

## Mental Status and Behavioral Reactions in Emergency and Extreme Emergencies

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**Annatation:** This article presents the socio-psychological characteristics of the provision of psychological assistance to a person with depression, as well as the concept of stressful situations in the psyche of a person in extreme situations and their prevention.

**KEYWORD:** Psychological stress, chronic stressors, stress and occupational health, intensity of exposure, physiological and mental changes, emotional color mark, subjective assessment of the situation, weakness points, stressful event, way of perceiving and responding to the situation, stressors, long-term stresses, emotional reactions

**Relevance of the topic.** At the heart of all the reforms being carried out in the Republic today are a number of measures aimed at ensuring the individual and his social development, in which psychological approaches play an important role. After all, it is very difficult to show a modern result in the development of the individual without adequately assessing the specific psychological capabilities of each individual in relation to the rapid situation environment. Naturally, this situation puts more responsibility on psychologists, emergency workers. For the Uzbek people, who have always been friendly guests and caring people, human life is above all. Therefore, the provision of psychological assistance to the individual in extreme situations and psychological protection in emergencies is a pressing issue today.

The factors influencing the development of psychological stress are so many and uncertain that they cannot be fully discussed in this article. Let us now focus on some important points: the characteristics of the stressful event, the human interpretation of the event, the impact of past experience, awareness, individual characteristics of the person, the way of perceiving and responding to the situation, and so on.

**Characteristics of a stressful event.** Stressful events can vary in the following signs:

- a) frequency of events - events can be single, can occur from time to time, can be interconnected ("misfortunes follow each other");
- b) duration of action - short-term, long-term, chronic (permanent). Short-term stressors are usually problems that arise from the effects of day-to-day resource mobilization and mobilization programs. Long-term stressors include short-term emotions due to significant changes in a person's personality, constant emotional reactions (changes in living conditions, especially important life events such as forced, chronic illness, conflict situation in the work community, time required to adapt). Chronic

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stressors are situations that are constant or have existed for a very long time, such as: poverty, problems in family relationships, overwork at work, and so on.

The long-term effects of stress lead to chronic stress, which we will discuss in more detail in the section on chronic stress.

c) intensity of exposure - physiological and mental changes as a result of the action of a stressor differ from the optimal parameters, which is explained by how strongly the event affects a person. For example, in the event of the death of a loved one or life-threatening events, the intensity of the impact is usually much higher than that associated with professional difficulties or loss of property;

d) Emotional color sign - Stressful events, as you can see on the weight scale of the stress effect shown above, can be not only negative, unpleasant life events, but also require adaptation to positive emotions, which leads to strong positive emotions.

For example, events such as housing, marriage, or the birth of a child can have a strong impact on a person, even if they are considered positive, necessary.

**Interpret a person's stressful situation.** As mentioned above, if it is subjectively assessed as stress, the situation becomes a source of stress for the person.

For example, a divorce can lead to feelings such as tragedy by a person, the collapse of an entire life, separation from a lover, loss of support and stability, helplessness, and fear of loneliness. For another person, divorce is an opportunity to start a "new" life, freeing them from their obligations.

**Human life experience.** Perceiving an event as stress has a big impact on a person's personal experience. There is a reinforced setting for everyone as a result of past experience about which situations are the most dangerous and stressful. Each of us has "weakness points," the effect of which leads to the most obvious stress reaction. Conversely, some stressors are considered less dangerous by a person because he or she has encountered them in the past and develops programs to respond effectively to these situations. In this case, the effects of stress are less destructive to the person because the person is willing to deal with it. Stereotypes of such behavior do not arise spontaneously, but are "purchased" by a person from an early age throughout his or her life. Sometimes a person produces stereotypical reactions that are sufficiently adaptive in nature that can result when a person is exposed to similar stressors for increased stress and the development of chronic stress as a result of past experience.

**Situation awareness.** Often, if an event is subjectively perceived as unpredictable, threatening with its consequences, the event becomes difficult for a particular individual. The level of stress is especially pronounced in the event of an unexpected, sudden event. Lack of complete and reliable information about the situation increases the anxiety and tension about what happened several times. Raising awareness of the situation and how to deal with it reduces the value of subjective stress for a person. Having the knowledge, skills, and abilities that allow a person to cope with a situation can help interpret a potentially stressful event as having a neutral or mild stress effect.

Before considering the impact of personal characteristics on a stressful situation, we will focus on the types (levels) of a person's reactions to stress. A number of researchers cite the following scheme of stress reactions (Waiten, Lloyd, 1994).

## STRESS RESPONSE

Potentially stressful objective events	Signs of potentially stressful objective events
<i>Assessment of subjective knowledge</i>	<i>Assessing the event as a threat, leading to negative consequences, etc.</i>
<i>Emotional reaction</i>	<i>Irritability, anger, anxiety, fear, depression, sadness, and so on</i>
<i>Physiological reaction</i>	<i>Excitation of the autonomic nervous system, release of hormones, neurochemical changes, etc.</i>
<i>Behavioral reaction</i>	<i>Attempts to cope with stress, such as beating someone, committing suicide, asking for help, solving a problem, expressing emotions, and so on.</i>

We have previously considered the following levels of the above scheme: stressors (potentially stressful objective events), subjective cognitive assessment, physiological reaction. The most important component of psychological stress is the emotional response to stress.

**Emotional attitude.** Usually, stressful situations make us feel strong - often negative, but can also be positive. There is no simple and clear connection between the type of stress and the specific emotions.

The most common emotional reactions to the effects of negative stress are divided into two types: stenic (irritability, anger, frenzy) and asthenic (fear, indifference, sadness, insomnia). Stress often causes a feeling of anger that can change along with mild irritation.

Such a reaction is normal, and there is an obstacle or difficulty in achieving the desired goal (in psychology, the term “disappointment” is used to describe such a situation). Probably the most common emotional response to stress is a fear of this or that intensity. Sometimes stress worsens the mood, which leads to depression and sadness. Such a reaction is especially characteristic of a stressful situation that cannot be changed. Emotional reactions to stress can have both positive and negative consequences. Work that results from stress can also serve important purposes. For example, unpleasant feelings, such as physical pain, can indicate a problem and the need to do something.

A positive emotional response to stress is primarily a general emotional feeling associated with the release of energy during the resource mobilization phase (resistance). Numerous studies show that the effectiveness of task performance increases with the growth of emotions. However, the increase in efficiency falls within a certain limit, after which the drive reaches a high power, which is catastrophic. The level of excitement that corresponds to the highest level of activity efficiency is called the optimum level of excitement. This optimal level varies for different tasks. This is partly due to the complexity of the problem. The general rule is that the harder the task, the lower the level of excitation at the optimal level.

**Behavioral reaction.** Behaviors that deal with stress primarily involve actions to overcome it. Stress management is the act of resisting, reducing, or coping with environmental requirements that cause stress. People cope with stress in a variety of ways. The choice of one or more strategies depends on a number of factors that depend on a person’s external circumstances and characteristics. It should be noted that whether the consequences of each stress are positive or negative depends on the strategy of overcoming it.

All behaviors under stress can be divided into two poles: unintelligible reactions (usually unconscious) and perceived reactions (usually conscious).

This includes coping mechanisms. R. According to Lazarus, coping mechanisms are strategies for human action in the face of a psychological threat. These strategies are active in nature and determine whether a person is successful or unsuccessful in adapting to a new, subjectively difficult situation. Coping mechanisms cover the cognitive, emotional, and behavioral areas of an individual's activities and are implemented in the following forms.

*a) in the field of cognition:*

- directing or exchanging ideas on other topics;
- acceptance of the situation as inevitable (philosophy of humility);
- reduce the seriousness of the situation created with the help of humor, satire;
- Problem analysis of the situation, consideration of behavioral strategies;
- compare yourself with others who are in a relatively bad situation;
- to give a personal meaning to the created situation, for example, to call the result to the existing situation or to test the endurance of the psyche.

*b) in the emotional sphere:*

- respond to emotions in a rational, acceptable way;
- self-control, suppression of emotions with self-control;

*c) in the field of behavior:*

- distraction - to apply to any activity;
- demonstration of altruism - caring for others when their needs are in the background;
- active protection - actions aimed at changing the situation;
- A desire to actively seek emotional support - listening, helping and understanding.

There are also weak reactions to avoid overcoming a stressful situation. It includes psychological defense mechanisms, the idea of which was originally formulated within the framework of psychoanalytic theory (the term first appeared in 1894 (Freud's "protective neuropsychoses").

Today, experts know more than twenty types of psychological defense mechanisms. Among them:

- **repression** - inability to remember any event or accept any information related to the damage of this information;
- **denial** - a protection mechanism that denies or does not accept various facts that pose a threat to man;
- **projection** - the indifference of another person to his own features and characteristics, the transfer of feelings and experiences to another person or another situation;
- **regression** - the transition to the previous, less mature and adequate behavior;
- **rationalization** - the creation of an acceptable ethical, logical basis for the explanation and justification of acceptable impulsive behavior;
- **sublimation** - the transfer of energy to socially approved, as a rule, creative areas of human activity;

- **Emotional relief** - the removal of memories, images, thoughts, unpleasant memories that lead to the rejection of desires, etc.

Despite the differences between certain types of protection, their functions are similar. They include reducing the traumatic impact of psychic events, reducing personal anxiety levels, and maintaining the stability and variability of an individual's self-expression.

It can be explained from this that in extreme situations, the impact of natural behavior on the mode of activity and efficiency of the individual increases, and the person manages his innate programs, which requires a minimum level of energy and regulation time.

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