

CAUSES AND MANAGEMENT OF STRESS

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Introduction: In modern life, stress has a serious impact on human behavior, performance, health, interpersonal relationships and family relationships. Stress is a state of strong and prolonged psychological stress that occurs in a person when his nervous system receives an emotional load. Stress is currently one of the most frequently discussed problems.

Methodology. While conducting our research and writing the article, we used the following methods at different stages of the study: theoretical analysis of the literature on the topic, comparison, comparison and a systematic and situational approach, and other methods.

Scientific novelty. Considering the importance of applying knowledge in the field of stress management in working structures and industrial enterprises, for the first time in our article we have considered anti-stress means of occurrence, management and overcoming stress in modern life. This is also the first time that the nature of work is taken into account for the use of anti-stress means of labor stress.

Literature review. In stressology, it is considered that a number of biological, social and psychological factors that affect the body very intensively can be considered as stressful. Stressors (factors causing mental stress) can be both negative and positive events, phenomena and factors. Stressor - a requirement for the psyche, pressure. In the characteristic question of a stressor, the role and importance of emotional (pleasant and unpleasant) and cognitive factors are great. The American expert R. Lazarus attaches great importance to cognitive assessments of the stressor. The effects of stress are manifested both on the psychological and physiological levels.

There are three stages of stress manifestation in the literature. This stage is characterized by irritability, inability to make decisions, suppressed anger, inability to concentrate, desire to cry, feeling tired, lack of interests, etc. With prolonged exposure to stressors, the second stage occurs, at which secondary somatic symptoms appear. At the third stage, negative emotions lead to disturbances in the normal functioning of the

body, which at the physiological level are manifested by fluctuations in blood pressure, manifestations of heart and gastrointestinal pain, back pain, headaches, suffocation, visual disturbances, loss of appetite, sleep and sexual dysfunction.

Methodology. The methodological basis of the science of stress management is the scientific ideas known to human civilization about the laws of the development of the surrounding world and socio-economic life and, in particular, about the mechanism of action of economic laws that make it possible to deeply and comprehensively recognize controlled phenomena. As R. Luft wisely pointed out, "the volume of literature on stress was so great that he could throw anyone into stress" (1965). This phenomenon, although it has been studied well enough for a long time, but there are many questions that have not been answered. This understanding is actively discussed not only in medicine, but also in economics, politics, business and education. Moreover, in various spheres of life, unfortunately, it is also sometimes used in medicine in the wrong sense. The concepts of "stress" and "stress effect", "stress" and "stress harm" are often confused. These confusions have not only applied, but also scientific consequences. Back in 1910, about 15 years after Osler, Walter Cannon began using the word "stress" when studying the reactions of "fight and flight" ("fight or flight") :

Almost at the same time, the Canadian scientist Hans Selye took up this problem. He is the author of the theory of stress. [Ababkov, 2004, 65-67] In 1935 H. Selye and T. McCone first used the term "stress". The specific date of the "discovery" of stress by Selye was on July 4, 1936 when his article "the syndrome arising from various damaging effects" was published in the journal "Nature". Later, he described this phenomenon as a "general adaptation syndrome", and, according to Selye, "stress or general adaptation syndrome is a general nonspecific neurohumoral reaction of the body to any demands made to it." Based on the characteristics of Hans Selye and other authors, we characterize this phenomenon as follows: "A set of general nonspecific reactions of the body under the influence of factors that violate homeostasis or threaten it is called stress or stress reaction, the biological purpose of which is to resist the influence of the factor until the development of sustainable adaptation". [Bodrov, 2006, 58-59] Stress is a complex biological phenomenon inseparable from life. How can you live without stress if you live and therefore relate to environmental factors, adapt to the influence of internal and external impulses? "Stress is the life, and life is a stress".

Analysis. Each of us from time to time finds himself in a tense, stressful situation. Interacting with different people and phenomena, we can worry, experience anxiety, get angry, etc. All people experience stress, which is a normal reaction of our body to unusual or dangerous situations. Short-term tension helps us to stimulate our potential, be filled with motives and successfully complete the tasks we have undertaken. But

excessive stress can put people in a "borderline state". This can negatively affect the quality of life and cause physical and mental health problems.

There are various methods of coping with stress, but first you need to understand how it affects your health and life. Overcoming stress begins with finding the cause of the stressor, after which steps should be taken to prevent, eliminate this cause or reduce its impact. Each person is different from the other. For one, a stressful situation may be indifferent to another. The fact that something, phenomenon or situation will cause stress, in turn, depends on various factors: personal characteristics, cultural environment, circumstances related to the past, stage of life, attitude to others, etc.

Some of the most common causes of stress are: relationship problems, illness, conflict, death, pressure related to work or training, the impact of a traumatic event, including physical or emotional abuse, childbirth, financial problems, job loss.

Many causes of stress can be changed, but others are beyond our control. It is necessary to understand which of them are within control and try to change them. For example, if the problem is the uncontrollability of family expenses, it is necessary to draw up a family budget with all mandatory and possible expenses and monitor the project.

In another case, if the source of stress is work, it is necessary to try to understand the causes of tension and anxiety, and the possibilities of their change. You may need to change your working hours, office or job responsibilities.

If the problem comes from a relationship, then you need to take the time and try to resolve all the contradictions. [Grinber, 2002, 21-22]

Sometimes it may be necessary to discuss the causes of stress and ways to overcome it with a friend, family members or a mental health professional. You should never ask for or receive support.

Stressful situations call into question fundamental human relationships and disrupt the ties between family, friends, partners and society. Stressful situations have a primary impact not only on the psychological structure of the self, but also on the system and meaning of attachments that connect the individual and the community. Mardi Horowitz defines a stressful situation in life as something that cannot be compared to the victim's "inner scheme" in dealing with the world. A stressful situation destroys the victim's fundamental ideas about the security of the world, a positive assessment of himself and a meaningful order of creation.

When this connection is destroyed, a person in a stressful situation loses the basic sense of "I". The conflicts of development between childhood and adulthood, which were not resolved in time, open up again.

Stress forces the survivor to revive old battles that encompass autonomy, initiative, competence and identity. Stress management is the only and most important way to guarantee reliable protection against it. It can be applied at the right time:

The basic rule is to lead a healthy lifestyle. Frequent sports, sufficient rest, eating healthy food. In addition, a person easily copes with stress if he lives a balanced life and is part of a group of people who support and help him. Family, friends, employees, and groups unrelated to other work, such as community and religious organizations, help them cope with stress. Personal and work stress is often experienced by those who do not care about their physical and emotional state [Lazarus P. 1970, pp. 41-42]. The attitude to work as a duty and a duty arose in the early days of the formation of civilization. This positive attitude to work was passed down from generation to generation until a new, different society was formed. With the development of society, the attitude to work has also changed. Instead of asking "how will my work affect me?" the question arose, "how will the work affect me?". Work, considered a means of improving society, has gradually replaced work that improves our personal status and raises the standard of living. And since stress in the workplace has become a common phenomenon, its elimination by changing work habits, working conditions and labor relations should become the main element of the universal fight against stress. Of course, people can and should cope with stress on their own. But the best modern organizations have a good feature. They help their employees cope with stress and increase productivity. In modern conditions, staff care is becoming both a practical and ethical norm. Support at least may consist in the fact that the organization provides employees with breaks and rest days. Many companies offer employees advice from specialists on proper nutrition and subscriptions to visit sports centers. Some go further and strive to maintain a balance between work and personal life. They introduce flexible working hours and allow you to work outside the office, organize kindergartens, gyms, dry cleaners and laundries on their territory. Employees consider a permanent flexible schedule to be a more effective practice when an employee can work at a convenient time for him. [Selye, 2007, 13-14] For example, it is allowed to go early from work to go shopping with older parents, or take a free day to attend a child's performance at school. Thus, almost any work situation can be a potential source of stress. Our understanding of working conditions determines how stressful the situation will be for us and will lead to stressful symptoms.

Conclusion: Finding ourselves in situations where there is nothing we can do or change to eliminate certain stressful work factors, it is necessary to resort to exercises that will change behavior and attitude to these factors. It is also necessary to study the discharge and time distribution systems. Stress at work should be considered as just a kind of stress. It must be remembered that regardless of the type of stress, the identification of symptoms, the identification of their causes and the definition of specific

goals to eliminate these causes are the main stages of anti-stress drugs. Thus, such initiatives help employees cope with stress, increase productivity and quality of life, increase job satisfaction and commitment to the organization.

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Gayane SARGSYAN, Tatevik VERDYAN, Lusine HARUTYUNYAN **Causes and management of stress**

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The article discusses the causes of stress, its negative consequences and ways to eliminate and manage it. The relevance and usefulness of the article is conditioned by the above. Thus, let's talk about the universality of the phenomenon we are studying, that is, regardless of gender, age, profession, people respond to stress through the body's ability to adapt and rebuild. In a changing environment, the body's mental adaptation system, like any operating system, is a collection of relatively tightly connected subsystems. In addition. We can also conclude that a person's resource of adaptation, as a biological feature of his organism, has no pronounced gender-ethnic, ethnic, professional differences, which allows us to view stress as a universal mental manifestation. As he's article, we talked about stress management, stabilization measures that everyone can use to avoid stress and aggravation, through which they can cope with work stress, make their daily work more productive and useful. The scientific novelty we put forward was that, taking into account the importance of applying stress management knowledge in enterprises, for the first time in our article we studied the anti-stress means of creating, managing and overcoming stress in modern life. This is the first time that the nature of work has been taken into account in the use of anti-stress measures.