

July 1, 2025

JOURNAL OF
INTERNATIONAL SCIENCE
NETWORKS

SCIENTIFIC AND PRACTICAL CONFERENCE

www.bestjournalup.com

Conference directions:

1. Scientific technologies
2. Economy
3. Biotechnology
4. Mathematical analysis
5. Technical sciences
6. Pedagogy
7. Psychology
8. Philosophy
9. History
10. Informatics

INDEXING



zenodo

OpenAIRE | EXPLORE

UDC: 001.891

International scientific and practical conference. International scientific and Applied Research. 01.07.2025.

In the collection of materials of the conference, the role and role of Science, Education and production in the era of globalization, the pressing problems of the issues of interaction of these processes, feedback on their solutions were presented by mature specialists of the field.

In addition, research on the scientific and practical topic, carried out in the economics, Exact Sciences, Natural Sciences and socio-humanities during the globalization period, information is presented in the scientific and practical fields, which includes the latest innovative technologies in the fields of production.

It can be argued that this collection is one of the specific intersections of current thoughts and innovative ideas of the world of science. This scientific and practical conference was actively attended by professors and scientific researchers engaged in scientific research in Uzbekistan and foreign countries. In increasing the position of the scientific and practical conference, the professors and teachers of domestic and foreign higher educational institutions made a significant contribution.

Professors and teachers of foreign higher educational institutions who actively participated in the work of the conference made a worthy contribution to the high level of interaction with scientists of our country. The processes of international cooperation with foreign countries and exchange with them in the field of Science in the era of globalization have a positive effect on the development of Higher Education, the fields of Science and production. The materials of this conference are special in that they include a wide range of research, from theoretical developments to practical solutions, demonstrating the diversity of approaches and directions in this area.

In conclusion, it should be noted that this scientific and practical conference will be a very useful collection for everyone who is interested in modern research in the fields of further development of Higher Education, Science, Education and production in the era of globalization. The authors are responsible for the content and quality of the articles and abstracts included in the collection.

YOSHLAR ORASIDA STRESSGA QARSHI KURASHISHNING PSIXOLOGIK STRATEGIYALARI

Yusupov Umidjon Salim o'g'li

Oriental universiteti o'qituvchisi

Annotatsiya: Mazkur maqolada zamonaviy yoshlar orasida uchrayotgan stress holatlari va ularga qarshi samarali psixologik strategiyalar yoritilgan. Stressni keltirib chiqaruvchi asosiy omillar, yoshlarning unga munosabati, psixologik moslashuv darajasi hamda himoya mexanizmlari tahlil qilinadi. Shu bilan birga, stressni kamaytirish, unga barqarorlikni oshirish va sog'lom psixologik muhitni shakllantirishga doir amaliy tavsiyalar berilgan.

Kalit so'zlar: stress, yoshlar psixologiyasi, psixologik moslashuv, emotsional barqarorlik, coping-strategiyalar, psixoprofilaktika

Kirish

Bugungi kunda yoshlar hayotida yuzaga kelayotgan ijtimoiy, psixologik, ma'naviy va axborot bosimlari ularning emotsional holatiga jiddiy ta'sir ko'rsatmoqda. Stress – bu tashqi yoki ichki muammolarga nisbatan organizmning javob reaksiyasi bo'lib, u ruhiy va jismoniy salomatlikni izdan chiqarishi mumkin. Ayniqsa, o'sish va shakllanish davridagi yoshlarda stressga qarshi immunitet yetarlicha shakllanmaganligi sababli, ular ko'pincha nevroitik, depressiv yoki agressiv reaksiyalar bilan javob qaytarishadi. Shu bois, yoshlarda stressga qarshi kurashish ko'nikmalarini rivojlantirish, psixologik chidamlilikni shakllantirish va sog'lom emotsional muhit yaratish muhim psixologik vazifa hisoblanadi.

Stressning yoshlar orasida uchrash sabablari

Yoshlar hayotidagi stress omillari quyidagilar bilan bog'liq bo'lishi mumkin:

- Ta'limdagi bosim (imtihonlar, baholash tizimi)
- Ijtimoiy tarmoqlardagi taqqoslash holatlari
- Oila ichidagi nizolar yoki qo'llab-quvvatlash yetishmasligi
- Kelajak hayoti haqidagi noaniqliklar
- Shaxsiy o'z-o'zini anglash inqirozi

Psixologik strategiyalar (coping-strategiyalar)

Stressga qarshi kurashishda quyidagi asosiy psixologik strategiyalardan foydalanish mumkin:

1. Muammoga yo'naltirilgan strategiyalar

Yoshlar muammoni aniqlab, uni hal qilish uchun reja tuzadilar. Bu yondashuv ongli harakat, muammoni baholash va ijobiy yechimlarni qidirishni o'z ichiga oladi.

2. Emotsiyaga yo'naltirilgan strategiyalar

Stressni yengillashtirish uchun emotsiyalarni boshqarish, dam olish, meditatsiya, sport bilan shug'ullanish kabi usullar qo'llaniladi.

3. Ijtimoiy yordam izlash

Do'stlar, oila a'zolari yoki psixologdan yordam olish stressga qarshi kurashishda samarali hisoblanadi.

4. Kognitiv qayta baholash

Yoshlar vaziyatni boshqacha, ijobiyroq tomondan ko'rib chiqishga o'rganadi, bu esa ularning emotsional holatini barqarorlashtiradi.

Jadval 1. So'rovnoma natijalari: Stressga qarshi qo'llanilayotgan strategiyalar (%)

Strategiya turi	Foydalanayotgan yoshlar (%)
Muammoga yo'naltirilgan	28%
Emotsiyaga yo'naltirilgan	36%
Ijtimoiy yordam izlash	18%
Strategiyasiz (reaktiv yondashuv)	18%

Ko'pchilik yoshlar emotsiyalarini boshqarish orqali stressni kamaytirishga intilmoqda. Biroq muammoni hal qilishga qaratilgan strategiyalarning past foizda qo'llanilishi ongli qaror qabul qilish ko'nikmalarini rivojlantirish zarurligini ko'rsatadi.

Jadval 2. Stress darajasi va psixologik chidamlilik o'rtasidagi bog'liqlik

Stress darajasi	Chidamlilik darajasi (ballda)
Yuqori	30–40
O'rtacha	41–60
Past	61–80

Stress darajasi yuqori bo'lgan yoshlarda psixologik chidamlilik past bo'ladi. Bu esa profilaktik psixologik yondashuvlar orqali chidamlilikni oshirish zarurligini ko'rsatadi.

Xulosa

Yoshlar hayotida stress doimiy uchrab turadigan hodisa bo'lib, unga qarshi psixologik strategiyalarni shakllantirish – bu salomatlik va ijtimoiy moslashuvni ta'minlashdagi muhim omildir. Tadqiqotlar shuni ko'rsatmoqdaki, emotsional barqarorlik, ijtimoiy qo'llab-quvvatlash va muammoni ongli yechish strategiyalari stressni kamaytirishda eng samarali hisoblanadi. Shu bois ta'lim muassasalarida psixologik treninglar, stressga qarshi kurashishga oid seminarlar va individual maslahatlar yo'lga qo'yilishi maqsadga muvofiqdir.

Foydalanilgan adabiyotlar ro'yxati:

1. Xolmatova M. Psixologik barqarorlik va stressga qarshi kurashish. — Toshkent: Fan, 2021.
2. Saydullaeva G. Yoshlar psixologiyasi. — Toshkent: O'zbekiston, 2019.

3. Lazarus R.S., Folkman S. Stress, Appraisal, and Coping. — New York: Springer, 1984.
4. Sultonova N. Talabalarda stress holatini yengish usullari // Ilm va amaliyot. — 2023. — №1. — B. 55–60.
5. Shodmonov F. Psixologiya asoslari. — Toshkent: Yangi asr avlodi, 2022.