENCY

Khairiyeva Makhtobkhan Farkhodovna

Bukhara State University

Psychology (by types of activity) direction

2nd stage graduate student

Phone: 91-979-69-18

Abstract: In this article, the negative impact of emotional stress in adolescents on physical and mental health, interpersonal relationships, socialization status, activity efficiency, future plans and other areas is scientifically based.

Key words: emotion, emotional strain, adolescent, emotional vulnerability, mental distress, anxiety, sensorimotor disorder, stress, stressor, activity, attention, mental and physical health, depression, anxiety, social isolation, motivation.

ВЛИЯНИЕ ЭМОЦИОНАЛЬНОГО СТРЕССА НА ПСИХИЧЕСКОЕ И ФИЗИЧЕСКОЕ ЗДОРОВЬЕ, МЕЖПЕРСОНАЛЬНЫЕ ОТНОШЕНИЯ И ЭФФЕКТИВНОСТЬ ДЕЯТЕЛЬНОСТИ ПОДРОСТКОВ

Хайриева Махтобхан Фарходовна

Бухарский государственный университет

Психология (по видам деятельности) направление

магистр 2 ступени

Телефон: 91-979-69-18

Аннотация: В данной статье научно обосновано негативное влияние эмоционального напряжения у подростков на физическое и психическое здоровье, межличностные отношения, статус социализации, эффективность деятельности, планы на будущее и другие сферы.

Ключевые слова: эмоция, эмоциональное напряжение, подросток, эмоциональная уязвимость, психический дистресс, тревога, сенсомоторное расстройство, стресс, стрессор, активность, внимание, психическое и физическое здоровье, депрессия, тревога, социальная изоляция, мотивация.

Emotional stress in adolescents occurs as a result of the influence of the social environment, as well as negative negative situations in the family. A special feature of every child is his emotions. The child reacts very vividly to any changes in his

environment, and strong negative emotions that the child cannot cope with can lead to neurotic and psychosomatic diseases. Emotional stress disrupts the normal life process, which makes it impossible to meet the child's biological, social and psychological needs.

In addition, any changes in lifestyle can be one of the causative factors: for example, changes during the transition from elementary school to middle and high school. As the child grows up, the frequency of emotional tension and tendency to stress increases. Resistance to them varies from person to person. The development of neurotic or psychosomatic diseases in a child depends on biological and mental characteristics, the social environment and the characteristics of events that cause serious emotional experiences.

According to statistics, a person experiences an average of about 150 significant changes during the year. If their number increases more than 2 times, the probability of the disease is 80%, if the number of events is in the range of 150-300, the risk of the disease is 50%.

It should be said that difficult family situations experienced many times in the past cause emotional stress and this in turn causes emotional stress. If the child's social environment, his family shares his opinion and he finds emotional support from the family, then the probability of illness decreases. Such emotional support prevents negative consequences of emotional tension and stress.

Factors causing emotional stress in teenagers (conditions)

Emotional stress in children and its consequent stress causes psychosomatic (heart diseases, endocrine diseases, gastrointestinal diseases, allergic reactions, etc.) and neurotic diseases (enuresis, encopresis, sleep disorders, stuttering, fear and other mental reactions) can serve as a basis for being. Many researchers (A.B. Kholmogorova, N.G. Garanyan 1996; F.P. Il'in 2001 L.B. Kim 1997; K. Horney, 1993, K. Yung 1993) listed the reasons that cause a number of emotional stress situations, and their sphere of influence it is emphasized that it is different. In different situations, in different processes, the reasons are different and can cause various unpleasantness and disappointments. . In the process of the formation of the disturbance of the emotional environment, unspoken social factors exert their influence:

Unquestionable social factors exert their influence in the process of formation of education:

- excessive responsibility, lack of time;
- competitive situations, evaluation of performance results (for example, exams, competitions)
- any sudden changes in lifestyle, both good and bad (winning a competition, love, death or illness of a loved one);
- emotionally rich shows and movies;

- conflicts in the family or in an important social group for the child (for example, in the classroom, among friends);
- physiological stresses (diseases, operations, excessive stress, exposure to natural factors in the body, for example, excessive heat, etc.).
- failure to adapt to educational conditions;
- as well as macrosociety - that is, belonging to a certain direction of mass social culture.

It is negative that there are enough psychological factors in modern culture, the existence of depression, fear, panic and aggressive situations, and at the same time, it is much more difficult to psychologically change the important rules and skills established in many families. provides an increase in the total number of emotions. An emotional (emotional) ban causes them to be suppressed in the mind, as a result of which psychological processing becomes difficult and various disorders arise.

Emotional stress in adolescents can have a negative impact on various areas, including such important aspects as a person's academic performance, interpersonal relationships, socialization process, and future plans. Including:

1. Study activity:

Attention and concentration: Emotional stress makes it difficult to concentrate, which can lead to academic failure.

Motivation: Stress and tension reduce motivation, which reduces academic achievement.

2. Interpersonal relations:

Communication difficulties: Emotional stress can make it difficult for teenagers to express their feelings and worsen relationships.

Isolation: Feelings of stress can lead to social isolation, weakening relationships with friends.

3. Status of socialization:

Social skills: Stress reduces the social skills of teenagers, which limits their ability to form new relationships.

Self-expression: Feelings of tension inhibit self-expression, which reduces social experiences.

4. Performance:

Work performance: Emotional stress can reduce work performance and reduce productivity.

Performance Outcomes: Stress often lowers self-esteem, making it harder for teens to achieve in the future.

5. Future plans:

Choosing a career: Stressful situations can negatively affect teenagers' future plans and goals.

Self-confidence: Emotional stress lowers self-confidence, which negatively affects future success.

Psychological support, support systems, and social activities are important for adolescents to manage emotional stress and reduce its negative effects. If not managed during emotional stress, it can lead to various mental problems and diseases. Below are the main mental problems caused by emotional stress:

1. Depression:

Long-term emotional stress can lead to depression. This condition lowers morale, reduces motivation and worsens the overall quality of life.

2. Sadness, anxiety:

Emotional stress can increase feelings of anxiety among teenagers. This condition makes it difficult to perform normal activities.

3. Problems related to stress:

When stress is persistent, it can cause a variety of physical and mental problems. For example, insomnia, fatigue, headache.

4. Social isolation:

Adolescents may withdraw from social relationships if they have difficulty managing emotional stress. This, in turn, leads to feelings of isolation and loneliness.

5. Negative thoughts about oneself:

Emotional stress can lower self-confidence of adolescents and cause negative thoughts about themselves.

6. Need for treatment:

The need to manage emotional stress over a long period of time may lead to the need for psychological support or treatment.

7. Nutritional and physical health problems:

Stress and tension can lower mood, which can result in changes in eating habits and problems such as weight loss or gain.

8. Consumption of alcohol and drugs:

Adolescents may turn to alcohol or drugs to manage emotional stress, causing additional problems.

It is important to prevent and manage emotional stress. Teens and the people around them need to monitor these issues and seek help when needed.

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