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PREVENTION OF STRESS IN ADOLESCENCE

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Annotation: This article describes the features of stress in adolescence. It tells about the causes of stress and methods of prevention.

Keywords: stress, teenagers, stress tolerance, problems.

Human life and activity in the socio-economic and production conditions of modern society is inextricably linked with the impact on him of adverse environmental, social, professional and other factors, which is accompanied by the emergence and development of negative emotions, strong feelings, as well as overexertion of physical and mental functions. The most characteristic mental state that develops under the influence of extreme conditions of life is stress. Stress homeostasis, as well as the corresponding state of the nervous system of the body (or the body as a whole. Thus, this definition reflects the fact that the body reacts to each requirement of the environment with a special tension. Stress is perceived as happening and occurs at the moment of the strongest reaction that gets out of control. The problem of stress lies in the fact that such a manifestation can be expressed extraordinary, restrained or not manifested at all. At the same time, stress is one of the most common causes of trouble, suffering and failure of any person, because the modern lifestyle is a constant rush, nerves, emotions. Hans Selye emphasized that there is no need to be afraid of this, stress is an indispensable component of human life. It can both reduce and increase the body's resistance. Stress is manifested both in love and in creativity, of course, bringing pleasure and protecting from blows. Joy, of course, in exceptional cases, leads to tragic

consequences viyam, in most cases it stimulates to life. Adolescence is a time of fundamental biological and social changes, which makes this period especially vulnerable to stress and frustration, and coping with them becomes one of the central processes in the formation of personality. Coping strategies reflect the psychological situation of a teenager and have a significant impact on his mental health. Maladaptive coping strategies, preference for avoidance, and deficits in problem-focused behavior are significantly more common in adolescents with suicidal and self-injurious behavior than in peers. Preferable patterns of coping are most actively formed just in adolescence, which makes this life stage sensitive to the conscious and unconscious choice of those methods that will be consolidated in the future. Thus, a number of specific coping patterns characteristic of adolescents with deviant and anti-vital behavior - avoidance, focusing on negative aspects and experiences, renunciation of one's desires, denial - can be traced in strategies.

From the age of twelve, the child's body learns to cope with the storm of hormones, which is often manifested by psychological suffering and even physical ailment. Parents of a teenager are obliged to teach him to control emotions, manage them, which guarantees the formation of a holistic and harmonious personality.

If we single out the most common causes of teenage stress, then they will most likely be as follows: dissatisfaction with one's physical data (weight, height, appearance, clumsiness, weakness, etc.); the situation in the family (quarrels, violence, death of a loved one, divorce, fights, alcoholism); relationships with classmates and teachers (competition, excessive demands, school change, academic failure, lack of friends); love (both reciprocal and unrequited); dangerous hobbies (introduction to various subcultures, drugs, alcohol). A prolonged stay in such a psychological state for a teenager is fraught with serious problems, so parents should know how to relieve stress in a child and return him to normal life. In order to try to eliminate the state of stress in a teenager, there are a number of ways.

1. It is necessary to create an atmosphere of openness and trust in the house. The child should know that he can turn to his parents for help and advice at any time.

2. It's good if a teenager has some kind of hobby. Scientists have proven that teenagers who have hobbies are less likely to experience stress, they are less likely to pick up bad habits. But if the child gets very tired while studying in two or three circles, then it may make sense to leave classes in any of them, due to a possible overload of the body, with the benefit of the most interesting and promising for later life.

3. It is necessary to control the time spent by the child at the computer. Compliance with the norm will help you sleep better, go to bed on time, and be less tired. The norm of sleep in adolescents is 8-10 hours. It is during this time that the body is able to fully recover. Chronic lack of sleep leads to decreased performance, chronic fatigue, and hence irritability and weakened immunity.

4. It is important that optimal physical activity is present in the life of a teenager. In combination with a change of scenery, movement harmonizes the psyche, neutralizes the effects of stress, and helps to calm down. Trips out of town, picnics, excursions, outdoor games, sports sections will not only relieve stress, but also help you find new friends.

5. Parents need to be a personal example of optimism and calmness for the child. If you yourself perceive life's problems without unnecessary excitement and panic, then your child will copy the same attitude to problems. Teach children from childhood to maintain a positive attitude and see the positive in every difficult situation.

6. It is necessary to celebrate the success of the child, to praise him in new achievements.

7. If you make a remark to a child, then scold his act, and not him.

8. You should not sort things out in front of children. They take even the slightest conflict in the family to heart. What can we say about such a family drama as divorce. Most of these preventive measures are quite effective. But if a

teenager is already stressed and the proposed options do not help, then you can turn to a school psychologist to achieve an integrated approach to dealing with stress.

It should be noted that stress among adolescents is a fairly common occurrence and requires special attention from parents and specialists, both educational institutions (teachers-psychologists, social educators), and specialists from psychological centers who are always ready to provide qualified assistance in a timely manner. Stress in adolescents is a threatening factor in their development, socialization and adaptation, especially in adolescence, when each problem has a particularly acute effect on the child's psyche.

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