

Psychoprophylaxis of coping with stressful situations in adolescents

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ABSTRACT

The following article deals with the issues such as stress, its management, and the psychological preparation of adolescents to cope with stressful situations.

Keywords: *adolescent, maturation, perfect development, organism structures, teenagers, adults.*

Adolescence is considered the period from 10–11 years to 14–15 years. For most students, the transition to adolescence begins in the 5th grade. "He's not a kid anymore, he's not an adult yet" - this formula reflects the character of adolescence. At this age, dramatic changes begin to occur in adolescent development. These changes are physiological as well as psychological. Physiological change is the beginning of sexual maturation and, in connection with this, the perfect development and growth of all organs in the body, the re-formation of cell and organism structures. Changes in the body are directly related to changes in the adolescent endocrine system. During this period, the function of the pituitary gland, that is one of the endocrine glands is activated. Its activity enhances the growth of body tissues and the functioning of important endocrine glands (thyroid gland, kidney). As a result, height growth is accelerated, puberty takes place.

Teenagers try to behave like adults. They strive to show their abilities, talents and abilities to a certain extent to their peers and teachers. This situation can be easily seen through simple observation. By studying the psychological characteristics inherent in adolescence, it is possible to understand the ways in which the personality of adolescents is formed, developed and matured, and the direct influence of biological and social factors that affect it. During this period, the teenager says goodbye to a happy childhood, but is in a state where he has not yet found his place in adult life. Adolescence is characterized by psychological manifestations such as "Transition Period", "Crisis Period", "Difficult Period". This is due to the fact that the behavior of adolescents of this age is inadequate, and there are cases of mental explosions due to the inability to find their place in new conditions. In his time, L.S. Vygotsky called such a situation as a crisis in mental development. The peculiarities of their behavior during adolescence cannot be explained mainly by the onset of puberty. Sexual maturation has a major biological effect on adolescent behavior, which is more indirect than indirect. Adolescence is often characterized by such qualities as lack of speech, stubbornness, aggression, inability to admit one's shortcomings, and belligerence.

The onset of aggressive attitudes toward adults, rather than negative behavioral symptoms such as negativism, is not due to direct sexual maturity, but through the social conditions in which the adolescent lives: their peers, their status in different communities relationships with adults are role traits that arise because of relationships at school and in the family. It is by changing these social conditions that the behavior of adolescents can be directly influenced.

Adolescents are extremely imitative, they do not yet have a clear idea, their worldview is being formed. They are very sensitive to external influences and emotions. They are also characterized by courage, bravery, and delicacy. That is why they try to hold their own, despite the guidance of parents, adults around them, and teachers. Many teenagers become interested in smoking and alcohol during this period. An adult also feels normal, comfortable in a new role as a smoker or a drinker. A teenager who

falls into such situations becomes very anxious and has a crisis situation. This crisis is associated with the spiritual growth of the adolescent, as well as changes in his psyche. During this period, the child's social status changes, new relationships with his relatives, friends, peers are formed. But the biggest change happens in his inner world. Many adolescents experience a state of self-dissatisfaction. It also makes a teenager nervous that the current thoughts about him do not match the changes that are taking place in him today. This can lead to negative thoughts and fears about the teenager. Some teenagers worry that they cannot understand why others, adults, and even their parents oppose them. This condition causes them to become internally insecure and is called a crisis of adolescence.

Leading activities during adolescence are reading, communication and work. The main task of adolescence communication is to identify and master the elementary norms of friendship. The main feature of adolescent communication is that it is subject to a full friendship code.

Adolescents' interactions with their parents and adults are largely based on their sense of adulthood. They are deeply concerned about the restrictions on their rights, resistance and protests against the actions of adults. However, they still need the support of adults in communication. Collaborative activity helps the teen to understand adults better.

Adolescents are more prone to stress than other ages, because the world is not difficult, meaningful, and one-dimensional for them. We need to adapt to its complexity and learn to manage our thoughts, emotions, and even our stresses.

To do this, we must first understand how the anti-stress response is structured from a biological point of view. It is the result of millions of years of evolution, a "hit or run" reaction aimed at keeping a person in a life-threatening situation.

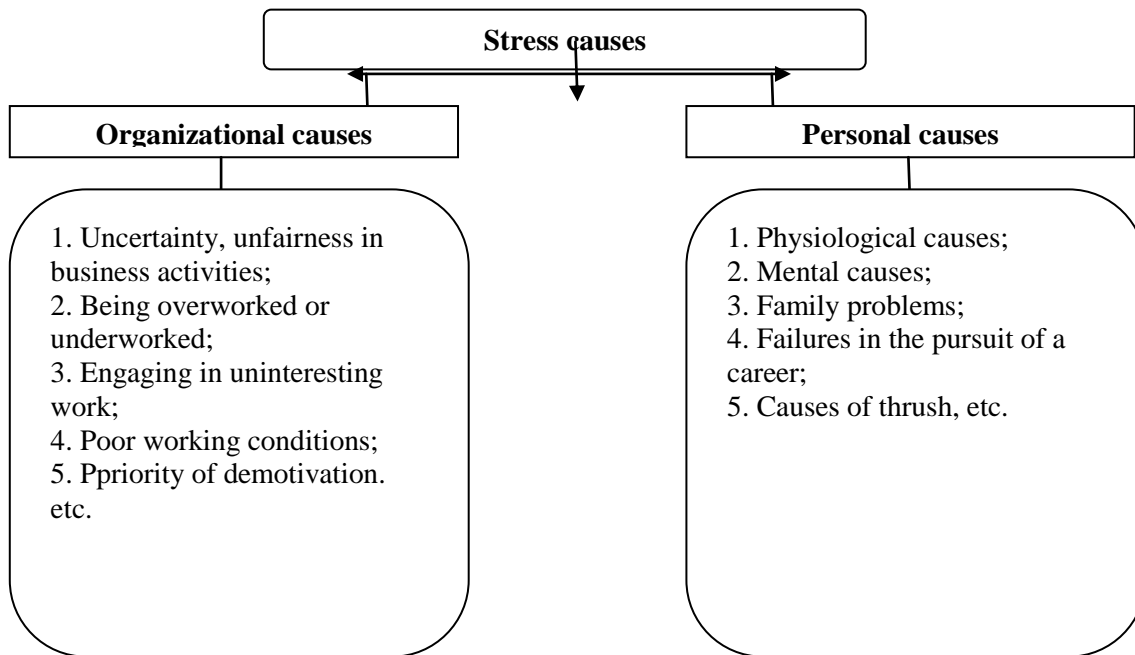
Stress is derived from the English word (stress), which means nervousness, tension. Nervousness is a mental condition that occurs when an excess of various physical and mental activities occurs, when a dangerous situation arises, when it is necessary to find the necessary measures immediately. People who are in this situation are told, "He's nervous." In this sense, the concept of nervousness:

- *A person who is irritable, and becomes nervous very fast, especially for nonsense;*
- *A disease caused by weaknesses of the nerves, caused by a disorder of nerve function;*
- *It is interpreted in the sense of a situation (conflict, control) associated with nerve damage.*

Stress is a simple and common condition. We all feel it from intense anxiety, excitement and insomnia. The slightest stress may not be harmful. There are no people who are not nervous at all. Anyone who has a soul in his body is more or less nervous, but excessive nervousness should be avoided. It leads to unpleasant consequences.

You need to do more good deeds to avoid stress. You need to be patient, take hard work with a good rest, get at least some rest, calm down, be kind, humble at work, be a person of mutual respect and kindness.

The occurrence of stress is mainly caused by factors in two directions (Figure1)



Adolescent dissatisfaction with their activities is one of the most important factors that cause stress. He works calmly only when he knows what is expected of him, how to do the job, and how the job will be evaluated.

The following, which are negative feelings for the body, can also play the role of negative mental causes for nervousness.

Figure 2. Factors that underlie the occurrence of stress.



In such cases, it is important to have a tete-a-tete conversation with the teenager so that the teenager feels that the person they are talking to is ready to help him or her. To do this, you need to pay attention to the following during the interview:

- You should say that you follow his activities with interest and pay serious attention to his problems;
- Remind him that this conversation will not go out of this room, that no one will be aware of it;

- Explain that his problem is not his fault;
- Allow the teen to speak, even if it is a little difficult, and do not interrupt the rest, which means instability and disrespect for him;
- Ask questions that will help her solve her problems. Perhaps the situation, which is perceived as contradictory, tense, is not as serious as panic.

Every conversation with a teenager in this spirit, a wise help, leads him to be able to control himself, and to help himself.

The following exercises will help us to overcome the stressful situations that follow not only in adolescence but also in daily life.

It is recommended to use the followings above in the psychoprophylaxis of coping with stressful situations in adolescents, and give the teen the opportunity to re-experience the stress they have experienced and overcome it.

Participants split up and remember the strongest and most positive event that happened in their lives. This situation can be called "internal capacity reserve". Each pair is then divided into a group of four and plays the roles of teacher, helper, and parent). Supporting actors are asked to play a human-stressor role. The rest, in collaboration with teachers, observe changes in the "human-stressor" and the victim's psychological characteristics, their expression, tone of voice, behavior, analyze the state of tension in them and the importance of "internal capacity reserve" in individual traits. Clearly, although the teacher is the 'connecting link' between the 'human-stressor' and the victim, it also serves to prevent the escalation of tension for both parties. In doing so, he reminds the participants of the breathing exercise and organizes its performance.

How to deal with stress?

1. Avoid black-and-white thinking. Don't just separate things into white and black. We have this kind of thinking formed from our childhood. Avoid such thinking in favor of adult-specific "color" thinking. He will help you find ways out of the situation.

2. Accept stress as a positive experience. Studies show that a firm belief that stress is harmful to health is reflected in our ability to manage a situation.

3. Get used to the fact that you can't control everything. You can put a lot of effort into trying to predict or plan events that won't affect anything. In the end, it just makes you feel tired and insecure. Acknowledging that we can only control ourselves is the best way to get rid of stress.

4. Forget the past. "Why did this happen to me?" - Each of us asks ourselves this question. Don't dwell on negative thoughts like this. Don't let the past get you down. It's best to imagine what you expect from the future. Imagine getting the results you want.

5. Communicate. As we experience stress, we want to pull ourselves aside and be left alone with our problems, but this is not the right way. Don't shy away from communicating with people, offer your help to others, and don't be afraid to ask others for help.

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