



THE IMPACT OF EMOTIONAL AND STRESSFUL STATES ON THE WORKING ORGANISM AND PROPHYLAXIS MEASURES

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Abstract

This article analyzes the physiological, psychological and socio-economic impact of emotional stress and stress on the working body based on a comprehensive approach. The factors causing stress, stressors in work, their impact on the cardiovascular, nervous, endocrine and immune systems are covered based on scientific sources. The consequences related to work productivity, burnout, occupational safety and the corporate environment are also considered. The article provides practical recommendations on preventive measures at the individual and institutional levels, a healthy lifestyle, psychological hygiene, stress management techniques and the formation of a healthy psychological environment in organizations.

Keywords: Stress, emotional state, working body, burnout, psychological hygiene, prevention, labor productivity.

Introduction

In modern society, the intensity of work, increased competition, increased information flow and expansion of social responsibility directly affect the emotional state of a person. Stress and emotional strain at work are characteristic of many professional groups, and they significantly affect not only the health of the employee, but also the efficiency of the organization. According to the World Health Organization, stress-related diseases are one of the leading causes of incapacity for work.



The emotional state reflects a person's internal experiences, emotional reactions and mental balance. Stress is a complex psychophysiological process that occurs when external or internal demands exceed the capabilities of the organism. The purpose of this article is to reveal the mechanisms of stress and emotional strain in the worker's body, analyze their consequences and systematically describe effective preventive measures.

The concept of stress was first introduced into the scientific community by the Canadian scientist Hans Selye, who defined stress as a general adaptive response of the body to any demands and pressures arising from external or internal factors. According to this approach, stress is not only a negative phenomenon, but also one of the body's survival and adaptation mechanisms. In the scientific literature, stress is divided into several main types.

In particular, eustress is positive in nature, activating the internal resources of the individual, helping to concentrate and increase work efficiency. Such stress is usually observed in the process of performing important tasks, making responsible decisions or professional growth. On the contrary, distress is a type of negative stress, which occurs as a result of overloading the body's adaptive capabilities. When distress persists for a long time, it leads to a breakdown in physical and mental health, chronic fatigue and the development of various diseases [1].

Stress also differs in duration. Acute stress occurs as a result of a strong impact in a short period of time and is often associated with emergencies, dangerous situations or intense emotional experiences. Chronic stress, on the other hand, lasts for a long time, gradually weakening the body's defense mechanisms and causing significant damage to health.

The emotional state is an important component of the human psyche, which is formed by the interaction of affective (emotions), cognitive (thinking and evaluation processes) and behavioral (actions and relationships) components. The predominance of negative emotions such as fear, anxiety, anger, hopelessness and depression in the work process leads to a violation of psychological balance. As a result, the employee's decision-making ability decreases, problems arise in social relationships and motivation for work decreases.



In a state of stress, a number of complex psychophysiological processes occur in the body. In particular, the sympathetic nervous system is activated, and the release of stress hormones such as adrenaline and noradrenaline increases. This is manifested by an increase in heart rate, increased arterial blood pressure, increased breathing, and muscle tension. If this condition is short-term, the body quickly returns to balance. However, in conditions of chronic stress, the nervous system is in constant tension, which leads to negative consequences such as sleep disorders, decreased attention and memory, and mental fatigue. Prolonged and uncontrolled stress conditions cause serious cardiovascular complications in the human body. In particular, constant psychoemotional stress leads to a stable increase in arterial blood pressure, significantly increasing the risk of developing arterial hypertension. Also, stress increases the need for oxygen by the heart muscle, which increases the risk of ischemic heart disease and cerebral circulation disorders, including stroke. Constant nervous tension during work can lead to heart rhythm disturbances, tachycardia and arrhythmia.

If the hormone cortisol, one of the hormonal mechanisms of stress, remains at high levels for a long time, the body's defense systems are significantly weakened. As a result, there is a decrease in immunity, inflammatory processes are activated, chronic diseases are aggravated, and the employee becomes more susceptible to various infectious and somatic diseases. This situation negatively affects not only personal health, but also the continuity of the work process.

One of the most common psychological consequences of long-term stress is burnout syndrome. This condition is characterized by emotional exhaustion, indifference to work (depersonalization), and a decrease in personal achievements and professional efficiency. Studies show that professions that require constant communication and high responsibility, in particular, teachers, doctors, social workers and managers, are more prone to developing this syndrome.

Stressful situations also have a negative impact on the cognitive aspects of work performance. In particular, there is a decrease in the ability to concentrate, memory impairment, and hesitation in decision-making. As a result, the number of errors in the work process increases, creative thinking weakens, and overall



production efficiency decreases. This situation also directly affects the economic indicators of the organization's activities.

In addition, stressed employees can have a negative impact on the socio-psychological environment within the team. Constant nervousness and internal tension lead to increased aggression, impatience, and disagreements in the communication process. As a result, the number of conflicts in the team increases, and the level of cooperation and mutual trust decreases.

The main factors (stressors) leading to stress in the workplace are:

- excessive workload and insufficient time resources;
- unclear definition of tasks and responsibilities, unclear scope of responsibility;
- conflicting relationships between management and employees;
- failure to meet sanitary, hygienic and ergonomic requirements of working conditions;
- insufficient social and psychological support in the team.

Preventive measures at the individual level are of great importance in reducing the negative consequences of stress. First of all, psychological techniques aimed at managing stress, including breathing exercises, relaxation techniques and meditation practices, help restore a person's internal balance. These methods calm the nervous system, reduce emotional tension and provide mental stability. Also, regular physical activity and sports increase the release of endorphin hormones in the body, increasing stress resistance. Following the principles of healthy nutrition, getting enough sleep and observing sleep hygiene also support the body's recovery processes and stabilize the psychophysiological state. If necessary, participation in psychological counseling and training will help the individual develop the skills to understand the sources of stress, respond to them correctly and effectively resolve problem situations.

Measures at the organizational level are also of particular importance in stress prevention. Fair and rational distribution of workload prevents excessive stress of employees and ensures balance in the work process. The introduction of flexible work schedules allows employees to maintain harmony between work and personal life. In addition, training for managers aimed at developing emotional intelligence helps to create a healthy psychological environment in the team. The establishment of a corporate psychologist service in organizations



allows for regular monitoring of the mental state of employees, early detection of stress and provision of preventive assistance.

State and community-level approaches also play an important role in stress prevention. Improving legislation aimed at protecting labor protection and employee health will help create safe and healthy working conditions in the workplace. Promoting a healthy lifestyle in society, popularizing sports and physical activity will strengthen general immunity to stress. At the same time, expanding the network of psychological services and developing a system for supporting the mental health of the population will help reduce stress-related problems [3].

In conclusion, emotional stress and stress have a multifaceted and complex negative impact on the working body. Timely identification, assessment and prevention of these conditions are of great importance in maintaining the health of employees, increasing labor productivity and ensuring the well-being of society. Effective prevention of stress will not be limited only to personal responsibility, but will only yield high results when combined with institutional support provided by organizations and the state.

References

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