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**СТРЕСС И ЕГО ВЛИЯНИЕ НА ОРГАНИЗМ ЧЕЛОВЕКА**

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**Аннотация**

**Введение.** Все больше людей подвержены влиянию стресса из-за высокого уровня тревоги в их жизни. К сожалению, в наше время практически все страдают от этих неудобств. Возможно, население даже не догадывается об очевидных причинах, которые могут повлиять на их здоровье. Данная статья была выбрана для публикации, потому что эта тема актуальна в современном обществе. **Цель исследования** - выявить некоторые факторы стрессовых ситуаций, которые оказывают негативное влияние на организм человека, объяснить гражданские меры защиты и как остаться с ненарушенным психическим здоровьем. **Материал и методы.** Был проведен анализ среди российских студентов и особенно среди иностранцев, используя следующие методы – это анализ литературных источников, опрос, анкетирование, обобщение и сравнение полученных результатов. Исследование проводилось с 2021 по 2022 год. **Результаты.** Каждый человек страдает от своего стресса по-разному, хотя есть один факт, который объединяет людей - это тревога и ужасное психологическое состояние в деструктивные моменты. Тем не менее, практически никто не может сказать, что эти неприятности произошли из-за

стресса, в результате чего такие ситуации становятся для них обыденными. В результате проведенного исследования среди российских и иностранных студентов были выявлены особенности. Проблема стресса актуальна для студентов. Они нуждаются в поддержке и специальных знаниях по преодолению стресса. **Выводы.** Необходимо быть готовым к различным стрессам и стараться не быть восприимчивым к любым способам. В любом случае, стресс никогда не покидает нашу жизнь, однако у каждого человека есть возможность запретить, уменьшить или устранить степень стресса.

**Ключевые слова:** стресс, психическое здоровье, влияние, население

## **STRESS AND INFLUENCE ON THE HUMAN BODY**

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### **Abstract**

**Introduction.** More and more people are affected influence due to the high level of stress in their life. Unfortunately, nowadays, almost everybody suffers from these inconveniences. Probably, the population does not even guess about obvious causes which may have impact on their health. This article was selected for publication, because this topic is actual in modern society. **The purpose of the study** to identify some factors about the stressful situations that have an atrocious effect on a human body, to explain civil measures of protection and how to remain with undisturbed mental health. **Material and methods.** An analysis was conducted among the Russian students and particularly among the foreigners, using the following methods - is the analysis of literary sources, survey, questionnaires, summarizing and comparing the results obtained. Research has been conducted from 2021 to 2022. **Results.** Each person suffers from his/her own stress differently, although there is one fact which unites people is anxiety and terrible psychological state in disruptive moments. Nevertheless, almost nobody could say that these troubles happened due to stress, as a result such situations become ordinary for them. As a result of the research work conducted among Russian and foreign students the peculiarities were revealed. The problem of stress is relevant to students. They need support and special knowledge on overcoming stress. **Conclusions.** It is necessary to be ready for variety of stress and try not to be susceptible to any ways. Anyway, stress never abandons our life, however each person has an opportunity to prohibit, decrease or eliminate degree of stress.

**Keywords:** stress, mental health, impact, population

## **INTRODUCTION**

For a start need to explain the determination of stress. Stress is not a specific reaction of a human body on the forceful psychological or physical intervention, it is an answer of your nervous system. The interesting fact is that a causative agent of some infections could be an excessive level of stress. Demonstration of imposing things ought to recognize each worried person.

Stages of stress: [1]

Mobilization is an increase in hormones like as adrenaline and cortisol, high blood pressure, breath without suffocation, a person feels a vast level of energy. There is an excess in heart contraction frequency.

Resistance - is stage enhances disappearance the first shock, nevertheless, psychic health is still stiff.

Depletion is when the human body feels destroyed. Physical and emotional resources have accomplished.

Types of stress: [2]

Eustress- is a «gleeful», deliberately type. Motivation and increased efficiency appear. A person does not feel petrified mentally and physically, has gone fear. It is a positive pressure of stress.

Examples: labor, birthday, wedding, admission to the university.

Distress - is disruptive. Perhaps, chronic symptoms: an acute failure of the whole health. Humans cannot adapt to the surrounding world, the muscles feel stiff. Thus, people are more evocative of negative moments and their reaction spotlessly understandable for others. This type of stress triggers the most diseases.

Examples: negotiation with enemies, unemployment, sleeping problems.

Causes of stress:

Causes of stress may be physical and psychological. However, independently of these causes, stress will pass the same and in some moments simultaneously with destruction personality component.

Considering that, nowadays, the problem of stress is actual for everybody, especially for teenagers. Therefore, people should save their psychological health from adolescence.

**The purpose of the study** is to examine stressful situations of anxious people, achieve results which will have demonstrated public problems.

## **MATERIAL AND METHODS**

Description of research. We have created some methodical examination: questionnaire among the students, «Limit of the personal anxious expression», «My family». These techniques make it possible to diagnose emotional wellness, general psycho-emotional state, orientation to one's place in the team. After analysis, we used materials from psychological and socionic books [1] and discussed the problem of stress with the psychologist. [1]

## **RESULTS**

«Limit of the personal anxious expression».[4]

Personality anxiety is an individual characteristic that reveals a person's predisposition to anxiety and suggests the presence of a tendency to perceive a fairly wide range of situations as threatening, responding to each of them with a particular reaction. It is activated by the perception of certain stimuli that a person perceives as a person sees as dangerous to self-esteem and self-respect.

This method was practiced by the students of 10 grades. 15 teenagers (approximately 50 percent) have the enormous level of the anxious reaction, 12 people (40 percent) have the average level, 3 humans (about 10 percent) have the low level.

«My family». [3]

This is one of the most ancient methods among the others. The results of analysis: the most famous and typical situation is when the mother acts as the general person (like a boss) in the family; the next situation is when the father acts instead of the mother (opposite case). Comparing these results we comprehend that in general families the first way is followed.

Questionnaire.

I have made 3 requests for different nations (the Russian, the Italian, the French, the Mexican).

Questions:

- 1.How often do you have experience in stressful situations?
- 2.Which ways assist you to achieve success in this situation?
- 3.Who may give you a hand in such conditions?

Stressful situations happen almost once or twice a week (cases could be as psychological as physical, nevertheless, they always disturb mental health)

Some Mexicans try sleep more and drink water with ice. People tend to become introverts and be reserved in other things.

One of the most popular habits in the Italian society is eating tasty meals and drinking alcohol, dancing. This nation considers stressful accidents can be avoided by relaxing.

According to the poll the French population tends to be upset more often and, moreover, have not any support. They solve the most problems by themselves.

Questionnaire shows, the Russian get aware of stress at the age of 10, stay in these situations almost every day, overcome triggers when hanging out, doing sport, becoming introverted, however, the most say that due to family and friends everything gets over better.

In Conclusions, all people suffer from stress differently: the Russian face with stress more frequently than the others, the Italian try to avoid it instead of making a decision, the French and the Mexican are more evocative, such moments destroy their psychological health, irritate them while doing daily things.

## **DISCUSSION**

We were discussing this question with other nations to compare this actual problem nowadays. Foreigners assisted me to penetrate into this deal. They told me their own mediocre/successful experience dealing with stress. Furthermore, I have inquired with this request to a psychologist who helps me comprehend literally the common problem for everybody: what stress is and how we are able to overcome it. Thanks to this, I had an opportunity to discover this question from unusual and varied views.

## **CONCLUSIONS**

Thefore, we were able to identify some factors about the stressful situations that have an atrocious effect on the human body. Unfortunately, we live in stress, children, teenagers and adult people suffer from it (recognized by the questionnaire). Each person should know how to conquer stress and exclude these impacts in advance. Definitely, this is one of the ways of protection against some diseases.

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### **ВЗАИМОСВЯЗЬ УЧЕБНОЙ МОТИВАЦИИ И ШКОЛЬНОЙ ТРЕВОЖНОСТИ У ПОДРОСТКОВ**

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#### **Аннотация**

**Введение.** Согласно ведущей деятельности в подростковом возрасте, учебная деятельность уходит на второй план, соответственно снижается учебная мотивация, учебная успеваемость, отсюда низкая посещаемость, тревожность.

**Цель исследования** – выявить взаимосвязь осознаваемых учебных мотивов и факторов школьной тревожности у детей в подростковом возрасте. **Материал и методы.** В исследовании участвовали 43 подростка, учащиеся девярых, десятых и одиннадцатых классов Муниципального Автономного Образовательного Учреждения Средней Общеобразовательной Школы № 171 г. Екатеринбург. Возраст учащихся 14-18 лет. Для определения самооценки тревожности у подростков использовался психодиагностический инструментарий: методика «Шкала оценки реактивной и личностной тревожности», (Ч.Д. Спилбергер, адаптирована Ю.Л. Ханиным), методика «Тест школьной тревожности Филлипса» и опросник «Учебная мотивация» (Г.А. Карпова). Статистический анализ полученных результатов методик проводился с помощью