

**“THE CONCEPT OF STRESS AND ITS PSYCHOLOGICAL BASIS AND
CHARACTERISTICS OF ADOLESCENCE”**

Masharibova Charos Rayimberganovna
Asian International University
Faculty of Economics and Pedagogy
70310301-Master's degree in Psychology
Master's student

Abstract: This article explores the concept of stress, its psychological foundations, and its manifestations during adolescence. It discusses the causes of stress in teenagers and possible coping strategies.

Key words: stress, social stress, psychological stress resistance of adolescents, stress factors, changes in the team, negative situations, peers, conflict situations, problems, overcoming stress.

Annotatsiya: Ushbu maqolada stress tushunchasi, uning psixologik asoslari va o'smirlik davridagi stress holatlari o'rganilgan. O'smirlarning ruhiy rivojlanishida stress qanday rol o'ynashi va uni yengish yo'llari muhokama qilingan.

Аннотация: В данной статье рассматриваются понятие стресса, его психологические основы и особенности проявления стресса в подростковом возрасте. Анализируются причины стрессовых состояний и пути их преодоления у подростков.

Ключевые слова: стресс, социальный стресс, психологическая стрессоустойчивость подростков, стрессовые факторы, изменения в коллективе, негативные ситуации, сверстники, конфликтные ситуации, проблемы, преодоление стресса.

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One of the main factors threatening human psyche and health in modern society is stress. Especially during adolescence, abrupt changes in the physical and psychological development of a person lead to an increase in stress states. This article analyzes the concept of stress, its psychological foundations, and stress factors specific to adolescence.

The concept of stress and its psychological foundations

Stress (from the Latin stringere - "to stretch", "to squeeze") is an adaptive response of the body to external or internal stresses, which was introduced into scientific circulation by Hans Selye in 1936. Stress is a condition that occurs in response to any threat that disrupts the homeostasis of the body.

Stress occurs in the following stages:

1. Alarm stage (alarm reaction) - an increase in cortisol and adrenaline in the body, an increase in heart rate.
2. Resistance stage (resistance stage) - the body tries to adapt to stress.
3. Exhaustion stage – resources are exhausted and the body weakens.

Psychologically, the following symptoms are manifested in a state of stress: anxiety, sadness, decreased motivation, depressive states and psychosomatic diseases.

Specific features of adolescence and stress

Adolescence is a stage between the ages of 11 and 17, full of physiological, emotional and social changes. During this period, personal identification, the desire for independence, and critical thinking increase. Adolescents are prone to stress for the following reasons:

- Changes in body composition

- Social pressure, comparison with classmates

- Conflicts in relationships with parents

- Academic pressure for success

If stress is not properly addressed, it can negatively affect the mental health of adolescents and lead to self-doubt, aggression, and even suicide.

Stress is an integral part of human life. This situation is especially evident during adolescence. Attention to the emotional state of adolescents by educators, psychologists and parents, and the provision of psychological support serve their healthy development.

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