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SCIENTIFIC APPROACHES TO THE FORMATION OF STRESS RESISTANCE

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Abstract: The article explores various scientific approaches to understanding and developing stress resistance in individuals. It examines genetic, psychodynamic, systemic, conflictological, and integrative theories that explain the mechanisms of stress formation and adaptation. The study emphasizes that resilience to stress depends on hereditary, psychological, and social factors and highlights the importance of self-regulation and decision-making processes in coping with stressful situations.

Key words: stress, resilience, psychological stability, psychodynamic theory, integrative approach, self-regulation, adaptation.

Annotatsiya: Maqolada stressga barqarorlikning mazmuni va uni shakllantirishga doir turli ilmiy yondashuvlar tahlil qilingan. Unda stressning yuzaga kelish va unga moslashuv mexanizmlarini yoritadigan genetik, psixodinamik, tizimli, konfliktologik hamda integrativ nazariyalar ko'rib chiqiladi. Stressga bardoshlilikning irsiy, psixologik va ijtimoiy omillarga bog'liqligi, shuningdek, stressli vaziyatlarda o'zini o'zi boshqarish va qaror qabul qilish jarayonlarining ahamiyati ta'kidlanadi.

Kalit so'zlar: stress, stressga barqarorlik, psixologik barqarorlik, psixodinamik nazariya, integrativ yondashuv, o'zini o'zi boshqarish, moslashuv.

Аннотация: В статье рассматриваются различные научные подходы к изучению и формированию стрессоустойчивости личности. Анализируются генетическая, психодинамическая, системная, конфликтологическая и интегративная теории, объясняющие механизмы возникновения стресса и адаптации. Подчеркивается, что устойчивость к стрессу зависит от наследственных, психологических и социальных факторов, а также от процессов саморегуляции и принятия решений в стрессовых ситуациях.

Ключевые слова: стресс, стрессоустойчивость, психологическая стабильность, психодинамическая теория, интегративный подход, саморегуляция, адаптация.

INTRODUCTION

The scientific approach to the problem of stress is one of the important and topical directions in psychological science. This is because stress directly affects almost all aspects of human life – from physiological state to social relationships, work activity, and personal development. Therefore, an in-depth study of stress, analysis of its mechanisms, and development of effective strategies to counteract it are regarded as central issues of modern psychological research.

In the study of this phenomenon, various scholars have proposed a wide range of approaches, theories, and models. Each of these approaches aims to highlight a particular aspect of stress, explaining its causes and the psychological and physiological consequences that follow. From this perspective, it becomes necessary to analyze and systematize the different contemporary concepts that explain stress and resilience to it.

BASIC PART

The genetic theory emphasizes the role and significance of hereditary factors in resistance to stress. According to this approach, a person's physical, biological, and physiological characteristics – that is, their genotype – are among the main factors determining an individual's endurance or vulnerability to stressful situations. In other words, some people may be inherently more resistant to stress, while others, due to the sensitivity of their nervous system or specific physiological reactions, are more prone to the negative effects of stress.

Similar in many respects to the above, the stress predisposition concept emphasizes the interrelation between heredity and environmental factors, suggesting that their interaction may intensify stress responses. In this view, the focus is on the individual predisposition of the organism to react to stressful influences.

Psychodynamic theories of personality have served as a theoretical and methodological foundation for the formation of conceptual approaches explaining the origins and mechanisms of stress. As in Freud’s basic theory, the idea of anxiety and its role in the emergence of all reactions – including stress – takes precedence [1]. Proponents of this model identified signal anxiety as a response to impulses arising within the individual as a result of libido or aggression. The main function of this anxiety is to signal danger and react to traumatic tension.

The interdisciplinary model of stress is based on the universality of stimuli that trigger anxiety and multilevel reactions (from physiological to behavioral). These stimuli can both cause pathological changes and stimulate the development of regulatory systems that contribute to constructive adaptation.

Within the framework of conflictology, stress is understood as the result of continuous and diverse interactions between the individual and the socio-cultural environment, which forces the person to constantly adapt to the norms of mutual relations and behavior. Researchers in this field also systematize the conditions that may either intensify or minimize tension, such as ensuring justice, protection, and personal rights and freedoms.

From the perspective of the systemic approach, the phenomenon of stress is studied broadly. Stress determinants are interpreted as a mismatch between the real state of affairs, shaped under the influence of stimulating factors and normative values, and the individual’s needs [4]. The specific impact of this discrepancy contributes to the formation of the individual’s integral self-regulation processes and mechanisms.

Today, integrative approaches to studying stress are being actively developed. Within these concepts, the idea that decision-making is required in response to a challenging situation comes to the forefront. The process of solving a problem may itself generate tension and stress. The level of stress and the development of distress depend on the individual’s ability to find and implement an effective solution to the given problem [3].

In this concept, the development of stress involves the integration of five components represented by external stimuli. These components interact dynamically in responding to external factors and resolving emerging challenges. According to the integrative model, such components include: human resources, personal energy potential, unpredictability of the problem, adequacy of psychological and physiological responses, and the chosen type of response (defensive or aggressive) [3].

It should be noted that modern scientific studies have systematized the available empirical data by analyzing the degree of post-stress consequences, their dynamics, the conditions of their formation, and the determinants influencing them [2]. As a result, correlations between the course of stress and individual-typological personality traits have been identified. It has been scientifically concluded that the intensity of stress factors directly influences the severity of stress experiences. This finding substantiates the need to apply the theoretical modeling of stress not only in research but also in the practice of psychological assistance.

CONCLUSION

In conclusion, stress can be defined as the individual’s response to unexpected situations. If a person possesses characteristics that enable them to withstand external influences, the situation does not escalate into a problem. The set of such characteristics is expressed by the category of resilience to stress.

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