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Article

Psychological Prophylaxis in Preventing Stress

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Abstract: This article provides a scientific and theoretical analysis of the psychological nature of the stress phenomenon, its factors of origin and its impact on the individual psyche. The study highlights the biological, psychological and social determinants of stress, revealing its negative impact on a person's emotional state, cognitive processes and social activities. It also examines the psychological characteristics of anxiety, depressive states, emotional exhaustion, communication difficulties and psychosomatic disorders that arise as a result of prolonged stress.

Keywords: Stress, Emotional Tension, Psychological Stability, Fear, Anxiety, Psychosomatic Disorders, Stress Tolerance, Emotional Intelligence, Communicative Competence, Psychological Prevention

1. Introduction

Modern globalization and informatization processes have a significant impact on all aspects of human life. As a result of the rapid development of information technologies, the complexity of social relations, and the acceleration of the pace of life, the emotional and informational load on the human psyche is increasing. This leads to an increase in psychological tension, emotional instability, and stress in the individual [1]. In particular, the widespread prevalence of informational stress in modern society is becoming one of the factors that seriously affects the mental health and social adaptation of a person.

The phenomenon of stress is considered one of the current problems of psychology, as it directly affects the emotional, cognitive, and social activities of a person [2]. The concept of stress was first introduced into scientific circulation by Hans Selye and interpreted as a general adaptive reaction of the organism to external influences.In subsequent scientific studies, along with the biological aspects of stress, its psychological and social determinants began to be studied in depth [3].

Literature Analysis

The changes that occur in the body as a result of various influences were first comprehensively substantiated by the famous Canadian scientist Hans Selye, relying on many years of experience. Hans Selye (1907-1982) was a doctor, a world-famous biologist, and the director of the Institute of Surgery and Experimentation in Montreal. He worked on the issues of stress and general adaptation syndrome for about 50 years. “Stress” means pressure, tension, and tension. Stress is an emotional tension that occurs when heavy mental, emotional, physical, and complex mental loads, tasks exceed the norm and when a dangerous situation appears, and when a person seeks to immediately find the necessary measures [4].

Stress is a state of tension that occurs in the body as a result of excessive strain. During stress, a person's nervous system becomes tense, the processes of excitation and inhibition in the central nervous system are disrupted, and excitability increases. Nervous

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exhaustion or emotional exhaustion, dissatisfaction with work, disagreements at work or in the family, and difficult living conditions can cause stress. According to G. Selye, during the action of any stimulus (stressor) in terms of quality and strength, profound changes occur in the body's biological tone, that is, a stress reaction occurs. According to Hans Selye's teachings, stress is not only a natural but also an important normative reaction of the body, and its complete absence or complete absence of stress leads to loss of normal life or death. It is important to understand that the negative reactions caused by stress are not caused by the stress factor itself, but by the stress reactions observed in the body in relation to the stress factor [5].

2. Materials and Methods

Indeed, This study employs a qualitative research design aimed at analyzing the psychological nature of stress and its main types, including physiological and psychological stress. The qualitative approach was chosen because it allows for an in-depth interpretation of theoretical concepts, scientific literature, and existing psychological models related to stress.

The research is based on a theoretical and comparative analysis of scientific sources, including the works of Hans Selye and Richard Lazarus, as well as contemporary studies on informational and emotional stress. These sources were selected due to their relevance to the development of stress theory and their widespread recognition in psychological science. The method of literature review was applied to collect and synthesize information from textbooks, peer-reviewed articles, and academic publications. In addition, comparative analysis was used to identify similarities and differences between physiological and psychological stress, as well as between informational and emotional stress. Content analysis was also applied to interpret definitions, classifications, and descriptions of stress-related phenomena. This allowed for the identification of key patterns such as stress stages, causes of stress, and its psychological and physiological effects on human behavior and health.

Finally, a descriptive-analytical method was used to systematize the findings and present them in a structured form. This approach helped to explain the mechanisms of stress development and to summarize preventive strategies based on scientific literature.

3. Results

The main stages of stress, according to Selye, are: the stage of fear (a decrease in arterial pressure and body temperature, a more alkaline reaction - the occurrence of alkalosis, increased capillary filling with blood, functional destruction of the gastrointestinal tract, hypoglycemia, etc.); the stage of resistance (an increase in arterial pressure and temperature, hypoglycemia is replaced by hyperglycemia, acidosis is replaced by alkalosis, the mass of the adrenal cortex increases) and the stage of exhaustion [6-8].

Depending on the nature and properties of the stressor, R. Lazarus proposed to distinguish physiological and psychological stress. Physiological stress is a condition that is manifested in increased energy mobilization of the body as a result of environmental changes, changes in endocrine and vegetative functions. Its main sign is an increase in physiological indicators above the level considered normal for the body. This occurs as a result of extreme physical exertion, illness, fear. For example, when divers go underwater, it becomes difficult to breathe under the pressure, sometimes they can become stressed as a result of severe fear [9].

Psychological stress is stress that occurs due to the impact of events on a person's mental state. Psychological stress is a state of mental anguish. There are also 2 types of it:

informational and emotional. Informational stress is one of the types of emotional stress [10].

Around us, the development of science and technology and its impact on humans is becoming stronger and superior to the impact of society and nature. The volume of information collected and created by humanity is expanding and is observed to expand further every decade, but the human brain and the number of cells that make it up have not changed, and the duration of education is increasing, which in itself creates the risk of increasing informational stress. In some cases, the definition of "stress" refers to the stimulus itself. For example, physical stress is severe cold or unbearable heat, a decrease or increase in atmospheric pressure. Chemical stress is understood as the effect of all toxic substances [11].

Mental stress can be the result of extremely negative or positive emotions. Injuries, viral diseases, muscle overload are biological stress. Symptoms of stress can be seen in the following cases: a person is constantly restless, walks in a depressed state, sometimes these situations occur for no apparent reason.

Unresolved stress can lead to depression, physical weakness, headaches, fatigue, dislike for doing anything, decreased attention, difficulty starting any activity, memory problems and slowing down the thinking process, inability to relax, work and solve problems, emotional indifference to others, even best friends, family and loved ones, as well as introversion, the appearance of melancholy, which can result in problems with the circulatory system and gastrointestinal tract [12].

The following are recommended to prevent and eliminate stress:

- Give up black and white thinking. You should not divide things into only black and white. This type of thinking is formed in a person from childhood. It helps a person to find ways out of the situation. Accept stress as a positive experience.

- Forget the past: “Why did this happen to me?” - every person asks himself this question. It is wrong to dwell on such negative thoughts. It is not necessary to allow yourself to get stuck in the past. It is better for a person to imagine what he expects from the future. Imagining a person achieving the desired results helps him get rid of stress [13].

- Communicate: When we experience stress, we want to isolate ourselves and be alone with our problems. However, this is not the right way. Do not avoid communicating with people, offer your help to others and do not be afraid to ask for help from others [14].

When describing mental stress, it is not enough to take into account only the objective natural indicators of external stimuli. In this, along with the specifics of the situation, it is necessary to take into account changes in physiological processes and human behavior and activity. Just as the norm is important in everything, the concept of the norm is also important in stress. Stress in excess of the norm can cause various ailments in a person and a decrease in the coefficient of survival [15].

4. Discussion

Today, various forms of stress, including informational stress, professional stress, and social stress, are manifested in almost all areas of human activity. In particular, excessive information flow, negative media exposure, pressure in social networks, and constant psychological stress weaken the emotional stability of a person, causing anxiety, fear, depressive states, and communication difficulties.

When studying the single mental activity of a person, it can be conditionally divided into three areas: cognitive, emotional, and action-volitional. The emotional sphere is one of the most important aspects of mental activity, characterized by a person's experience of reality, his attitude to others, and to himself. They are of great importance in regulating mental and somatic processes. Our emotions and feelings are such subtle indicators, causes of behavior that they indicate the degree of usefulness of emotions for the activity of the

instigator or feelings for the interaction of the individual with society. In this case, various forms of human relations to the perceived object are located between the poles of pleasant and unpleasant things.

5. Conclusion

In conclusion, in-depth study of stress and its consequences is one of the relevant directions of modern psychology. In order to reduce the negative impact of stress and ensure the psychological stability of the individual, it is necessary to widely introduce psychological prevention and psychocorrection programs based on a socio-emotional approach.

Developing the psychological resilience of the individual is important in reducing the destructive consequences of stress. Because psychological stability and the development of emotional intelligence increase the individual's adaptability to stressful situations and help to effectively manage states of fear and anxiety.

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