

## Theoretical Basics of the Problem of Emotional Stress in Adolescents

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### ABSTRACT

*Today, the world education system pays special attention to the training of highly qualified and competitive personnel. In the current era of globalization, the main goal of the higher education system is to provide students with knowledge based on the requirements of a new innovative environment, to develop social and psychological factors for self-development in them, and in this way to improve their voluntary mechanisms. remains.*

The socio-economic conditions that are developing all over the world, urbanization processes, the increase in the number of people in cities, various information related to globalization increase the emotional tension in a person, as well as the behavior of a person in managing his actions and managing their development. showing its effect in establishing a balance between the forms. This process is clearly observed when some students-young people commit aggressive actions characterized by irritability, impulsivity, inability to control their actions. Therefore, the need to research psychological mechanisms related to self-control among students is increasing, because a person's ability to control his own situation, self-control in various situations is his personality. is important in determining the social and psychological perspectives of quality.

The urgency of the problem is determined by the insufficient level of research related to self-management among students and youth in the context of this study.

Consequently, the analysis of psychological and pedagogical literature showed that scientific works devoted to the problem of self-management of the individual are not sufficiently researched today. Nevertheless, certain aspects of this problem have been studied by well-known Russian scientists. In particular, the theoretical and methodological aspects of self-management in mental states V.S. Sosnovikova, Yu.I. Filimonenko, I.I. Chesnokova; mental states of students and teachers during the educational process G.N. Gening, A.V. Plekhanov, A.F. Safarova; aspects related to self-management of the subject in professional activity, extreme situations B.A. Vyatkin, Yu.A. Golikov, L.G. Dikaya, A.N. Kostin, A.B. Leonova, V.I. Melnikov, I.Kh. Mirziev; aspects related to self-management in order to train personnel and eliminate stressful situations in the workplace; G.S. Nikiforov, T.S. Chuikova; Aspects related to important methods and principles of self-management, Ye.M. Konoz, V.I. Morosanova; G.Sh. Gabdreva, Yu.A.Mislavsky, A.K.Osnisky, A.O.Prokhorov interpret aspects of self-management related to the age problem in their own scientific methods.

Today, there is a clear lack of excellent research on the problem of self-management. This requires a more in-depth study of specific social-psychological mechanisms related to this problem.

Uzbek scientists E.G'.G'oziev, G'.B.Shoumarov, Sh.R.Baratov, Z.R.Ibodullaev, V.M.Karimova, A.M.Jabborov, Z.T.Nishonova, N.S.Safoev, D.G'.Mukhamedova, R.S.Samarov, E.M.Mukhtorov, Scientists such as N.I. Khalilova, R.I. Sunnatova, K. A. Ruxieva, F. I. Haydarov conducted appropriate scientific discussions on a specific aspect of the problem of self-management. However, in the above scientific researches, the problem of self-management, which appears during the student period, was not studied as a special research subject.

The most characteristic emotional state that develops under the influence of extreme conditions in human life and activity is stress. Stress is complex in nature and has personality, psychophysiological, and social aspects. Research aimed at finding effective strategies for coping with stressful situations is extremely relevant today. Successfully overcoming stressful situations and reducing its negative effects to a minimum level is recognized as one of the important skills of every person.

In the current era, there are complex mechanisms of expression and emergence of emotional states of teenagers, specific characteristics, laws, behavioral motives. Nowadays, the issue of the fate of teenagers has become very serious. Adolescence is characterized by imitability, the lack of formation of an important point of view, emotionality, courage, and tact. Therefore, it is necessary to pay special attention to teenage boys and girls who are susceptible to external influences.

As a result of the development of science and technology, the culture, art and literature, socio-economic conditions are changing, the level of awareness of teenagers has increased due to the expansion of the mass media, boys and girls are aware of world events, nature and adequate awareness of society's laws is a sign that great changes are taking place in the development of the adolescent personality. Factors such as the need for a special approach to ideological-political, patriotism and international education in working with adolescents, the problems of transparency, social justice, and democracy that are deeply penetrating social life require special attention to the problem of adolescents. Accelerating their physical and mental maturity, creating opportunities for independent learning, creative thinking, self-management, understanding, evaluation and control for students is of great importance in the formation of the adolescent personality.

Adolescence is the transition from childhood to adulthood. With a sharp change in mental processes in a teenager, changes are felt not only in mental activity, but also in emotional states. Therefore, there are definite changes in interpersonal relations, in the behavior of adults and teenagers. Difficulties arise in the process of these changes. His perception of his own value, his attitude to things and events begins to move away from rationality, he does not like to explain certain information. Serzardism becomes an integral part of daily behavior. Such changes in the behavior of a teenager cause great concern and nervousness to an inexperienced teacher or parent and change their attitude towards the student. As a result, disagreements, misunderstandings, conflicts arise.

What is the driving force behind adolescent mental growth? The force that drives the mental growth of a teenager is the manifestation of the system of contradictions between the new needs that created his activity and the possibilities of their satisfaction. These dialectical contradictions occur between forms of reflection of the external world, stabilized and stereotyped, with increasing physical, mental and moral capabilities. Conflicts and contradictions that have arisen can be gradually eliminated by forming new psychological qualities in the adolescent personality by complicating emotional stress and types of activities. This period ends with the rise of a person to a higher level of maturity. Adolescent generalization, judgment and inference, abstraction, establishment of internal relations between objects, understanding of important laws, regularities, properties, characteristics, mechanisms and concepts, voluntary attention, sustained interest, conscious motive and logical requires memorization. All this creates a system of knowledge about subjects, forms practical skills, and includes features such as self-control, self-evaluation, and understanding.

Today's teenagers have physical, mental and political advantages over their predecessors. Sexual maturation, socialization process, mental growth are manifested earlier in them. Therefore, boys and girls from 10-11 to 14-15 years of age are considered teenagers. So, from the information presented above, we can understand that researching the emotional sphere of adolescents is important not only in the process of their education, but also in optimizing the processes of their interpersonal relationships in the family.

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