

THE INFLUENCE OF SOCIAL PERCEPTUAL FACTORS ON THE MANIFESTATION OF STRESS

Ochilova Nodira Zokirjon qizi

Tashkent International University of Chemistry
Master's Student in Social Psychology, 1st Year

Abstract: This article discusses psychological stress as one of the most pressing issues in modern society, significantly affecting both mental and physical health. The aim of the study is to comprehensively examine the impact of psychological stress on the human body, identify stress factors, and propose effective methods for stress prevention and management.

Keywords: Psychological stress, stress factors, physiological mechanisms, nervous system, stress management, mental health, depression, stress, society, organism, reaction, emotions.

Introduction

Psychological stress is one of the most urgent problems in modern society, significantly affecting an individual's mental and physical health.

Objective

The objective of this study is to comprehensively examine the impact of psychological stress on the human body, identify stress factors, and propose effective methods for stress prevention and management.

Materials and Methods

During the research, sources related to modern psychology, physiology, and medicine, including scientific articles, statistical data, and various observational findings, were studied. Additionally, psychological tests and interviews were conducted to analyze stress management strategies.

Discussion and Results

The findings indicate that prolonged stress conditions lead to various disorders in the cardiovascular system, immune system, digestive system, and nervous system.

Conclusion

The emergence of psychological stress depends not only on external factors but also on an individual's personal characteristics.

In today's society, increasing levels of social integration, urbanization, socioeconomic and environmental changes, and technological advancements contribute to emotional stress. It is undeniable that the issue of stress is being actively studied not only by psychologists but also by educators, physiologists, and social science specialists.

The first psychological theory on stress was introduced by the Canadian physiologist Hans Selye, who formulated the following principles:

1. All biological organisms possess innate mechanisms to maintain internal balance and ensure the proper functioning of bodily systems. This internal stability is preserved through homeostasis, which is the process of maintaining the body's vital equilibrium.
2. Stressors (strong external stimuli) disrupt the internal balance of the organism. The body's physiological and biochemical adaptive changes depend on the strength of the stressor, its duration, and the physiological and psychological state of the individual or animal. In higher nervous systems, emotions often act as stressors, amplifying the effects of physical stressors.

Many researchers have emphasized psychological stress as one of the most pressing issues of our time. The modern lifestyle, intense work and study schedules, increased flow of information, and various socioeconomic conditions exert significant pressure on the human mind and body. The scientific and theoretical foundations of the stress concept were first established by Hans Selye, who described stress as the body's response to different physical or psychological stimuli.

Psychological stress is an emotional state that remains unrecognized or uncontrolled, directly linked to essential needs, environment, and personal experiences. At the same time, stress is one of the oldest defense mechanisms of humankind, playing a crucial role in responding to danger. However, in today's world, stress factors are not limited to short-term threats but often arise from prolonged pressure, excessive workloads, and social expectations, which have deep and long-term negative effects on the human body.

To understand the causes of psychological stress, it is essential to analyze the contributing factors.

Stress can arise in various situations: excessive workloads at work or school, interpersonal conflicts, family problems, sudden lifestyle changes, or even the rapid transmission of information. For instance, among young people, academic pressure, transitioning into independent life, and peer competition can cause significant psychological distress. Moreover, the portrayal of "perfect lives" on social media serves as a unique stress factor, leading individuals to compare themselves with others and develop feelings of low self-worth.

If these factors persist over a long period, they lead to physiological changes such as muscle tension, increased heart rate, and sleep disturbances. Thus, stress is not merely a mental state but a complex process that affects the entire body system.

To understand the physiological mechanisms of stress, we must examine the roles of the sympathetic nervous system and the endocrine system. In response to a threat or stressful situation, the brain—specifically the hypothalamus—activates and signals the adrenal glands to release catecholamines (adrenaline and noradrenaline). These hormones accelerate heart rate, increase blood pressure, enhance muscle tension, and stimulate the rapid release of energy sources such as glucose.

In short-term stress situations, these reactions help individuals survive by ensuring rapid responses to danger. However, if stress becomes chronic or occurs repeatedly, excessive production of adrenaline, cortisol, and other hormones can lead to various diseases, including cardiovascular problems, weakened immunity, diabetes, obesity, gastrointestinal disorders, and even an increased risk of cancer.

Psychological stress also significantly impacts cognitive processes. It weakens attention and memory while narrowing the ability to think clearly. In high-stress situations, individuals may struggle to make rational decisions due to emotional distress. Psychological theories confirm that stress and emotional fluctuations are strongly interconnected: individuals under stress may experience sadness, anxiety, fear, irritability, aggression, or depression.

Chronic stress also affects social relationships. It can lead to conflicts with family members, misunderstandings in the workplace, and a lack of trust between friends, resulting in feelings of isolation and loneliness, which further exacerbate stress.

Additionally, stress influences an individual's motivation system. Under high pressure, people may lose interest in work or studies and adopt a "give up" attitude. Conversely, some individuals may work even harder under stress, but this can lead to fatigue, emotional instability, nervousness, and sudden outbursts.

Thus, the impact of stress on the body and psyche largely depends on individual characteristics, temperament, social experiences, and available coping mechanisms. Some individuals exhibit high resilience to conflicts and pressure, while others are more vulnerable. Moreover, social support networks—including friends, family, and colleagues—play a crucial role in stress management.

The intensity of stress is also influenced by changes in the perceived norms of interpersonal relationships. These norms are often subjective, and while they may not have precise definitions, they are reflected in thoughts such as "I wish I had more friends" or "No one truly understands me." As a result, individuals who previously had a broad social circle may feel lonely due to even minor reductions in social interactions, leading to increased psychological tension and stress.

Conclusion

Psychological stress is a natural response of the human mind, emotions, and entire body. While short-term stress can sometimes enhance creativity or quick decision-making in dangerous situations, chronic stress leads to severe health issues, psychological disorders, social conflicts, and a decline in overall quality of life. Therefore, learning how to manage stress, applying personalized strategies, taking preventive measures, and fostering social cooperation are essential for every individual.

Effective stress management includes time management, proper nutrition, regular physical activity, emotional and social support, and psychological counseling. Those who can effectively control stress are more likely to maintain their well-being and achieve greater success in life.