



"INNOVATIVE ACHIEVEMENTS IN SCIENCE 2023"

SOCIO-PSYCHOLOGICAL FACTORS OF THE FORMATION OF RESISTANCE TO STRESSFUL SITUATIONS IN FUTURE TEACHERS

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Abstract: *This article discusses the theoretical foundations of the process of self-control of personality, the possibilities of self-control of personality in stressful situations and ways out of stressful situations. As well as socio-psychological factors of the formation of resistance to stressful situations in future teachers and the intensity of the experience of professional stress cognitive assessment of professional and non-professional stressors.*

Key words: *stress, personality, control, motivation, abilities, mind, cognitive process, mental characteristics, thinking.*

Introduction. World-class experts say that stress has become the "disease of the century" today. After all, getting a person into a state of stress has a serious negative impact not only on the activities he conducts, but also on his mental and physical health. According to bjsst, 65% of existing diseases are caused by stress. According to the American Psychological Association, "stress causes serious harm to the health of students and can seriously affect their health if young people do not learn healthy ways to manage current stressors." Therefore, it is relevant to study how a person's stay in a state of stress has a serious negative impact not only on his activities, but also on his mental and physical health.

On a global scale, stress tolerance and stress tolerance are also one of the urgent problems in the field of psychology, and research shows that the identification of psychophysiological factors causing it affects the motivational, emotional and volitional sphere of people exposed to stress, and strengthening their mental health, a decrease in the indicators of assimilation and quality of learning observed among students as a result of negative complications of stress, lameness in the issue of competitive training of personnel, socio-psychological prevention of predisposed persons, comprehensive scientific research is being conducted on the issues of ensuring the effectiveness of effective methods of psychocorrective influence. However, special attention is paid to studies that have not been sufficiently studied in Uzbekistan (which should be on a global scale) in order to comprehensively study the psychological determinants of increasing stress tolerance in young people prone to negative complications of stress, to determine



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the possibilities of forming stress-resistant behavior in them by simultaneously influencing their cognitive, affective, conative and physiological spheres.

The concept of "stress" has long passed from the category of scientific terms into the concept of general use. Stress is an integral part of our life, besides it is necessary: life without stressful situations is boring and monotonous. In the professional sphere, small stresses are also necessary, as they mobilize the employee's body to quickly solve problems and allow them to achieve their goals, despite difficulties.

However, today, occupational stress is increasingly being talked about as a problem, WHO considers workplace stress to be the "plague of the 21st century", and statistics show that a third of employees have at least once thought about quitting work just because of stress. at work.

The sources of occupational stress can be different. They may be related:

- with the work process itself (poor physical working conditions, unfavorable regime, harmful working conditions and/or immediate danger to life, constant lack of time to perform urgent tasks, excessive information)

- with a professional role (responsibility for people, clear definition of job responsibilities, role conflicts, high professional requirements)

- with the peculiarities of career growth (too fast or slow career growth, its uncertain prospects, uncertainty in career growth, lack of opportunities for professional development)

- in an unfavorable social climate in the team (difficulties in communicating with the boss, colleagues, conflicts with subordinates), etc.

Also, the cause of professional stress can be low wages, delays, lack of social security. In addition, an important role in the occurrence of stress in the workplace is played by the personal characteristics of the employee, his stress resistance, lack of professional experience.

Conclusion

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