

UDC 159.59

FEATURES OF STRESS IN ADOLESCENCE AND ITS PREVENTION

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Annotation: This article describes the features of stress in adolescence. The causes of stress and the practical application of the mechanisms by which the body itself can resist the development of stress and its consequences are given. Alongside with the characteristic of teenaging we give the ways of preventing stress in the modern conditions. Some important methods of prevention are given in the article.

Keywords: stress, adolescence, stress resistance, person, relationships, teenagers

In the modern world every person is subject to physical and mental overload. Every day people are faced with the complexity and variety of tasks to be solved in conditions of time scarcity and an abundance of information, which is why they are affected by negative emotional states. Teenagers and young people are more susceptible to stress than other age groups of people. The sources of adolescent stress are both physiological changes in the body, and the search for individuality that has begun, tests, exams and parental pressure, self-doubt, etc.

Stress is an integral part of human existence. We experience this state when we speak to an audience at a meeting, when we feel increased irritability or insomnia during an examination session, or a conflict in personal relationships.

Stress occurs in interaction with the environment from which the threat emanates. Stress is a common everyday phenomenon. Even everyday activities can create it. In many ways, stress depends on how we perceive it. Whether events will disturb us depends on how we evaluate them. Some of the stresses we experience come from the environment. Environmental factors that cause stress can be noise, pollution, heat, a large crowd of people. We create many of our daily stresses ourselves.

Adolescence is a time when the psyche completely changes; it is a period when teenagers gradually transform into adults. And if during this period they are experiencing serious stress, they have little chance of becoming a harmonious, open and friendly person. Surely, the consequence of a stressful state in adolescence will be some kind of inferiority complex, isolation or phobia.

This age is the most difficult period in a person's life. This is a time when all feelings are sharpened: if you love, then with all passion; if you hate, then with all anger; if you are friends - with all your soul. Therefore, any conflict, the most insignificant misunderstanding can turn into a real emotional drama for an impressionable teenager. That's why teenage stress is quite a common phenomenon, almost mandatory.

The cause of stress in adolescence can be both a really serious nuisance and a minor grudge against a loved one. By far, the strongest teenage stresses happen when they are faced with a situation of danger or violence. Stress for this reason is typical for people of any age, but they leave the deepest mark on the psyche of a teenager.

The most common causes of stress in adolescents are:

1. Changes in the body that occur as a result of physiological maturation. If changes occur earlier or later than meets, the likelihood of stress increases;
2. Conflicts with peers, moral, physical pressure, cruelty, violence, the allocation of groups;
3. Separation from close friends, for example, due to a change of residence, school;
4. Quarrels between parents, other difficulties in the family;
5. Unrequited love. It often seems to teenagers that first love is a lifelong feeling, and without an object of love, existence has no joy and meaning;
6. School problems. Often grades seem unfair, teachers' and parents' demands are overstated.

Stress is a dangerous phenomenon for a teenager. To prevent immersion in a stressful state or to start fighting stress in time, you need to be especially attentive to yourself.

To master stress management skills, you need, first of all, to form your own constructive attitude to stress. Most people consider stress to be a torture that they would like to avoid. And this is the biggest obstacle on the way to mastering stress management methods. It is impossible to avoid stress. The founder of the doctrine of stress, Hans Selye, said that stress does not happen only in the dead. As long as we live, strive for something, achieve something - we will experience stress. He is the taste and aroma of life. Stress needs to be managed - this outstanding scientist urged, citing methods of stress management.

The path to mastering stress management methods begins with the intention to become such a manager. To live a day without losing the energy concentrated in yourself is a task that turns life into an exciting game. The usual reaction of a person to an uncomfortable situation: "well, when will it end?", "I can't do this anymore!", "my eyes wouldn't see you!", etc.

The position of someone who is ready to develop invulnerability is a movement towards, the excitement of the struggle: "I wonder what kind of situation today will throw me to test my capabilities?" Many studies show that a person reacts positively to stress only if he is able to treat stressful events as a challenge that rewards effort. Speaking about stress management methods, it is useful to think about the positive aspects that can be extracted from most stressful situations. When a person manages to realize this ability in practice, he overcomes the biggest obstacle on the way to gaining resistance to stress. The ability to transform a negative into a positive is a kind of culmination of stress management methods. Having learned to control unpleasant situations in which we unexpectedly find ourselves, we turn them into an exciting and valuable life experience, automatically believing that it allows us to demonstrate our best qualities and makes our life more productive and fulfilling.

Thus, your choice is as follows: will you let events get the better of you or will you control them yourself and, accordingly, will be able to accept stress as an opportunity that can be used effectively. This adjustment of the attitude to stress is the first principle underlying stress management methods.

The second principle of stress management methods is awareness of the very nature of stress. According to the definition given by Hans Selye, stress is an ancient, evolved reaction of the body in response to extreme, threatening impacts. The key word here is "reaction". That is, it is not what is happening, but how we react to what is happening. Different people may react differently to the same situation. Therefore, whether stress occurs or not depends only on the person himself. Therefore, one of the methods of stress management is self-management in stress.

The third principle is as follows: in order to be able to manage yourself, it is important to decide to take responsibility for everything that happens to you. And this means giving up the pleasant opportunity to blame external circumstances for the current situation, and get out of the image of a compassionate victim. There are many, at first glance, reasonable explanation for my life is not going the way we would like.

Stress is an inevitability that we should be aware of and always remember. Stress can be anticipated. It is necessary to prepare for his arrival and try to cope with him as fast as possible. To avoid stress, we must patiently prepare ourselves for difficult life situations that will occur in school, at work and in personal life.

Teenage stress is one of the most difficult trials, but do not worry too much about it, because it has already been passed before us. Billions of people at one time are subjected to the difficulties of adolescence, and successfully saved with it. In case of difficulty, it is necessary to seek help. Relying on specialists or people who have already learned how to cope with stress, it will be easier to imagine a way to overcome their own adversities.

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