

STRESS AND ITS MANAGEMENT

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Abstract

This article provides information on the condition of mental shock stress and its management. In addition, the opinions of various psychologists and sociologists about the conflict are cited. In addition, the scientific basis of what is the state of stress and ways to get out of it are mentioned.

Keywords: mental shock, stress, conflict, resistance, leader, nervousness, self-control, psyche, hindrance.

Many accuse the leaders of harming the health of the workers, taking pity on them in the situation of mental depression in the families. But the results of studies show that such views are wrong: the leader, some researchers say that family support complicates the situation. It is necessary to support employees in the period of mental depression, even if one of the parties in a family dispute claims that they believe that taking part or justifying it will lead to an increase in the conflict. Even the most exemplary family cannot overcome the mental shock received at work, and the leader has the opportunity to do so. A good leader always cares about his employees, creates conditions for productive work without mental shocks, is always aware of the condition of his subordinates. We consider it expedient to make a comparative analysis of these categories in terms of both the content and the theoretical basis in terms of research goals and objectives.¹ He does not try to fulfill the tasks of his employees himself, but at the same time entrusts them with their tasks, tries to let them work independently. Such a leader is motivated by the importance of teaching a hungry person how to catch fish, rather than giving them ready-caught fish. A reliable leader saves his subordinates from unnecessary problems. An experienced leader can protect his employees from physical and mental depression caused by emotional shock. Researchers have shown that employees who are more likely to experience emotional distress, but who have supportive supervisors, are twice as likely to be sick as employees who do not. It is interesting to note that employees who felt relatively poor support from their family were more likely to suffer from trauma-related disorders. Such a situation is observed even among those who are influenced by a social factor, such as having a high salary or a high position. Among the factors that reduce the likelihood of depression, stress, following a diet, factors such as physical education are also included. When a person experiences these feelings, he evaluates other people's behavior or mental characteristics and his own behavior based on a certain morality, that is, a set of social morals and norms.²

Mental shock (stress) is derived from the English word (stress) and means nervousness, tension. Nervousness is a mental state that occurs when various physical and mental activities are overdone,

¹ Usmonjon o'g, A. U. B., & Nodirjonovich, S. S. (2021). THE ECONOMIC MECHANISMS AND IMPLEMENTATION OF SMALL BUSINESS AND PRIVATE ENTREPRENEURSHIP. *Academicia Globe: Inderscience Research*, 2(05), 427-431.

² Baxodir o'g, G. I. F., & Abdullo o'g'li, M. I. (2022). SOCIO-PSYCHOLOGICAL CHARACTERISTICS OF PERSONALITY EMOTION. *Vital Annex: International Journal of Novel Research in Advanced Sciences*, 1(3), 1-12.

when a dangerous situation arises, when you have to find the necessary measures immediately. People who are in this situation are told: "He got nervous." **In this sense, the concept of nervousness:**

- ✓ a quick-tempered, hot-tempered, hot-tempered person;
- ✓ a disease caused by a disease of the nerves, caused by a violation of the activity of the nerves;

it is interpreted in the sense of a situation related to nervous excitement (quarrel, shouting). Team mood-a complex of emotions that arise in team members in relation to this or that phenomenon, team mood has a huge power of influence, which is the motive for the behavior and activity of military personnel. While some types of Team mood (passion, confidence in success, high spirits) are factors in its success, others (bad mood, distrust of one's own strength, boredom, sadness and dissatisfaction), on the contrary, reduce the capabilities of the team.³

Canadian physiologist **Hans Selye** evaluates nervousness as an appropriate response of the human or animal organism to any impact. **It is divided into three stages:**

Stress is a common and common condition. We all feel it from extreme restlessness, excitement and insomnia. A little stress might not hurt. **Therefore, every leader or employee** should know the level of acceptable and excessive nervousness. There can be no nervousness in the zero state.

That is, there is absolutely no one who does not get nervous. Anyone with a soul is prone to nervousness at one level or another. **But:**

Excessive nervousness should be avoided. Its consequences are unexpected unpleasantness.

In order not to suffer a mental shock, it is necessary to do more good things, for example, in the neighborhood, relatives, at work - creative things. It is necessary to be patient, to be ready for any difficult situation, to distract oneself. Hard work should be accompanied by good rest, at least a little rest and relaxation. At work, it is necessary to be kind, humble, respect each other and be a polite person. There are a number of effective ways to manage conflict situations. They can be divided into the following large group.⁴

Dissatisfaction with work is one of the most important factors that cause mental shock. An employee works calmly only if he knows what is expected of him, how to do this work and how this work will be evaluated.

Work capacity and bad luck have a severe impact on a person's health. Too much work or, on the contrary, unemployment also causes stress. Irritation caused by such reasons is the most common. When the work becomes too much, the feeling of restlessness and indifference to material wealth increases. Similarly, the above situations are repeated in the case of underemployment.

Being busy with uninteresting work is also one of the causes of stress. Research shows that the more interesting the work, the less anxious the employee is, the less sick he is.

In addition to these reasons: bad working conditions, people making unreasonable demands on each other during the work process, uneducated leader's uneducated behavior, lack of motivation, etc. also cause stress.

Physiological causes of mental shock include:

- ✓ migraine (nervous disease with severe headache and nausea) ulcer;
- ✓ increased blood pressure;

³ Said o'g'li, S. S., & Abdurasul o'g'li, R. S. (2022). Psychological View of the Military Community. *Pioneer: Journal of Advanced Research and Scientific Progress*, 1(2), 5-12.

⁴ Dilmurod o'g'li, Q. B., & Usmon o'g'li, M. R. (2022). Conflict and Stress Management. *Nexus: Journal of Advances Studies of Engineering Science*, 1(3), 10-15.

- ✓ blood disease;
- ✓ back pain;
- ✓ arthritis;
- ✓ asthma;
- ✓ heart pain;
- ✓ ailments such as stomach ache.

Mental causes include extreme agitation, loss of appetite, indifference to events, people, etc. Sgresses caused by spiritual reasons are very common in life.

Or another psychological reason - this is emotional stress, that is, factors that prevent the satisfaction of needs or blows of fate. **These are:**

- the death of a loved one;
- war, quarrel, dispute, etc.;
- no matter what the reasons are - from internal or external influences, it still creates a nervous state in a person.

Existing negative characteristics in a person can also play the role of mental reasons for nervousness:

Negative traits in a person		
- stinginess	- <i>anger</i>	- <i>jealousy</i>
- horror	- <i>hesitation</i>	- <i>doubt</i>
- shame	- <i>confusion</i>	- <i>angry</i>
- hatred	- <i>dissatisfaction</i>	- <i>pity</i>
- intolerance	- <i>pangs of conscience</i>	- <i>makr</i>
- protest	- <i>frustration</i>	- <i>grief</i>
- despair	- <i>resentment</i>	- <i>anxiety</i>
- hurt	- <i>fear</i>	- <i>humiliation</i>
- an insult	- <i>hate</i>	- <i>enmity</i>

The emergence of a nervous state and its passing, the recognition of mental disorders, and its elimination should be in the focus of leadership activities. **In a nervous state:**

- ✓ some aspects of conscious activity cease;
- ✓ misunderstandings appear in perception and memory;
- ✓ the same non-uniform effects occur with respect to unexpected stimuli;
- ✓ the scope of attention and perception is narrowed, fatigue increases, etc.

In such situations, it is necessary to prevent an unpleasant situation, that is, to manage it. What should the leader start with for this? Some types of psychotherapy can help a person learn what defense mechanisms they are using, how effective they are, and how to use less primitive and more effective mechanisms in the future.⁵

First of all, he should not have a discriminatory attitude towards a nervous person, but should tell him that conflict and unhappiness are an integral part of every person's life, that such a situation can happen not only to him, but also to others, and that it is possible to eliminate it. This is the most convenient and reasonable way to manage nervousness and get out of such a situation.

⁵ Furqat o'g'li, M. T. (2022). THE MECHANISM OF PSYCHOLOGICAL PROTECTION IN A PERSON. *Vital Annex: International Journal of Novel Research in Advanced Sciences*, 1(3), 13-19.

Above all, the employee needs to feel that you are ready to help. This will help him take the first step. Maybe it's better to start like this:

"It seems to me that something is bothering you. If I can help you, I will do it with all my heart. Please, you can contact me at any time."

During the interview, you should pay attention to the following.

- you should show that you are following his activities with interest, and that you pay serious attention to his problems;
- remind him that this conversation will not go out of this room, that no one will know;
- understand that your husband's problems are not his "fault";
- allow the employee to speak, even if he has a little difficulty, do not interrupt him when he stops, this shows impatience and disrespect towards him ;
- ask questions that can help him solve his problems. Perhaps the conflicting, tense situation is not so serious as to cause panic.

Every conversation with the employee in this spirit, reasonable assistance, will lead to the employee's self-control, self-help. If the manager solves this problem alone, he will deprive the employee of the opportunity to grow. It is good that such business meetings are held in specially designated rooms, that is, in communication areas. In the first situation, the psychological properties of the subject's behavior appear as the initial and final conditions of the explanation, and in the second - external and operational conditions. In the first situation, we talk about motives, needs, goals, wishes, interests, etc., and in the second - about incentives arising from the situation. Sometimes all factors that determine human behavior from the inside are called personality dispositions. Accordingly, dispositional and situational motivations are spoken of as internal and external analogs of behavior determination. That is why the desired action of a person is considered as twofold: dispositional and situational determination.⁶

In this process, the leader should pay attention to the fact that each nervous situation reveals and brings to light the hitherto undisclosed strengths of both parties involved in the conflict.

The degree to which the mental shock passes depends on the exposure to it, how much it is felt.

One of the 20th century psychologists, the famous Viennese scientist **Sigmund Freud** said:

A sharp American philosopher, Professor **John Dewey** expresses this idea in a slightly different way. **He stated:**

Almost every adult wants to:

- ✓ health and longevity;
- ✓ food;
- ✓ sleep _
- ✓ money and valuables;
- ✓ see children's dreams;
- ✓ to be popular and influential;
- ✓ going to heaven

⁶ Diyorbek O'tkir o'g, A. (2022). Personal Activity and Motivation. *Pioneer: Journal of Advanced Research and Scientific Progress*, 1(2), 13-22.

All but the last of these desires can be easily achieved. **William James as noted:**

This strong thirst for prestige torments people throughout their lives. Only a few people can satisfy this thirst, and those who achieve it will gain prestige and prestige in life as great people.

Those who cannot objectively assess their own potential and have no opportunity to achieve fame, unreasonably indulge themselves, use nervousness as a weapon, and as a result, this will make their life miserable.

In addition to urging such people to be calm, they are advised to diligently read **Dale Carnegie** 's advice on *how to achieve peace in life and live life to the fullest* . "**Criticism is like a carrier pigeon. He will definitely come back sometime!**" *It would do us no harm to remember this before criticizing someone unkindly.*

"The only way to win an argument is to avoid it!"

D. Carnegie

Dale Carnegie is one of the most successful people of the 20th century. His books have become a kind of life textbook for people. Carnegie, who diligently studied human psychology, was able to explain the truths of life simply and simply. There is a specific basis for the division of group members with "conflict-of-regulation relations" related to the hierarchy within an unregulated group. These are, for example, the time spent in a group, age, gender, place of residence before entering a social organization, etc. In this case, the object of —relations contrary to the charter" is a person who does not accept the existing hierarchy or does not achieve informal status in the group, allowing him to take an equal position with the rest of the group.⁷

After long observations, Dale Carnegie came to the following conclusion: *"Three things are important in a speech: Who is speaking, how he is speaking, and what he is saying. The most surprising, the least important of these is what is being said!"* . It is a feature of human psychology that materiality takes the main place in many cases. Unfortunately, it is...

The basic rules to know about feeling uncomfortable are:

1. Today is the day.

"Our main task is not to look at the abstract thing in the distance, but to do what we can ," said Thomas Carmel. The best way to prepare for tomorrow is to gather your wits and focus your energy on making today's work easy. This is the only way to prepare well for the future.

2. The magic formula for getting out of a dangerous situation.

If a situation arises that puts you in danger, do the following:

- a) ask yourself: *"What if it were five worse?"*
- b) prepare for those *"five worst"* situations;
- c) analyze the situation and try to find the most optimal measures to correct it.

3. What causes danger?

Fear creates excitement and panic. The feeling of danger makes our nerves tense. Affects the stomach, nerve fibers. It causes changes in the composition of gastric juice. And these lead to the appearance of ulcers in the stomach. As Dr. D. Montagu said: *"Stomach ulcers are caused not by what you eat, but by what eats you ."* Fear, anxiety, hatred, selfishness, failure to adapt to the existing lifestyle - causes

⁷ Olimjon o'g'li, O. O., & Shuxrat o'g'li, Z. I. (2022). The Main Features and Signs of "Relations Contrary to the Charter"(On the Example of Russian Experience). *Web of Scholars: Multidimensional Research Journal*, 1(5), 17-21.

stomach and heart disease, increases blood pressure, diabetes, colds. **Diseases are also caused by the following conditions:**

- a) family separation;
- b) financial fear;
- c) feeling of loneliness and anxiety;
- a) holding a grudge for a long time.

The best factors to restore strength are strong faith (in people around, in work), sleep, music and laughter. Learn to sleep well, love music, see the fun and interesting aspects of life, and health and happiness will always accompany you. Strict stratification within the group is associated with the conditions for the existence of closed communities: firstly, the group is faced with the need to solve most of the problems that arise with its resources, and secondly, the group is deprived of the opportunity to redirect. negative emotional stress accumulated from the outside.⁸

"A person who does not know how to deal with loneliness dies early," said Dr. A. Carrel, who was awarded the Nobel Prize in medicine.

D. Carnegie shows the following methods of analyzing the feeling of anxiety:

1. Analyzing and solving problems that cause anxiety.

The main cause of anxiety is confusion. Half of life's troubles are caused by people trying to make decisions without adequate knowledge.

So explore the three-step analysis:

- a) Write down exactly what worries you;
- b) analyze the factors and write down what you can do;
- c) make a clear decision about what to do.

After that, start practical work as soon as possible and do not worry about the result.

2. How to solve problems in your work?

The approach can also be:

1. Determine what the problem is.
2. What causes problems?
3. What are the ways to solve the problem?
4. Which way of solving the problem do you think is the best?

D. Carnegie gave the following advice on how to eliminate depression so that it does not overwhelm a person:

1. How to get rid of anxiety?

Get a hold of yourself: An anxious person needs to engage in some activity to keep from feeling depressed. In the treatment of mental illnesses, the expression "*Cure is employment*" is considered to be healing during work.

2. Don't let your husband leave you.

Don't lose your cool over small things. Keep in mind! "*Life is too short, it does not raise manliness* . "

⁸ Ravshanjon o'g, J. R. M., & Rustam o'g'li, S. U. (2022). Socio-Psychological Reasons for the Origin of "Relations Contrary to the Charter". *Web of Scholars: Multidimensional Research Journal*, 1(5), 22-28.

3. The law that helps you get rid of many worries.

Ask yourself honestly: What kind of unpleasantness is bothering you, can this thing go away?

4. Compare past events.

Acknowledging and accepting what has happened is the first step in dealing with the consequences of any misfortune. These are just a few advantages of the digital economy. The development of the digital economy has a positive effect on our daily life, provides many additional opportunities for the average user, and can also ensure the growth and development of the market.⁹

5. Don't let yourself get caught up in the heat of the moment. To know the norm of things is to invent the great secret of peace of mind. **A person should take a moment and ask himself the following three questions:**

- a) How much is the thing I'm smiling worth to me?
- b) When should I stop doing something that causes anxiety?
- c) How much more will I pay for this item? "Am I paying more than it's worth?"

6. Do not try to saw off the scab.

The sawdust cannot be sawed, because it is itself sawn. The same is true of the past. Grieving over a traumatic event is like sawing off a scab.

... Even the whole cavalry and soldiers of the king cannot bring back the past. Therefore, do not try to saw off the shavings.

It is advisable to follow the following rules to avoid anxiety:

Rule 1. Being busy all the time suppresses restlessness. Active movement is one of the best remedies.

Rule 2. Don't worry about trivial things. Don't let trifles spoil your happiness.

Rule 3. Apply the law of probability to those who care about you. Perhaps something worse could have happened?

Rule 4. Contrast this with an event that cannot be avoided. If you know that the situation is not in your control, you cannot change it, comfort yourself by saying: "*Yes, it happened like that, it could not be otherwise.*"

Rule 5. Try to stop yourself in time. Decide for yourself which measure of "non-compensation" is more appropriate for the nuisance or other situation.

Rule 6. Let the past event hide itself in the grave. Do not saw off the scab.

D. Carnegie expressed his opinion about seven ways to create peace and happiness. **They consist of:**

1. Eight words that can change your life.

How we become depends on how we think. Our thinking determines our destiny. "A man's identity is what he thinks about all day," said Emerson.

Our main problem is to choose the right direction of thought. **The Roman philosopher Marcus Aurelius noted that the following phrases that change our destiny have a soul:**

"Our life depends on how we think. You are not what you think you are, but what you think about.

If you want your heart to be calm and happy, think about bright days, be patient. Then you will feel cheerful and refreshed. Upon completion of the search work, the author analyzed selective publications

⁹ Usmonjon o'g, A. U. B., & Obidjon o'g'li, A. O. (2023). Content, Positive and Negative Characteristics of the Digital Economy. INTERNATIONAL JOURNAL OF BUSINESS DIPLOMACY AND ECONOMY, 2(5), 230-235.

that touch upon both the problems of conceptualizing the digital economy as a complex socio-economic phenomenon and its differences from other concepts and categories, and applied aspects of the digital economy, including the introduction of appropriate technologies.¹⁰

2. Retaliation is costly.

Most patients with hypertension suffer from depression. Due to their constant suffering, blood pressure rises. There is a pain in his heart.

There is an old proverb: *"He who does not know how to be sad is a fool, and he who does not allow himself to be sad is a wise man."*

Attempting to take revenge on opponents is costly. Let's not waste time on people we don't like like General Eisenhower did.

3. How do you not suffer from gratitude?

Human nature is such that he can forget to say thank you. Therefore, if we prepare ourselves to hear thanks every time, we will have a headache. If we want to be cheerful and happy, let's not think of someone's thanks or gratitude. Let's be happy that we gave something to someone.

As gratitude is a weed, gratitude is a rose. It should be nurtured, watered, and grown with love. If our children are not grateful, who do you think is to blame? I think only ourselves.

4. Would you trade everything you have for gold?

Would you give away both of your eyes for a million dollars? How much would you sell your legs for? What about your hands? What about your children, your family? If you calculate, you will understand what you have. You wouldn't trade your wealth for the gold of **the Rockefellers, Fords, and Morgans**, would you?

Are we worth it? As Schopenhauer said: "We think very little of ourselves. We only care about the shortcomings. You and we should be ashamed of ourselves. Every day we live in the bosom of beauty like in a fairy tale, but we don't notice it. If we want to start living a carefree and fulfilled life, let's feel our happiness and luck.

5. Find yourself and be with yourself.

... Just as the world and the way of life of a person are old-fashioned, desire itself can be old-fashioned. Reluctance is a stubborn process of concentration of nerve fibers. There is no unhappy person who thirsts to be someone else, not to be what his body is. If you want to be calm from worries, follow the following sentence: *"Don't imitate others. Find your identity, create it. Be with yourself."*

6. If you get a lemon, make lemonade.

If you are touched by a lemon, you should make lemonade out of it to relieve the discomfort. If a lemon touches a fool, he rejects it and complains, *"I am a lowly man." Such is fate itself. There is no way for me to escape from this . "* What if a lemon touches a wise man? He thinks, "How can I turn this lemon into lemonade? The great pedagogue **Alfred Adler**, who devoted his whole life to the study of man and his hidden potential, said that one of the most extraordinary abilities of man is to turn negative into positive. In the light of all these trends, the concepts of "digital economy" and "knowledge economy" are becoming inseparable. Science and the new knowledge it produces are the central core on which almost all aspects of the modern economy are "strung", based on the scientific and technological paradigm - general principles and standards of development based on innovative sources of growth associated primarily with the use of breakthrough results of fundamental and applied research. This

¹⁰ Абдуллаева, М. (2020). Теоретические аспекты определения, развития цифровой экономики и её зарождение в Республике Узбекистан. in Library, 20(3), 21-27.

paradigm includes the widespread use of the most modern methods and technologies for research and development, including on a digital basis.¹¹

Let's say we're in a situation where we can't make lemonade. But there are two reasons why we should try to do it anyway. **First**, we can win. **Second**, even if we don't win, simply trying to turn the negative into a positive forces us to look forward, not back, and replace negative emotions with positive ones. This directs creativity in such a way that we don't have time to mourn over the past event.

7. Learn how to get rid of depression in two weeks.

The famous psychiatrist **Alfred Adler** used to say simply to his depressed patients: *"You can heal yourself. For this, you need to try to think every day that you can make someone happy with something and follow this advice .* He recommended doing good every day. *"Kindness is putting a smile on someone's face ,"* our elders said. Why do people who do good have a wonderful change in their mood? Because the desire to please someone drives away constant thoughts about oneself - the main cause of anxiety, fear, and depression. If you say that you will lose depression, live in peace and joy, do not think about yourself, look at other people with interest, try to do something good that brings joy to others every day.

Rezauddin ibn Fakhridin left 11 advices for calmness.

First: don't hurt people's hearts. Do not tell your secrets to fools and traitors, do not consult with them. Follow the scholars and the virtuous. If you owe a debt to the people of Muruvwat, pay it on the day you promised. Do not spare anyone the service you can. Every day when you lay your head on the pillow, review the things you have done throughout the day one by one. Think carefully about what you will do the next day and come to a decision, act on this decision.

The second: beware of doing things that cause blushing among friends and enemies, earn honor by being good-natured. Do not deviate even an inch from the right path. If you are familiar with rude and ill-mannered people, they will drag you down their path and lower your level. They will betray your deposits and expose your secrets. Among the terminological predilections that have developed in science, despite all the imagery of concepts: hidden, underground, informal, illegal economy, the term "shadow economy" still remains popular, which is one of the most significant and relevant topics of our time.¹²

Third: when you see the faults of others, realize your own faults, a person who sees his own faults does not deal with the faults of others. Don't be famous by lying, you will stay in everyone's eyes. Know everyone's level. Don't be ashamed to say you don't know what you don't know. Don't mess with words you don't need.

Fourth: if you don't get what you want, don't worry and be impatient, be patient. Think about your future days. Do not swear by anything, whether it is right or wrong. Do not do things in secret that you would be ashamed to do in public.

Don't break up with another person for the sake of one **person** . You will be embarrassed if they become friends. There are eyes that see beautiful works and pens that write. Your mind is the best guide. Fear no enemy but ignorance. Do not extinguish the light of knowledge with the water of corruption. Do not forget that there is no other beautiful dress than the dress of manners.

Sixth: if enmity and grudge continue between you and people, eliminate them and make friends.

Seventh: don't find fault with people, don't drift away from each other because you can't agree, but make friends, be kind to each other like family members. If it is not necessary, do not ask for anything from someone, do not carry his favor.

¹¹ Абдуллаева, М. (2020). Дистанционное обучение: мировая практика, достижения, риски, перспективы. in Library, 20(4), 231-235.

¹² Абдуллаева, М. (2021). Теневая экономика, её влияние на экономическую систему. in Library, 21(4), 86-101.

Eighth: consider the mind as a great gift to us humans, take care to keep it pure and perfect, remember that keeping it is the first and most honorable duty of everyone.

Ninth: Avoid hypocrisy and greed. do not be a liar, a slanderer and a backbiter. Keep your promise, be diligent, diligent, enthusiastic and persistent. Don't say meaningless words that are against manners and education to make people laugh.

Tenth: a smart person knows his level of resentment and acts accordingly. Rejoicing in the good while sorrowing over evil is found in the perfect man. Don't waste your money on raising your family.

The eleventh: sin is not forgotten, goodness does not remain on earth. Everyone reaps what he sows.

The famous judge and physician of the East, Abu Bakr Razi, loved to discuss the secrets of human health in the presence of allama physicians, sages and students. In one of these debates, a wise physician took the floor and said:

The cause of all human diseases is the common cold. A person who is protected from the wind will never get sick.

A couple of doctors approved his opinion and said: "Right, right." But Abu Bakr Razi objected to this statement:

➤ I don't agree with this opinion, - he said shaking his head, - pains such as flu, cold, sore throat are not the cause of all diseases. After all, it is possible to cure flu, cold, sore throat.

The Ministry of Innovative Development was created, the main the directions of which are: the introduction of innovations in state and public construction; in the sector of the economy; Agriculture; social development; system of environmental protection and nature management; initiation, coordination and stimulation introduction of advanced technologies.¹³

Many diseases in humans are caused by nerves, psyche, and mood. If the nerve is damaged or the nerve cell is dead, it cannot be restored.

- What are nerves related to in our body? - asked the wise physician Abu Bakr and said:

The human mind is very superficial, but its power is very great. It chokes the nerves and causes the internal organs to rot. For Shushshg, people say "I'm out of energy, my nerves are over."

Another judge asked:

✓ How to protect the nerve?

Abu Bakr Razi replied:

✓ The main factor that keeps the nerves - peace , calmness.

Good rest, sweet sleep and hearty laughter will keep the fraying nerves alive. A hot-tempered, hot-tempered person loses his temper quickly. Such people eat both their own and other people's "meat". Patient, loving, strong-willed people, people who are able to control all their desires, have strong nerves.

The value of nerves cannot be compared to any treasure.

The wise doctors and judges sitting in the circle praised Abu Bakr Razi's reasoning and intellectual protection in medicine.

¹³ Абдуллаева, М. (2021). Роль государства в управлении инновационными процессами: международная практика, опыт Республики Узбекистан. in Library, 21(1), 14–17.

Some thinkers and sages have said the following about nerves.

There is nothing equal to nervousness and restlessness when it comes to spoiling women's charm and aging quickly. His desire fades, the jaws are drawn in, and the face is covered with wrinkles.

D. Carnegie

You cannot heal the body without healing the nerve.

Suhrot

Take care of your nerves from childhood.

IM Sarkyazov-Serazyani

The worst of the effects that shorten human life are nervous disorders and bad habits: sadness, anxiety, fear, boredom, tears, lack of vision, sadness.

H. Gufeland

Mental suffering brings illness, aggravates suffering.

IL Danilevsky

They understand that the source of fatigue symptoms is in the work of the muscles, but I know that it is only in the higher nervous system.

I. Sechenov

I did not deal harshly with anyone with anger, and I did not worry about anything, so that I would not incur the wrath of God Almighty and not spoil my work and make me miserable.

Amir Temur

Nervousness, partiality, curiosity, obsession with emotions, distracts a person from doing things with reason, deviates from the right path.

Abu Rayhan Beruni

Thus, people who live under the control of nervous conditions are under the shadow of various negative consequences .

Summary

In conclusion, it should be said that a conflict is a clash of opposing goals, interests, positions, opinions or views of opponents or subjects of interaction. Due to enmity, discord, discord, mutual quarrels occur. When people think of conflict, they think of unpleasant things like hostility, intimidation, aggression, argument. It is manifested in the adoption of a favorable decision for both parties in the resolution of the dispute. The conflicting parties are satisfied that the dispute resolution is approached from the point of view of equal interests.

Literature

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