

FAOLIYAT JARAYONIDA SHAXSDA YUZ BERUVCHI EMOTSIONAL
ZO'RIQISHLARNI KELIB CHIQISH SABABLARI VA ULARNI OLDINI OLISH
MEXANIZMLARI

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Annotatsiya *Ushbu maqolada emotsional zo'riqishlar muammosining nazariy sohasida olib borilgan izlanishlar asosida to'plangan ma'lumotlarga tayangan holda ilmiy mushohada yuritilgan bo'lib, asosan bu boradagi psixologik qarashlar o'rtasidagi aloqadorlik tahlil qilinadi, muammoni o'rganishga oid tadqiqot metodi asosida olingan natijalar bo'yicha xulosa beriladi.*

Kalit so'zlar: *stress, distress, koping xulq-atvor, himoya mexanizmi, shaxs, emotsional zo'riqish, psixodiagnostika.*

Annotation *In this article, the subject of psychodiagnostics of emotional stress in pedagogical activities and ways of its correction is specifically discussed. Reasonable opinions and comments within the scope of the topic are presented throughout the article. At the end of the article, conclusions and suggestions are given within the scope of the topic.*

Key words: *personality, emotional stress, psychodiagnostics, brain activity, conflict.*

Аннотация *В данной статье конкретно рассматривается тема психодиагностики эмоционального напряжения в педагогической деятельности и пути его коррекции. Аргументированные мнения и комментарии в рамках темы представлены на протяжении всей статьи. В конце статьи даны выводы и предложения в рамках темы.*

Ключевые Слова: *личность, эмоциональное напряжение, психодиагностика, мозговая деятельность, конфликт.*

KIRISH

Butun dunyoda rivojlanib borayotgan ijtimoiy-iqtisodiy sharoitlar, urbanizatsiya jarayonlari, shaharlarda aholi sonining ko'payishi, globallashuv bilan bog'liq turli xil axborotlar insondagi hissiy zo'riqishlarning oshishida, shuningdek, insonning o'z harakatlarini boshqarish, ularning rivojlanishini idora qilishda xulq-atvor shakllari o'rtasida muvozanatni o'rnatishda o'z ta'sirini ko'rsatmoqda. Bu jarayon, ayrim talaba-yoshlarlardagi qo'zg'aluvchanlik, impulsivlik, o'z hatti-harakatlarini idora qila olmaslik bilan ajralib turadigan tajovuzkor harakatlarini sodir etishda yaqqol kuzatilmoqda. Demak, talaba-yoshlardagi o'zini o'zi idora qilish bilan bog'liq psixologik mexanizmlarni tadqiq qilishga bo'lgan ehtiyojlar tobora ortib bormoqda chunki, insonning o'z holatini

nazorat qila olishi, turli vaziyatlarda o'z-o'zini boshqara olishi uning shaxs sifatidagi ijtimoiy-psixologik istiqbollari belgillashda muhim ahamiyat kasb etadi.

Muammoning dolzarbligi mazkur tadqiqot yuzasidan talaba-yoshlardagi o'zini o'zi idora qilish bilan bog'liq tadqiqotlarning yetarli darajada olib borilmaganligi bilan belgilanadi. Binobarin, psixologik va pedagogik adabiyotlar tahlili shuni ko'rsatdiki,

bugungi kunda shaxsning o'zini o'zi idora qilish muammosiga bag'ishlangan ilmiy ishlar yetarlicha tadqiq qilinmagan. Shunday bo'lsada mazkur muammoning muayyan jihatlari taniqli rus olimlari tomonidan tadqiq qilingan. Jumladan, psixik holatlarda o'zini o'zi idora qilishning nazariy-metodologik jihatlari V.S.Agavelyan, G.Sh.Gabdreeva, V.A.Ganzen, B.V.Zeygarnik, O.A.Konopkin, N.D.Levitov, G.S.Nikiforov, N.M.Peysaxov, A.O.Proxorov, Yu.E.Sosnovikova, Yu.I.Filimonenko, I.I.Chesnokova; o'quv jarayonida talaba va o'qituvchilarning psixik holatlari G.N.Gening, A.V. Plexanov, A.F. Safarova; kasbiy faoliyatda, ekstremal vaziyatlarda sub'ektning o'zini o'zi idora qilish bilan bog'liq jihatlari

B.A. Vyatkin, Yu.A. Golikov, L.G. Dikaya, A.N.Kostin, A.B.Leonova, V.I.Melnikov, I.X. Mirziev; kadrlarni tayorlash va ish joyidagi stressli vaziyatlarni bartaraf etish maqsadida o'zini o'zi idora qilish bilan bog'liq jihatlari; G.S.Nikiforov, T.S.Chuykova; o'zini o'zi idora qilishning muhim usul va tamoyillari bilan bog'liq jihatlari, Ye.M. Konoz, V.I. Morosanova; o'zini o'zi idora qilishning yosh muammosi bilan bog'liq jihatlari G.Sh.Gabdreeva, Yu.A.Mislavskiy, A.K.Osniskiy, A.O.Proxorov o'ziga xos ilmiy uslublarda talqin qilinadi.

MUHOKAMA VA VECHIMLAR

Bugungi kunda insonlar yashash tarzi o'zgarib ketayotgan bir jarayonda ularning ruhiyati ham o'zgarishlarga yuz tutyapti. Bulardan biri kamharakatlilik. Gipodinamiya - (yunoncha -gipo-kam, past va dinamic-kuch) mushaklarining yetarli ishlamasligi, qisqarish kuchining kamayib ketishi bo'lib, odatda, doimo o'tirib ishlash, piyoda yurishni yig'ishtirib, transportda ketish, kamharakatlik, umuman, mushaklarga tushadigan og'irlikning kamayib qolishi tufayli kelib chiqadigan gipokineziya, ya'ni odam harakat faolligining kamayib ketishi bilan birga davom etadi.

Harakat va salomatlik. Sog'lom turmush tarzini shakllantirish va kasalliklarning oldini olishning asosiy yo'li to'g'ri tashkil etilgan jismoniy faollikdir. Harakat natijasida odamning turli a'zo va tizimlarining faoliyati me'yorlashadi, buzilgan faoliyatlari esa tiklanadi, aqliy va jismoniy mehnatga bo'lgan faolligi oshadi.

Zararli odatlar: alkogolizm - ichkilikbozlik, ayrim kishilarning o'z salomatligi va mehnat qobiliyatiga shuningdek, jamiyat farovonligiga zararyetkazadigan darajada, muntazam ravishda me'yoridan ortiqcha spirtli ichimliklar ichishi hisoblanadi. Tamaki chekish -kishi sog'lig'iga jiddiy putur yetkazadigan eng zararli odatlardan biridir. Nikotin markaziy va periferik nerv sistemasiga vaqtincha qo'zg'atuvchi ta'sir ko'rsatadi, arterial qon bosimini oshiradi, mayda tomirlarni toraytiradi; nafasni tezlashtiradi, ovqat hazm qilish sistemasining shirasini ko'paytiradi. Nikotin bilan birga

tamaki tutunidagi yonish mahsulotlari ham organizmni zaharlaydi. Shuning uchun chekmaydigan kishilarning chekilgan xonada bo'lishi ham zararlidir. Tarkibida yonish mahsuloti bo'lgan tutun nafasga olinganda arterial qondagi kislorodni kamaytirib yuboradi. Ruhiiy-emotsional zo'riqishlar -hozirgi davrda kishilar salomatligiga salbiy ta'sir etuvchi asosiy omillar hisoblanadi. Odam organizmining normal faoliyati, uning ruhiyati qay darajadiligiga bog'liq. Ruhiyat va kayfiyatdagi har qanday o'zgarishlar a'zo va sistemalarning faoliyatiga bevosita ta'sir ko'rsatadi.

Odamning ruhan ezilishi, ko'ngliga og'ir botadigan kechinmalar va hayotdagi turli salbiy voqealar zo'riqishlarga olib keladi. Ruhiiy-emotsional zo'riqishlar natijasida odamlarda gipertoniya, stenokardiya va miokard infarkti, qolaversa, ruhiy kasalliklar, zararli odatlarga ruju qo'yish kelib chiqadi. Ayollarda esa ruhiy-emotsional zo'riqishlar ayniqsa, homiladorlik davrida, uning dastlabki 3-oyida o'ta xavfli asoratlarga sabab bo'lishi mumkin. Aholi turmushining yaxshilanishi, ijtimoiy sharoitning barqarorlashishi ruhiy-emotsional zo'riqishlarning oldini olishning asosiy shartlaridandir. Turmush tarzi -bu insonning aniq jamiyatda, muhitda ifodalangan hayot, mehnat, dam olish va hokazolarini o'z ichiga olgan tushunchadir. Uning tarkibiy qismlariga faqat ijtimoiy-siyosiy va ishlab chiqarish faoliyatigina emas, balki ishlab chiqarishdan tashqari vaqtdagi faolligi, ijtimoiy-madaniy faoliyati ham kiradi. Tibbiy faollik ham uning bir turidir. Turmushda odam turli xil salbiy taassurotlar, nojo'ya holatlar va sharoitlarga tushib qolishi mumkin. Bular esa, o'z navbatida, salomatlik va turmush tarzini sog'lomlashtirish haqida to'la bilimga ega bo'lishga majbur qiladi, aholining o'z salomatligiga bo'lgan munosabatlarini tarbiyalash va tibbiy bilimlarni targ'ib qilishni taqozo etadi.

XULOSA

Xulosa qilib aytganda, sharq olimlarining bir qator asarlarida inson shaxsi, uning individual-psixologik, hissiy-emotsional holatlari hamda adekvat va noadekvat sifatlari haqida ilmiy asoslangan fikrlar mavjuddir.

Oiladagi o'smirlarning emotsional zo'riqishlarini korreksiyalashning ijtimoiy-psixologik xususiyatlarini tadqiq qilish bu eng avvalo har bir jamiyat uchun juda muhim sanaladi. Shu bilan bir qatorda o'zbek olimlarining tadqiqotlarida ham o'smirlarning individual-psixologik hamda emotsional sohasiini o'rganishga doir bir qancha jamiyat ravnaqiga xizmat qiladigan ilmiy tadqiqotlar olib borilgan.

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