

THE IMPACT OF OCCUPATIONAL STRESS ON AN INDIVIDUAL'S MENTAL STATE

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Abstract: Occupational stress has a direct impact on an individual's mental state. Excessive workload, time pressure, responsibility demands, social conflicts, and high expectations from management reduce psychological stability, leading to fatigue, irritability, and decreased motivation. Effective stress management includes personal strategies such as breathing exercises, meditation, and planning, as well as workplace measures such as motivation, social support, and training programs.

Keywords: stress, occupational activity, mental state, coping strategies, work environment.

ВЛИЯНИЕ ПРОФЕССИОНАЛЬНОГО СТРЕССА НА ПСИХИЧЕСКОЕ СОСТОЯНИЕ ЧЕЛОВЕКА

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Аннотация: Профессиональный стресс оказывает непосредственное влияние на психическое состояние человека. Чрезмерная рабочая нагрузка, дефицит времени, высокая ответственность, социальные конфликты и завышенные ожидания со стороны руководства снижают психологическую устойчивость,

приводя к утомляемости, раздражительности и снижению мотивации. Эффективное управление стрессом включает как личные стратегии, такие как дыхательные упражнения, медитация и планирование, так и меры на рабочем месте, включая мотивацию, социальную поддержку и обучающие программы.

Ключевые слова: стресс, профессиональная деятельность, психическое состояние, стратегии преодоления, рабочая среда.

KASBIY STRESSNING INSON RUHIY HOLATIGA TA'SIRI

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Annotatsiya: Kasbiy stress insonning ruhiy holatiga bevosita ta'sir ko'rsatadi. Mehnat yuklamasining ortiqligi, vaqt bosimi, yuqori mas'uliyat talablari, ijtimoiy nizolar va rahbariyat tomonidan qo'yiladigan yuqori talablar psixologik barqarorlikni pasaytirib, charchoq, asabiylik hamda motivatsiyaning susayishiga olib keladi. Stressni samarali boshqarish nafaqat nafas mashqlari, meditatsiya va rejalashtirish kabi shaxsiy strategiyalarni, balki ish joyidagi motivatsiya, ijtimoiy qo'llab-quvvatlash va trening dasturlarini ham o'z ichiga oladi.

Kalit so'zlar: stress, kasbiy faoliyat, ruhiy holat, moslashuv strategiyalari, ish muhiti.

In professional terminology, stress is interpreted as a force that causes strain in the body and disrupts its internal balance. In biology and medicine, stress is considered a process of the human body adapting to external factors, workload, changes, and various demands. This adaptive mechanism becomes active when a person is exposed to physical trauma, toxic substances, or extreme heat or cold. However, stress is not limited to physical factors alone; psychological and social causes also

play a significant role. For example, pressure from supervisors, the recurrence of unpleasant memories, being forced to perform tasks beyond one's capabilities, or concerns related to work and family life can trigger stress.

During the process of adaptation, a common feature uniting all situations is internal activation and tension. This condition is defined as stress. Stress is the body's natural response to external influences and excessive workload. A certain level of stress is necessary in human life, as it keeps the body in a constant state of readiness. Sometimes this activation increases due to clear reasons, while in other cases it may intensify even without obvious causes.

The level of stress directly affects the aging process of the body. The stronger the tension, the faster internal processes accelerate and energy reserves are depleted. This can be compared to a burning candle: the stronger the flame, the faster the candle melts. Of course, a certain amount of energy is necessary for life activities, but the problem lies not in the presence of stress itself, but in its excessively high level. Stress levels can change even within a short period, depending on environmental influences and the general condition of the organism.

In some cases, it is difficult to determine whether stress is beneficial or harmful. For instance, consider an athlete who wins a competition or a manager who is promoted to a high position. Although they achieve their goals, this often occurs at the cost of significant mental and physical strain. Psychologically, prolonged exposure to such conditions may lead to problems in personal and family life. From a medical perspective, long-term stress increases the risk of muscle injuries, hypertension, and cardiovascular diseases.

Occupational Stress

Work-related stress is a significant factor affecting human health and quality of life. For example, in an effort to increase productivity, work processes may be divided into smaller tasks and conveyor systems introduced. Such changes can negatively affect the social environment of employees and contribute to the development of stress and various illnesses.

New working conditions may be perceived negatively by some employees. If a worker previously performed complex, skill-demanding tasks, simplified duties may lead to dissatisfaction. Previous negative experiences can also hinder adaptation to new conditions. Additionally, hereditary factors may increase an individual's sensitivity to stress.

As a result, employees under psychological pressure may develop harmful habits, experience increased blood pressure, or remain in a constant state of nervousness. If these conditions persist, they may become chronic problems such as alcoholism, chronic hypertension, or persistent anxiety. These negative processes intensify work-related and family conflicts and seriously harm health. Consequently, the risk of stroke, workplace accidents, or even suicide may increase. Such outcomes clearly demonstrate the strong influence of environmental factors on human behavior, physiological, and social well-being.

Just as moderation is essential in every field, balance is crucial in occupational activity. Unfortunately, many people do not pay sufficient attention to this issue. The family environment plays an important role in reducing work-related stress. There are several effective measures for preventing stress, which can be implemented at both individual and organizational levels.

Individual Measures:

Effective time management: planning tasks, setting priorities, and avoiding excessive workload.

Rest and recovery: sufficient sleep, physical exercise, sports, and spending time in nature.

Strengthening psychological resilience: meditation, breathing exercises, stress management techniques, and developing positive thinking.

Social support: communicating with family members and colleagues, sharing problems, and seeking advice.

Maintaining work–life balance: establishing clear boundaries between work and personal life and organizing leisure time properly.

Organizational and Workplace Measures:

Improving working conditions: adapting workload and task complexity to employees' qualifications.

Developing a positive social environment: fostering open communication, fairness, and constructive feedback.

Stress-management training: organizing seminars and training sessions on coping with stress.

Implementing support systems: providing access to psychologists, counselors, or mentors.

Motivation and incentives: recognizing and rewarding employees' work.

Conclusion

In conclusion, occupational stress poses a serious risk to an individual's mental and physical health. Managing and preventing stress through coordinated personal and organizational measures enhances work efficiency and ensures psychological stability. Through effective stress management strategies, individuals can maintain a balance between work and personal life and lead a healthy and productive lifestyle. There are various methods to alleviate stressful situations, which can be explained and applied in different forms.

A training schedule aimed at increasing employees' resilience to work-related stress, strengthening psychological stability, and applying effective coping strategies is presented in the table above.

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