



DIAGNOSIS OF A PERSON'S STRESS RESISTANCE LEVEL

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Abstract: this article shows that today psychologists have conducted many studies of human thinking, psychological changes in it, in which much attention is paid not only to their own psychology, but also to the problem of their health. It also describes the stressful situations that arise in a person (complex life situations that lead a person into a state of stress) and the psychological mechanisms of reactions to him. It also psychologically reveals the importance of the qualities of optimism and pessimism that are present in a person when overcoming stressful situations.

Keywords: stress, stressful situation, optimism, pessimism, frustration, psychological stress, reality, negativity.

In recent years, experts have repeatedly noted the need to achieve not only physical health, but all-round, especially mental health. In order for a person to be mentally healthy, it is necessary to do what he does to preserve his psyche, which requires a person to be psychologically literate in a certain sense. How can this be understood?

We know that it is natural for any person to experience negative psychological conditions such as stress and frustration many times in their life, but most people cannot protect their psyche from negative influences due to lack of psychological knowledge, skills and abilities to get out of such situations. We first draw your attention to the psychological considerations and considerations associated with the term optimism, emphasizing that such a set of skills and competencies requires a person to have an optimistic mood or optimistic character traits, at least to form similar skills. Some of the research conducted by foreign and Russian scientists on the study of stressful situations associated with a person's life activities has studied the effects of psychological conditions such as optimism-pessimism in a person in the process of stress and coping.

Researchers such as Seligman M.E, Vasilyuk F.E, Zabrodin Y.M, Zamishlyayeva M.S have studied the level of psychophysiological activity and stability of mental stress in response to unexpected situations in the course of a particular activity. The results of



the study show that how a person perceives emergencies, evaluates them as negative (harmful, dangerous) or normal, is based on the individual's specific qualities and characteristics, which directly provide his individual-psychological response.

According to a study by M.E.Seligman, the peculiarity of the response to stress is that not only the nature of the external influence plays an important role, but also the psychological characteristics of the subject. Therefore, the attitude and response of individuals to the same stressor will also be different. Based on this idea, M. Seligman studied their personality-psychological characteristics depending on the person's attitude and response to stress and frustration. In this case, the emotional reaction of the person is considered as an internal condition that ensures his mental activity. It is from this perspective that research has shown that an individual's individual, personal response to external influences plays an important role in the onset and development of stress. This means that a person often responds to external influences through his or her mental state and emotionality. Optimism and pessimism, which are part of a person's personality traits, also play a role in justifying a person's response to stressful situations.

There are many researchers who have contributed to the study and coverage of the problem of optimism-pessimism, including Seligman M.E, Abramson L, Peterson K, Karver Ch, Sheyer M in foreign psychology. Researchers such as Abulkhanova K.A, Berezina T.N, Keselman L.E, Matskevich M.G, Muzdibaev K, Sichev O.A, Kapustina N.G. can be counted in material and Russian psychology. Although this problem has been scientifically studied in Uzbekistan as the object of research and is not mentioned in certain sources, the problem of stress has been studied by Uzbek scientists Goziev E.G, Nishonova Z.T, Kamilova N.G and their students.

The data show that the formation of perceptions of situations such as real or potential danger, loss, loss, difficulty is carried out using cognitive processes. The assimilation of information in this way on the basis of the interdependence of various mental processes leads to a selective approach to it, as a result of which information of a certain importance is selected, which leads to long-term storage of information in memory and recall in case of emergency. This is the basis for a really negative assessment of a stressogenic situation.

The literature shows that the functional reliability of a person's activities is directly related to how accurately and in a timely manner he can make changes to the condition of the object he manages.

Especially in this regard, it also has to do with what profession a person has or what kind of career he or she has. If we consider this problem in connection with the student period, according to O.N Stolpovskaya, one of the Russian scholars who



conducted research in this field, a student can see his professional future during his studies, the desire to achieve high academic results and, consequently, success. Of course, accessibility will also be important. Because the optimistic mood of the student plays an important role in realizing the desire to achieve high results in reading. If an optimistic spirit prevails in a student, it will be easier for such a student to achieve success if he believes that the success he has achieved throughout his life is the result of his own strengths and abilities. Even when such a student fails and fails, he believes that the situation is temporary and the chances of success are permanent. As a result of her research, Stolpovskaya O.N. concludes that the success of educational activities during the student period is also directly related to the optimistic understanding of events.

By studying the above information, we can conclude that a person should believe in himself and follow and believe in the following in any stressful situation:

first of all, you need to believe in your own strength and ability;

remember that proactive action in any problem situation can lead to a certain success;

there is a solution to any problem;

the fact that problems are an opportunity created for human development and, therefore, need to move forward, which leads to a slight increase in the stress tolerance of the person who constantly adheres to them.

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